

**ATHENS ACADEMY
ATHLETICS**

**A GUIDE FOR FAMILIES
Grades 7-12**



Georgia High School Association
Region 8-A , Area Assignments differ
for volleyball and soccer

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THE KEY: WORKING TOGETHER

THE PLAYER

The Academy approach to the game is vitally important to all players who wish to be a part of a successful team as well as realize their full potential. For the players, it consists of many things:

1. To think positively about his or her capabilities while setting realistic goals.
2. To be willing to make sacrifices.
3. To maintain excellent physical condition.
4. To cooperate with coaches at all times.
5. To use teamwork, rather than seeking personal glory.
6. To know the rules of the game (a student of the game).
7. To work hard on the fundamentals of the game.
8. To be present and on time to all practices.
9. To strive to be a good student, and to be a credit to his/her family, school, fellow classmates, and, most importantly, to himself/herself.

The formal school only supplements the atmosphere that will develop impressionable young minds and bodies into sound mature adults. The home is the primary source of the child's influences. The common goal of the school and the home should be to foster the positive development of the child; therefore, our individual efforts should support the efforts of the other.

THE PARENT

The Academy approach is vitally important to any parent who desires a successful team experience. For the parent, it consists of many things:

1. To be a source of encouragement to the child.
2. To never be negative when discussing the child's performance.
3. To realize all players cannot be on the "starting team," but each player is important to the team.
4. To never negatively criticize the performance of a child's teammate.
5. To contact the coach when there is a question concerning a coach's policy or decision. Problems cannot be solved without communication.
6. To shout encouragement from the sidelines, but NEVER "coach" your child or others during the game.
7. To show proper sportsmanship to officials and opponents.

THE COACH

Coordinating and planning for the total program is the responsibility of the coach. The coaching staff at Athens Academy actively accepts this responsibility. The Academy approach is important to a coach who wishes to develop a successful program. For him/her it consists of many things:

1. To keep foremost in mind that participation in athletics is a means to an end not an end in itself.
2. To prepare the players so that they will have the best opportunity to meet personal and team performance goals, thereby providing an excellent opportunity to win.
3. To have individual concern for each player.
4. To mold personal goals with team goals.
5. To constantly remind the players of the importance of academic work.
6. To emphasize performance over winning.
7. To create a positive climate where athletes motivate themselves.

The Academy coaching staff will annually pledge its most conscientious effort to the welfare of the students, parents, and to the school. We will elicit and promote the cooperation and support of parents and encourage them to contact us concerning any questions they may have.

SPORT AS A PRIVILEGE

Representing the School

Representing the school is a privilege. If students do not maintain high standards in their responsibilities as students and as citizens of the school community, they may lose the privilege of representing the school in athletics and activities.

A student is expected to complete a chosen activity. If a student chooses not to complete an activity, he or she may not begin another activity until approval is granted by the Division Director.

Sportsmanship

Athletes, coaches and spectators are to keep in mind that the highly excitable atmosphere of a game can never justify rudeness or excessive complaints about officiating. It is the duty of the coach to speak with officials about unclear or questionable calls in a sanctioned manner. Players are not to become embroiled in disagreements with either officials or opponents. Spectators are reminded that excessive badgering of an official is a self-defeating activity. It is likewise unbecoming for teams to blame lack of success on the poor performance of an official. Well-mannered teams, coaches and fans need not be associated with a lack of competitive spirit nor a lack of enthusiasm. Honest, hard play coupled with strong support from the stands is the mark of Athens Academy. Poor sportsmanship, on the other hand, discredits the individual, the team, and the school. Such actions may lead to a player or fan being removed from the game and/or a team.

ATHLETIC OFFERINGS

Fall: cross country, football, volleyball, cheerleading

Winter: basketball, swimming, cheerleading

Spring: baseball, golf, soccer, tennis, track

YEARLY ATHLETIC CALENDAR

Specific dates change often from year to year. Our goal is to help you plan your yearly calendar. See www.ghsa.net for detailed start dates/playoffs See www.athensacademy.org for individual team pages, and schedules.

August

No Forms? No Play

- Summer vacation plans are altered for grades 9-12!
- All forms due for fall sports by August 1.
- Summer practice begins in early August for cheerleading, cross country, football, and volleyball.
- Football Camp is held the-2nd week of August for JV and Varsity (optional for MS).
- First contests are allowed for volleyball and cross country.
- Middle School athletic assembly: Sunday before the first day of school (part of MS orientation)
- Middle School athletics begin the first day of school.

September

- First contest in football
- Interim Week-check your practice schedule.

October

- Swim Team Night, MS Basketball Night
- Winter sports begin practice.
- Area/Region for volleyball and cross country

Check on vacations!

November

- State playoffs for fall sports
- First contest for winter sports
- Thanksgiving Break-check with your coach about practices and games.

December

- Winter Break-check practice and game schedule.

January

- Team Night for Spring Sports
- Spring sports begin practice

February

- Region/State competitions for winter sports.
- First contests for spring sports.

March

- Spring Break-check practice and game schedule

April

- Region playoffs for spring sports
- Free physical offered late in April-AOC
- Cheerleading tryouts for 9th-12th

May

- State playoffs for spring sports.
- Spring football for rising 7-12
- Team Night for football, basketball, cross country and volleyball.
- AP and Senior Exams-possible conflicts-see your coach and U.S. Office

June

- Weight training, running and sport specific work
- Basketball Team Camps-check with your coach

July

- Weight training, running and sport specific work
- Volleyball Team Camps-check with your coach
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To support your child's efforts, summer schedules must be altered.

WEBSITES/REFERENCES

- Athens Academy Policies Manual
- www.athensacademy.org : see the Athletics section for team pages, directions, schedules and more.
- www.ghsa.net for playoff brackets, yearly calendar and GHSA league rules.

FORMS DUE BEFORE TRYOUT

To try out for a team, the following conditions must be met:

- Eligible by GHSA guidelines
- Eligible by Athens Academy guidelines (See AA Policies Manual)
- Permission to Play/Student Information Sheet on file
- GHSA Athletic Physical on file and up to date (one year time period).
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ATHLETIC LETTERS

Letters are awarded in varsity sports. The Head Coach, working with the Athletic Director, determines the requirements for receiving athletic letters.

Special awards for outstanding performance, leadership and sportsmanship are presented each year at an appropriate occasion.

TEAM PARENTS

Parents helping parents helping the students and the program: from pregame snacks to post-season awards banquets, team parents are a special benefit to the players and coaches. Contact is Nita Woodruff.

COACHES GIFTS

Parents and students often wish to recognize the efforts of their coaches. Out of respect for the financial commitment our parents make, team gifts presented to the coaches may not exceed \$100 in value for any one coach.

In accordance with the school's policy on fund raising, athletic gifts should be coordinated through the athletic department and the team parent representative.

The school discourages giving cash gifts/supplements to coaches and prohibits the unapproved solicitation of others for gifts.

FUND RAISING

All fund-raising efforts must be reviewed by the Development Office and approved by the Headmaster. This includes gifts in kind, items that would be sold at athletic contests, concessions and operational or capital gifts.

TRAVEL GUIDELINES

After offering school transportation, a coach may choose to allow players to use other transportation to or from a game. However, the parent/guardian of the student must personally release the school from responsibility for the child.

Students are never allowed to transport students to school sponsored athletic events, even with parental permission.

For a student to ride with another parent, both parents must agree and the specific permission to ride with a specific parent must be in writing.

AFTER SCHOOL SUPERVISION

From 3:10 until 4:00, Upper School students who remain on campus are expected to attend tutorial with their teachers or study in the Tillman Center or Media Center.

At 4:00, all students remaining on campus are expected to report to supervised athletic team practices, drama practices or specific after-school activities.

Middle School practices begin immediately after school. Students who need to attend a tutorial may report to practice at the end of tutorial.

COLLEGE ATHLETIC COUNSELING PROGRAM

The College Athletic Counseling Program functions as a part of the college counseling program at Athens Academy and assists student-athletes in continuing athletics at the collegiate level. The program provides student-athletes and their parents guidance regarding athletic opportunities at the collegiate level (Division I, Division II, Division III, NAIA, Junior College, Club Level and Intramurals), which will enable them to find the college that best meets their academic, athletic, and social needs.

Contacts are:

Head Coach

Nikki Chester

Upper School Guidance Office

But ??? College doesn't give athletic scholarships!!

VIDEO SERVICES

Whether for personal enjoyment or material to aid in the pursuit of a college scholarship, please contact your head coach and Mike Callinan for video highlights and/or game film services.