



ST PAUL'S  
SCHOOL FOR GIRLS

2025-2026

# GATOR ATHLETIC HANDBOOK

FOR PARENTS AND STUDENTS

- ✓ Mission Driven and Education Based
- ✓ TEAM Oriented
- ✓ Promotes Lifelong Fitness
- ✓ Develops Competitive Athletes
- ✓ Fun



# GATOR ATHLETICS

This handbook is provided to clarify important information regarding athletic participation at St. Paul's School for Girls. The most updated version can be found on the St. Paul's On-Line Parent Resource Center. Updates are made as needed throughout the school year. Every possible situation or question that may arise regarding athletics cannot be covered in this handbook; therefore, any situation not clarified, or stated in the handbook, or situations with unusual circumstances, will be left to the discretion of the Athletic Director. Some situations may be handled on an individual basis. Coaches may also have team rules that extend beyond athletic department rules. Coaches are required to follow and communicate clearly with their teams & parents about all team rules. Please do not hesitate to [contact Athletic Director Erin Howland](#).

## FALL SPORTS INFORMATION

**Athletic physical exam forms for all athletes are due by Aug. 1, 2025** via the SPSG Magnus Health System. The physical should be current for the entire athletic year: Aug. 1, 2025, through June 1, 2026. Please be sure that you plan for doctor's appointments so that valuable practice opportunities are not missed. (Those with exams currently on a different annual schedule should make the one-time schedule change as soon as possible. Inexpensive options are available at Patient First.)

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## 2025-26 START DATES (TENTATIVE)

### Fall

- Aug. 18 (Upper School)
- Sept. 8 (Middle School)

### Winter

- Nov. 3 (Upper School)
- Nov. 10 (Middle School)

### Spring

- February 17 (Upper School)
- March 2 (Middle School)



# GENERAL ATHLETIC EXPECTATIONS

## “THE GATOR WAY”

It is a privilege to be a member of a St. Paul's School for Girls athletic team. As members of the SPSG community, student athletes must respect community policies and rules. SPSG student athletes are expected to make their academic work a priority and make choices that will maximize their health, athletic performance and team's success. As a member of a team, athletes are expected to demonstrate dedication, sportsmanship, commitment, respect, and integrity. We encourage athletes to participate in multiple sports and the athletic department strives to provide the broadest based participation as possible. Every team is treated fairly and no sport is considered more important than any other.

### The following points are critical factors for the success of the program:

1. Athletes are expected to attend all practices and games; this is the most fundamental element of team membership.
2. Athletes are expected to realize that the use of tobacco, alcohol, and other illegal substances is counterproductive to the achievement of good health and the realization of full athletic potential. The use of such substances demonstrates a disregard of one's own body as well as disregard for one's teammates. Suspension or dismissal from the team may result from such choices.
3. Team membership requires a great deal of time and effort on the part of the student and on the part of the family. This requires making choices that will enable a student athlete's and team's success. A discussion between parents and students regarding priorities, academic requirements and weekly planning can be extremely helpful. Participating on a SPSG team does mean making choices that allow for full team membership and attendance at all team events.
4. SPSG coaches make every effort to create an enjoyable learning environment for our athletes. Displaying a positive attitude and putting forth a strong effort are key qualities for each athlete to contribute at every practice, game and team meeting. Lack of positive attitude and effort can result in suspension or dismissal from the team.
5. We expect our coaches, players, students and parents to represent SPSG in a manner, which is respectful of others both on and off the field of play. SPSG is proud of its interscholastic athletic program and firmly believes that good sportsmanship is of the utmost importance. Parents play a key role in always demonstrating appropriate behavior, including supporting the coaches, officials, and our opponents. All circumstances require that we send the correct message about the educational value of sports. Parents are expected to be role models for sportsmanship and respect.



# STUDENT-ATHLETE EXPECTATIONS

## Athletes are expected to attend all practices

Fall preseason practices begin prior to the start of school. Some teams may also require practices and/or games over winter break, spring break, and weekends. Please do not plan other activities or appointments that could potentially conflict. Coaches reserve the need to adjust practices due to weather, level of team, and fitness of the athletes. Your cooperation and effort are appreciated. Success begins with commitment from the athletes, parents and coaches. Thank you in advance for your support and communication.

## General daily practice & competition participation:

- Athletes should not be on cell phones at any time during practices or competitions
- No jewelry is allowed during practices or competitions -hair must be properly tied back
- Girls need to wear athletic undergarments appropriate for athletic activities
- Appropriate clothing for extreme temperatures (hot or cold), including gloves, hats, etc.
- Good training shoes & specific shoes for the sport are important
- Use of sunscreen is recommended for outdoor sports
- Students should bring with them all necessary equipment and a water bottle

## Costs associated with athletics participation

Required equipment such as racquets (tennis, squash, badminton), sticks (hockey, lacrosse), clubs (golf), mouth guards, goggles (hockey, lacrosse, swimming, squash), swimsuits, cleats, running shoes/spikes, sliding sleeves, running safety vests (cross country/track) are the responsibility of each participant.

St. Paul's School for Girls provides uniforms that can be re-issued to other students. These types of uniforms include jerseys, shorts, warm up jackets, kilts, etc. Uniforms considered personal are not shared among athletes and must be purchased by the individual student athlete. These types of uniforms include bathing suits, volleyball, and running shorts, tennis skirts, socks, etc. Teams may decide to purchase team identity wear such as warm-up shirts, sweatshirts or jackets during the season. All School issued uniforms, equipment, travel bags, warmups, etc. are due at a designated time per each coach within one week of the season's end. For all uniforms and equipment owed the school, detention may be assigned, or replacement charges may occur.

## Uniforms

Athletes must wear the team uniform issued to team members and meet the team expectations of personal items (socks, swimsuit/cap). Substituting uniform pieces is not acceptable. Athletes are required to wear the practice attire as set forth by the athletic department to help build team spirit and pride. When representing St. Paul's School for Girls and the Athletic program, all athletes and coaches should be dressed appropriately. Guidelines include but are not limited to sports bras must be covered with a shirt, no midriff exposed, and reasonable length shorts.



# CRITERIA FOR ATHLETE EVALUATIONS

## QUALITIES EXPECTED OF ATHLETES FOR TEAM MEMBERSHIP

### Attitude

- Displays positive attitude, positive energy and enthusiasm
- Looks forward to practices, games and team functions
- Looks for the good in teammates and coaches, focusing on the positive.
- Displays good sportsmanship under all circumstances-respect for opponents, officials, coaches, parents, bus drivers, and administrators

### Effort

- Trying your hardest, giving your best effort—showing intensity in all practices/games
- Listening to and applying constructive criticism, feedback, and suggestions from coaches
- Creating team camaraderie, positive team energy, and collaboration
- On-time and present at all practices

### Fitness

- A satisfactory level of conditioning for preseason and throughout the season
- The ability to execute drills and skills with intensity
- The ability to demonstrate hustle and effort at all practices and games

### Specific Skills for the Sport

- Including overall athletic ability and mental toughness



## SELECTION OF TEAMS

While our goal is to promote the greatest athletic participation possible at SPSG, it may be necessary to in some sports to cut a squad. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors. In addition, being able to provide a positive and meaningful experience for all athlete is taken into consideration.

### **There are no guarantees**

It is also important to remember that there are no guarantees. Players from the previous years' JV team, for example, do not automatically make either a JV or a varsity squad the following year. Having been a member of a team during the previous year or even being a senior does not ensure that an athlete will make the squad.

### **Fair selection**

Parents should expect that every student athlete is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible and will be available to answer athletes' questions.

### **Not making a team**

Any student not earning a place on the team should consult with the athletic director about opportunities on other in-season athletic teams. The athletic director will work with the student-athlete and the coach to help facilitate a spot on a team that has openings.

### **The coaching staff in each sport conducts team selections**

A thorough evaluation is conducted during the first several practices. Coaches are expected to keep daily notes on each athlete and to evaluate each athlete for attitude, effort, fitness and skill. The coaching staff reviews each athlete and works diligently to put together the best team situation.

### **Questions about selections should be addressed with the Director of Athletics**

Please do not contact the Middle School Head or the Upper School Head with questions; they do not have any information regarding the selection process or the selection of teams. Once teams are selected, athletes are expected to fulfill their commitment for the season based on the roster spot they have been offered. Changing to another team once selections have been made is prohibited. Changing teams any time after sign ups and before selections is handled on a case-by-case basis.



# COMMITMENT

Each practice and game provides an opportunity for fitness, skill development, building team chemistry and leadership growth. Every athlete's daily attendance is valued and necessary for the individual and the team to reach their potential. As students are constantly faced with choices and decisions, we see a small number of athletes who make choices inconsistent with a **“TEAM”** philosophy. An unexcused absence from a practice or game is considered unacceptable. We ask students and parents to communicate with our coaches regarding any issues.

## The following consequences are in place for these situations:

- **An unexcused absence** from a practice, game or team meeting, can result in loss of playing time or suspension from the team for up to one week at the discretion of the coach. The athlete may apologize to her teammates and meet with her coach regarding further consequences and upcoming game play. Captains with an unexcused absence may be asked to step down as captain for an indefinite period or may be asked to step down for the remainder of the season.
- **A second unexcused absence** could result in athlete's suspension from the team. The athlete will meet with the coach and the athletic director to determine future participation. Captains may be asked to step down for the remainder of the season.

**“Unexcused absences”** include, but are not limited to social events, dances, concerts, long weekends, routine doctor/dentist appointments, attendance at school but not at practice, etc. Specific reminders/clarifications include:

- **College visits should be planned on your own time** – NOT team time. Athletes need to plan months ahead of time, using summer, Christmas break, spring break, free weekends, and school designated visit days. Visits need to be cleared with the coach before plans are made if a team function could be affected.
- Athletes cannot miss team events for participation in **school dance groups or programs**. Students may not participate in both Intertia and on an athletic team in the same season.
- **Tests such as SAT/ACT** are scheduled months in advance and girls need to plan accordingly to prepare. Girls are not excused from practices or games to study or rest in preparation for these types of tests.
- Girls may not miss a game or practice for any **social event**.
- **Students arriving to school later than 10 a.m.** may not participate in athletic practice or games that day. Please communicate with the upper or middle school office and athletic department for any extenuating circumstances. Without prior communication, the rule will be enforced.



# COMMITMENT

## Excused absences

Excused absences include, but are not limited to family emergencies, religious commitments, illness, emergency doctor's appointments, school-approved trips. Athletes should discuss any extenuating circumstance with their coach.

**It will be the coach's discretion to start a student who misses practice the day before the game** (excused or unexcused). In some cases, individual sports may be handled differently. A specialty position in a team sport, i.e.: goalkeeper, pitcher, catcher, which cannot be played safely by another team member may also be handled differently.

**An athlete with a significant number of absences or long-term absences** due to class conflicts (or other excused absences) or injuries will require a meeting with coach, parents, student and athletic director to determine whether the student can be a bona fide member of the team. Once a student misses four or more practices and/or competitions, regardless of reason, the validity of team membership comes into question and continuation of team membership is discussed with the coach and athletic director. **Athletes with significant or chronic lateness to school for the academic day may** jeopardize their athletic participation.

## Travel/Club Sports Conflicts:

It is strongly encouraged that athletes make a commitment to their high school teams. Missing St. Paul's School for Girls competitions/games to try out/play/practice/compete with their club teams will result in loss of playing time and could jeopardize a student's position on the team. Generally, athletes may not miss any SPSG practices; however, each situation will be handled on a case-by-case basis. Individual sports may be handled differently from team sports. An athlete being actively recruited by a college coach, or playing at a regional or national level may be handled differently as well.

## Off-Season Training

Off-season training is strongly encouraged at all levels in all sports. Participation in camps, clinics, and functional training facilities can enhance the strength, fitness and skill level of every athlete. SPSG coaches may conduct out of season clinics or practices for up to three hours per week at a non-conflicting in season practice time. Coaches have specific guidelines and a Code of Conduct, which is stated in the IAAM policies and procedures handbook. It is necessary and encouraged for most of our athletes to participate in more than one sport per academic year for the overall success of Gator athletics.



# COMMUNICATION

Communication is critical and imperative. Coaches and athletes are encouraged to create a trusting relationship based on open and honest communication. Additionally, clear communication between parents and athletes can enhance the overall athletic experience. Parents can be very helpful in guiding their daughters to communicate directly with coaches for feedback or situations that feel problematic. Parent intervention should only occur if the athlete feels unsuccessful in her attempt to communicate with a coach.

## Positive Communication:

- An athlete asking her coach what she can do to see more playing time
- An athlete asking her coach to clarify feedback from a practice or game
- An athlete asking her coach what her role is on the team
- A parent asking an athlete if she is having fun
- Parents setting up a meeting with the coach regarding personal concerns about their daughter

## Negative Communication:

- An athlete who does not communicate with the coach about concerns or ideas, but tells others instead
- Parents approaching a coach before, during or after a game or practice
- A parent asking a coach about their daughter's playing time or position
- A parent putting excessive pressure on individual performance vs team play
- A parent talking negatively at home about another player on the team or the coach

## Concerns:

Should problems arise during the season in which your daughter has chosen to participate, please communicate first with your daughter. It is important that students, coaches, parents and administrators follow the steps below to work toward resolution:

### Step One: Athlete to Coach

- If unresolved, Athlete to Athletic Director
- If unresolved, Meeting with athlete, coach and parent
- If unresolved, Parent, Coach and Athletic Director
- If unresolved, Parent, Coach, Athletic Director and Division Head

By the time a student is at the varsity level, parent involvement should be minimal. Varsity level athletics requires maturity, accountability and responsibility on the part of the student athlete.

*We look forward to your support during seasons in which your daughter participates.*



## DROP-OFF AND PICK-UP FOR PRACTICES AND CONTESTS

Parents, please help your daughter learn the lifelong lesson of timeliness. Always arrive early for team functions. Return times for games are approximate and can vary up to an hour from the printed schedule time (game, match, meet lengths and traffic are unpredictable factors.) Coaches will provide practice locations in advance. If your daughter is practicing on the turf, Alumni Field or Varsity Field, please pick up in the parking lot at those fields. Please **DO NOT** pick up along the road at the fields or next to the gym. Please proceed to the front of the main building if your daughter is practicing or playing in the gym. Parents and students are strongly encouraged to have a backup plan and/or meeting place in the event of a missed or late pick up.

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## CONDITIONING

It takes approximately 6-8 weeks of 4-5 days per week of training to achieve a basic level of fitness prior to the season. All athletes trying out for teams are strongly encouraged to plan an hour a day of footwork, agilities, running (including sprint work and endurance), push-ups and sit-ups before tryouts begin. Supervised strength training (recommended for athletes 14 years and older) has been proven to enhance performance, increase confidence and decrease the rate of injury. Look at a calendar and count back 6-8 weeks from your first practice. **GET MOVING!** Your coach or our trainers can give you specific training for your sport.



# INTERSCHOLASTIC SPORTS OFFERED at SPSSG

## Fall Sports

Cross Country  
Field Hockey  
Tennis (MS Clinic)  
Volleyball  
Soccer  
Cheer (US Only)

## Winter Sports

Basketball  
Squash  
Swimming (US Only)  
Indoor Track (US Only)  
Cheer (US Only)

## Spring Sports

Lacrosse  
Softball  
Golf (MS Clinic)  
Badminton (MS Clinic)  
Track & Field

Sign-ups for all levels of athletics are required for participation. Sign-up links are sent to the students' email accounts and provided in the weekly e-bulletin. **Please meet sign-up deadlines.** Varsity and JV teams practice/compete 5-6 days per week. Middle School teams generally practice/compete four days per week. The weekly schedule must be flexible due to game schedules, weather and limited number of officials. Some sports have games, meets, or practices on weekends and holidays. This is also a reminder for athletes not to fill every minute of their schedule, as we need our teams to be prepared and able to accommodate potential changes. Students who are not selected for teams should speak with the athletic director about what sport potential they may possess. Students should also consider summer camp attendance before trying out for a team. Club teams and leagues provide a great opportunity to meet new friends outside of SPSSG, gain skills and confidence in a sport, and work on fitness. Ask your coach or the athletic director for more information.

## CLINICS

Middle School students are encouraged to try different sports throughout their middle school years. SPSSG will offer clinics in tennis, badminton and golf. These offerings provide learning environments for the athletes. The clinic will be hosted two - three times a week for a six-week period. There may be exhibition matches for the students involved in the clinic but there is no obligation to compete.

## CLUB

Club sports are recognized by the Athletic Department; however financial support for the program is limited. SPSSG currently offers cheer and pickleball as a club sport. Sign-ups for club sports will be held in conjunction with interscholastic sports.



# PLAYING TIME

## Middle School

The Middle School teams are the introductory level of interscholastic competition. When there is more than one MS team for a particular sport, the teams will be separated by grade in order to facilitate a cohesive team and an appropriate schedule. Assuming that each middle school student's attendance, attitude and effort are appropriate at practices, each player should expect some playing in each game. Playing time will be as close to equal as possible over the course of the season.

## JV Playing Time

Competition and striving to win are a part of interscholastic sports. While coaches make every effort to give all JV team members playing time, it may not be equal in each game. All athletes are encouraged to make practices tougher than games and use practice as the time to show coaches their skills, fitness and competitiveness.

## Varsity Playing Time

At the Varsity level, the commitment is to field the best team possible. Each athlete's skill level is re-evaluated at the beginning of each season for team membership and is evaluated compared to the current pool of ability. Varsity selection is earned based on skill and maturity of individual players. Grade level or prior playing level do not guarantee current team assignment.

An exceptional athlete may be considered to participate on the varsity squad. The needs of the team, the competitiveness of the team, the type of sport, the position of the athlete, the physical maturity and emotional maturity of the athlete and the academic standing of the athlete are some of the factors considered with this type of decision.

\* At all levels, playing time is earned during practices, not on game day.

## Limited Team Sizes

Badminton, tennis, volleyball, basketball, golf, and squash have limitations on roster size due to facilities and the number of people required to compete. Field sports such as softball, field hockey, lacrosse, and soccer are more flexible in roster limitations. Cross Country and Indoor and Outdoor Track, and swimming may have larger rosters as well.

## IAAM Conference Tournaments

Prior to the start of the IAAM conference tournament, Varsity coaches may look to the JV team, for athletes who can contribute in practices or games, and who can gain important experience by participating with the Varsity team during this time. The Varsity coach may ask the JV player to join the Varsity team for post-season practices. This in no way affects team placement the following season.



## CAPTAINS

Middle School, JV, and Varsity: Captains are selected by coaches and teammates at each level. At the middle school level, coaches will rotate captains for each game, providing as much opportunity for each student-athlete to be in a leadership role. At the JV level, 2-3 captains will be elected for each team depending on the squad size. The team will vote for captains with the coaches oversight. At the Varsity level, student-athletes must participate in captains training to be considered for the captains role. Each student who participates in the training will be eligible for the team vote. Two – three captains will be elected depending on the squad size. The coaches will have oversight of the process.

## GOVERNING BODY

St. Paul's School for Girls is a member of the Interscholastic Athletic Association of Maryland (IAAM) [www.iaamsports.com](http://www.iaamsports.com). Our league supports the ideas of healthy athletic competition, embracing fair play and having fun. Character, integrity and respectful behavior are critical cornerstones of the league. In addition, we adhere to the Principles of Good Practice in Interscholastic Athletics for members of the National Association for Independent Schools (NAIS) [www.nais.org](http://www.nais.org).

## DIRECTIONS TO SCHOOLS

Driving directions to games can be found on the [school website](#).



# GAME COMPETITION SCHEDULES

## Events

SPSG participates in approximately 450 athletic events each year. The scheduled contests can change frequently due to unforeseen circumstances beyond our control such as weather, shortage of officials, facility conflicts, or transportation issues. The SPSSG website has the most up-to-date daily schedule of athletic events and event times.

**For inclement weather changes, we will update the website as soon as possible under athletics/news.**

## Team Schedules

Team schedules are generally arranged 6-9 months ahead of time. You may contact the athletics office if you have questions about future dates. Athlete safety and limiting early dismissals from classes are the highest priorities when considering schedules. Additionally, every effort is made to work around several school events.

## IAAM

As a member school of the IAAM, SPSSG competes against other Independent Schools and must adhere to all league rules. Those rules can be found on the IAAM website at [IAAM.com](http://IAAM.com). Varsity programs may on occasion, travel overnight to a tournament or game. Travel, meals and lodging are the responsibility of the individual athlete/family for such competition. Head coaches may encourage the extra opportunities at various levels depending on the needs of the team and whether they are deemed of value to our team or season.



## TEAM TRAVEL

Athletes are expected to conduct themselves in an appropriate and mature manner when traveling to and from games and practices in school vehicles. Noise level should be kept at regular voice level to allow the driver to concentrate and be as safe as possible. Bus clean-up should occur at the end of all trips. All belongings and debris should be removed from the bus or van, all windows should be closed, and drivers thanked. Any student behavior deemed unsafe or in poor taste may suspend the student's privilege of riding on SPSG buses.

Likewise, the match, game or practice site should always be left in similar or better condition than when we arrive. Clean-up of the field or gym court is the athlete's responsibility and should take place at the completion of the contest before leaving the site. Some varsity teams may have overnight trips within their season. Generally, only upper school varsity level athletes travel on overnight athletic trips. Overnight travel will only occur over school break.

### **Student Drivers:**

Students who drive to school may drive themselves to practices and games to other off-site facilities practice facilities including golf and swimming. A parent permission form is required to do so. Students may not transport other students other than siblings, or regular carpool members unless a parent permission form has been completed. This form can be found on the Canva athletics page.

### **Parent Release:**

It is preferred that all students travel to and from games, matches and meets with the team on the team bus. However, it is permissible for parents to drive their child home from an event. Students and parents should communicate with the coach following the conclusion of the away game and written permission is required via a coaches' sign-out sheet.



## VACATION PRACTICES/GAMES

Fall Varsity and JV level teams begin practices 2-3 weeks prior to the start of school. Please plan vacations and appointments accordingly. Some teams, especially at the Varsity level practice during Christmas break and spring break. Varsity basketball may have contests during the holiday break. Please check with your coach in advance of making other plans. Varsity spring teams may take a spring break training trip or may be asked to return a few days early during spring break to practice and/or play games. Some Varsity programs will host weekend practices or games during the season. Most teams will practice on the Monday afternoon following a long weekend when Monday is not a school day. On half days, the coach may move practice to an earlier time slot. Please check with the coach regarding any travel plans during the season in which you are participating.

## INCLEMENT WEATHER POLICY

When SPSG is closed due to weather conditions, there will not be practices or games unless there is a special clearance from the Athletic Director. On rainy days, decisions regarding outdoor practices and games will be made as soon as possible so everyone involved can be notified. When possible, decisions will be made by 2:00 p.m. The announcement will be placed on the website. Students and parents should assume practices and games are being held unless there is an official announcement made or posted. Students should check the Athletic Boards in their respective divisions for schedule changes to practices or contests. Certain weather patterns may we alter practices for extreme conditions of dangerous wind-chill temperatures as well as extreme heat and humidity. The Athletic Trainer makes the official call and will guide our coaches with these decisions.



# INJURY

Should an injury occur at practice or during a game, the student-athlete should immediately seek the help of the athletic trainer. In the event of an emergency, the trainer will contact the parents/legal guardians of the injured player. Paramedic service will be called for if the injury warrants immediate emergency attention. The parents should follow any injury (major or minor) with appropriate medical attention and communicate any findings to the trainer.

## Return-to-Play Criteria

Return to play criteria is a decision made by the student-athlete's Licensed Medical Physician (LMP), Physician's Assistant (PA), or Nurse Practitioner (NP) in the appropriate medical field of specialty for the stated injury or illness (i.e. cardiologist after cardiac arrhythmia or orthopedist after fracture) and the athletic trainer who is supervised by our Supervising Physician, Dr. Teri McCambridge.

- If a LMP, PA or NP states that the student-athlete **CANNOT** return to activity for a specified amount of time that guidance must be adhered to
- If the student-athlete has not been referred to or has no direct recommendations from a LMP, PA or NP, the Athletic Trainer will make the return to play decision. The Supervising Physician will be consulted as necessary.
- The Athletic Trainer in consultation with the Supervising Physician will review the return to play medical releases if a concern arises
- Return to Play criteria for an athlete that has sustained a concussion will be based upon the school's return to play policy and clearance by an appropriate LMP, ATC, and supervising physician if needed. No exceptions will be made. The student must have clearance from the Learning Specialist regarding the academic component before returning to play.
- The following chain of command determines if the injured athlete is not fit to return to play or the athlete's activity level be modified. Their decision must be adhered to, and the athlete must not be allowed to return to activity, or the activity must be modified to meet their specifications.
  - A licensed medical physician, physician's assistant, or nurse practitioner in the appropriate field of specialty in consultation with the Supervising Physician and/or Athletic Trainer
  - Athletic Trainer



## PARENT NOTES AND EXPECTATIONS

Parents are an integral part of athletic participation. Because of your importance in the success of the St. Paul's School for Girls Athletic Program, it is important that you know, understand and support the philosophy, goals, student/athlete expectations, required forms, interscholastic sports schedules, and uniform and equipment care and costs.

### Important highlights of this information include the following:

- Unlike the required physical education curriculum, interscholastic athletics is a program in which the student may choose to participate; team membership is a privilege that must be earned.
- The interscholastic athletic program provides opportunities for involvement by students of varying skill levels—Varsity, Junior Varsity, and Middle School.
- The interscholastic athletic program sport/team offerings may be limited by various constraints which include but are not limited to the following: The hiring of coaching personnel; the budget; the available practice times; the available practice spaces; and available opponents. The athletic program cannot support parent or student organized club teams by providing coaches, equipment, facilities, or transportation.
- It is important to be very familiar with the team schedules that are posted on the school website two months prior to the start of the season. At the start of the season, a schedule will be provided by the coach that includes practice and contest information. It is the joint responsibility of athlete and parent(s)/guardian(s) for attendance at all practices and contests.

### PARENT MEETINGS

The Athletics Orientation meeting will be Tuesday, Aug. 19 at 5:45 p.m. in the Student Commons for all student athletes and their parents. This meeting **REQUIRES** attendance for all families new to the upper school. Breakout meetings may precede or follow this meeting for all fall athletes and parents to meet with their coaches or fall coaches may elect to meet on another date. Parent and athlete meetings with team coaches for winter (held in late Nov./early Dec.) and spring sports (held in late February/early March) are scheduled at the beginning of each season. The meetings are required for parents and students' attendance is very important. This is the opportunity for clarifying expectations, sharing the season game plan and engaging parent support and involvement to promote a successful season.



## COACHING STAFF

St. Paul's School for Girls has approximately 65 coaching positions filled by more than 50 coaches. Attracting and retaining qualified coaches is a tremendous challenge.

### St. Paul's School for Girls:

- Attempts to attract the most qualified coaches in each sport
- Requires coaches' education and orientation
- Requires online Concussion Training
- Requires online Mandated Training
- Strives to provide two coaches for each team

### How do we communicate with you?

- Parent/Student Athletic Handbook, PDF most-current version is on Canva
- Parent Meetings (Kick-off meeting for all parents grades 9–12 in August, seasonal meetings with coaches)
- Parent email list/Team email lists
- Website-front page and athletics pages-announcements, events & information
- Team pages on website
- Student announcements in assemblies and Chapel
- Bulletin board postings
- Digital board announcements in division hallways
- Social Media—Instagram (@stpaulsathletics)



## ACCESS TO ATHLETIC FACILITIES

The St. Paul's Schools value student health, wellness, and access to athletics. However, unsupervised or informal use of school facilities presents a significant risk to student safety and the school community. Accidents or misuse of equipment can result in serious injury, damage to property, and liability for the school. In consultation with our insurance company and risk management advisors, The St. Paul's Schools are required to enforce the following guidelines. These are necessary for both student protection and to ensure conformance with insurance requirements for athletic programs and facilities.

### Guidelines:

- **Outdoor facilities:** Running on fields and campus is permissible, students must have their school ID present if asked.
- **Indoor facilities:** Limited use only when a staff member, coach, or approved supervisor is present.
- **Supervision:** Students may only use facilities when a staff member, coach, or approved supervisor is present. Unsupervised use of facilities is prohibited, as it represents the highest risk of injury.
- **Hours of Access:** Facilities are open during designated hours with appropriate supervision only. Any use during or off season must be approved by the head varsity coach in consultation with the Athletic Director and security team.
- **Priority of Use:** Official school practices, games, and events only.
- **Equipment & Safety:** Proper attire is required. Food, gum, and drinks other than water are not permitted. All injuries and unsafe conditions must be reported immediately.
- **Behavior:** All conduct must align with school expectations. Students are expected to respect staff, peers, and facilities at all times.
- **Consequences:** Violation of this policy may result in loss of access privileges, disciplinary action, and/or financial responsibility for damages.

