

# **Fairfield Christian Academy**



## **Knights Athletic Handbook 2010-2011**

## **FAIRFIELD CHRISTIAN ACADEMY ATHLETIC DEPARTMENT**

### **VISION /PURPOSE**

*FAIRFIELD CHRISTIAN ACADEMY* seeks to help children grow as Jesus grew-“in wisdom and stature, and in favor with GOD and men.” Every child is encouraged to reach their God-given potential spiritually, academically, emotionally, socially and physically.

### **OUR PRAYERS AND EXPECTATIONS ARE FOR:**

*ATHLETES* who genuinely have a love for God, have a conviction to represent Him on the field/court, have a teachable, humble, attitude, and have a selfless “team before me” approach.

*COACHES* who love their athletes and work hard for them in preparation, strategic improvement, and college recruiting exposure; who respect and speak well of peers, parents, staff, administration and who represent Christ’s character and humility to opposing coaches, officials, and athletes.

*PARENTS* who support and pray for all of their coaches, who respect coach’s decisions even if they don’t agree, who are more concerned about their athlete’s character on/off the field than their playing time or potential for a scholarship, and who are giving their valuable time to serve God in any way they can without concern for which sport, or student(s), will benefit the most by their serving.

*ADMINISTRATION OF ATHLETES AND THE SCHOOL* that is organized and enthusiastic about the success and efforts of its teams giving due adulation for accomplishment, that is properly and fairly enforcing all regulations and guidelines, that is keeping parents informed and involved in a structured and productive manner always aware of the value of their time, and that is keeping this vision ever before them in their efforts to bring glory to God in the Fairfield Christian Academy Athletic Department.

We want a dynamic athletic program that is distinctive in its commitment to represent Christ. We are asking God to give us courage to be different. We are not to be superior in attitude, but distinctive in our desire to follow Him wholeheartedly, as we participate in this program.

## **FAIRFIELD CHRISTIAN ACADEMY ATHLETIC PHILOSOPHY**

### **What We Believe**

We believe that the principles and lessons learned in the classroom, at home, and through the local church, can be put into practice through athletics. A microcosm of society, athletics allows the student to develop and use his or her God given ability to glorify God. Because the arena of competition is usually

surrounded with pressure, the athlete is tested and the true character revealed. Consequently, the opportunity for character growth readily presents itself through athletic competition. Therefore, athletics at Fairfield Christian Academy is considered an integral part of a student athlete's high school curriculum.

### **Our Commitment to Excellence**

Our philosophy can best be summed up by the phrase "doing our best as we strive to be the best." We believe as Christians we are commanded by Scripture always to do *our* best. As believers we are not to waste the talent God has given us by giving anything less than total commitment, thorough preparation, and maximum effort. We also believe we should *strive* to be *the* best at what we do. Being the best at anything, whether it be a National Merit Scholar or a state champion in basketball, is a worthy and admirable goal of any Christian. Becoming *the* best may not always be the result of our athletic program, however doing *our* best must be!

### **Role Model Coaches**

Because of our commitment to excellence, coaches at FCA become one of the most significant components of our athletic program. They have the responsibility to model Christ-like attitudes, behaviors, and desires for our student athletes while under pressure themselves. They are participants and teachers at the same time. One of the coach's most pivotal roles is to work with athletes whose character, revealed under pressure, needs to become more Christ-like. In order to be considered an effective coach and role model, our coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and actively give meaning to each situation a team or individual athlete may face. Coaches have great responsibilities, to mold young lives for Christ.

### **Our Programs**

We believe each individual sport at FCA should be developed into "a program." The head varsity coach shall be responsible to provide a consistent structure and ensure that similar philosophies are implemented at all levels of the program. The program should build pride among the participants and support among the student body. Parents should be valued as partners in this process of athletic education. Off-season conditioning, camps, etc, should be promoted for serious athletes. College bound athletes and their parents should receive sound counsel on their potential. All activities within an individual sports program should exemplify the school's commitment to a Christ-like witness, and reflect the school's athletic department's policies, procedures and philosophy.

### **The Fairfield Christian Academy Athlete**

We believe all FCA athletes should be diligent in preparation, relentless in effort, disciplined by nature, respectful in actions, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to the score, opponent, time, referee, etc. As Christian athletes display these characteristics, good things usually happen: teams are successful; players are motivated; fans are supportive and enthusiastic; parents are proud; prospective athletes want to participate, and very often nonbelievers are drawn to Christ.

### **The Bottom Line**

Because a high school student's participation in athletics often helps foster a pattern of how to approach difficult tasks, major challenges, and intense pressure, athletics should be viewed as a crucible for developing Christian character. In order for the FCA athletic program to be successful, we equip our student athletes for their real test: life as a follower of Christ.

Adapted with permission from Wheaton Academy, West Chicago, IL

## **Membership and Affiliation**

Fairfield Christian Academy is currently a member of the Association of Christian Schools International (ACSI), the Mid-Ohio Christian Athletic League (MOCAL), and the Ohio High School Athletic Association (OHSAA).

## **Eligibility Requirements**

- A. Student-athletes must be attending FCA as a student full or part-time.
- B. High school athletes must meet the Ohio High School Athletic Association (OHSAA) requirement of passing courses totaling five (5) credit hours contributing toward graduation in the grading period immediately preceding the beginning of the season. A student-athlete not meeting the OHSAA standard will be ineligible for the entire grading period.
- C. Junior high athletes must meet the Ohio High School Athletic Association (OHSAA) requirement of passing 75% of the classes taken in the preceding grading period to be eligible. A student-athlete not meeting the OHSAA standard will be ineligible for the entire grading period.
- D. All student-athletes must meet additional FCA standards by passing a minimum of five (5) core classes AND requiring a 2.0 GPA or better in the prior quarter to maintain their eligibility. Student-athletes not meeting these FCA standards will be ineligible for the entire grading period.
- E. Academic status for all student-athletes will be reviewed on a periodic basis (quarterly and mid-terms). Based on information gathered during these reviews, FCA Administration (High School Principal, Superintendent, and Athletic Director) will have the discretion to adjust athletic eligibility status for any student-athlete. This discretion gives the Administration the latitude to take actions that include, but are not limited to, restoring athletic eligibility, restricting athletic participation, withdrawing athletic privileges. Any action taken by FCA Administration will be reviewed with the student-athlete and his/her parents.
- F. Eligibility for activities in the first quarter shall be based upon the previous year's fourth quarter.

## **General Guidelines for Coaches**

- 1) Coaches will be selected by the Administrative Team on the recommendation of the Athletic Director.
- 2) Coaches are to attend all practices and games. If the coach must miss a practice or game the Athletic Director must be notified in advance and a suitable substitute provided.
- 3) Coaches must be on time for all the games and practices.
- 4) Coaches are to dress in appropriate attire for all practices and games.
- 5) Coaches must not leave players unsupervised before, during or after practices, games or meetings.

- 6) Coaches should handle all discipline when possible. The Athletic Director should be notified if:
  - a. The coach contacts parents due to a disciplinary situation.
  - b. The coach is considering suspending a player from the team.
- 7) Coaches are to notify the Athletic Director when an injury occurs that requires medical attention or may result in such need. An incident report must be filed and a copy of the medical treatment must be given to the Athletic Director. (Reports will be located in the FCA office.)
- 8) The coach should notify the player's parents if an injury occurs that requires medical attention.
- 9) Coaches are to notify the Athletic Director if technical fouls, cardings, or ejections occur in games.
- 10) Coaches are to enforce general Fairfield Christian Academy guidelines of discipline from the Parent/Student Handbook and are encouraged to supplement these with additional team rules of their own.
- 11) Coaches are responsible for the distribution, collection, and proper storage of all uniforms, equipment, and supplies.
- 12) Each coach is to plan regular team devotions (at least once per week), and open and close each practice with prayer. Coaches are encouraged to lead these devotions, though team members may be used. Coaches are also encouraged to use "teachable moments" to encourage spiritual growth.
- 13) No athletic purchase may be made without prior approval of the Athletic Director.
- 14) All coaches must meet state guidelines by being certified in CPR and First Aid. This requires an initial 10 hour course and then a 3-hour yearly renewal.
- 15) All practices, games and meetings must be scheduled through the Athletic Director.
- 16) The Athletic Director must approve all correspondence, agreements, schedules, etc.
- 17) Coaches will be given medical kits at the beginning of the season. It is important that they take these to every game. If the kit runs out of supplies please let the Athletic Director know so he can refill it. The kit is to be returned to the Athletic Director at the end of the season.
- 18) Coaches need to protect themselves and avoid an "appearance of evil" by not being alone with individual players (especially male coach, female player or vice versa). Caution should also be used when assigning students to travel vehicles, ie: segregate as much as possible and/or assign students to their parents' car.
- 19) Fairfield Christian Academy is a member of OHSAA and follows all OHSAA guidelines and standards. Coaches need to familiarize themselves with OHSAA standards. If a coach has a question, they should ask the Athletic Director, not the OHSAA office. Key Issues Regarding OHSAA:
  - a) Number of Scrimmages
  - b) The start and use of practice dates
  - c) Ages and grade levels of athletes
  - d) Number of quarters or halves in a season per athlete
  - e) Summer guidelines or practicing out of season
  - f) Maximum numbers of games per season

## **Rules Governing All Athletes**

The following team rules are to be observed by all Fairfield Christian Academy teams. Coaches may add additional rules that will enhance their particular sport. Coaches are to give each member a written copy of team rules, go over them and are encouraged to mail a copy to the parents.

- 1) All players are required to attend all practices and games unless given prior permission to miss by the coach.
- 2) Missing a practice or game without prior permission may result in suspension or removal from the game, unless due to sudden illness or other circumstances beyond their control.
- 3) Players will make up excused missed practices or game in a way determined by the coach. (An example would be running laps for missing practice or being benched at the start of the next game.)
- 4) Players are to be on time for team practices and games and meetings. Coaches should penalize tardiness.
- 5) Players are expected to attend end-of-the season team activities.
- 6) Players must maintain academic eligibility as outlined in this handbook and if academically ineligible must follow school guidelines for attendance at practices and games. Classroom misconduct may result in immediate suspension from the team.
- 7) Players are responsible for proper care and return of uniforms. Players will be charged for damaged or lost uniforms.

## **Scheduling and Practice Guidelines**

- 1) The Athletic Director will either do all the scheduling with coaches input or give final approval of all scheduling submitted by the coaches.
- 2) As a general standard, Wednesday evening contests will not be scheduled to avoid conflict with church related activities. Only when no alternatives can be arranged will contests be permitted on Wednesday evenings.
- 3) As a general standard, contests will be scheduled on no more than 3 days during any given week. Due to the short season and number of games required to be played, baseball and softball are exceptions to this standard.
- 4) As much as possible, contests will be scheduled with schools in our geographic area to avoid extensive travel time and expense.
- 5) The Athletic Director will schedule team practices. The Athletic Director will work with coaches and church staff to coordinate use of the practice facilities.
- 6) The Athletic Director will create a season long, written practice and game schedule for distribution to players and parents.
- 7) In facilities which are to be used by more than one team, coaches should end practices promptly so the next team can have full practice session. Time should be allowed for removal and storage of equipment by the coach at the conclusion of practice.
- 8) Coaches should be sure players have transportation arranged after both practices and games. Players are not to be left inside school buildings unattended.
- 9) All equipment must be put away and secured before leaving.

## **School Attendance and Sports Participation Guidelines**

All students must be in attendance the entire school day to participate in practices and games. The only excused late arrival or early dismissal will be for a doctor's appointment, a funeral, or a personal appointment scheduled with the approval of the Academy Administration. A written doctor's excuse will be needed to participate in the days practice or game. If the extra-curricular activity is scheduled for a weekend, the student must be present on the Friday preceding the events.

## **Facilities and Equipment**

### Facilities

- 1) The school and church will provide general repair and upkeep of facilities. Coaches will be expected to work with the Athletic Director to prepare and maintain facilities for games and practices. Coaches could be held responsible for damages if negligent in supervision.
- 2) Coaches and team members are to always leave facilities clean and properly secured.
- 3) Coaches should always check all doors and turn off all lights, unless another group is present to continue its use.

### Equipment

- 1) All equipment will be purchased through the Athletic Director. Even purchases paid by the coach personally must be processed through the Athletic Director. Coaches will be expected to make their needs known and give input on the selection of equipment.
- 2) Equipment is to be properly cared for and stored in order to maintain its condition and extend its use.
- 3) Equipment should be stored after each use. With limited storage areas, it is important to put equipment away neatly in containers.
- 4) As a general rule, athletic equipment should not be loaned out for use.

## **Concessions**

The Athletic Director/Booster Club will coordinate concessions for home games. This is for the benefit of all of our guests. Parent participation is encouraged (required). Proceeds will benefit the athletic department.

## **Funding for Athletics**

The athletic program at Fairfield Christian Academy is funded in part by the schools' operational budget. These funds are provided to meet the day to day operational cost of the athletic program. The balance of the cost must be met by players' fees and fund raising. The Administration and the Athletic Director will monitor all expenditures. However, it is necessary that additional fund raisers be conducted for every sport. The fee for the student to play the sport they choose must be paid in full before the first contest or the student is benched until paid in full.

Each team is required to generate a minimum amount of dollars, based on the sport, as determined by the Athletic Director and the Administration. These funds will directly support the operations budget of the Athletic Department. All fundraisers must be pre-approved by the Athletic Director.

## **Uniforms**

All Fairfield Christian Academy team uniforms will be purchased through the Athletic Department. The Athletic Director will work with individual team coaches in the selection of uniforms. It is expected that uniforms will be worn for a minimum of 3 years. Athletes will be required to pay costs of all other items, which they will keep at the end of the seasons (socks, hats). The athlete will also purchase personal items such as jackets, shoes and gym bag.

All uniforms must be turned in to the assigned place within 7 school days of season's end, or by the announced deadline by the Athletic Director.

## **Transportation**

Whenever possible, the Athletic Director will arrange for all transportation to away events. However, Coaches may need to arrange for parents to transport team members to away events. Student-athletes ARE NOT permitted to drive to athletic contests.

Each player must have a transportation form signed and on file before they are permitted to ride with any Fairfield Christian Academy parent or coach to practices or games.

## **Selection and Evaluation of Coaches**

The Athletic Director will follow the policy and procedure for selection of coaches as set by the Administrative Team:

- 1) Submit an application to the Athletic Director.
- 2) The Athletic Director submits a recommended slate of coaches to FCA Administrator and Jr/Sr. High Principal.
- 3) Upon agreement, the Athletic Director and Administrators will interview slate of coaches.
- 4) The Administration will present slate to Administrative Team for approval.
- 5) All concerns regarding coaches need to be brought to the attention of the Athletic Director who provides ongoing guidance to all coaches. A written evaluation will be completed by the Athletic Director for each coach at the end of the season with Administration input.

## **Pre-Season Policies**

### **Physical Exams**

Medical Release Forms will be given to you for your team. These are an absolute necessity to have for away games when an injured player's parent may not be at the game. Please don't forget to take them with you to the games. Each athlete must have on file the signed Hold Harmless Agreement with FCA.

### **Parent Meetings**

It is mandatory that each coach, with the assistance of the Athletic Director, hold a meeting with the parents and players for their team prior to the start of the season. This will afford the players and parents the opportunity to get to know each other, the coach, and the support staff. This will also provide the Athletic Director and the coach an opportunity to communicate any special rules he/she may have for their team and to announce anticipated expenses for the parents in that sport season.

### **Quitting a Team**

No athlete will be allowed to quit any team once he/she has been selected and the season has begun. If an athlete does quit a team in a hostile or unapproved manner, they cannot play another sport for one calendar year. Or, if the student quits after the season begins for reasons other than illness or unforeseeable circumstances, they will not be permitted to participate on any other athletic team for the following semester without the approval of the Athletic Director. In the event that a student wants to switch teams before a season begins, that will have to be approved by both coaches and the Athletic Director.

\*\*\*The Athletic Director will allow a player to drop from the team if serious injury dictates, or if it is in the best interest of his/her academics, following a meeting with the parents and approval. This, however, will put in question the student's ability to play the remainder of the year/or next semester.

No athlete who quits a team under circumstances of conflict will be allowed to rejoin. The athlete will forfeit all awards for that sport.

### **Disciplinary Guidelines**

Disrespect by a player toward any coach, official, teammate, opposing player, teacher, or parent during, before or after a game or practice or in the classroom setting needs to be dealt with by the coach. Continual or severe disrespect should result in disciplinary action or suspension from the team. Reinstatement from suspension can only occur after a conference and proper steps laid out by the coach, parents, and player.

Suspension can be permitted. Examples of disrespect:

- 1) Crude joking
- 2) Insulting
- 3) Not paying attention
- 4) Profanity
- 5) Destruction of property or equipment
- 6) Negative attitude
- 7) Intentionally disregarding coaches' or captains' request
- 8) Displays of anger in games or practices
- 9) Cards or Technical Fouls
- 10) Fighting or using intentional physical force not required in competition

### **Conflict Resolution**

If at any time, a parent or student athlete has a concern regarding the athletic program, the course of action should be as follows:

- 1) Express concern to coach in a private conference.
- 2) If problem remains unresolved, meet with the Athletic Director and Coach.
- 3) If problems continue to persist, meet with the Athletic Director and Administration.
- 4) If no resolution is possible, present concern in writing to the Fairfield Christian Administrative Team.

**At no time should any parent or student athlete discuss problems or individual concerns with others in such a manner as to generate conflict. Please follow the guidelines above to avoid gossip.**

## **STUDENT ATHLETE DRUG TESTING POLICY**

### **Definitions**

Drug: For purposes of this policy the capitalized term “drug” shall mean any substance considered illegal by Ohio Statute or which is controlled by the Food and Drug Administration. Drug shall not include properly prescribed prescription medications.

Student: Any student enrolled at Fairfield Christian Academy in the grades 9 through 12 who for the year 2009-2010 is participating in one or more of the athletic programs.

### **Policy Statement**

Fairfield Christian Academy reserves the right to conduct drug-testing program for students. Its purposes are threefold: (1) to provide for the health and safety of all students; (2) to undermine the effects of peer pressure by providing another legitimate reason for students to refuse to use illegal drugs; and (3) to encourage students who use drugs to participate in drug treatment programs.

### **Consent and Procedures for Selection of Students from Random Testing**

Consent: Each student wishing to participate in athletics at Fairfield Christian Academy and the student’s custodial parent or guardian shall consent in writing to Drug testing pursuant to this Drug testing program. Written consent shall be in the form attached to this policy as Exhibit A. No student shall be allowed to participate in athletics or participate in any school athletic activity without such consent having been properly signed.

Student Selection: All students shall submit to random Drug testing at the cost of the school. Selection for random testing will be by random selection from a “pool” consisting of all students participating in athletics. The Principal shall take all reasonable steps to assure the integrity, confidentiality and random nature of the selection process for random testing, including, but not necessarily limited to, assuring that the names of all students are in the pool, assuring that there is no way of knowingly choosing or failing to choose particular students for the testing, assuring that the identity of students drawn for testing is not known to those involved in the selection process. The selection process shall not be invalidated if, by mistake, some students are not included in the pool, but the Principal shall take reasonable steps to avoid any such exclusion.

## **Basis for Testing Other than By Random Selection**

In addition to random Drug testing, the following constitute justification for a student to be required to submit to a Drug test to maintain his or her participation in athletics at FCA:

Any school employee personally observes a Drug violation.

A police report to the school outlining a Drug violation.

A personal confession by a student of Drug use.

A violation reported by a parent or guardian of a student.

A refusal to take either a urine screening test or lab urine test.

The possession or selling of any Drug.

All information given to the administration by a student shall be investigated and may form the basis for a decision to require a Drug test. No decision to require a Drug test of a student will be based on hearsay evidence alone

## **Sample Collection**

Samples will be collected at a mutually convenient time on the same day the student is selected for testing. If the student is absent on that day, an alternate student will be chosen. All students providing samples will be given the option of doing so alone in an individual restroom stall with the door closed.

## **Scope of Tests**

Student samples will not be screened for the presence of any substance other than a Drug or for the existence of any physical condition other than Drug intoxication or presence.

## **Limited Access to Results**

The testing lab will be authorized to report results only to the school Principal or to such person as the Principal designates in the event the Principal is absent.

## **Procedures In The Event Of a Positive Result**

Whenever a student's random or mandatory Drug test result indicates the presence of Drug(s) ("positive test") the following will occur:

### 1<sup>st</sup> offense:

1. Student's parents will be contacted.
2. Complete a Christian counseling program at the family's expense.
3. Required to test during the next 6 monthly testing phases at the family's expense.
4. Loss of student leadership positions (club or student government).
  - Currently held positions forfeited for the remainder of the year.
  - If student is running for election at the time of the positive test, they will be required to forfeit the election.
  - If the student is newly elected to a position for next school year, they will forfeit the position for the next school year.
5. The principal will impose a 5-day suspension from school and all school activities. The student will be eligible to return to school and participate in all school activities on the 1<sup>st</sup> school day after the last day of suspension.
6. An interview shall be conducted with the principal, the student, and the student's guardians upon the student's return to school.

### 2<sup>nd</sup> offense:

1. Student's parents will be contacted.
2. Complete a Christian counseling program at the family's expense.
3. Required to test during the next 6 testing phases at the family's expense.
4. Loss of student leadership positions (club or student government) held, elected, and future.
5. The principal will recommend to the Superintendent that the student serve a 10-day suspension from school and all school activities. The student will be eligible to return to school and participate in all school activities on the 1<sup>st</sup> school day after the last day of the suspension.
6. An interview shall be conducted with the principal, the student, and the student's guardians upon the student's return to school.

### 3<sup>rd</sup> offense:

- The school administration will recommend to the School Board that the student be expelled from school.

NOTE:

1. A student's refusal to test will be treated as a positive test.
2. All school activities include, athletic, extra curricular, dances, prom, graduation, trips, etc.
3. Days missed during a suspension are unexcused.

Make up work for Unexcused Absences - Students will be allowed to make-up work missed during an unexcused absence but not for full credit. Students will be able to score the highest possible failing grade on the assignment missed. For example, on a 100-point test, the student can score no higher than a 64. On a 10-point assignment, the students can score no higher than a 6. The student will receive a lower grade on the assignment if their score is less than the highest possible failing grade. If the student chooses to not make-up the assignment their score will be a 0 (zero). Time frames for making-up assignments from unexcused absences will be the same as assignments missed during excused absences. Pre-assigned work, due during the unexcused time of absence, cannot be made up for full credit. Assignments, quizzes, and tests given during the unexcused time of absence, may not be made up for full credit.

4. If, due to extreme circumstances, a student's suspension is elongated because school is not in session as scheduled, the administration could adjust the number of days of after school activities from which the student is suspended.

## **A NOTE FROM OHSAA ABOUT SPORTSMANSHIP**

As we prepare for the upcoming seasons, the OHSAA wants to emphasize to each coach, school administrator, parent/spectator and contest official the importance of your leadership role in sportsmanship, ethics and integrity. The professional manner in which you conduct yourself prior to, during and following a contest unquestionably impacts the behavior of everyone involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that.

### **BE A SPORT!**

#### **Players Fair Play Code**

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules and in the spirit of the game.
3. I will control my temper since fighting and disrespect can spoil the activity for everyone.
4. I will respect my opponents.
5. I will do my best to try to be a true team player.
6. I will remember that winning isn't everything. Having fun, improving my skills, making friends and doing my best are also important.
7. I will acknowledge all good plays or performances by both my teammates and my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions, show them respect and understand they have given their time to be with me.

#### **Coaches Fair Play Code**

1. I will be reasonable when scheduling games and practices, remembering that young people have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, officials and opponents.
3. I will ensure that all athletes get equal instruction, support and opportunities.
4. I will not ridicule my athletes for making mistakes or performing poorly. I will remember that young people play to have fun and must be encouraged to have confidence in themselves.
5. I will remember that young people need a coach they can respect. I will be generous with praise and set a good example.
6. I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
7. I will obtain proper training and continue to upgrade my coaching skills.

## **A NOTE FROM OHSAA ABOUT SPORTSMANSHIP (Continued)**

### **Fans Fair Play Code**

1. I will remember that young people play sports for THEIR enjoyment, not to entertain me.
2. I will not have unrealistic expectations and will understand that doing one's best is as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
3. I will respect the official's decisions and will encourage all participants to do the same.
4. I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
5. I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. I will show respect for my team's opponents because I realize there would be no game without them.
7. I will not use bad language and will not harass athletes, coaches, officials or other spectators.
8. I will always show good sportsmanship since young people learn best by example.

### **Parents Role in Interscholastic Athletics**

#### Communicating with your child

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure. You were frightened, backed off at times and were not always heroic. Athletic children need their parents, so do not withdraw. There is a thinking, feeling, sensitive, free spirit in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum enjoyment.
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coach (es). Then you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his or her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- Make a point of understanding courage and the fact that it is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort.

## **A NOTE FROM OHSAA ABOUT SPORTSMANSHIP (Continued)**

### **Communication with the coach**

Communication you should expect from your child's coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the squad
- Locations and times of all practices and contests
- Team requirements (fees, special equipment, off-season conditioning)
- Procedure should your child be injured
- Discipline that results in the denial of your child's participation

Communication Coaches expect from parents

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and/or expectations

Appropriate Concerns to Discuss With Coaches

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Issues Not Appropriate To Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Appropriate Procedures for Discussing Concerns with Coaches

- Call to set up an appointment with the coach (contact the athletic administrator to set up the meeting if unable to reach the head coach)
- Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolution)

If The Meeting with the Coach Did Not Provide a Satisfactory Resolution

- Call to set up an appointment with the athletic administrator or activities director
- Determine the appropriate next step at this meeting