



Visitation School Athletic Philosophy

Interscholastic athletics are an integral part of the overall Visitation School educational program and reflect the school's Salesian educational philosophy. Visitation Athletics are an extension of the classroom, grounded in our mission at all levels. Just like Visitation academics, our athletic programs offer leadership opportunities, skill development and team building. Student-athletes learn self-discipline, leadership, sportsmanship, teamwork and goal setting.

Participation in athletics fosters self-confidence, respect for others, and the determination to strive for success while also imparting important lessons on both success and failure. Student-athletes develop the capacity to function effectively both independently and as part of a team. In addition to high standards for the overall athletic experience, pursuing to win and/or play and execute to the best of an individual and team's ability is an immediate objective in all athletic contests. The desire to win can and should be used to positively motivate coaches and student-athletes

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 represents 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 through this partnership that programs become *"not for school but for life - non scholae sed vitae."*

GENERAL OBJECTIVES

Visitation Athletics fosters the development of leadership skills in the following areas:

- Cultivate the desire and commitment to, succeed and excel through athletic competition.
- Strengthen each individual's growth in self-discipline, emotional maturity and self-confidence.
- Provide opportunities for developing a strong sense of school spirit among students, coaches, faculty and parents
- Develop the ability to contribute as an individual and as a member of a team.
- Emphasize the principles of sportsmanship.

VISITATION SPORTSMANSHIP CODE FOR COACHES, PLAYERS, AND SPECTATORS

In alignment with the Minnesota State High School League, Visitation School has the following expectations for students, parents, coaches 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.