



FREDERICA ACADEMY

MIDDLE & UPPER SCHOOL ATHLETIC HANDBOOK

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FREDERICA ACADEMY MISSION AND ATHLETIC PHILOSOPHY

Frederica Academy's mission is to maximize the potential of each student and prepare every student for college and adult life through the development of mind, body, and spirit.

In keeping with the mission of the school, the Athletic Department seeks to instill the following values: teamwork, leadership, sportsmanship, persistence, confidence, healthy competitive spirit, and physical wellness. Frederica Academy's athletic program is based on the belief that participating in athletics helps to extend the principles of mind, body, and spirit beyond the confines of a classroom and beyond the physical conditioning of general exercise. Athletic participation teaches students to value teamwork and effort, to find satisfaction in working towards a goal, to perform under pressure, and to respond appropriately to adversity.

UPPER SCHOOL ATHLETIC POLICY

The goal of our Athletic Department is to develop strong character in scholar-athletes. We expect each to give maximum effort to reach individual goals and team goals. We want our student-athletes first to value the intrinsic reward that comes with perseverance, goal achievement, and contribution to a team. Winning games, tournaments, and championships are desired extrinsic rewards for the values, effort, and attitude expected of our scholar-athletes. We are committed to the pursuit of a winning tradition, and coaches will make decisions intending to achieve maximum success for the team.

All students who are academically eligible are encouraged to participate in athletics. It is vital that students who choose to participate are willing to commit to the team practice and game schedules. Lack of commitment and missed practices/games diminish team preparation and success. Travel teams for certain sports may be needed based on travel limitations. In such cases, travel rosters will be decided by each Head Coach and approved by the Athletic Director.

MIDDLE SCHOOL ATHLETIC POLICY

The goal of the Middle School Athletic Program is to teach fundamental athletic skills and character habits in a positive, encouraging, and fun environment. We want young scholar-athletes to experience new things, take risks, and give effort. We teach the value of teamwork, competition, dedication, and physical fitness to develop the mind, body, and spirit of each young scholar-athlete. Team members should have an opportunity to participate in most games. We want our Middle School teams to be successful and measured in wins and losses; however, it is important that each player experience competition and contribute to the team's performance as much as possible. Our philosophy of participation is anchored by a no-cut policy. At times a high number of participants on a team may require skill segmentation or the creation of secondary teams when deemed necessary by the team coach and Athletic Director. We want Middle School student-athletes to learn the skills of the game, compete as a team, have fun, and do their best to win.

ATHLETIC AFFILIATIONS AND OFFERINGS

Frederica Academy athletics compete as a member of the Georgia Independent Schools Association (GISA) in Region 2-AAA and also schedules competitions with nearby institutions in Florida and South Carolina. Involvement requires an obligation to sportsmanship and academic performance in addition to the commitment to a particular sport.

Approximately 88 percent of our students in grades 6-12 participate in on-campus athletic programs. We offer 11 sports and field approximately 36 teams within these areas at the Middle School, Junior Varsity, and Varsity levels. Our current athletic offerings are:

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Varsity	Varsity	Varsity
Varsity Cross Country (Boys)	Varsity Basketball (Boys)	Varsity Baseball (Boys)
Varsity Cross Country (Girls)	Varsity Basketball (Girls)	Varsity Golf (Co-Ed)
Varsity Football (Boys)	Varsity Basketball Cheerleading	Varsity Soccer (Boys)
Varsity Football Cheer	Varsity Swimming (Boys)	Varsity Soccer (Girls)
Varsity Volleyball (Girls)	Varsity Swimming (Girls)	Varsity Tennis (Boys)
		Varsity Tennis (Girls)
		Varsity Track and Field (Boys)
		Varsity Track and Field (Girls)
Middle School	Middle School	
MS Cross Country (Boys)	MS Basketball (Boys) (Jan.)	
MS Cross Country (Girls)	MS Basketball (Girls) (Jan.)	Middle School
MS Football (Boys)	MS Basketball Cheerleading (Jan.)	MS Baseball (Boys)
MS Football Cheer	MS Soccer (Boys) (Nov.)	MS Golf (Co-Ed)
MS Tennis (Boys)	MS Soccer (Girls) (Nov.)	MS Track and Field (Girls)
MS Tennis (Girls)	MS Swimming (Boys)	MS Track and Field (Boys)
MS Volleyball (Girls)	MS Swimming (Girls)	

Note: Junior Varsity teams may be made available depending on circumstances for each sport.

FACILITIES

The use of the practice field, soccer/football field, baseball facilities, weight room, gymnasium, and locker rooms are designated for physical education classes, sanctioned FA events, and athletic department use only. Exceptions must be approved by the Athletic Director or Head of School.

Weight Room

The campus weight room is restricted to FA students, faculty, and staff. FA students must have adult supervision at all times when using the equipment in the weight room. Faculty and staff can use the weight room when it is not in use if authorized by the weight room director or athletic director. Requirements for weight room use:

- Adult supervision is required at all times. Students are not even allowed in the weight room unless an authorized adult is present. This includes FA athletes or athletic teams.
- Athletes are required to clean and return all equipment before leaving the weight room. The room itself should be left clean and ready for the next activity.
- No “horseplay” is allowed at any time.
- If the weight room is unlocked or unsupervised, please contact the weight room supervisor, athletic director, or a coach to secure the facility.

Locker Rooms

Locker rooms are to be used to change clothes for physical education classes and athletic practices or games. Meetings with coaches and staff can also take place in locker rooms as needed. There will be no loitering or horseplay in these areas before, during, or after classes or athletic events. Athletic teams and students are required to maintain a clean and healthy environment while using the locker room facilities. Safety of students and their personal property is a top priority; therefore, students should remain mindful of the Honor Code and Frederica Promise when using the locker rooms. Combination locks are available from teachers, coaches, or the athletic director at no cost to students or parents.

ATHLETIC POLICIES: PLAYER RESPONSIBILITIES AND EXPECTATIONS

Academic Eligibility

Important Reminders for Athletes:

1. Students must check-in by 8:30 a.m. in order to be eligible for any extracurricular activities (including practices). If checking after 8:30 a.m., the student must have a doctor's note.
2. If a team arrives to campus late after a game, the team members are allowed to check in nine hours after returning to campus. The coach will inform the team of the time they need to check-in to be eligible.

At Risk

- Any grades below 75 at any time in the semester
- Grade check to all coaches
- Comments in specific class(es) each grading period

Academic Probation

- Any grades below 70 at or after Quarter Report (9 weeks into semester and beyond) / 13.5 Week Progress Report
- Academic Center in schedule / Attendance mandatory
- Tutorial mandatory Monday to Thursday / Signed ticket from faculty to coach for admission to practice each day
- All class comments for reporting periods
- Only one sport allowed
- Meeting with Athletic Director, Division Director, Coach, Academic Center Director, student and parents
 - Written documentation and agreement

Athletic Restriction

- Any grade below 70 at Quarter Report and every reporting period after
- Restricted team practice / travel at AD and Upper School administration discretion
 - No away games
 - No admission to practice without a signed form from teacher(s)
- Academic Center / Tutorial attendance is the same as above
- Meeting with family, student, Division Director and Athletic Director is same as above
- Contract for Re-enrollment may be withheld until the end of the Second Semester

Athletic Suspension

- Two Grades or more below 70 at Quarter Report and every reporting period after
- Suspension from team (no practice / no travel)
- Contract for Re-enrollment will be withheld until the end of the Second Semester
- Meeting as outlined above with proper documentation

General Eligibility

All students in good standing (academic or otherwise) are eligible to join a team provided he or she agrees to the rules and expectations established for all players as outlined in the Athletic Handbook.

Sportsmanship

Student-athletes are expected to treat all coaches, officials, team members, opposing teams, and fans with respect. Profanity, degrading remarks, intimidating actions, or other such behavior may result in disciplinary action from the Head Coach, Athletic Director, or Division Director. Frederica Academy holds sportsmanship in athletic competition as a core value, and all student-athletes are expected to uphold this value while representing the school in competition. The rules governing student behavior as outlined in the Student Handbook are in effect for extracurricular activities, school-sponsored trips, and interscholastic competitions.

Participation

1. Documentation

All student-athletes must have an up to date Pre-Participation Physical Evaluation (PPE) in order to participate in practice or games. Those forms need to be housed with the athletic trainer and the school nurse.

2. Attendance

Students must arrive to school prior to 8:30 a.m. and remain until the end of the academic day to participate in an athletic activity that afternoon or evening (including practice) unless excused by the Division Director. At the direction of the Head Coach, student-athletes who return from a school event very late at night may be allowed to arrive at school for the next school day nine (9) hours after their arrival on campus the previous evening. Please refer to the Frederica Academy handbook for more information.

Students who choose to participate in any given sport are expected to attend practice as scheduled by the Head Coach. Unexcused absences from practices may result in suspension and/or dismissal from the team. Students may be excused in arriving late at practice if they submit a signed Tutorial Pass to the Head Coach.

3. Fifth Grade Participation

Students in fifth grade will not be allowed to participate in any sports that are considered contact sports until they are in sixth grade. Fifth grade students may participate in the following sports: Cheer, Cross Country, Golf, Swim, Tennis, Track and Field, and Volleyball.

4. Eighth Grade Participation

Eighth graders, in accordance with GISA interscholastic guidelines, are eligible to play sports (except football) at the Varsity level. Eighth graders may be invited to play at the Varsity level only when the Varsity team has a low number of participants or when the eighth grade student-athlete is ready for a higher level of competition as determined by the Head Coach and Athletic Director (in consultation with the Middle School Division Director regarding academic preparedness).

5. Multi-Sport Participation

Scholar-athletes may request to participate in two sports in the same season. Requests should be made to the Head Coaches and the Athletic Director. Because missed practices and games diminish the success of any team, participation in two “team sports” in the same season is not allowed. Participation in a “team sport” as a primary commitment and an “individual sport” such as cross-country, tennis, or track as a secondary commitment is possible with the approval of both Head Coaches and the Athletic Director. Team sports are the following: Baseball, Basketball, Football, Volleyball, Soccer, and Cheerleading. All decisions regarding participation in two sports are at the discretion of the Athletic Director.

In the case of overlapping seasons, scholar-athletes must stay committed to the first team until that season concludes. Exceptions are at the discretion of the Athletic Director.

Athletes participating in school sports while at the same time competing with a community or club sports team must disclose this information to the school team’s Head Coach prior to the season. Preseason communication is necessary for the coach to determine if the commitment of the student-athlete to the school team is great enough to be allowed membership on that team. Preseason communication also avoids any conflict surrounding potential missed practices or games. The arrangement for such dual participation must be in writing and approved by the Athletic Director.

6. Equipment

Student-athletes will be required to care for and return all equipment to the Head Coach of their respective sport. Failure to do so in a timely manner as determined by the Athletic Director will result in a fee comparable to replacing the lost equipment. This price may be much higher than the original cost due to replacing a single item of equipment.

Seniors are not allowed to keep uniforms as a memento of their athletic careers at Frederica Academy.

7. Beyond the Regular Season

Being selected to participate in All-Star competitions is an honor for both the student-athlete and the school. Upon selection, the student has the choice of participation. The Athletic Department will work with the athlete to facilitate participation in such events, but expenses incurred as a result of participation will not be covered by the school.

Participation in optional summer team camps will be the financial responsibility of parents.

8. Suspensions and Dismissals

Academic Eligibility - A student-athlete, as stipulated by the Academic Eligibility policy, may be suspended if he or she is deemed academically at risk, as determined by the Athletic Director and the Division Director.

Violation of Team Rules - A player may be suspended one game during the season at the Head Coach’s discretion due to the violation of a team rule or for absenteeism as outlined in the Attendance Policy. Subsequent and multi-game suspensions for rules violations and absenteeism will be determined by the Head Coach and the Athletic Director.

A serious infraction or chronic team violations may result in the dismissal of a player from the team as determined by the Head Coach, Athletic Director, and Division Director.

9. Conduct and Substance Abuse Policy

The Academy's Discipline Code of Conduct states: Students may enter the discipline process for inappropriate behavior observed on campus or during a school sponsored activity. We respect the right of parents to administer discipline as they see fit for student behavior away from school and school events. While we do not actively seek to uncover inappropriate behavior or rule violations away from school events, student misconduct at times comes to the school's attention, either from other students, parents, community members, or other sources. If adequate information comes to the school's attention suggesting one of our students has been involved in inappropriate behavior, the school may respond with due diligence to validate the information and notify the parents with no further disciplinary action from the school. The intent is to support effective parenting while respecting the right of the parent to administer appropriate consequences at their discretion. For off-campus behavior that is particularly egregious, public, disruptive to our school-community, or is particularly damaging to the school's reputation, Frederica Academy reserves the right to administer consequences including possible separation or dismissal from school.

Participation in athletics is optional and a player's poor choice regarding conduct and substance abuse has a negative impact on player safety, team morale, and the experience of other players. Therefore, student-athletes involved with poor conduct or illegal substance use during the season at any time will be subject to suspension or dismissal from the team at the discretion of the Head Coach. Consequences will be determined after the situation is reviewed by the Athletic Director and Division Director in regard to the overall school conduct policy. Coaches should clearly communicate expectations and consequences surrounding behavior and conduct at the start of the season.

10. Travel

Student-athletes must advocate for their own academic success and be responsible for all make-up work resulting from missed class time. Student-athletes should communicate with teachers before departure whenever possible. To help with this process, the Advance Notice of Absence form (available in the Upper School front office) should be completed prior to athletic trips.

When a student-athlete is involved in an overnight trip that requires him or her to miss class, a one-hour study hall is required of all team members while on the trip. Coaches must supervise, document, and report it to the respective division director and/or athletic director.

Traveling may include bus trips, hotel stays, opposing team venues, and other places. Behavior unbecoming of a Frederica Academy student will be subject to disciplinary action by the Head Coach, Athletic Director, or Division Director.

More serious misconduct on overnight trips may result in the scholar-athlete being sent home. Parents will be required to facilitate the pick-up of their child regardless of location.

At the conclusion of sporting events on the road, student-athletes are allowed to travel with parents pending a face to face confirmation at the time of departure. If a parent desires for their student to make alternative travel arrangements with other parents or family members, prior written or direct verbal communication from the student's parent with the Head Coach is necessary. A face to face confirmation/check-out will also be required at time of departure.

Dismissal times for student-athletes are set by the Head Coach for each sport and will be announced weekly by the Athletic Director. There will also be an approximate departure time on sports schedules.

When traveling by bus, player passengers are responsible for cleaning out the bus upon their return arrival on campus.

11. Dress

Student-athletes are expected to follow the dress code for Frederica Academy. This includes being in dress-code on school days that include an early dismissal for travel and on home game days. See the Upper School and Middle School Handbooks for more information on the Frederica Academy dress code.

Variation from the school dress code requires the approval of the Division Director.

ATHLETIC POLICIES: COACHING RESPONSIBILITIES AND EXPECTATIONS

Frederica Academy coaches are expected to uphold and abide by the rules, regulations, and ideals set forth in this Athletic Handbook, the Faculty Handbook, the GISA interscholastic rules and regulations, and the GISA code of ethics. Coaches are also expected to uphold and hold students accountable for the rules outlined in the Athletic and Student handbooks. Coaches are expected to mentor our students in word and in action.

CPR/AED Certification

All coaches, community and full time coaches are required to take and pass a CPR/AED certification course. Each coach must have an up to date certification that is approved by the athletic trainer and school nurse.

Communication

- Coaches will hold informational team meetings at the beginning of the season to share expectations, philosophies, practice and game schedules, travel policies, and volunteering needs/responsibilities.
- Coaches will communicate in a timely and effective manner with students and parents regarding practice and game changes, cancellations, or additions.
- Coaches must notify the Athletic Director in advance of a player suspension. As previously noted, subsequent suspensions and multi-game suspensions must be approved by the Athletic Director.
- Coaches must contact a player's parent in the event of a suspension.
- Coaches must provide an update to the designated contact in the Athletic Department after each competition.
- Coaches are responsible for contacting *The Brunswick News* (and other media outlets when requested by the Athletic Director) to report the outcome of all competitions.
- Coaches are responsible for facilitating the end-of the-season celebration (cook-out/banquet/party). Plans and associated funding of plans must be approved in advance of finalizing plans.

Academics

- Coaches should continually monitor their student-athletes' academic progress.
- The coach is an active and important influence in the student-athlete's life, and as such play an essential role in supporting teachers and the Division Director to encourage student effort in the classroom.
- Coaches should regularly encourage students to seek assistance from teachers when missing class time for athletics.
- Practice scheduled during holidays and exam weeks are to be approved by the Athletic Director.
- In deference to our families and to foster healthy balance in the lives of student-athletes, we will not hold practices on Sundays. There may be times of exception due to events such as weather, schedule changes, or venue availability. Requests for exceptions must be approved by the Athletic Director and communicated effectively to families.

Travel

- Coach and parent drivers are strictly prohibited from using any mobile device while the bus is in motion.
- Coaches will monitor student behavior and use of time during travel.
- Coaches should establish and hold students accountable to a travel dress code.
- When a student-athlete is involved in an overnight trip that requires him or her to miss class, a one-hour study hall is required of all team members while on the trip. Coaches must supervise, document, and report it to the respective division director and/or athletic director.
- For overnight trips, coaches will:
 - Hold team meeting at beginning of trip to explain itinerary, rules, and expectations;
 - Set curfew and conduct visible check at lights out to account for all students;
 - Make routine checks of rooms to ensure that behavior is appropriate;
 - Establish a morning check-in time and require that no student-athletes leave designated areas prior to that time;
 - Be a vigilant and engaged presence;
 - Bus drivers will make certain that all buses are returned to the designated location on campus in clean condition.

Other

- Varsity coaches should schedule one team community service project event during the season. Coaches can delegate this responsibility to a parent and can coordinate the project with the Upper School Community Service Council and/or Upper School Community Service Advisor.
- Coaches will consult with the Athletic Director regarding potential eighth-grade participation at the varsity level, purchasing needs, and any alterations to the policies and procedures established in this handbook and the Division Student Handbooks.
- A coach will remain on site and visible until the final student-athlete has departed campus from practices, games, or trips.
- Coaches are ultimately responsible for the well-being of student-athletes. It is important that coaches maintain an ongoing dialogue with students and parents regarding the expectations and guidelines for the team members and their respective families.
- The athletic trainer will be available at all home sporting events. He/she will travel to all away Varsity football games. The trainer does not go to other away events unless predetermined by the trainer in conjunction with the Athletic Director.
- Coaches are responsible for securing practice and playing fields at the conclusion of practice and games. All access points to locker rooms and athletic facilities should be locked.

PARENTS / BOOSTER CLUB / VOLUNTEERS

Parent Expectations

- The GISA code of conduct for all sporting event attendees is the following: “The GISA encourages and promotes sportsmanship by student-athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial, ethnic, or sexist comments, or other intimidating actions will not be tolerated and are grounds for removal from the event.” Frederica Academy stands behind the GISA’s code of conduct and encourages parents to set a positive example for the student-athletes through their conduct towards opposing players, opposing fans, and officials.
- Parents actively involved in athletic programs must be familiar with the GISA’s code of ethics as it relates to recruiting athletes: “No member of the school community (administrator, coach, booster club, alumni organization, etc.) will knowingly initiate attempts to enroll or bring about the transfer of a student for the purpose of athletic or literary competition.
- Parents are the greatest influence in the lives of our students, and the school values a healthy and open partnership in meeting the mission of the school. While we encourage scholar-athletes to be self-advocates for their well-being, parents can support the school by fulfilling requests in a timely manner. Health forms and physical information must be up to date, and students must have an environment at home conducive to maintaining an acceptable GPA.
- Parents are encouraged to attend pre-season meetings scheduled by Head Coaches.
- If a parent has concerns for their child’s athletic experience, a meeting with the Head Coach should be scheduled. The setting and timing of these meetings are important and should never occur before, during, or after an athletic contest. In the event that a parent is not satisfied with the outcome of the meeting, they are encouraged to consult with the Athletic Director.
- Alcohol, drugs, and tobacco are prohibited on Frederica Academy’s campus at all times. Thank you for your support of this policy.
- Athletic Facilities are generally not made available to outside groups. We will make our facilities available to members of the Frederica community at the discretion of the Athletic Director.

Booster Club

We encourage parents to participate actively in the Booster Club and are grateful for their help and support in that regard. The efforts of parents and the Booster Club provide support to our teams in a manner that allows our players to focus on playing and our coaches to focus on coaching. The Booster Club is a parent-run organization that supports all athletics at Frederica Academy. The primary purpose of the Booster Club is to raise money to support athletics and to provide volunteers at sporting events throughout the year.

Volunteering is vital in order to offer many services in an efficient manner that otherwise would be a financial burden on the school. Volunteer opportunities include concession stand, ticketing, merchandising, and providing support and resources to teams and coaches.

The Booster Club is governed by a Board of Directors and its Executive Committee. Executive Committee positions include: President; Vice President; Treasurer; and Immediate Past President. The Head of School and Athletic Director also serve on the Booster Club Executive Committee. Executive Committee terms are for one year and are renewable. The Executive Committee proposes a slate of officers and a list of proposed new Board members each year. The full Board elects the officers and can also submit new Board member nominations before it elects new Board members each year. Board terms are for two years and are renewable. Each year, the Booster Club President recruits and appoints a Volunteer Operations Coordinator; Concessions Coordinator; and Spirit Wear Coordinator. The Booster Club Board meets as needed.

For those interested in volunteering, becoming a Booster Club Member, or supporting Frederica athletics, please contact Carl Nash at carlnash@fredericaacademy.org.