

FAIRFIELD CITY SCHOOL DISTRICT



ATHLETIC HANDBOOK

8/1/16

INTRODUCTION

The purpose of this handbook is to give student athletes, parents, and other interested persons a guide to the operation of the interscholastic athletic program of the Fairfield City School District. By definition, cheerleaders are considered student athletes and are accountable for all the standards, rules and regulations as outlined in this publication. The student athletes are obligated to conform to the "Student Code of Conduct" as established by the Fairfield Board of Education, the athletic department substance abuse policies, and any other policies as established by the Fairfield Athletic Department. Athletes are also responsible for specific rules and regulations as established by the coaches of each specific sport. Student athletes and parents/guardians must understand that it is a privilege to participate in Fairfield's interscholastic athletic program. A condition to participating in the Fairfield City School District athletic program is a commitment to follow the rules, regulations, policies, and procedures established by the district for the implementation of its athletic program. It must also be understood that athletes who violate the rules, regulations, policies, and procedures shall face disciplinary action.

PHILOSOPHY OF ATHLETICS

The Fairfield City School District considers athletics to be an integral part of the school's educational program, which provides experiences that will help students grow physically, mentally, socially, and emotionally. We believe that by promoting sportsmanship at all levels, the athletic program instills pride, and reinforces a sound value structure, and enhances the individual's self-image, as well as the image of the school district and the community.

SPORTSMANSHIP

One of our goals is to develop athletes and cheerleaders who demonstrate good sportsmanship. We believe that the basic rules of good sportsmanship consist of:

- A) Showing respect for opponents at all times
- B) Showing respect for officials and their decisions
- C) Knowing, understanding, and following the rules of the contest
- D) Maintaining self-control at all times
- E) Recognizing and appreciating skill in performances regardless of affiliation

FAIRFIELD ATHLETIC DEPARTMENT MISSION STATEMENT

The mission of Fairfield athletics is to treat athletics as an extension of the secondary school experience, so students can compete in a manner that promotes personal development, fosters teamwork, and teaches important life skills necessary for becoming a valued member of society.

MISSION STATEMENT SUPPORTING LANGUAGE

Personal Development

- Physical development, conditioning, strength.
- Develop individual skills in their sport.
- Promote a healthy lifestyle.
- Drive to your personal best.
- Personal discipline and accepting responsibility for actions.

Teamwork

- Promote sense of community.
- Being a part of big picture / commitment to a cause.
- Promote learning of team.
- Responsibility to the team.
- Teach cooperation.
- Promote the importance of team winning versus individual scoring.
- Teach young people how to compete.

Life Skills

- Teach benefits of hard work, dealing with success and failure
- Teach how to compete in a fair and honest way
- Tolerating others' faults and shortcomings
- Leadership and following.
- Teaching tolerance.
- Teach sportsmanship.
- Social growth.
- Handling conflict.

Fairfield Coaching Standards

This document is designed to provide all Fairfield coaches with a common coaching frame of reference. These points of emphasis are to be considered guidelines in teaching interscholastic sports within the Fairfield City School District. Student-athlete learning and teaching should be the center of all Fairfield interscholastic athletics.

- 1) Fairfield coaches are expected to “teach” the fundamentals of the sport.**
- 2) Fairfield coaches are expected to be exemplary role models both in and out of the athletic arena and leaders of young people in every sense of the word. Reinforcement of sportsmanship is critical.**
- 3) Fairfield coaches are expected to be proactive in their communication with the parents of their student athletes. All parent phone calls are expected to be returned within 24 hours.**
- 4) Fairfield coaches are expected to hold pre-season parent meetings to communicate team policies, coach's philosophy, substance abuse policy information, and all other logistical information specific to the program. This is where the ground rules for parental communications are outlined.**
- 5) Student-athletes should be coached from a constructive perspective. Demeaning the efforts of a young person does not reinforce learning and has no place in Fairfield Athletics.**
- 6) Profanity is not tolerated of our student-athletes; therefore, it should not be modeled by our coaches.**
- 7) Fairfield coaches are expected to be consistent with discipline practices and procedures for all student-athletes.**
- 8) Fairfield coaches are expected to be punctual for all practices, meetings, and contests.**
- 9) Fairfield coaches are expected to be thoroughly prepared for all practices and contests.**
- 10) Fairfield coaches are expected to dress appropriately for practices and games. The professional dress of a coach sets the tone for the team and the athletic program.**
- 11) Fairfield coaches are expected to be familiar with District Policies on depositing / fundraising and general monetary accountability procedures.**
- 12) When teams are selected by a “tryout” method, Fairfield coaches must insure that athletes who have been cut are given the opportunity to understand what their deficiencies are and what they can do to improve their skills.**
- 13) Fairfield coaches should be familiar with basic Ohio High School Athletic Association bylaws regarding eligibility contest restrictions and non-contact rules. If there is a question regarding rules and regulations, coaches should contact the District Athletic Director.**

Communication Guide
Fairfield Athletic Department

Introduction

We are very pleased that your child has chosen to participate in the interscholastic athletic program of the Fairfield City School District. We aim to provide a first-class experience for our student-athletes and want the experience to be one that is both rewarding and memorable. We believe that in order to reach this goal, it is important to be up front and purposeful about how the athletic department, its coaches, and its directors, communicate with all parties involved. This Communication Guide has been developed to help coaches, parents, administrators, and student-athletes communicate more effectively.

Communicating With Your Children

- 1) Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure.**
- 2) Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship, and actual skill level.**
- 3) Be helpful, but don't coach them. It's tough not to, but it is a lot tougher for the athlete to be flooded with too much advice and critical instruction.**
- 4) Teach them to enjoy the thrill of competition, to be working to improve their skills, and attitudes. Help them develop the feeling for competing, for trying hard, and for having fun.**
- 5) Try not to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride. Athletic children need their parents.**
- 6) Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted. Criticism of the coach to your child puts the athlete in a terrible "No Win" situation.**
- 7) Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting. Many times athletes will define all coach criticism as being "yelled at".**

COMMUNICATION YOU SHOULD EXPECT FROM YOUR COACH

- 1) Sound coaching philosophy
- 2) Expectations the coach may have for your student-athlete and the team
- 3) Times and locations of all practices and contests
- 4) Team requirements, i.e., fees, special equipment, eligibility, attendance, off-season conditioning, etc.
- 5) Procedure that should be followed should your child become injured during participation
- 6) Athletic Code of Conduct and any additional rules that may affect your child's participation
- 7) Requirements or criteria used to determine the earning of a varsity letter

COMMUNICATION THE COACH EXPECTS FROM PARENTS AND ATHLETES

- 1) Concerns expressed directly to the coach **FIRST** by the student-athlete and then by the parent in line with communication guidelines.
- 2) Notifications of schedule conflicts well in advance.
- 3) Special needs of the student-athlete, i.e., physical limitations that may not be obvious to the coach
- 4) Encouraging your child to discuss concerns with coach first and promptly
- 5) Scheduling doctor's appointments and other functions around practice/game schedule whenever possible.

APPROPRIATE CONCERNS TO DISCUSS WITH A COACH

- 1) The treatment of your child mentally and physically
- 2) Ways to help your child improve
- 3) Concerns about your child's behavior

As your child becomes involved in various athletic programs at Fairfield, it is our hope that he/she will experience some of the most rewarding moments of his/her life. It is important to note, however, that things may not always go as your child wishes. At these times, encourage your child to discuss these things with his/her coach. All of our coaches are there for your child and would love to clear up the issue to avoid any misunderstanding.

AREAS NOT APPROPRIATE TO DISCUSS WITH A COACH

- 1) Playing time/Position Assignment
- 2) Team Strategy/Play Calling
- 3) Matters concerning other student-athletes

It is very difficult to accept your child's not playing as much as you may hope, but coaches are professionals. Coaches make judgments based on what they believe to be best for all students involved. It is imperative and expected that certain matters be left to the discretion of the coach.

PROCEDURES TO FOLLOW IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

There are situations that may require a conference between the coach and a parent, and such a meeting is encouraged when necessary. It is strongly suggested that the student-athlete attend this conference as well. It is important that both parties have a clear understanding of the other person's position. Each party should be willing to listen. The following procedure should be followed to help promote a resolution to the issue.

- 1) Student-athlete approaches the coach with any appropriate concern.
- 2) If a resolution is not made, contact the coach to set up an appointment to meet with the coach. All school numbers are on the school website at www.fairfieldcityschools.com.
- 3) If the coach cannot be reached after a reasonable time, call Mark Harden, District Athletic Director. An appointment will be arranged for you.
- 4) **IMPORTANT. It is not acceptable to attempt to confront a coach before or after a contest or practice session. These can be emotional times for all parties involved.** Meetings of this nature do not promote resolution and, in fact, often escalate the issue.

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY SOLUTION?

There must be an understanding by all parties that although total agreement may not always be reached, most often such a meeting does afford the opportunity for productive discussion and better understanding. If the parent desires further communication, please call the District Athletic Director, Mr. Mark Harden to discuss the situation, and the appropriate next step will be determined.