



# GRIFFIN

## ATHLETICS

**Athlete's Handbook 2019-20**

**For Players and Families**

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Dear Griffins,

This material is being presented to you because you have expressed interest in becoming a part of the Spartanburg Day School athletics program. We firmly believe that our athletics program is a key component of a Spartanburg Day School education. We offer an *education-based athletics program*, which means that everything that we do, on and off the field, is seen through the lens of our mission (below). Wearing the red and blue of Griffin Athletics is a privilege, and students (and their families) who choose to do so voluntarily choose to embrace hard work and self-discipline in order to pursue team goals. Many of us who have made that choice over the years will attest that being a Griffin athlete has produced results that still enrich our lives today. Welcome to the team!

Joy Couch  
Director of Athletics

### **Spartanburg Day School Mission Statement**

To provide a superior educational experience, in a community of trust, that prepares students for a life well lived.

### **Spartanburg Day School Values**

#### **Excellence**

Spartanburg Day School challenges every student to achieve his or her finest level of both academic and personal success. A superior program of study equips intellectual thinkers with a profound depth of knowledge that empowers them in life.

#### **Individuality**

Spartanburg Day School empowers students to be their true self. Students are uniquely known and celebrated for their distinct voice. Meaningful relationships are at the core of this community that promotes trust, personal accountability and independence of thought.

#### **Leadership**

Spartanburg Day School motivates students to be meaningful contributors to society. Students are confident, take risks, and hold themselves to the highest standards. They collaborate with others and eagerly go above and beyond to exemplify the ethics of responsibility, compassion and service in their daily lives.

#### **Curiosity**

Spartanburg Day School cultivates students' true desire to learn through thoughtful discovery. Teachers nurture innately inquisitive minds in an environment where it is safe to both fail and succeed. Students experience the freedom to ask questions, to be problem solvers and to take ownership of their learning.

#### **Passion**

Spartanburg Day School inspires students to stretch their minds and find joy in educational exploration. Students are surrounded by like-minded peers and an impassioned faculty that embody an enthusiasm for learning. Students find a love of learning that serves as a foundation for future success.

## **Athletics Mission Statement**

The Griffin Athletics philosophy is built on the same bedrock foundation as Spartanburg Day School. We believe that the pursuit of excellence demands character, commitment, and perseverance, even when no one is watching.

The Griffin Athletics program aims to:

- Build school pride and unity, and represent our school honorably at all times and in all places.
- Promote self-discipline, perseverance, and responsibility.
- Develop teamwork, sportsmanship, and a competitive spirit.
- Cultivate the pursuit of excellence, both individually and as a team.

## **Expectations Within Griffin Athletics:**

### **For Coaches:**

- Model behaviors and values consistent with our mission.
- Teach and mentor scholar-athletes, on and off the field.
- Communicate effectively with students, parents, and all school constituents. This includes clarity, tact, respect, and fairness. Coaches will send group emails to parents and players every Sunday during the season with the schedule and expectations of the week.
- Respect and honor the missions of the school and the athletics department.
- Balance individual development with team competitiveness.
- Pursue excellence in knowledge of the sport.
- Supervise students before and after practices and while traveling for competitions. Coaches will not leave students unsupervised at any time and will remain with them until they leave campus.
- Attend two athletics coaches' meetings scheduled by the athletic director: one general meeting in July and one before the season in which they are coaching - all sports in July, winter in October and spring in February.
- Complete the required online courses for coaches as required by SCISA. Certificates of completion will be filed in the office of the director of athletics.

### **For Student-Athletes:**

- Model behaviors and values consistent with our mission.
- Place the goals of the team above your own individual status and accomplishments.
- Be committed to the team, adhering to all rules and expectations, including arrangement of your schedule and priorities.
- Put forth your best effort at all times, in practice and in games.
- Demonstrate good sportsmanship at all times, on and off the field.
- Recognize that as a Griffin athlete, you are an ambassador for the school.
- Be your own advocate with your coaches regarding your role on the team, playing time, or similar concerns.

### **For Parents and Fans:**

- Model behaviors and values consistent with our mission.
- Recognize that the athletics experience must be owned by the student-athlete and supported by their family.
- Be positive fans, cheering for Griffins and respecting the decisions of the coaches and officials.
- Encourage your student-athlete, in good times and hard ones, to learn lessons from their athletics experiences that are bigger than the results on the scoreboard.
- Encourage your student-athlete to be his or her own advocate in discussions with coaches. Refrain from interjecting yourself into those discussions.

### **For Faculty and Administration:**

- Recognize the complementary roles of academics, athletics, and the arts in educating our students within the overall mission of the school.
- Support and encourage our student-athletes to apply the lessons learned in athletics to the classroom and to life.

## Priorities at Different Levels of Play:

All Griffin teams strive to teach the same life lessons and provide a meaningful experience for all of our players. All of our teams seek the same four basic goals, and all are important. However, the four goals are prioritized differently based on the competitive level of the team within the overall program.

### At the Junior Griffin Level, the priorities are:

- **Participation.** The Junior Griffin program is for sixth grade boys who wish to participate in basketball. If there are not enough sixth grade boys who want to play to support a team, fifth grade boys may be invited by the athletic director to play based on previous experience and skill. Equal playing time is not guaranteed, but we try to play every player in every game at this level.
- **Individual Development for the “Next Level.”** Although our Junior Griffin teams are not primarily concerned with being a “feeder” for the JV and varsity squads, the development of good habits and sound fundamentals that will be of benefit to the higher-level teams are stressed.
- **Competitive Excellence.** Every team and every team member wants to compete well and have a chance to win. We always make an effort to be as competitive as possible in every contest.

### At the Middle School Level, the priorities are:

- **Participation.** We do not guarantee equal playing time, but we try to play every player in every game at this level if the student-athlete meets the expectations of coaches, such as attending and participating in practice.
- **Individual Development for the “Next Level.”** Although Middle School athletics is not primarily concerned with being a “feeder” for the JV and varsity squads, our program stresses the development of good habits and sound fundamentals which will be of benefit to the higher-level teams.
- **Competitive Excellence.** Every team and every team member wants to compete well and have a chance to win. We always make an effort to be as competitive as possible in every contest.

### At the Junior Varsity\* Level, the priorities are:

- **Individual Development for the “Next Level.”** The JV program exists to “feed” the varsity team. We would rather develop great varsity players and teams for next year than have an undefeated JV season this year.
- **Competitive Excellence.** This is the level where more separation begins to take place between starters and role players, and those who will not continue past the JV level.
- **Participation.** We recognize that for many of our student-athletes, this could be their last experience in a particular sport. We also know that athletes develop physically at different rates. A high priority is placed on giving all team members the opportunity to play and develop.

### At the Varsity\*\* Level, the priorities are:

- **Competitive Excellence.** At this level, our teams and players expect to compete at the highest level they can, even if it means that some players do not get to compete in every game.
- **Participation.** We also recognize that being a part of a varsity team is itself an outstanding experience. We want to maximize every player’s opportunity to contribute within his or her own role on the team and to learn lessons and make memories that last a lifetime.
- **Individual Development for the “Next Level.”** Although we are very proud of our Griffins who have gone on to play sports at the college level and beyond, and will make every effort to help our student-athletes who seek that opportunity to be successful, the goals of the team transcend those of the individual, especially at the varsity level.

\*Some of our “JV” teams include students in both the Middle and Upper Schools. Those teams will be philosophically run as “JV,” but with appropriate care taken to respect the proper physical and emotional development of the athletes on the team.

\*\*Some of our teams only offer a single level of play. On those teams, the prevailing philosophy of the team will be that of a “varsity” team, but the coaches may modify expectations for younger athletes. In some cases, a Middle School athlete may be able to compete at the varsity level. Coaches will be careful to consider the age and development of these athletes within the framework of varsity expectations.

## SPARTANBURG DAY SCHOOL ATHLETE'S CODE

The health and welfare of the student transcends any other consideration. All athletes shall abide by a code of conduct within a community of trust which will earn them the honor and respect that participation and competition in the interscholastic program affords. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletics department. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality or violations of law, tarnish the reputation of everyone associated with the athletics program. This code of conduct is to work in harmony with such codes in Upper and Middle School and will not take the place of any other school policy.

1. The use of alcoholic beverages, unprescribed drugs, narcotics, tobacco, or e-cigarettes is strictly forbidden. On-campus use may result in expulsion. Any athlete confirmed by a member of the staff to be using alcoholic beverages, unprescribed drugs, narcotics, tobacco, or e-cigarettes off-campus may be suspended or dismissed from the team for that season and may face additional School consequences.
2. Each team member is responsible for notifying the coach in advance if they will miss a practice or a game, except when the student has been absent from school all day. Illness, an unavoidable doctor's appointment, school activities, a family emergency, or a wedding in the immediate family are valid excuses for missing games or practices. Please be mindful of your athletic commitments when scheduling other family occasions.
3. Because academics are at the heart of Spartanburg Day School's mission, a student is expected to be present for all scheduled classes on the day of a practice or game. When this is not possible, in order to participate in a game or practice, students must sign in by 10 a.m. Students are also expected to be at school on time and for the entire day following late games. Any exception to that expectation must be approved by the division head in consultation with the athletics director. **Dishonesty regarding attendance with regard to athletics is both a violation of the Athlete's Code and the Honor Code.**
4. Students must be academically eligible according to the current SCISA rules to be able to play. **Spartanburg Day School reserves the right to impose more stringent standards to ensure the academic success of student-athletes.**
5. All athletes should display high standards of social behavior off the field and high standards of sportsmanship on the field, particularly in respecting other athletes, cheerleaders, officials, spectators, and those in authority. *This expectation includes appropriate use of technology and social media.*
6. All athletes should be cooperative with their coaches, teachers, and peers, maintain a good appearance, and use language that reflects well upon themselves, family, and school.
7. Hazing, bullying, or harassment of any sort is expressly forbidden.
8. Team captains should use their leadership ability and influence to assist in the enforcement of this code.



9. Should a violation of this code occur, the dean of students, the division head, and the student's parents will be advised, and consequences will be determined by the division head, athletics director and/or the coaching staff. Consequences may include temporary benching, suspension from the team, or expulsion from the team.

**Wearing a Spartanburg Day School uniform is a privilege. It connects you to your current teammates and coaches as well as those that have worn the uniform before you. Understand that the decisions you make will not only impact your life, but also your family, your team, and Spartanburg Day School, as well.**

## DEFINING DOZEN OF GRIFFIN ATHLETICS\*

### TO STAY HERE:

**BE COMMITTED TO OUR ACADEMICS** - Make a plan, do the work, aim for your personal best, and prepare for the college of your choice. Griffins are student-athletes, living up to Spartanburg Day School's pursuit to BE MORE. This starts with academics. Be a leader in the classroom. Talk to your teachers, mentors, and or/coaches if you need help.

**BE COMMITTED TO HAVING CHARACTER** - Treat teachers, administrators, facilities and grounds staff, office staff, dining staff, managers, trainers, and all that you meet with respect both within the SDS community and beyond. Treat other people, including fellow students, the way you want to be treated. Your attitude and actions will reflect on the reputation of the Griffins.

**BE COMMITTED TO DOING THE RIGHT THING** - You have agreed to be a part of a school community which values and upholds certain principles set forth from the Honor Code. You have also committed to competing as a Griffin athlete. Read and learn the Athlete's Code. There is nothing more destructive than tobacco, drugs, and alcohol to both the individual and team commitment.

**BE COMMITTED TO THE ATHLETICS PROGRAM** - Our program's reputation provides many opportunities, yet brings many responsibilities. It is the hope that through your experience as a student-athlete you will be challenged both physically and personally. We must be committed to build on the tradition of our program and respect those who have gone before us. You are a part of the future of Griffin Athletics.

### TO PLAY HERE:

**BE COMMITTED TO HARD WORK** - Our program is built on the concept that hard work pays off. We believe that the most important factor is effort, and showing up to each practice with a "can do" attitude is necessary for individual and team skill improvement.

**BE COMMITTED TO BECOMING A SMART PLAYER** - Our players must be ready to learn. Our players must be good listeners and learn by watching. We must make good decisions, we must play with poise. We prepare mentally for practices and games.

**BE COMMITTED TO YOUR TEAM** - We must have players who believe in our teams and in their teammates. Our program is built on the concept that the team/program is bigger than any one player. We need unselfish players. Unselfishness is a characteristic of all great individuals and of all great teammates.

**BE COMMITTED TO A WINNING ATTITUDE** - Our players must be committed to winning while understanding that we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our program is to play against the game, not just our opponent. We never quit. We are always looking for a way to win.

### TO WIN HERE:

**BELIEVE IN YOURSELF** - Play with confidence, be positive and realize that you are a great player within a great athletics community. Don't get down when you play poorly; realize you chose to be here... be a leader. Lead by example.

**BELIEVE IN YOUR COACHES** - Your coaches are here to help you and your team be the very best you can be. Trust their leadership. Accept challenges and discipline as readily as you accept praise. Be teachable and coachable.

**BELIEVE IN YOUR TEAMMATES** - Communicate with each other and help each other. Encourage each other and support each other. Don't ever forget the importance of the bonds among the team. Be a friend. We understand that we are all different - be tolerant of teammates and others.

\*Adapted from the "Defining Dozen of Bullpup Basketball," Coach Matty McIntyre, Gonzaga Prep

## SPARTANBURG DAY SCHOOL COMMUNITY SPORTSMANSHIP GUIDELINES

Spartanburg Day School teams are expected to conduct themselves in a spirit of good sportsmanship, particularly in relationship to other teams. Spartanburg Day School may use every means at its disposal to impress upon its coaches, student-athletes, and fans the values of sportsmanship in the preparation for, conduct of, and management of our sports programs at all levels.

The number one goal is developing pride in our programs. This requires a united effort of dignity and accountability for all of our actions. Each of us has a responsibility to encourage and insist upon the following actions from our coaches, student athletes, and spectators:

1. **BE COURTEOUS TO ALL.**  
It is paramount that the Spartanburg Day School community treats participants, coaches, officials, staff and opposing fans with respect. Applaud during introductions, shake hands with opponents, show concern for injured players, extend hospitality to visiting players, coaches, cheerleaders and fans.
2. **KNOW THE RULES, ABIDE BY AND RESPECT THE OFFICIALS' DECISIONS.**  
Utilize every opportunity to promote understanding of the rules of the contest within the school and community; accept the officials' decisions without a display of temper, argument or derogatory remarks.
3. **WIN WITH DIGNITY, LOSE WITH CHARACTER.**  
Treat competition as a game, and a privilege to compete in a Spartanburg Day School uniform. While the final result is important, it is more important how we respond to that result. Remember, you are always a Griffin, both on and off the court.
4. **EXERCISE SELF CONTROL.**  
Present yourself, your team, and Spartanburg Day School positively. Support the activity by displaying TOTAL UNITY as fans, as opposed to boasting or using antics which draw attention to you instead of to the contest.
5. **PERMIT ONLY POSITIVE SPORTSMANSHIP.**  
**Encourage** those around you to display only positive sportsmanlike conduct. Likewise **discourage** use of profanity, taunting or other destructive mannerisms.

As a Spartanburg Day School coach, athlete or fan, you are expected to conduct yourself with integrity, sportsmanship, honesty, pride and humility. Your conduct is closely scrutinized as you and your team compete at home and on the road. A student-athlete is looked upon as a role model, particularly by his/her peers and younger children, and it is important that his/her personal conduct is above reproach at all times. Realize that you are presenting yourself, your family, your team, and Spartanburg Day School School. **Be more.**

## DIGITAL CITIZENSHIP & COMMUNICATIONS

In our modern, technologically-connected world, students can sometimes forget that their interactions online are both *public* and *permanent*. All expectations and rules governing student-athletes' behavior extend to the digital world, as well. Griffins must be mindful of their role as an ambassador of their team and their school in their online behaviors. With the rapidly changing technologies available to athletes, coaches, and teams, it would be impossible to have a rigid set of "rules" governing every interaction. Instead, follow the *principle* that every interaction involving our student-athletes needs to protect the safety, privacy, and dignity of everyone involved. Please also remember that emails, texts, etc. cannot convey tone, and can lead to misunderstandings. Where possible, the best interactions are face-to-face.

In adherence to the school's Code of Conduct, student-coach "text" communications will take place through the GroupMe. GroupMe is a public mobile messaging platform used by independent schools across the country. It allows teachers and coaches to send announcements, practice and schedule changes, and game-day messages to student-athletes and parents safely and securely. Coaches will send an email to register for the app at the start of the school year.

### **Academic and Extracurricular Conflicts**

The athletics department makes every effort to preclude conflicts between scheduled practices, interscholastic games/matches, and major academic or extracurricular events. However, on occasion such conflicts may occur, Spartanburg Day School's guiding principle is that school-sponsored academic activities take priority. Consequently, no penalties (such as extra practice or suspending an athlete) are prescribed when a student-athlete chooses to participate in such an activity and informs his/her coach at the earliest opportunity so that there is sufficient time for appropriate planning and resolution in the interests of all concerned. The coach should consult with the athletics director in the event of unanticipated circumstances or unclear interpretation of this policy.

## General Athletics Department Policies

**Practice Times:** Any team that includes Upper School students may not begin practice earlier than 4 p.m. on school days. This is to accommodate the Upper School's MAC period. Teams comprised of only Middle School students may start at 3:30 PM.

**Locker Rooms:** The JV and varsity locker rooms are available for use by sports teams each season. Those teams' coaches and athletes are then responsible for taking care of them. Use of these locker rooms is a privilege, not a right. Throughout the day the locker rooms are used for Middle School PE and should be kept clean for both PE and athletics use. Items left on the floors will be put in lost and found and donated at the end of every season. Athletes should never prop open locker room doors to hallways or to the outside to keep them from locking.

**Multi-Sport Athletes: Beginning in the seventh grade, 100% of Spartanburg Day School Middle and Upper School students participate on one or more of our teams, in fitness training, or in a non-SDS approved sport outside of school.** As a department, we encourage athletes to participate in multiple Griffin sports. Coaches of multi-season athletes will coordinate with each other to ensure that neither team's requirements preclude full participation in the other. Student-athletes may not begin practice for a new season's sport until after the final competition in their current season. In some rare cases, a student-athlete may be able to compete for two Griffin teams in the same season. Those cases are only allowed when approved by both teams' coaches and the Athletics Director, and require very high levels of communication among teams, the athlete, and the family.

**Athletics, the Arts, and Student Life:** One of the advantages Spartanburg Day School offers over many schools is the opportunity for our students to excel in both athletics and the arts. There are only a few circumstances in which it is impossible to balance the two due to simultaneous obligations. However, in most cases, the fine and performing arts department and the athletics department work extremely well together to allow our students to participate in multiple areas of campus life. It is the responsibility of the student involved in multiple school activities to be proactive in communicating with both departments to minimize conflicts.

**Club and Travel Sports:** Spartanburg Day School athletics are education-based. Our mission and aims are different than those of most club teams. Participation on a club team is never a requirement for playing a Spartanburg Day School sport. As a general rule, Spartanburg Day School coaches are not expected to make the same sorts of accommodations to balance athletes' outside-of-school activities with their Griffin team responsibilities as they would for other school-related activities (whether athletics, arts, or service). Any adjustments made to accommodate outside sports team play are at the discretion of the Spartanburg Day School team's coach, and may vary based on individual circumstances.

**Pre-Season and Off-Season Requirements for Athletes:** Being a Griffin athlete, particularly at the varsity level, requires a high level of commitment and self-discipline. Many of our teams have pre-season or off-season conditioning requirements as a prerequisite to participation. These requirements should be arranged so that being a member of multiple Griffin teams is both possible and complementary. Coaches will work with student-athletes to manage any conflicts, but it is the responsibility of the student-athlete to communicate and coordinate with his or her coaches.

**Use of Athletics Facilities/Supervision:** Spartanburg Day School has outstanding athletics facilities. These facilities were built for our students, and all students are encouraged to take advantage of them. However, students MAY NOT under any circumstances use any of our athletics facilities without faculty supervision. As a general rule, that means that students only use the gyms, weightroom, etc. when accompanied by a faculty member. If a student is working out while a faculty member is present and providing supervision, the student must leave when the faculty member does.

**Dropping or Changing Sports:** One of the lessons taught in athletics is perseverance. Quitting a team is strongly discouraged, and failure to finish a prior season may be taken into account in roster decisions in following years. Any athlete who quits a sport after regular-season contests have begun may not join another Griffin team in that same season, nor may they participate with a team in the following season until their former teammates can (for example, a basketball player who quits cannot begin track practice until the basketball season concludes). Any exceptions to this policy must be approved by the coaches of both teams and by the athletics director.

**Uniforms and Equipment:** Athletes are responsible for any equipment issued to them. All school-issued uniforms and equipment must be returned at the end of the season (even if you plan to wear the same jersey the next year). Athletes' families will be billed for the replacement cost of any equipment lost or damaged. As a general rule, uniforms and equipment that is personalized or custom-sized will be kept by the athletes at the end of the season and paid for by the student's family.

**Travel:** Athletes should travel with their team to and from any "away" contest for which school transportation is provided unless special permission is granted by the head coach, in consultation with the director of athletics. SDS prefers students who do not travel with the team travel only with their parents. To receive permission to travel to or from an away game with anyone other than a parent, the student-athlete must provide the coach with written permission from his/her parent (not an email), stating specifically with whom the student is allowed to travel.

**Transportation:** Spartanburg Day School provides transportation to athletics competitions outside of Spartanburg, either in school owned or rented vehicles. When traveling, every student-athlete is expected to adhere to all traffic laws such as remaining seated and using seat belts. Students are expected to treat bus drivers with the same respect they treat coaches, teachers or administrators. Students are expected to leave buses clean and free of trash. Students who do not meet these expectations may be suspended or removed from travel with the team.

**Early Dismissals:** Due to the number of teams we field and the number of contests in which we participate, there are numerous early dismissals for athletics throughout the school year. Student athletes should be proactive in communicating with their teachers regarding missed classes or any make-up work and should not leave class before the time communicated by the athletics director. Being irresponsible regarding early dismissals undermines the integrity of the athlete, the team, and the athletics department.

**Athletics Admission:** All Spartanburg Day School students and families are admitted free of charge to on-campus athletics events hosted by Spartanburg Day School. All away contests, tournament games, and playoff games are not included and an admission charge should be expected.

**College Commitment and Signing Ceremonies:** The Griffin Athletics Department is pleased to recognize and celebrate our student-athletes who are invited to continue their playing careers at the collegiate level. Students wishing to celebrate a scholarship signing or formal commitment can do so by having their future college coach contact the SDS Athletics Director or the head coach of the sport the athlete will be playing in college.

**Athletics Training Staff and "Return to Play" Protocol:** Spartanburg Day School is fortunate to contract with Spartanburg Regional Health Care System to provide certified athletics trainers (ATC) who coordinate the care and treatment of sports-related injuries. One of the responsibilities of the ATC is supervising "return to play" for injured athletes. No athlete, parent, coach, or athletics administrator can, or should, overrule the trainer in decisions of whether it is safe to resume practice or play. The ATC will communicate with the physician to determine when an injured player should be released to play. The ATC remains the staff member who has both the authority and accountability for player safety decisions.



**Music Over Public Speakers:** Students may have the opportunity to play music over a public speaker, whether a PA system at the field or in the gym, over the speakers in the weight room, or even over a wireless speaker brought from home. It is essential for all users of our facilities to remember that our school community is made up of students of many ages, multiple generations, and families with widely different musical tastes. Even if you are alone when your music starts, any playlist should be built with the expectation that any member of our school family could overhear the music at any time. If there is any question as to whether a music choice might offend, wear headphones or choose something else.

**Roster Size and Cuts: Griffins Athletics has a “no cut “ philosophy.** Many Griffin teams are able to carry an unlimited number of athletes, however, some teams are limited to a certain number by rule, and others are limited by facility space or by how many athletes will be able to get meaningful playing time. Even “no-cut” sports involve a certain element of selectivity in terms of position assignments, event selection, selection of travel squads, etc. There is no way to create a completely objective and transparent mechanism that governs roster decisions - that is part of the art of coaching. Spartanburg Day School coaches are expected to handle these decisions thoughtfully and professionally.

**Communication With Coaches:** One of the lessons we hope our athletes will learn through athletics is how to be their own advocates with those in positions of authority, including coaches and officials. Athletes, particularly at the varsity level, are encouraged to speak directly to their coach about any concerns regarding positions, assignments, playing time, etc. Parents should not interject themselves into these conversations and take away their child’s opportunity to learn and grow through them. Coaches and athletes are expected to handle any such interactions in a professional manner. This includes tact, discretion, picking a good time to talk (almost always NOT at a time when emotions are high), and mutual respect. Coaches will never penalize a player for communicating candidly and respectfully.

## **The Griffin Athletics Program**

Spartanburg Day School's interscholastic athletics program is comprised of approximately 26 teams competing in 11 sports at the Junior Griffin, Middle School, junior varsity, and varsity levels. Seventh through 12th graders participate in at least one interscholastic sport every year. Athletics have been a key component of a Spartanburg Day School education since the school opened with 62 students in 1957. The Griffin was voted as the school's mascot in 1962. In 1967, it became a requirement for all students to participate in some form of athletics, a requirement that is still in place today. In 1998, the Griffins won their first state championship in girls tennis and over the last 20 years added 28 more.

### **Fall Sports:**

- Cross-Country (Varsity Boys, Varsity Girls)
- Equestrian
- Soccer (MS Boys)
- Swimming
- Tennis (Varsity Girls, JV Girls)
- Volleyball (Varsity, JV, MS)

### **Winter Sports:**

- Basketball (Varsity Boys, JV Boys, MS Boys; Varsity Girls, MS Girls, Junior Griffins)
- Cheerleading
- Equestrian

### **Spring Sports:**

- Baseball
- Equestrian
- Golf (Varsity Boys, MS Boys)
- Soccer (Varsity Boys, Varsity Girls, MS Girls)
- Tennis (Varsity Boys, JV Boys)
- Track & Field (Boys, Girls)