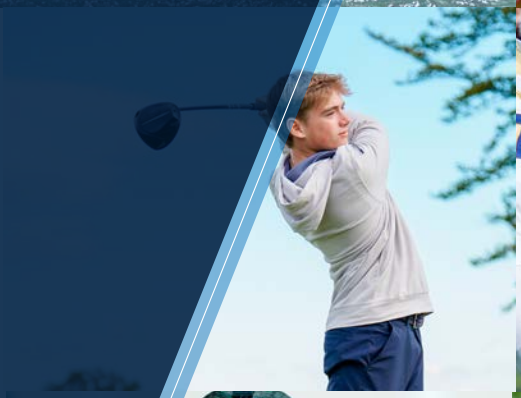
MALVERN
PREPARATORY SCHOOL
2026-2027








Athletics Handbook

FOR PARENTS & GUARDIANS






The purpose of this handbook is to provide all of the necessary information about the athletics operations at Malvern Prep. Our hope is that the communication in this handbook will answer many questions that parents/guardians often have, as well as policies related to events like senior days, end-of-season celebrations, celebratory signing days, Friar Club events, and much more. Special thanks to the athletic department staff - **Matthew Mackrides '08**, Neale Boyle and William Mills, Ph. D for their input and help in creating this handbook. As always, best of luck to your son(s) as a new year begins!



Jim Stewart Jr. '86
Head of Athletics

TABLE OF CONTENTS

Athletics Mission Statement	3
Athletic Player Contract	14
Athletics Team Schedule and Updates	8
Celebratory Signing Days	12
Club Sports vs. High School Sports	15
Communication you should expect from the Malvern Prep Athletic Department	4
Conflicts/Concerns/Chain of Command	13
End-of-Season Celebrations	13
Friar Club	10
Injuries	14
Mental Performance Coach	14
NIL (Name Image Likeness)	11-12
Overnight Trips	10
Positive Coaching Alliance	10
Post Season Awards	12
Purchases and Reimbursements	10
Requirements To Play A Sport	5
Resources	15
Senior Days	7
Skill Development and Playing Time	6
Social Media Policy	12
Sportsmanship Policy	8-9
Transportation Rules	8
Uniforms	10

Athletics Mission Statement

Malvern Prep's position as an athletic powerhouse reflects the school's all-around emphasis on team building and leadership. Whether in the classroom or on the court, our student-athletes strive together to achieve excellence, encouraging each other to become the best version of themselves.



Coaching, like parenting, is rewarding, with moments of challenge along the journey. The following guidelines will help establish healthy relationships between all of our parents/guardians and coaches and, in turn, help all of us better serve our scholar-athletes. We can't wait to see you out supporting our Friars!

Communication you should expect from the Malvern Prep Athletic Department

- Registration Information by Season (Fall - May; Winter - October; Spring - January)
- At the beginning of each season, the Athletic Player Contract must be signed by a parent/guardian and the student. The contract includes the following:
  - An overview of the athletic department's philosophy and procedures
  - Sportsmanship Expectations
  - Hazing Policy
  - Student responsibilities and expected behaviors

Other pertinent information should be reviewed and signed if necessary throughout the season.

Communication you should expect from your son's coach:

- Program Philosophy
- First practices / Tryouts - schedule and team selection procedures, if necessary
- Weekly Communication that includes the upcoming practice & contest schedule, as well as any changes or important information for the upcoming week

Students and parents are welcome to contact any of our head coaches at any time for more information about tryout dates and schedules.

General Parent/Guardian Guidelines

1. Parents may not attend practices.
2. Realize that as parents, you represent Malvern Prep at contests.
3. Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
4. Recognize that since the primary purpose of high school athletics is to promote physical, mental, moral, social, and emotional well-being, whether a team wins or loses is of secondary importance.
5. Treat visiting teams and officials as guests by offering them every courtesy.
6. Be modest in victory and gracious in defeat.
7. Respect the judgment and integrity of the officials, realizing that their decisions are based on game conditions as they observe them.
8. Please avoid gossip on platforms like TeamSnap, group text threads, etc.. It only hurts the players, program, and families!
9. Alcohol and Tailgating are never allowed at an athletic contest, regardless of where the games are played. Please represent us well in all settings.

Requirements to play a sport - Magnus Health SMR

Malvern Prep is partnered with Magnus Health SMR (Student Medical Records), which also shares with Sportsware the Sports Medicine Department's Medical Portal. Parents have access to Magnus Health SMR (Student Medical Record) early June each year. To access your account, go to *www.malvernprep.org*, click on MyMalvern (located on the bottom right of the introduction picture of the homepage) and log-in. There will be a Magnus Health tile in MyMalvern. Click on the tile to enter the portal. All required information and forms are due by July 1 each year.

Medical Requirements Before First Day of Practice:

1. Magnus Database Updated
2. Current Physical and Immunization Form to be uploaded into Magnus Health
3. Awareness of Risk/Medical Release Form electronically signed
4. Concussion and Cardiac Awareness of Risk Form electronically signed
5. Concussion Vital Signs Baseline Testing: Instruction Letter, *Click Here*
6. Over-the-counter Medication Form electronically signed

**Blank physical form: *Click Here*. In addition, a blank physical form is also located at the Magnus Health Tile.





Skill Development and Playing Time

At all Middle School and Upper School levels, our athletic mission is at the forefront of each team's goals. The following information describes our policies regarding playing time and skill development as they relate to the level of play:

Middle School Philosophy:

- To keep the game fun, learn a new sport, and develop skills, all team members participate in every game provided they attend all practices and follow team expectations.

Upper School Philosophy:

9th Grade

- Keeping the game fun
- Skill Development
- Understanding program tactics (style of play, drills, set plays)
- More focus on participation in games contests, provided they are attending all practices and following team expectations, by all team members, than junior varsity or varsity levels

JV

- Keeping the game fun
- Polishing skills, more focus on winning via execution of tactics to prepare for the varsity level

Varsity

- Keeping the game fun
- Winning is a priority, but not at all costs.
- Continued polishing of skills



Team Selection

Depending on the amount of students registered for a particular sport, squad reduction may be necessary. Coaches are required to hold a fair tryout for 2-3 days. Student-athletes are required to attend all tryouts in order to be considered for the team. If a student-athlete is injured, he is required to inform the head coach and seek treatment from the athletic trainer. Reporting an injury after team selection does not prompt a coach to rethink his or her decision on team selection. Roster size is at the discretion of the head coach.

Student-athletes that are not selected for a team are encouraged to try another sport in the same season as well as explore other extracurricular opportunities.

Senior Days

Malvern Prep appreciates the time and effort that student-athletes and their families devote to their sports program(s). Senior Days are opportunities for school leadership and the athletic department to recognize student-athletes and their parents for their dedication and commitment to their sport(s).

Playing time or entering the game as a starter on Senior Day is at the head coach's discretion. The game is always a priority as the team goals are more important than any individual. Senior Day ceremonies proceed as follows:

- Malvern Prep provides flowers for each recognized senior.
- Ceremony includes an introduction of players and their parents/families by their head coach or representative. Malvern Prep will provide a photographer to take the pictures and archive them on our school website.

Anything additional to the above must be cleared in advance with the athletic office (posters, balloons, other celebratory items). Costs for anything additional may be covered by the particular program's Friar Club account if funds are available. Otherwise, parents will cover the costs for anything additional.

Transportation Rules

In most situations for away contests, Malvern Prep provides bus or van transportation. All students are required to take the bus to an away game, unless permission is granted by the coach OR a parent requests an exception due to an extenuating circumstance (doctor's appointments, no ride home, other family reasons). Students may drive themselves when exceptions are granted. In these situations, parents are required to complete the Driving Permission Form. Student carpools are strictly prohibited.

For sports that are almost always off campus for practices and contests, such as golf, ice hockey, rowing, and squash, this form must be completed by all parents of drivers.

Questions about transportation?
Contact Associate Athletic Director **Matt Mackrides '08** at *mmackrides@malvernprep.org* or 484-595-1140.

Athletic Team Schedule and Updates

All current schedules can be found at malvernprep.org/athletics.

Questions about schedules?
Contact Associate Athletic Director Matt Mackrides at *mmackrides@malvernprep.org* or 484-595-1140.

Sportsmanship Policy

All athletes, parents, coaches and friends of the Malvern Prep Community are expected to act in a manner consistent with our school mission.

The following are guidelines for acceptable and expected behavior during an athletic event:

- Applause during introduction of players, coaches and officials
- Players shaking hands with opponents who foul out while both sets of fans recognize the player's performance with applause
- Accept all decisions of officials
- Cheerleaders lead fans in positive school yells in a positive manner
- Handshakes between participants and coaches at the end of a contest, regardless of the outcome
- Treat competition as a game, not a war
- Coaches/Players search out and congratulate opposing participants or coaches



- Applause at the end of a contest for performances of all participants
- Everyone showing concern for an injured player, regardless of the team
- Always sit behind or across from our team bench

The following would be deemed as unacceptable behavior:

- Throwing anything onto the playing field or in the stands (i.e., projectiles or baby powder)
- Disrespectful or derogatory yells, chants, songs or gestures
- Booing or heckling an official's decision
- Criticizing officials in any way; displays of temper with an official's call
- Yells that antagonize opponents
- Refusing to shake hands or give recognition for good performances
- Blaming loss of game on an official, coaches or participants
- Taunting or name-calling to distract an opponent
- Use of profanity or displays of anger that draw attention away from the game
- Entering the court or playing field at any time
- Face coverings are not permitted unless for medical purposes

****Alcohol is strictly prohibited before and during all Malvern Prep athletic events and never allowed on campus. Those not complying with this policy may lose privileges to attend games or may result in the student being removed from the team.****

Friar Club



The Friar Club was established to help enhance the gameday and program experience for our student-athletes. The goal of the Friar Club is to help defray costs of uniforms, Senior Day Celebrations, post-season celebrations, large equipment purchases not covered by our operating budget, overnight trips and in some cases unique transportation needs. Note: Malvern Prep does not have booster clubs.

Uniforms

School owned uniforms are distributed at the beginning of the season shortly after team selection.

- Uniforms are to be returned to the Athletic Department on uniform collection day at the end of the season. These dates are coordinated by the Associate Director of Athletics.
- Those who do not return their uniforms will be sent an invoice in order to pay for a replacement.

Overnight Trips

When teams travel to contests or tournaments that require overnight stays, the Compliance Officer will provide the head coach or chaperone with permission forms that must be signed by parents/guardians in advance of the trip. Coaches will also provide a detailed itinerary to all families prior to the trip. All forms must be signed in advance of the trip. Whenever trips require domestic or international flights, all parents/guardians must have their permission forms notarized in advance of the trip. Please follow all guidelines and due dates to ensure efficient planning.

Purchases and Reimbursements

Any parent lead for an athletic team will communicate anticipated purchases to the Head of Athletics prior to the purchase. In most cases, the Business Office can pay for needs in advance. When the Business Office can not cover the expense in advance, parents may purchase items and present a receipt to the athletic department. All reimbursement requests are sent to the Head of Athletics and processed by the business office. Each varsity head coach has a credit card for their program to pay for Friar Club expenses. Using this method of payment is preferred.

NIL (Name Image Likeness)

On December 7, 2022, the PIAA passed an amendment allowing for NIL deals for high school athletes. This proposal would allow student-athletes to obtain commercial endorsements and earn money from promotional activities, including a social media presence.

If a student-athlete has been contacted for an NIL sponsorship deal, we ask that the family please share that information with the Head of Athletics. While neither Malvern Prep employees nor anyone affiliated with the school may arrange for NIL deals or pay players, we do have processes in place that will help educate families about this process and best support our student-athletes.

Rules regarding the amendment under consideration include:

Students may receive Consideration for the use of their own name, image, and likeness (NIL). Such permissible activities include commercial endorsements, promotional activities, social media presence, product or service advertisements, and unique digital items/assets. NIL contracts/ agreements need to come from analysis of the value an athlete brings for providing a specific service/activity, not as an incentive for enrollment decisions or membership on a team. No school or anyone employed by or affiliated with a member school, including booster clubs, coaches, collectives, administrators, and alumni, may solicit, arrange, negotiate or pay for a student's, other than their own child, use of their NIL and/or the provision of Consideration to a student for the use of their NIL. In engaging in NIL activities, students may not make any reference to PIAA or a PIAA member school (including the school and/or team name, nicknames, terms by which a school



or team is commonly referred or identified, logo) and may not wear school uniforms or school-identifying apparel or items). Students may not endorse or promote any third-party entities, goods, or services during team/school activities. Students may not wear the apparel or display the logo, insignia, or identifying mark of an NIL partner during any team/school athletic activities unless it is part of the standard school uniform for that sport. Students may not engage in any NIL activities involving, displaying or endorsing the following categories of products and services:

1. Adult entertainment products and services;
2. Alcohol products;
3. Casinos and gambling, including sports betting, the lottery, and betting in connection with video games, on-line games and mobile devices;
4. Tobacco and electronic smoking products and devices;
5. Opioids and prescription pharmaceuticals;
6. Controlled dangerous substances;
7. Weapons, firearms and ammunition.

Students must notify the Principal/Head of Athletics if entering into any type of NIL contracts/agreements within 72 hours after entering into the agreement.

Social Media Policy

The Marketing & Communications team, in conjunction with the Athletic Office, oversees all social media accounts. No parent or student may create a social media account for any sport without the consent of the Athletics or Marketing & Communications teams. Any unauthorized social account will be reported. A coach must moderate any account that is created, and all passwords must be shared with the Head of Athletics and the Executive Director of Marketing & Communications.

Celebratory Signing Days

Celebratory Signing Days are scheduled throughout the school year depending on whether or not the signee is required to sign a National Letter of Intent by his designated college/university. The Athletic department, in coordination with the Counseling Office, works together in order to confirm that the student-athlete has been accepted to the school where he has verbally committed. Signings may not occur prior to acceptance to a college or university. We welcome the families of signees to attend their respective ceremony as well as friends and teammates. Celebratory Signing Days are coordinated by Assistant Athletic Director, Neale Boyle (*nboyle@malvernprep.org*).

Post Season Awards

Head coaches of each program may present team awards at the end of a season or at a post season celebration. The criteria for any awards are at the discretion of the head coach. Varsity, JV, and Participatory Letters/Certificate standards are at the discretion of each head coach.

End of Season Celebrations

For athletic programs that wish to have end of season celebrations or banquets, all coordination must occur with the Head of Athletics and head coach of the respective program. ***The administration respectfully asks that celebrations do not occur on weekends***. Budgets for these events vary from sport to sport depending on the balance in their Friar Club account. If the budget allows, funds from the Friar Club may be able to supplement the total cost. If not, the cost will be built into the fee to attend the celebration. A reminder that Malvern Prep provides a certificate, varsity letter and pin if earned as well as any special awards that coaches choose to include.
A common tradition is to provide gifts for graduating seniors. The costs for senior gifts can be supplemented by the Friar Club depending on the funds in the respective account. Otherwise, the costs will be covered by parents. All payments for end of season celebrations are arranged through the athletic department. We will work with our marketing department to create electronic pay links for these events.

Conflicts, Concerns/Chain of Command

If a student-athlete has an issue to discuss with a coach, he should schedule a time to discuss it. Our philosophy is that the student should initiate these conversations as part of the educational experience. If parents feel that they need to advocate for their sons, please be aware of our policies and framework for these conversations. Always wait 24 hours after the situation occurs. Calm conversations are always more constructive.

Appropriate concerns to discuss with coaches:

During the season

- Offering to help as a parent lead or event planning (fundraising, end-of-season celebrations)
- Notifying the coach and the head athletic trainer if your son is sick, has a medical appointment, or has a family emergency

Post Season

- Advice on how to help your son improve
- Concerns about your son's behavior or academic progress
- Questions related to out-of-season opportunities and the college process

Concerns not appropriate to discuss with coaches:

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Conflict Resolution

Situations may require a conference between the coach and the parent. When these conferences are necessary, please follow the procedure below to help produce a resolution that everyone is satisfied with.

- First, have your son speak with the coach. If the issue has not been resolved, the parent should make an appointment to meet with the coach.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach.
- If the meeting with the coach did not resolve the issue, parents are always welcome to schedule an appointment with Mr. Jim Stewart, Head of Athletics.

Injuries

All injuries sustained at a Malvern Prep practice or game are communicated by the coach to our athletic training staff within 30 minutes after the practice or contest if the athletic trainer is not present.

All inquiries about injuries and physical therapy should be directed to
Dr. William Mills - *wmills@malvernprep.org* / 484-595-1144.

Mental Performance Coach

Malvern Prep recognizes the ongoing need for special attention when it comes to mental health and sports performance. The mental performance coach develops and implements the best practices and programs of sports psychology that promote resilience, focus, and confidence in team sports. Athletes will learn strategies to leverage stress and anxiety to maximize performance rather than hinder it. The coach conducts both group and individual sessions, and collaborates with coaches to integrate mental training into practice by providing support during practices and competitions. For more information, reach out to Dr. Rick Poce at *rpoce@malvernprep.org*.

Athletic Player Contract

Parents and Student Athletics will receive the Athletic Player Contract Form shortly after the season begins. This is an agreement between Malvern Prep and the Student Athletes, as well as their parents/guardian, that all school rules and policies will be followed. For multi-sport athletics, this form only needs to be completed once per year.

Club vs High School Sports

Malvern Prep recognizes that playing club or travel sports is prominent among our student-athletes. At the same time, we believe that playing a sport for your school has benefits that last a lifetime. There is nothing more meaningful than playing a sport for your school. The values in the classroom extend to the athletic field. In the age of specialization, it is important to consider the following:

- Burnout - the reason that all of us have tried sports is because it is fun. If your son has been training for one sport per year, it is important for his physical and mental health that there be scheduled breaks for him. According to *NATA*, athletic burnout can best be prevented by proper rest and time away from a sport. In the age of mental health awareness, stay tuned to the signs that your son may be experiencing burnout.
- Understanding that the club or travel team is a "pay-to-play" business. While there are very good club coaches for our students, it is important to understand that their role on the club team may be different than their Malvern Prep team. We encourage your son to accept his role on his school team and realize that this not only meets the needs of his team, but enhances his versatility.
- Student-athletes who play more than one sport are often refreshed headed into their seasons. It is also an attraction for college coaches, who often find it appealing that the student-athlete plays more than one sport.

Resources

Positive Coaching Alliance

Inter-Ac League**:** Baseball, Basketball, Cross-Country, Football, Golf, Lacrosse, Swimming & Diving, Soccer, Spring Track & Field, Squash, Tennis, Water Polo, Wrestling

Atlantic Prep Athletic Conference (APAC): Ice Hockey

Malvern Prep Coaches Roundtable

PA Rugby

NIL & NCAA Transfer Portal **:** Impacts on high school student athletes

Philadelphia Scholastic Rowing Association (PSRA)

PAISAA (Pennsylvania Independent Schools Athletic Association)

The Anxious Generation by Jonathan Haidt

Follow us on our social pages:
Facebook: ***Malvern Prep Athletics***
Instagram: ***@mpfriarsathletics***
X: ***@MPFriars***



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