

HURRICANES

A Handbook for Antilles Student-Athletes

*Antilles School
Athletic Program*



Ability may get you to the top, but it takes character to keep you there.

...John Wooden



Antilles School

Hurricane Athletic Program

Antilles School believes that a dynamic program of student activities is vital to students' educational experience. The Athletic Program is an integral component of the learning and social experiences of Antilles students, advancing opportunities to develop favorable habits of mind, to cultivate confidence and skills, and to commit and contribute to team endeavors. As an element of the educational experience, athletics offers occasions for service to others, to develop fellowship and good will with the community, to promote self-realization of goals, contributing to students' preparations for adult life in a democratic society.

Through participation in athletics, students experience interscholastic competition, coaches, teammates, opponents, game officials, spectators and fans, and the celebrations and challenges of competitive winning and losing. Students participating in the athletic program have expanded opportunities to develop personal responsibility, self-regulation and self-confidence, and to learn the value of dedicated practice, teamwork and sportsmanship. Participation in athletics fosters school spirit, leadership, a sense of team and unity of purpose.

Antilles School participates in the St. Thomas-St. John Interscholastic Athletic Association (IAA). Every effort is made to field a team in each sport sanctioned by the IAA. Team sports may vary from year to year; generally however, sporting activities include flag football, tackle football (a collaborative private schools' team), cheerleading, volleyball, basketball, soccer, softball, baseball, sailing, and cross-country. Golf, tennis, and swimming are club sports.

The Athletic Director (AD) coordinates and schedules all sporting activities, scheduling tryouts, practices, and contests, maintaining a calendar of events to avoid conflicts. The AD coordinates the completion of medical exams for athletes, insurance data, parental consent forms, organizing and publishing a list of eligible students for coaches and school administrators. The AD oversees the safety of all equipment and materials for the program as well as the athletic grounds and facilities, coordinating inventory, requisitions and purchases as necessary. The AD organizes transportation for student-athletes when required for island or inter-island travel, coordinating lodging, food, travel, and adult chaperones for trips. The AD recruits and supervises coaches, and designates adult supervisors for student-athletes using the Jackson Complex. The AD represents Antilles School at IAA meetings, upholding and disseminating the regulations of the IAA and the Antilles School Athletic Program.

Team Eligibility

IAA Eligibility A student-athlete may not try out or participate in practice or competitive events until a physical exam by a doctor is completed and the *IAA Medical Eligibility* form, which must include a physician's signature, is on file with the School Nurse or AD.

Consent Waiver A student-athlete may not begin practicing with the team or participate in competitive events until s/he has a *Consent Waiver* form completed by her/his parents or guardians and on file with the Division Head.

Emergency Form A student-athlete may not begin practicing with the team or participate in competitive events until s/he has an *Emergency Information* form completed and on file with the School Nurse.

Conditioning Practices Each student-athlete must participate in conditioning practices with the team before participating in a game or meet. Requirements for conditioning practices are established by the team coaches and the AD.

School Attendance A student-athlete must attend classes regularly and punctually. A student-athlete may not participate in athletic practices or events, if s/he has been suspended, absent or truant. A student who has been suspended is not eligible to participate in or attend any interscholastic practice, contest, event or activity scheduled during the term of the suspension. A student who is absent from school is not eligible to participate in or attend any interscholastic practice, contest, event or activity scheduled on the day of the absence. If the absence is on a Friday, then the student may not participate in a practice, contest, event or activity until the following Monday, or upon her/his first day of return to school.

Academic Standing A student-athlete must meet the academic requirements established by her/his classroom teachers, and maintain good academic standing, maintaining a C- or higher average.

Conduct Standing A student-athlete must maintain good conduct standing, demonstrating respect and following the School's *Code of Conduct*. A student-athlete who has been suspended from school is not eligible to be present, participate in, or to attend interscholastic practices, contests, or events scheduled during the term of the suspension.

Ineligibility If a student becomes ineligible at any time, then the AD will remove the student-athlete from the team or activity until eligibility is reviewed and restored. (See "Probation" for details on eligibility as it relates to academic and conduct probation.) A student-athlete, who is unable to try out due to injury or other medical reason, may try out for the activity or team when the injury or medical reason is resolved. In such instances, a release to participate must be obtained from a physician and approved by the AD in consultation with the School Nurse and Division Head.

Rules for Sports Play

The IAA establishes the rules for competitive team sports, including age and grade level eligibility requirements. The coaches, in consultation with the AD, set specific rules for participation in particular sports.

A student-athlete, who does not meet the eligibility requirements, may not try out, practice, or play.

A student-athlete, who does not meet the conduct expectations during try outs, practice, and play, or who does not follow the rules of the game, may be suspended or dismissed from the team.

A student-athlete, who displays unsportsmanlike conduct, including profane language or gesture, excessive rough play, or other disrespectful behaviors, may be removed from the practice or contest, and s/he may be dismissed from the team, and s/he may also face other disciplinary action.

A student-athlete, who willfully or maliciously destroys School property or the property of teammates or opponents, may be ineligible for participation on the team.

A student-athlete, who quits a team without talking to the coach or AD, is not eligible to participate in any other sport for the remainder of that season, including preseason workouts, meetings, and trainings.

A student-athlete, who has been dismissed from a team, is ineligible for any other school sponsored sport during the remainder of the season for which s/he was dismissed.

Team Expectations

Antilles School expects every student-athlete to conduct her/himself in a respectful manner that demonstrates the highest level of sportsmanship. Representing not only one's self, but also the team, the School, one's family, and the community, the School expects each student-athlete to know and adhere to the School's *Code of Conduct*, and to ...

- demonstrate respect for her or his self;
- demonstrate respect toward teammates, coaches, opponents, and fans;
- demonstrate respect for officials, accepting decisions without argument or gesture;
- demonstrate respect toward property, equipment, and athletic uniforms, including belongings of others teammates and opponents;
- demonstrate sportsmanship, exhibiting a positive attitude and self-control at all times and setting an example for others;
- demonstrate a commitment to the team, actively participating in practices and competitions;
- play competitively and play within the rules;
- win and lose respectfully, without boasting or making excuses;
- dedicate quality time to academics, maintaining her/his academic standing with the School;
- uphold high standards of conduct and self-discipline, maintaining her/his conduct standing with the School.

Team Eligibility A student-athlete maintains good academic and conduct standings with the School and meets all eligibility requirements for try outs, practice, and play including having medical, emergency and consent waiver forms completed and on file with the School.

Team Commitment A student-athlete commits to fostering and promoting team unity and pride, striving to enjoy sports play at a high level through competition, cooperation, enthusiastic team spirit with teammates.

Team Obligations A student-athlete attends all practices and contests throughout the season, unless excused due to personal illness or a family emergency, or unless s/he is excused in advance by the coach or AD. A student-athlete is on time to all practices and contests, and remains at practice or the contest until dismissed by the coach. A student-athlete listens to and complies with directions from coaches, chaperones, and the AD.

Absences If a student-athlete misses a practice or game due to illness or family emergency and the parent/guardian communicates this information to the School, then the absence will be excused. If a student-athlete needs to miss a practice or game for any other reason than illness or family emergency, then in advance of the absence, s/he must communicate with the coach or AD to request an excused absence. Failure to attend a scheduled practice will result in the student-athlete being benched, suspended, or removed from the team at the discretion of the coach in consultation with the AD.

Team Uniform A student-athlete takes responsible care of the team uniform issued to her/him. At the end of the season, the student-athlete returns the uniform to the coach or AD, laundered or cleaned, within 48 hours. If a uniform is lost or damaged, the student-athlete and her/his parent take financial responsibility to pay for the replacement of the uniform.

School Uniform A student-athlete wears the School's uniform while traveling to participate in sporting events, unless other clothing is authorized by the AD

Alcohol, Tobacco, and Other Drugs A student-athlete remains alcohol, tobacco and drug free, understanding that the School strictly forbids the possession, distribution, sales, or consumption of alcohol, tobacco, or other illegal or controlled substances, as defined by law, whether on or off campus.

Violations of Law A student-athlete arrested for, or charged with, violating the criminal law will be placed on immediate administrative suspension and removed from involvement in all team activity, pending further investigation. If a violation constitutes a misdemeanor, then the Division Head, Dean of Students, and the AD, in consultation with the Head of School, in the exercise of reasonable discretion, may lift the administration suspension.

Participation in the athletic program is a privilege, and not a right. Playing time is earned by the student-athlete, and is at the discretion of the coach in consultation with the AD. Allegations of unsportsmanlike conduct and infractions of the School's policies are investigated by the AD in consultation with the Dean of Students, and may result in disciplinary action including suspension of privileges. Dismissal from a team makes the student-athlete ineligible for any other School sport team during the remainder of the season for which s/he was dismissed.

Team Practices & Contests

Each coach, in consultation with the AD, establishes a practice schedule, which is in part driven by the availability of the School's facilities. During practices and contests, the School expects a student-athlete to ...

- maintain respectful conduct and model sportsmanship;
- attend all practices and contests throughout the season;
- be on time;
- remain at practice until dismissed by the coach.

Team Uniforms & Equipment

Antilles team uniforms and team equipment are issued for practices and contests only.

A student-athlete is responsible for the proper care of all athletic gear issued to her/ him.

A student-athlete must turn in the team uniform and/or specific clothing, laundered or cleaned, along with team equipment within 48 hours of the end of the season to the coach or the AD.

A student-athlete and her/his parents are financially responsible for the replacement cost of the team uniform or team equipment that is lost, damaged, or stolen.

A student-athlete may not be allowed to participate in try outs, practice, or contests for another sport, if a uniform or equipment is outstanding.

Team Travel & Transportation

Representing of the School and demonstrating respect for everyone s/he encounters, a student-athlete knows and adheres to the School's *Code of Conduct* and ...

- wears the School's uniform unless other clothing is authorized by the AD;
- listens and complies with directions from coaches, chaperones, and the AD;
- is aware of and follows the transportation regulations of the territory in which s/he is travelling;
- abides by all of the laws of the states, regions, principalities, or legal jurisdiction in which s/he travels.

On-Island Events: When transportation is provided for student-athletes to competitions, it is arranged by the AD. A student-athlete's parents or guardians are solely responsible for transportation from competitions for their child.

Off-Island Events: Transportation is provided for student-athletes to-and-from competitions and arranged by the AD.

When the School provides transportation, student-athletes are generally expected to commute on that transportation; however, under certain circumstances, the AD may grant permission to a student-athlete to commute in private transportation. Before any student-athlete is considered for private transportation, express written permission from the student-athlete's parents/guardians must be on file with the AD.

Early Dismissal from School

From time to time, student-athletes are dismissed early from school in order to participate in a sporting event. When dismissed early from school, the School expects the student-athlete to adhere to the School's *Code of Conduct* and to...

- be present and prepared for class until the scheduled time of departure;
- be independently responsible for any assignments due before departure or any assignments due while absent to participate in athletic events;
- depart at the time scheduled by the AD and the coach;
- depart the classroom and campus in a quiet and orderly manner;
- sign out in the Division Head's Office.

Probation

A student-athlete earning two or more Ds or one F in a given marking period is placed on academic probation and ineligible for athletics during the probationary period. If a student-athlete is placed on academic probation following fourth quarter grades or final grades, then s/he is ineligible during the first quarter of the following school year. If a student is not eligible by the completion of try-outs for the activity, s/he is not eligible to participate in that sport or activity until the next term's grades are posted and criteria for participation are met. A student on conduct probation is not eligible for participation in interscholastic athletic team practices, competitions, and events.

Under certain conditions, as set forth by the Division Head, a student-athlete on academic probation may try out, join, or remain on a School team as long as s/he agrees to and abides by the conditions of the probation. Failure to comply with the terms of the probation results in immediate suspension of privileges to participate in practice and competitive activities, and in some instances, may render the student-athlete ineligible for play during the remainder of the season or may require further disciplinary action.

If a student-athlete is experiencing significant academic difficulty, whether currently on academic probation or not, then the School may require the student-athlete to participate in a supervised after school study hall to remain eligible to practice and play. In addition, the School may require a daily or weekly progress report to demonstrate sufficient academic progress for athletic participation.

If in the opinion of the School, a student-athlete is experiencing serious academic concerns, then the School may suspend the student-athlete's participation on the team. A suspended student-athlete may be reinstated when evidence demonstrates that her/his grades and/or classroom performance have improved and meet the criteria for participation.

A student-athlete on probation, whether academic or conduct, may not participate in try outs, practice, or competitive events unless given direct permission to do so by the Division Head.

Probationary status is reviewed at the end of each quarter marking period with the publication of report cards. At that time, one of the following will occur: (1) probation will end, or (2) probation will continue with the possibility of additional restrictions or stipulations added to the conditions of the probation.

Photographs

Antilles School uses photographs of students participating in classroom activities or school-related activities in its publications, promotional materials, brochures, and on its website. If a parent or student wishes to preclude such use of the student's image, inform the Advancement Office.