



Students - Parents
& Athletics BLEND

Creating our
Sporting Culture

SMA ATHLETICS CULTURE

- ♦ 12 Varsity sports & 2 JV sports:
- ♦ 9th graders or newcomers jump right into a possible Varsity sport...there is a lot to learn in short period of time!
- ♦ **Commitment, Time Management, Paperwork, Communication, and Development = Life Skills!**
- ♦ **Some students have never played a sport before and have limited understanding of the commitment or rules.**





COMMITMENT – what does it take?

- Practices are Monday through Friday & sometimes on Saturdays.
- Academics come FIRST! If the student cannot manage their time and a sport, athletics is not for them. Parents are responsible for transportation to and from practices and some games.
- All **IN** or All **OUT**, there is no part-time participation for SMA Athletic Teams. Work is not an excused absence.
- Attendance at their sport practices, games, meetings, and fund raising for the student-athlete is **MANDATORY!**
- Season schedules are handed out in advance from their coach. Plan vacations, Dr. appointments, other appointments outside of “team time.”



PAPERWORK - PHYSICALS

- Must have the Physical Packet completed prior to any conditioning or practices. Physicals are good for the school year. All schools must do the same paperwork.
- Each sport has additional paperwork per the Coach & Team obligations.
- Late paperwork can result in not playing in games or other consequences. Paperwork never stops...
- Time Management from the student as well as the parent(s) are expected. Accountability is a huge part of ATHLETICS.
- Athletics & the Administration do not have time to babysit or hand holding! Be proactive in the learning of a new sport.



COMMUNICATION - CONSTANT

- Each team will build a phone tree as well as additional info and ways to communicate.
- [Sport Schedules can be accessed on our Athletics Website.](#)
- Each sport and coach will give you the practices & game schedules. Plan doctor appointments & vacations accordingly.
- **PHONE APPS:** [Using MaxPreps Team, Remind, Text, Emails, or another form of communication is 100% necessary 100% of the time!](#)
- Each student-athlete must keep the parents and the coach(s) updated on injuries or in the event of a family emergency. If injured it is 100% expected to still attend practice unless with a Dr. or at physical therapy.
- [Team communications is not to be abused, use for practice time changes, cancellations, departure times, meetings, etc...](#)



DEVELOPMENT

- SMA Athletics are all about developing our sport programs. We realize that SMA has a unique blend of students and our “athletic” experiences definitely varies.
- Our Coaches are committed to developing all levels of players & skills. We do expect the student-athlete & parents to support and blend with US!
- **Developing skills is important during the sport season but even more critical in the off season.**
- Proper sport training, weight training, and proper nutrition are highly critical for our SMA Athletes. Participation in club sports, additional sports or off season conditioning is highly encouraged!

RESOURCES - LINKS



➤ <http://www.sarasotamilitaryacademy.org/athletics>



➤ <http://www.sarasotamilitaryacademy.org/sma-hs-athletic-forms-parent-info>



➤ [http://www.maxpreps.com/high-schools/sarasota-military-academy-eagles-\(sarasota,fl\)/home.htm](http://www.maxpreps.com/high-schools/sarasota-military-academy-eagles-(sarasota,fl)/home.htm)

➤ Team Phone Numbers & Emails



➤ <https://www.verywellfit.com/basic-training-the-best-workout-routines-for-athletes-3862379>

➤ <https://www.acefitness.org/education-and-resources/professional/expert-articles/5354/complex-training-strength-and-conditioning-workout-for-athletes>



★ Eagle Athletics & our Administration is working diligently to reduce and eventually be liberated from P2P, our Fly As One Campaign is crucial to assist financially. It will require a few strong financial donations every year. Team Goals & Videos are easily accessed!

★ <http://www.sarasotamilitaryacademy.org/support-sma-athletics>

Why is there Pay to Play? P2P
Pay to Play covers a majority of the expenses required for SMA Athletics. SMA receives no money from the county.

- Coaches Stipends • Officials/Refs •Entry Fees
- Athletic Trainer •Travel • Equipment/Gear/Uniforms
- Awards/Varsity Letters/Pins •Banquet

Fall Sports	Cost
Cross Country 🧑 🧑	\$150
Golf 🧑 🧑	\$250
Volleyball 🧑	\$250

Winter Sports	Cost
Soccer 🧑 🧑	\$250
Boys Basketball	\$300
Girls Basketball	\$350
Wrestling 🧑 🧑	\$300

Spring Sport	Cost
Lacrosse 🧑 🧑	\$300

Code of Conduct

RESPECT

ALL Participants & Decisions

ENCOURAGE

Everyone—This is Amateur Sport

SPORTSMANSHIP

No Abuse Tolerated

PLAY

For Enjoyment

EDUCATE

& Be Knowledgeable

CONDUCT

Yourself Courteously

TREAT

Everyone Fairly



SMA Athletic Mission Statement

In Athletics WE FLY AS ONE: Eagle Athletics is committed to excellence in athletics while supporting the educational mission of SMA. We meet student-athletes at their individual skill levels and educational needs and provide a challenging environment for skill development in both team and individual sports. Eagle Athletics is connected to the whole student: academically, socially, emotionally and physically through intentional preparation and planning throughout the school day and season. We focus on creating opportunities for all student-athletes to develop skills through individual instruction, peer interaction and competition. While winning is not an end in itself, we believe that our student-athletes' efforts to be their best will lead them to succeed.

Our mission is that all individuals associated with Eagle Athletics (coaches, staff, student-athletes, alumni and parents) will value character traits developed through athletic participation. We expect all participants to respect themselves and others, demonstrate loyalty, be good teammates and put the team before themselves, handle failure like they handle success, have school pride, have a strong work ethic, be honest, and show up and be prepared.

SMA Athletics Vision Statement

ACADEMICS: We produce graduates who have insight into the issues, ideas and values that are important to society and possess the skills necessary to deal with them successfully.

RESPECT: We emphasize the importance of individual accountability and the moral obligation of responsibility for the welfare of others.

HONOR: We adhere to a code, which teaches that uncompromising personal integrity is the primary guide in all situations.

INTEGRITY: We believe that an individual's character is of utmost importance and, therefore, we provide training which emphasizes ethical principles and core values.

DISCIPLINE: We operate a leadership laboratory, which emphasizes a structured environment, acceptance of responsibility, self-confidence and service to others.

DIVERSITY: We promote diversity in all segments of our campus community and in all aspects of life.