



St. Anne's-Belfield School

# 2019 - 2020 ATHLETICS HANDBOOK





## 2019 - 2020 ADMINISTRATION

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# INTRODUCTION

Dear Friends & Community Members,

Welcome to the community of St. Anne's-Belfield School. It is the intent of this handbook to make available information regarding athletics at St. Anne's-Belfield School to all athletes, parents, and supporters who participate in our programs. We ask that both parents and students review the handbook carefully and keep it handy throughout your participation as a St. Anne's-Belfield athlete.

It is a privilege to be able to participate in interscholastic athletics at any level. Whether you are an athlete, parent, or fan, you are a part of the athletic team and therefore a representative of St. Anne's-Belfield. The purpose of our athletic program is to develop growth of the entire child through sport specific values such as accountability, endurance, strength, coordination, self-confidence, self-discipline and team collaboration while developing and enhancing healthy recreational habits and skills. Our athletic program is a performance-driven program where the growth and athletes' well-being comes first, winning second.

It is our expectation that all within the St. Anne's-Belfield community show mature and appropriate behavior on and off the field or court. It takes quality athletes and supporters in order for our programs to be valuable, successful, competitive, and of high quality. Quality athletes are good winners as well as good losers and display good sportsmanship at all times regardless of the circumstances. Our athletic experience will focus on instilling and owning a culture of excellence that transcends beyond the sport logistics and playing surfaces.

The staff and administration welcome you to the St. Anne's-Belfield athletic program. We strive to see you succeed and desire to assist you in any way necessary. Good luck and enjoy your athletic participation this upcoming year.

Regards,



Dewayne Robinson, *Director of Athletics*

[www.stab.org/athletics](http://www.stab.org/athletics)

## ATHLETICS DEPARTMENT STAFF

Director of Athletics – Dewayne Robinson

Associate Director of Athletics for Operations – Mary Blake

Associate Director of Athletics for Facilities – Rachel Booth

Coordinator of Athletic Operations – Scott Fitzgerald

Associate Athletic Trainer – Lizzie Leitch

Associate Athletic Trainer – Cody Lawson

Director of Athletic Development – Chad Powlovich

Associate Director of Athletic Development – Allison Wilke

## OVERVIEW

We recognize the important balance between academics and athletics, and we believe strongly that regular exercise, development of skills, and interscholastic athletic competition play critical roles in each student's growth. Our sports program does much to contribute to the development of our students' good character and morals, in addition to enhancing our overall School spirit. We gauge athletic achievement not just on the outcome of games, but on the values and experiences our students gain from participation. At St. Anne's-Belfield, our athletic programs are competitive and enriching, stemming from a commitment of our coaches to create a well-rounded athletic experience and a dedication of our student-athletes to strive for excellence both inside and outside of the classroom.

This statement appears on our School website as a brief introduction to what our athletic program is all about, and we include it here as a reminder that our coaching efforts fit within a broader educational framework. St. Anne's-Belfield School strongly believes in the balance of academic excellence and athletic participation for the student body. While the School requires student participation in physical activity, the students are expected to value their academic pursuits as the highest priority. The School administration and the Athletics Department encourage all students to strive for excellence in the classroom and in their athletic endeavors. Athletic participation and the lessons that it teaches are a vital component of the independent school experience. Students are able to apply those valuable athletic experiences in the classroom and in their future lives.

A successful athletic program recognizes that competition encourages students to be disciplined, accept responsibility, and adopt a cooperative spirit. Good competitors always play to win; however, they understand that the measure and standard for performance is not winning alone, but giving one's best, playing fairly, working together, and setting out to accomplish goals. At all times, students who represent St. Anne's-Belfield School at sporting events are expected to behave courteously and in a manner indicative of their respect for the School and themselves. Student-athletes are a reflection of the coaches, and the coaches are a reflection of the School. The commitment to striving for excellence in the classroom and on playing surfaces is evidenced by the breadth and quality of our offerings. Our coaches serve as an extension of these goals and missions, and lead as role models for St. Anne's-Belfield student-athletes.

Therefore, St. Anne's-Belfield School provides a comprehensive athletic program for students in Grades 7 - 12 based on the following beliefs:

- Athletic participation promotes physical fitness and a healthy body awareness.
- Spirited and sportsmanlike competition within the rules honors the sport, student-athletes, coaches, officials, and spectators; and it encourages pride in the School community.
- Athletic participation should instill valuable personal qualities such as mental alertness, leadership, dedication, perseverance, grace under pressure, learning from disappointment, and humility in victory.

This handbook makes available all information regarding athletics at St. Anne's-Belfield School. We ask that you read through this handbook prior to your season of competition to gain a perspective of what is expected of you and your program(s) in the upcoming year. Everyone is as much a part of the athletic experience as is the athletics staff, and together we can continuously build and improve the quality of our athletic experience and offerings. Go Saints!

## **OBJECTIVES OF PARTICIPATION**

To be considered an educational experience, athletics must have specific and worthwhile objectives. These objectives include:

- Physical fitness and skills
- Mental alertness
- Positive moral qualities
- Constructive social abilities
- Emotional maturity
- Value driven approach

All objectives and principles in athletics must be primarily concerned with the welfare and educational development of the student-athlete. The principles, which are to be achieved from the interscholastic athletic program, are to provide students the opportunity to:

- Develop their physical talents to their maximum potential
- Engage in competitive activities
- Learn new skills beyond those acquired in physical education classes and to improve upon those already acquired
- Exemplify good sportsmanship as a means for learning good citizenship
- Experience both winning and losing
- Learn from experience that consequences follow violations of a rule
- Experience working as a member of a team in order to achieve a goal
- Experience self-discipline and sacrifice as a means for achieving a goal
- Experience a feeling of self-worth and self-confidence
- Dedicate themselves to the task of achieving a given goal
- Experience in problem-solving and decision-making

- Engage in organized activities with other students whose backgrounds may be dissimilar from their own
- Understand and practice the principles of sound health, safety, and physical fitness
- Develop the ability and desire to manage and use their time effectively
- Engage in competitive experiences in an acceptable manner
- Have a positive rallying point for the School in order to help them develop School loyalty

## CODE OF CONDUCT

The Athletics Code of Conduct is intended to supplement the Student & Family Handbook section on student participation and expectations, in addition to the Code of Conduct for Coaches, Participants, and Spectators adopted by the VPL, LIS, and VISAA.

One of the critical elements essential to a positive athletic experience for a student-athlete is the active participation of parents and the School community. Student-athletes, coaches, parents, faculty, and spectators are representatives of St. Anne's-Belfield School before, during, and after athletic contests. As ambassadors of the School, all are expected to model our brand by displaying respect for officials, opponents, fans, and communities from opposing schools.

### Student Athletes

All St. Anne's-Belfield students will be held to a high standard of conduct at all times, both on and off the playing surface. The student-athlete's choice to participate in a sport at school carries with it certain responsibilities including a commitment to:

- Demonstrating pride and respect for the School community by being good citizens, good sports, and good students.
- Participating fully in team activities and making a genuine commitment to the team a high personal priority.
- Demonstrating loyalty to the School, teammates, and coaches.
- Adhering to training and conditioning rules established by the School and the coach.
- Abiding by and respecting all decisions made by officials on the playing surface, even in difficult and trying circumstances, and even though the student-athlete may believe such decisions are unfair, mistaken, or wrong.
- Being a good teammate and positive influence on the culture of the program.

We aim to provide healthy competition and cooperation within and between schools. Therefore, demonstrating the best principles of good team membership and behavior is expected of all athletes at all times. Failure to do so may result in limited playing time, suspended participation, or a more severe penalty.

- Athleticism is dependent upon good physical condition and good health. Therefore, if any athlete is caught in violation of the participation rules, having possession of any illegal drugs, alcohol, or tobacco, his/her situation will be brought to the attention of the director of athletics who will meet with the appropriate divisional director, the dean of students, and the coach of the athlete involved. Together they will determine what disciplinary action will be taken in accordance with the School's Drug & Alcohol policy. The use of tobacco products will also warrant disciplinary action. Unexcused absences from games or practices will result in limited playing time and could result in potential suspension. Students who have issues in dealing with the above are encouraged to confide in a coach, the director of athletics, or the School counselor.
- All athletes are expected to ride on the bus to and from contests. If a student wishes to ride home with his/her parent, they must inform the coach before leaving. A student may not ride home with another parent unless prior verified permission from his/her parent has been given to the coach.

### Behavior Expectations of Student-Athletes

We urge you to accept and understand the seriousness of your responsibility, and the privilege of representing the School and community. Treat opponents the way you would like to be treated, as a guest or friend. Never direct remarks at opponents or fans in a taunting manner.

Respect the integrity and judgment of game officials. Respect the job and position of the officials and respect them as people. Treating them with dignity and respect, even if you disagree with their judgment, is a fundamental behavioral expectation.

### Rules Regarding Unsportsmanlike Conduct

- An athlete who is ejected from a game for unsportsmanlike conduct will be suspended for the next calendar game.
- An ejection or disqualification prevents a player from attending the next regularly scheduled contest. This includes

riding the bus, being in the locker room, on the sidelines, or on the bench.

- A player on the bench who leaves the team box or bench during a confrontation or fight will be suspended for the next game.
- The SECOND time an athlete is ejected from a game for unsportsmanlike conduct, the suspension period will be two games.
- The THIRD time an athlete is ejected from a game for unsportsmanlike conduct, they must meet with the director of athletics and the divisional director, and the incidents could be brought before the Prefects Council for recommendations that could include removal from the team, community service, frequent meetings with a faculty or staff member, or an extensive suspension.
- Any player who physically assaults an official, coach, player, or spectator shall be suspended indefinitely and immediately appear before the dean of students, the divisional director, and/or the Prefects Council.

### **Parents & Spectators**

Parents and other members of the School community are expected to conduct themselves according to the same high standards expected of our student-athletes. Remember that athletics serve as learning experiences for students, and our programs are part of the educational process. Adolescents learn proper behavior from watching adults. Admission to observe a contest is a privilege, not a license to verbally accost others. Positive support is an asset for the players, coaches, and other spectators.

Parents and spectators at athletic events are expected to conduct themselves in accordance with the following School and state guidelines:

- All must conduct themselves in a manner that exemplifies good sportsmanship and fair play, and demonstrate courtesy and respect for opposing teams, student athletes, coaches, officials, parents, and spectators.
- All must support the decisions (especially relating to strategy, substitutions, playing time) of the coaching staff, even if a parent disagrees with such decisions.
- All may show enthusiastic support for student-athletes and teams, but must refrain from criticizing conduct of opposing student athletes, coaches, or officials, even when such conduct is clearly “out of line.”

Outside of events, we encourage parents to be positive with their children. Rather than providing them with excuses if they are not playing, encourage them to communicate to the coach, continue to work hard, and do their best. If they have questions about issues related to their experience as a member of an interscholastic team, encourage them to ask the coach for a meeting between the two of them.

Encourage your child to follow all School, athletic code, and team rules. Student-athletes should be role models for younger students. Parents have the opportunity to demonstrate appropriate behaviors when they show respect for the opposing players, coaches, other spectators and officials. Be supportive and push them to work to be better daily.

### **Expectations of Student Spectators**

Show respect for the opposing players, coaches, other spectators, and officials. Respect their roles even if you disagree with their judgment. Negative comments or berating players, coaches, and officials are not in keeping with our philosophy or good forms of role modeling and cannot be tolerated.

- Spectators should never berate or use foul language when addressing officials or opposing team members. Students found doing this will immediately be removed from the stands.
- Spectators should never berate, provoke, or use foul language with opposing fans. Any student found doing this will immediately be removed from the stands.
- Students should never leave the stands to enter the playing surface for any reason. Students could face severe disciplinary action in these instances.
- Occurrences of the above could result in suspension from attending athletic events, parent communication, meetings with School administration, and/or suspension from school.

### **Team Membership**

We teach our students the value of being on a team and the contribution each member must make. The following is expected of all our athletes:

- Developing interpersonal skills such as listening, expressing one’s opinion, following directions, and accepting

constructive criticism

- Supporting teammates and coaches
- Learning one's role on the team
- Participating in practices and games with full commitment and enthusiasm. Failure to do so will result in reduced playing time and/or suspension
- Demonstrating good sportsmanship, including knowing, respecting, and playing by the rules; respecting self, teammates, coaches, officials, and opponents; and refusing to take unfair advantage of rules and other people

Our main goal is to promote the greatest athletic participation possible at St. Anne's-Belfield School. However, the nature of some sports may require roster limitations to occur. We aim to field as many teams as possible to allow ample opportunities for growth and game experience. In some situations, this will prove difficult due to facilities, regulations in some sports, travel issues, or other factors.

If a student does not make a level they were hoping for, we encourage them to participate on other available levels to gain valuable experience and instruction. If that isn't possible, we encourage them to work hard at getting better and try out again the next season. It is also important to remember that previous JV members are not necessarily guaranteed a spot on a varsity team.

Every coach has the responsibility and authority for selecting their team. These criteria are developed by the coaching staff and parents can expect that these criteria will be communicated, transparent, and fair. Coaches are sensitive to feelings of disappointment, and will handle every task as positively as possible while being available to answer any questions a student may have.

## COMPETITION

Good competitors always play to win. However, they understand that the measure and standard for performance is not winning alone, but giving one's best, playing fairly, working together, and having fun. Our teams do their best when they play with intensity and maximum commitment throughout the entire game. We want our students to enjoy competition, to look forward to the challenge of doing well, and to encourage others to do well.

## TEAM LEVEL PHILOSOPHIES

The goal of the St. Anne's-Belfield School athletics program is to offer an educational and rewarding athletic experience, one that develops the interpersonal values and potential of all our students based on their attendance, commitment to the program, coachability, effort, and dedication to improvement. We approach this goal through emphasis on being process-driven while focusing on growth and development through team membership, competition, participation, sportsmanship, goal setting, and experience opportunities.

**Grades 7 & 8:** Comprised of seventh and eighth grade students only. The 7 & 8 teams are considered preparatory and introductory. Every effort will be made to include all who are interested in participating within reasonable limits, but in some cases, roster limitations may occur. Teams will be structured in a way that best promotes growth and development for the group, while allowing opportunities for good, productive, and challenging competition. All team members will play in each contest provided they have fulfilled practice and team obligations. Skill building, development, sport knowledge, and teamwork are the main focal points, as well as playing experience for each player.

**Junior Varsity (JV):** Comprised of Grades 7 - 11 students. This is the transitional level between 7 & 8 and varsity level teams. All team members will have opportunities for game experience, but this does not equate to equal playing time or opportunities. Roster limitations may occur at this level. Emphasis at this level is on process-driven improvement, skill development, sport IQ, physical growth, and teamwork.

**Varsity:** Comprised of Grades 8 - 12 students. At this level, the commitment is to field the best possible team for success in league and state-level competition. Thus roster limitations may occur, and playing time is not guaranteed to any player. The emphasis is to continue to improve skill development, obtain a great sense of individual and team strategy, and work as a team to accomplish various objectives and goals as set by the coaching staff.



# SPORTSMANSHIP

While we aim to be competitive, sportsmanship is of the highest importance. Before each respective season, coaches and athletes should think about ways to promote good sportsmanship by word and deed. The following are intended to spur such thinking.

- Good sportsmanship brings credit to the coach, the athlete, the team, the fans, and the School.
- Good sportsmanship builds poise, the perfect complement to the emotion-influenced conduct of athletes in competition. Any athlete's game performance will improve with added poise.
- Petulant, arrogant, or objectionable behavior should not be confused with, and cannot be excused as, athletic aggressiveness and competitive intensity.
- Coaches should exemplify good sportsmanship and insist upon it from their teams, their players' families, and the team's supporters. Here are behaviors to avoid:
  - In moments of triumph:
    - Taunting or belittling of opponents, by word, by gesture, or game strategy (i.e. running up the score)
    - Excessive celebration
    - Failure to greet, congratulate, or thank opponents
  - In moments of adversity:
    - Intentional rule-breaking or fouling
    - Excessive displays of anger or frustration
    - Improper exchanges with officials, participants, or spectators, either by word or gesture
    - Use of foul language

**Good sportsmanship is especially difficult to maintain when it's not reciprocated, and thus even more admirable.**

## UPPER SCHOOL PHYSICAL ACTIVITY REQUIREMENT

Students are required to participate in good standing in six trimesters of physical activity in order to receive physical education credit towards their graduation requirements. It is the student's responsibility to ensure that they remain current on the amount of credits they have and need to achieve annually. As of the 2019 - 2020 school year:

- ALL students entering ninth grade must participate in six trimesters of physical activity. Four trimesters must be completed by the end of their sophomore year, two of which must be School sponsored teams or activities.
- ALL new tenth graders must participate in four trimesters of physical activity. Two trimesters must be completed by the end of their sophomore year, one of which must be a School sponsored team or activity.
- ALL new eleventh graders must participate in two trimesters of physical activity. It can be one trimester each year or two trimesters in one year, however one must be a School sponsored team or activity.
- All new twelfth graders must fulfill one trimester of physical activity, which must be a School sponsored team or activity.

Activities that fulfill the physical activity requirement:

- Upper School athletic team
- Upper School physical activity class offered after school
- Non-School Sponsored physical activity

While there is a minimum number of trimesters in which a student must participate in a physical activity to receive credit, there is no maximum number; thus, a student can participate in sports all three trimesters each year. Students who participate in three sports during a school year are recognized via our "Iron Saint" award at the end of the year

## GRADES 7 & 8 PHYSICAL ACTIVITY REQUIREMENT

All students entering seventh and eighth grade must participate in two trimesters of physical activity per year for a total of four by the end of their eighth grade year. Two of the four trimesters must be School sponsored teams or activities.

Activities that fulfill the physical activity requirement:

- Learning Village or Upper School athletic team

- Learning Village Non-competitive activity offered during the physical activity time
- Non-School-Sponsored physical activity (NSSPA)

Non-competitive sports that take place on the Learning Village campus occur Monday - Thursday, 2:50 - 3:35 p.m. These physical activities, referred to as fitness and fun, occur all three trimesters.

Non-competitive sports that take place at the Upper School occur Monday - Thursday, 2:50 - 4:10 p.m. These physical activities include indoor soccer and squash, and take place during the winter (trimester two).

NSSPA classes, such as dance and club sports through outside organizations, may be taken to fulfill ONE trimester of credit per year. A NSSPA form must be filled out, signed by the instructor/trainer and returned to the associate director of athletics by the deadline date.

Students not participating in School-sponsored activities must be picked up between 2:45 and 3:00 p.m. at the Grades 5 - 8 main entrance. **Activities that are not accepted as a physical activity requirement include School plays, musicals, and/or team managers.**

## NSSPA REQUIREMENTS

Non-School sponsored activities with an outside organization may be utilized to fulfill ONE trimester of credit per year. All Non-School Sponsored physical activity must meet the following requirements:

- Activity must meet at least three days a week
- Activity must be at least 45 minutes in length each session
- Activity must be at least two months in duration during that trimester
- Student must fill out a NSSPA form and have it signed by the instructor overseeing the activity
- Student must have the form on file in the Athletic Office prior to the season

## PHYSICAL ACTIVITY FAQs

*Can I participate in two non-School sponsored activities and receive two credits per year?*

Only ONE credit per year is given for a non-School sponsored activity. Students must fill the other with a School-sponsored activity.

*What happens if I forget to turn in my non-School sponsored activity form and it is past the deadline?*

Your form will not be accepted for that season. All NSSA forms must be in prior to the deadline date stated on the calendar. Any forms not turned in must be submitted in a future season that doesn't correspond with participation in a School activity.

*Where can I find the non-School sponsored form?*

The form can be found most easily in your **MagnusHealth portal**. It can also be found on the **Athletics Forms & Downloads page**.

*Where do I turn in the non-School sponsored form?*

All forms must be uploaded to the MagnusHealth portal. No paper copies will be accepted.

*What happens if I get behind on my physical activity credits?*

Any student that falls behind will need to meet with his/her advisor to devise a plan. Keep in mind that non-School sponsored activities can only receive one credit per year. Students can compete in multiple seasons per year to catch up if they are behind.

*Can I receive credit for being a team manager?*

No student can receive physical activity credits for being a team manager.

*Can I receive physical activity credit if I am in the School play?*

The School play does not count for a physical activity credit.

*How can I find out how many physical activity credits I have and need to fulfill my requirement?*

Students should have this conversation with advisors seasonally. If your advisor is unaware, reach out to the associate director of athletics.

*What happens if I'm injured and can't participate in physical activity?*

Medical exemptions are handled on a case by case basis. In every situation, students must have documented notation from a doctor's office on file with clear exemptions from specific forms of physical activity involved.

*What could prevent me from earning a credit even if I participate in a School sponsored activity?*

Students are expected to be in attendance for every practice and game. Students with frequent absences or students who prioritize outside athletic clubs over activities risks not receiving credit. Students who are disruptive to the program or subsequently dismissed by a coaching staff will also not receive credit.

*Does the School fitness class count as a credit?*

After-school fitness counts as a School sponsored activity.

*Does strength and conditioning with Coach Powlovich and the Athletic Development team count as a credit?*

Strength and conditioning does not count as a credit. We are a School that emphasizes multi-sport participation, and choose not to grant credit for this program as it could potentially encourage specialization.

*What happens if I don't fulfill all my physical activity requirements by graduation?*

There is no reason that any student should not fulfill their physical activity requirement. Students will have ample reminders from teachers, advisors, and the Athletics Department. All students should be responsible in tracking their credits and completing what's needed to ensure there are no issues with graduating.

## **PLAYING UP**

In sports where JV or varsity team numbers are low, or where a student-athlete far exceeds the challenging environment of the Grades 7 & 8 level, seventh and eighth grade students may be allowed to try out for participation on a JV or varsity team. These tryouts will happen by invitation from the coach only, and will consist of the JV or varsity coach observing the student during the course of a Grades 7 & 8 team practice. Therefore, all seventh and eighth grade athletes must start the season with their Grades 7 & 8 team, even if they aspire to make a JV or varsity team, unless invited by a coach in the fall season (fall practices can start a two weeks prior to the first Grades 7 & 8 practice). If the JV or varsity coach decides to add the student to the team, communication will take place with the associate director of athletics, advisor, and family to ensure that they are aware of the differences in the level of commitment and schedule structure.

For some interscholastic sports in which we don't field a Grades 7 & 8 team (tennis, squash, swimming, diving, golf, and softball), seventh graders are allowed to try out for the JV teams and eighth graders are allowed to try out for JV or varsity teams on the first day of the season. Parents should be aware of the following when seventh and eighth grade students are put on JV or varsity rosters:

- JV and varsity competition places extra stress on seventh and eighth grade students. Physical talent will not be the only measure for deciding team placement.
- Families should keep in mind that participation on JV and varsity teams will involve extra commitment, effort, and challenges.
- Seventh and eighth grade students who play on JV or varsity teams would attend study hall from 2:45 - 3:30 p.m. Students should be disciplined enough to take advantage of this time.
- Transportation arrangements for games and practices would be different for these students. Most of the time they would be picked up before Upper School students and would need to be prompt in getting to their pickup location. These details would be communicated by the coach.

# GOVERNING BODIES

St. Anne's-Belfield School is a member of the Virginia Independent Schools Athletic Association (VISAA). The VISAA determines eligibility rules, sportsmanship codes, and provides oversight for all aspects of Virginia private school athletic competition.

The VISAA also sponsors and organizes state tournaments for all varsity sports at the end of every season. School divisions are determined annually by enrollment numbers in Grades 9 - 12.

## Eligibility

The VISAA states the following in regard to eligibility:

Only those considered a regular bona fide student in good standing of the school that he or she represents is eligible for VISAA participation. Student must be enrolled and in attendance at said school at least 30 days prior to the commencement date of the VISAA championship in which he or she proposes to participate. For purposes hereof, the term "regular bona fide student" shall mean a full-time student taking an average of four hours of classroom instruction per day or at least five academic classes per semester/grade reporting period and is working toward the graduation requirements at the school he or she represents. The student shall not have reached the age of 19 on or before Aug. 1 of the school year in which he or she wishes to compete.

Students in Grades 8 - 12 are eligible for varsity competition and VISAA events. Students below the eighth grade are eligible for JV events, but are ineligible for VISAA events.

## League of Independent Schools (LIS)

The LIS has a very extensive history with strong academic and athletic traditions. The league was established to encourage member schools to improve their co-curricular program in athletics for girls. The league facilitates the arranging of schedules, equalizing competition, and conducting League meets and determining League championships. Current members of the LIS are Collegiate School, St. Catherine's School, Saint Gertrude High School, St. Margaret's School, Trinity Episcopal School, Veritas School, and St. Anne's-Belfield School.

## Virginia Prep League (VPL)

The Virginia Prep League is comprised of schools that share a similar philosophy for interscholastic male athletics. The league is a cooperative endeavor which seeks to recognize and promote sportsmanship and athletic excellence among its member schools. Current members of the VPL include Collegiate School, Fork Union Military Academy, Norfolk Academy, St. Christopher's School, Trinity Episcopal School, Woodberry Forest School, and St. Anne's-Belfield School.

# OFFERINGS

Season	Boys	Grades	Girls	Grades
FALL	V Football	9 - 12	V Field Hockey	8 - 12
	JV Football	9 - 12	JV Field Hockey	7 - 11
	7 & 8 Football	7 - 8	7 & 8 Field Hockey	7 - 8
	V Soccer	8 - 12	V Volleyball	8 - 12
	JV Soccer	7 - 11	JV Volleyball	7 - 11
	7 & 8 Soccer	7 - 8	7 & 8 Volleyball	7 - 8
	V Cross Country	8 - 12	V Tennis *	8 - 12
	7 & 8 Cross Country	7 - 8	JV Tennis*	7 - 11
			V Cross Country	8 - 12
			7 & 8 Cross Country	7 - 8
WINTER	V Basketball	8 - 12	V Basketball	8 - 12
	JV Basketball	7 - 11	JV Basketball	7 - 11
	7 & 8 Basketball	7 - 8	7 & 8 Basketball	7 - 8
	V Squash*	8 - 12	V Squash*	7 - 12
	JV Squash*	7 - 11	V Swimming*	8 - 12
	V Swimming*	8 - 12	JV Swimming*	7 - 11
	JV Swimming*	7 - 11	V Diving*	8 - 12
	V Diving*	8 - 12		
SPRING	V Lacrosse	8 - 12	V Lacrosse	8 - 12
	JV Lacrosse	7 - 11	JV Lacrosse	7 - 11
	7 & 8 Lacrosse	7 - 8	7 & 8 Lacrosse	7 - 8
	V Baseball	8 - 12	V Softball*	8 - 12
	JV Baseball	7 - 11	V Soccer	8 - 12
	7 & 8 Baseball	7 - 8	JV Soccer	7 - 11
	V Tennis	8 - 12	7 & 8 Soccer	7 - 8
	JV Tennis*	7 - 11	V Golf*	8 - 12
	V Golf*	8 - 12	V Track	8 - 12
	V Track	8 - 12	7 & 8 Track	7 - 8
	7 & 8 Track	7 - 8		

\*Seventh and eighth grade students are eligible to tryout for JV or varsity teams in which we don't have a dedicated Grades 7 & 8 team.

# SCHOOL DAY ATTENDANCE & PARTICIPATION

Attendance will be monitored by the Athletics Department and coaches. Students who need to miss a practice must notify the coach 24 hours before the missed practice with a valid excuse. Misses that aren't communicated to the coach will be counted as unexcused absences. Students leaving during the day will be required to sign out in the Upper School Office before leaving school.

If a student is too ill to come to school, then it's not appropriate for him/her to be here for practice or competition. Students must be in attendance for all of their obligations (classes, field trips, Chapel, and other learning opportunities) in order to participate in after school activities. Students who have appointments during the day must submit an official doctor's note upon return to the school (including late arrival and early dismissal) to be considered excused. With excused absences, students must still be in school for at least half the day (unless they are on a field trip) to be able to participate in that day's activities. We strongly disapprove of student-athletes staying home on school days to rest for contests that day or night. Please remember to communicate with your coach regarding all absences.

In order to earn Physical Education credit, students are required to be in good standing with appropriate attendance at all practices and games. Frequent unexcused absences will decrease playing time and could affect good standing with that team. Frequent excused absences can also jeopardize a student's role on the team and/or credit status. Students and families are encouraged to make every effort to schedule commitments around the events of that season. If a student misses due to an extended illness or injury, a medical excuse is required from his or her physician. This excuse will be kept in the student's file. If practical, the student will be required to attend practices and games and help the team in whatever manner the coach determines without physical participation. Any failed physical activity credit will have to be made up during another trimester.

## ATHLETIC FACILITIES

Students are encouraged to make as much use of the athletic facilities as possible with the following restrictions:

- The gym is off-limits any time there is a class in session or a team practicing.
- The athletic facilities are closed to Upper School students during Grades 7 & 8 practice and/or game times.
- Students personally using the gym or athletic fields must have the permission of a coach or the director of athletics. Organized group usage can only occur if a faculty member or coach is present to supervise. Under no circumstances is an organized group allowed to use any facilities without a faculty member or coach present.
- NO STUDENTS ARE ALLOWED IN THE WEIGHT ROOM WITHOUT COACH POWLOVICH PRESENT.

## ASPIRING COLLEGIATE ATHLETES

The Athletics Department and its coaches work closely with the college counseling office to ensure that aspiring collegiate athletes receive the proper information and guidelines for their respective sport and division. Our coaches want to be a vital part of helping your student-athlete develop an effective plan of action. The following is a list of what parents can expect in this process:

- Coaches will be honest in their assessment of athletic ability early on as it relates to the student's college preferences. This may not always be easy news to hear, but is beneficial in effectively planning for colleges to pursue. While we certainly don't want to tell a freshman they have no chance at Duke, it will be communicated to the family that selection will require a great amount of work and effort. However, the coach will counsel the student on current realistic alternatives as well.
- Coaches will collaborate with the college counseling office regarding the admissions process as it pertains to athletics.
- Coaches will communicate with college coaches as warranted. It should be understood that typically 95% of this correlation comes after the student has made first contact with the coach.
- The coach will provide access to game footage at a college's request. The coach will counsel the student on how to make an effective game tape for distribution to colleges.
- The coach will mentor the student-athlete regarding appropriate ways within the rules to interact with college coaches or scouts.

Please understand that the student-athlete and/or family must be proactive in the college recruiting process. Those who are interested in pursuing college athletics should make it known to their coach and college advisor early in their Freshman year. They should be proactive in developing a plan to stand out athletically and academically. Long gone are the days where college

coaches walk onto high school campuses unsolicited. It is the student's responsibility to make first contact with a college program, attend off season events that provide extra exposure, and work with the college counseling office to ensure that their academic path is appropriate for their top college choices. Please visit the [Aspiring Collegiate Athletes page](#) for more information and to view a guidebook.

## ATHLETIC AWARD POLICIES & PROCEDURES

The St. Anne's-Belfield Athletics Department does not host an official awards evening. Therefore, each team is encouraged to organize their own end of season party. At the varsity level typically the coach, in coordination with the team parent, identify a date, time and location for their end of season party. Most, but not all, teams include parents at their end of year party. At the end of the year party, the coach does some "thank you's," speaks about the season, recognizes specific or all student-athletes, and present awards sponsored by the School.

### Team Awards Procedure

- All end of year banquets should be potluck style or the cost should be split among families. Any money collected should be held by the coach or a team parent for the purchase of banquet materials and food. The Athletic Department does not sponsor costs assumed with end of the year banquets.
- For each varsity team, the Athletics Department sponsors two awards to be determined by the coaching staff. Typically, these awards have been designated the St. Anne's-Belfield School [team name] award and the Coaches award.
- For each JV team, the Athletics Department sponsors one award. The coach decides who will receive the award. Typically, this award has been designated the St. Anne's-Belfield School JV Award. The suggested award names above can be altered to whatever the coach wants to call them.
- All-Conference awards are released near the end of the season. The guidelines/ information are distributed by the league to the director of athletics , who passes it on to the coaches. These awards are voted on by the coaches in the league, and all coaches are unable to vote for their own players.
- All-State awards are usually released after the end of the season. The guidelines/ information will be distributed to the director of athletics and/or coach. Coaches nominate candidates from our programs who fulfill the requirements, and votes happen by committee.

### Recognition of Athletes

Athletes who have received team or league recognition will be recognized by their coach at the end of season party. The director of athletics will recognize those students who have received post season awards (All League, All State, All American) at a School assembly that will take place during a designated day at the end of the school year.

### Retired Jerseys

A retired jersey/hall of fame designation is a prestigious honor and recognition given to top student-athletes who exemplify what it is to be an excellent student-athlete. It should be understood that this award is reserved for only the most distinguished athletic performers who best represent the philosophy and values of the School's athletic program, in addition to having a significant statistical impact in their respective sport. Athletes who are designated to have their jersey retired will have their framed jersey placed in the hall of the CCC. The Athletics Department will be transitioning over the next year from retired jerseys to a Hall of Fame. Students designated to the Hall of Fame will have their picture and accomplishments placed on a board in the CCC hallway.

Coaches who feel they have a player worthy of retirement will submit a request to the director of athletics for review early in the season. A committee comprised of the athletic administration and rotating coaches will be formed to review all nominations for retirement, and will evaluate the student based on athletic accomplishments, character, and gameplay. The director of athletics will notify the coach prior to the end of the season to let him/her know if the player has been approved.

Criteria for retired jersey nominees is as follows:

- Has participated on the varsity team for at least two years.
- Represents the School on several league, area, and state teams.
- Has valuable stats and/or places in league or state tournaments
- Best represents the philosophy and characteristics of the School's athletic program

- Accurately represents the term “student-athlete”
- Displays good character both on and off the playing surface

### **Scholar Athlete Award**

Students who participate in two varsity sports and maintain a GPA of 3.7 are honored with the scholar Athlete Award. This award is sponsored by the Athletic Boosters and recognizes students who model the standard of excellence both in and out of the classroom. Scholar Athletes are recognized with a certificate.

*Please note that awards are decided by the coaching staff based on adherence to their policies in addition to practice and game experiences throughout the season. The director of athletics oversees and approves all award nominations from each coach prior to printing. Reasoning or justification for award nominations will not be discussed by any coach per our athletic policy. Questions or concerns should be directed to the director of athletics.*

## **SOCIAL RELATIONSHIPS**

Coaches will always be aware of and monitor the relationships and respect teammates show to one another, regardless of their grade level or playing status. Seniors or returning players will not get preferential treatment from coaches or teammates. Freshmen and players new to a team are never to be initiated into a team by other members of the team through any form of harassment, be it verbal or physical. If a coach hears any talk about a possible initiation, he/she will address the situation immediately and notify the proper administration. This type of behavior is not allowed and will not be tolerated. Students should understand that this expectation applies with regards to social media or other platforms in which team interaction occurs.

## **HAZING**

Hazing is wrong because it causes personal hurt and degradation, and undermines group morale, spirit and unity. The School and the Athletics Department will not permit it in any form. Hazing occurs when one part of a group of students sponsored by or affiliated with the School require or pressures others who are or seek to be members of the group to behave in a manner that is unlawful, dangerous, embarrassing, humiliating, derogatory, or otherwise prohibited by School rules, or to do anything that the remaining part of the group is exempt from doing by virtue of seniority or other “privileged” status. Individuals and groups who engage in hazing are subject to severe disciplinary actions. This policy does not apply to benign behavior and requirements. Do not turn the other cheek; if you feel actions are singling out you or a group of peers, address the situation immediately by informing the coach, the director of athletics, the dean of Students, and/or the divisional director.

## **WHAT IS EXPECTED OF US ALL?**

### **What Athletes Can Expect From Coaches**

- To be led by example
- To always place emotional and physical well-being ahead of a personal desire to win
- To be pushed and supported for excellence academically, internally, and athletically
- To be treated fairly and receive encouragement regardless of the athlete’s level of ability
- To recognize the contribution that each athlete has made to the team
- To never give up on the players or the team - no self-pity
- To teach the athletes self-discipline, and to develop mental toughness
- To demonstrate enthusiasm, communicate clearly and to motivate positively
- To provide fair, firm, and consistent discipline that works toward team goals

### **What Coaches Expect From Athletes**

- Do academic work in accordance with School and classroom rules
- Be receptive to coaching
- Put the team’s goal, welfare, and success before any individual
- Be respectful at all times
- Always be a team player - remain loyal to teammates, coaches, and School
- Be on time for all practices and operate at “game speed” unless told otherwise



- Be in the best possible condition, physically and mentally
- Never complain to others until a concern has been discussed with the coaches
- Keep emotions under control
- Never give negative criticism or blame teammates
- Adhere to all School and team rules
- Never react outlandishly to officials' rulings or calls
- Make a commitment to win with honor and integrity
- Realize that you always represent your School, coaches, teammates, alumni, and parents
- Communicate as young adults should
- Schedule appointments, vacations, and conflicts around the practice and game schedule

### **What Athletes Expect From Parents**

- Space before and after the game, if they desire it
- Acceptance of both their individual goals and team goals
- Attendance at their games, not their practices
- A calm and supportive atmosphere at home
- Refrain from criticizing the coach or their teammates, especially in public

### **Parent-Coach Communication**

Parents and coaches are two of the most important models in a child's life, and clear communication between these individuals is essential. Below is a list of communication items our coaches will relay to parents:

- Philosophy of the coach and program
- Expectations the coach has for your child and the team
- Location and times of all practices and games
- Team requirements: i.e. practices, special equipment, out-of-town games, training programs
- Procedures to follow should their child be injured
- Disciplinary actions that may result in their child being denied the right to participate
- Up to date information on team happenings and itineraries

Parents and students should also make it a habit to communicate to the coach. Here is a list of communication expectations coaches want from parents:

- If grades and/or attitude are becoming an issue
- If your child is going to be late or miss a practice
- If your child has obligations that will cause him/her to miss an event
- If your child is unmotivated to participate and why
- If your child is displaying signs of an injury outside of school or practice
- If your child is having issues with time/task management
- Concerns with regard to the coach's philosophy and/or expectations

### **Decisions Reserved for Coaches**

- Playing time
- Team Strategy
- Matters concerning other athletes
- Team rules and policies

### **In-Season Communication**

Parents should make the St. Anne's-Belfield Athletic Page their go to place for up to date schedule and cancellation information. It is encouraged for parents to sign up for schedule alerts by clicking the alert key under the schedule of their choice. This will give you the option to receive alerts via email or text message anytime a change is made to a game. Those that are interested in social media can follow St. Anne's-Belfield athletics on Twitter [@STABathletics](https://twitter.com/STABathletics).

# DISCUSSING AN ATHLETIC CONCERN

The relationship between coach and parent is an important one for the growth of the student-athlete. Students want to feel supported, but also need the messages from both ends to be aligned. Our programs aim to teach students that a stern work ethic is rewarded, great behavior is encouraged, and teamwork is essential. The coach has a responsibility to think about what is best for the “group” of kids he or she is working with, and adjusts the strategy accordingly. There may be times where a parent doesn’t agree with a coaches’ particular decision which is your right. What we want to avoid is a child who is torn between what the coach is attempting to achieve with the team and his or her loyalty and love for their parents. Athletics should be fun, enjoyable, competitive, and educational.

When expressing an occasional concern to a coach, please keep the following in mind:

- Appropriate concerns to discuss include the treatment of your child, ways to improve their performance, safety issues, disciplinary actions, or team issues that the coach may not know about.
- Always encourage your child to speak to the coach first. 90% of issues are resolved following this conversation.
- Never approach the coach immediately following a contest. This is not the proper time nor place to discuss your child or the team.
- Call the following day and make an appointment, which is convenient for both you and the coach to meet.
- Raise your concerns in a calm and civil manner and have them written down so nothing is forgotten. Conversations that involve yelling, rudeness, foul language, or threats are unproductive and unacceptable.
- Once you have stated your question or concern, listen to the explanation. Allow the coach to finish their thought thoroughly so that you have the full picture.
- Always understand that a coach makes decisions in the best interest of the “team”. They may not be what you feel is best, but keep in mind that coaches make decisions in that light.

If there is a problem:

- Have your son/ daughter talk to the coach, one on one before or after a practice (it’s part of growing up and an important lesson for the real world).
- If that doesn’t resolve it, request a face to face meeting between yourself, your child, and the coach. Don’t approach a coach following a game or when they are around student-athletes. Our coaches’ number one responsibility is the supervision of student-athletes. Allow yourself some time to think about it and shoot the coach an email or text later.
- Coaches will make time to meet and discuss any issues in a calm manner. If you are upset, it will more than likely be unproductive to meet when anger is present. Our coaches will suggest time to allow feelings to cool before meeting.
- If the issue is still unresolved, contact the director of athletics for a meeting.
- The director of athletics will set up a meeting that may involve the coach, parent, and/or student in attempts to mediate a resolution.
- If you still feel the issue hasn’t been resolved, you should set up a meeting with the head of School.

Communication is vital with athletics because changes, issues, and absences will often affect others within the program. It never hurts to over inform. The most appreciated coaches are those who consistently keep the parents informed via email or text throughout the season. Therefore, the most appreciated parents are those who are supportive, encouraging, and communicate well with the coach in advance. **PARENTS SHOULD NEVER CONFRONT A COACH BEFORE OR AFTER A PRACTICE OR GAME.** Parents should follow the appropriate procedure for addressing and resolving a problem as listed above. Thanks in advance.

## Chain of Command

For Grades 7 & 8 sports, problems or concerns should be directed to the coach in charge first. We attempt to encourage students at that age to address concerns or problems they may have with the coach directly, but understand they may not be socially ready. After the coach has been contacted, if a concern or problem still exists parents should set up a meeting with the director of athletics. The director of athletics will contact the coach regarding the issue and attempt to resolve the concern. In the case that a resolution still isn’t obtained, parents should contact the head of School. Cases that require immediate attention such as issues of safety or liability should be directed to the director of athletics immediately.

For Upper School sports, we require that the student meet with the coach to discuss problems or concerns. If the student is uncomfortable speaking with the coach, the director of athletics must be notified to mediate the meeting. If a resolution isn’t obtained, the director of athletics will meet with the parent and student separately in an attempt to resolve the issue. If the parent or student still has concerns, they should then seek a meeting with the head of School. Situations that require immediate attention such as issues of safety or liability should be directed to the director of athletics immediately.

# TRANSPORTATION

Transportation plans for the season will be communicated by the coordinator of athletic operations. Coaches may be expected to drive our fleet of minibuses to local games and/or if team numbers are low. In those instances, the coordinator of athletic operations will confirm with coaches that they have the accurate location of the contest. Upper School teams (with the exception of Boys' Varsity and JV Football and Boys' Varsity and JV Lacrosse) will gather and depart from the flagpole on the Greenway Rise campus for games. Football, Boys' Lacrosse, and all 7 & 8 teams will gather and depart from the front of the Conway Convention Center for games. Changes in dates or transportation methods will be communicated to players and parents as early as possible.

For games where teams are transported by our drivers or chartered, students are expected to display proper bus behavior (no loud voices, hands inside windows, no more than two to a seat, etc.). After every trip, students are responsible for cleaning up all trash in the bus.

Dismissal and departure times will often be discussed with players prior to the date of competition. Times are also stored in Veracross for students to reference. Directions to away locations are located on the [St. Anne's-Belfield Athletic page](#).

## Bus Rules and Expectations

- Parents are NOT allowed to ride on the bus to and from any athletic event.
- Students must stay seated at all times when the bus is in motion.
- Music is allowed on the bus but the volume must be kept within reason.
- Food/drinks are allowed on the bus. All trash must be removed before exiting the bus at the end of each trip. (The bus driver will provide a large trash bag). If trash becomes a continuous issue with a team, food/drink privileges may be revoked.

## Policy for Students Leaving Games with Parents

Student safety is our number one priority. Student-athletes may choose to ride home with his/her parents or a friend/teammate's parents following an away game. All of our coaches have a legal duty to supervise, and therefore will abide by the following to ensure that they are fulfilling that duty and keeping our kids as safe as possible.

- Parents should notify the coach via email, telephone, or in person that their child will not be riding the bus home with the team. This may be done well in advance if in writing, or on the same day if verbal.
- A coach should not allow a player to depart with a parent until he has made visual contact with that parent.
- A coach should not allow a player to wait for a parent who has not yet reached the location of the away game. If the parent is close, a coach may choose to have the bus wait until the parent arrives.
- At no point will a coach leave a player unsupervised at a home or away event for any reason.
- A student may ride home after an away game with a teammate's parents once the following has happened: If Student A wants to ride home with Student B's parents, then Student A's parents must give written or verbal consent to the coach prior to or on the day of the event.
- A coach can not allow a student-athlete to leave his/her supervision after a game or upon returning from an away game until the coach has seen the parent. If a coach is having issues with a family picking up a student in a timely manner, he/she will notify the director of athletics who will reach out to the family to discuss.

*We do not allow parents to ride the bus with kids to and from contests for reasons of consistency. We encourage parents to start a carpool system if they plan on attending a majority of away games.*

# ATHLETIC TRAINERS

St. Anne's-Belfield School employs two full-time athletic trainers on the Belfield Campus. They are available throughout the day, though confirmation of availability should be accomplished by scheduling an appointment.

## Services

- Provides injury evaluation, treatment and rehabilitation plans to athletes
- Provides prevention programs, in conjunction with the Athletic Development staff
- Provides home game coverage, when staff is available
- Provides travel game coverage for all football games and other varsity teams when staff is available

- Oversees lightning and severe weather plans for athletics
- Creates and enforces the Athletic Facilities Emergency Action Plan (separate handbook)
- Oversees Concussion Education Program for students, coaches, faculty, and parents
- Provides team medical kit at the beginning of each season
- Provides Emergency Permission Forms for each athlete, which should be with coaches at all time
- Provides one mouth guard to each athlete, each subsequent mouth guard is \$1
- Provides water for home practices/games. All coolers/water bottles must be returned to the Athletic Training Facility (ATF) by teams after practices/games
- Maintains medical history on all student-athletes
- Oversees all sports clearance for athletes
- Organizes and oversees School's Concussion Baseline and Return to Learn Program

### **Hours/Coverage**

The ATF opens for treatment 30 minutes before school dismissal and closes 15 minutes after the last practice or home event ends. The ATF may be closed if home events require on-field coverage. Weekend hours are on an as needed basis, but has to be notified by the coach at least 24 hours in advance of a practice that needs coverage. The athletic trainers are available for treatments and evaluations by appointment only from 10:00 a.m. - 2:00 p.m. Monday - Friday.

**Home Practice Coverage:** The athletic trainers will set-up each field with a cooler of water and bottles. It's the team's responsibility to return the cooler and bottles to the ATF at the end of each practice. Athletic trainers will be at practices for contact sports and when ATF coverage allows. If you need to talk with an Athletic Trainer, you should call the ATF at (434) 295-5550 ext. 3 or the trainers' cell phone numbers: Lizzie Leitch (434) 987-6239 and Cody Lawson (434) 981-6119.

**Home Game Coverage:** The athletic trainers will provide on-field coverage for home competitions. Priority of coverage will be determined by contact/injury risk of sport, numbers, type of competition, and location. The athletic trainers will communicate this with all coaches prior.

**Away Game Coverage:** The athletic trainers will provide away game coverage to football and other varsity sports when scheduling allows.

**Holiday Coverage:** The athletic trainers is not required to be on-campus for holidays. If you need rehab, please speak with one of the Athletic Trainers in advance to see if it's possible. The more notice the staff has, the better chance there is for them to accommodate.

### **Clearance**

The athletic trainers oversee all sports clearance. In order to be cleared for team practices, athletes must turn in an updated physical, parent concussion education course completion, student concussion education course completion and complete concussion baseline testing. Athletes are not allowed to practice with their team until they receive confirmation from the athletic trainers that they are cleared. Our coaches cannot take the athlete's word that they are cleared without checking with the training staff. If you wish to check on your child's clearance, you can do so by texting, calling or emailing the head athletic trainer.

### **Communication**

The best form of communication is calling, emailing or texting the athletic trainers. Preseason clearance, injuries, and status updates are best communicated with the staff via email or phone call, but it's encouraged to email/text/call either of the trainers when you are concerned about your child's injury.

Athletic Trainers:

Lizzie Leitch, [lleitch@stab.org](mailto:lleitch@stab.org), (434-987-6239)  
Cody Lawson, [clawson@stab.org](mailto:clawson@stab.org), (434-981-6119)

### **Concussion Policy**

All parents and students must complete the School's Concussion Education Program, which is an online course found on the School [Athletics Forms & Downloads page](#). When a concussion is suspected, students must be evaluated by our Sports Medicine staff. If no athletic trainer is around, the student must be held out until they can be evaluated. If the team is away, the home athletic trainer will evaluate the athlete and call the St. Anne's-Belfield an athletic trainer after the event.

Remember, it is Virginia state law, “When in doubt, sit them out.” Our coaches are instructed to sit out every athlete that is suspected of sustaining a concussion. Once a concussion is diagnosed, the athlete is now under the care of the St. Anne’s-Belfield athletic trainers. They will not return to games until they have been cleared. They must also abide by the St. Anne’s-Belfield academic accommodation policy, which is coordinated by the Athletic Trainers, before the athlete can begin the five-step return to play program. A doctor’s note clearing an athlete is not sufficient; they must be cleared by the St. Anne’s-Belfield School athletic trainers.

### **Required Forms**

A completed and updated physical form signed by a licensed physician, must be turned in on MagnusHealth with the administration and Athletics Department annually in order to practice or participate in athletics. Physical exams are valid for only one (1) year from the date of the exam. WE ENCOURAGE YOU TO SCHEDULE YOUR EXAM FOR JUNE, JULY, OR EARLY AUGUST. THIS ASSURES THE VALIDITY OF THE EXAM FOR THE ENTIRE SCHOOL YEAR.

You must also have on file a medical permission form, completed concussion education, gone through baseline testing, and signed a participation rules form. These can all be found on the child’s **MagnusHealth portal** or on the **Athletics Forms & Downloads page**.

## **ATHLETIC DEVELOPMENT PROGRAM**

The St. Anne’s-Belfield School Athletic Development Program is designed to develop and improve athleticism in every student regardless of his/her level and/or involvement in organized sport. Its goal is to help students reduce injury through increased speed, strength, balance, and flexibility. The program was created with the underlying belief that this increased fitness is achieved by developing dynamic postural alignment and balance, through use of optimal, not maximum, loads, and with an eye to quality, not quantity. In short, training movement, not muscles.

The Athletic Development staff works in collaboration with the Physical Education department in grades three through six to help design and implement functional movements at an early age. Dynamic warm-up protocols and injury prevention modules are provided for Grades 7 & 8, JV, and varsity teams. Each JV and varsity team is required to train with an Athletic Development coach once a week during its season to promote tools for injury prevention; this training takes place either on the field or in the weight room. Off-season and preseason programs are offered throughout the year, including the summer, and attendance by JV and varsity athletes is strongly encouraged.

### **Grades 7 & 8 Program**

- Utilize Grades 7 & 8 practices at least once a week to implement the dynamic warm up and perform speed and agility drills
- Introduce athletes to light weight training
- Begin to emphasize the importance of mobility, flexibility and proper nutrition
- Offer a comprehensive summer program that will keep them on a path of growth

### **Grades 9 - 12 Program**

- All fundamentals of training will have been covered
- Perform movement screening for athletes as they enter ninth grade
- Volume and intensity of weight training and conditioning will be increased
- In season athletes will be seen once a week on the field or in the weight room
- Two optional days will be available to use the weight room for in season athletes
- Off season training will be offered four days a week throughout the school year
- Summer program will be offered for all athletes

## **ATHLETICS BOOSTERS**

The St. Anne's-Belfield Athletics Boosters support and encourage the athletic activities of our student-athletes. They also provide moral and financial support to encourage participation in athletic activities both as a fan and participant. They assist in areas such as the concession stand, Fall Family Picnic, enhancing School pride, and award ceremonies.

The St. Anne's-Belfield Athletics department and coaching staff recognizes the importance and value of the Athletic Boosters' support and commitment, and encourages all parents to somehow be a part of this organization. For additional information please feel free to call the Athletics Department or the Athletics Boosters President Lucy Koch.

## **EQUIPMENT**

The Athletics Department aims to provide quality equipment for our athletes. We issue and record accurately all equipment used by our athletes. Students will be responsible for the specific numbered uniforms/warm-ups and/or equipment that they are issued. If a student trades with a team member, this must be communicated to the coach and director of athletics. Otherwise, the student will be responsible for the recorded number in the case it is lost. **LOST OR STOLEN EQUIPMENT MUST BE PAID FOR AT THE COST OF A SINGLE REPLACEMENT.**

Athletes will not be allowed to participate in a subsequent sport or will not be allowed to receive his/her credit, awards or yearbook until the equipment record is cleared. If a student is found to have unauthorized equipment, it will be taken away from him/her and disciplinary action may be taken. Students should not abuse uniforms or equipment. Uniforms should be washed consistently in accordance with the washing conditions listed on the tag. Considerable money is expended to supply quality material, so we urge all students to treat it with respect. Wear it **ONLY** at St. Anne's-Belfield contests or practices unless approved by the coach for outside wear.

## **COMMUNICATING WITH THE DIRECTOR OF ATHLETICS**

If at any time you have a problem or any good news to share, please contact Director of Athletics Dewayne Robinson. Keep the director of athletics posted of any discipline issues, attendance matters, concerns, or team accomplishments. Good communication between everyone involved is important to the success of the program. Parents or students are highly encouraged to discuss potential problems with the coach in charge first. See the chain of command section for the appropriate path.

## **FAQs**

### ***How are team members selected at St. Anne's-Belfield School?***

For all interscholastic teams at St. Anne's-Belfield School, students will be selected based on their sport knowledge and skill level if numbers allow. Parents and students will receive information at the beginning of each season concerning try-out procedures and required equipment for participation. Rosters for all teams may be limited, and the director of athletics will approve all final rosters. In Grades 7 & 8 sports, we will aim to form as many teams as numbers allow. Teams may be broken down based on sport knowledge and skill level to allow for a more productive and beneficial game schedule.

### ***Are physicals required?***

Every student is required to have a full physical before participating in the athletic program every year.

### ***How does the School provide for the health and safety of the students in the athletic program?***

The School provides two certified athletic trainers for the Athletics Department. The athletic trainers are qualified to assess athletic injuries and supervise rehabilitation, and he or she will make the decision concerning an injured student's return to athletic contests. The required physical examination, strong code of training rules, and strong emphasis on proper conditioning and equipment combine to ensure the School's commitment to the health and safety of the student participating in the athletic program.

### ***What is the role of the parents in supporting their child's athletic participation?***

The athletic experience should be shared by the family as an important aspect of the education of a student at St. Anne's-

Belfield School. The parents at St. Anne's-Belfield School should strongly encourage their children to participate in athletics. Through team sports, fitness classes, or physically challenging activities, parents should stress the importance of health and physical well-being in addition to value centric qualities such as peer relationships, leadership, and devising a plan to overcome adversity. The positive aspects of team sports, individual accomplishments, and positive self-esteem come from the active support of the parents. The role of the parent is to take pride in their child's willingness to participate and not be preoccupied with playing time or final scores. Parents need to express support for the coaches and other students on the team and to show respect for officials and opponents.

***What is the policy on missed practices and unapproved absences?***

The Athletics Department expects students participating in the program to fulfill ALL the practice and game commitments. Students are expected to notify coaches in a timely fashion if they cannot go to a game due to a conflict. However, in missing a game, students must understand that they put their position on the team in jeopardy. Notes from parents, physicians, or teachers are acceptable excuses. An emergency situation should be handled with a telephone call to the coach or director of athletics. Missed practices and games, or anticipated absences that are not communicated to coaches, could result in game suspensions or possible removal from the team. Any absences are subject to team rules and could impact participation in the next contest. Repeated lateness and absences are violations of Athletics Department rules concerning participation and may result in a reduction of playing time as well as suspension or removal from the team.

***What is acceptable behavior for athletes and spectators at athletic events?***

The Virginia Association of Independent Schools strongly endorses a code of conduct for athletes and spectators. Disrespect to officials, players of opposing teams, and spectators is inappropriate behavior. The role of spectators has also been acknowledged as an important part of interscholastic athletics. Taunting, negative cheering, and profanity will not be tolerated. Spectators not complying with these rules will be asked to leave the gymnasium or field.

***Are the girls' and boys' Upper School teams affiliated with a recognized League of Independent Schools?***

Boys' teams compete interscholastically in the Virginia Prep League. The girls' teams compete in the League of Independent Schools. Both leagues consist of schools with similar academic and athletic philosophies, that work together to ensure interscholastic athletics remain a pivotal part of the overall educational environment.

***What is the Athletic Shoe Policy?***

In order to maintain the high quality of the Conway Convocation Center floor and the re-finished Tarring Gymnasium floor, to ensure that playing surfaces are safe, and to conform to the recommendations of the manufacturers for the maintenance of the floors, the St. Anne's-Belfield School has adopted an Athletic Shoe Policy. All students are required to wear a separate pair of athletic shoes when participating in activities on both the Conway Convocation Center and the Tarring Gymnasium floors. This policy pertains to physical education classes, practices, games, or any activities in these facilities. When purchasing athletic footwear, it is important that you request shoes with non-marking soles. We require shoes with non-marking soles for students participating in pre-season practices held in these facilities

***Who should I contact if I have an issue with a coach?***

Our coaches realize that questions or issues may arise. If a parent directly has a problem with a coach, that parent should email the coach and attempt to set up a meeting. Parents should never confront a coach before or after any game or practice. Parents should also not attempt to talk to a coach when they are angry, unless the immediate safety and well-being of a child is in question. If a parent is unsatisfied following the meeting, they should contact the director of athletics to arrange a follow-up meeting. If a child comes home with an issue unrelated to safety, parents should encourage the child to meet with the coach, and counsel them on the proper questions to ask.

# St. Anne's-Belfield School

2132 Ivy Road | 799 Falconer Drive | Charlottesville, VA 22903

(434) 296-5106 | [www.stab.org](http://www.stab.org)