

ATHLETICS

HANDBOOK 2025-2026

FREDERICA ACADEMY



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GENERAL INFORMATION

ATHLETIC DEPARTMENT CONTACTS

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ATHLETIC DEPARTMENT 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.

END OF SEASON BANQUETS / CELEBRATIONS

The Booster Club assists all Middle School and Varsity teams with an end-of-season banquet or celebration. The budget for each banquet or celebration must be approved by the Athletic Director in advance of all financial commitments.

STATE CHAMPIONSHIP AWARDS

Winning a GIAA State Championship is a significant achievement; therefore, all players, coaches, and support staff members on a state championship team will receive a complimentary commemorative apparel item from the FA Booster Club. These items should be coordinated with and approved by the Athletic Director. State champion coaches will also work with the Athletic Director on a commemorative ring, watch, or pendant opportunity. State champion players will be responsible for the cost should they elect to order a ring, watch, or pendant. Coach rings, watch, or pendants will be provided by the Booster Club.

UPPER SCHOOL ATHLETICS

The goal of our Athletic Department is to develop strong character in student-athletes. We expect each to give maximum effort to reach team and individual goals. We want our student-athletes 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 student-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 rosters 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.

ATHLETIC AFFILIATIONS AND OFFERINGS

Frederica Academy athletics compete as a member of the Georgia Independent Athletic Association 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 12 sports and field approximately 36 teams within these areas at the Middle School, Junior Varsity, and Varsity levels. Our current athletic offerings include:

Fall Sports

Varsity Clay Target
Varsity Cross Country (Boys)
Varsity Cross Country (Girls)
Varsity Football (Boys)
Varsity Football Cheer
Varsity Volleyball (Girls)

Winter Sports

Varsity Basketball (Boys)
Varsity Basketball (Girls)
Varsity Swimming (Boys)
Varsity Swimming (Girls)

Spring Sports

Varsity Baseball (Boys)
Varsity Golf (Boys)
Varsity Golf (Girls)
Varsity Soccer (Boys)
Varsity Soccer (Girls)
Varsity Tennis (Boys)
Varsity Tennis (Girls)
Varsity Track and Field (Boys)
Varsity Track and Field (Girls)

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

FACILITIES

The use of Frederica Academy's athletic facilities 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 primarily used for students in grades 8-12. Faculty and staff can use the weight room when it is not in use, if authorized by the weight room instructor or Athletic Director. Requirements for weight room use:

- Authorized adult supervision is required at all times during student use.
- Participants are required to clean and return all equipment before leaving the weight room.
- If the weight room is unlocked or unsupervised, please contact the weight room instructor, Athletic Director, or a coach to secure the facility.
- Students must use the main entrance to access the weight room. Entry through the back door is not permitted.

Misuse of the weight room facilities will result in disciplinary action, as deemed appropriate by the Administration.

Locker Rooms

Locker rooms are to be used to change clothes for physical education classes and athletic practices/games. Meetings with coaches and staff can also take place in locker rooms, as needed. 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 when using the locker rooms.

STUDENT-ATHLETE PARTICIPATION

SPORTSMANSHIP

Student-athletes are expected to treat all facilities, coaches, officials, team members, opposing teams, and fans with respect. Profanity, degrading remarks, intimidating actions, or other such negative 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 Upper School Student Handbook are in effect for extracurricular activities, school-sponsored trips, and interscholastic competitions.

GENERAL ELIGIBILITY

All students in good standing (both academically and behaviorally) are eligible to participate, provided they agree to the rules and expectations established for all players, as outlined in the Athletic Handbook and divisional Student Handbooks.

Students must be at school by 8:30 a.m. to be counted present and eligible to participate in athletics. Students checking in after 8:30 a.m. must have a doctor's note. Failure to report to school by 8:30 a.m. on an "off day" will result in ineligibility for the next practice, match, or game.

Upper School teams returning late to campus after a game are permitted to check in up to nine (9) hours after equipment has been put away. The Head Coach will communicate the designated check-in time to both the team and the Division Director. Students must check in through the Upper School Office at that time to be considered present and eligible to participate in extracurricular activities.

Students are ineligible to practice or compete if they check-out of school sick that day.

ACADEMIC ELIGIBILITY

Students must be in good academic standing to participate in Frederica Academy's athletic programs.

At Risk - Any grade below 75 at any time in the semester

- Administration contacts the coach regarding grade status.

Academic Probation - Any grade below 70 at a grading period

(progress and Quarter reports)

- Mandatory Academic Center and Office Hours attendance.
- The student will only be permitted to participate in one sport.
- Participation in the sport is at the discretion of the Middle and Upper School Administration.

Athletic Suspension - Two grades or more below 70 at a Quarter report and every grade reporting period after

- The student is suspended from the team and may not participate in practice or travel.

PRE-PARTICIPATION PHYSICAL EVALUATIONS

All student-athletes must have a current Pre-Participation Physical Evaluation (PPE) in order to participate in practice or games. Those forms must be on file with the athletic trainer and the school nurse.

ATTENDANCE AT PRACTICE

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 who attend Teacher Office Hours may arrive late to practice if they provide a signed Office Hours Pass to the Head Coach.

MULTI-SPORT PARTICIPATION

Student-athletes may request to participate in two sports in the same season, provided that one or both are individual sports. Requests must be made to each Head Coach, Athletic Director, and Division 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 participation in an "individual sport" such as cross-country, tennis, or track as a secondary commitment is possible with approval. Team sports include the following: baseball, basketball, golf, football, volleyball, soccer, swimming, and cheerleading.

In the case of overlapping seasons, student-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. Pre-season 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. Pre-season 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.

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 charge comparable to the replacement cost.

POSTSEASON PARTICIPATION

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.

CONDUCT AND SUBSTANCE ABUSE POLICY

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.

Frederica Academy's 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."

CONSEQUENCES

Academic Eligibility - See Academic Eligibility policy

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 at Practice Policy. Subsequent and multi-game suspensions for rule 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.

TRAVEL

Travel guidelines refer to any time spent away from the Frederica campus which includes both practices and competitions. Student-athletes are expected to conduct themselves in a manner away from campus that is consistent with behavioral expectations required on campus.

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 student-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 with the Head Coach at the time of departure. If a parent desires to make alternative travel arrangements for their child 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.

School dismissal times for student-athletes on days with off-campus travel are set by the Head Coach for each sport and will be announced weekly. There may also be an approximate departure time on sports schedules.

When traveling by bus, student-athletes are responsible for cleaning the bus upon their return to campus.

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.

ATTIRE

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 Student Handbook for more information on the Frederica Academy dress code.

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

COACH EXPECTATIONS AND RESPONSIBILITIES

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 GIAA interscholastic rules and regulations, and the GIAA code of ethics. Coaches are also expected to uphold and hold students accountable for the rules outlined in the Athletic and divisional Student Handbooks. Coaches are expected to mentor our students in word and in action.

CPR/AED CERTIFICATION

All coaches, both community and full-time, are required to take and pass a CPR/AED certification course. Each coach must have current 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. All student communication should be conducted via email.
- As previously noted, single- 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-season celebration (cook-out/banquet/party). Plans and associated funding of plans must be approved by the Athletic Director in advance of finalizing plans.
- Coaches must submit team rosters to both the Athletic Director and the Upper School Director prior to the team's first game or match. Any roster changes during the season must also be reported to both the Athletic Director and the Upper School Director.
- For attendance purposes, the Upper School Administration must be notified if a player on their published roster is not attending an away competition.
- All team meetings held during the school day should be added to the school's internal Master Calendar.

ACADEMICS

- Practice for all Varsity sports begins at 4:00 pm or later on school days, unless permission is given by the Division Director and Athletic Director, to allow students to participate in Teacher Office Hours when needed.
- Coaches should continually monitor their student-athletes' academic progress through the reports shared by Upper School Administration.
- 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.
- Coaches will attempt to limit the number of Sunday practices, but 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.

- Coaches are asked to be mindful of the frequency of games, particularly those that require travel. The Upper School Administration and Athletic Director recommend limiting teams to no more than one away game or match per week, when possible, to support students' academic and personal balance.

TRAVEL

- Coach and parent drivers are strictly prohibited from using any mobile device while the vehicle 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.
- 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 appropriate behavior;
 - 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

- 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.
- 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 Athletic Handbook and the Division Student Handbooks.
- 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 securement of practice and playing fields at the conclusion of practice and games. All access points to locker rooms and athletic facilities should be locked.

PARENTAL SUPPORT AND INVOLVEMENT

PARENT EXPECTATIONS

- The GIAA code of conduct for all sporting event attendees is the following: "The GIAA 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 GIAA'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 GIAA'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 student-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 the day of 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.

- 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 AND VOLUNTEERS

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 working in the 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.

MIDDLE SCHOOL ATHLETICS

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 teach the value of teamwork, competition, sportsmanship, dedication, and physical fitness to develop the mind, body, and spirit of each young scholar-athlete.

Our philosophy of participation is anchored by a no-cut policy beginning in the sixth grade. Team members should have an opportunity to participate in most games. We want our Middle School teams to be successful; however, it is also important that each player experience competition and contribute to the team's performance as much as possible.

MIDDLE SCHOOL OFFERINGS

Approximately 88 percent of our students in grades 6-12 participate in on-campus athletic programs. We offer 12 sports and field approximately 36 teams at the Middle School, Junior Varsity, and Varsity levels. Our current athletic offerings for students in grade 6-8 include:

Fall Sports

MS Cross Country (Boys)
MS Cross Country (Girls)
MS Football (Boys)
MS Football Cheer
MS Tennis (Boys)
MS Tennis (Girls)
MS Volleyball (Girls)

Winter Sports

MS Basketball (Boys)
MS Basketball (Girls)
MS Basketball Cheer
MS Swimming (Boys)
MS Swimming (Girls)

Spring Sports

MS Baseball (Boys)
MS Golf (Co-Ed)
MS Soccer (Boys)
MS Soccer (Girls)
MS Track and Field (Boys)
MS Track and Field (Girls)

MIDDLE SCHOOL STUDENT-ATHLETE PARTICIPATION

FIFTH GRADE PARTICIPATION

Due to safety concerns, facility limitations, and certain league policies, fifth grade students may only participate in cheer, cross country, and track. FA participates in several local cross country and track meets that do not allow fifth graders to participate due to grade-level restrictions.

In order to provide fifth graders with an on-campus athletic experience, the fifth grade Physical Education course utilizes a Sports Exploration curriculum. Students will spend time in units that are based on the sports that FA offers beginning in the sixth grade. Intramural games will be embedded in each unit so that the students have opportunities for both skill development and competition. The Athletic staff will also offer occasional clinics in an effort to continue introducing FA athletic offerings to our younger Middle School students.

There may be rare occasions when a Middle School team has low participation numbers from students in grades 6-8. If the ability to field a team is threatened, the Athletic Director and Middle School Director have the right to determine that fifth graders are allowed to participate in the sport. If this decision is made, the Athletic Director and Middle School Director will work with the necessary coaches to ensure proper communication is shared with fifth grade students and families about participation.

EIGHTH GRADE PARTICIPATION ON HIGH SCHOOL VARSITY TEAMS

Eighth graders, in accordance with GIAA interscholastic guidelines, are eligible to play sports (except football) at the Varsity level. There are two avenues for eighth grade participation in a varsity sport:

A Varsity coach can choose to offer all interested eighth graders the opportunity to participate in an evaluation period at the beginning of the varsity season. The Varsity coach will use this time to decide if the student and the varsity team are best served by moving the student up to a higher level of competition. The Varsity coach will then consult with the Athletic Director and Middle School Director (to ensure good academic standing and academic readiness) to discuss any potential students who merit this consideration. The Varsity coach, Athletic Director, and Middle School Director will also discuss the potential negative impact on the Middle School program of moving up. If a student is in good academic standing and also perceived to be significantly contributing member of the

Varsity team, they will be eligible to move up.

No eighth grader may play both Middle School and Varsity in the same season. If a student is eligible to move to Varsity and accepts that invitation, that student forfeits the ability to play on the Middle School team with classmates.

A varsity team may have a low number of participants, thus requiring opening up the roster, either temporarily or permanently, to eighth grade students. The low number may be due to the result of low enrollment, a lack of interest, an injury to a current player or players, or because of a scheduling conflict with another Varsity sport currently in season that will be resolved at the conclusion of that sport's season. The varsity coach will consult with the Athletic Director and Middle School Director (to ensure good academic standing and academic readiness) to discuss any potential students who can help the Varsity team.

PRE-PARTICIPATION PHYSICAL EVALUATIONS

All student-athletes must have a current Pre-Participation Physical Evaluation (PPE) in order to participate in practice or games. Those forms must be on file with the athletic trainer and the school nurse.

DAILY ATTENDANCE

A student must be in attendance at least half of the school day to be eligible to participate in after school extracurricular activities, including athletics. A student who leaves school early due to illness will not be allowed to participate after school.

ATTENDANCE AT PRACTICE

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 who attend Tutorials may arrive late to practice if they provide a signed Tutorial Pass to the Head Coach.

SPORTSMANSHIP

Student-athletes are expected to treat all facilities, coaches, officials, team members, opposing teams, and fans with respect. Profanity, degrading remarks, intimidating actions, or other such negative 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 Middle School Student Handbook are in effect for extracurricular activities, school-sponsored trips, and interscholastic competitions.

CROSS-OVER PARTICIPATION

A student-athlete cannot participate in two team sports in the same season. However, in some seasons there may be a few weeks where two sports overlap as one sport is close to being finished and another sport is beginning practices. In that case a student in a current sport must fulfill their practice and competition obligations.

Students who are currently participating in a specific sport can only participate in workouts of another sport in the two-week practice window of the next sport, as long as it's not interfering with their current sport and if approved by the coaches of both sports and Athletic Director.

Cross-over team sports mainly include football-baseball & basketball-soccer-baseball.

UNIFORMS AND EQUIPMENT

A student cannot begin participation in another sport until all uniforms and equipment have been turned into the coach.

GRACE PERIOD

In recognition that young athletes may not be certain they want to participate in a sport, FA offers a two-week grace period. A student-athlete will have a two-week period in which to decide to fully commit to the team. After that time, if he/she decides to withdraw from the sport, the student-athlete may not join another team until the current sport has completed their season. This policy is in place so that athletes don't leave a team in a bind to join another team.

STARTING DATES FOR SPORT SEASONS

Middle School teams cannot start practicing until two weeks prior to the first contest of that specific sport. This includes all student-athletes who are not in a current sport. Individuals that are not in any current sport can work out with coaches as individuals, but not in team practice until the two-week period begins.

SUMMER PRACTICES

A student who is participating in multiple sport workouts in the summer such as football and travel sports programs can participate in all programs up to the first day of school. Once he/

she has committed to a fall sport and have begun practices with their current team, they must wait to have participation in any team practices with their other team once that team is in the two-week window of practice. The student's obligation is to the team they currently are in unless they leave the team in the first two weeks of that sport.

CONDUCT AND SUBSTANCE ABUSE POLICY

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.

Frederica Academy's 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."

PARENTAL SUPPORT

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 the day of 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.