

HEBREW ACADEMY (RASG) ATHLETIC POLICY MANUAL 2019 - 2020

Hebrew Academy is committed to providing athletic programs that promote and develop teamwork, ethical conduct, sportsmanship, physical skill, and competitiveness. We believe athletics should foster educational growth while providing students with meaningful learning opportunities not otherwise offered in the classroom.

All those connected with the Warrior athletic program must understand that the main purpose of sports is to benefit the students - not the school, the coaches, or the community.

PROGRAM GOALS

Our focus is on the development of basic skills, appropriate attitudes, values, and team concepts. Participation at the varsity level is generally limited to the most highly skilled players and those with the ability to play cohesively with other players for team success. The level of play assigned (Junior Varsity or Varsity) will be gauged by each coach in order to provide the most beneficial placement for each player's growth. Students are encouraged to participate in the sports for which they have interest and aptitude. This should not be limited to a single sport. However, limitations on individual participation on teams or in games may be imposed based upon:

- The skill or achievement level of the athlete
- The needs of the team
- Funding limitations
- Availability of staff
- Game + Practice Schedules
- Maintains 2.0 GPA (HS) or C average overall

ADDITIONAL GOALS

- Foster the value of participation while still emphasizing the importance of winning at the Varsity level
- Enrich student lives by providing a team atmosphere and peer-to-peer responsibility
- Have fun!

COSTS

There is a **\$150.00** mandatory one-time fee for all those who choose to participate in our athletic program. This fee is used to help offset the ever-increasing costs of running the athletic program. **An athlete may not participate in any sport until the fee has been paid.**

ELIGIBILITY REQUIREMENTS

The athletic program will strictly adhere to the rules and regulations as stated in the Student Athletic Handbook. In addition, any student who acts in a manner that the coaches, Athletic Director, or Administration deem as not upholding the standards of the Hebrew Academy is subject to temporary or permanent suspension from competition.

SPORTS PROGRAMS

FALL

Cross Country

Varsity Boys and Girls (9th - 12th Grade)

- As a result of not having a middle school Cross Country program, we will allow Middle School students to try out for high school Cross Country teams. Middle School selection is solely based on the skills of the athlete; players will be selected if the coach deems them capable of competing at the Varsity level.

Flag Football

Elementary Boys (4th - 5th Grade)

- This will be only open to 4th and 5th graders and will be **limited** to 30 players for 2 teams.

Middle School Boys (6th - 8th Grade)

- Middle School Boys Flag Football will be limited to 15 total players and will consist of only 6th through 8th graders.

Varsity Boys (9th - 12th Grade)

- Varsity Boys Flag Football is limited to 15 players and will consist of 9th through 12th graders.

Volleyball

Varsity Girls (9th - 12th Grade)

- Varsity Girls Volleyball is limited to 15 players and will consist of 9th through 12th graders

Middle School Girls (6th - 8th Grade)

- Middle School Girls Volleyball is limited to 15 players and will consist of 6th through 8th graders

WINTER

Basketball

Elementary Boys (4th - 5th Grade)

- 4th & 5th Grade Basketball will be only open to 4th and 5th graders and will be **limited** to 30 players for 2 teams.

Elementary Girls (4th - 5th Grade)

- 4th & 5th Grade Girls Basketball will be only open to 4th and 5th graders and will be **limited** to 15 players for 1 team.

6th Grade Boys

Middle School Boys and Girls (6th - 8th Grade)

Junior Varsity Boys (9th - 11th Grade)

Varsity Boys and Girls (9th - 12th Grade)

- We will allow 8th Graders to try out for High School Basketball teams and if the coach believes that player has the potential to compete at the Varsity level then he or she can be added to the team and compete in all sanctioned FHSAA games.

Soccer

Varsity Girls (9th - 12th Grade)

- As a result of not having a Middle School soccer program, we will allow Middle School students to try out for high school soccer teams. Middle School selection is solely based on the skills of the athlete; players will be selected if the coach deems them capable of competing at the Varsity level.

SPRING

Tennis

Middle School Boys and Girls (6th - 8th Grade)

- As a result of not having an elementary tennis program, 5th grade students may try out for the Middle School Tennis team. Middle School selection is solely based on the skills of the athlete; players will be selected if the coach deems them capable of competing at the Varsity level.

Varsity Boys and Girls (9th - 12th Grade)

Baseball

Middle School Boys (6th - 8th Grade)

- As a result of not having an elementary Baseball program 4th and 5th grade students may try out for the Middle School team. Middle School selection is solely based on the skills of the athlete; players will be selected if the coach deems them capable of competing at the Varsity level. Middle School Baseball will depend on interest each year and fielding a team will be decided by the Athletic Director prior to the season.

Girls Flag Football

Varsity Girls (9th - 12th Grade)

- As a result of not having a Girls Middle School Flag Football program, we will allow Middle School students to try out for our High School Flag Football team. Middle School selection is solely based on the skills of the athlete; players will be selected if the coach deems them capable of competing at the Varsity level.

Boys Volleyball

Varsity Boys (9th - 12th Grade)

- As a result of not having a Middle School Volleyball program we will allow Middle School students to try out for High School Volleyball teams. Middle School selection is solely based on the skills of the athlete; players will be selected if the coach deems them capable of competing at the Varsity level.

INFORMED CONSENT | WAIVER & RELEASE

By its very nature, athletics can put students in situations in which serious, catastrophic, and perhaps fatal accidents could occur. The risk of injury from athletic activities (including, without limitation, events/games, conditioning, and weight training) is significant, including for permanent paralysis and death. Students and parents/guardians must assess the risks involved in such participation and make their choice whether to participate in spite of those risks. No amount of instruction, precaution, equipment, personal discipline, or supervision will eliminate all risk of injury or death. Just as driving an automobile involves choice of risk; participation in athletics is inherently dangerous. The obligation of parents and students in assessing the risks and in making the choice whether to participate cannot be overstated.

You and your son/daughter agree that the student will comply with all rules and regulations and standard/customary terms for participation. If, however, the student observes any unusual or significant hazards during participation, the student will remove himself/herself from participation and bring such to the attention of the nearest official immediately.

By granting permission to your son/daughter to participate in the School's athletic program and activities, you realize these potential dangers and freely assume all such risk, both known and unknown, even if the risk arises from, without limitation, the negligence, gross negligence, joint or sole negligence, or tortious act or omission of the School, its officers, trustees, officials, agents, employees, and/or volunteers, other participants, sponsoring agencies, advertisers, and if applicable, owners and lessors of premises used to conduct the event(s) (collectively "Released Parties").

In consideration of your son/daughter being allowed to participate in any way, compete in, and/or observe any sports or athletic-related activities (including events/games, conditioning, or weight training) on and off the School's property or in connection with School events or to use any athletic equipment in any way, including but not limited to the weight room, fields, locker rooms, etc. (collectively called "The Program"), and understanding and acknowledging that the School is a non-profit, educational corporation, we, the student and the parent(s) and/or legal guardian(s) of the student, jointly and severally, and intending to legally bind ourselves, our child, and all of our respective guardians, heirs, executors, personal and legal representatives, estates, beneficiaries, administrators, successors and assigns (all of the foregoing, collectively the "Releasers"), do hereby release and discharge, waive, promise not to sue, and hold the Released Parties harmless with respect to any and all injury, disability, death, or loss or damage to person or property arising out of or connected with, directly or indirectly, the Program, whether arising from the negligence, gross negligence, joint or sole negligence, or tortious act or omission of the Released Parties, or any of them, or otherwise. This Waiver and Release does not apply to the willful misconduct of the Released Parties. The Releasers intend to hold the Released Parties harmless from all liability to the fullest extent permitted by law and voluntarily waive, to the fullest extent permitted by law, the benefits of any statute, law, rule, or common law which may limit the scope of this Waiver and Release.

The Releasers represent and warrant to the Released Parties, that (i) all of student's living parents and/or legal guardian(s), as applicable, have duly signed this Policy Manual; (ii) the student has no medical condition (physical or mental) which would or could impact on the Released Parties allowing the student to participate in The Program and that the student is physically able to participate in The Program; and (iii) the student is not taking any herbal or medicinal supplement or prescription that could impact on his or her participation in The Program.

RULES AND REGULATIONS

SPORTSMANSHIP

Hebrew Academy is currently a member of District 3A of the Florida High School Athletic Association. All members of Hebrew Academy are committed to providing a sportsmanlike environment for students, coaches, officials, and spectators.

- School staff, coaches, players, parents, and spectators are expected to demonstrate sportsmanship at all times.
- Coaches, players, and spectators will respect the integrity and judgment of sports officials.

COMING TO SCHOOL ON GAMEDAY POLICY

- All student athletes must report to school by 12:00 PM on the day of the game if they expect to play in the game that day. If a student does not report to school by 12:00 PM, they will not be allowed to play in the game that day. Any student that attempts to go around this rule will be punished by the Athletic Director at his discretion.

The following behavior is unacceptable:

- Negative comments toward the opponent
- Obscene cheers or gestures
- An act intended to disrupt the opponent (laser pointers etc.)
- Negative signs or banners
- Artificial noisemakers (whistles, air horns, bells, etc.)
- Complaints about officials' calls (verbal or gestural)

Game Ejection Policy

Any player ejected from a game/event for unsportsmanlike behavior will be disqualified from participating for a minimum of one game/event, taking effect at the next game/event. In addition, the Athletic Director will review the incident, and determine if further disciplinary action is needed. All FHSAA disciplinary guidelines will be followed.

Game Day Attire

Coaches may invoke a dress code on game days or for travel (See Student Handbook).

Practice Policy

Practices will be limited to 4 days a week max from Sunday - Thursday. There will not be practices and/or games on Fridays and there will be an occasional Saturday night game.

Playing Time

Playing time is up to the discretion of the coach. Being a member of a Warrior athletic team does not guarantee a minimum amount of playing time. Questions about playing time are inappropriate and should not be discussed with a coach. Questions about what an athlete may do to improve his or her chances of playing are appropriate and should be directed to the coach.

Cutting from Teams

All teams at Hebrew Academy are highly competitive, including the roster. While elementary sports other than Girls Basketball have a no cut policy, others have a limited number of positions available. Coaches will have individual meetings with all students who do not make the team to explain why and what they should work on if they wish to try out again the following year.

Quitting a Team

A high level of commitment is expected from our student athletes. Quitting a team may disqualify that athlete from trying out for/or participating on any other team for the remainder of the school year. This policy also applies to team members removed for disciplinary reasons.

Placing a freshman on a Varsity Team

In general, varsity teams are composed of juniors and seniors. Junior varsity teams are composed of freshman, sophomores, and juniors. In some cases, however, a freshman or sophomore may be chosen to play on a varsity team.

If a varsity coach decides a freshman would be best on the varsity team, the head coach of the program will petition the Director of Athletics for the student to “play up.”

Hazing

Hazing is prohibited. Hebrew Academy affirms the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will not be tolerated. Please see the disciplinary section for punishment.

ATHLETEPARENTCOACH COMMUNICATION

Open communication is the foundation of the relationship between coaches, athletes, and parents. Please refer to the below guidelines to help foster this communication.

Communication from Coaches

- Team philosophy
- Team and individual expectations
- Team rules - The policy on missed practice is at the discretion of the coach but if a practice is going to be missed the coach must receive notification 48 hours prior. For example, if an athlete is going to miss practice, he/she needs to give the coach at least 48 hours in advance to avoid possible suspension
- Procedures to follow when an athlete is injured or sick
- Ways to help an athlete improve

Appropriate Communication from Parents to Coaches

- Notification of any illness or injuries that will cause the athlete to miss a practice or game
- Treatment of your child, emotionally and physically
- Ways to help your child improve
- Educational efforts/ requirements impacting athletes

Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Other members of the team

Parental Procedure for Communicating Concerns

Your child is responsible to speak to their coach about any concerns. It is important to teach students to communicate with adults in a mature manner. If a request is made to speak with the Athletic Director, the first question that will be asked is if the student has spoken with the coach. If this has not been done, a meeting will not take place until a student/coach conversation has occurred.

- If you believe your child's conversation with the coach did not help reach a resolution, then you should meet with the coach directly.
- If the issue still has not been resolved, arrange an appointment with the Athletic Director. Some situations may require a conference between the coach, athlete, and parent to reach a solution.
- A parent must wait at least 24 hours after their child's game is completed to speak to a coach/AD. This helps avoid rash decisions that can easily be avoided.

Any parent that acts of inappropriate behavior toward a coach (berating, yelling, cursing, physical interaction, arguing about playing time, team strategy or any other form) will not be tolerated and will be subject to a punishment decided by the Athletic Director. Punishments could include being banned from games, banned from the gym and other suspensions for either the athlete, the parent or both. Parents should always arrange a meeting with either the coach or Athletic Director when a problem arises.

Head Injury Policy

Hebrew Academy believes that the athlete's health and safety is of paramount importance. The purpose of this statement is to help educate parents and athletes about head injuries, to define the signs and symptoms of a concussion and, finally to clarify our protocol by which we determine if and when an athlete may return to normal athletic activity. In addition to athletes and their parents, the appropriate school personnel will also be involved throughout the process.

Concussions can occur in all sports but are more prevalent in contact sports. Individuals who suffer a concussion may display the following signs and symptoms following such an incident:

- Headache
- Nausea
- Balance Problems
- Sensitivity to light/noise
- Feeling sluggish or foggy
- Concentration/memory problems

If a student demonstrates any sign or symptom of a concussion after receiving a blow to the head, the Athletic Trainer or the coach will contact the parent or guardian. The student will be removed from athletic activity for the rest of the day. The student will not be allowed to participate in athletic practices or events until he or she is determined to be symptom free by a licensed physician and goes through a step-by-step concussion protocol and exhibits no further symptoms once vigorous activity is resumed.

Should a student exhibit any sign or symptom of a concussion after he or she returns to athletic activity, he or she will be removed from all athletic activity immediately and the Athletic Trainer will contact the parent or guardian. At this time, the student will need to receive clearance from a physician to return to athletic activity. If an athlete sustains more than one concussion in a calendar year, he or she will not be allowed to return to participation in sports until evaluated by a neurologist.

2017-18 Hebrew Academy Athletics Handbook

1st Child in Family

Student-Athlete's Printed Name

Student-Athlete's Signature

Date

2nd Child in Family

Student-Athlete's Printed Name

Student-Athlete's Signature

Date

Parent/Guardian Signature

Parent/Guardian Printed Name

Parents/Guardian's Signature

Date

Parent/Guardian Signature

Parent/Guardian Printed Name

Parents/Guardian's Signature

Date

***Please return all documentation signed to the Athletic Director.**