



STALLION ATHLETIC HANDBOOK

Rules & Regulations

2701 HODGES BOULEVARD JACKSONVILLE, FL 32224

904 223 5270 WWW.PROV.ORG

ATHLETIC PHILOSOPHY

The athletic program serves to reinforce Providence School's philosophy that sound moral and spiritual values define the individual in a more significant way than academic achievement alone, and thus the athletic programs provide an integral part of the school's overall educational experience. Its purpose is to contribute to the physical, mental, social, and emotional well-being of every student in a manner consistent with the school's overall philosophy and objectives.

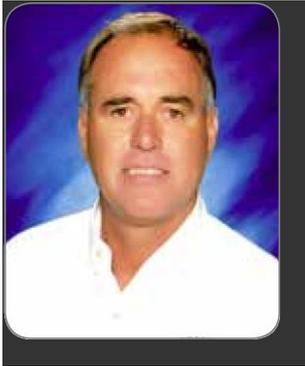
The athletic program strives to enhance each student's overall educational experience by providing spirited competitions at multiple levels, by developing sportsmanship, physical fitness, and abilities, self-discipline and self-confidence, by encouraging initiative, leadership, and teamwork, and by giving each student the opportunity to learn to handle the pressure of competition and deal positively with both success and failure.

The athletic department strives to provide each participant with opportunities to perform at the highest level possible for that participant. At the same time, it is the athletic department's mission to provide all students the opportunity to participate actively in team and individual sports at a variety of levels in ways that encourage and foster accountability, self-confidence, self-reliance, compassion, sportsmanship, leadership skills, camaraderie, and the ability to perform under pressure.

In the final analysis, the win / loss record of the various teams does not matter most; rather, the development and character of each student athlete form the foundation for a vigorous and vital athletic program.



WELCOME



Dear Parents and Students:

I encourage you to review the contents of this handbook. In doing so, I hope you will realize that the opportunity to participate on a Providence School athletic team is a privilege, as well as a responsibility, and not an entitlement.

Our athletic program, I am proud to say, provides a healthy counterpoint to professional and even collegiate athletic programs today. While too many students are misled to think that material gain and excesses are the ultimate rewards of excellence in athletics, I hope our students at Providence School will come to realize a higher good – the intrinsic value of sports: camaraderie, self-discipline, team work, and selflessness, to name only a few of the values we hope our programs impart to athletes. Our athletic programs have enjoyed unparalleled success in the Jacksonville area and state, but we take greater pride in how our athletes support themselves and each other, how honorably they win or lose, and how respectful they are of their opponents' efforts no matter what the outcome of a contest.

Our coaches are most effective when they enjoy the support and confidence of athletes and their parents. We make this simple request of our student and parents, that you respect and appreciate your coaches. We are appreciative too of the support Providence School families have provided our athletic programs and our school's aim to advance what is most important about a Providence School education – the moral development and Christian integrity of our students.

Sincerely,

Ron Pompeo
Athletic Director



ATHLETIC OFFERINGS

fall

BOYS

Varsity Football
JV Football
Varsity Cross Country
Varsity Swimming
Varsity Golf

GIRLS

Varsity Volleyball
JV Volleyball
MS Volleyball
Varsity Cross Country
Varsity Swimming
Varsity Golf
Varsity Cheerleading
JV Cheerleading
MS Cheerleading

winter

Varsity Basketball
JV Basketball MS
Basketball Varsity
Soccer
MS Soccer
Wrestling Varsity
MS Wrestling

Varsity Basketball
JV Basketball
MS Basketball
Varsity Soccer
MS Soccer
Cheerleading
JV Cheerleading
MS Cheerleading

spring

Varsity Baseball JV
Baseball
MS Baseball

Varsity Softball
JV Softball
MS Softball

Varsity Tennis
Varsity Track & Field
Weightlifting

Lacrosse

Varsity Tennis
Varsity Track & Field

RULES & REGULATIONS

1. Athletic Physicals

In order to participate in athletics, students MUST turn in a completed Sports Form which includes a Notification of Risk / Medical Verification and Pre-Participation Medical Release form.

- The forms are available on our web-site at: <http://provschoolathletics.org/>
- No student may begin any phase of the athletic program (try-outs, practices, or other activities) without these forms.
- A new physical must be completed and new forms submitted for each school year. These forms will be kept on file in the athletic office.

2. Pre-season Orientation Meeting

At the beginning of each season, a meeting will be held at Providence School for coaches and athletic administrators to convey essential information to parents and students about participating in sports.

3. Selection and Participation

Try-outs will be conducted at the beginning of each season with the understanding that coaches may have to limit the number of players on a team. During the course of the year, however, we have sports available that do not limit the size of their rosters, so that all interested students may participate in a sport. The following guidelines help to differentiate among the levels of interscholastic competition.

Varsity

- At the Varsity level, the commitment is to field the best possible teams.
- Varsity selection is based on skill and maturity of individual players. Younger athletes will be chosen if it is determined that they will experience significant playing time and contribute to the success of the team.
- Playing time at the Varsity level is determined by coaching decisions made during practice and while contests are in progress.

Junior Varsity

- Junior Varsity teams should be considered the transitional level between middle school and varsity teams.
- Junior Varsity teams are comprised of students in grades six through eleven. Younger players will be selected for junior varsity teams if it is deemed that their ability and maturity warrant participation at this level.
- While coaches will make every effort to give all JV team members playing time, it is not guaranteed.

Middle School

- Middle School teams are comprised of grades six through eight.
- Middle School teams are considered introductory, and efforts will be made to include all who wish to participate with reasonable limits of practicality.
- Athletes exhibiting the appropriate attendance, attitude, and work habits can expect to participate in contests, within reasonable limits of practicality.
- Middle School teams are members of the IMSC (Independent Middle School Conference) with tournaments at the end of each season.

4. Safety and Athletic Training

The Athletic Department strives to provide students a safe and enjoyable environment in which to participate. Consequently, coaches and administrative personnel strive to reduce potential safety hazards. It is vital to understand that participation in athletics involves inherent risk. Coaches and administrative personnel will endeavor to act in a prudent manner in order to prevent foreseeable accidents and injuries.

Providence School is fortunate to have Jacksonville Orthopedic Institute as athletic trainers who work directly with the coaches and athletes. The training room is well- equipped and accessible to all students. Any injury to an athlete should be reported immediately to the trainer who will work in conjunction with the physician or physical therapist.

5. Sportsmanship

Providence School has a tradition of excellence in its interscholastic athletic program, but the concepts of sportsmanship and fair play far outweigh the excitement of success and the joy of victory. Good sportsmanship is expected daily in the gym, the locker room, and in the stands whether in a practice session or in the middle of a heated contest. Opposing teams, their fans, and officials will be treated as honored guests when they visit Providence School. When Providence School teams and their fans travel to other schools, they will behave in a manner demonstrating the respect a guest should show to a host. Coaches, players, students, faculty, parents, and other fans should keep in mind at all times that they represent Providence School and the standards of courtesy and sportsmanship that the school upholds. We encourage enthusiastic support of all athletic endeavors, but the degradation of the performance of opponents or officials does not reflect good sportsmanship and will not be tolerated. Both adults and students bear the responsibility of upholding high standards and representing their school with pride and courtesy as they demonstrate their spirit.

The following guidelines have been established to foster and promote good sportsmanship at Providence School:

The Athlete

- Treats opponents with respect.
- Plays hard but plays within the rules.
- Exercises self-control at all times.
- Respects officials and accepts their decisions without gesture or argument.
- Wins without boasting, loses without excuses, and never quits.
- Sets high standards of personal conduct.
- Respects the facilities of host school.
- Always remembers that it is a privilege to represent the school and community.

The Coach

- Treats players and opponents with respect.
- Inspires in athletes a love for the game and a desire to compete fairly.
- Sets a positive example for the athlete to follow.
- Disciplines athletes displaying unsportsmanlike behavior.
- Respects the judgment and interpretation of the rules by the officials.
- Understands role as a teacher with the athletic arena as the classroom.

The Spectators

- Understand that they represent the school just as the players do and must therefore practice good sportsmanship.
- Appreciate good performance no matter who achieves the win.
- Show compassion for injured players, applaud positive performances, do not distract players, and avoid profanity and obnoxious language and behavior.

- Treat opponents and officials with respect.
- Respect the judgment and strategy of the coach and do not criticize coaches for loss of a game.
- Respect the property of others and the authority of those who oversee the competition.
- Are modest in victory and gracious in defeat.

Students should understand that by joining a team, they are accepting the benefits of participating as well as the responsibility and commitment to the team. Expectations may vary from coach to coach or from sport to sport, but Providence School has general expectations for all athletes at all levels.

The student/athlete is not required to take part in athletics as a requirement for graduation. Therefore, athletics are an honor and a privilege. Students are encouraged to participate in more than one sport but are NOT allowed to be in two sports in the same season.

6. Transportation

- Athletes should ride with the team whenever traveling.
- Exceptions include: Parent permission in person OR with written request AND phone contact. At the end of contest, athletes may leave with a parent if they have informed their coach.
- Athletes and coaches are expected to treat buses and bus drivers with respect, and each team is responsible for cleaning up after each trip.

7. Attendance

- Athletes are expected to attend all classes without being tardy.
- Athletes are to call coaches if they will miss practice or a game.
- Athletes are expected to attend all practices---a missed practice will result in a missed game. If sick, or injured, athletes are expected to attend practice and at least watch practice; it will count. Athletes may NOT attend if they have been suspended.
- Athletes who are absent from school may not practice or play in a game that day. An absence from four or more classes is considered to be one day absent.
- Athletes are expected to attend all post season banquets and/or events for each sport. Failure to attend post season activities is the same as quitting the sport while in season.
- Early release athletes are responsible for work missed. It is their responsibility to get information from teachers.
- Student athletes are not granted permission to be late to school due to late night activities.

8. Respect

- Players can expect to be treated with respect by their coaches.
- Players will exhibit respect at all times to the coaches, teachers, school personnel, to each other, and to officials.
- Public displays of affection between students within the school setting or at athletic events is against school policy.
- Unsportsmanlike behavior will result in some form of disciplinary action.

9. Dress and Appearance

- Each student will adhere to the school's dress code.
- All athletes will wear their prescribed uniform in the correct manner.
- All athletes will show pride by looking sharp all the time (no facial hair, jewelry, sideburns, beards, or mustaches). Hair should be clean, neat, and styled within the guidelines of dress code.
- Travel shirts will be part of the dress code. No blue jeans are allowed.

10. Care of Equipment/Facilities

- Athletes may not alter any equipment that is issued to them.
- Athletes must care for all equipment assigned.
- **All athletic lockers must be locked and secured.**

- **All areas in the locker room must be cleaned.**
- All equipment and uniforms will be turned in to the coach within five days of the last contest.

11. Open Door Policy

- If athletes have problems, they may visit the coaching staff.
- The athletic phone is for school business only.

12. Quitting

- If any athlete quits his/her team, he will not be allowed to start any sport until the existing sport season is over. This includes post season play.
- The coaches reserve the right to deny students the opportunity of trying out for the team next year.
- Expulsion from the team is tantamount to quitting. All honors or awards will be denied the quitter.

13. Practices

- Unexcused absences from practice will affect playing time at the coach's discretion.
- Missed practices may be made up at the coach's discretion.
- Rehabilitation of sports medicine injuries will count as practice.

14. Cancellation of Games or Practices

- Cancellation of games or practices will typically be announced to the student body before the end of the school day.
- Information about cancellations can be obtained by calling the athletic line at 223-5270 ext.5.
- Student athletes always should come to school prepared to play or practice that afternoon or night, regardless of the weather.
- Cancellation of games is determined by the home team.

15. Lines of Communication

Coaches are encouraged to establish lines of communication at the beginning of the season. When problems arise, players and parents should talk to the coach first. Most concerns can be addressed at this level. If resolution does not occur, parents or students should contact the Athletic Director if more communication is necessary.

16. Non-School Participation

- Athletes are discouraged from participating in dangerous, non-school sports or activities.
- Missed practices due to an injury in a non-school athletic activity will not count as an excused absence.
- School-sponsored athletic activities, practices, and games will take precedence over non-school athletic activities.

17. Game Participation

- Athletes may be excused from a game due to sickness with a doctor's note or with prior written approval from the coach.
- Failure to show up for a game could result in dismissal from the team.

18. Academic Eligibility

Providence School will follow the eligibility standard set by the Florida High School Athletic Association (FHSAA). Grades will be checked at the end of each semester. A cumulative GPA of 2.0 must be maintained to remain eligible for athletics. Being an athlete requires a student to balance his or her work load among academics, arts, and athletics.

Coaches are very understanding of the school's commitment to academic excellence, and they will take steps to ensure that students maintain their proper priorities.

19. Awards

- Middle School Certificate of Participation
- Junior Varsity Certificate of Participation
- Varsity Awards, Lettermen Certificates and Team Awards
- Varsity Award Plaque (senior year)

These awards are based on the athlete adhering to all athletic policies, participating as a team member at the varsity level for a complete season, or displaying of outstanding performance, which in the judgment of the coach, contributes markedly to the team's success throughout the season.

20. Lettering

- Participation in 60% of ALL quarters/innings during the regular season
- Value to the team
- Placing first, second, and third in events entered 50% of the time
- Juniors and seniors may order a letter jacket if they have received two or more varsity



ATHLETIC CONTRACT

I understand that in order to be eligible to participate in any athletic sport at Providence School, I must abide by all of the policies and procedures that have been outlined for me in the **Providence School Athletic Handbook**.

The undersigned do hereby give Providence School, its assigns, licensees and legal representative the irrevocable right to use their name (or fictional name), picture, portrait, or photograph in all forms and media and in all manners, including composite or distorted representations, for advertising, trade or any other lawful purpose, and waive any right to inspect or approve the finished product, including written copy, that may be created in connection therewith.

I, _____ have read each of the attached policies and procedures
parent/guardian

for the Providence Athletic Program. My son/daughter _____
athlete

has read and understands these policies and procedures. He/she does understand the consequences of non-compliance and will adhere to all Providence School athletic and school rules.

Athlete Name: _____ Sport: _____
printed name

Athlete Signature: x _____ Date: _____

Parent/Guardian Signature: x _____ Date: _____

* Please make a copy to retain for your own records



