



**Cincinnati Country Day  
Middle School**

**Parents Athletics Handbook**

**COUNTRY  
DAY**

7/29/2019

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## Introduction:

The CCDS Middle School Parents Athletic Handbook is a reference guide of the policies and philosophies that guide the CCDS Middle School athletic program.

Sound reasoning, good judgement, and adherence to the CCDS Code of Conduct and the 7<sup>th</sup> and 8<sup>th</sup> grade Athletic Code will be the standard for situations outside the rules and expectations outlined in this handbook.

## CCDS Motto, Character Virtues, and Code of Conduct:

### Virtue in Action

#### Respect, Responsibility, Compassion, Courage, Integrity

As a member of the Cincinnati Country Day Community, I will

- Respect the dignity of each individual
- Treat others with kindness
- Be honest
- Share with those in need
- Encourage intellectual curiosity
- Care for the environment and property
- Have the courage to do the right thing

## 7th & 8th Grade Athletic Code:

Sports are an integral part of the Country Day educational experience, and CCDS student-athletes are expected to honor the school's code of conduct and embrace its character virtues by exhibiting sportsmanlike behavior both on and off the playing field.

Players should show respect for their, opponents, game officials, and spectators and always conduct themselves in a manner that reflects positively on CCDS, their teammates, and coaches.

## Parent/Spectator Athletic Code:

Parents and spectators are expected to abide by the standards of good sportsmanship, the same standards that CCDS holds its student-athletes to. Parents must serve as positive role models through behavior that demonstrates courtesy, respect, and support for all players, coaches, game officials, and spectators.

## The Middle School Athletic Program:

In 7<sup>th</sup> and 8<sup>th</sup> grades, the physical education requirement is met through participation in team sports. The expectations of participation, attendance, preparation, and effort are equivalent to any academic class. Students are asked to make a commitment to one sport each season. 8<sup>th</sup> graders who participate in an athletic activity outside of CCDS can choose a study hall in either the winter or spring season by submitting an athletic study hall form and obtaining approval of the athletic department. The program’s emphasis is on participation. All team members are given the opportunity to participate in athletic contests.

## Middle School Athletic Offerings:

Boys	Girls
<b>Fall Choices:</b>	
Soccer	Soccer
Football	Volleyball
Golf	Golf
Cross Country	Cross Country
	Tennis
<b>Winter Choices:</b>	
Swimming	Swimming
Basketball	Basketball
Wrestling	Gymnastics
F.A.S.T.	F.A.S.T.
	Wrestling
<b>Spring Choices:</b>	
Baseball	Softball
Lacrosse	Lacrosse
Track and Field	Track and Field
Tennis	

## OHSAA and CCDS Participation Regulations:

All athletes must have an OHSAA sanctioned physical on file before they can participate in any organized athletic activity. All athletes must have the OHSAA “Concussion Information Sheet” filled out and on file with school administration. These forms must be filed in the Magnus system.

Student athletes cannot participate in a contest with non-school team of the same sport during the school team’s sport season. Students competing on non-school team for same sport during the season may participate in school practices, but not compete in games.

In order for a student to participate in an after school match or game (weekends not included), they must be in attendance at school on game/match day. Excused absences for part of the day such as doctor and dentist appointments, do not affect attendance. Students tardy to school, other than for an excused appointment, must arrive to CCDS by 10 a.m. to participate in a game/match on the same day.

## Additional Fees/Costs by Sport:

Players are provided with team equipment for practices and games, but some sports may require equipment that individual families will need to purchase. Also some items will be provided by athletic department and charged to student's school accounts. Below is a list of charges for possible equipment needs. List is based on past sport requirements prices and list may change: (All athletes need a water bottle)

	Family Provided	Charged to School Account
<b>Soccer</b>	Soccer cleats (Recommended) Shin Guards – NOSCAE Approved (Required)	Team Socks \$20 (one pair blue and one pair of white)
<b>Football</b>	Football Cleats (Recommended)	Football padded girdle - \$25
<b>Golf</b>	Set of clubs, golf balls, golf tees (Required) Golf glove(s) (Recommended)	Hat - \$20 (optional)
<b>Cross Country</b>	Running Shoes (Recommended)	
<b>Tennis</b>	Tennis Racquet (Required)	
<b>Volleyball</b>	Kneepads (Recommended)	
<b>Basketball</b>	Basketball Shoes (Recommended)	
<b>Wrestling</b>	Mouth Guard (Recommended)	
<b>Swimming</b>	Practice Swim Suit (Required) Practice Swim Cap (Recommended)	Competition Swim Suit (\$50-\$75) Swim Cap (First Cap Free \$5 for additional Caps)
<b>Gymnastics</b>		Competition Leotard (\$25)
<b>Softball</b>	Fielding Glove (required) Softball Bat (Optional) Batting Gloves (Optional) Batting Helmet (Optional) Softball Cleats (Recommended)	Visor/Hat \$20 (optional)
<b>Baseball</b>	Fielding Glove (Required) Baseball Bat (Optional) Batting Gloves (Optional) Batting Helmet (Optional) Softball Cleats (Recommended)	Hat \$20 (optional)
<b>Boys Lacrosse</b>	Lacrosse Stick (Required) Lacrosse Helmet and Pads (Required)	
<b>Girls Lacrosse</b>	Lacrosse Stick (Required) Lacrosse Eye Guards (Required) Mouth Guards (Required)	
<b>Track and Field</b>	Track Cleats or Running shoes (Recommended)	

**Team Spirit Gear:** Teams may choose to purchase spirit wear. Purchase of spirit wear is optional. Cost of spirit wear varies and should not exceed \$25. A team representative(s) will meet with MS AD to discuss possible team spirit wear for approval before ordering. All spirit wear must use approved country day logos. Athletes/coaches are responsible for obtaining their parents' approval prior to purchasing spirit wear.

## General Season Expectations and Procedures:

**Practices:** Students-athletes are expected to participate in all practices unless there is a written excuse for illness or injury from an outside medical professional or the athlete has been excused by CCDS nurse or athletic trainer.

**Extended/Weekend Practices:** Extended practice until 4 pm and weekend practices may be used as an option to enhance the limited practice time during school hours. Extended/Weekend practices must be posted in Team Snap and communicated to players/parents. Since extended/weekend practices are optional, players will not be penalized for missing practices, but if their performance level decreases compared to rest of team than it can affect overall playing time.

**Game/Match Day Expectations and Procedures:** The CCDS athletic program is participatory based program. Student-athletes are expected to participate in all practices but may choose to not attend athletic competitions. All student-athletes should be offered the opportunity to participate in an athletic competition during the season if interested. Coaches need to encourage and excite student-athletes about participating in athletic competitions because of the learning benefits. Any student athlete who is attending a competition as an athlete should be allowed to participate in the competition.

**Team Uniforms:** Coaches will distribute uniforms at the beginning of the season. Student-athletes are responsible care of uniform throughout the season and turning them in to their coach at the end of the season. Any damaged or lost uniforms will be charged to students account.

**Transportation:** Teams will be transported to competitions or team activities on bus or in a CCDS suburban. Transportation back to CCDS will be provided after competitions or team activities. Athletes are not allowed to leave a team competition or activity with a non-parent or guardian without prior written consent from parent or guardian to ride with a specific family home after the competition or event. For some competitions on weekends transportation may not be provided if coach finds them unnecessary and easier for players to meet at event site.

**Game Day Study Hall:** On a game day, students participating in a competition will have a study hall during athletic practice time. Study hall rooms will be arranged by coaches and/or MS AD. A coach will be supervising study hall at all times. Length of study hall will depend on travel and start time of day's game/match.

**Snack and Drinks:** Each student-athlete is responsible for bringing their own snack and drink on game days. **All snacks must be nut-free.** Packages should be clearly labeled with player name. Refrigeration for snacks is available in the glass door cooler in dining terrace.

*Snack Guideline Suggestions:* Snacks should not be high in sugar content or oils/fats (so please refrain from sending in candy, fruit roll ups, potato chips, pizza, etc.) The less processed the better. Recommended snacks are bagels, fresh fruit, lean cold cut sandwiches, pretzels, fruit bars, muffins, granola bars, fig newtons, cheese, rice cakes, and others. Remember the goal of the pre-game snack is to give players a boost of protein and carbohydrates without a lot of sugar and oils/fats that may cause stomach discomfort.

*Drinks:* Water or flavored water is best for pregame drinks. Sports drink tend to be high in sugar and are better for drinking during or after competition for recovery. **No energy boosting drinks allowed.**

**Injuries/Accidents:** Each team is provided with a med kit and Emergency Medical Release forms for all student-athletes at the beginning of season. Injuries occurring at practices or competitions should be reported to school nurse and/or athletic trainer for treatment and evaluation. Minor injuries can be evaluated by coach, but the school nurse and/or athletic trainer will be informed of any injuries past minor scrapes and bumps. Any impacts involving an athlete's head need to be evaluated following concussion protocol and should also be evaluated by school nurse and/or athletic trainer. Athletes determined unable to play due to injury should not be allowed to return to play until cleared by medical professional.

## Athletic Communication Expectations:

**Coach to Parent Communication:** Coaches are expected to regularly communicate with athletes and their parents throughout the season using Team Snap. MS AD will provide coaches with a parent email list, based on school database, prior to first practice. Once rosters are finalized MS AD will load all players and families into rosters for teams in Team Snap. A preseason welcome message in Team Snap with expectations and goals along with weekly messages with instructions for the next week of competitions and line-ups (for sports in which they change) are expected from coaches.

When necessary, coaches also may contact individual parents by phone or email to discuss any information specifically related to an individual athlete such as injuries or discipline

**Parent to Coach Communication:** Parent are asked to communicate to coaches any schedule conflicts well in advance of competitions, any concerns related directly to

their child, and concerns that involve their child's well-being. It is not appropriate for coaches and parents to discuss anyone else on the team except, unless parent is only informing coach of a situation/incident directly related to well-being of their own child. Any conversations can be handled through email, phone calls, or appointments set-up with a coach, but it is not appropriate to approach a coach before or after a contest or practice since these can be emotional times for all involved and rarely productive.

If a meeting/discussion with a coach is not satisfactory then the parent should contact Middle School AD, Brady Brandt, to discuss concerns. If meeting/discussion with Middle School AD is not satisfactory than parent should contact middle school head, Theresa Hirschauer.

### Team Schedules, Game/Match Locations, and Schedule Changes:

Middle school athletic schedules are published prior to the season on the CCDS Athletics web page and in Team Snap. The team schedules on the CCDS athletics page and in Team Snap will always have the most updated schedule. Each team schedule provides date, time, opponent, and location of a competition. Address and directions to and game/match location can be found by clicking on location name in team schedule on the athletic website or by clicking on mapping symbol in Team Snap.

Middle school schedules can change for multiple reasons and any changes to schedules will be noted on the team web schedule and in Team Snap as soon as available. If it is necessary to cancel any game/match on the day of the match then changes will be posted on the team schedule on the web and in Team Snap as soon as available, athletes will be informed and allowed to call their parents, and a message will be sent to parents through Team Snap.

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## General Student Athlete Expectations:

- Athletics has similar expectations for attendance, preparation, participation, and effort as any CCDS academic class.
- Students are excused from their last academic class at 2:15 pm and are expected at the practice field or gyms by 2:20-2:25 depending on distance of practice space from locker room. Athletes should wear appropriate sports attire and have required equipment at every practice. Water bottles are highly recommended.
- No student should be missing practice for academic purposes unless cleared by coach or MS AD prior to practice.
- Missing practice requires a note describing an injury from a doctor or instructions from the CCDS nurse or trainer. Any students complaining of injury during practice will be sent to the trainer for evaluation.
- During all practices and competitions, student-athletes are expected to behave in accordance to the CCDS Code of Conduct and Athletic Code. Students should demonstrate the highest level of sportsmanship during interactions with coaches, teammates, opponents, and referees.
- Student Athletes are expected to care for all equipment and uniforms through the season. CCDS equipment and uniforms should be returned to the coach in a reasonable time frame after the final competition.
- Cleats should not be worn in the academic building.
- All student athletes should change for practice and games in the North Gym locker rooms and not in school bathrooms.
- Student are expected to bring their own snack and drink on game days.

Athletes who do not follow guidelines may receive consequences. Consequences can vary with each sport. Athletes may receive Loss of Break (recess) as a consequence in sports. Loss of playing time for a competition should be used only in extreme cases and approved by MS AD. Repeat issues will be reported to MS AD and home will be contacted.

## Important Contacts

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for Middle School**

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### **Carly Hodge**

**CCDS Athletic Trainer**

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### **Jacqueline Fiora**

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