



Visitation School Athletic Philosophy

Visitation School's philosophy statement affirms that learning is, in the words of our school motto, "not for school but for life - non scholae sed vitae." We believe that interscholastic athletics are an integral part of the total Visitation educational program and reflects our philosophy as much as any other.

Interscholastic sports not only enrich a young person's educational experience, but they create an opportunity to learn skills and values beyond the school's regular curriculum. Participation in athletics will not only improve motor skills and develop physical fitness, but student-athletes will also learn self-discipline and build self-confidence. The realization of group ideas, the ability to think as an individual and as a member of a group, sportsmanship and fairness, respect for others, and the desire and effort to succeed and excel are just some of the values we emphasize in our program. It is the ultimate aim of our athletic program to teach and develop these skills and values among all of our participants.

Although our first priority is the attainment of the aforementioned educational objectives, winning, involving the spirit of competition, is an immediate objective in all athletic contests. The desire to win can and should be used to stimulate the achievement of the ultimate objectives. Finally, we believe that participation in interscholastic athletics is a privilege that carries with it responsibilities to the school, to the team, to the student body, to the community, and to the student-athlete. In their conduct, each participant is representing all of these groups. Similarly, the actions and conduct of Visitation parents and fans also represent and reflect the school and are equally important in further strengthening the Visitation Athletics culture. It is only by helping a student-athlete to clearly understand our objectives and by carefully directing her in appropriate, well-planned learning situations that she will achieve these goals. This is our challenge and our responsibility.

General Objectives

- To develop an understanding of our athletic philosophy and the value of athletics within our total educational program.
- To develop each student-athlete's improved motor skills and overall health and physical fitness.
- To emphasize each individual's growth in self-discipline, emotional maturity and self-confidence.
- To develop the ability to think as an individual and as a member of a group.
- To develop an understanding of the role of the individual in the implementation of team goals.

- To develop the desire and commitment to participate, succeed and excel through positive athletic competition.
- To provide instruction in the essential rules of the game and the value of conforming to these rules.
- To encourage respect for the rights of others and for authority.
- To emphasize the principles of fairness in all of our interactions with others.
- To promote student leadership and an appreciation of the democratic process.
- To provide opportunities for developing a strong sense of school spirit among students, coaches, faculty and parents.
- To provide opportunities for positive, enjoyable and safe experiences for all participants.

Visitation Sportsmanship Code For Coaches, Players, And Spectators

- Respect shall be shown for the opponent at all times. At home contests, our opponents are our guests.
- Respect shall be shown for the officials at all times.
- The rules of the game shall be known, understood and appreciated in spirit, as well as the letter of the rule.
- Self-control shall be maintained at all times.
- Skill in performance should be recognized and appreciated, regardless of affiliation.
- Winning should be accompanied by graciousness, and losing should be accompanied by dignity.