



Davis Waldorf School

Inspired Learning for the Whole Child

TEAM SPORTS GUIDE

Team Sports

DWS students in grades 6-8 in good academic standing are eligible to participate in team sports. Team sports include any adult-sponsored sport that involves five or more students whose goal is to compete regularly with students from other schools. The current program includes league play for coed teams, boys' and girls' basketball, coed flag football and coed volleyball. Teams may compete with teams from private or public schools with students of the same age. Team sports are fee-based, which covers the cost of rental fees, some coaching costs and league fees. Parents are solely responsible for arranging transportation for their children to and from practices and games. All team drivers shall complete the chaperone training and complete the required DMV, Livescan and insurance forms

Philosophy

Through our understanding of child development, we see sixth grade as the appropriate age for children to begin to have the opportunity to learn to work together as teammates, experiencing the joys and disappointments inherent in team sports in a cooperative spirit. The school provides this sports opportunity with the understanding that everyone involved will strive for an atmosphere of healthy, friendly competition and teamwork. Team members will learn the importance of appropriate behavior and sportsmanship, both at practices and at games.

Purpose

The Davis Waldorf School supports the high ideals of healthy participation in athletic endeavors. Student-Athletes are expected to embrace the school's goals of exemplary academics, sportsmanship, and citizenship. The goal of team sports is to give all students the opportunity to participate and work together. Coaches seek to provide players with an understanding of teamwork and the importance of discipline. In an environment of mutual respect and sportsmanship, especially in the face of adversity, team sports may provide the opportunity to support each other and to face difficulties with courage and perseverance. DWS places a high priority on good sportsmanship from our athletes, coaches, and parents. The athletes also experience a regimen of physical exercise to balance the challenges of their daily academic work. Student-Athletes must seek balance in their academic work and their athletic endeavors. Coaches and teachers will work together with students to help them understand the importance of achieving balance and to help them learn how to develop skills for keeping all their commitments realistic.

COMMUNICATION

It is a goal of our school to have all pertinent information (schedules, fees, etc.) available in the school office. The first point of contact for any team sport question will be the coach. In all sports, the practice and game schedules are managed by the coaches and will be distributed directly to parents as soon as possible.

Email Distribution Lists: The Athletic Director may set up an email and/or Shutterfly or phone tree to pass on information from coaches to parents. Information about practice times and locations is changeable, please check in with your coach or the office for the latest information. Please see the coach for your child's sport for further details.

STUDENT - ATHLETE GUIDE

To support the development of Student-Athletes at Davis Waldorf School, coaches, parents, and students shall strive to model ideal citizenship by engaging in the following activities:

1. **Cooperate:** Student – Athletes will learn to develop self-discipline and the spirit of sacrifice and hard work. Each Student – Athlete commits to supporting the team and its objectives. This may require Student – Athletes to place team objectives above personal desires.

2. **Success:** Student -Athletes must learn to compete. They may not always win, but recognize that success comes from constant striving toward their personal best. Student – Athletes will learn to accept defeat gracefully. Adults and student – athletes work to develop the desire to better themselves with each practice.

3. **Sportsmanship:** To accept any defeat like a true sportsman, the Student – Athlete recognizes that they have done their best. They will treat others as they wish to be treated. They will cultivate the positive social traits of citizenship, including emotional control, honesty, cooperation, and dependability. All the adults involved with the team, parents, coaches, assistants shall also model good sportsmanship on and off campus at sporting events.

4. **Improvement:** Continual improvement is essential to good citizenship. Each student - Athlete must establish a goal and constantly strive to reach that goal with a strong sense of commitment and dedication.

5. **Participation:** All Student - Athletes should enjoy participation and acknowledge all of the personal rewards to be derived from athletics, and to preserve and improve the team. They should encourage others on the team, support them in their development as an athlete and as a human being.

6. **Personal Health:** It is important to develop a high degree of physical fitness through exercise and proper training, and to maintain physical fitness after formal competition has been completed. Proper nutrition, adequate hydration and plenty of sleep also contribute to good personal health.

ELIGIBILITY

The coaches of each team sport will distribute a preliminary roster of potential Student-Athletes to all applicable class teachers for their consideration of academic, social and behavior eligibility. If a class or subject teacher, administration, Care Group, Social Wellness or other mandated committee has a concern about the student's academic performance or social behavior, the class teacher will call a meeting with the student's family, the class teacher, and applicable coach(es) to determine the student's eligibility.

In all other cases the steps to participation include:

Step 1 Sign up for the team by the deadline.

Step 2 Complete the Athletic Clearance packet that contains the Parent/Student Sports Handbook Agreement, the Uniform Distribution and Return Form (if applicable) and the Signed Sports Waiver and Hold Harmless Agreement

Step 3 All students must be declared eligible by the class teacher and coach prior to commencement of competitive play.

Step 4 Pay all applicable fees.

Step 5 Drivers must complete chaperone training and turn in all required forms: i.e DMV, Livescan, proof of insurance.

ACADEMIC ELIGIBILITY

Eligibility depends on maintaining high academic standards. A Student-Athlete is required to take responsibility for his/her own academic well being prior to and throughout the entire competitive season. If, during the season of competition, an athlete is deemed academically ineligible by the class teacher, then the Student - Athlete will be placed on Athletic Probation. The teacher will notify the coach on the Friday of the week prior to practice, the student will need to have all work caught up prior to practice the following week or he/she will not be able to practice.-Once the class teacher confirms that the Student – Athlete has made satisfactory academic progress, the athlete may return to practices and competition. At the conclusion of each main lesson block, a progress report may be prepared by the class teacher that reflects the academic standing of all student-athletes competitively participating in a sport. These reports will be shared with the team sport coach and Pedagogical Chair upon request.

STUDENTS MAY NOT PARTICIPATE ON ANY SCHOOL TEAM UNTIL ALL FEES ARE PAID AND ALL APPLICABLE FORMS ARE COMPLETED, SIGNED AND RETURNED TO THE COACH.

General Rules

AGE PARTICIPATION - DWS offers a middle school sports program for students in 6th, 7th and 8th grades.

GAME/PRACTICE SCHEDULES - Schedules are organized by coaches. Game schedules will be distributed once they are received.

PRACTICE/ GAME CANCELLATIONS - Coaches will communicate any practice and or game cancellations in a timely fashion with parents. The office will also be notified of any changes,

ATTENDANCE - Students, including those recuperating from an illness or injury, are required to attend all practices, team meetings and contests. This represents an essential part of their dedication and commitment to participate in their sport. No distinction will be made between an excused and an unexcused absence. Beginning with the fourth absence, continued participation will be evaluated on a case by case basis as determined by the coach and the student's class teacher.

PLAYING TIME – DWS has a shared goal for every student to have as much fair and even amount of playing time as possible, but understands that each athlete will have varying amounts of playing time.

DEDICATION - The Student - Athlete should be aware that excellence is accomplished with-hard work and a sincere desire to succeed. The athlete must also understand that this means making a commitment to attend all practices, contests, and team meetings. No one will be excused from a practice, game, or team meeting without consultation with the coach. If an emergency or illness prohibits- attendance, the athlete shall-notify the coach at the earliest opportunity.

OFF-SEASON COMMITMENTS – Movement and sports are vital to health and development. -DWS † encourages all athletes to attend athletic summer camps and off-season conditioning practices/open gyms.

RESPECT – Everyone associated with athletics, including spectators, shall use language that is socially acceptable. Profanity, vulgar talk, yelling at athletes, coaches or parents , ethnic or religious slurs or jokes will not be tolerated on or off the playing field at any time. Only encouraging language should be used -

no negative tone, blame, shame, etc.

UNIFORM/EQUIPMENT – Student - Athletes shall assume the responsibility for the proper care and return of all equipment and supplies issued. The Student - Athlete will be expected to pay for any lost, stolen, or damaged items. Uniforms/equipment must be returned to the coach within ten days of the completion of the team's season. The families of students who do not meet this requirement shall forfeit the uniform deposit fee.

SPORTS FEES - Each sport has an associated fee to cover equipment, facility rental, and other costs. Fees must be paid in a timely manner and any outstanding fees will prevent a student from participating in practices and games.

TRANSPORTATION (GAMES/PRACTICES) - Parents are required to organize transportation for their child to and from games and practices. All parent/drivers must receive administrative clearance prior to carpooling athletes. Unless directed otherwise, parents are encouraged to make sure that their child arrives at the game/practice site approximately 15 minutes before the scheduled game/practice time. Parents are expected to be on-time when picking up their children after an activity. Drivers must complete chaperone training and turn in all required forms: i.e. DMV, Livescan, proof of insurance.

PARENT GUIDE

You can play an essential role in helping your student learn the values of winning and losing. Below are some suggested topics you can discuss with your student in these situations.

VALUE OF WINNING:

Help your student learn the value of winning by:

- Offering congratulations for their contributions to the team's success and identifying and discussing the efforts made by individuals and the team.
- Recognizing the improvement and growth of both individuals and the team.
- Emphasizing sportsmanship and doing one's best.

VALUE OF LOSING:

Help your student learn the value of losing by:

- Crediting the play of his/her opponent or team.
- Focusing on improvement by individuals and team.
- Discussing what it means to be successful.
- Accepting the loss as something by which to grow, setting individual goals and moving forward.
- Discussing and encouraging perseverance and courage in the face of adversity.

PARENT ARE ENCOURAGED TO DISCUSS:

- Ways to help your student improve.
- Coach's philosophy.
- Coach's' expectations of your student.
- Team rules and regulations.
- Schedules (Games/Practices).

PARENTS ARE ENCOURAGED NOT TO DISCUSS:

- Amount of playing time
- Strategies used by the coach during games/practices
- Other members of the team

STEPS FOR CONFLICT RESOLUTION

If a parent has a particular concern regarding sport we ask that parents:

1. First contact the Coach;
2. If that does not resolve the conflict, notify your class teacher;

SPECTATOR CONDUCT:

The importance of adults and families behaving as model spectators cannot be overstated. Adults who support the rule of conduct as defined in this handbook provide role models for other coaches, adults, and students. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counterproductive and tends to erode the values of good sportsmanship and the game.

THE COACH'S PLEDGE

The Coach's Pledge extends beyond a knowledge of athletics and reaches into the life of each of his or her players. It is one of the most important responsibilities of a coach and involves at least the same level of commitment that coaches expect of their players. Mutual respect and team membership are to be expected equally of both players and the coach(es). Each coach at Davis Waldorf School makes the following promises:

- To be a model of appropriate language and behavior.
- To respect and dignify each athlete as an individual.
- To promote the safety of each athlete and to ask no more in practice or competition than each is capable of delivering.
- To promote the conditions and circumstances that encourage each athlete to realize his or her full potential.
- To impose time demands that acknowledge the primary importance of each athlete's academic and family responsibilities.
- To promote a solid sense of team membership among all athletes and coaches.
- To reflect in their coaching the best thinking/strategy in the sport.
- To work, whenever appropriate, with other school personnel to guarantee the best interests of every student-athlete.

Davis Waldorf School Sports Agreement

This agreement is to be signed and dated by Student-Athletes and their parents, and returned to their coach. **Athletes will not be permitted to join practices or participate in games until this agreement is completed, signed and delivered to the coach.** It is expected that all Student-Athletes and their parents will read and adopt the rules and standards set forth in this handbook. The coaches, Faculty and Administration reserve the right to interpret this handbook and to make revision when necessary. Observance of any change is expected of all athletes once the change has been communicated to participants in the sports program.

Assumption of Risk & Consent to Participate

I am aware that playing a sport poses an inherent risk of injury.. This may include, but is not limited to, the hazards of athletic play and access to and from the school grounds. I also understand that serious injuries or even death may occur. DWS makes every effort to provide a safe environment for your child. In consideration of the right to participate on a DWS Sports Team, I hereby assume all the above-mentioned risks and consent to my child's participation.

Please sign and return this copy to the Athletic Director.

We, the undersigned have read and do understand the Team Sports Handbook and agree to abide by all the rules and standards set forth therein.

_____ X _____ / _____
Student Name (Print) Student Signature/Date

X _____
Parent Signature Date

X _____
Parent Signature Date

X _____
Athletic Director Signature Date

X _____
Athletic Director Signature Date