



Athletic Handbook

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PHILOSOPHY/MISSION

Wesley Prep's Athletic Program is a natural extension of the school curriculum and provides a great venue for teaching numerous qualities and life skills which are essential to the growth and development of Wesley Prep's student-athletes. Ultimately, the program strives to instill the qualities of commitment, goal setting, competitiveness, discipline, integrity, loyalty, sportsmanship, teamwork, and a strong work ethic in our students. The Wesley Prep Athletic Program also mirrors what our students will encounter in Middle School athletics after they leave Wesley Prep. such as practices taking place immediately after school, and traveling to other school campuses to compete.

It is encouraged for all students in 5th and 6th grade (and sometimes 4th) who are willing to commit their time to the team and to give their best effort in all practices and games, to participate in the program.

PARTICIPATION

All 5th and 6th grade students (and sometimes 4th) currently enrolled as a full-time day student at Wesley Prep are eligible to participate in the athletic competition offered through the Wesley Prep Athletic Program.

- Participation in athletics is a privilege, and students who choose to participate will have certain expectations and responsibilities to uphold. These can be found in the Athletic Code of Conduct form. This form is required to be completed for EACH sport in which a student-athlete chooses to participate before he/she can begin practicing with the school team.
- If a player desires to quit a sport once he/she has committed to the team, a meeting to discuss this choice will take place between the player, his/her parents, the coaches, and the Counselor and Director of the school. This meeting will focus on the meaning of commitment. It is preferred that a student not start a sport unless they are willing to see it through for the entire season.
- Quitting the team before the end of the season will result in the loss of any awards or recognition in that sport.

ACADEMIC ELIGIBILITY

A student-athlete:

- Must maintain a 75% or higher average in all subject matters in order to be eligible to participate in the Wesley Prep Athletic Program. If a student's academic average drops below this level, the student will be subject to a one-week suspension from athletic participation or until their academic average is raised back to 75% or higher.
- If a student is on academic probation, he/she is still required to be present at the games, wearing his/her team uniform, and watching the game from the bench.

PRACTICE WEAR AND UNIFORMS

Players will need to bring a change of clothes for all after-school team practices. These items should consist of a t-shirt, athletic shorts, sport socks, appropriate tennis/athletic shoes, and any additional accessories required for safety (i.e., knee pads, shin guards, etc.).

Game uniforms will be distributed prior to the first game of the season and collected after the last game of the season. The P.E. teacher maintains a checklist of uniform numbers and player names for distribution and collection purposes. At the end of each season, all uniforms are expected to be washed and placed in a Ziploc bag with the player's name clearly marked. If a uniform is not returned at the end of the season, a \$50.00 fee will be charged to the family of the player.

ATTENDANCE

- Players are expected to attend all practices and games on time. Excessive absences will adversely affect the cohesiveness of the team and will also limit the players' participation in games.
- A student who is absent more than half the school day is not permitted to represent the school in an extra-curricular activity on that day. This does not include school-related absences such as a class field trip or school visits for graduating 6th grade students.
- Players who consistently miss practice and/or games for unexcused reasons (based on the coach's discretion) will face dismissal from the current sport they are playing.
- If a player has a conflict the day of a practice or game, it is essential the coach and/or Athletic Director is contacted in order for line-ups to be adjusted accordingly.
- Participation in a club or outside league should be considered secondary to the school team. If the club team in which the student participates conducts its practices and games at times which directly conflict with the school team schedule, it is preferred the student does not play on the Wesley Prep team.

GAME PLAY TIME

The coach(es) have sole discretion on a player's game time. Game time will be dictated by each player's effort, ability, and commitment. All players will receive playing time in each game, but it is not required for each player to have equal playing time. If a player did not attend the practice *prior* to a game day, he/she will not start in that game. The coach has complete discretion on when that player will begin his/her playing time, and for how long.

TRANSPORTATION

Student-athletes are to be picked up promptly outside the school gymnasium after practices. Parents are to provide transportation of their child/player to all home and away games unless other study hall and carpool arrangements have been made.

EQUIPMENT AND FACILITIES

Student-athletes must take appropriate care of all uniforms and equipment, as well as the school property and its facilities. This behavior also pertains to our opponents' facilities. If equipment is lost, damaged, or stolen by a student-athlete, he/she will be charged for the full replacement of the item(s).

Food and drinks (other than water) are not allowed in the gym at any time.

SCHEDULE CHANGES/CANCELLATIONS

Parents will be notified in advance whenever possible of any schedule changes. ALL sports-related communication will take place via email.

SUPERVISION OF CHILDREN

During games, children and siblings of players who are not participating in the current athletic event are expected to be adequately controlled and seated with his/her parent(s) and should not wander the halls of Wesley Prep and other school facilities who participate in the league.

SPORTS BANQUET AND AWARDS

A Sports Banquet Night will be held in May to present awards and certificates to all athletes for their participation in the Wesley Prep Athletic Program throughout the school year. Special awards will be given to the athletes per season/sport. Coaches and volunteers will also be recognized for their support and commitment to the Wesley Prep Athletic Program.

EXPECTATIONS OF PARENTS

Parents play an extremely important role in our sports program and are vital to its success. Their support and cooperation mean a great deal to both the athletes and the coaches. THANK YOU FOR ALL YOU DO!

Parents are needed to provide transportation to games, help with study halls when needed, help supervise and chaperone our team players, support the coaches and players, and assist in running the scorer's table.

Parents represent not only themselves, but their entire families, the players and team, as well as Wesley Prep and its community. Most importantly, they are role models for their children and other children.

EXPECTATION OF FANS

Wesley Prep fans are to consider all opponents as guests and to treat them with courtesy and respect. Fans are to provide a positive role model for other fans and should accept the decisions of the officials. Booming, hissing, rude or irritating remarks will not be tolerated from the sidelines. Fans should applaud our Wesley Prep team and our opponents throughout the contest and should always create an environment of good sportsmanship. Wesley Prep will strive to win with humility and lose with grace.

EXPECTATION OF COACHES

Wesley Prep is very fortunate to have faculty, parents, and others who offer their time and energy to coach and lead the Wesley Prep Athletic Program. The coach will be knowledgeable about his/her sport and the league rules. He/she will organize practice time for effective instruction and development. He/she will give individual attention and help to each player, be enthusiastic, and strive for excellence.

Team coaches are to be a Christian role model for the players by demonstrating Christian values and sportsmanship. He/she is responsible for the safety and well-being of his/her players. A coach is a teacher, and therefore will strive to help players grow and develop their skills. He/she is dedicated to helping each student-athlete obtain his/her highest level of performance, as well as the entire team.

Finally, teamwork starts and ends with the coach. Direct modeling by the coach is the key to successful team building. Coaches are expected to teach the TEAM (Together Everyone Achieves More) concept by providing a fair, honest, flexible, and respectful program.

EXPECTATIONS OF THE ATHLETE

Wesley Prep athletes are expected to conduct themselves in a Christian manner at all times during a competition and should set goals for him/herself as a player on the Wesley Prep team. Some sample goals are:

- Attend all practices and games.
- Work hard to be the best player they can possibly be.
- Try to be a better player today than yesterday.
- Develop an unselfish attitude by being a team player.
- Play hard and give your maximum effort, regardless of the score.
- Respect the authority and constructive criticism of the coach in order to be your best.
- Respect the game officials.
- Help and support fellow teammates.
- Have pride and confidence in who he/she is.
- Reflect Christian values and sportsmanship at all times.

Finally, all players are expected to personally thank the officials at the end of each game.

PARENT-COACH COMMUNICATION

Communication is vital in order for any Athletic Program to be successful.

Coaches are expected to communicate the following to the parents of the student-athletes:

- Times and locations of all practices and games, including any scheduling changes
- Type of practice wear, uniforms, water bottles, etc. to bring to practices or games
- Team goals and expectations

Parents are expected to communicate the following to the coaches:

- Any concern they may have regarding their child
- Suggestions on how to help improve their child's individual skill
- Advance notification of any scheduling conflicts
- Continued support of the program

Items which are **not** appropriate to discuss with the coaches are:

- Playing time
- Team strategy
- Play calling
- Another student-athlete other than their own

24-HOUR RULE

If there is a concern which needs to be discussed with the coach, it is not appropriate to discuss this concern before, during, or immediately after a game. This can be emotional times for both the parent and the coach and will not always promote a positive resolution.

The Wesley Prep Athletic Program adheres to the 24-Hour Rule. This means parents are prohibited from discussing a game, a play or a strategy with a coach for at least 24 hours after the contest. The

24-Hour Rule is a good way for parents to take a breath and decide whether their concern really is a matter of fairness, or an intense emotional reaction forged in the heat of competition. In using the 24-Hour Rule, the discussion is moved away from the players and allows parents a chance to suppress their emotions and resolve a disagreement rationally. If after the 24-Hour Rule has taken place and a parent still feels the need to discuss the concern, it is best to set up a time to talk or meet about the specific concern.

The 24-Hour Rule is also a useful tool for coaches who are concerned they might react negatively in the heat of the moment toward parents of their young team members. In addition, the coach needs to set the expectations and boundaries for parents, and the 24-Hour Rule can be part of that approach.

In the end, it is your child who is the true beneficiary of the 24-Hour Rule.

ATHLETIC PROGRAM FINANCES

The Wesley Prep Athletic Program is financed by the registration fees which are collected at the beginning of each season, the Used Uniform Sale at the end of each school year, portions of the Tom Thumb and Target rewards program, the Wesley Prep after school programs, and individual donations,

If you have an idea or small fundraiser that can provide direct funds to the Wesley Prep Athletic Program, please share your idea with the P.E. department, Athletic Director, or Director of the School.

CONCLUSION

The goal of the Wesley Prep Athletic Program is to afford students the opportunity to grow mentally, physically, and spiritually as individuals through a program of various team sports. If you have any suggestions on how to improve the current program, or have any questions or concerns during the course of any season, please share this information with the appropriate people.

Finally, a huge thank you to all those who support the Wesley Prep Athletic Program! A program is only as good as the people who are involved in it. Your support makes our program a valuable experience for each child who participates. Your efforts are truly appreciated!