

Carrollwood Day School



Student-Athlete and Parent Handbook



**CARROLLWOOD
DAY SCHOOL**
Education with Character

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Introduction

Students at Carrollwood Day School are challenged with a demanding academic program. They also may choose to participate in a variety of extra-curricular activities from which they can gain valuable perspectives about themselves and life beyond the classroom. Athletic competition plays an essential role in providing the student with educational life experiences beyond the classroom. To provide these experiences, Carrollwood Day School is committed to developing an athletic program offering interscholastic competition in many different sports, with teams for students in grades 6 through 12.

This handbook provides helpful information about Carrollwood Day School's athletic program and the responsibilities and privileges of students who participate in athletics. While this handbook will not answer every question, we hope you find it to be a very helpful reference.

Any questions you may still have pertaining to athletic department policy should be directed to the Athletic Director. During a specific sports season, questions regarding a specific sport or team should be directed to the head coach via the designated team communication method. All out of season questions should be directed to the Athletic Director .

Message from the Head of School

Dear Student-Athletes,

The opportunity to represent Carrollwood Day School in athletics is one that should make each of you very proud. At CDS, we value all aspects of your experience and being on an athletic team is one that will certainly leave lasting memories and friendships. Athletics at CDS will demand dedication, *character*, and discipline from each of you. Notice I emphasized ‘character’: not only is CDS about Education with Character, we are also committed to *Athletics with Character*.

As a former high school and collegiate athlete, I firmly believe that athletics is an integral part of developing the skills you will need as you embark on your life after CDS. Some of these skills are: teamwork, collaboration, calm-under-pressure, resiliency, and the ability to handle disappointment. Every coach, teacher, and administrator within Carrollwood Day School understands that your participation in athletics is an important supplement to your academic endeavors.

I want to thank each of you for participating in our athletic program and for the hard work and discipline required of you. We trust that you will commit to delivering your best efforts in athletic participation as well as in the classroom. Please always remember as a student-athlete that the ‘student’ comes before the ‘athlete’ and your academics need to always be a priority.

Representing Carrollwood Day School and Patriot Nation in any endeavor, athletic or otherwise, is a privilege earned through hard work, determination, and excellence in the classroom.

I wish you all the best for the coming year. Go Patriots!

Sincerely,

Sara Rubinstein
Head of School

Welcome from the Athletic Director

Welcome to Carrollwood Day School Athletics, home of Patriot Nation. As the new Athletic Director for CDS, I am thrilled to be a part of such an amazing school and program.

The CDS athletic department is about creating opportunities for all student-athletes to grow and compete in their respective sports, along with an *Athletics with Character* ideal that will lead CDS student-athletes to success in their future endeavors. A growth mindset, teamwork, and grit will be building blocks of CDS teams and individual athletes. Our transformational coaches will teach the character traits of hard-work and character which will carry over into the classroom and communities, permeating all our student-athletes' touch.

Wearing a Patriot uniform is a privilege that should not be taken for granted. We are all blessed to be part of such an amazing community, and have the support of Patriot Nation.

Thank you for taking the time to review this handbook so you will understand the established guidelines and expectations for all of our athletic programs. Go Patriots Go!

Barry Chamberlin
Athletic Director

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Athletic Philosophy of Carrollwood Day School

Athletics is an integral and vital part of the educational program at Carrollwood Day School. Our athletic philosophy includes the concepts of sportsmanship, student-athletes understanding and focusing on excellent teamwork, and developing competitive individuals and teams. We ascribe to the concept of *Education with Character*. Carrollwood Day School seeks to encourage as much participation as possible at each level of interscholastic competition. The CDS athletic program is designed to meet the age appropriate needs of all of our students.

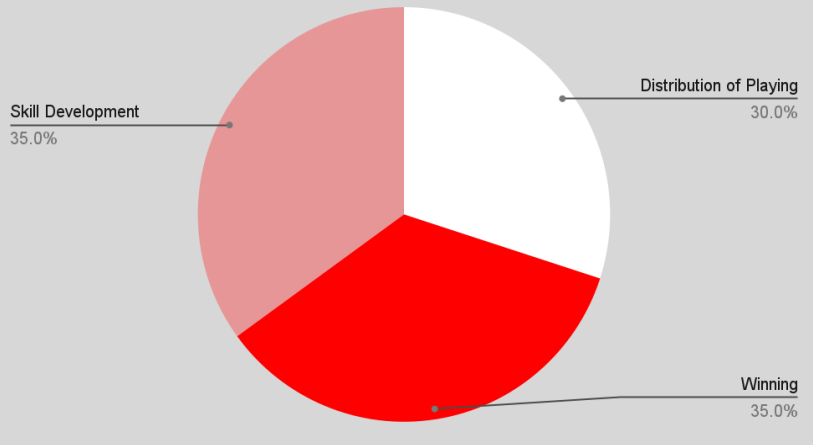
Middle School Athletics Philosophy – Competitive Teaching: Middle school athletics will be a combination of participation, skill development, knowledge of rules, sportsmanship, and the development of an understanding of working in a team environment. The middle school teams are a feeder system for our varsity teams. With this being said, middle school student-athletes are held to the same standards of discipline, behavior, commitment and academic standard as varsity athletics. At the middle school level, multiple sport participation is encouraged. Whenever possible, cutting will be avoided on middle school sports teams. However some sports are limited by a manageable number of team members, limited practice space, or if the sport is a combined middle and high school team. The athletic director and middle school athletic director will have the final say on limiting the number of spots available on each team. (See tryout policy for more details on tryout process under Eligibility.)

Junior Varsity Athletics Philosophy – Competitive Development: Junior varsity teams prepare student-athletes for varsity competition. This level is also a transition period for athletes who are not ready to compete at the varsity level yet. Junior varsity teams will be created based on participation numbers, facilities, and logistics. If at all possible, junior varsity teams will practice and workout with the varsity team. Schedules for this level may be abbreviated to maximize varsity play.

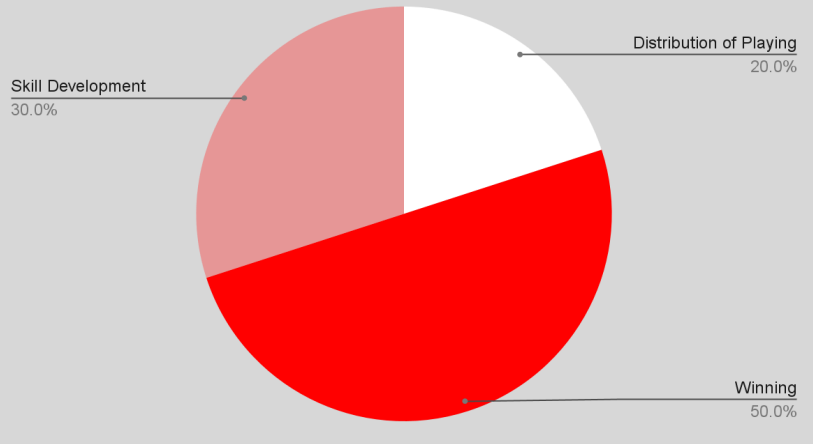
Varsity Athletics Philosophy – Competitive Excellence: At the upper school level, the competitive goals are more narrowly defined. While maintaining all of the character principles that define the CDS program, fielding a competitive varsity team is a high priority. The varsity level requires the greatest commitment, self-discipline and work ethic. At this level, student-athletes are expected to train under the school's coaching staff during pre-season, in-season, and postseason. At the varsity level, the number one priority of the varsity student-athlete is to the school team; not club, AAU, travel, etc. The varsity coach's priorities are to play athletes that best embrace their system and are committed to the team's success. Varsity level teams are limited in number and are subject to a tryout process if necessary. (See tryout policy for more details on tryout process under Eligibility).

CDS Athletics Journey

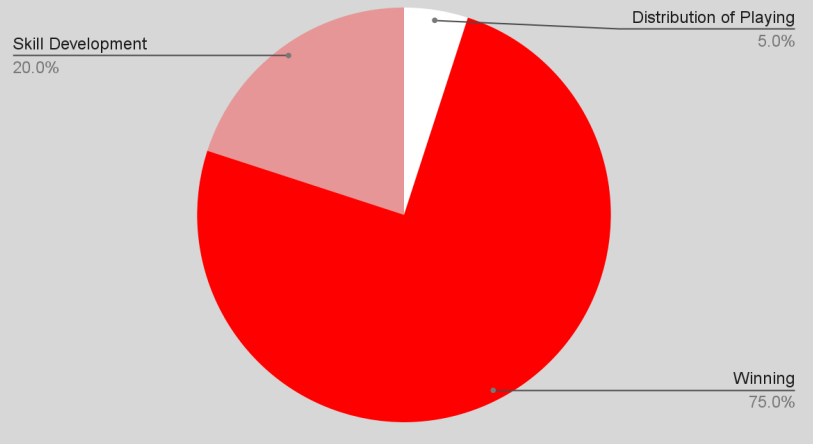
The Athletic Journey - MS



The Athletic Journey - JV



The Athletic Journey - Varsity



Middle School and Upper School League Information

FWCL - Florida West Coast League

In middle school, our teams are members of the Florida West Coast League (FWCL). The FWCL follows some of the FHSAA rules and modifies playing rules for sports seasons with the approval of the Board of Directors. “Sports Guidelines,” adopted by the league and approved by the board of directors, will be strictly regarded so that the dignity of competition is upheld. The FWCL comprises multiple private schools in the Tampa Bay Area. The league philosophy is very much in keeping with ours. Although it is a competitive league, instruction, skill development, developing a cooperative spirit, and sportsmanship are the emphasis. Our policy is to provide an opportunity for participation for every student with an interest in being on a team.

FHSAA - Florida High School Athletic Association

Carrollwood Day School is a proud member of FHSAA. The Florida Legislature, in 1997, gave the FHSAA statutory recognition as the official governing body for interscholastic athletics in Florida. The aim of the FHSAA is to promote, direct, supervise and regulate interscholastic athletic programs in member schools.

To accomplish this aim, the Association:

- Establishes and enforces regulations to ensure that all such athletic programs are part of, and contribute towards, the entire educational program;
- Cooperates closely with the Florida Department of Education in the development of athletic programs;
- Promotes the spirit of sportsmanship and fair play in all athletic contests; and
- Enacts policies and guidelines that safeguard the physical, mental and moral welfare of students, and protect them from exploitation.

FHSAA Classification for Regions and Districts

An existing full member senior high school shall be classified on the basis of the school’s standard and non-standard student population in the 9th, 10th, 11th, and 12th grades combined, as reported during the week in October designated by the Florida Department of Education for the fall semester. Each member school shall be responsible for reporting to the FHSAA its student population as required. The FHSAA may spot-check and/or audit the student population report submitted by any member school. Student populations for schools that enroll girls only or boys only (i.e. one gender comprises greater than 90 percent of the student body) shall be doubled for classification purposes.

Student Eligibility

House Bill (HB) 7029 Code of Conduct Guide

HB 7029 mandates each District School Board establish and publish eligibility standards for extracurricular activities in its Code of Student Conduct.

(1)(a) A district school board must establish, through its code of student conduct, student eligibility standards and related student disciplinary actions regarding student participation in interscholastic and intrascholastic extracurricular activities. The code of student conduct must provide that:

- 1. Students not currently suspended from interscholastic or intrascholastic extracurricular activities, or suspended or expelled from school, pursuant to a district school board's suspension or expulsion powers provided in law, including (1006.07, 1006.08, 1006.09) are eligible to participate in interscholastic/intrascholastic extracurricular activities.*
- 2. A student may not participate in a sport if the student participated in that same sport at another school during that school year, unless the student meets the criteria in s. 1006.15(3)(b).*
- 3. A student's eligibility to participate in any interscholastic or intrascholastic extracurricular activity may not be affected by any alleged recruiting violation until final disposition of the allegation pursuant to s. 1006.20 (2)(b).*

FHSAA and CDS

Carrollwood Day School is a member of the Florida High School Athletic Association (FHSAA), which is the governing body of middle school/upper school athletics. Questions pertaining to FHSAA rules and regulations should be directed to the athletic director. The full FHSAA handbook can be found online at <https://fhsaa.com/sports/2020/1/28/RulesPub.aspx>

The FHSAA forms required for all middle and upper school student-athletes to participate in practice or competition of interscholastic sports are listed below. They must be on file with the school **prior to participation in preseason conditioning, practice, and competition.**

- FHSAA Form EL2 – Pre-participation Physical Examination
 - This document must be renewed and updated each calendar year.
- FHSAA EL3 – Consent and Release from Liability Certificate
 - The parent/guardian gives their consent for the student-athlete to compete in interscholastic sports.
 - The parent/guardian releases the FHSAA, its member schools, and contest officials from liability for any injury or claim that may result from the student's participation in interscholastic sports.
 - The student-athlete acknowledges he/she has read the information on concussions, heat-related illnesses, and sudden cardiac arrest and accepts the responsibility for reporting all injuries and illnesses to parents, the athletic trainer, or coaches associated with the sport.
 - The parent/guardian acknowledges that the information has been read and understood.

The FHSAA requires all student-athletes in grades 6 – 12 to view the following NFHS (National Federation of State High School Associations) sports injury prevention videos yearly. Students may also take the course as a group with their coaches. There is no fee to order/take these courses. After completing the courses, student-athletes must print and turn in the completion certificates to the athletic department before the first day of preseason conditioning or practice.

- "Concussion in Sports – What You Need to Know"
- "Concussion for Students"
- "Sudden Cardiac Arrest"
- "Heat Illness Prevention"

Carrollwood Day School requires additional forms for all student-athletes to participate in practice and competition in interscholastic sports.

- CDS Consent, Authorization and Release (All students complete this at the start of the school year. Athletes do not need a second form.)
 - This form covers consent, authorization and release agreements involving transportation, hold-harmless agreements, and emergency information.
 - Both the student-athlete and the parent/guardian are required to complete.
- CDS Athletic Authorization/Consent for Disclosure of Protected Health Information
 - This form covers consent, authorization and release agreements involving the student athlete, parents, the team physicians, certified athletic trainers, sports medicine team, and any health care professional representing CDS.

Academic Eligibility

- Students in grades 6-8 must be regularly promoted from the previous grade the immediate preceding year; he/she must be in regular attendance; he/she must carry a normal class load doing satisfactory classroom work with a satisfactory conduct grade.
 - A middle school student must have a 2.0 GPA, or the equivalent of a 2.0 GPA based on a 4.0 scale, at the conclusion of each trimester.
- A student entering ninth grade is academically eligible during the first semester of the ninth grade year provided it is the student's first entry into the ninth grade and he/she was regularly promoted from the eighth grade the immediate preceding year.
 - An upper school student must have a cumulative grade point average of 2.0 or above on a 4.0 unweighted scale in all courses as required by Florida Statutes at the conclusion of each semester to be eligible during the next semester.

Limit of Eligibility

- Upper school students: A student is limited to four consecutive calendar years of eligibility from the date he/she begins ninth grade for the first time. After four consecutive years, the student is permanently ineligible, unless the Executive Director or his/her designee, as defined in the FHSAA Bylaws, has accepted clear and convincing evidence of a hardship.
 - A student whose four-year limit of eligibility expires during the season of a sport in which the student is participating may complete the season if the student continues to meet all other eligibility requirements. The student, however, will not be permitted to participate in any other sport that begins after his/her limit of eligibility has expired.
 - A student's four-year limit of upper school eligibility is not affected by the student's participation in interscholastic athletics before beginning the ninth grade for the first time.
- Middle school students: a 6th, 7th, or 8th grade student may participate only one year in each grade level. A student who repeats a grade will not be eligible during the grade being repeated.

Age

- A student who has not reached the age of 19 on or after July 1 and who has not exceeded his/her four-year eligibility limit may play interscholastic athletics during the entire school year.

Transfer Students

A transfer student is one who changes schools after establishing his/her school residence each school year. A student establishes school residence by either attending classes or participating in athletic activities, whichever comes first for the student.

Athletic activities encompass all activities sponsored by the school on or after the official start date for that sport season. Activities include, but are not limited to, tryouts, conditioning, practices and interscholastic contests. Please visit the individual sport page to determine the official start date.

Transfer Before Participating in Athletic Activities

A transfer student who has not participated in school-sponsored activities on or after the official start date of that sport season may seek to immediately join a team, provided the roster has not reached the identified maximum size and the coach determines that the student has the requisite skill and ability to participate.

Transfer After Participating in Athletic Activities

Continue Participating for Previous Public School.

A student who participates in an interscholastic athletic activity at a public school and who transfers from that school during the school year must be allowed to continue to participate in the activity at that school for the remainder of the school year if:

- During the period of participation in the activity, the student continues to meet FHSAA eligibility requirements; and
- The student continues to meet the same standards of acceptance, behavior, and performance which are required of other students participating in the activity, except for enrollment requirements at the school at which the student participates; and
- The parents of the student participating in the activity provide for transportation of the student to and from the school at which the student participates; and
- The student must be registered with the FHSAA Office as a non-traditional student.

Begin Participating for New School.

A transfer student who has participated in school-sponsored activities on or after the official start date may participate, provided he/she qualifies under one of the following criteria:

- Dependent children of active duty military personnel whose move resulted from military orders.
- Children who have been relocated due to a foster care placement in a different school zone.
- Children who move due to a court-ordered change in custody due to separation or divorce, or the serious illness or death of a custodial parent.
- Authorized for good cause in district, private or charter board policy.

Florida statutes and FHSAA Bylaws establish eligibility of transfer students.

CDS Good Cause Policy

A transfer student who has participated in school-sponsored activities on or after the official start date may participate, provided he/she qualifies under one of the following criteria (HB 7029) (*From FHSAA and CDS*):

FHSAA

- *Dependent children of active duty military personnel whose move resulted from military orders.*
- *Children who have been relocated due to a foster care placement in a different school zone.*
- *Children who move due to a court-ordered change in custody due to separation or divorce, or the serious illness or death of a custodial parent.*
- *Authorized for good cause in district, private or charter board policy. The FHSAA does not establish the “Good Cause” policy. Please contact your school’s governing board to inquire about their individual “Good Cause” policy.*

Carrollwood Day School

- A change in child’s residence due to a change in family residence.
- A change in the state in which the family residence is located.
- A change in the marital status of the child’s parents/guardians.
- A student who transfers in January and would like to participate in spring football
- A set of circumstances consistent with the definition of “good cause” as approved by the Head of School.

The transfer student who qualifies under the FHSAA Bylaws will be eligible for competition on the sixth school day of attendance at the new school if:

- The school has received and evaluated the student’s official transcript provided by his/her former school; and
- The school has determined that the student meets all eligibility requirements.

Required Form:

- FHSAA GA4 – Affidavit of Compliance with Policy of Athletic Recruiting
 - A student who changes attendance to CDS at any time during his/her upper school career after having begun the 9th grade in another school must complete this form.

Non School Competition

Non-school competition: Students who participate in non-school competition (i.e., AAU, USVBA, American Legion, club teams, etc.) are expected to make the Carrollwood Day School team on which they participate their number one priority during that specific sport’s competitive season. Commitments to non-school competition teams should be arranged in advance with the CDS coach with the following considerations and understandings:

- Minimal loss of practice time for the CDS team.
- NO loss of game time for the CDS team.

Tryout Policy

In order to participate on an athletic team for middle or upper school, you are required to register and pay prior to participation. No athlete will be added to a team after the tryout or team placement practices are completed. You are required to be in attendance for all team placements/tryouts/practices to start the season, unless you are finishing a previous sport or have prior approval from the athletic director.

Middle School Policy

If at all possible, the middle school coaching staff adheres to a no-cut policy. This means if a student-athlete wants to participate in athletics, he or she will be placed on a team in the desired sport. After a “team placement tryout,” the coaching staff will place the athlete on the team where his/her skills are best suited and where that student-athlete has the best opportunity for quality playing time. If a student participates in a “team placement tryout” they will not be permitted to quit and join another team in that season, without prior approval from the athletic director. If there are necessary constraints due to unforeseen situations requiring a limit on teams within a sport, the athletic director will have final say on limiting the number of spots available on each team. Parents are not allowed to attend team placement tryouts.

Middle school student-athletes participation in upper school sports:

- Middle school student-athletes are permitted to try out and be placed on the upper school varsity team, if both the Athletic Director, coach, and parents mutually agree that it is in the player’s best interest for their development. In most circumstances, a middle school player will not be allowed to move up and participate on a Junior Varsity team.
- In the event that a sport is not offered at the middle school level, middle school student-athletes will be eligible to try out for the varsity team. A tryout may be necessary because of limited roster availability. The coach will select the best players for his or her team based on ability regardless of age and grade.

Upper School Policy

CDS is a member of the FHSAA and recognized as a “combination” school. A combination school allows student-athletes in grades 6 – 12 to compete at the upper school level and makes no distinction from a “middle school” student to an “upper school” student. It is Carrollwood Day School’s aim to fill varsity team rosters with the most talented student-athletes whenever practical. Our athletic department is committed to early development opportunities, when appropriate.

Preseason Tryouts

- For upper school varsity and junior varsity teams, there will be a preseason tryout where the head coach will evaluate potential players and form that season’s roster. Roster selection is at the sole discretion of the coach. If roster cuts are needed as part of the preseason tryout to manage the roster size for the upcoming season, the coach will be permitted to reduce that season’s roster. These cuts will be based on staffing and facility availability.
- Tryout process:
 - There will be a minimum of two (2) evaluation workouts.
 - Attendance is required for making a team. Student-athletes must attend every session of tryouts. If for some reason this is not possible, arrangements must be made in advance with the coach and athletic director.
 - During the tryout process, head coaches will be working directly with the athletic

- director to work through any special situations that may arise (injury, illness, etc.)
- o Parents are not allowed to attend the tryout process.

Coaches involved in varsity sports that conduct tryouts will communicate to those students not making a team roster. As a competitive athletic program, we will fill our varsity rosters with the most talented student-athletes, regardless of age; and operate within the FHSAA's age restriction guidelines. By fielding the most competitive varsity teams possible, the athletic program will be more successful and help foster school spirit for all students. The FHSAA's recognition of CDS as a "combination" school, allows the athletic department to assemble our best athletic talent in a similar fashion.

College Eligibility and Compliance

- All student-athletes interested in participating in athletics in college need to go to the NCAA, NAIA, or NJCAA Eligibility Centers websites and register.
- Coach Marshall McDuffie is available to help guide students through the college athletics process along with the College Counseling department

Conduct

Commitment

When a student-athlete goes out for a sport, he/she has joined a team. Working together with teammates, the goal of the team is to make the team the best it can be. As a member of the team, student-athletes are responsible to their teammates and coaches. CDS strongly encourages all student-athletes to make a commitment to their team. Athletes who do not finish the season may not try out or practice with another CDS team until the end of the season of their original sport. A request for exception will be made to the athletic director.

Practice is very important for any sport. If the student-athlete is not able to attend practice for whatever reason, the athlete must notify the head coach before the practice session is held. Repeated unexcused absences will be dealt with at the discretion of the head coach and athletic director.

Student Conduct

As a member of an athletic team, students are high profile representatives of Carrollwood Day School. Students are expected to act in an exemplary manner. Opposing teams, their fans, and the contest officials are our guests. We should greet visitors politely, shaking the hands of opponents and officials. Coaches and players should always practice excellent bench decorum, as should fans in the stands. We cheer for our teams, not against their teams.

The following behavior is never appropriate and includes behaviors that violate the rights of others or are illegal or dangerous. These behaviors may include, but are not limited to:

- Instances of violence
- Profanity
- Possession of, use of or being under the influence of alcohol, tobacco, or other drugs.
- Unsportsmanlike conduct:
 - Any act of unsportsmanlike conduct or inappropriate behavior will be dealt with swiftly.
 - If the act occurs during an athletic contest, the student will be removed from the contest immediately.
 - A student who strikes, curses, or threatens an official, coach, or opponent during a game or at any other time because of resentment over occurrences or decisions, or who fails to maintain a standard of conduct satisfactory to the FHSAA and/or the Athletic Director or Head of School, shall be ineligible to participate in interscholastic athletics for a significant period of time as determined by CDS administration and/or FHSAA.
 - A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct cannot participate in any contest until a ruling is made by FHSAA. CDS reserves the right to extend the suspension period, if warranted.
- Rude or disrespectful behavior
- Taunting opponents or officials
- Destruction of property
- Any sort of hazing activity
 - a. Hazing is defined in 1006.135, Fl Stats. as “Pressuring, coercing, or forcing a student into:
 - i. Violating state or federal law;
 - ii. Consuming any food, liquor, drug, or other substance; or

- iii. Participating in physical activity that could adversely affect the health or safety of the student
- b. Any brutality of physical nature, such as whipping, beating, branding, or exposure to the elements”
 - Cyberbullying of any kind
 - No offensive or inappropriate comments or pictures on social media posts of any kind (social media such as: Tik Tok, Instagram, Snapchat, YouTube, etc.)

30.2 Unsportsmanlike Act by a Student-Athlete

30.2.1 Penalties Assessed the Student-Athlete.

Student-athletes who commit unsportsmanlike acts before, during or after a contest will be subject to the following suspension levels as determined by the designee of the Executive Director:

30.2.1.1 Level 1 Suspension. A student-athlete who commits an unsportsmanlike act or a flagrant foul for which he/she is ejected from the contest will be ineligible to compete for the remainder of that contest and for a minimum of the next contest, at the same level of participation in the sport of the suspension and in any interscholastic athletic contest in any sport, at any level, during the period of suspension. If the unsportsmanlike act or flagrant foul occurs in the last contest of a season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates; or

30.2.1.2 Level 2 Suspension. A student-athlete who receives a second Level 1 Suspension or commits an unsportsmanlike act, as defined in Bylaw 7.2.1, will be ineligible to compete, at a minimum, in the next interscholastic athletic contest, at any level, for a period of up to a maximum of the following:

- (a) Baseball, Basketball, Soccer, Softball, Volleyball, and Water Polo - 12 contests
- (b) Beach Volleyball, Bowling, Lacrosse, and Tennis - 9 contests
- (c) Cross Country, Swimming & Diving, Track & Field, Flag Football, and Weightlifting - 6 contests
- (d) Football and Competitive Cheerleading - 5 contests
- (e) Golf - 8 contests (f) Wrestling - 10 contests; or

30.2.1.3 Level 3 Suspension. A student-athlete who receives a second Level 2 Suspension or commits an egregious unsportsmanlike act, as determined in the sole discretion of the Executive Director, will be ineligible to compete in the next interscholastic athletic contest in any sport for a period of up to one (1) year; or

30.2.1.4 Level 4 Suspension. A student-athlete who receives three (3) or more Level 2 Suspensions or commits an egregious unsportsmanlike act, as determined in the sole discretion of the Board of Directors, will be ineligible to compete in any interscholastic athletic contest in any sport for the duration of the student-athlete’s high school career. 30.2.1.5 It is the responsibility of the local school authorities to ensure this policy is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory. This policy applies to all regular season and Florida High School State Championship Series contests.

Students who exhibit any of the above behaviors may be suspended or removed from athletic competition for a period of time as per FHSAA regulations or by the Carrollwood Day School administration. Additionally, the student may face school disciplinary action. A student who is

ejected from a contest for a flagrant foul or unsportsmanlike conduct cannot participate in any contest until a ruling is made by FHSAA. They understand that the student will not represent CDS in any athletic contests until possible fines or corrective action training have been completed, and the FHSAA and CDS athletic director have cleared the student.

Spectator Conduct

All spectators want to have a good time at an athletic event. Everyone associated with an athletic event plays an important role in seeing that the standards of sportsmanship are upheld. Fans are reminded that their sportsmanship and behavior reflects upon the reputation of Carrollwood Day School.

Carrollwood Day School Parent/Spectator Code of Conduct

- I will encourage good sportsmanship by demonstrating positive support for all players, cheerleaders, coaches, game officials, and administrators at all times.
- I will place the emotional and physical well-being of all players ahead of any personal desire to win.
- I will support the coaches, officials, and administrators working with my athlete, in order to encourage a positive and enjoyable experience for all.
- I will remember that the game is for the players, not for the adults.
- I will ask my athlete to treat other players, coaches, game officials, administrators, and fans with respect.
- I will always be positive and show good sportsmanship.
- I will allow the coach to be the only coach.
- I will not get into arguments with the opposing team's parents, players, or coaches.
- I will not come onto the field/court of play for any reason during the game.
- I will not criticize game officials, coaches, or players.
- I will support my athlete and Carrollwood Day School Athletics.

Parent Pledge

As a parent:

- I understand and agree that the CDS Athletic Department fields competitive programs in each sport.
- I understand and agree that all players may or may not play during each game.
- I understand that not all players will have equal playing time.
- I understand and agree that the coaches will not discuss playing time with parents without the student-athlete present.
- I understand and agree that each player will have a role to play on his/her respective team.
- I understand that the coaching staff will determine the role of the player and I will support that decision with our student-athlete, other parents, and coaches.
- I will follow the "24 hour rule" and not confront a coach immediately following a game. I will reach out and set up a meeting time if there is an issue I would like to discuss with the coach.
- Volunteering
 - As a parent:
 - I may be asked to volunteer during each season that my student-athlete participates.
- Fundraising
 - As a parent:
 - I understand the Office of Advancement approves all fundraising at CDS.

Preseason Meeting Rational and Goals

Parenting and coaching are both quite rewarding. Both can also be challenging at times. Parents are an integral part of our team community.

Dealing with Conflict on Athletic Teams

Below is the process for parents and student-athletes to use in dealing with conflicts on the team:

1. Student-athlete meets with the head coach

The student-athlete needs to approach the head coach about conflicts on the team. Parents are asked to encourage their students to deal directly with the team's head coach. We want students to learn the value of being their own self-advocate.

2. Student-athlete and the parents meet with the head coach

After the student's meeting with the head coach, the student together with the parents are welcome to set up a meeting with the head coach.

3. Parents meet with the athletic director

If the proper channels of communication have been followed and the conflict is not resolved, parents may meet with the athletic director. Please contact the athletic department to schedule this meeting. This will allow the proper allotment of time to be scheduled for the meeting.

(A follow-up meeting with the parent, student-athlete, head coach, and athletic director will take place if necessary.)

4. Parents meet with the Head of School

If the above steps have been followed and the conflict is not resolved, a meeting with the Head of School can be set up through the Assistant to the Head of School.

School Attendance Policies for Student-Athletes

- Student-athletes must be in "regular attendance" in order to participate in practice or contests.
- Student-athletes may still participate in practices and contests if they miss classes due to an excused absence such as documented doctor appointments, school trips, etc. However, excused absences cannot cause the student-athlete to miss more than half a school day of class.
- Student-athletes must be in school a minimum of two full blocks in a four-block day to be eligible to play in the day's competition.
- Student-athletes are to be at all practices and games if in attendance at school.
- Student-athletes may be removed from a team due to excessive absences and/or tardiness.
- Student-athletes are responsible for all missed work due to early dismissal. They should obtain all assignments for classes missed. All classwork normally due should be turned in prior to departure. Any make-up work should be completed at the earliest possible date. Early dismissal is never an excuse for second-rate classwork.

Dress Code

Practices

Coaches may require team members to purchase practice gear bearing the school name, logo, and sport logo. All such gear will be ordered through team shops and payment will be the responsibility of the family. Students are to present themselves neatly and remember that they represent CDS in all

they do.

Team Shops

Team shop items may include shoes, warm-up suits, t-shirts, practice gear, etc. Coaches may require specific items for their team and will keep the cost to a reasonable amount. Since the ordering will be done online, the student-athlete/parent is responsible for payment of the items. In the event of a student-athlete not completing a season, the student-athlete is still responsible for paying for all ordered items. All team shop items are approved by the Athletic Department prior to making the items available to the families. Return policies are at the discretion of the third party vendor running the team shop.

Participation Fees

School tuition is designed to cover a percentage of the cost of sports, but athletics is also an extracurricular program. Therefore, a fee has been established for participation in athletics to help offset program expenses such as transportation, equipment, game officials, league fees, awards, first aid supplies, etc. All athletes must be registered and pay the athletic participation fee in order to try out or practice each season. If they are not registered and paid, the students will not be allowed to participate until this is completed. Below is the breakdown of the participation fees.

Elementary

- Running Club, Track and Field Club, Flag Football, Soccer, Basketball and Pep Squad – \$175.00

Middle School

- Cross Country, Track and Field – \$200.00
- Volleyball, Basketball, Soccer, Baseball, Softball, Tennis, and Cheerleaders – \$250.00
- Football – \$325.00

Upper School

- Beach Volleyball*, Cross Country, Golf*, Tennis, Track and Field – \$325.00
- Sideline Cheer (+100 uniform rental fee), Competitive Cheer, Baseball, Basketball, Soccer, Softball, Swimming*, and Boys and Girls Indoor Volleyball – \$375.00
- Football – \$425.00

**(Varsity – grades 6-12)*

The participation fee is non-refundable after the sport's first game/match. A participant can withdraw prior to the first game and receive a complete refund. If a sport has a team placement tryout and an individual quits after the placement tryout, they will not be refunded the participation fee. In the event that an injury occurs and the student can no longer participate, a refund will only be granted if the injury occurs prior to the first game. Students who withdraw from a sport after the first game/match are not eligible to move to a different sport in the same season.

Equipment and Uniforms

- Uniforms issued to athletes are the property of Carrollwood Day School.
- Game uniforms are not to be worn at practices or at any other time when not officially representing CDS.
- Athletes may wear game shirts or uniform jerseys on game day, but only as a team.
- Uniforms should be turned back in immediately after the completion of the final game of the season. **An athlete will not be allowed to participate in the next season until they have turned in all uniform items. Athletes will be required to pay for any lost or damaged equipment or uniforms.**
- Any item or team gear, i.e., team socks, baseball cap, practice gear, mouthpieces, etc., purchased by the athlete is considered consumable and is the athlete's to keep.
- There will not be temporary replacements for forgotten uniforms.

Team uniforms are provided for most sports. **Students are issued game uniforms at the beginning**

of the season and are expected to return those uniforms in clean and good condition at the end of the season. Varsity uniforms are typically used for three to four years . Once we get new varsity uniforms, the old ones will be used by the junior varsity. **In the event athletes do not turn in their uniforms, parents will be billed for a complete set.** Since we order our uniforms in bulk, a single uniform or garment will be considerably higher in unit price. Not only may a uniform be higher in price, the manufacturer may have discontinued items, making it impossible to match a single uniform with a team set. Transcripts may be withheld until the uniform is collected or payment made. **Parents and seniors, please return uniforms in order to help us maintain our team sets.** We purchase the replica jersey gift for seniors so that we can allow seniors to have a jersey keepsake and keep our full allotment of team uniforms intact.

It is the responsibility of the parent/student to purchase any additional items necessary for participation in a sport. Any item purchased by the individual is considered the property of the individual. Additional items that may need to be purchased include but are not limited to:

- Cheerleaders – uniforms are rented by the student and ordered through the school, there are fees associated with camp, practice gear, and competition if applicable.
- Volleyball – proper playing shoes, knee pads, team socks, spandex shorts, are the responsibility of the athlete.
- Football – practice gear (t-shirts and shorts), hip pad girdle, socks, cleats
- Golf – clubs, skorts/shorts, shoes
- Cross Country – proper shoes, team shorts
- Soccer – cleats, shin guards, team socks, and other team gear may be required
- Basketball – team shoes and other team gear may be required such as practice uniform
- Baseball – practice gear to include team t-shirts and shorts, cleats
- Softball – practice gear to include team t-shirts and shorts, socks, and, cleats
- Track and Field – proper shoes, team shorts, warm-ups
- Tennis – racquet, team polo, tennis skirt/shorts w/pockets
- Beach Volleyball – shorts
- Flag Football - cleats, team socks.

If there are any changes or additions to these suggestions, parents should be notified at the beginning of the season.

Student Accident Insurance FAQs

What is Student Accident insurance?

Carrollwood Day School purchases a student policy on behalf of our families each year. Student accident insurance is insurance that provides secondary or excess coverage for CDS students when they incur an injury while participating in a school-sponsored activity (PE, athletics, field trip, etc.) The injury can occur on or off campus.

What does secondary or excess coverage mean?

When your child is treated for his/her injury, your family's health insurance is primary and will cover the treatments. However, in many cases you may incur out of pocket costs such as co-payments, coinsurance and/or deductibles. The student accident insurance exists to reimburse families for only their out-of-pocket costs associated with treatment of the injury.

How long does it take to process the claim?

The time it takes to process the claim depends upon several factors. Generally it is within 15-45 days of when the claim is filed and the insurance company receives all information.

For more information regarding student accident insurance from CDS, please contact the business office.

Athletic Team Celebrations and Awards

Senior Night

Carrollwood Day School celebrates Senior Night for each team's senior student-athletes. Once the athletic director and coach have approved the date for Senior Night, it will be posted on the CDS team events calendar. Near the end of the season, parents will be notified via an emailed invitation by the athletic department of the date, time, and place of the event. The department will honor each senior with a bouquet and replica jersey gift during the ceremony. Decorations or pre/post game activity is the responsibility of team parents with approval of the head coach.

Individual and Team Awards

- The end of the year awards ceremonies for each of the middle school grade levels include presentation of the following:
 - Male and Female Athletes of the Year
 - Male and Female Scholar Athletes of the Year
 - Male and Female Sportsmanship Awards
 - Iron Athlete (three sport season athlete)
 - Ultimate Athlete (four sport season athlete)
- There is one academic/athletic awards ceremony at the end of the school year for upper school. The athletic department awards the following:
 - Male and Female Athletes of the Year
 - Male and Female Scholar Athletes of the Year
 - Male and Female Sportsmanship/Leadership Awards
- Middle and upper school end of the season gatherings held by coaches, player parents and/or the team parent will be an occasion for coaches and players to present and announce team/individual recognitions. Not required or sponsored by the CDS athletic department.

Team Photographs

Early in their respective season, a CDS marketing team member will take team photos for each sport. The photos will be uploaded to the school photo website for student-athletes and parents to download. All student-athletes must be in uniform for the team photos. Only student-athletes that fully participate in a sport will be able to be in the photo. Head coaches and the Athletic Director will make the final determination if a student-athlete deserves to be in the team photo. Every effort is made to ensure that all players are present for the photo shoot.

Weather

In the event of inclement weather, the athletic department will make every attempt to notify families via Teamsnap and Schoology concerning the cancellation of practices or home games. The school has many policies in place to protect the student-athletes in the event of inclement weather that may automatically dictate a decision regarding postponement or cancellation of a practice or event. Canceling an away game is the responsibility of the host school. Please check Schoology and Teamsnap for weather cancellations.

Transportation

CDS Bus Transportation

- Only athletes, coaches, and athletic staff are permitted to use school transportation to and from games and practices.
 - If a non-student-athlete needs to accompany a student-athlete, permission must be requested in advance and in writing.
 - The athletic director along with the coach will assess the situation before giving approval.
- Every effort will be made to have CDS transportation to and from athletic events, however, at times parents may be required to pick up when adequate transportation is not available. The athletic department will communicate the pickup requirements to families via Teamsnap as soon as possible.
- Parents are asked to please be on time picking up your child. Coaches are required to stay at the school until all students are picked up. Please be considerate.

Parent or Student-Athlete Transportation

- In the rare occasion when the school cannot provide transportation, parents will be notified as early as possible and may be asked to assist in transporting the team. Proper permission forms must be filled out before parent transport is permissible with students not in their household.
- Athletes must travel to all athletic contests with the team unless authorized by the athletic director. Most coaches strongly encourage the athletes to ride with the team unless prior arrangements have been made.
- The athletic department requires a separate form for students-athlete drivers in addition to any upper school driving forms. This allows the student-athletes to leave school before the end of the day and drive or be a passenger without daily written permission from parents for each game/match.
 - Athletes wanting to drive must complete the [Student-Athlete Driver/Passenger Permit](#) form available in the athletic office.
 - Athletes given permission to drive to practices or contests, who wish to transport other athletes, must complete the Student-Athlete Driver/Passenger Permit form available in the athletic office. The form needs to be signed by the parents/guardians of all athletes involved.

Patriot Booster Club

As a rule, financial support to athletics comes primarily from the athletic budget and contributions from and funds raised by the Patriot Booster Club. The purpose of the Booster Club is to support the operation of the athletic department. Volunteers, fundraising, and donations will be paramount to the success of the program. All parents of athletes are encouraged to join the Booster Club and become involved with volunteering to support the Patriot athletic department. There are varying levels of membership in the Patriot Booster Club. Please refer to the CDS website for further details.