

The background of the cover features a large, stylized, grey 'FA' logo. The letters are thick and blocky, with a slight 3D effect. The 'F' is on the left and the 'A' is on the right, both partially cut off by the edges of the page. The logo is set against a dark, almost black background.

# FREDERICA ACADEMY KNIGHTS

MIDDLE AND UPPER SCHOOL ATHLETIC HANDBOOK

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## **Frederica Academy Mission and Athletic Philosophy**

Frederica Academy's mission is to maximize the potential of each student and prepare him or her for college and adult life through the development of mind, body, and spirit.

In keeping with the mission of the school, the Athletic Department seeks to instill the following values: teamwork, leadership, sportsmanship, persistence, confidence, healthy competitive spirit, and physical wellness. Frederica Academy's athletic program is based on the belief that participating in athletics helps to extend the principles of mind, body, and spirit beyond the confines of a classroom and beyond the physical conditioning of general exercise. Athletic participation teaches students to value teamwork and effort, to find satisfaction in working towards a goal, to perform under pressure, and to respond appropriately to adversity.

### **Upper School Athletic Policy**

The goal of our Athletic Department is to develop strong character in scholar-athletes. We expect each to give maximum effort to reach individual goals and team goals. We want our student-athletes first to value the intrinsic reward that comes with perseverance, goal achievement, and contribution to a team. Winning games, tournaments, and championships are desired extrinsic rewards for the values, effort, and attitude expected of our scholar-athletes. We are committed to the pursuit of a winning tradition, and coaches will make decisions intending to achieve maximum success for the team.

All students who are academically eligible are encouraged to participate in athletics. It is vital that students who choose to participate are willing to commit to the team practice and game schedules. Lack of commitment and missed practices/games diminish team preparation and success. Travel teams for certain sports may be needed based on travel limitations. In such cases, travel rosters will be decided by each Head Coach and approved by the Athletic Director.

### **Middle School Athletic Policy**

The goal of the Middle School Athletic Program is to teach fundamental athletic skills and character habits in a positive, encouraging, and fun environment. We want young scholar-athletes to experience new things, take risks, and give effort. We teach the value of teamwork, competition, dedication, and physical fitness to develop the mind, body, and spirit of each young scholar-athlete. Team members should have an opportunity to participate in most games. We want our Middle School teams to be successful and measured in wins and losses; however, it is important that each player experience competition and contribute to the team's performance as much as possible. Our philosophy of participation is anchored by a no-cut policy. At times a high number of participants on a team may require skill segmentation or the creation of secondary- teams when deemed necessary by the team coach and Athletic Director. We want Middle School scholar- athletes to learn the skills of the game, compete as a team, have fun, and do their best to win.

## Athletic Affiliations and Offerings

Frederica Academy athletics compete as a member of the Georgia Independent Schools Association (GISA) in Region 2-AAA and also schedule competitions with nearby institutions in Florida and South Carolina. Involvement requires an obligation to sportsmanship and academic performance in addition to the commitment to a particular sport.

Approximately 88 percent of our students in grades 6-12 participate in on-campus athletic programs. We offer 13 sports and field approximately 40 teams within these areas at the Middle School, Junior Varsity, and Varsity levels. Our current athletic offerings are:

### Fall Sports

Varsity Cross Country (Girls)  
 Varsity Cross Country (Boys)  
 Varsity Football (Boys)  
 Varsity Football Cheer  
 Varsity Competitive Cheer  
 Varsity Volleyball (Girls)  
 MS Cross Country (Girls)  
 MS Cross Country (Boys)  
 MS Football (Boys)  
 MS Football Cheer  
 MS Tennis (Girls)  
 MS Tennis (Boys)  
 MS Volleyball (Girls)

### Winter Sports

Varsity Basketball (Girls)  
 Varsity Basketball (Boys)  
 Varsity Basketball Cheerleading  
 JV Basketball (Boys)  
 MS Basketball (Girls)  
 MS Basketball (Boys)  
 MS Basketball Cheerleading

### Fall and Winter Sports

Varsity Equestrian (Co-Ed)  
 Varsity Sailing (Co-Ed)  
 Varsity Swimming (Girls)  
 Varsity Swimming (Boys)  
 MS Equestrian (Co-Ed)  
 MS Swimming (Girls)  
 MS Swimming (Boys)

### Spring Sports

Varsity Baseball (Boys)  
 Varsity Golf (Co-Ed)  
 Varsity Soccer (Girls)  
 Varsity Soccer (Boys)  
 Varsity Tennis (Girls)  
 Varsity Tennis (Boys)  
 Varsity Track and Field (Girls)  
 Varsity Track and Field (Boys)  
 MS Baseball (Boys)  
 MS Golf (Co-Ed)  
 MS Soccer (Girls)  
 MS Soccer (Boys)  
 MS Track and Field (Girls)  
 MS Track and Field (Boys)

## Notes:

1. Junior Varsity Teams may be made available depending on circumstances for each sport.
2. The equestrian teams compete in the Interscholastic Equestrian Association (IEA).

**Facilities**

The use of the practice field, soccer/football field, baseball facilities, weight room, gymnasium, and locker rooms are designated for physical education classes, sanctioned FA events, and athletic department use only. Exceptions must be approved by the athletic director or head of school.

**Weight Room**

The campus weight room is restricted to FA students, faculty, and staff. FA students must have adult supervision at all times when using the equipment in the weight room. Faculty and staff can use the weight room when it is not in use if authorized by the weight room director or athletic director. Requirements for weight room use:

- Adult supervision is required at all times. Students are not even allowed in the weight room unless an authorized adult is present. This includes FA athletes or athletic teams.
- Athletes are required to clean and return all equipment before leaving the weight room. The room itself should be left clean and ready for the next activity.
- No "horseplay" is allowed at any time.
- If the weight room is unlocked or unsupervised, please contact the weight room supervisor, athletic director, or a coach to secure the facility.

**Locker Rooms**

Locker rooms are to be used to change clothes for physical education classes and athletic practices or games. Meetings with coaches and staff can also take place in locker rooms as needed. There will be no loitering or horseplay in these areas before, during, or after classes or athletic events. Athletic teams and students are required to maintain a clean and healthy environment while using the locker room facilities. Safety of students and their personal property is a top priority; therefore, students should remain mindful of the Honor Code and Frederica Promise when using the locker rooms. Combination locks are available from teachers, coaches, or the athletic director at no cost to students or parents.

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**Athletic Policies:  
Player Responsibilities and Expectations**

**Academic Eligibility**

**Important Reminders for Athletes:**

1. You must check in by 8:30 a.m. in order to be eligible for any extracurricular activities (including practices). If you check in after 8:30 a.m., you must have a doctor's note.
  2. If your team arrives to campus late after a game, you are allowed to check in nine hours after you return to campus. The coach will inform the team of the time they need to check-in to be eligible.
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**At Risk**

- Any grades below 75 at any time in the semester
- Grade check to all coaches
- Comments in specific class(es) each grading period

**Academic Probation**

- Any grades below 70 at or after Quarter Report (9 weeks into semester and beyond) / 13.5 Week Progress Report
- Academic Center in schedule / Attendance mandatory
- Tutorial mandatory Monday to Thursday / Signed ticket from faculty to coach for admission to practice each day
- All class comments for reporting periods
- Only one sport allowed
- Meeting with Athletic Director, Division Director, Coach, Academic Center Director, student and parents
  - Written documentation and agreement

**Athletic Restriction**

- Any grade below 70 at Quarter Report and every reporting period after
- Restricted team practice / travel at AD and Upper School administration discretion.
  - No away games
  - No admission to practice without a signed form from teacher(s)
- Academic Center / Tutorial attendance is the same as above
- Meeting with family, student, Division Director and Athletic Director is same as above
- Contract for Re-enrollment may be withheld until the end of the Second Semester

**Athletic Suspension**

- Two Grades or more below 70 at Quarter Report and every reporting period after
- Suspension from team (no practice / no travel)
- Contract for Re-enrollment will be withheld until the end of the Second Semester
- Meeting as outlined above with proper documentation

**General Eligibility**

All students in good standing (academic or otherwise) are eligible to join a team provided he or she agrees to the rules and expectations established for all players as outlined in the Athletic Handbook.

**Sportsmanship**

Student-athletes are expected to treat all coaches, officials, team members, opposing teams, and fans with respect. Profanity, degrading remarks, intimidating actions, or other such behavior may result in disciplinary action from the Head Coach, Athletic Director, or Division Director. Frederica Academy holds sportsmanship in athletic competition as a core value and all student-athletes are expected to uphold this value while representing the school in competition. The rules governing student behavior as outlined in the Student Handbook are in effect for extracurricular activities, school-sponsored trips, and interscholastic competitions.

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## Participation

### Documentation

- All student-athletes must have up-to-date Athletic Screening documentation in order to participate in practice or games.

### Attendance

- Students must arrive to school prior to 8:30 AM and remain until the end of the academic day to participate in an athletic activity that afternoon or evening (including practice) unless excused by the Division Director. At the direction of the Head Coach, scholar-athletes who return from a school event very late at night may be allowed to arrive at school for the next school day nine (9) hours after their arrival on campus the previous evening. Please refer to the Frederica Academy handbook for more information.
- Students who choose to participate in any given sport are expected to attend practice as scheduled by the Head Coach. Unexcused absences from practices may result in suspension and/or dismissal from the team. Students may be excused in arriving late at practice if they submit a signed Tutorial Pass to the Head Coach.

### Fifth Grade Participation

- Middle School athletics is limited to Sixth, Seventh, and Eighth Grade students. Exceptions to the policy will be made in the event additional players are needed in order to field a team. A Fifth Grade student can participate in Middle School athletics with the consent of the following school administrators: Athletic Director, LS Principal, MS Principal, and Head of School.

### Eighth Grade Participation

- Eighth graders, in accordance with GISA interscholastic guidelines, are eligible to play sports (except football) at the Varsity level. Eighth graders may be invited to play at the Varsity level only when the Varsity team has a low number of participants or when the eighth grade scholar-athlete is ready for a higher-level of competition as determined by the Head Coach and Athletic Director (in consultation with the Middle School Division Director regarding academic preparedness). If a team is offered for either girls or boys in a respective sport and all teams have enough participants to field a full team there will be no crossover from team to team. This includes both girls and boys teams.

### Multi-Sport Participation

- Scholar-athletes may request to participate in two sports in the same season. Requests should be made to the Head Coaches and the Athletic Director. Because missed practices and games diminish the success of any team, participation in two "team sports" in the same season is not allowed. Participation in a "team sport" as a primary commitment and an "individual sport" such as cross-country, tennis, or track as a secondary commitment is possible with the approval of both Head Coaches and the Athletic Director. Team sports are the following: Baseball, Basketball, Football, Volleyball, Soccer, and Cheerleading. All decisions regarding participation in two sports are at the discretion of the Athletic Director.
- In the case of overlapping seasons, scholar-athletes must stay committed to the first team until that season concludes. Exceptions are at the discretion of the Athletic Director.



### Multi-Sport Participation Continued

- Athletes participating in school sports while at the same time competing with a community or club sports team must disclose this information to the school team's Head Coach prior to the season. Pre-season communication is necessary for the coach to determine if the commitment of the scholar-athlete to the school team is great enough to be allowed membership on that team. Pre-season communication also avoids any conflict surrounding potential missed practices or games. The arrangement for such dual participation must be in writing and approved by the Athletic Director.

### Equipment

- Student-athletes will be required to care for and return all equipment to the Head Coach of their respective sport. Failure to do so in a timely manner as determined by the Athletic Director will result in a fee comparable to replacing the lost equipment. This price may be much higher than the original cost due to replacing a single item of equipment.
- Seniors are not allowed to keep uniforms as a memento to their athletic careers at Frederica.

### Beyond the Regular Season

- Being selected to participate in All-Star competitions is an honor for both the athlete and the school. Upon selection, the student has the choice of participation. The Athletic Department will work with the athlete to facilitate participation in such events, but expenses incurred as a result of participation will not be covered by the school.
- Participation in optional summer team camps will be the financial responsibility of parents.

### Suspensions and Dismissals

- **Academic Eligibility** - A student-athlete, as stipulated by the Academic Eligibility policy, may be suspended if he or she is deemed academically at risk, as determined by the Athletic Director and the Division Director.
- **Violation of Team Rules** - A player may be suspended one game during the season at the Head Coach's discretion due to the violation of a team rule or for absenteeism as outlined in the Attendance Policy. Subsequent and multi-game suspensions for rules violations and absenteeism will be determined by the Head Coach and the Athletic Director.
- A serious infraction or chronic team violations may result in the dismissal of a player from the team as determined by the Head Coach, Athletic Director, and Division Director.

### Conduct and Substance Abuse Policy

- The Academy's Discipline Code of Conduct states:

Students may enter the discipline process for inappropriate behavior observed on campus or during a school sponsored activity. We respect the right of parents to administer discipline as they see fit for student behavior away from school and school events. While we do not actively seek to uncover inappropriate behavior or rule violations away from school events, student misconduct at times come to the school's attention, either from other students, parents, community members, or other sources. If adequate information comes to the school's attention suggesting one of our students has been involved in

inappropriate behavior, the school may respond with due diligence to validate the information and notify the parents with no further disciplinary action from the school. The intent is to support effective parenting while respecting the right of the parent to administer appropriate consequences at their discretion. *For off-campus behavior that is particularly egregious, public, disruptive to our school-community, or is particularly damaging to the school's reputation, the Academy reserves the right to administer consequences including possible separation or dismissal from school.*

- Participation in athletics is optional and a player's poor choice regarding conduct and substance abuse has a negative impact on player safety, team morale, and the experience of other players. Therefore, **scholar-athletes involved with poor conduct or illegal substance use during the season at any time will be subject to suspension or dismissal from the team at the discretion of the Head Coach.** Consequences will be determined after the situation is reviewed by the Athletic Director and Division Director in regard to the overall school conduct policy. Coaches should clearly communicate expectations and consequences surrounding behavior and conduct at the start of the season.

### Travel

- Scholar-athletes must advocate for their own academic success and be responsible for all make-up work resulting from missed class time. Scholar-athletes should communicate with teachers before departure whenever possible. To help with this process, the Advance Notice of Absence form (available in the Upper School front office) should be completed prior to athletic trips.
- When a student athlete is involved in an overnight trip that requires him or her to miss class, a one-hour study hall is required of all team members while on the trip. Coaches must supervise, document, and report it to the respective division director and/or athletic director.
- Traveling may include bus trips, hotel stays, opposing team venues, and other places. Behavior unbecoming of a Frederica Academy student will be subject to disciplinary action by the Head Coach, Athletic Director, or Division Director.
- More serious misconduct on overnight trips may result in the scholar-athlete being sent home. Parents will be required to facilitate the pick-up of their child regardless of location.
- At the conclusion of sporting events on the road, scholar-athletes are allowed to travel with parents pending a face to face confirmation at the time of departure. If a parent desires for their student to make alternative travel arrangements with other parents or family members, prior written or direct verbal communication from the student's parent with the Head Coach is necessary. A face to face confirmation/check-out will also be required at time of departure.
- Dismissal times for scholar-athletes are set by the Head Coach for each sport and will be announced weekly by the Athletic Coordinator. There will also be an approximate departure time on sports schedules.
- When travelling by bus, player passengers are responsible for cleaning out the bus upon their return arrival on campus.

**Dress**

- Student-athletes are expected to follow the dress code for Frederica Academy. This includes being in dress-code on school days that include an early dismissal for travel and on home game days. See the Upper School and Middle School Handbooks for more information on the Frederica Academy dress code.
- Variation from the school dress code requires the approval of the Division Director.

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## **Athletic Policies: Coaching Responsibilities and Expectations**

Frederica Academy coaches are expected to uphold and abide by the rules, regulations, and ideals set forth in this Athletic Handbook, the Faculty Handbook, the GISA interscholastic rules and regulations, and the GISA code of ethics. Coaches are also expected to uphold and hold students accountable for the rules outlined in the Athletic and Student handbooks. Coaches are expected to mentor our students in word and in action.

### **Communication**

- Coaches will hold informational team meetings at the beginning of the season to share expectations, philosophies, practice and game schedules, travel policies, and volunteering needs/responsibilities.
- Coaches will communicate in a timely and effective manner with students and parents regarding practice and game changes, cancellations, or additions.
- Coaches must notify the Athletic Director in advance of a player suspension. As previously noted, subsequent suspensions and multi-game suspensions must be approved by the Athletic Director.
- Coaches must contact a player's parent in the event of a suspension.
- Coaches must provide an update to the designated contact in the Athletic Department after each competition.
- Coaches are responsible for contacting The Brunswick News (and other media outlets when requested by the Athletic Director) to report the outcome of all competitions.
- Coaches are responsible for facilitating the end-of-the-season celebration (cook-out/banquet/party). Plans and associated funding of plans must be approved in advance of finalizing plans.

### **Academics**

- Coaches should continually monitor their scholar-athletes' academic progress.
- The coach is an active and important influence in the student-athlete's life, and as such play an essential role in supporting teachers and the Division Director to encourage student effort in the classroom.
- Coaches should regularly encourage students to seek assistance from teachers when missing class time for athletics.
- Practice schedule during holidays and exam weeks are to be approved by the Athletic Director.
- In deference to our families and to foster healthy balance in the lives of scholar-athletes, we will not hold practices on Sunday. There may be times of exception due to events such as weather, schedule changes, or venue availability. Requests for exceptions must be approved by the Athletic Director and communicated effectively to families.

## Travel

- Coach and parent drivers are strictly prohibited from using any mobile device while the bus is in motion.
- Coaches will monitor student behavior and use of time during travel.
- Coaches should establish and hold students accountable to a travel dress code.
- When a student athlete is involved in an overnight trip that requires him or her to miss class, a one-hour study hall is required of all team members while on the trip. Coaches must supervise, document, and report it to the respective division director and/or athletic director.
- For overnight trips, coaches will:
  - Hold team meeting at beginning of trip to explain itinerary, rules, and expectations;
  - Set curfew and conduct visible check at lights out to account for all students;
  - Make routine checks of rooms to ensure that behavior is appropriate;
  - Establish a morning check-in time and require that no scholar-athletes leave designated areas prior to that time;
  - Be a vigilant and engaged presence;
  - Bus drivers will make certain that all buses are returned to the designated location on campus in clean condition.

## Other

- Varsity coaches should schedule one team community service project event during the season. Coaches can delegate this responsibility to a parent and can coordinate the project with the Upper School Community Service Council and/or Upper School Community Service Advisor.
- Coaches will consult with the Athletic Director regarding potential eighth-grade participation at the varsity level, purchasing needs, and any alterations to the policies and procedures established in this handbook and the Division Student Handbooks.
- A coach will remain on site and visible until the final student-athlete has departed campus from practices, games, or trips.
- Coaches are ultimately responsible for the well-being of student-athletes. It is important that coaches maintain an ongoing dialogue with students and parents regarding the expectations and guidelines for the team members and their respective families.
- The athletic trainer will be available at all home sporting events. He/she will travel to all away Varsity football games. The trainer does not go to other away events unless predetermined by the trainer in conjunction with the Athletic Director.
- Coaches are responsible for securement of practice and playing fields at the conclusion of practice and games. All access points to locker rooms and athletic facilities should be locked.
- Coaches involved in athletic programs must be familiar with the GISA's code of ethics as it relates to recruiting athletes: "No member of the school community (administrator, coach, booster club, alumni organization, etc.) will knowingly initiate attempts to enroll or bring about the transfer of a student for the purpose of athletic or literary competition.

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## Parents/ Booster Club/ Volunteers

### Parent Expectations

- The GISA code of conduct for all sporting event attendees is the following: “The GISA encourages and promotes sportsmanship by student-athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial, ethnic, or sexist comments, or other intimidating actions will not be tolerated and are grounds for removal from the event.” Frederica Academy stands behind the GISA’s code of conduct and encourages parents to set a positive example for the student-athletes through their conduct towards opposing players, opposing fans, and officials.
- Parents actively involved in athletic programs must be familiar with the GISA’s code of ethics as it relates to recruiting athletes: “No member of the school community (administrator, coach, booster club, alumni organization, etc.) will knowingly initiate attempts to enroll or bring about the transfer of a student for the purpose of athletic or literary competition.
- Parents are the greatest influence in the lives of our students, and the school values a healthy and open partnership in meeting the mission of the school. While we encourage scholar-athletes to be self-advocates for their well-being, parents can support the school by fulfilling requests in a timely manner. Health forms and physical information must be up to date, and students must have an environment at home conducive to maintaining an acceptable GPA.
- Parents are encouraged to attend pre-season meetings scheduled by Head Coaches.
- If a parent has concerns for their child’s athletic experience, a meeting with the Head Coach should be scheduled. The setting and timing of these meetings are important and should never occur before, during, or after an athletic contest. In the event that a parent is not satisfied with the outcome of the meeting, they are encouraged to consult with the Athletic Director.
- Alcohol, drugs, and tobacco are prohibited on Frederica Academy’s campus at all times. Thank you for your support of this policy.
- Athletic Facilities are generally not made available to outside groups. We will make our facilities available to members of the Frederica community at the discretion of the Athletic Director.

## Booster Club

- We encourage parents to actively participate in the Booster Club and are grateful for their help and support in that regard. The efforts of parents and the Booster Club provide support to our teams in a manner that allows our players to focus on playing and our coaches to focus on coaching. The Booster Club is a parent-run organization that supports all athletics at Frederica Academy. The primary purpose of the Booster Club is to raise money to support athletics and to provide volunteers at sporting events throughout the year.
- Volunteering is vital in order to offer many services in an efficient manner that otherwise would be a financial burden on the school. Volunteer opportunities include concession stand, ticketing, and merchandising.
- The Booster Club is governed by a Board of Directors and its Executive Committee. Executive Committee positions include: President; Vice President; Finance and Membership Coordinator; Volunteer Operations Coordinator; Concessions Coordinator; and Spirit Wear Coordinator. Members of the Executive Committee serve two-year terms. The Executive Committee of the Booster Club Board may appoint additional Board members. The Head of School, Athletic Director, and Advancement Director are ex-officio members of the Booster Club Board. The Booster Club Board meets quarterly, and more often if needed.
- The 2019-2020 Booster Club President is Alisha Seymour. For those interested in volunteering, becoming a Booster Club Member, or supporting Frederica athletics, please contact Carl Nash at **carlnash@fredericaacademy.org**.
- Admission will be charged for most on campus athletic events. Booster Club members have access to all non-playoff competitions free of charge. Per GISA policy, admission charges are required for all GISA governed post-season competitions; these charges apply to all student and non-student spectators.