



STUART HALL SCHOOL

2018-2019

**Parent/Student
Athletic Handbook**

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**signed contract must be returned to coach by second day of practice*

Philosophy and Objectives

The coaching staff at Stuart Hall School is committed to the development of the total student athlete. The physical, mental, psychological, and spiritual growth of each person is conscientiously considered when planning and implementing our athletic program.

Our staff is aware of the social implications of being able to work as a member of a team. Students will be given the opportunity through extensive training, excellent facilities, and good coaching to reach their potential as they dedicate themselves to the program.

Our goals are to produce young men and women who have the capacity to be successful citizens in our highly competitive society and who have a commitment to lifelong fitness. We want students to leave Stuart Hall able to say that they were proud to have been a part of Stuart Hall Athletics.

School Athletics

1. The school ensures that physical education teachers and coaches have appropriate training and knowledge of the school's mission, philosophy, and objectives.
2. The school promotes equity in all aspects of its athletic programs, including equal access to athletics, and fair and just treatment within both the curricular and extracurricular program. Roster sizes for interscholastic sports may need to be limited as a matter of practicality. This is to insure team members receive adequate attention for training, supervision, and preparation for competitions and that adequate resources including transportation are in place to insure a quality experience. Effort will be made to fairly evaluate all candidates for teams. If a roster cannot accommodate all candidates alternatives such as inclusion as team managers or statisticians may be offered. Another possibility is participation in our intramural program.
3. The school is committed to the safety and physical and emotional health of participants in the athletic program. The school demonstrates this commitment by ensuring that appropriate safety precautions are in place for all physical education activities. Further, the school has appropriate response safeguards in place in the event that a student is injured.

4. The school educates parents about the philosophy, policies, and appropriate expectations of the athletic program.
5. The school stands firmly in opposition to performance-enhancing drugs.
6. The school and its athletic program do not tolerate any form of hazing.
7. The school ensures that students, parents, alumni, and others understand the expectations of sportsmanship, civility, and self-control at athletic practices and contests, much as those same characteristics are required within the more traditional academic environment.

Committing to a Sport/Activity

Once a student commits to a team by signing the Student Athlete Contract, the expectation is the student will fulfill their commitment for the entire season. If a student wishes to quit a team during the season, the student is to discuss the matter with their parents, speak with the coach, report their decision to the Athletic Director, and check in any issued equipment.

Any student quitting a sport or activity may not participate in another sport or activity during the same season unless the coaches or sponsors, the Athletic Director, and appropriate administrator grant approval to do so.

Any student quitting a team or activity may not return to that team or activity during that season without the approval of the coach or sponsor, appropriate administrator, and for sports, the athletic director. Conditions may apply.

Sports Offered *(subject to revision and dependent on sufficient interest level)*

Fall: Varsity Boys Soccer, Varsity Girls Volleyball, Varsity Coed Cross Country, Middle School Boys Soccer, Middle School Girls Volleyball, Middle School Coed Cross Country

Winter: Varsity Boys Basketball, Varsity Girls Basketball, Middle School Boys Basketball, Middle School Girls Basketball, Varsity Cheerleading

Spring: Varsity Girls Soccer, Varsity Coed Golf, Middle School Girls Soccer, Middle School Coed Golf, Coed Tennis and Tennis Club, Coed Track

Athletic Affiliations

Stuart Hall School is a member the Virginia Association of Christian Athletics (VACA) and Virginia Independent School Athletic Association (VISAA). These conferences provide competition in soccer, volleyball, basketball, cross country, tennis and golf. There are typically end-of-season tournaments for sports sanctioned by the conferences.

School Colors and Mascot

Stuart Hall's school colors are red and white. Our mascot is the Dragon.

Finances and Uniforms

1. Admission to regular season athletic events at Stuart Hall is \$5 for adults and \$3 for students. Stuart Hall students, faculty, staff, and all preschoolers will be admitted free. There will be a charge for all end-of-season tournaments per VACA and VISAA Conference bylaws.
2. The Athletic Department will bear the expense for items such as basic uniforms, equipment, and transportation. Exceptions may include footwear, socks, shorts, and some personal equipment such as knee pads, shin guards, golf clubs, etc. Student athletes are expected to wear the uniforms they are issued to insure compliance with NFHS, VACA and VISAA guidelines and to maintain the best team appearance. There will be a charge for all uniforms and equipment not returned at the end of the season.

STU Athletic Boosters Club

Stuart Hall Boosters Club has two levels of yearly membership. The cost for tier 1 family membership is \$50 and the cost for tier 2 family membership is \$100. Families of day student athletes and area boarding student athletes are expected to become Tier 1 members unless extenuating circumstances do not allow it. For Tier 1 membership an adult family member will work at least 2 athletic events per sport season their child participates in. The events worked may be in a sport other than the one your child participates in. Tier 2 membership is for those who wish to become members of the STU Athletic Boosters Club but due to extenuating circumstances are unable to commit to volunteering. Participation is still expected such as donations of supplies for concessions or help with other special projects.

Membership benefits include: free admission of your immediate family members to all home regular season athletic events and voting privileges at boosters meetings which take place every other month.

Guidelines for Structuring of Teams

It is the goal of our program to place students on teams that will provide them with the best environment in which to develop emotionally, socially, and physically. The following division guidelines represent a general rule of thumb.

Middle School- Grades 5-8

Varsity- Grades 9-12

The makeup of each team will be determined by the head coaches with input and approval by the Athletic Director. Exceptions to these guidelines will be made only when the parents, coaches and Athletic Director believe it will be in the athlete's and teams' best interests.

Fifth grade students may be able to participate on middle school athletic teams if it is determined there is room available on rosters without limiting or displacing middle school participants. In order to be considered a candidate must be ten years of age by September 30th of the school year in which they wish to participate. If roster space is available the process will include a three to five day trial period of practices followed by a meeting of the parents with the coach of the sport to determine the student's readiness for inclusion in the program. The final decision will be made by the coach and athletic director. If included on a team parents will be responsible for transportation and expenses related to participation and compliance with policies and procedures as stated in the athletic handbook.

Sign-ups

In order for the Athletic Director to plan (staffing, number of teams, uniforms, scheduling, etc.), there will be preliminary sign-ups before each season on a sports bulletin board. Preliminary sign-ups for fall sports will take place at the conclusion of the spring season.

Season Start Dates

Fall: August 13 (Middle school August 16) **Winter:** October 23 (Middle school October 29)

Spring: March 4

Practice and Game Attendance

1. The number of games and/or practices per week will typically be as follows:

Varsity: 5 per week *Middle School:* 4-5 per week

Ideally, most practices on school days will be held immediately after school.

However, certain situations may dictate alternate practice times. For example, during the winter, an additional practice slot may be designated to allow basketball teams adequate court time. Also, there may be the need to schedule alternate practice times to allow part-time coaches flexibility. In those situations parents are encouraged to network cooperatively to carpool.

2. **Athletes are expected to attend all practices and games except in the event of illness or a family emergency.** Routine doctor and dental appointments and conflicting activities should not be scheduled during practice and game times. If an unavoidable circumstance prevents an athlete from attending practice, the coach should be notified by the student athlete in advance or in the case of an emergency, as soon as possible. Students should not relay messages to coaches through teammates. If the coach cannot be reached, communication should be made through Athletic Director.

3. **Punctuality is important.** Players are expected to be on time for all practices and games, dressed appropriately and with the correct equipment. The coach will communicate to his/her players the consequences of being late for events.

4. If a player has an injury (sprained ankle, etc.), as soon as medically feasible he/she will be expected to attend all practices and games unless arrangements are made with the coach. Injured players should dress in game day attire (or warm-ups where appropriate) and sit on bench with team during a game.

5. Any student not in attendance at least half of the school day may not practice or participate in an athletic event without permission from the Athletic Director or appropriate administrator.
6. Students returning from athletic trips or late night games are expected to be on time for school the next day.
7. Students are discouraged from participating on other sports teams at the same time during a Stuart Hall sports season. If a student chooses to do so, he/she must give priority to the SHS team commitment over the other team.
8. Players will help the coach set up and put away equipment before being dismissed.
9. Athletes should dress for practice in the team locker rooms. Cleated and/or muddy shoes should not be worn into the school. Books and backpacks should be kept in lockers.

Playing Time

The following guidelines are suggested concerning game time for the athletes at the various team levels contingent on satisfactory practice attendance, participation, effort, and attitude as determined by the coaching staff and when necessary mediated by the Athletic Director. It should be noted that larger roster sizes may limit availability of playing time:

Middle School – minimum 20% for season

Varsity – while coaches at both levels should do all possible to reward athletes with as much playing time as possible, the coach will play to win by using his/her judgment in placing what he/she feels to be the best team in the playing arena. Much is to be learned both by those who play more and those who play less in terms of putting the interests of the team above those of self. This dynamic of playing time provides a real life experience for our athletes in this regard.

Sportsmanship Guidelines

1. Treat officials, opponents, and spectators with respect.

2. Do not boo or taunt officials, opposing players or coaches.
3. Stay off the playing field and courts during athletic contests.
4. It is also important to remember that, whether home or away, each Stuart Hall athlete is an ambassador of his/her school. As such, each will deport himself or herself in a manner that befits that role. Finally, all school rules are in effect during school-sponsored athletic contests.

Communication

1. Sports Week at a Glance (SWAAG) will have information for home and away games including departure times. This information should help students with their planning for assignments and tests. SWAAG can be found on the athletics home page.
2. Cancellation of games or practices - Unless a cancellation has been previously announced, students should come to school prepared to play or practice, regardless of the weather. An announcement about a cancelled game or practice will be made as early as possible in the school day. However, with inclement weather, the decision sometimes cannot be made until the last minute. Division Heads, the front desk, coaches and students will be notified as soon as a decision has been made. An announcement will be recorded on the Athletic Hotline which is (540)213-8775.
3. If an athlete has a concern with the coach, he/she should talk to coach and work out the issue. If it cannot be worked out, then the parent should set up a meeting with the coach to discuss the issue. If the issue cannot be resolved, please bring the concern to the Athletic Director.
4. The most effective way for a parent to address an issue is to make an appointment to speak directly with the coach. Since it is often inappropriate and counterproductive to do this after a game or during practice, a time should be set in advance that is convenient for everyone involved.

Eligibility

1. A student must remain in good academic standing per the Family Handbook.

2. Stuart Hall School will abide by VACA and VISAA conference eligibility requirements. Age guidelines are as follows:

For varsity competition, a player must be 13 years of age by September 30 of the school year in which she/he wishes to compete and may not have reached age 19 by October 1 of that school year.

For junior varsity competition (10th grade and below), a player must be 12 years of age by September 30 in the academic/school year in which she/he wishes to compete and may not have reached the age of 17 by September 30 of the academic/school year in which she/he wishes to participate.

For middle school competition (8th grade and below), a player must be 10 years of age by September 30 in the academic/school year in which she/he wishes to compete and may not have reached the age of 15 by September 30 of the academic/school year in which she/he wishes to participate.

3. It is considered a privilege for students to be able to represent their school through participation in athletic and other extra-curricular activities. However, such participation is predicated upon each student fulfilling his/her primary responsibilities in everyday school affairs and conforming to athletic department and team policies. Students who fail to consistently abide by basic school policies, respect attendance and punctuality guidelines, and maintain responsible classroom performance standards may lose their eligibility to participate in athletic and extra-curricular activities. When such concerns are raised, the division director and athletic director will consult with relevant staff in order to evaluate a student's eligibility for extra-curricular/athletic participation.

4. Students on conduct or honor probation may not represent the school in athletic competition.

Transportation

1. Students are expected to travel on school approved transportation to away games. Any alternate travel plans must be approved by athletic coaches and the athletic director in advance and will only be considered in special circumstances.

Students are encouraged to return from away games with their team but may be permitted to return with their parents if prior arrangements are made.

2. Coaches are to ensure that the team thoroughly cleans the vehicle in which they were riding upon return to school. All team members should be involved in the clean-up process. This includes picking up trash and putting up windows. No team member is to be dismissed until the coach has inspected the bus and declared it clean.

Meals

On days when away games interfere with meal times the team will stop to eat on return trips. **The student/athlete is responsible for bringing money to obtain food or packing a snack/dinner.** Athletes who are boarders will have their meals taken care of.

Awards and Recognition

1. One of the last home varsity games of each season will be designated as “senior night” and senior team members will be recognized before the contest.
2. At the end of each season there will be an athletic recognition and awards event. Each coach will give a brief recap of their season and individual award recipients will be recognized. Varsity athletes who have met the established criteria for lettering in their sport will receive letters and/or pins. Each student athlete completing a season in good standing will receive a certificate of participation.

Physicals and Required Forms

To be eligible to participate students must maintain a current physical (completed after January 1 prior to the upcoming school year) on file and approved by our school nurse. Required forms can be found on the school website and include appropriate releases and parental permission forms which are to be submitted to the Admissions office prior to participation.

Return to Participation After Injury or Illness

If a student athlete sustains an injury or develops an illness resulting in missed practice or game time, the parent must provide a signed note stating any limitations and a time frame for allowing their return to normal activities. If an injury or illness requires professional medical attention, the student athlete must be cleared for return by their healthcare provider.

Concussion Policy

On July 1, 2011, a new law applicable to Virginia Public Schools became effective, amending guidelines for policies on **concussions** in student athletes. That statute states in part that *“a concussion is a serious injury that can occur with or without loss of consciousness. Typical short term symptoms include: headache, nausea, dizziness, balance problems, vision impairment, sensitivity to light or noise, feeling sluggish or drowsy, feeling “mentally foggy”, concentration or memory problems. Long term symptoms can include depression, impaired memory, fatigue, sleep disturbances, concentration deficits and balance problems. Most athletes will recover completely within 7-10 days as long as they do not return to play prematurely. The effects of repeated concussions can be cumulative and after a concussion there is a period in which the brain is particularly vulnerable to further injury. Therefore, it is imperative that athletes report any head injury type symptoms immediately to their coach, not return to play that day, inform their parents, and be evaluated and cleared before resuming activities. That clearance should include specifics as to any limitations and a timeline for progression to full activity.”*

It is Stuart Hall’s policy that any student who has experienced a concussion, whether at school or outside of school, may not participate in school athletics until cleared in writing by an appropriate licensed health care professional. A student-athlete suspected by the coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice or game shall be removed from the activity at that time. A student-athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury shall not return to play that same day nor until evaluated by an appropriate licensed health care provider and school administration is in receipt of written clearance to return to play from such licensed health care provider.



Parent and Student Athlete Contract

I have read the athletic handbook and agree to abide by the policies and procedures as stated. I understand that participation in athletics is a privilege and I accept the responsibilities that come with team membership. I understand that failure to abide by these expectations may result in disciplinary measures such as loss of playing time, suspension or dismissal from a team.

I am aware that participation in sports comes with the risk of injury. I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

Sport _____

Student Athlete Signature: _____

Print Name: _____

Date: _____

Parent Signature: _____

Print Name: _____

Date: _____

**signed contract must be returned to coach by second day of practice*