

VARSITY ATHLETICS

2024-2025 Program Information Packet

Athletic Director: Jamie Griffiths

Please review the CDS Athletics information packet and return a signed copy of the Athlete Code of Conduct and Athletics Policy Agreement to Jamie Griffiths to be eligible to play Varsity Sports.



Sports Seasons Overview

Flag Football	Aug 19 - Oct 10	Grades 5-8	Team Fee: \$225 due 8/16
Volleyball	Aug 27 - Sept 24	Grades 5-8	Team Fee: TBD due 8/16
Basketball	Oct 15 - Dec 10	Grades 5-8	Team Fee: \$225 due 10/4
Soccer	Jan 9 - Mar 4	Grades 5-8	Team Fee: \$225 due 12/14

How To Register: ****updated from previous years****

- Registration for ALL Varsity sports will occur at the beginning of the school year.
- The registration deadline for ALL Varsity Sports is Friday, August 16th.
- There is ONE registration link for all Varsity Sports. The registration link is sent to the parents via email on August 12, 2024.
- Return Parent & Player signed Athlete Code of Conduct and Varsity Athletics Policies agreement to Jamie Griffiths. Bring signed forms to front office (Attn: Jamie Griffiths) or email a scanned version of the signed waivers to Jamie Griffiths prior to the start of the players first season. Email: jgriffits@communityday.org
- SMART Tuition accounts will be charged at the beginning of each season according to the dates listed below.
 - Flag Football & Volleyball on August 16th
 - Basketball on October 4th
 - Soccer on December 13th
- Payments will be drafted on your monthly tuition date.
- All sport registrations will appear on your student's SMART Tuition account. Financial communication will occur based on details provided in SMART Tuition.
- Please communicate directly with Carrie Kashawlic regarding questions or concerns with SMART tuition payments related to athletic fees.
- Withdrawal from a sport is only permitted within the 1st week of practice. All cancellations / refund requests must be sent to Jamie Griffiths via email by the end of the first week of practice.

Equipment Needed:

- Equipment needed for each sport will be listed on the specific sports season information page.

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POLICIES AGREEMENT



Please read through the information below, **the information has been updated** from previous years. Please reach out to Jamie Griffiths regarding any questions or concerns.

This agreement is required to be signed by both parent & athlete and returned to Jamie Griffiths by the first practice. Violations from this agreement may result in loss of playing/practice time or dismissal from the team.

Practices/Game Days:

- Practices are typically held on Mondays, Tuesdays & Thursdays 3:30 - 5:00pm.
- Game Days are typically on Tuesdays & Thursdays with 4:00pm game time.
- Make-up Game days are typically scheduled for Mondays.
- Players are required to attend all practices in order to participate in the season.
- Players are not permitted to participate on the team if they have a schedule conflict with practice days.
- Please pack a snack & drink on practice & game days.

Practice Pick Up Time:

Athletes who are not picked up at the end of the practice time will report to aftercare. Aftercare fees will start at the end of practice and continue until the time the student is released to a parent/guardian (\$15 per day charge)..

Please Note: aftercare ends at 5:30pm.

Away Game Transportation:

The CDS van will be available to transport athletes to & from away games. Players are not required to ride home from away games on the CDS van. **Players are required to be picked up at CDS by 5:45pm if the player rides back to school on the CDS van.** More specific information about van transport will be provided by the coach prior to the start of each season. Additional carpooling may be arranged as transportation support for away games. Please be sure the carpool parent/guardian's name is on your Blackbaud approved transportation list. Please email Jamie Griffiths (Athletic Director) at jgriffitts@communityday.org for last minute carpooling arrangements.

Team Fees:

- The team fee is listed by each sport, and is due by the first practice.
- Contact Jamie Griffiths, Athletic Director, via email at jgriffitts@communityday.org directly for multi-sport and/or multi-child team fees.
- Team Fee includes game uniform rental (to be returned after season)
- Team fees are used to offset sport-related expenses such as game official payment, equipment rentals/purchases, athlete transportation, coaches compensation, and program supplies.
- Withdrawal from a sport is only permitted within the 1st week of practice. All cancellations / refund requests must be sent to Jamie Griffiths via email by the end of the first week of practice.

Parent/Guardian Communication:

-All season related information / changes / updates will be communicated through email directly from Jamie Griffitts.

-To ensure a positive, effective, and quality experience for all student-athletes please keep appropriate lines of communication open between the coaches and athletic director. Please communicate with coaches and the athletic director through the school email system, via Blackbaud, or by calling the school at (941) 552-2770 during school hours.

Texting the coaches and Jamie Griffitts is not permitted for any reason.

-General questions about athletics should be directed to Jamie Griffitts (AD).

Communication Protocol to Resolve Concerns/Challenges/Issues:

1. Student-Athlete to Coach
2. Parent to Coach
3. Parent to Athletic Director (Jamie Griffitts)

Student-Athlete Responsibilities

1. Maintain a 2.0 GPA average or higher. (FL Gulf Coast League requirement)
2. Required to attend 70% of the school day in order to play in a game. (FGCL requirement). Student must be present by 3rd period in order to games..
3. Maintain Athlete Academic Folder protocol.
4. Players with missing assignments / homework will lose playing time until schoolwork is completed. Players are expected to attend all games regardless of playing time.
5. Demonstrate the student/athlete code of conduct at all times. (last page of packet)
6. Consistently attend all practices.
7. Be prepared for practices and games and maintain a positive attitude.
8. **Wear the team jersey or team uniform to school on game days.**
9. Early dismissal from academics requires follow-up & is the athlete's responsibility.

Safety Protocols

- 1 -Each athlete will be required to warm-up & stretch properly prior to all games & practices.
- 2 -Substitutions will be made without hesitation when athletes exhibit exhaustion or injury.
- 3 -Careful, progressive coaching and athlete awareness minimizes the risk for injury.
- 4 -There will be an emphasis on safety in training techniques and elements of play.
- 5 -Practice formats will be carefully planned and be of reasonable duration.
- 6 -All rules and regulations will be strictly enforced during practices and games.
- 7 -Proper equipment is mandatory for all practices and games.
- 8 -Please review the emergency procedures & athlete concussion information (end of packet).

Athlete Signature AND Printed Name

Date

Parent Signature AND Printed Name

Date

Concussion Information & Protocols

A concussion is a brain injury that is required to be reported to the student-athlete's parents/guardians, coaches, and a medical professional (if one is available).

A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or after an injury/incident.

Most concussions take days or weeks to get better. More serious concussions can last for months (or longer).

Student-Athletes are required to inform the coach and a medical professional (if one is available) about all injuries and illnesses.

Student-Athletes cannot return to play in a game or practice if they take a hit to the head or body that causes any concussion-related symptoms.

After a bump, blow, or jolt to the head or body, an athlete should receive immediate medical attention if there are any concussion danger signs such as: loss of consciousness, repeated vomiting, or a headache that worsens over time.

Written permission from a health care provider is required to be sent to the coach and Jamie Griffitts (AD) in order to return to play or practice after a concussion.

After a concussion, the brain needs time to heal. A child is much more likely to have another concussion or more serious brain injury if return to practice or play occurs before the concussion symptoms cease.

Emergency Procedures

1. CALL 911

- report the nature of the injury to the operator
- speak slowly and clearly while providing the details to the dispatcher
- do not hang up until instructed to do so by dispatcher
- call the athlete's parent/guardian

2. SECURE THE SCENE

- ONLY certified medical personnel should provide treatment to athlete(s)
- ONLY parents/guardians are allowed on the scene

3. NOTIFY THE ATHLETIC DIRECTOR IMMEDIATELY

- include the following information to the AD: name of athlete, sport, type of injury, cause of injury, accompanying adult with the athlete, name of hospital where athlete will be transported for treatment.

4. COMPLETE AN ACCIDENT REPORT FORM AND SUBMIT TO OFFICE WITHIN 24-HRS.

Varsity Athletics Philosophy

Community Day School supports the belief that a strong program of extracurricular activities provides a balance in educational programming for its students. Athletic competition, by its nature, contributes to greater student awareness of self-discipline, a growth in emotional maturity, and an increase in awareness of the worth of the individual. Athletics can provide unparalleled opportunities for personal growth, learning, and development for a well-rounded individual and healthy lifestyle. By participating in CDS athletics, students will learn that participation in athletics is not only a privilege, but it is also an honor that requires responsibility for maintaining one's academic standing in the classroom and for maintaining a high standard of conduct outside of school hours.

Parent Roles & Responsibilities

Parents of student-athletes are encouraged to reinforce their unconditional support for their athlete by letting them know that their family appreciates their efforts (regardless of the outcome). Parents/guardians, as well as coaches, are examples our student-athletes can look to and count on for constant constructive, positive reinforcement and encouragement. When parents support their athlete and the coaches in a positive way, an athlete (as well as the rest of the players on the team) can perform at their very best, understand that participating in sports is a privilege, and learn to manage the life of being a student-athlete.

Florida Gulf Coast League

CDS participate in the Florida Gulf Coast League. The FGCL is composed of other small and large private and/or charter schools that follow and support the same philosophy as CDS in regard to competitive athletics for schools. FGCL follows the FHSAA middle school guidelines for sports. All CDS coaches have received & reviewed the FGCL by-laws and sports participation rules/guidelines.

Sports Recognition Banquet

CDS will host a sports recognition banquet to celebrate the student-athletes who participated in the Varsity sports program for the 2024-25 school year. More information will be provided about the banquet at a later date.