

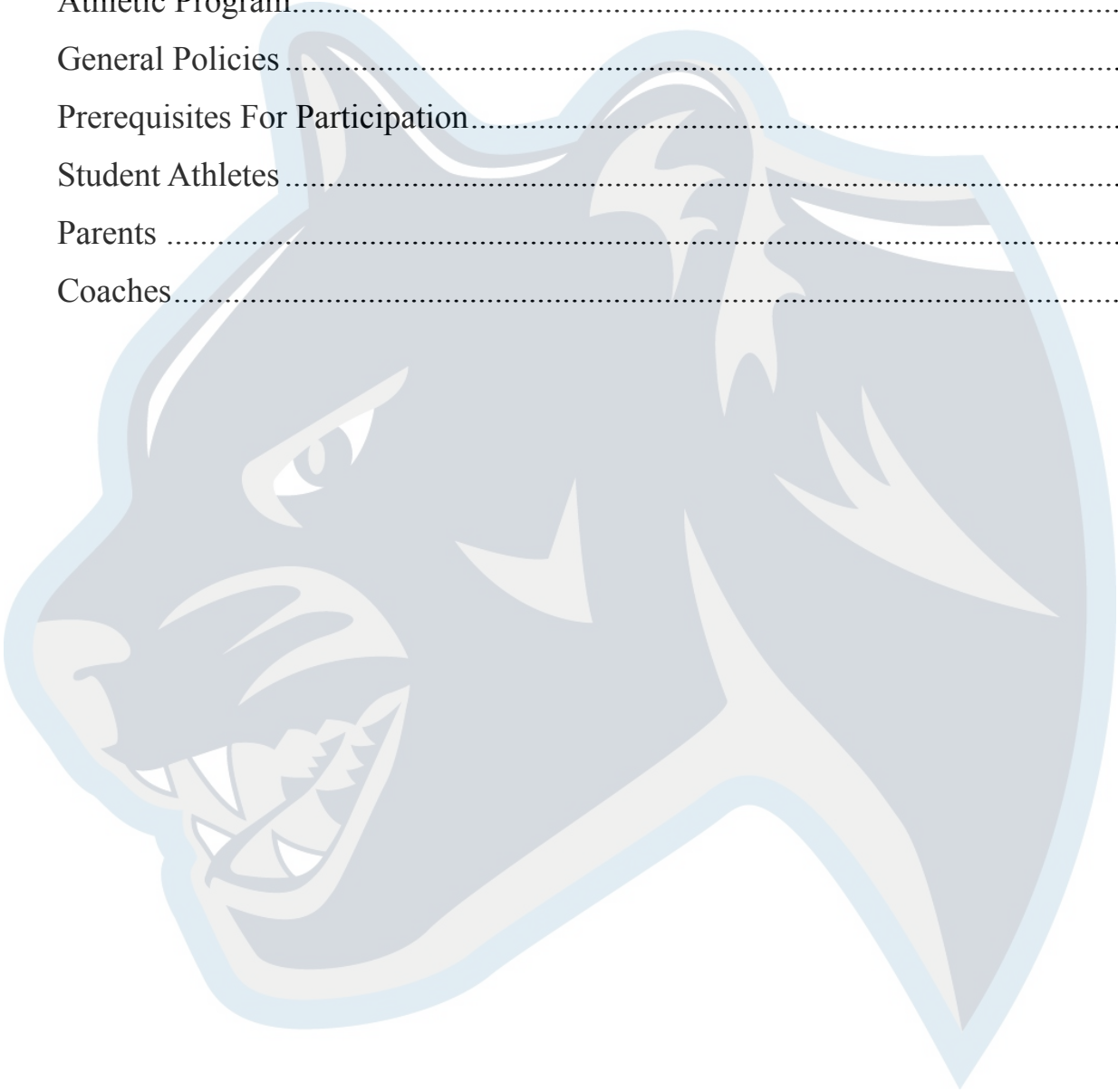
# The New School



## Athletic Handbook 2017-2018

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# Athletic Program Profile

**Mascot:** Cougars

**Colors:** Navy Blue, Light Blue, Gray, and White

**League:** Arkansas Activities Association (AAA) grades 9-12  
Ozark Activities Conference (OAC) for grades 7-9

**Classification:** AAA 1A

**Sports:** Grades 9th -10th Swimming, Boys Basketball, Golf, Tennis, Cross Country, Track

Grades 7th - 9th Volleyball, Cross Country, Tennis, Swimming, Cross Country, Girls Basketball, Boys Basketball

Grades 5th - 6th Volleyball, Cross Country, Girls Basketball, Boys Basketball

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Director of Athletics  
Clayton Harrell

# Athletic Program

## PURPOSE

The New School (TNS) Athletic Department exists to help fulfill the mission of the school:

The New School community empowers each student through a well-rounded experience and inspires a love of lifelong learning.



## PHILOSOPHY

TNS athletics helps fulfill the mission of the school by leading in the following:

*Character*

*Commitment*

*Community*

The TNS Athletic Department acknowledges the following order of priorities in our school – 1) family, 2) academics, and 3) athletics. When this order is followed, it gives student-athletes the opportunity to be balanced physically, mentally, and emotionally.

## GOALS

Based on our philosophy, our athletic department and team goals are:

- **Excellence** - programs focused on discipleship are well-managed and well-executed
- **Success** - reaching maximum potential both individually and as a team

We will emphasize the individual goal of academic all-state to all of our students, grades 9 through 12. Being a great student and a great athlete is a difficult task, an admirable goal, and a worthy accomplishment.

It is our desire that our athletic community – coaches, players and parents –we will be humble in victory and gracious in defeat.

## **TEAM LEVEL PHILOSOPHY**

We recognize the normal stages of a child's development and provide appropriate opportunities in athletics:

Varsity competition is the culminating experience for each sport's program. It is an experience provided for the elite athlete and is the most demanding and competitive of all programs. Although upper school Junior and Senior athletes dominate most varsity team rosters, gifted ninth and tenth grade athletes are eligible for varsity level play. Prior participation in the program does not guarantee an athlete a place on the roster, even if the athlete was a member of the varsity squad the preceding year. Contest participation over the course of a season is desirable. However, a specified amount of playing time at the varsity level is never guaranteed, since the outcome of the contest becomes an important consideration at this level. One goal of a varsity team should be to qualify for postseason play in Conference, Regional, and State competition. In the individual sports (cross country, tennis, swimming, golf, etc.), opportunities are presented to qualify for championship competitions at the Conference, Regional, and State levels. These opportunities are only provided to those individuals who show a complete and ongoing commitment to the team.

Junior Varsity and Junior High (7-8) athletes are in the process of gaining the valuable knowledge, skill, and experience required for varsity competition. Junior Varsity athletes may, on occasion, participate in varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities by the coaching staff and are not absolute. Skill, conditioning, work ethic, and reliability are all pivotal factors in an athlete's quest to advance. At this level, athletes are expected to have visibly committed themselves to the program and continued self-development. To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, and social and emotional development. Junior Varsity programs work towards achieving a balance between continued team and player development and the quest for victory. The outcome of the contest does become a consideration at this level.

5th and 6th grade programs, in general, offer an introduction to the world of competitive athletics. At this point, the focus is on learning basic skills, game rules, fundamentals of team play, social and emotional growth, and healthy competition. While we try to avoid cuts at the middle school level, certain factors exist that must be dealt with by imposing a limitation on the number of students that can be accommodated in specific programs. Opportunities for contest participation for each team member will exist over the course of a season, providing that the athlete meets program expectations. Playing time will vary between individuals and will be determined by the coach. Determining factors will include readiness capacity, skill level, team expectations, and safety.

Creation and size of teams is determined by many factors including, but not limited, to the number of participants interested in a sport, facility availability, safety, and coaching resources. Whatever we do we want to do it well. Decisions will be made on a season-by-season, team-by-team basis if we cannot provide a healthy experience for all parties involved.

## **MULTIPLE SPORTS AND ACTIVITIES**

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise, especially early in their athletic careers. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport.

Regarding multiple sport participation, student-athletes may participate in multiple team sports at the same time. Student-athletes can also participate in a lifetime sport (cross country, golf, swimming, tennis, track, cheerleading) and a team sport at the same time if agreed upon by coaches of both sports. Good, open communication between the student-athlete, his/her parents, and the two coaches involved are tantamount and a priority will be declared in case of scheduling conflicts and agreed upon by the coaches.

Regarding multiple activity participation, student-athletes may participate in a non-athletic department (i.e. fine arts, music, etc.) program and on an athletic team at the same time if leadership from both activities give permission to do so. Leadership from both activities will work closely together to minimize conflict, however, reserve the right to require, on rare occasion, sole commitment to their activity.

Priorities when it comes to sports are if there is a team sport event and a lifetime sport event conflict, that student will participate with the team unless otherwise approved by the team head coach. Expectations to that rule are, advancement competitions take priority over all events, and State Competitions have priority over any other event.

# General Policies

## SPORTSMANSHIP

During home contests, we serve as hosts to the visiting team, its students, and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent. We will be humble in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the game...no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept their final decision.

## SCHEDULING

The athletic department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, since most of our coaches are part-time, there will most likely be a few changes throughout the season due to work schedules.

## TRANSPORTATION AND TRAVEL

The New School has school buses that will be used once a coach has put in a bus request form into the athletic office. If a team uses a bus, then the following guidelines will take effect:

1. All team members will be expected to ride with the team to and from contests. If, for some reason, you need to ride home with your parents, you must clear this with the coach before leaving for the contest. A written release, text message, or email from one of your parents to the coach is required.
2. While traveling to and from games, students will be required to wear school uniforms or athletic-approved clothing (Game uniform or TNS t-shirt and warm-ups). If an athlete is not in travel dress code, that athlete will not be allowed to travel.
3. Students will conduct themselves properly on the school bus or in any school vehicle.
4. Athletes must receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus. (All music, games, and videos must comply with TNS guidelines).
5. Students are not allowed to bring parents, family members, or friends on any bus trip. Only coaches, athletes, and managers are permitted to ride on the school bus.
6. Students will be required to wear seat belts at all times if seat belts are available.

If a bus is not available, parents are responsible for getting their kids to the games. If the school organizes the travel arrangements to the games, then parents who allow their students to travel with another parent must provide written communication to the Head Coach AT LEAST 24 hours prior to the event.

## **SEVERE/INCLEMENT WEATHER**

Any changes to published schedules due to bad weather will be updated on our athletic website as soon as an affirmative decision can be made. If lightening is present during an outdoor event, all parties must be moved indoors. The event can only resume if 30 minutes has passed since the last lightning strike outside of 6 miles. For outdoor practices, heat and humidity are closely monitored. When possible, practices will be scheduled during the coldest times of the day. Practices will not be held outside when the heat index is 110F or above.

## **FUNDRAISING**

TNS raises funds annually through the Booster Club, athletic participation fees, concessions and gate fees at games, and from individual gifts. The objective is to provide enhancements to our team sports programs such as facilities improvements, new uniforms, equipment, coaching stipends, officials, and technology. These enhancements can often meet unexpected needs that extend beyond our operating budget.

## **SUBSTANCE ABUSE**

The school vigorously opposes student use, possession, or distribution of tobacco and alcohol in any form, on campus or off. Violation subjects a student athlete to disciplinary action deemed appropriate by the coaching staff and administration. Penalties include multiple-day suspension, permanent removal from the team, or expulsion from school. Students are not permitted to use, possess, purchase, or distribute illegal drugs, including athletic performance enhancement drugs. Violation subjects the person(s) involved to disciplinary action and may lead to the involvement of law enforcement. Athletic performance enhancing drugs are detrimental to the health of the student and never are an acceptable alternative to hard work.



## **GAMBLING**

Gambling is not tolerated. Violation subjects the person(s) involved to disciplinary action.

## **HAZING**

Hazing is defined as subjecting someone to an indignity, fright, abuse, or threat and is not tolerated. Violation subjects the person(s) to disciplinary action. Penalties include multiple-day suspension, permanent removal from the team, or expulsion from school.

## **LOST AND FOUND**

Coaches require athletes to be good stewards of all personal articles, equipment, and facilities. Should an item be lost or misplaced, it may turn up in the lost and found area at the school..

## PREREQUISITES FOR PARTICIPATION

Each TNS student-athlete desiring to participate in athletics must have the following completed and signed documents on file in the athletic office **before the first day of participation in any given sport:**

- AAA Acknowledgement of Rules (for 7th-12th grade student-athletes)

The following forms need to be completed and turned in to the nurse's office **before the first day of participation in any given sport:**

- Physical Examination
- Medical History

If all forms have not been turned in before the first scheduled day of participation, the student-athlete cannot not join the team. All of the aforementioned documents can be found on the TNS website or in hard copy form in the athletics office.

In addition to the above-required documentation, a student-athlete must not have any outstanding athletic fee payments or outstanding uniform/equipment items.

**IMPORTANT – No student-athlete will be allowed to go to their next sport if either fees or uniforms have not been turned in.**

# STUDENT ATHLETES

## CODE OF CONDUCT

Being a TNS athlete is a student's choice, and therefore a privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to TNS, their team, their sport, and themselves. A TNS student-athlete reflects the mission and identity of the school, no matter where he or she is. Student-athletes are expected to behave at all times with consideration for others in thoughts, word, and deed. Student-athletes must abide by the school's stated rules and any others stipulated by athletic department staff members.

## AGE/GRADE ELIGIBILITY

For participation in AAA, students must be less than 19 years old on September 1 preceding the AAA contest. Eighth grade students are not eligible to participate on or against high school teams.

## ACADEMIC REQUIREMENTS

Please check the Student-Parent Handbook policy.

## PARTICIPATION

Participating in athletics is a privilege and is contingent on the following:

Clearance from Previous Sport - Student-athletes must be cleared from their prior sport before they can begin competing in a new sport. This includes, but is not limited to, being current on athletic fees, uniform and/or equipment returned in good condition, post-season forms completed, etc.

In Good Academic Standing - Student-athletes may not participate in practices or games if they have failed to achieve the minimum academic requirement or are currently suspended from school.

Practice and Game Attendance - Student-athletes must attend at least half of their academic periods the day of a practice or game in order to play. The only exception to this rule is if the absence is caused due to a school event (field trip, college visit, athletic competition, etc.). Parents and student-athletes need to recognize that absences from practice will hinder skill development and physical conditioning as well as jeopardize team unity. Time missed from a sport team practice can influence an athlete's performance and often his or her position with the team. When a personal or social event conflicts with a practice or game, we expect students to honor their commitment to the athletic program and their teammates. When a family event causes the student-athlete to be absent from a practice, the situation should be communicated to the coach at the earliest possible moment, preferably at the beginning of the season and not the same day of the conflict (this does not include family emergencies which are unpredictable and managed differently).

## **TRYOUTS**

Tryouts allow coaches to place like-skilled players together, aiding in each player's development. Tryouts will range from one day to five days, depending on the sport and grade level. If a student misses tryouts, he or she will be placed on the lower level team. Coaches reserve the right to pull players up from lower level teams at any time.

## **TIME COMMITMENTS**

Junior High Athletics (7th-8th grades) – Five day a week commitment with either three practices and two games or four practices and one game. Practice length for all sports will not exceed two hours. That time does not include a warm-up period which is required to start practice. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays unless there is a game immediately following a Monday holiday. In this situation, a practice may be held on the holiday Monday evening. Playing a game after several days off can become a safety/health issue for the athlete. No games will be played during finals week in May.

High School Athletics (9th-12th grades) – Five to six day a week commitment. Practice length for all sports will not exceed two and half hours per day. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays and across some school holidays depending on the sport and season.

## **ATTENDANCE**

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified prior to the practice, workout, or game. Failure to make contact prior to the practice, contest, or meeting may result in the absence being considered unexcused.

### ***Excused Absences***

- Excused absences will be made up. The make up for an excused absence is not punishment, but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or an emergency situation. Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence.

### ***Unexcused Absences***

- Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the Head Coach and/or Athletic Director will make the decision. Unexcused absences will be made up and disciplinary action will be taken.

### ***Injured Athletes***

- Injured athletes who can't actively participate in a practice must follow all attendance policies. Being injured is not an excuse to miss practice. The injured athlete will be expected to dress out and participate mentally. This is also a time in which they may see the trainer or doctor for treatment. If there is a question the Head Coach will make the decision on athletes dressing out or attending the workout.

### ***Ineligible Athletes***

- Ineligible athletes shall attend and participate in practices and team workouts unless excused by the head coach. By attending and participating in those events, the athlete may represent the team again at the end of the ineligible period.

## ***Tardy***

- It is also very important for a team member to be on time and to remain at a practice for its duration. Any team member who arrives late to practice or leaves early is disruptive to the team's improvement and game plan. Athletes who are tardy or who leave practice early will be expected to do makeup work for the time they missed. Habitual tardiness will result in disciplinary action including possible suspension or dismissal from the team.

## **DEPARTURE FROM THE TEAM**

There are three types of departures from a team. Please note no athletic fee refunds will be given for any departure.

- ***Leaving a Team*** – season ending injury, poor health status, family emergency or academic performance may lead to permissible departure from the team only after being discussed between parents and the Head Coach and/or Athletic Director. A student-athlete may still be eligible for a varsity letter or academic credit in this circumstance, and he or she will still be eligible for his or her next season sport.
- ***Quitting a Team*** – regardless of reason, any player quitting a team after they have started will not be eligible to participate in the next sport of their choice until the current one is over. The only exception to this rule is if the student-athlete and Head Coach have clearly communicated up front that an athlete may quit. As an example, if the Head Coach has agreed to let a student-athlete try a sport out for a week to see if they would like to play it and the student-athlete then quits within the agreed upon time, that would not render them ineligible for the next season's sport. Ninth through twelfth graders will not earn a letter or academic credit in the sport they quit early.
- ***Being Dismissed from a Team*** – regardless of the reason, any player who is dismissed from a team for conduct, rules infractions, or disciplinary reasons will not earn a letter, receive academic credit in the sport (for a 9th-12th grader), or be eligible to play in the following season's sport.

## **INJURIES**

Injured athletes, regardless of grade, are still required to attend practice unless rehabilitating an injury, or having prior approval from the Head Coach. It is the player's responsibility to get permission from the Coach before missing a practice or game due to an injury.

## **STEWARDSHIP**

All student-athletes are expected to be good stewards of all equipment, facilities, and uniforms entrusted to them. Locker rooms, the weight room, and other athletic facilities are expected to be clean and orderly at all times.

## **ATHLETIC UNIFORM AND DRESS CODE**

Students in 7th and 8th grade are not permitted to wear sport team uniforms to school. Students in 9th through 12th grade are occasionally permitted to wear team uniforms or team-issued t-shirt/sweatshirts to classes, as determined by the Head Coach, Athletic Director, and Administration.

Each coach will determine team's dress code (game uniform, travel apparel, or school uniform) when traveling to an away game.

Practice clothes should be worn at all practice times. Practice clothes consist of a gray "TNS Athletics" t-shirt and navy shorts. Consequences for not being dressed properly for practice will result in what the head coach deems necessary, up to or including not being allowed to practice.

## **UNIFORM REPLACEMENT POLICY**

Student-athletes are issued team uniforms and are expected to take great care of them. If a student-athlete is missing any part of his/her uniform the day of a game, another uniform will not be issued. There are no exceptions. If a uniform is lost and cannot be found, another uniform will be issued (if available) once the lost uniform has been paid for in full by the student-athlete. Damaged uniform pieces are required to be replaced at the expense of the student-athlete. The replacement cost for a single uniform piece is \$75, or \$150 for the entire uniform.

## **WEIGHT ROOM POLICIES**

Athletes are not permitted in the weight room without proper supervision. Two coaches will have to be in weight room at all times while athletes are training. No athlete should lift alone and a spotter should accompany all lifts. Focus is critical so horseplay, socializing, and laziness will NOT be tolerated.

- Any student who uses the weight room must have a signed parental permission and release form on file in the athletic office.
- Shirts and shoes are required at all times – TNS Athletic Practice Clothing is mandatory.
- Lifters must work with a partner.
- Replace all weights on racks immediately following use.
- Know your limits! Work with the head coach to determine your limits.
- Do the lifts correctly.
- Warm-up with proper stretching exercises.
- No chewing gum or eating candy while lifting.
- No food or drinks inside weight room.
- No profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.

## **TRAINING ROOM POLICIES**

A training room is a co-educational sports medicine injury prevention and care room. No student-athlete is allowed in a training room unless under direct supervision of the sports medicine professional or Head Coach. Coaches and athletes may use a training room to get ice, but should ask the trainer for the use of other materials and equipment. Athletes needing assistance prior to a game have priority over other athletes.

## **STRENGTH AND SPEED TRAINING**

There cannot be successful athletic programs without a strong commitment to strength and speed training. High School student-athletes are expected to work hard on improving strength and speed throughout the school year, whether they are in or out of season. Program Directors (Varsity Head Coaches) will, in accordance with league rules, provide both voluntary and/or mandatory opportunities to student-athletes to train in the weight room, gym, and on the fields throughout the year.



# PARENTS

## **PRESENCE AT GAMES, PRACTICES OR TRYOUTS**

It is important to student-athletes that, if possible, parents be present at games, both home and away. A parent's attendance tells the child that the parent cares and that the parent wants to share in the joys and frustrations of competitive sports. It also gives parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season.

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested and supportive observers from a distance. The coach needs room to be able to instruct and the player to perform without distraction from the stands. Distraction only yields poor results. Parents are encouraged to cheer on TNS student-athletes, but highly discouraged from coaching from the stands.

Practices and tryouts, which are considered valuable instructional and evaluation time, are closed to all non-team or program personnel, unless previously approved by the Head Coach. Invited guests are expected to refrain from disrupting tryout or practice sessions, and from interacting with players and/or coaches.

## **PERSPECTIVE - WHY KIDS PLAY THE GAME**

Most young people participate in sports for the following reasons: to have fun, to develop that natural desire to play, to make new friends or be with their friends, to be part of a team, and to compete. To win or to "be a champion" is often not at the top of the list. Athletes must hear from parents and coaches that the process of competing is what really counts. Too much emphasis on winning and losing puts the value of sports out of context.

## **COACH AS LEADER**

Each coach has been carefully considered, recruited, interviewed, and hired and therefore has the authority over our children in each given sport. Parents and student-athletes must trust that coaches try to make the best decisions for NOT ONLY the team, but the individuals that make up the team. Coaches are with the team on a daily basis in practice and in competition evaluating character and performance, and therefore will make judgment decisions based on what they feel is in the best interest of the team. Playing time, players' positions, and strategy should be left to the discretion of the coach.

Parents should help their child understand that being a team member means accepting the coach's decisions even when he or she does not agree with them.

It is also important to remember that coaches are not infallible evaluators of talent, or perfect play-callers at all times. A team does not function well with non-coaches trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their Coach or their parent.

## **COMMUNICATION - INTERNAL**

Direct communication between the Coach and players is very important, and is usually the best method for questions to be answered or conflicts to be worked through. Inevitably, there will be times when a meeting between a parent and Coach is warranted. Please call or email the Coach to arrange a convenient time for a phone conversation or meeting. Try to exercise the 24-hour rule – wait 24 hours before placing that call or sending that email. Too often emotions get the best of us. Coaches will be happy to meet with you, but it may be a few days before a convenient time can be arranged. Before or after practices or games is never an appropriate time to approach a coach!

## **COMMUNICATION - EXTERNAL**

All press releases must be approved by the Athletic Director or an appointed contact person within the athletic department. Calling in box scores to the local newspaper, while not considered a press release, should still be the responsibility of the Head Coach or his/her appointed contact person. Please do not damage the relationship our school has with media outlets by harassing them for lack of press coverage of TNS athletic events

Parents should never contact opposing schools, officials, or the AAA office to voice complaints over athletic contests, opposing players, coaches, fans, or officials. All concerns and/or opinions should be communicated directly with TNS Athletic Director.

## **FINANCIAL EXPECTATIONS**

Expenses for athletic programs fall into two categories; hard costs and soft costs. Hard costs include the athletic fee for the sport and any additional equipment, garments, or shoes that the student-athlete may want in order to participate. For some larger team sports, travel costs may be a hard expense as well. Athletic fees are due within two weeks after receiving an invoice from accounting.

Soft costs are non-mandatory costs and include things like post-game meals, end-of-season parties, gifts for Coaches, yard signs, post-game celebrations, and possible overnight travel.

## **GRIEVANCE PROCESS**

It is The New School's desire to cultivate a positive and effective relationship with parents to ensure their student's overall success. We understand, however, that we are all imperfect people and problems will arise from time to time within any given school year. It is the policy of TNS to address all misunderstandings, disagreements, and/or conflict to the best of our ability by approaching the person that you have a concern with.

A meeting with the Coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have. Hopefully the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the Coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before, the parent's support of the team and the Coach is expected. If there is a significant issue that requires additional discussion, then the Athletic Director, Coach, and parent can meet together to resolve the issue.

If a question or problem arises:

1. The student and/or parent should first speak directly to the coach. TNS advocates a phone call or face-to-face meeting to resolve problems. Email is typically not a good communication medium for handling problem.
2. If the issue cannot be resolved satisfactorily, the parent and/or student should next speak with the Varsity Head Coach.
3. If the issue cannot be resolved satisfactorily within the department, then the Athletic Director is the next step.
4. If the issue still cannot be resolved satisfactorily, the parent/student/athletic director will see the involvement of the Head of School.

# COACHES

Successful athletic programs start with quality coaches. We believe coaches are one of the most significant components to the athletic program and therefore seek to hire good role models committed to fulfilling the mission of the school and who are knowledgeable and passionate in their sport.

School athletics are an integral part of each student's overall education and development. Coaches shall assist each student-athlete toward developing his or her full potential. Mentoring, development, care and safety of our student-athletes are the most important responsibilities of our coaches.

## CODE OF CONDUCT

The behavior of a team can reflect the coach's own manner, attitudes, temperament and approach to athletics. It is expected that coaches shall conduct themselves in a way, both on and off the field of play, that brings positive recognition to TNS, their team, their sport and themselves. Instruction and correction, while demanding and critical, should be positive. Coaches should never embarrass or demean student athletes. The same high standards of preparation, organization, dedication, hard work, self-discipline, sacrifice, and behavior that coaches expect of players should be the same that is expected of coaches. Coaches shall model good sportsmanship and respectful attitudes toward officials and opposing teams in victory and defeat.

All coaches are expected to know the rules of the game as well as the policies of the leagues in which we participate – AAA.

## TIME COMMITMENTS

Coaches are expected to attend all scheduled events (practices and games). Coaches should arrive to practices and games early enough to set up equipment and the facility, and to greet their team. Coaches should not leave the facility of a game or event until all student-athletes have left the premises, or have made prior arrangements with parents.

Coaches shall follow the practice time requirements. Clarification on some nomenclature and definitions:

- “Walk Throughs” are considered practices
- “Service Projects” are not considered practices or games and can be conducted on a limited basis outside of the maximum number of events a student-athlete can attend on a weekly basis.
- “Optional Practices” means no team drills or team building activities will be conducted. Coaches must reinforce that these types of practices are not mandatory and that no penalties will be levied to individuals who do not attend the optional practices.

## **TRAINING**

All coaches will go through “TNS Coaching 101;” a guidebook covering the essential elements of our school, our school’s culture, and how to be a successful coach at The New School. All Coaches may be provided with opportunities for growth via clinics, workshops, seminars, and coaching books and videos.

## **COMMUNICATION**

Coaches must communicate with student-athletes and parents on a regular basis. The expected commitment to the team and anticipated practice and game schedules will be communicated to parents at the start of the athletic season.

## **PROGRAM DEVELOPMENT**

Varsity Head Coaches are the Program Directors for their respective sport. Program Directors, in partnership with the Athletic Director, oversee all teams and all levels in their sport. This provides a firm foundation for program development. The coach will strive to motivate and assist athletes, both in and out-of-season, to achieve their full potential as players.