

**WAYNE COUNTRY DAY SCHOOL
ATHLETIC HANDBOOK 2010-2011**

INTRODUCTION

This handbook provides parents and students with an overview of the Wayne Country Day School interscholastic athletic program and the philosophy, policies, procedures and rules which govern it. Questions regarding any material in this handbook, as well as questions not addressed in it, should be directed to Michael Taylor, Athletic Director. Our intent is to present parents and students with the WCDS athletic philosophy and to provide information on specific policies of the department and the responsibilities of the students who participate.

Student-athletes voluntarily make a choice which involves self-discipline. Sport participation is a privilege, not a right guaranteed to any student. Only students who comply with the rules of training and conduct are assured membership on a team.

Athletic competition plays an essential role in both physical education and school life. In providing these important experiences for its students, WCDS offers interscholastic competition with 24 teams for grades 7 through 12 to all students in good standing. Teams are entered in competition with other schools at the middle school, junior varsity and varsity levels.

We believe that participation in sports provides an opportunity for personal growth by teaching discipline, self-sacrifice and teamwork. Representing one's school is a responsibility and an arena in which to excel as well as the opportunity to belong to an extended group.

Parents can be helpful by supporting their children, the teams and the coaches. Maintaining a proper perspective means keeping in mind the myriad reasons and advantages that different students' gain from sports and competition in sports. Adults should remember children's age-appropriate behavior's and not judge student-athletes with adult standards. Each family should develop an understanding of what the child wants from sports, as not all children want the same things. It is interesting to note that according to national studies, having fun, improving skills, staying in shape and simply being part of a team are among the top reasons boys and girls play school sports, in addition to enjoying a competitive environment.

**Wayne Country Day School
Mission Statement**

Wayne Country Day School challenges and encourages its students to commit themselves to

personal excellence in preparation for college and the world beyond.

Athletic Mission

The WCDS athletic program and policies enhance the school's academic mission. Developing a well-defined work ethic in academics and athletics pays dividends now and later in life.

The athletic program is based upon the following principles:

- The goal of the WCDS athletic program is to foster athletic social, emotional, and physical maturity. Since the individual's character is built on respect of self and others, our athletes learn to accept defeat and victory in proper manner.
- The success of the athletic program is built on **commitment**, cooperation, tolerance and enthusiasm between the individual's players, coaches, administration and parents.
- Winning isn't everything, nor is it the only thing. However, striving for success and giving one's best as well as working as a team are important.
- **The highest standards of sportsmanship and fair play will be observed by players, coaches, parents and spectators. Both winning and losing should be done with class.**
- Participation and skill improvement, with an emphasis on fundamentals, are primary objectives at the JV/Middle School level. At this level, coaches play as many student-athletes as possible in each contest. However, each coach determines playing time based on his/her personal consideration of game plan, strategy, quality of competition, players' attitudes, and efforts and skills demonstrated in practice.
- At the varsity level, teams are competitive and selective. Skill level and the goal of winning the contest place a greater emphasis on playing time. Skill level and **commitment** are major factors in earning a position on a squad. Membership on a varsity team one year does not guarantee a position the next season. One must annually earn his/her position on a team.
- Because of the value of sport, as many deserving students as possible are placed on teams without compromising the integrity of the sport. If space permits, the WCDS tradition of not cutting any program participant will continue at the middle school/JV level. In following that tradition, adjustments and changes may occur with schedules, team sizes and playing opportunities. However, it is unrealistic to have a basketball team of 32 or a tennis team of 25. At the varsity level, time, space, equipment, and other factors place limitations on the most effective squad size for a particular sport. These squad size limits are listed immediately following this section.
- Members of the athletic staff should abide by the rules and regulations that govern each sport including, but not limited to the following: accepting officials' decisions, maintaining the highest standard of ethics, recognizing each participant as an individual,

conducting themselves as befits their responsibilities, developing a rapport with the school community that will improve the total school educational program, and remembering that they are **role models** to their student-athletes *at all times*.

- Coaching success will be determined not solely by the win/loss records, but by the growth of the team and individual players.
- The ultimate goal of the WCDS athletic program is to enable the athletes to mature socially, emotionally, and physically.
- Players will develop a respect for the rules of the sport, authority figures, including officials and coaches, and their opponents.

Athletic Teams

As of the 2010-2011 school year, the following sports are offered:

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Varsity Boys' Soccer	Varsity Basketball (B&G)	Varsity/JV Baseball
JV Boys' Soccer	JV Basketball (B&G)	Varsity Girls' Soccer
Varsity Volleyball	MS Basketball (Boys)	JV Girls' Soccer
JV Volleyball	Varsity Cheerleading	Varsity Softball
Varsity Girls' Tennis	Swimming (Co-ed)	Varsity Boys' Tennis
Field Hockey (Girls)		Golf (Co-ed)
Cross Country (Co-ed)		Track (Co-ed)

If the numbers for a particular sport are low, that sport may be cut for the year.

- By conference policy, JV teams are usually made up of 7th-9th graders, except JV Boys Basketball may include 10th graders.
- At the present time, guidelines concerning varsity level maximum squad sizes are in place to maintain the integrity of the sport and to recognize the competitive nature of that level. The maximum number of team members for each sport is listed:

Soccer (Boys/Girls)	22	Tennis (Boys/Girls)	10	Volleyball	15
Basketball (Boys/Girls)	15	Baseball	18	Softball	18
Golf (Co-ed)	10	Cheerleading (Co-ed)	10	Field hockey	15
Swimming (Co-ed)	24	Cross Country (Co-ed)	15	Track (Co-ed)	24

- Selection to and continued participation on a team are based on these

criteria: **commitment to the program, positive and respectful attitude, effort, concentration, cooperation, self-discipline, physical skill level and knowledge of activity, physical condition, strength, stamina, aggressiveness, speed and agility.**

Administration of the Program

The Director of Athletics administers the interscholastic athletic program at WCDS under the supervision of the Headmaster. The Director of Athletics is responsible for the direct supervision of the coaches and individual programs that comprise interscholastic athletics at WCDS as well as all daily operational procedures. The Athletic Director is responsible for the evaluation of all coaches each season.

Coaches are responsible for their respective squads. They establish and distribute, on the first day of practice for their teams, a written statement of specific rules and regulations for their team beyond the general rules which apply to all sports. If situations develop that are not covered by the handbook, then the athletic director will determine what the outcome may be. The coaches will have information that includes medical insurance numbers and emergency phone numbers in the case of an injury at practices and games.

Financial Obligation

1. A user fee of \$50 will be charged per season. The fee must be paid prior to beginning practice. This fee is given to the athletic director. The fee must be paid before the athlete receives a uniform.
2. Refunds: Requests for refunds must be made directly to the Athletic Director. If an athlete suffers a season ending injury within the first fourth of the schedule of games, a refund will be paid. If an athlete quits at anytime or is removed from the team for any school or NCISAA rule violation, no refund will be remitted.
3. Playing Time: Payment of the user fee in no way guarantees, promises, determines or influences the amount of playing time an athlete receives. Each coach will determine the amount of playing time for each athlete.

Equipment /Uniforms

All athletes are responsible for the proper care and security of issued equipment issued to them. School-furnished equipment is to be used only for contests and practices. School uniforms are to be worn only on game days and not at practice. On games day, athletes will wear what the coach has requested them to wear. Athletes are required to purchase hats, socks and other items that are not being returned for sanitary reasons. **Students must pay for any equipment and uniform lost or not returned. As a matter of policy, transcripts/report cards will not be**

issued until payment is made.

Attendance in School

In order to participate in contests, an athlete must attend at least **one-half day** of classes on the day of the contest. If an athlete is absent on Friday, he/she may not play in weekend contests. Exceptions to these guidelines, the coach will use his/her discretion to make the best decision. All decisions must be approved by and placed on file with the Athletic Director.

Release from Class/Early Dismissal

A student-athlete who misses any class due to an athletic contest is responsible for all missed work. Homework, class assignments, quizzes and tests must be made up at the convenience of the teacher and within **two days** of the missed class, unless there are extenuating circumstances. Failure to make-up missed work may result in a student-athlete being prohibited from future participation in athletic events.

WCDS Athletic Department Policies

Requirements for Participation

- A. *Physical Examination:* Any student wishing to participate in the WCDS athletic program must have a physical exam certificate within one year of the starting date of the season. This certificate must be on file in the Athletic Director's office prior to the start of practice. No student may practice without this physical. Waivers may be obtained for religious reasons. Students who are medically excused from Physical Education may not participate in the athletic program for the duration of the excuse.
- B. *Emergency Medical Information:* The information on the last page of the school's physical examination form must be filled out. This policy must be approved by the Headmaster.
- C. *Academic Eligibility:* Student-athletes must have a 75 overall GPA in the quarter immediately prior to and during participation in order to be eligible for sports and cheerleading. Students with one "F" in any final **quarter grade**, regardless of their overall average, are ineligible. In their school academic career, students may have a onetime appeal to the headmaster for reinstatement to the program. Reinstated students will outline their course of academic action to the Headmaster for his approval. If approved, the students progress will be monitored weekly by the coach, advisor, Athletic Director or Headmaster.

Inclement Weather

At the **FIRST** sight of lightning in the area, any outdoor athletic activities (practice or game) at WCDS will be suspended immediately and the athletes will seek the nearest shelter. Thirty minutes after the last sight of lightning teams may return to the fields.

Missed Practices

Training and practices are important components involved in building a team. Student-athletes are expected to attend **ALL** practices and training sessions during the particular athletic season. **Failure to fully commit to training and attending practice will result in consequences which the coach will determine and impose. These consequences can include not starting a game, being “benched” for an entire game or games or dismissal from the team.**

Travel/Transportation

All athletes must travel to and from out-of-city athletic contests in transportation provided by the athletic department **unless** previous arrangements are made by the parents in writing (note) or in person with the coach or Athletic Director. Occasionally, adults will drive private vehicles.

Training Rules and Regulations

When an athlete assumes the privilege of representing one's school through team membership, she/he accepts a responsibility to uphold the rules and regulations of the school. Thus, any student-athlete caught violating the chemical health rules of the school will be subject to the consequences outlined in the Student Handbook, and the Athletic Department will enforce the following:

- Expulsion from school is the likely result of violating the rules.
- In the event that the student-athlete is placed on probation and is allowed to continue attending WCDS, the student-athlete will lose eligibility for interscholastic events for two weeks.
- A student may be allowed to remain at practice at the discretion of the coach.
- Especially with the presence of younger children in our school and in whose eyes look like adults, being a leader and doing the right thing is important.
- **Profanity or vulgar talk will never be tolerated on or off the playing field.**

Letter Awards

Varsity letters will be awarded at the spring Sports Dessert based on the following criteria:

- A. The athlete significantly contributes to of the team and attends, unless excused by the coach, all practices and games, including post-season tournament play.
- B. The athlete, realizing that he/she is representing WCDS, conducts himself/herself accordingly.

- C. The athlete successfully completes the season:
1. An athlete dismissed from a team for academic or disciplinary reasons will not be eligible to receive a varsity letter.
 2. Injured athletes will be considered on an individual basis by the coach and Athletic Director.
 3. Equipment and uniforms are turned in or paid for.
 4. Criteria established by the coach have been achieved.
- D. A statistician or manager may be awarded a varsity letter as determined by the coach.

Additional Information

- The school does not have separate athletic insurance for student-athletes.
- By NCISAA rule, no students may participate in athletics if they have reached their 19th birthday on or before August 1st of the current year.
- Coaches will dress professionally, according to the standard practice of their sports, and at the direction of the Athletic Director

Sportsmanship

The WCDS community values good sportsmanship. Some general guidelines for all to follow are:

1. **Appreciate good play, no matter who makes it.**
2. **Show compassion for injured players.**
3. **Avoid the use of profane language.**
4. **Avoid jeering and taunting opponents. Taunting includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters. Examples of taunting include but are not limited to: “trash talk”, defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing his/her skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including “in the face” confrontation by one player to another and standing over/straddling a fallen player.**

For Parents

Communication you should expect from Athletic Director or Coaches:

1. Philosophy of the WCDS athletic program purposes and goals
2. Locations and times of all practices and contests
3. Expectations the coach has for your child and the team, including special equipment and out-of-season training
4. Procedure followed in case of injury
5. Discipline that may result in your child not playing
6. Updated web page for practice and game times and dismissal times for school.

Communication that coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concern with regard to a coach's expectations

Appropriate concerns to discuss with coaches:

1. Treatment of your child, emotionally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior and/or attitude
4. Academic support
5. College opportunities

Coaches make decisions based on what they believe to be best for the team, balancing that belief with the needs of all team members. As you have seen from the above list, certain topics can and should be discussed with a coach. Other items, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with a coach:

1. Playing time
2. Team strategy
3. Other student-athletes

How to Express a Concern

If a student or parent has a concern relative to the athletic program in general, he/she should first contact the coach of the particular sport then the Athletic Director, Michael Taylor. If he/she

wishes to pursue the matter further, he/she should contact the Headmaster, Todd Anderson.

If a student or parent has a concern relative to a specific sport/team, he/she should first contact the coach of the particular sport then the athletic director. If the issue still is not resolved he/she should next contact the Headmaster.

Conflict Resolution Process

Athletic involvement, while fun and exciting, can be very emotional and time consuming. Because of this fact, conflicts and issues between a student and his/her coach may arise. It is imperative that any conflict and/or issue be addressed immediately and as directly as possible, so it can be resolved promptly. Students and parents should use the following process as a guideline when seeking resolution to conflicts and/or issues.

Step 1: The conflict/issue should be presented as soon as possible to the coach by the athlete. If personal contact is not practical, a student may ask his/her team captain to approach the coach. If contact by the captain is not practical either, then contact may be made by the athlete's parent at an appropriate time. In order for this conversation to be as productive as possible, times to be avoided are:

- Either immediately prior to or right after a contest
- During an active practice session
- During a time when other students are present or when the discussion is readily visible to others
- When it is apparent that there is not sufficient time to allow for a complete discussion

The best solution is to set up an appointment with the coach.

Step 2: If a satisfactory resolution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If this discussion does not result in a satisfactory conclusion, a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution.

Governances

Wayne Country Day School is a member of the North Carolina Independent School Athletic Association (NCISAA) and the Coastal Plain Independent Conference (CPIC) and abides by the rules and subscribes to the guidelines set forth by each organization.

The NCISAA is a voluntary, non-profit organization of independent schools throughout the state. It endeavors to promote and administrate 49 state tournaments throughout the school year.

WCDS was a founding member of the CPIC. The conference was established for the primary

purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages that may be gained by unified effort.

The conference membership facilitates the arranging of schedules and determining league championships and automatic bids to state tournaments. The conference also enforces all NCISAA rules. Other member schools are:

- Greenfield School in Wilson
- Faith Christian in Rocky Mount
- The Oakwood School in Greenville
- The Epiphany School in New Bern

*These policies are articulated and revised by the Athletic Department of
Wayne Country Day School—June 2010.*

Fall Sport

Boys

Soccer (JV and Varsity)
Cross Country

Girls

Volleyball (JV and Varsity)
Tennis
Cross Country
Field Hockey

Winter Sports**Boys**

Basketball (Middle School, JV, and Varsity)
Swimming
Cheerleading

Girls

Basketball (JV and Varsity)
Swimming
Cheerleading

Spring Sports**Boys**

Baseball (JV and Varsity)
Tennis
Golf
Track and Field

Girls

Soccer (JV and Varsity)
Softball
Track and Field

Welcome from the Athletic Director

Athletics are an integral part of the comprehensive program at Wayne Country Day School. The independent school environment gives all students an opportunity for athletic experience. Faculty and coaches promote life-long health, fitness, and wellness.

Through team and individual sports, students develop a healthy respect for daily exercise, competition, team camaraderie, and the rewards of good sportsmanship.

All students, Middle School through Varsity, are given the opportunity to develop individual and team athletic skills that are appropriate for their age, size, and skill level. Playing time is determined upon the student's commitment to learning individual and team skills, their commitment to practice time, and work ethic. Though all players and teams are trained to become successful in their chosen sport(s), player development through game participation time is more important at the Middle School and Junior Varsity level. Today, 15 interscholastic sports teams compete during three separate seasons over the course of the school year. Approximately 90 percent of the entire student body chooses to play sports in any given year. The seasoned coaches are committed to providing an activity that suits the skill level and interest of every student.

Athletics have been a rich part of the Wayne Country Day School tradition since the early 1970's. The school has won many state championships, and have many state runner-ups in football (don't have any more), tennis, baseball, and basketball.

Wayne Country Day School is a member of the Coastal Plains Independent Conference, which offers an avenue for the school to participate in state playoff competition.

The school is also a member of the North Carolina Independent School Athletic Association, an organization that promotes and administers a variety of educationally-sound athletic programs.