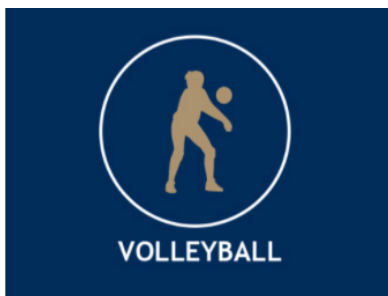


Highlands Latin School
ATHLETIC HANDBOOK
2022-2023



**HIGHLANDS
LATIN SCHOOL**

www.indylatinschool.org

HLS ATHLETIC HANDBOOK

INTRODUCTION

The purpose of this Highlands Latin School Athletic Handbook is to provide an understanding of the athletic programs and to enhance communication among coaches, athletes, and parents. This handbook contains policies and regulations that govern extracurricular athletics at Highlands Latin School.

For a student to participate in any sport at Highlands Latin School, both the student and the parents/guardians must sign an agreement stating that they have read and will abide by the policies, procedures, and regulations in this Athletic Handbook.

HLS will offer the following athletics in the 2022-23 academic school year:

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Running Club (3-12)	Boys Basketball (6-9)	Archery (5-12)
Girls Volleyball (5-12)		
Taekwondo (age 7 & up)	Taekwondo (age 7 & up)	Taekwondo (age 7 & up)

PHILOSOPHY OF ATHLETICS

HLS offers athletics designed to...

- Glorify God with the physical talents and abilities with which He has blessed us.
- Provide a unifying activity open to the entire school community through participation as a team member or spectator.
- Provide an atmosphere for personal growth/development among students.
- Contribute to the development of school spirit.

At HLS, athletic excellence shall include the following personal benefits:

- Develop the concept of teamwork, placing cooperation and team goals ahead of personal achievement.
- Develop confidence and the ability to deal with adversity.

- Develop control of emotions in tense situations.
- Develop the ability to handle success and failure with class and humility.
- Provide athletes with a thorough knowledge of fundamental skills and impress the value of consistent preparation and effort.

Our desire is to provide quality instruction with special emphasis on helping students develop persistence, dependability, dedication, self control, and teamwork.

SPORTSMANSHIP

The athlete should:

- Encourage their teammates and speak highly of them when talking to others.
- Do not give up, quarrel, cheat, or grandstand (showboating).
- Be courteous to visiting teams and officials.
- Respect the integrity and judgment of officials and accept their decisions.
- Respect the facilities of the host school and extend hospitality to those visiting our facilities.

The coach should:

Demonstrate the highest ideals and attitudes in personal behavior and demand the same standards of the players.

- Maintain self-control at all times, demonstrating to players how to work with officials without being disrespectful.

The spectators should:

- Be supportive and encouraging of athletes, coaches, and officials.
- Respect the judgment of officials, honoring that decisions are based on their vantage point.
- Understand that good sportsmanship involves applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- Treat visiting teams and officials as our guests, extending every courtesy to them.

SAFETY

Highlands Latin School strives to provide students a safe and enjoyable environment in which to participate. It is vital to understand that participation in athletics involves inherent risks. Coaches and administrative personnel will act prudently to prevent accidents and injuries.

PARENT RESPONSIBILITIES

By registering a student in an athletic activity at HLS, parents agree to have their child cleared to play through their physician. The school will not collect or retain student physicals UNLESS a student has health concerns identified by a parent or physician. Any child with restrictions or medical needs will need to submit documents to the Athletic Director before their first day of practice.

GAME DAY VOLUNTEERING

Parents are expected to serve in various volunteer capacities for each team in which their child participates. These may include working the scoreboard, admissions, concessions, preparing team snacks, and various other needs. Filling these needs is essential for home games, and the only way we can host visiting schools at our facilities. These volunteer needs are an important way our families can represent the school. Guidance will be made available to all parents serving in a volunteer role.

COMMUNICATION

To keep communication, organization, and various team needs on track throughout the season, most teams will need a Team Parent(s). Any HLS parent interested in this role can express interest to the coach or Athletic Director.

We ask that parents and players honor the following pattern of communication to resolve any issues that arise.

- 1) Parent and Student** → Head Coach (9-12th graders are asked to speak to their coach first)
- 2) Head Coach/Parent** → HLS Athletic Director
- 3) Athletic Director** → HLS Principal

STUDENT SUPERVISION

Athletes should be picked up immediately after a practice or game. Please contact your coach if you are running late. We ask that you understand that coaches should not be asked to wait for an extended period of time.

TRANSPORTATION

It is the parent's responsibility to arrange for transportation. HLS does not provide nor organize transportation to away games. Parents should organize carpools when needed.

EXPECTATIONS OF NON-PARTICIPANTS

All children not participating in the practice/game must be supervised by their parent. During game days, only players and coaches are allowed on the gymnasium floor or course. Spectators should remain in the bleachers/viewing area during the event. We ask parents not to engage their player during a game unless called over by the coaches in case of injury. Parents serving in various capacities during a game (e.g. line judge, scorebook) should do so with respect for the neutrality required in those positions.

GENERAL POLICIES

Players are expected to attend ALL practices and games. Since academics are the priority of this school, it is expected that student-athletes take responsibility to complete their assignments in a prompt manner that does not conflict with the team's schedule. It is the student's responsibility to inform the coach and athletic director of other obligations (AHG, employment, etc.) that may interfere with practices or games BEFORE the season and receive permission from the coach and athletic director to participate on the team.

PLAYING TIME

Coaches will make an effort to play all eligible players in each game, while also staying competitive. Athletes who regularly attend practice and abide by team rules will be eligible to participate in games or competitions. Using their own discretion, coaches will determine playing time for athletes meeting these criteria.

PRACTICE APPAREL

Players should wear modest and proper athletic attire to all practices. Players are expected to come prepared to all practices. Forgetting shoes or athletic apparel on a consistent basis will result in reduced playing time.

GAME TIME ARRIVAL

All athletes should arrive at their game sites at the designated arrival time to allow sufficient time to warm up. Players should arrive at the venue in uniform. The only parts of the uniform that should still require attention at the game sites are shoes and/or protective gear.

QUITTING ATHLETIC TEAMS

HLS students accept the responsibility of maintaining compliance with all the handbook policies when they agree to participate in our athletic activities. Therefore, we hold our athletes accountable for their commitment to their teammates, coaches, and school. Placement on future athletics will be jeopardized if a student quits an athletic team during the season. Extenuating circumstances will be assessed by the Principal and Athletic Director.

CLASS ATTENDANCE AND ACADEMIC STANDING

To participate in an athletic contest, students must be present at school unless they have permission from the administration. Student-athletes in 7th-12th grades must maintain passing grades in their classes to be eligible for play. A student with a failing grade will work on an improvement plan with the instructor and will be given one week to raise their grade.