



SEACREST COUNTRY DAY SCHOOL

Student – Parent

Athletic Handbook

2019-2020 Academic Year

Schedules are posted at
www.seacrest.org

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Introduction

This handbook provides a framework for how coaches, athletes, and their parents can best work together for the benefit of our overall athletic program. Although it is intended to be comprehensive in nature there will inevitably be situations that occur that are not outlined in this handbook. Coaches, students, and parents should always use good common sense in handling any situation.

Coaches, athletes and parents are required to sign an agreement that you have read and understand this handbook before a sport season begins. Please refer to this handbook throughout the years for all sports. Coaches, athletes, and parents are obligated to be knowledgeable and supportive of these policies and procedures.

Philosophy

Seacrest Country Day School believes that athletics complement and enrich the academic experience and are integral to every student's education and personal growth. We offer a wide array of interscholastic athletics for grades 6 through 12, which allows students the opportunity to foster a love of sport and a life-long commitment to health and fitness. We view coaches as teachers and the fields and courts as extensions of the classroom. We encourage all students to participate and strive for excellence. Seacrest seeks to produce highly competitive teams and prizes character, sportsmanship, and teamwork.

Seacrest Country Day School Athletic Teams

Seacrest Country Day School's interscholastic athletic program involves competition with other schools. Presently Seacrest Country Day School fields teams in the following interscholastic activities:

Fall:

Varsity Cross Country	Boys & Girls
MS (6-8) Cross Country	Boys & Girls
Varsity Golf	Boys & Girls
MS (6-8) Golf	Boys & Girls
Varsity Swimming (6-12)	Boys & Girls
Varsity Volleyball	Girls
Junior Varsity Volleyball	Girls
MS A (7/8) Volleyball	Girls
MS B (6/7) Volleyball	Girls

Winter:

Varsity Basketball	Boys & Girls
Junior Varsity	Boys & Girls
MS A (7/8) Basketball	Boys & Girls
MS B (6) Basketball	Boys & Girls
Varsity Soccer	Boys & Girls
MS A (6-8) Soccer	Boys & Girls

Spring:

Varsity Baseball	Boys
Junior Varsity Baseball	Boys
MS Baseball (6-8)	Boys
Varsity Softball	Girls
Varsity Tennis	Boys & Girls
MS (6-8) Tennis	Boys & Girls
Varsity Track & Field	Boys & Girls
MS Track (6-8)	Boys & Girls

Affiliations

Seacrest Country Day is a member of the Florida High School Athletic Association (FHSAA), which governs both public and private schools throughout the state. Seacrest adheres to all FHSAA policies and procedures. The middle school competes primarily in the Gulf Coast Athletic Conference (GCAC), a league made up of Collier County and Lee County Independent schools.

Student Eligibility

Academic Eligibility

1. Students in grades 6 through 8 must be regularly promoted from the previous grade the immediate preceding year; he/she must be in regular attendance; he/she must carry a normal class load doing satisfactory classroom work with a satisfactory conduct record.
2. A student entering the ninth grade shall be eligible during the first semester of the ninth grade year provided that it is the student's first entry into the ninth grade and he/she was regularly promoted from the eighth grade the immediate preceding year.
3. A student must have a cumulative high school grade point average of a 2.0 or above on a 4.0 unweighted scale in all courses as required by the Florida Statutes at the conclusion of each semester to be eligible during the following semester.

Seacrest Country Day reserves the right to impose higher academic and discipline standards than those listed above. Students on academic probation or discipline probation may be restricted by the school from participating in athletics.

- Seacrest students must maintain at least a 2.0 GPA on a 4.0 scale or its equivalent in all courses taken, per quarter. A student must not receive the letter grade "F" in any course.
- At the interim of the period of ineligibility, the student – athlete may be reevaluated by the administration and athletic eligibility may be reinstated if significant progress has been exhibited by the student. Interim eligibility review applies to Seacrest eligibility requirements ONLY!

Limit of Eligibility

- Each student shall have four consecutive years of eligibility from the date he or she first enrolls in the ninth (9th) grade.
- Four years from the date he or she first enrolls in the ninth (9th) grade, he or she will become ineligible for further interscholastic athletic competition.
- Students may participate in interscholastic athletics one year as eighth graders, one year as seventh graders, and one year as sixth graders.

Age

- Student may not turn 19 prior to September 1st of their Senior Year, in order to be eligible.
- A middle school student may participate in interscholastic athletic competition until reaching the age of 15 years 9 months.

Residence Requirements

- A student will be eligible at the first school in which he/she enrolls each school year or at the school in which he/she participates in an athletic practice prior to the beginning of the school year. The student will be eligible at that school as long as he/she remains enrolled and meets all other eligibility requirements.

Transfer Students

- Every student who changes or transfers school at any time after beginning the 9th grade will be required to sign an affidavit attesting that the student was not athletically recruited to attend Seacrest Country Day School. The affidavit must be signed by the student, parents/legal guardians, the head of School, Athletic Director, and notarized. This must be done for each and every change that occurs in school designation regardless of when the change occurs, including the summer period or the reason for the change (including physical relocation). Seacrest Country Day School cannot permit interscholastic athletic competition for the student until the affidavit has been signed, notarized, and filed with the FHSAA office.

A residence is a place where the student and his/her parent(s) or other individual(s) or other individual(s) with whom he/she resides, has their true, fixed, and permanent home, and to which, whenever absent, has the intention of returning. A bona fide change in residence is the actual physical relocation of the student and his/her parent(s) or individual(s) with whom the student resides to a different residence further provided the change of residence was preceded by termination of all occupancy of the previous residence.

Required Forms

No student may participate in any portion of Seacrest Country Day Athletics unless all required forms have been turned in and are up to date with the athletic office.

- **FHSAA Physical Form** (EL 2) – This form may be obtained by visiting our web site at www.seacrest.org or the FHSAA website at www.fhsaa.org. Physicals are only valid for one calendar year from dated signature of practitioner who administered the physical.
- **FHSAA Parental Consent & Concussion Form** (EL 3) – This form may be obtained by visiting our web site at www.seacrest.org or the FHSAA website at www.fhsaa.org. The consent form is only valid for the current school year from dated signature of parent and student-athlete.
- **Seacrest Handbook**

All students who are transferring to Seacrest Country Day School from a different school should see the athletic director for additional paperwork and signatures.

Club Sports

Club sports are growing rapidly in popularity. Although club sports are an avenue for athletes to further their skills in a particular sport outside the normal season, they can have a negative effect on an overall athletic program if athletes devote their time outside their season solely to club sports. It should be the ambition of every athlete to want to wear the jersey of their school in as many sports as possible without allowing club sports to interfere.

It is possible to compete simultaneously in both Seacrest athletics and club sports. Coaches should make every effort to work with the schedules of athletes who compete in club sports. However, in situations of conflict, **SEACREST SPORTS MUST TAKE PRECEDENCE**. Excessive absences from practice or a game owing to club sports may lead to removal from the Seacrest team.

Multi – Sport Athletes

All athletes in good academic standing are encouraged to participate in multiple sports at Seacrest. There is a myth that athletes must concentrate on one sport in high school in order to play at the next level. Statistics show that very few professional and collegiate athletes participated in just one sport during their high school years. The more sports our quality athletes participate in makes us a stronger overall athletic program.

1. A player committed to one sport may not quit during the season to participate in another sport until the conclusion of the original sport's regular and post season play.
2. Students may participate in two Seacrest sports simultaneously if both coaches agree, all conflicts pertaining to participation have been resolved, and the dual sport athlete displaces no student from his/her position on the team and does not miss any practices or games for either team.

Conduct

Student Conduct: As members of athletic teams, students are high profile representatives of Seacrest Country Day School. Students are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated:

1. Fighting
2. Profanity
3. Possession of, use of or being under the influence of alcohol, tobacco, or drugs.
4. Unsportsmanlike conduct
 - a. Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly.
 - b. If the act occurs during an athletic contest, the student will be removed from the contest.
 - c. A student who strikes, curses, or threatens an official, coach, or opponent during a game or at any other time because of resentment over occurrences or decisions, or who fails to maintain a standard of conduct satisfactory to the FHSAA and/or Seacrest School, shall be ineligible to participate in interscholastic athletics for a period of up to six weeks.
 - d. A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct cannot participate in any contest for one week or, if no contests are scheduled during that week, the next two contests.
5. Rude or disrespectful behavior.
6. Taunting opponents or official.
7. Destruction of property.

Students who exhibit any of the above behaviors may be suspended from athletic competition for a period of time as per the FHSAA regulations or Seacrest administration.

Seacrest Country Day School annually competes for the Fred E. Rozelle Sportsmanship Award sponsored by the FHSAA. Any contest ejection immediately disqualifies Seacrest from consideration for the award. For this reason and others, all matters of sportsmanship will be handled swiftly and with seriousness.

Spectator Conduct

1. Everyone associated with an athletic event plays an important role in seeing that standards of sportsmanship are upheld. Fans are reminded that their sportsmanship and behavior reflects upon the reputation of Seacrest Country Day School.
2. A Spectator should....
 - a. Demonstrate good sportsmanship.
 - b. Respect, cooperate, and respond enthusiastically to cheerleaders or dance team.

- c. Censor fellow spectators who display negative behavior.
- d. Respect the property of the school and the authority of school officials.
- e. Never heckle, jeer, or distract members of opposing teams.
- f. Never criticize the athletes or coaches for the loss of a contest.
- g. Accept the decisions of the officials.
- h. Refrain from being a second guesser.

Practice Schedule and Times

Athletic practices can begin as early as 3:35 PM and all practices must be completed by 9:00 pm. Most practices should not exceed 3 hours for varsity and junior varsity, and 2 for all other levels.

1. No Sunday meetings of players or practices are permitted during the school year.

Attendance for Student-Athletes

1. Students must be in “regular attendance” in order to engage in practices or participate in a contest.
 - a. Students may still attend or participate in practices or games if they miss classes due to an excused absence such as school trip, doctor appointment (with official documentation) etc. Decisions regarding the validity of an excused absence are made by the appropriate division head and the athletic director.
 - b. Excused absences other than school related trips must not result in more than half of the student’s classes missed in order to be eligible for attendance or participation in a game or practice.
 - c. If the student arrives later than 9:00 am for any reason other than the aforementioned, he/she will be ineligible to compete, practice or attend any athletic competition or practice on that given day unless cleared by the appropriate division head or the athletic director. **This rule supersedes the policy on pg. 35 of the Seacrest Student – Parent Handbook.**
2. Student – athletes are expected to be at all practices and games unless absent from school.
3. Student – athletes may be dismissed from a team owing to excessive absences or excessive tardiness.

Early Dismissal

Students are responsible for all missed work due to early dismissals. Students are required to follow the following guidelines:

1. Provide information put out by coaches to parents for proper communication.
2. Obtain all work and assignments for classes to be missed at least one day prior to early dismissal.

3. Turn in all work normally due for all classes prior to departure.
4. Make up any missed test or quiz the next available make –up test day. Students must not put these off any further and missed practice time may result in order to fulfill academic responsibilities.

Student- athletes who fail to abide by the conditions of early dismissal are subject to possible academic penalty at the discretion of the teacher or the loss of practice and game time until all academic work is current or both.

Transportation

A bus or van will be provided for all high school and Middle School events outside of the county. High School and Middle School athletes must provide their own transportation to and from events within the county.

1. Only athletes, coaches, and managers are permitted to use school transportation.
2. Students must travel to all athletic contests with the team.
3. Students may ride home with their parents provided the individual coach does not adopt a policy that requires team travel from away contests.
4. Students will call from bus with approximate return times to Seacrest. Please assist coaches by:
 - a. Doing your part to complete a “phone tree” if a coach should issue one.
 - b. Be on time to pick your child up. Coaches are required to stay at the school until all students have been picked up. Please be considerate.

Dress Code

1. Students must travel to and from games in team uniforms, team warm ups, team shirts, or school dress code.
2. Students must look neat and clean at all times when representing Seacrest Country Day. All dress code policies must be followed.
3. Students are not permitted to wear jewelry or bandannas during practices or games.
4. All “Team Spirit” wear designs must be approved by the athletic director prior to ordering to insure that at a minimum they conform to school colors, are tasteful in design and print, and that funds are available for their ordering.

Practice Clothing

Students are not permitted to wear clothing that is revealing, or has references to alcohol, tobacco, drugs, profanity, or other offensive symbols.

Equipment and Uniforms

1. Uniforms and equipment are the property of Seacrest Country Day School.
2. School colors are royal blue, forest green, and white.
3. Students must pay for any lost or damaged equipment and uniforms. Grades, transcripts, and diplomas may be held until all uniforms are turned in or paid for if lost or damaged.

Pre-season Meeting

Each coach will have a pre-season meeting for his/her team. It is important that you attend this meeting as coaches will go over policies, philosophies, expectations, and year end awards. Coaches will also provide you with practice times, schedules, tournament information, etc.

AWARDS

Varsity Letters: Students who meet the following criteria will receive a varsity letter:

1. Student must not have excessive unexcused absences from practice.
2. A student must attend all contests. Absence is permitted only in the event of illness or religious holidays.
3. Player must be a member of the team for the entire season. A student who does not meet his criterion will receive a certificate of participation only. Students injured during the season may still be eligible to earn a varsity letter providing that they have continued to attend all practices and games.

Upon the completion of the first varsity sport the student will receive a letter with a chevron representing that sport. If the student participates in another varsity sport, he/she will receive a chevron for each sport that he/she meets the criteria for.

Junior Varsity Certificate: Students who meet the following criteria will receive a certificate of participation and a pin representing that sport:

1. Student must not have excessive unexcused absences from practice.
2. A student must attend all contests. Absence is permitted only in the event of illness or religious holidays.
3. Player must be a member of the team for the entire season. A student who does not meet his criterion will receive a certificate of participation only. Students injured during the season

may still be eligible to earn a varsity letter providing that they have continued to attend all practices and games.

Upon completion of the junior varsity sport the student will receive a certificate of participation and a pin representing the sport completed.

Middle School Certificates: Students who participate at the middle school level will receive a certificate of participation provided they meet the following criteria:

1. Student must not have excessive unexcused absences from practice.
2. A student must attend all contests. Absence is permitted only in the event of illness or religious holidays.
3. Player must be a member of the team for the entire season. A student who does not meet his criterion will receive a certificate of participation only. Students injured during the season may still be eligible to earn a varsity letter providing that they have continued to attend all practices and games.

Male/Female Athlete of the Year: The administration and all varsity level coaches will vote on a male and female representative from the athletic program to be honored as the male and female athlete of the year.

Sportsmanship Award: The number one goal of the athletic department each year is to represent ourselves with a high degree of sportsmanship. This award is intended to recognize one student athlete whom the coaches and administrators select. The criteria for the award are an individual who has gone above and beyond good sports etiquette. This is someone who others would view as a good role model. This is a person whom Seacrest Country Day would be proud to have served as an ambassador for our school community.

All County and All State Teams: These teams are selected by the sports writers of various newspapers based on statistics compiled throughout the season.

Letter Jackets/plaques: Letter jackets are available for purchase from the athletic department for all students who letter. Two styles of jackets are available and orders are taken once yearly. For those students who do not wish to purchase a letter jacket, a plaque with their letter and an engraved plate may be purchased.

Most valuable player, Coaches Awards, and Pride Awards are issued at the discretion of the head coach and his or her staff. Numbers of awards per team are based on team sizes and the number of participants in that sport.

Student Managers

Student managers are valuable assets to our athletic teams.

1. Students desiring to serve as managers for teams should contact the head coach of that team.
2. Student managers are required to meet and follow all rules and regulations pertaining to interscholastic athletics.
3. Student managers may earn varsity letters by meeting the same criteria as team members.

Supervision

Athletes using any facility must be under the direct supervision of a Seacrest Country Day coach. Under no circumstances should any workout be unsupervised. Individual workouts in or out of season should be approved and supervised by that athlete's coach. **It is mandatory that athletes work out in pairs while using the weight room.**

Athletic Training Room

Seacrest provides a full time athletic trainer throughout the school year. Our trainer facilitates treatment for injured athletes as well as injury prevention and conditioning programs. Athletes needing care must do so outside of school hours unless they have received written permission from a teacher. No one is allowed in the athletic training room unless under the direct supervision of the athletic trainer.

Injured athletes are still required to attend practice unless rehabilitating the injury prevents it. Athletes missing practice for training must first get permission from their coach. Seacrest athletic trainers in conjunction with personal physicians (not to be a family member) will clear athletes to return to competition.

Spirit Packs

Athletes are encouraged but not required to purchase "spirit pack" items. Spirit packs may include such sport specific items as shoes, warm-up suits, t-shirts, polo shirts, practice gear, etc. Parents may also purchase these items to wear to contests from the school spirit store. Coaches will provide detailed information as well as cost of spirit pack items at the pre-season parent meeting or via e-mail before the start of the season.

Web Site

Stay informed of all activities of the Seacrest Athletic Department on our web site at www.seacrest.org. You will find schedules, updates, directions to away contests, rosters, and much more.

Seacrest Country Day School

PARENT AND STUDENT ACKNOWLEDGMENT

PLEASE SIGN AND RETURN TO THE ATHLETIC OFFICE

This acknowledges that I have received and read my copy of the Seacrest *Student – Parent Athletic Handbook* and that I am familiar with its contents. I understand that failure to abide by the policies in the handbook may result in my or child’s removal from the athletic program.

I understand that this *Handbook* represents the current policies and regulations and that any and all policies or practices can be changed at any time by Seacrest School. Seacrest School retains the right to add, change or delete policies and all other conditions at any time.

Student Name

Student Signature

Parent Name

Parent Signature

Date

*** There is a \$50 athletic fee per season (fall, winter, spring). This fee will be charged to your account at the end of each season.**