

Horace Mann School  
**ATHLETIC  
HANDBOOK**



For  
STUDENT-ATHLETES  
AND PARENTS

This handbook has been developed with the intent of helping to make interscholastic athletics at Horace Mann as simple, effective, and as enjoyable as possible. It is hoped that by assembling all the material that relates to the administration of athletic programs in one central volume, parents and student athletes will have a better understanding of these practices, policies, and procedures with a more convenient reference to them.

This handbook is intended to clearly state and define methods for accomplishing specific tasks, to outline basic goals, and to recommend guidelines for the maintenance of high standards in the overall athletic program. It is also intended to be a practical tool that answers more questions than it creates and which parents and student athletes find to be a usable resource and not just another item to be filed away.

This handbook is designed to supplement and not replace direct communication among all members of the athletic community. The Athletic Director will always be available to provide whatever assistance is required in pursuit of common goals.

Finally, any suggestions you might have for improving this handbook or any of its content is welcome.

## HORACE MANN ATHLETIC OFFERINGS

FALL	Varsity	JV	MOD-A	MOD-B
Boys' Cross Country	X		X	
Girls' Cross Country	X		X	
Field Hockey	X	X	X	
Boys' Football	X	X	X	
Boys' Soccer	X	X	X	X
Girls' Soccer	X	X	X	
Girls' Tennis	X	X	X	
Girls' Volleyball	X	X	X	X
Mixed Water Polo	X	X	X	

WINTER	Varsity	JV	MOD-A	MOD-B
Boys' Basketball	X	X	X	X
Girls' Basketball	X	X	X	X
Boys' Fencing	X		X	
Girls' Fencing	X		X	
Boys' Squash	X			
Girls' Squash	X			
Boys' Swimming	X		X	
Girls' Swimming	X		X	
Boys' Indoor Track	X			
Girls' Indoor Track	X			
Wrestling	X	X	X	
Boys' Skiing	X			
Girls' Skiing	X			
Mixed Crew			X (club)	
Mixed Table Tennis	X			

SPRING	Varsity	JV	MOD-A	MOD-B
Baseball	X	X	X	
Boy's Golf	X			
Boys' Lacrosse	X	X	X	
Girls' Lacrosse	X		X	
Softball	X	X	X	
Boys' Tennis	X	X	X	
Boys' Track & Field	X		X	
Girls' Track & Field	X		X	
Mixed Ultimate	X		X	
Boys' Crew	X			
Girls' Crew	X			
Boys' Volleyball	X		X	
Girls' Rugby	X			

## PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics at the Horace Mann School is a component of the physical education program where credit is given for completion of a sport season. Therefore, all policies governing academic requirements shall be extended to athletics. Participation in athletics promotes a positive self-image, development of physical, mental, and social skills, understanding of team cooperation, and a sharing of personal experiences.

A well-coordinated program is vitally important to the morale of the school. Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches.

Desire, dedication, and self-discipline need to be developed to ensure commitment and personal sacrifice required by athletics. Making such a commitment helps to nurture integrity, pride, loyalty and overall character. The final outcome is a better citizenry carrying these values throughout their lives.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion for measuring a season's success. Guiding the team to attain maximum potential is the ultimate goal to this end. The coaching staff must teach student athletes to prepare their minds and bodies to reach maximum potential, to be modest in victory and steadfast in defeat.

## MODIFIED PROGRAM PHILOSOPHY

A modified program is available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the upper division program. It is a competitive program designed to meet the developmental needs of its participants. At this level, the focus is on learning athletic skills, game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition.

Coaches are instructed to make every effort to provide each child an opportunity to play in each game or develop a rotation of players for different games that will ensure quality playing time in as many games as possible.

The modified program is designed to take place during the academic calendar. Normally, sign-ups occur the first few days of each trimester during physical education class with tryouts lasting three to five days immediately following. Once selected, student athletes in the modified program will practice during scheduled physical education class. Only contests take place after school. Students in the seventh and eighth grades are prohibited from practicing with a junior varsity or varsity team.

## JUNIOR VARSITY PROGRAM PHILOSOPHY

The junior varsity level is intended for those students who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, freshman and sophomores occupy the majority of roster positions. In certain situations, juniors who are judged to make contributions at the varsity level will be considered for junior varsity participation.

At this level, athletes are expected to have committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play in addition to socio-emotional development. Junior varsity programs work towards achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six day-a-week commitments that are expected of them at the varsity level. While contests and practices are seldom held on holidays and Sunday's, games are sometimes scheduled during vacation periods and on Saturday's. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

## VARSITY PROGRAM PHILOSOPHY

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman may be included on the team providing that evidence of advanced levels of physical development, athletic skill and appropriate socio-emotional development is demonstrated.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of his/her individual role in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport may require a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons. While contests and practices are seldom held on Sundays and holidays, the dedication and commitment needed to conduct successful varsity programs should be taken seriously.

The varsity coach is the leader of that sport's program and determines the system of instruction and strategy for implementation. The communication among the modified, junior varsity and varsity programs is the responsibility of the varsity coach.

Preparing to win, striving for victory in each contest and working to reach the group's and individual's maximum potential are worthy goals of a varsity level team.

## GETTING READY TO PLAY

### ATTEND THE ORGANIZATIONAL MEETING

A few weeks before each varsity/junior varsity season, an organizational meeting will be conducted for each sport. At this time, the coach of the sport will distribute important information that is pertinent to participating in that sport. Note: Meetings for fall sports are typically held during the spring.

### SEASON STARTING DATES

**Fall Sports** - August Pre Season Schedule is available in the ***Inside Athletics*** section of the Athletics website

**Winter Sports** - November 9, 2020

**Spring Sports** - March 1, 2021

### BECOMING MEDICALLY CERTIFIED

The Horace Mann School requires all students to provide a record of their most recent physical exam and a Cardiac Risk Assessment form to the School. Medical exams are valid for one year from the date of the exam.

***Fall athletes are required to have a valid medical form on file prior to participation in athletics as to not jeopardize participation in the August preseason selection process.***

### REGISTRATION

All students playing sports at Horace Mann School must register online. The **online registration process must be completed by a parent/guardian.** Part of the registration process will require that the parent/guardian read and agree to several guidelines and consent and behavior policies. Supporting documents are available within the policy section of the registration form; policies are also available in the ***Inside Athletics*** section of the website. In addition to the medical record on file in the nurse's office, we require that you list any medications that your child is currently taking as well as recent athletic health history. This information will ensure that your child's health record is up to date and that we can provide the best possible care for your child while participating in interscholastic athletic activity. Our certified trainers will discuss pertinent information with your child's coach. Emergency contact information will travel with your child's coach to all practices and contests. It is essential that we not only have your emergency contact information and your consent to treat but also any special medical conditions that we should be aware of.



If an athlete is a multiple season participant, recertification of medical status each season is required. The information requested serves the purpose of updating any change in a student's medical condition from the beginning of the school year and season-to-season.

## ATHLETIC CODE

### Code of Conduct and Training Rules

No student athlete will be permitted to participate in any athletic contest until the Athletic Code of Conduct is acknowledged and agreed to. The Code and Training Rules apply to all teams and athletic personnel including managers and statisticians. All players placed in a position of leadership (captain, etc.) will be removed from their position if they violate the Athletic Code. Any violation of the Athletic Code may jeopardize consideration for a future leadership position, an athletic letter, and athletic awards, including the Varsity Club.

### Hazing

Horace Mann student athletes shall not participate in any form of hazing or team rituals. Activities that produce mental or physical discomfort, embarrassment, harassment or ridicule have absolutely no place in the Horace Mann athletic program. Any student who encounters hazing should inform his/her parents, coach, teacher, advisor, dean and athletic director. In addition, any use of language or reference to race, religion, sexual identification, or gender identification will not be tolerated.

### Assumption of Risk

While the coaching staff and other responsible school officials will do everything within reason to protect your child against injury, participation in athletics includes a risk of serious injury, permanent paralysis or death. Parents and student athletes should carefully discuss and consider these risks before participation.

## ATTEND SELECTION PERIOD

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Horace Mann, coaches are encouraged to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy with respect to squad selection, coaches will strive to maximize the opportunities for our students only without diluting the quality of the program.

## SELECTION POLICY

Choosing the members of athletic teams is the sole responsibility of the coaches of those teams. Non-varsity coaches shall take into consideration the policies established by the head coach in that particular program when selecting final team rosters.

Prior to team selection, the coach shall provide the following information to all candidates:

- extent of selection period
- criteria used to select the team
- number to be selected
- practice commitment if they make the team
- game commitments

The selection process will include three important elements. Each candidate shall:

- have participated in (2) tryout sessions.
- have performed in at least one intra squad experience, if possible.
- be personally informed of not being selected by the coach and the reason for the action.

Selection lists are not to be posted. Coaches will discuss alternative possibilities for participation in the sport, or other areas of the program.

## ATTEND PRACTICE SESSIONS

Student athletes are expected to attend all scheduled practice sessions and games unless excused by the coach. The importance of practice is clearly stated in the attendance section of the department policies in this handbook. **It is important to note that fall practices for varsity and junior varsity teams begin in the third and fourth weeks of August. A preseason calendar for the following year will be available after Winter Recess.**

## SPORT STANDARDS

The New York State Association of Independent Schools Athletic Association (NYSAISAA) Sports Standards outlines the minimum number of required practices an individual or team shall need before participation in a scrimmage or contest.

Sport Required Practices Before **1st Scrimmage**

	Team	Individual
Baseball	8	6
Basketball	8	6
Crew	10	8
Cross Country	10	8
Fencing	10	8
Field Hockey	8	6
Football	11	10
Golf	Training	Training
Indoor Track	10	8
Lacrosse	8	6
Outdoor Track	10	8
Rugby	11	10
Skiing	8	6
Soccer	8	6
Softball	6	4
Squash	6	4
Swimming	12	10
Table Tennis	4	4
Tennis	6	4
Ultimate Frisbee	8	6
Volleyball	6	4
Water Polo	12	10
Wrestling	10	8

Sport Required Practices Before **1st Contest**

	Team	Individual
Baseball	10	8
Basketball	10	8
Crew	10	10
Cross Country	10	10
Fencing	12	10
Field Hockey	10	8
Football	15 (3-2-6-4)	14
Golf	Training	Training
Indoor Track	10	10
Lacrosse	10	8
Outdoor Track	10	10
Rugby	15	14
Skiing	10	8
Soccer	10	8
Softball	8	6
Squash	8	6
Swimming	12	10
Table Tennis	4	4
Tennis	8	6
Ultimate Frisbee	10	8
Volleyball	8	6
Water Polo	12	10
Wrestling	15	13

## ATHLETIC DEPARTMENT POLICIES AND PROCEDURES

### ATTENDANCE

*Interscholastic athletics at the Horace Mann School is a component of the physical education program where credit is given for completion of a sport season. Therefore, all policies governing academic requirements shall be extended to athletics.*

**Choosing to participate on an athletic team is a personal choice requiring a full commitment and sacrifice to attend all scheduled practices and contests.**

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, however, students need to recognize that absence from practices will hinder skill development and physical conditioning, as well as jeopardize team unity. Time missed from practice inherently will influence an athlete's performance, and potentially playing time and/or position with the team.

Athletes have the responsibility to do everything they can to avoid conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to occur.

All absences from a practice or contest will be recorded on TeacherPlus.

Athletes and parent/guardian(s) will receive an email notice from the Attendance Office on the day following an athletic absence. Athletes are required to bring the completed form to their coach for discussion.

### **Total Absences – Excused and Unexcused**

If an athlete misses a total of 3 practices or a contest, for any reason, a meeting with the coach and seasonal associate athletic director will be called to talk about the absence(s) and possible solution.

### ABSENCE FROM SCHOOL

A student absent from school may not participate on that day unless permission is granted by the athletic director. Because of health and safety reasons, absences and tardiness due to illness will exclude student athlete from practice or contests on that day. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is an excused absence in the eyes of the athletic director.

## EARLY DISMISSAL

Every effort will be made to schedule athletic events in a manner to avoid disturbances to the academic program. Release time for home and away events will be reasonable to limit the amount of class time missed. Students are responsible for academic material due or assigned.

## SCHOOL SPONSORED PROGRAM CONFLICTS

Where conflicts arise, the sponsors, deans, and coaches must cooperate to devise a solution that will be in the best interest of the student and that the student not be “caught in the middle”. The student’s decision as to which event or activity he/she will participate in should be based on the following:

- the related importance of each event
- the individual importance of each event to the student
- the contribution the student can make to each event
- the time at which the events were scheduled
- discussion with the parent
- discussion with the student

Conflicts, such as a student participating in more than one extracurricular activity during a particular season should be discussed with coaches and sponsors as soon as participation in more than one activity is evident. Keeping all informed in advance will lead to the best possible solutions.

## COMPETING ON NON-SCHOOL TEAMS IN SEASON

Opportunities exist for Horace Mann student athletes at all levels to participate on non-school sponsored teams while participating on school-sponsored teams. When these situations occur, sound communication between the student athlete, parent or guardian, coaches and athletic administration is mandatory. Participation on the school team must be primary to all other obligations.

## FAMILY VACATIONS

When parents and student athletes choose to take family vacations during sports seasons, it must be understood that the time missed by the student athlete can affect team chemistry and personal conditioning. Student athletes who miss practices or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents and student athletes of the season’s schedule as far in advance as possible. Conversely, parents and student athletes should inform the coach of potential schedule conflicts as far in advance as possible.

## TEAM EXPECTATIONS

Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports. These team expectations pertaining to a particular sport must be given by the coach in writing to all team members and explained fully after final team selection. Penalties for violation of team rules will also be in writing and shall be administered by the coach.

## EQUIPMENT

It is the responsibility of the student athlete to care for and return to the coach all clothing and equipment he/she has been issued. If any equipment is lost or has abnormal usage, the student athlete will be charge replacement costs.

Any additional equipment or apparel other than that furnished by the school is prohibited from use.

## SCHEDULES

The Horace Mann School is a member of the New York State Association of Independent Schools Athletic Association (NYSAISAA). The primary contest schedules are within the Ivy Preparatory School League and each is expected to be followed throughout the year. Occasionally, changes to the schedules are necessary due to school conflicts, inclement weather, etc. For the most part every effort will be made to complete the assigned schedules.

Every effort is made to accommodate student athletes during exam periods, school functions and school vacations, but contests and practices may be necessary during these times in order to keep the program competitive and meet schedule obligations.

Individual team schedules are available on he website approximately 2 weeks prior to the start of each athletic season.

## TRANSPORTATION

Student athletes shall be transported to and from off-site practices and away contests (games and/or scrimmages) by school authorized vehicles only.

All transportation provided by the school will originate from the corner of 246th Street and Tibbett Avenue. Return trips will be direct with no stops, having the guard booth on Tibbett Avenue/Lutnick Hall as the final destination and drop-off site.

The late bus for all after school activities departs from Tibbett Avenue at 6:00 p.m. sharp. As a general rule, due to the length of games, athletes will more than likely miss the late bus and must make own arrangements to arrive home.

Under certain circumstances where it creates an inconvenience to the family, students may be excused from riding back to school from an athletic event on school authorized transportation. In such cases, the request must be made in writing and in advance to the student athlete's coach. Should a parent approach the Head Coach at an away contest and request that their son/daughter ride home with them without written notification, the Head Coach may agree upon receiving written release on-site. (See Athletic Transportation Waiver found on website)

## SPORTS SCHEDULE WEBSITE

Visit Athletics on the school web site for both daily and seasonal information. Changes in schedule are inevitable. Every effort is made to update information on a daily basis. Normally, changes are listed as cancellations or postponements. In the case of the latter, the postponed date is the newly rescheduled date. A cancellation will appear only as a new date if rescheduled. Check back often for the most up-to-date information.

## SPORTS SCHEDULE ALERT SYSTEM

To receive an email alert message for changes in your child's team schedule, you must sign up on the website.

In order to do this, visit the school website. Click on *Athletics*. Select your child's team. You will see an orange box with a bell symbol and "Alerts", click on this box and follow the directions provided.

## POST SEASON COMPETITION

Post Season competition is limited to the outstanding individuals or teams, whose performance during the regular season merits consideration for participation in tournaments and meets against equally strong competition. Final decision of declaration to participate in post season competition will rest on upon the coach and the athletic director.

## REPORTING OF INJURIES/ILLNESS

It is the student athlete's responsibility to immediately report any injury to his/her coach or the athletic trainer. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once a physician treats an athlete, the athlete must obtain the doctor's permission to return to the activity.



## CONCUSSION POLICY

Horace Mann School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully.

A concussion is a mild traumatic brain injury. A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from one concussion to another will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While Horace Mann School employees exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, athletic trainers and nurses receive annual training to recognize the signs, symptoms and behaviors consistent with a concussion. Concussion information is available on the athletic website and is provided as part of the permission slip for participation in interscholastic athletics.

## SPORTSMANSHIP STATEMENT

Horace Mann School, in association with the Ivy Preparatory School League, promotes good sportsmanship by student-athletes, coaches and fans alike. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or ethnic slurs, fighting or other inappropriate behavior will not be tolerated, and are grounds for removal from the site of competition and further disciplinary action. In addition, the use of artificial noisemakers is not permitted.

## MESSAGE TO SPECTATORS

We appreciate fan support for members of the Horace Mann athletic teams as long as the cheers are positive and directed toward our teams' athletes. At no time should spectators be speaking directly to participants in an athletic event or to their coaches during athletic contests. It is both distracting and dangerous. Please remember that these are high school students participating in an extension of the classroom environment, not professional athletes. Let's keep the games competitive but above all, fun and friendly for everyone. Let the players play, let the coach's coach, let the officials officiate and let the fans cheer in a positive manner.

## PARENT COACHING DURING CONTESTS

Horace Mann coaches are educators who endeavor to provide an opportunity for the School's student-athletes to experience meaningful growth, accomplishment, and success through the development of sound habits of mind, heart, and work that allow each student to realize his/her fullest potential through participation in competitive sports.

As they coach during contests, they do so while teaching lessons in sportsmanship, teamwork, goal setting, competition, overcoming adversity, and winning and losing while maintaining behavior consistent with the School's core values.

Parents are to respect the position and mission of the coach and should never coach the students (their child or others) from the sidelines or the stands during contests.

## CAPTAINS

The selection of captains falls under the team policy of each coach. Selection process and eligibility varies from team to team and coach to coach. The position of captain is not an inherent one reserved for seniors. All team members are eligible. Student athletes are advised to discuss expectations with a coach prior to accepting either a nomination or appointment.

As a captain, you assume a leadership role. Your coach, teammates, the Horace Mann and visiting communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and pride.

## ATHLETIC AWARDS

### Letter Awards

Earning a Varsity HM Letter Award is the fulfillment of an early ambition for many students. The Varsity Letter and Certificate Plaque is a one-time presentation given to an athlete who has received the recommendation of his or her coach and satisfies the participation requirements. The award is presented at the conclusion of the athlete's senior year.

*\*In the case where a team member is injured for part or for the entire season, a coach's discretion to award a letter will be considered.*

### Participation Awards

A participation awards is given to an athlete upon reaching their third year of varsity participation.

3rd year - Hooded Sweatshirt with tackle twill HM logo on the back.

## Team Awards

A Varsity Awards Banquet will be held for all varsity letter winners at the conclusion of each sport season. *Senior letter winners are invited to attend the spring banquet to receive their Varsity Letter Plaque.*

### Most Valuable Player Award

Each varsity team is afforded the opportunity to select through ballot, a most valuable player at the conclusion of the sport season. In the case of a tie, the coach will vote.

### Coaches Award

Varsity coaches in all sports will select a team member for the Coaches Award. This award is highest award given by a coach, which reflects the School's belief that a "quality athlete" possesses both good athletic skills and a positive attitude.

## Special Awards

### Sirena Wu Dunn Award (Volleyball)

This award is in honor of a 1981 Horace Mann graduate and a recipient of the Coaches Award for the Varsity Volleyball team during her senior year. To be considered for this award, a player must represent the good sportsmanship, dedication to skills, motivation and team oriented spirit that was shown by Sirena.

### Robert Buzzell Medal (Football and Track)

The Robert Buzzell Memorial Award was founded in honor of Bob Buzzell who was fatally stricken with polio in 1950. Bob, who had three years of Varsity Football and Track experience, was a strong competitor and an exemplary sportsman. Each year, Buzzell Medals are given to a member of the football and track team who best typify Bob's sportsmanship.

### William Quinn Award (Wrestling)

William Quinn was the Horace Mann Wrestling Coach from 1958 to 1976. During this period of time, many young students became outstanding and champion wrestlers. Young men quickly matured under his guidance and leadership. Bill Quinn instilled within all of his wrestlers, the faithful observance of the disciplines of life and of athletic training. Un-answering devotion, the consistent will to improve, and the rules of good sportsmanship were qualities that he expected of his student athletes. Joseph Wikler, captain of the 1959 Wrestling Team, established the William Quinn award. The recipient of this award will be the individual who best exemplifies all or some of these qualities.

Richard Friedman '75 Award (Basketball)

This award shall be given to a member of the Boys' Varsity Basketball team who demonstrates the good sportsmanship, dedication to skills, motivation and team-oriented spirit that was shown by Richard during his time at Horace Mann School.

Stanley Shier Award (Baseball)

The Stanley Shier Memorial Baseball Award is presented annually to a member of the varsity baseball team. Mr. Shier was one of the original founders and a past President of the Horace Mann Boosters Club. This award is presented to a senior who exemplifies the qualities of dedication, loyalty, enthusiasm and a concern for others.

Year-end Awards

Thomason Cup (Senior)

This award was established by the 1956 Senior Class in honor of Robert A. Thomason, former Horace Mann teacher and track coach. It is awarded to a member of the senior class who best typifies the ideals of Bob Thomason while demonstrating team spirit on and off the field of play.

Lud Bock – Bill Rowley Award (Senior)

This award is a combination of the former Barnard MVP Award and the Sportsmanship Award. Lud Bock was a former Athletic Director of Barnard and Bill Rowley was the Business Manager. It is given here at Horace Mann to an outstanding athlete – usually a participant of three sports - who emulates the spirit of good sportsmanship.

Jonathan Kleier Leadership Award (Senior)

This award was established in 2009 in memory of Jonathan Kleier '01 by his family and friends to promote and award leadership in athletics and support student filmmaking at Horace Mann School.

Varsity Club (Seniors)

The Varsity Club is an honorary organization for athletes who have shown leadership and demonstrated a high level of performance during their **senior year**. In all circumstances, they must be good citizens and conduct themselves as good sports, on and off the field of play. Seniors elected shall be all around athletes with letters won in two or more sports and the level of performance outstanding in one of the sports. In the case where a student participates in only one sport, the level of performance must be extraordinary. In each case, the individual performance must have made a significant contribution to the overall team success.

### Walter H. Bernson Male and Female Athlete of Year Award (Varsity Club)

The Athlete of the Year Award represents the highest athletic honor a Horace Mann student may receive. This award is presented to a senior who has been selected to the Varsity Club and has had distinctive senior year achievements.

### TEAM APPAREL

The Athletic Department will provide first-time varsity athletes a one-time warm up top and pant travel suit that is able to complement their uniform on game days if desired. In addition, varsity athletes will receive a matching sport specific hoodie and a t-shirt. The hoodie is a one-time issue and a new t-shirt will be provided every year.

### TEAM TRAVEL DURING WINTER/SPRING RECESS

Many varsity programs supplement either their pre-season preparation or competitive schedule by virtue of team travel during summer, winter or spring recesses.

All costs associated with team travel are to be incurred by the participants. Fundraising becomes a major source of revenue to help offset costs.

It is the coach's responsibility to provide the following information regarding team travel:

1. Purpose of trip
2. Date and time of departure
3. Date and time of estimated time of arrival home
4. Mode of transportation
5. Location of team housing
6. List of special items students may need to take with them
7. List of expenses that students will incur
8. Printed copy of team travel rules, regulations and itinerary
9. Parents permission form

## DROPPING OR TRANSFERRING SPORTS

Quitting is an intolerable habit to acquire. An athlete who chooses to leave a team may forfeit the privilege of participating on a future team and jeopardize their grade in physical education. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- consult with your immediate coach.
- check in all equipment issued to you.
- report to Director of Physical Education for assignment into academic class.

## COACH / PARENT RELATIONSHIP

Parents and coaches are important role models for students; they provide necessary guidance to young adults in their development and their understanding of the world in which they live and work as adults. By understanding and respecting each other, parents and coaches, working together can greatly benefit children. When your child becomes involved with the athletic program at Horace Mann School, you, as parents, have a right to understand the expectations that will be placed upon them. Clear communication between parents and coach facilitates this understanding.

The following information is intended to be used as a guideline to establish an environment in which open communication and mutual respect are fostered.

## STUDENT / PARENT COMMUNICATION WITH COACHES

As your child becomes involved in the athletic program at Horace Mann School, he/she will experience some very rewarding moments. It is important to understand that there also may be times when things do not go the way your child wish. At those times discussion with the coach is encouraged.

*Parents should avoid contacting the coach about their child's issue or concern until after their child has met with his/her coach first. It is our experience that most issues are resolved with open, honest communication between the athlete and coach.*

Should a meeting with the athlete and coach not resolve the issue or concern, there are situations that require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other person's position. When conferences are necessary, the following procedure should be used to help promote a resolution of the issue of concern.

Procedure To Follow When You Discuss A Concern With A Coach.

1. Call or send an email to set an appointment.
2. Please do not confront a coach before or after a contest or practice. These can be emotional times. Meetings of this nature do not promote resolution.

#### Appropriate Concerns to Discuss With Coaches

1. The treatment of your child – mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. It is very difficult to accept that your child may not play as much as you had hoped. Coaches make judgment decisions based on what they believe is best for all students involved. As you may have seen from the list above, certain things can be discussed with your child's coach. Other things may be left to the discretion of the coach.

#### Issues Not Appropriate To Discuss With Coaches

1. Playing time.
2. Play calling.
3. Other student athletes.

#### What Can A Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution

1. Call and set up an appointment with the athletic director, Robert Annunziata, to discuss the situation.
2. At this meeting the next appropriate step can be determined. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided here helps make your family's experience with the Horace Mann School Athletic program.