

# Queen Anne School Athletic Handbook 2009-2010

## Philosophy of Athletics

The lessons taught by athletic participation are a vital component of the private school experience. Students are able to apply those valuable athletic experiences in the classroom and in their future lives. Family, academics, and athletics are the guiding principles of the Queen Anne School Athletic Department.

Queen Anne School strongly believes in the balance of academic excellence and athletic participation for the student body. The school encourages student participation in athletics under the guidance of competent coaches in a well-organized manner.

The Athletic Director, Administration, and coaching staff believe that the opportunity to represent Queen Anne School in athletics is a privilege. By adhering to high ethical standards we will maintain the best possible circumstances for personal growth, spirited competition, and loyal community support. Queen Anne School promotes an athletic program based on the following beliefs:

- Athletic participation helps to develop the whole person, in mind, body, and spirit, by competing with perseverance, grace in defeat, humility in victory, and exemplary conduct at all times.
- Athletic participation provides an opportunity for students to learn the value of hard work, discipline, self-sacrifice, and teamwork.
- The student athletes, coaches, parents, faculty, and spectators are representatives of Queen Anne School before, during, and after athletic contests. As such, they are expected to display respect for officials, opponents, and fans from the opposing school at all times.

## Athlete Conduct

Student athletes are bound by the disciplinary policies of Queen Anne School, as well as any additional regulations that individual coaches may establish. Athletes represent the total school community, and there is a responsibility to carry oneself at one's best in exchange for the privilege of wearing a team uniform. Personal conduct in and out of school, appearance, classroom behavior, and general attitude in athletic and social activities should always exemplify the best in Queen Anne students.

Good sportsmanship must be a focus of athletes at all times. It is the responsibility of each person associated with athletics to comply with the basic principles of Queen Anne athletics, as well as to act in the spirit of those principles. Failure to comply with these rules can result in removal from the team as well as further disciplinary action:

- Visiting teams are guests of Queen Anne School and are to be treated with respect and courtesy at all times.
- The rules of the game are to be observed by all. Absolutely no unsportsmanlike conduct will be tolerated. Any player who is ejected from a game must meet with the Athletic Director and Assistant Headmaster on the next school day. Further disciplinary measures may be taken including removal from the team.
- Fighting at an athletic event regardless of the circumstances will never be tolerated. Violators will be subject to extreme disciplinary action.

### Student Athlete Responsibilities

It is the primary responsibility of each athlete to do everything in his or her power to promote good sportsmanship and a healthy spirit at Queen Anne School.

- Athletes are to attend every practice and every game unless previously excused by the coach.
- Athletes are to develop the self-control necessary to perform at one's best in competition by avoiding poor sportsmanship, loss of temper, fighting, abusive language, and/or gestures.
- Athletes are to learn that performing to the best of one's ability is far more important than winning or losing
- All varsity athletes should realize that varsity status brings certain responsibilities. They should consult with the coach before signing up for field trips or club activities that might cause them to miss games and/or practices.
- All varsity athletes are discouraged from playing on outside, non-school teams while in season to lessen the possibility of injury, fatigue, and academic strain.

### Student/Parent Spectator Responsibilities

Attending an athletic event means that the spectator has assumed a responsibility for proper representation of Queen Anne School. The following rules are in effect for both home and away games and apply to all spectators:

- Spectators are to cheer positively and refrain from booing, abusive language, and vulgarity.
- Spectators are not to engage in any intentional display of rude behavior towards the opposing team or their coaches or fans.
- Spectators are always to regard officials' decisions as final

Any situations in violation of the above standards will result in disciplinary action. Any students involved will meet with the Assistant Headmaster. Any adults involved are expected to meet with the Headmaster.

### Academic Responsibility

The athlete's first responsibility is to his or her studies. Priority must be given to make-up tests, tutoring sessions, and other academic commitments. Athletes may not use practice as an excuse to miss a make-up test or avoid an academic responsibility. Coaches have been advised of this policy. In turn, athletes are expected to manage their time wisely and avoid academic conflicts whenever it is in their power to do so. It is the responsibility of the athlete to notify the coach if he or she will be late to practice due to academic priorities.

Participation in practices or late-ending games will not be accepted by the faculty as a reason to postpone taking a test or handing in a project. Use study halls and after school hours wisely. Queen Anne will not permit an athlete to participate in interscholastic athletics unless he or she meets the school's academic requirements as reviewed by the Academic Standing Committee and the athlete's advisor.

An important part of the Queen Anne academic experience is classroom learning. Athletes are expected to be on time to school and in class every day. Any student who is absent from school will not

participate in practices or games that day, unless given specific clearance ahead of time from both the Assistant Headmaster and the Athletic Director.

### Gym Exemptions

Any athlete that is in season for a sport may choose to apply for a gym exemption. If the exemption is accepted, the athlete's team sport commitment replaces his or her gym obligation, and during gym time the athlete is placed in either a study hall or a free period, as dictated by his or her academic standing. The athlete receives a grade for attendance, participation, effort and preparedness for sports practice as he or she would normally for gym class. Exemptions can be revoked at any time by the coach or Athletic Director. The exemption only lasts the length of the sport season, and the athlete is expected to report for gym class the day following the end of the season unless exempted for another sport. Exemption forms can be picked up from the Athletic Director and must be signed by the coach and advisor, as well as the Athletic Director. Exemptions do not apply to obligations for the health component of gym class.

### Detention

Athletes will not be excused from a school or teacher assigned detention. The athlete's behavior merited detention; it is his or her responsibility to notify the coach that he or she will absent from athletic commitments. Participation in a game is a privilege not a right, and any concerns should be addressed with the Assistant Headmaster.

### Training and Practice

In order to participate in any athletic activities, each student must have turned in his or her physical form and other necessary paperwork to Queen Anne. Exceptions cannot be made.

Athletes are strongly encouraged to make use of conditioning workouts and the Queen Anne weight and fitness rooms when supervised by coaches. It is the athlete's responsibility to maintain the best possible physical and mental condition to reach peak performance. Smoking or the use of chewing tobacco, alcohol, drugs, or steroids is a direct violation of school rules. The Assistant Headmaster will deal with infractions.

Practice times will be scheduled and announced, and attendance is expected. Practices are extremely important to the success of the team, as well as to personal development, and are generally limited to 2 hours on school days and 3 hours on weekends and school holidays. Athletes should plan personal appointments around scheduled practice times.

Since coaches are required to remain on site until all team members have been picked up, it is necessary for athletes and their parents to make transportation arrangements in advance. Habitual failure to be picked up on time may result in dismissal from the team.

For safety reasons, jewelry should not be worn while training, practicing, or participating in games. Athletes should bring appropriate clothing for workouts in various weather conditions and dry items for

after practice. Members of outdoor teams requiring cleats should bring sneakers in case practice is moved indoors—cleats may not be worn inside any campus building.

### Uniforms and Equipment

Team uniforms, warm-ups, and equipment are the property of Queen Anne School unless otherwise specified and must be treated with respect.

Uniforms should be kept clean and safe. Report any loss, theft, or damage to your coach. Uniforms are for game use only and are not for practice or street wear. Do not use any equipment or protective gear that is deemed unsafe. Lost, stolen, or intentionally damaged uniforms and/or equipment will be replaced at cost and billed to the athlete's account.

At the end of each season all uniform components and equipment must be returned in good condition by the date specified by the athletic department. No one will be issued equipment for the next season until items from the previous season are returned. Award recognition, grades, and/or diplomas may be withheld until all uniforms and equipment have been returned.

### Gym and Locker Room

No food or drink is permitted in the locker room, fitness room, or weight room. Additionally, with the exception of the bleachers on game days, no food or drink other than water is allowed in the gym at any time.

If requested, each athlete will be assigned a locker in the locker room as well as a school-issued lock. Athletes should not leave items anywhere in the locker room, gym, or field areas. Report any missing items to the coach, Athletic Director, and Dean of Students.

On certain days the locker rooms will be off limits due to home games/matches. Please be sure to remove needed items ahead of time. Also, be considerate when visiting teams use the locker rooms. Do not enter the area if doing so will cause an invasion of privacy or disruption to the other team.

### Away Games and Transportation

All of our own school rules continue to apply at away games. Athletes are guests of the host school while participating in an away game. Follow the directions of the home team about storage of items and other behavior. Athletes are encouraged to bring a lock to store all of their gear inside gym bags. Do not bring jewelry or other expensive items to away games.

The school will provide transportation for away games and scrimmages unless otherwise announced. All persons riding the bus are asked to follow these rules:

- Be on time and ready for the bus.
- Be appropriately dressed. Athletes and managers should either be in school dress code or team apparel at all times. No metals spikes or other cleats permitted on buses.
- Obey the instructions of the bus driver.

- Food and beverages are not allowed without specific approval from the coach and bus driver.

Team members and managers must ride the bus to and from games. This policy will be strictly enforced for liability reasons. Exceptions may be made only if the procedures below are followed:

- Students may be released to their own parents with parental notification of the coach. Parents may only take their own child.
- A parent must make a written request to the coach in advance to release their child to a specifically designated adult. The designated adult must present themselves to the coach and furnish identification if requested.
- If there will be permanent or long-standing car pool arrangements, written notification from all parties must be on file with the school.

### Leaving a Team

If prior to a new season an experienced athlete wants to leave a team that he or she has been a part of in previous years in order to join a different team at Queen Anne, he or she must meet with the Athletic Director before making a switch.

Occasionally an athlete may consider leaving a team mid-season. This is an important decision that affects both the athlete and his or her team, and it should not be made hastily or under emotional stress. Feelings of this nature should first be discussed privately with the coach. Athletes are also strongly advised to see the Athletic Director before making a final decision. Any athlete who quits a team without seeing the Athletic Director about the matter may be called in for a private conference.

### Activities and Ceremonies

Athletes and their parents are expected to attend a preseason meeting for each sport season. Coaches will announce dates and times.

Team pictures will be taken at no charge at some point during the season. Dates and times will be announced by the Athletic Department, and team members are expected to have the appropriate uniform to be in the photograph.

Each team will have a home contest designated as Senior Day. Team members will be honored before or after the game or at half-time. Senior parents are strongly encouraged to attend.

We will celebrate the end of each sport season with an awards ceremony. Athletes from all level teams are expected to attend, as well as family members and guests, since all athletes receive a certificate. Special awards will also be presented during the event. Dates and times will be announced ahead of time by the coaches.

2009-2010 Athletic Teams and Head Coaches

ATHLETIC DIRECTOR: Dave Montgomery

ASSISTANT ATHLETIC DIRECTOR: Ashley Smith

Fall Teams and Coaches

Varsity Cross Country: Michael Fox-Boyd

Varsity Girls' Volleyball: Vivian English

Varsity Girls' Soccer: Betsy Fischer

Varsity Boys' Soccer: Patrick Noel

MS Sports Rotation: Ashley Smith

Winter Teams and Coaches

Varsity Boys' Basketball: Dave Montgomery

JV Boys' Basketball: Luqman Kolade

Varsity Girls' Basketball: TBA

MS Boys' Basketball: Trevor McCallam

MS Girls' Basketball: Ashley Smith

Winter Track Club: Michael Fox-Boyd

Spring Teams and Coaches

Varsity Track & Field: Michael Fox-Boyd, Dave Montgomery

Varsity Baseball: Eric Conn

Varsity Softball: John Casey

MS Sports: TBA