

# Introduction

Dear Parents,

Your son/ daughter has indicated a desire to voluntarily participate in the St. Barnabas Episcopal School Athletic Program, and we appreciate your interest in this segment of our school program. St. Barnabas administration and faculty believe that participation in athletics provides many opportunities to enhance a student's spiritual, intellectual, and physical development.

The Athletic Department sets policies and procedures that uphold the mission, traditions, and standards of St. Barnabas Episcopal School. These policies need parental support which can be achieved through positive, proactive communications.

Being a member of any St. Barnabas athletic team is a privilege. Participation comes with responsibilities on and off the field. A great athletic tradition is being built through the hard work of members of the school and by the members of Crusader Club. We ask that you be part of helping us build the tradition that will last for generations.

I look forward to a successful year in athletics.

Jeff Shaw  
Director of Athletics

# **St. Barnabas Episcopal School Athletic Department Overview**

## **Mission Statement:**

As an important complement to our Blue Ribbon School of Excellence, Crusaders' Athletics provide all Students, regardless of age, size, or ability, the opportunity to learn sportsmanship, cooperation, self-discipline, and self-confidence. It is our goal through participation in athletics that St. Barnabas Episcopal School will prepare our student athletes for a lifetime of service to others with God's presence in their lives.

## **Program Goals:**

1. To emphasize participation, encouraging athletes to play three sports and not specialize in one sport.
2. To develop an athletic program as a model for other independent schools.
3. To provide the best facilities and equipment possible.
4. To have an age appropriate off-season strength and conditioning program.
5. To be able to teach fundamentals and techniques of each sport in a progressive plan.
6. To foster a climate that will promote healthy habits and life skills.

## **Participation In Multi Sports:**

The Head and Athletic Director of St. Barnabas Episcopal School strongly discourage athletic specialization in a single sport and encourage a broad participation of each student in a variety of sports. The pressure of athletic organizations outside of school to focus on a single sport is detrimental to the purpose of St. Barnabas Episcopal School Athletics. Meaningful participation with the goal to create highly competitive teams to have success is the ultimate goal of St. Barnabas Episcopal School Athletics

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## **Athletic Donations Guidelines:**

1. In the event that a generous individual approaches a coach with the desire to make a monetary gift to a particular sports program and/or give an item to a particular sport, the coach will refer the person to the Athletic Director. The Athletic Director will make immediate contact with the Director of Development to refer the donor's desire to make a gift.
2. Parents collectively should limit end-of-season gifts to \$100 in deciding upon gifts to coaches.
3. Any additional attire or equipment that a parent wishes to donate must be pre-approved through the Athletic Director.

## **Communication Guidelines:**

### **What parents should expect from coaches:**

1. Philosophy of the coach.
2. Location, times of practices, and game schedule.
3. The expectation the coach has of the players and of the team.
4. Team requirements regarding equipment and off-season activities.
5. Team rules and disciplinary action for violation of team rules.
6. The role parents could play in helping the coach or team i.e: team dinners.

### **What athletes should expect from coaches:**

1. To be led by example.
2. To always place emotional and physical well-being ahead of personal desire to win.
3. To be treated fairly and receive encouragement regardless of athlete's level of ability.
4. To recognize the contribution that each athlete has made to the team.
5. To never give up on the players or team.
6. To teach the athletes self-discipline and to develop mental toughness.
7. To demonstrate enthusiasm, communicate clearly, and to motivate positively.
8. To provide fair, firm, and consistent discipline that works toward team goals.

### **What coaches should expect from athletes:**

1. Be respectful at all times(for example: " yes sir or m'am").
2. Always be a team player... remain loyal to teammates, coaches,and school.
3. Be in the best possible physical condition.
4. Never complain to others until a concern has been discussed with the coach.
5. Keep emotions under control without losing enthusiasm.

6. Adhere to all school and team rules.
7. Never react to officials' ruling or calls.
8. Make a commitment to win or lose with honor and integrity.
9. Never give negative criticism or blame teammates.
10. Make all practices or games. If unable to do so, the athlete must communicate with the coach 24 hrs before the practice or game that will be missed.

### **Communication coaches should expect from parents:**

1. Specific information about their athlete that the coach might need to know.
2. Notification of any scheduling conflicts well in advance.
3. Any appropriate concerns they may have.
  - a. Concerns to be discussed with coach:
    - i. The treatment of their athlete mentally and physically
    - ii. Ways to help their athlete improve
    - iii. Concerns about their athlete's behavior
    - iv. Academic support and high school opportunities
  - b. Concerns not to be discussed with a coach:
    - i. Playing time
    - ii. Team strategy
    - iii. Other student-athletes

### **Procedures for addressing a concern**

1. If the concern starts with your child, have them talk with the coach first.
2. Call the coach and request a meeting.
3. If there is no resolution, contact the Athletic Director and request a meeting.
4. **It is important not to confront a coach before or after a practice or a game.**

### **St. Barnabas Episcopal School Code of Sportsmanship:**

St. Barnabas Episcopal School expects our coaches, students, cheerleaders, athletes, faculty, and staff to represent St. Barnabas Episcopal School in a manner that is respectful of others, both on and off the field/court of competition. We desire to maintain the highest levels of decency, discipline, and sportsmanship possible.

## Daily and Weekly Schedule Updates:

All schedules remain dynamic and therefore subject to change. This is often due to weather, cancellation by the opposing team, or unforeseen St. Barnabas' conflicts. It is critical that parents and student athletes familiarize themselves with the St. Barnabas Episcopal School Athletic Website. Team schedules on the website will be updated as changes occur throughout each season.

St. Barnabas Episcopal School Website: [www.sbesyes.org](http://www.sbesyes.org)

## Game & Practice Guidelines:

### Student-Athlete Eligibility:

A player must have a Parent Permission, Medical Release Form, Team Contract, and the Parent Memorandum, signed and on file, in order to play or practice.

If a student misses any part of Physical Education class he/she is ineligible to play or practice in that day's game. The Athletic Director, on a case-by case basis, will determine exception to this policy.

Every effort must be made by our student athletes to commit to all practices and games. In the event that a conflict arises, the coach and/or the Athletic Director will decide if any discipline is appropriate to the situation.

**Communication is critical within this policy. During preseason, coaches must review the schedule of practices and games before the start of the season. All attendance conflicts should be resolved within this policy.**

### Game Guidelines:

1. Athletes must wear the issued uniform for all games.
2. Athletes must follow team rules and guidelines established by the Head Coach.
3. Every team member must abide by the Sportsmanship Creed found on our athletic website.
4. St. Barnabas Episcopal School will not tolerate profanity, inappropriate behavior, or poor sportsmanship from players, fans or coaches. Players are subject to suspension from the game or team. Fans may be asked to leave the game and/or be suspended to the following games.

Early Dismissal: there will be times when a team will have an early dismissal in order to get to a game on time.

5. Prior to leaving, student(s) must make arrangements with his/her teacher(s) for all academic responsibilities.

### **Practice Guidelines:**

1. Students are responsible for maintaining the cleanliness and overall upkeep of the bathrooms in which they change into their designated practice or PE uniforms.
2. Students are not allowed access to any facility without proper supervision. Practices may not start without a coach present.
3. Only appropriate shoes are to be used in the Harwood Center. All muddy shoes are to be taken off before entering the Harwood Center.
4. No unsupervised play in the Harwood Center at ANY time.
5. No loitering is allowed in designated practice areas during practice time.

### **Travel:**

Most of the travel to away games will be done by the parents and coaches. If the schedule allows the Athletic Director to drive the bus, then the bus will be used. Parents and Coaches are not allowed to transport other students without written approval from their parents or Legal Guardians to the school office

### **Uniforms:**

All athletes are expected to adhere to the practice uniform and game uniform requirements set forth by each coach.

### **Practice Uniforms:**

All student athletes must be in P.E. uniform, which is a royal blue t-shirt and royal blue mesh shorts, white socks, and athletic shoes. Coaches may specifically choose their practice uniform, if something other than the P.E. uniform.

### **Game Uniforms & Dress Code:**

Athletic uniforms are distributed at the beginning of each season. Each athlete is to return the game uniform at the conclusion of the season. Grades will be held or a fine will be imposed if the uniform is not return to the coach.

Any items worn on the body which serve no purpose or function will not be allowed, Examples are;

1. Leg bands or "UnderArmour" bands are not allowed.
2. Wristbands are not to be worn above the wrist area.
3. "Eye black" should be worn modestly directly below the eyes. Face painting is

not allowed.

4. All sweatbands are to be royal blue, black, or white
5. All socks should match in royal blue, black, or white.
6. Shoe color should be royal blue, black, or white

## **General:**

Managers: Teams are allowed to have managers to help assist the coach with practices and games. The manager must follow the same practice and game commitment as an athlete. Managers will receive the same recognition as an athlete for that particular team.

## **Attendance:**

Athletes are expected to attend all practices and games unless an illness, death in the family, or another significant event precludes their presence. If an athlete must miss a practice or game, the coach must be notified at least 24 hrs in advance. If no prior notification occurs, the coach will notify the Athletic Director. Should excessive absences occur, a student-athlete may be dismissed from the team. All absences will be documented, and parents will be made aware that their athlete's position on the team is in jeopardy before any dismissal occurs.

All practices are limited to 1 hour & 30 minutes. Typically, practices go from 3:30-5pm. However coaches are not limited to this time slot ( i.e; gym availability may have a second team practice later in the day from 5pm -6:30pm.)

It is the parent/ legal guardians responsibility to make arrangements for the athlete coming to a practice. The school does provide a supervised after- school program, if needed. At no time will a student athlete be allowed to stay on campus unsupervised. Students that stay after school for a late practice are required to go to our after-care program.

Example: Middle School Junior Varsity Volleyball Harwood Center 3:30-5pm.  
Middle School Varsity Volleyball Harwood Center 5- 6:30pm

## **Academic Excused Absences:**

Athletes will not be disciplined for missing practice due to academic reasons. Coaches will always be flexible, especially when it pertains to academic help. Students, coaches, and teachers should communicate openly to create a study schedule that suits everyone involved.

## **Varsity & Junior Varsity Team Level Philosophies:**

## **Varsity:**

The varsity teams will be the most competitive teams established through a system of “trying –out” determined by each head coach.

Wins are important in varsity athletics, but do not determine the success of the season. Playing time may vary from athlete to athlete. Team unity, a strong work ethic, and Crusader pride are all factors that determine the success of the season.

## **Junior Varsity:**

The JV team prepares student athletes through the appropriate level of competition with emphasis on fundamental skills and an introduction to game strategies.

If a roster exceeds an average team size, then at the discretion of the Athletic Director, the roster will be split into two or more teams, and games will be added if possible.

Please note: all students that “try-out” for a sport will be placed on a roster.

## **Sports Offered:**

### **Fall**

Middle School Flag Football  
Elementary Flag Football (i-9)  
Middle School Volleyball  
Middle School Cheerleading  
Middle School Soccer (co-ed)  
Boxing

### **Winter**

Middle School Boys Basketball  
Middle School Girls Basketball  
Elementary Basketball  
(Upward & City of DeLand)  
Middle School Cheerleading  
Boxing

### **Spring**

Grade 3- Middle School Lacrosse  
Grade 3- Middle School Wrestling  
Middle School Tennis  
Middle School Golf  
Middle School Track & Boxing

## **Sportsmanship Creed**



games. The length and severity of the suspension will be determined by the Athletic Director. If the ejection is flagrant, the athlete may also have additional school consequences, to be determined by the Head of School.

## **Parents and Spectators**

1. Any parent or spectator who acts in a disruptive manner will cause the game to be suspended until the situation is resolved or the spectator is removed by the game official or the athletic director.
2. The spectator or parent that has been removed from the contest may **NOT** be allowed back to any St. Barnabas Episcopal School athletic events for the remainder of that season at the discretion of the Athletic Director and administration.

## **Unsportsmanlike Conduct**

Examples of unsportsmanlike conduct include but may not be limited to:

1. Excessive scoring
2. Taunting
3. Showboating
4. Retaliation
5. Intentional physical harm
6. Disrespectful behavior
7. Lack of civility

It is expected that violations will be reported to the Head of St. Barnabas Episcopal School by the Athletic Director within 24 hours of the incident.

## **Important Contact information**

Director of Athletics

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School website

[www.sbesyes.org](http://www.sbesyes.org)