

## PLAYING TIME

### *Junior Varsity Team*

At this level, students become accustomed to interscholastic practice and play. For many it is their first introduction to competitive sports, different from recreation in its demands and philosophy. This level of competition has an increased emphasis upon team play, physical conditioning, and refinement of basic skills. Gaining experience through training and play should be paramount. Although being successful on the JV level is important, winning is not the sole objective. At this level of play, the focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations. An attempt will be made to allow as many participants as possible to play but not all will play equally. At the JV level, playing time will be based on the degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student athlete in practice and during games. The last element of playing time for the JV player is the current and future needs of the varsity team.

### *Varsity Team*

Varsity competition represents the culmination of each sporting program. Normally, juniors and seniors make up the majority of the roster. Occasionally, a sophomore and, infrequently, a freshman may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development are demonstrated. Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. It is the coach's responsibility to make clear to the student athlete what his/her role is on the team. A sound attitude and advanced level of skill are prerequisites for a position on the varsity team, as is the realization that a varsity sport requires full commitment. The dedication and commitment needed to be successful on a varsity team should be taken seriously.