



THE
MONTGOMERY
ACADEMY

Athletic Handbook
2020-2021

The Montgomery Academy Athletics Philosophy

Athletics at The Montgomery Academy play an essential role in the advancement of the school's mission, providing experiences that help our student-athletes develop physically, emotionally, and intellectually. Our athletic department exists to support our student-athletes in their holistic development. Student-athletes are encouraged to passionately compete and to pursue athletic excellence, but it is imperative that good sportsmanship prevail at all times and that the educational values of competition be emphasized.

We believe that winning is an immediate objective in all athletic contests, but it is not an end in itself.

Participation in athletics is an integral part of the student-athlete's educational experience at the Academy. That participation carries with it responsibilities to the student-athlete's, team, the student body, and to the greater MA community.

Among the Academy's core values is the statement expressing our belief in "creating an environment that helps students reach their full potential". In the athletic program, we believe this value encourages us to work together to advance what is best for our students. We believe strongly in the value of multisport athletes and students who are not defined merely by their participation in athletics. We will work to promote the entire MA community throughout our athletic department.

Athletic Program Objectives

1. To advance the holistic development of our student-athletes.
2. To develop and maintain the highest level of sportsmanship.
3. To promote self-discipline and emotional maturity.
4. To encourage respect-for teammates, coaches, the academy community, and our athletic opponents.
5. To ensure that the amount of time required for athletic participation supports our student athletes' academic development.
6. To develop appropriate attitudes toward competition.
7. To encourage decisions that reflect the academy's mission and core values.
8. To adhere to the rules, regulations, and officials' decisions that govern

the sports offered at the academy.

9. To encourage respect for authority and the rights of others.
10. To promote all academic, athletic, and co-curricular opportunities offered to students of the academy.

Sports Offerings

Montgomery Academy Upper School athletic teams participate in the Alabama High School Association at 3A or 4A classification, while all Junior Varsity and Middle School teams participate in the Capital City Conference. The following is a list of sports offered during the course of the school year:

Fall Sports, Boys	Winter Sports, Boys	Spring Sports, Boys
Cross Country	MS Basketball	Baseball
MS Football	JV Basketball	Golf
JV/Varsity Football	Varsity Basketball	JV Tennis
Swimming	Indoor Track and Field	Varsity Tennis
		Track and Field
		JV Soccer
		Varsity Soccer
Fall Sports, Girls	Winter Sports, Girls	Spring Sports, Girls
JV Cheerleading	JV Cheerleading	Golf
Varsity Cheerleading	Varsity Cheerleading	Soccer
Cross Country	MS Basketball	Softball
Swimming	JV Basketball	JV Tennis
MS Volleyball	Varsity Basketball	Varsity Tennis
JV Volleyball	Indoor Track and Field	Track and Field
Varsity Volleyball		

Sportsmanship

The pursuit of victory must always remain honorable. This is accomplished by the realization that in competition, someone is going to prevail and someone is going to be defeated. In interscholastic athletics, winning must not be the “only thing” - as handling a loss is a vital piece of the educational

process. It is imperative that we remember the importance of athletics and that its impact is not dependent upon the outcome of games, but upon good sportsmanship.

The Montgomery Academy expects everyone within our school community to demonstrate good sportsmanship and a sense of fair play during all athletic events. The NFHS Sportsmanship Philosophy Statement expresses that “Individuals, regardless of their role in athletics, are expected to be aware of their influence on the behavior of others and model good sportsmanship.” This philosophy correlates strongly with the academy’s core values, including our belief in shaping well-rounded leaders and our belief in leading lives of honesty, integrity, and respect. When we don the cardinal and navy, we represent every core value of the academy, and should adhere to the mission of the school. As competitors, coaches, administrators, or fans, we are influencing the experience of others who are experiencing athletic contests alongside us. We should work to use that influence in a positive manner.

The Alabama High School Athletic Association identifies ten “target groups” within a high school community that are responsible for conducting themselves in a sportsmanlike manner. Among these ten are Coaches, Directors, and Sponsors, who are challenged to “set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior”. Student-athletes are charged with “accepting seriously the responsibility and privilege of representing school and community; by displaying positive public action at all times”. Finally, parents, students, and other fans are encouraged to “be exemplary role models by positively supporting teams in every manner possible, including content of cheers and signs”. It is important that we all honor the spirit of competition and that we welcome all guests to our campus for athletic contests in a way that upholds the continuing pursuit of excellence by practicing good sportsmanship.

Expectations of Coaches

Coaches are placed in influential positions to impact student-athletes, and must understand the responsibility that comes with this influence. We understand that each Montgomery Academy student-athlete should be treated as an individual whose welfare is primary at all times. Coaches must be aware that they contribute to the education of the student-athlete. Winning should never supercede character and integrity, and the desire to

develop student-athletes toward these ends should inform every coaching decision. Recognizing these foundational principles, Montgomery Academy coaches adhere to the following expectations:

1. Coaches will support and enforce school rules and policies.
2. Coaches will promote the entire athletic program and direct his/her program in accordance with the school's mission.
3. Coaches will actively work to build relationships with athletes and within the MA community.
4. Coaches will regularly conduct meetings with their teams and parents and will regularly inform athletes and parents regarding schedules, departures, and obligations.
5. Coaches will supervise athletes at all times and work to emphasize athlete safety.
 - a. Coaches maintain CPR/AED Certification, Heat Illness Certification, Concussion Management Certification, and Emergency First Aid Certification.
 - b. Coaches will teach sound fundamentals and athlete safety during competition.
 - c. Coaches will be communicative with the Athletic Trainer regarding any injuries to athletes and will follow protocols as directed by the medical staff.
 - d. Coaches will orient themselves with the academy's emergency action plans and will be prepared to execute procedures in the event of an emergency.
 - e. Coaches will supervise athletes at all times as MA facilities are used and while on the campus of other schools.
 - f. Coaches will remain on campus until all athletes have departed.
6. Coaches will strive to set an example of the highest ethical and moral conduct in all contact with student-athletes, parents, officials, school administrators, the media,, the Alabama High School Athletic Association, and the Athletic Director.
 - a. Coaches will actively use their influence to promote sportsmanship.
 - b. Coaches will not humiliate athletes or allow such behavior among athletes.
 - c. Coaches will not incite players or spectators against officials.
7. Coaches will develop reasonable rules and regulations specific to their teams, and ensure team members understand what is expected of them.
 - a. All team rules and regulations should be submitted to the Athletic Director.

8. Coaches will familiarize themselves with AHSAA rules and regulations.
 - a. Coaches are expected to attend all necessary rules clinics or to complete online rules assessments when required by the AHSAA.

**Additional expectations of coaches are found in the athletic department operations manual. Coaches are subject to additional expectations at the discretion of the school administration.*

As coaches at MA, we believe that:

1. Coaches exist to advance the holistic development of student-athletes.
2. Effort correlates with success.
3. Retaining athletes in our programs is key to our success and sustainability.
4. Developing leadership within our programs is paramount.
5. Athletes will leave our programs as better people.
6. Multi-sport athletes and the holistic MA experience shape our culture.
7. Open communication and honesty with our athletes develops trust.
8. Loyalty to MA and pride in our school build community.
9. Teaching the fundamentals of our sports and emphasizing physical development are crucial to athlete performance.
10. Athletics should be an enjoyable part of the MA experience.

Expectations of Student-Athletes

Athletics at Montgomery Academy exist for the betterment of our student-athletes. We want our students to grow along the lines of the school's mission because of their participation in athletics. We view athletics as an extension of the classroom and as an opportunity to promote enthusiasm for the many lessons that can be learned from athletic competition.

Student-athletes at The Montgomery Academy must understand that their privilege to participate in athletics necessitates responsibility to themselves, to the school, and to others in and out of our immediate community. In addition, student-athletes assume a leadership role when they become members of an athletic team. The student body and the community often judge Montgomery Academy by the student-athletes' conduct and attitudes both on and off the field. Student-athletes at The Montgomery Academy will embrace the following expectations:

1. Student-athletes will adhere to all school policies and procedures while participating in athletics and while representing the athletic department in any capacity.
2. Student-athletes will honor teammates, coaches, officials, and opponents by treating them with respect.
3. Student-athletes will honor MA Athletics by competing with tremendous effort and supporting each other.
 - a. We will take pride in wearing the cardinal and navy!
 - b. We will attend athletic and co-curricular events that our peers participate in.
 - c. We will view our role as athletes as an opportunity to promote MA in the community.
4. Student-athletes will value the experience of being a teammate.
5. Student-athletes will act in accordance with the mission and core values of Montgomery Academy.
6. Student-athletes will exercise self-control in competition.
7. Student-athletes will provide a positive example for the student body.
8. Student-athletes will refrain from the use of profanity during practice or competition.
9. Student-athletes will refrain from conversations that encourage dissension.
10. Student-athletes will attend and be on time to all required team activities.
 - a. If student-athletes must miss a team activity, this should be communicated in advance to the coaching staff.
 - b. If an absence is unplanned, the athlete should take the initiative to inform the coaching staff as quickly as possible.

To participate in a team practice or game/match/meet, a student-athlete must attend school that day for the entire day unless that absence is due to a school trip, family emergency or documented medical excuse. Medical excuses must be from a physician that attended to the student on that date.

School Day Attire for MA Athletes

Middle School

On game days members of all athletic teams, including cheerleaders, may wear navy, cardinal or white collared polo shirts displaying the MA logo and the team name during the school day.

In the Middle School, students may not wear warm up pants during the

school day unless there is a special situation that warrants it. If a coach would like to request that warm ups be allowed, please contact the Athletic Director.

**Collared team shirts as described above and team sweatshirts may be worn as approved uniform wear throughout the school year.

Upper School

On game days members of all athletic teams, including cheerleaders, may wear navy, cardinal or white collared polo shirts displaying the MA logo and the team name during the school day.

Only on days when they are traveling to an away game, members of all athletic teams in the Upper School, including cheerleaders, may wear travel warm ups displaying the team name during the school day.

**Collared team shirts as described above and team sweatshirts may be worn as approved uniform wear throughout the school year.

Expectations of Parents

The Montgomery Academy athletic department is built upon the investment our parents, coaches, and student-athletes make in supporting our objectives. We believe that supportive parents are a tremendous factor in our favor as we pursue athletic success.

Montgomery Academy parents support our pursuits by volunteering their time, energy, and efforts. Our parents ensure that our student-athletes are where they need to be for practices, workouts, and competitions. Our parents volunteer for shifts in concessions, game admissions, competition site work, and in promoting school spirit. We simply would not function at the level we do without the support we receive from the parent body.

By continuing to support the academy through gifts to the MA fund, our parents also directly support our ability to equip our athletes for competition. Our athletic staff is able to prioritize their interactions with student-athletes and the preparation for practices and contests because our budgetary needs are met in large part because of the generosity of our parent community.

Our parents also play an active role in generating an atmosphere of support

for our student-athletes, and of hospitality for the guests who visit our campus for sporting events. Athletics bring many unique visitors to our campus, and the MA parents' friendly demeanor and public displays of support for our school and the programs we offer are often the most telling evidence of the strength of our school community. We appreciate your contributions toward making MA a great venue for interscholastic athletics!

The student-athlete's parents and coaches should maintain positive relations. Parents are entitled to answers to legitimate questions regarding their child's performance or status. Although some circumstances warrant a conversation between the coach and parents, allowing the student-athlete to handle situations when possible fosters opportunities for maturation and learning. We ask that parents and coaches maintain professionalism during all conversations, as neither party should be subjected to verbal abuse. Should hostile feelings or arguments ensue during a meeting between a parent and coach, the meeting will be terminated immediately and another meeting scheduled that includes the Athletic Director or appropriate representative of the school's administration.

We ask that all parents of student-athletes continue to support the athletic program by adhering to the following expectations:

1. Use your child's role on the team as an opportunity to teach the importance of what it means to be part of a team.
 - a. Talk to your children about their experiences in our athletic department!
2. Encourage your child to adhere to school and athletic department rules.
3. Consider volunteering for the many needs we have to fill as an athletic department.
4. Cheer loudly for our teams!
 - a. Our student-athletes and coaches depend on and are energized by your support!
 - b. Come early to our athletic events and invite friends and family.
 - c. Wear our colors proudly! At our events, and in public. Be MA Ambassadors.
5. Welcome visitors to our campus for athletic events.
 - a. Be hospitable as you interact with opponent fans and officials.
 - b. Refrain from inappropriate or disparaging language at athletic events.
 - c. Answer questions and be helpful as fans navigate our facilities.
6. Avoid being judgmental of the coach in the presence of your child.

- a. While we ask that you withhold judgement in front of your children, do not feel as though you must withhold feedback from our coaches altogether. Seek appropriate situations to raise issues.
7. Respect game officials and their judgment.
 - a. The AHSAA has expressed a decline in the number of officials in nearly every sport and predicts a substantial shortage of officials in the years ahead in large part because of mistreatment by fans. Let's ensure that officials feel welcomed and supported at our athletic facilities.
8. Do not attempt to confront coaches before, during, or immediately after a practice or game.
 - a. Avoid contacting a coach immediately following a contest; we recommend a 24-hour period before bringing negative situations to the attention of a coach.
 - b. If you have an issue with a coach, please communicate it directly to that Coach. If the issue cannot be resolved in that manner, communicate with the Athletic Director. Only when this avenue has been exhausted should the school's academic administration become involved.

Academic Eligibility Requirement

In order for a student to participate in extracurricular activities, a student should maintain a 70 or above average and be current in all assignments. If a student's average drops below 70 in any course, that athlete and coach or activity sponsor and course teacher will meet with the Division Director. At this meeting the Director will determine whether or not the student will be allowed to participate in the activity while he works to improve his academic standing.

Rules of Eligibility

- In order for students to participate in athletics, the Alabama High School Athletic Association requires the following:
 - An original or certified copy of his or her birth certificate to remain on file for the duration of the athlete's time participating in interscholastic athletics.
 - The one-time completion a sportsmanship course prior to participating.
 - Prior to each year of athletic competition, athletes and their parents

are required to complete a Concussion information course and a Participant Agreement, Consent, and Release form.

- An annual physical signed by a M.D or D.O.
- In addition to the AHSAA requirements, Montgomery Academy requires student-athletes and their parents to complete a Travel Permission Form and a Student Release Form on an annual basis.
 - All of the aforementioned forms may be submitted digitally via dragonflymax.com (Montgomery Academy school code 3KU9CQ).
- The AHSAA requires students in grade 9 to have passed during the preceding school year at least five full new courses (four of which must be core curriculum) with a minimum composite numerical average of 70 in order to be eligible to participate in interscholastic athletics.
- A student in grades 10-12 must have passed during the preceding school year at least six full new courses (four of which must be core curriculum) with a minimum composite numerical average of 70. Physical Education may be included in the five or six courses.
- There are many other standards for eligibility per AHSAA guidelines. Many of those standards govern atypical situations such as changes in residence or age participation limits.
 - Questions regarding athletic forms or eligibility may be submitted to the Athletic Director or Associate Athletic Director.

Summary of AHSAA essential eligibility requirements:

Enrollment Rule - A student must be enrolled within the first 20 days of a semester as a regular student in the school system where the student will participate. The 20-day requirement may be waived under extenuating circumstances. Note: A regular student is one who is enrolled at the school and is taking six new subjects of work.

Age Rule - A high school student who has reached his/her 19th birthday before August 1 of the current school year, is ineligible.

Eight Semester Rule - A high school student may be eligible only eight consecutive semesters after entering the ninth grade. School attendance of 15 days or more of any semester is counted as a semester.

Participation Rule - No student may participate in any one sport for more than six years (seasons) after entering the seventh grade or for

more than three seasons after entering the 10th grade. A student who officially participates in one contest of a sport is credited with one year of participation in that sport.

Outside Participation Rule - A student who is a member of any school athletic team (grades 7-12) may not participate (includes practice) on a non-school team in the same sport during the school season of that sport. Also, a member of any school athletic team may not participate in an outside sport activity in the same sport during the school season of that sport.

Private individual instruction is not considered an outside sports activity. A team's season begins the day of that team's first contest and ends when that team's season has been completed.

A student who violates this rule becomes ineligible to compete on that school team or in that school sports activity for the remainder of that school season. Any student who participates on an outside team after the school sport season begins is ineligible to join that school team for the remainder of the season.

Fifty Percent Rule - Participation during the school year by students from any high school team (varsity and B-team involving grades 10-12) on a non-school team during the off-season is limited to 50 percent of the number of players required to play the game of that sport (i.e., three in basketball, six in soccer, five in baseball, etc.)

Note: In each sport, only the specified number of students participating on a non-school team during the school year may be placed on the same high school team roster the following season. Those students cannot be interchanged on the school team roster.

Independent Rule - A student who is a member of any school swimming, track, cross country or wrestling team may participate as an independent in two outside activities on non-school days during the season of that sport. The schedule of the school team, including the championship play, takes precedence over any outside participation by an individual. (Members of tennis, golf and swimming teams are exempt from this rule.)

A member of a school soccer team may participate in one Olympic Development Program evaluation period per month as long as there is no loss of school time. The evaluation must be under the guidance of ODP.

Amateur Rule - Only amateurs are eligible. An amateur is one who does not use his/her knowledge or athletics or athletic skill for gain. A student may not receive an award of any kind having a monetary value of more than 50 dollars-other than medals, trophies, plaques or championship rings.

Students entering the 7th grade for the first time are eligible.

Transfer Rule - A student is eligible in the school zone in which his/her parents reside (public, private or parochial schools). Any student who completes one year's attendance at a school outside his/her home school zone and fulfills all other requirements becomes eligible in that school. (This does not apply to foreign exchange students.)

A student whose parents make a bona fide move completely out of one school zone into another school zone may transfer all his/her rights and privileges to the member school that serves the area where the parents reside.

Custody or legal guardianship set up with anyone will not establish immediate athletic eligibility.

If you have specific questions regarding eligibility, please contact the Athletic Director.

Acknowledgement of Athletic Philosophy The Montgomery Academy

To be completed by student-athletes and parents

I/We have read the Athletic Handbook and understand that we are responsible for the expectations and rules contained herein.

Student-Athlete's Printed Name

Grade

Student-Athlete's Signature

Date

Parent's Signature(s)

Date

This form must be completed and submitted to your coach or the Athletic Director before you can compete in any athletic events.





THE MONTGOMERY ACADEMY

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MEMBER



The Montgomery Academy admits students of any race, religion, national and ethnic origin to all rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, religion, national and ethnic origin in administration of its educational policies, admissions policies, financial aid programs and athletic and other school-administered programs.