



SANFORD  
SCHOOL

WARRIORS

*Student/Parent  
Athletic Handbook  
2010-2011*

## TABLE OF CONTENTS

Welcome Letter .....	3
The Role of Parents in Interscholastic Athletics.....	4
School Mission .....	5
Philosophy .....	5
Purpose .....	5
Memberships.....	5
Program Description .....	5
Statement of Risk.....	6
Eligibility .....	6
Academic Standing.....	6
Athletic Participation Requirement.....	7
Athletic Offerings .....	7
Off Campus Sports Credits .....	9
Daily Attendance .....	9
Expectations of the Student Athlete.....	9
Sportsmanship.....	10
Communications Between Coach/Player/Parent.....	10
Physical Exams, Parent Consent for Athletic Training .....	10
Health Insurance .....	11
Choosing a Team .....	11
Quitting a Team .....	11
Hazing/Initiations.....	11
Injuries-Use of Training Room.....	11
Use of Locker Rooms, Weight Room, Fields, Courts .....	12
Athletic Practices .....	12
After Practice/Games Pick Ups .....	12
Cancellation of Games/Practice .....	12
Early Dismissals.....	13
Uniforms and School Equipment.....	13
Game Transportation .....	13
Parent Meetings .....	14
Participation on Non-school Teams.....	14
Open Gym Program .....	14
Athletic Event Parking.....	15
Admission Fees to Athletic Events .....	15
Athletic Awards .....	15
End of Season Team Parties .....	15
Use of Alcohol, Tobacco, Drugs.....	15
Tattoos.....	16
Pursuing College Athletics .....	16
8 <sup>th</sup> Grade Participation on U.S. Varsity Teams.....	17
Frequently Asked Questions .....	19
DIAA Spectator Code of Conduct .....	22
Athletic Department Contact List .....	23
School Play for Credit Form .....	24



July 2010

Dear Parents and Students,

It is with great pride and enthusiasm that I welcome you to *Sanford Warrior Athletics* for the 2010-2011 school year! The past has provided much excitement for our student-athletes, coaches, and Warrior fans in the form of DISC team and individual championships, DIAA team and individual State Championships, and all-conference, all-state, and senior all-star performances! The future looks even brighter and is sure to bring many more exciting moments for all of us to share.

This handbook is intended to provide you with some basic information regarding the major policies and procedures of the Athletic Program. Please take time to familiarize yourself with the information, as it will prove to be helpful in your understanding of the Sanford School athletic program throughout the year.

It is through athletics that our students learn a variety of life skills that can be applied to many areas of their academic and social environments. In addition to teaching the skills and strategies of a sport, our program stresses the importance good sportsmanship and of being gracious in victory and defeat. While participating in the athletic program, our students and coaches represent themselves, their team, and Sanford School. It is expected that all participants will display the highest level of good sportsmanship to their teammates, opponents, and the officials. The parent group is also a highly visible part of the Athletic Program. I encourage parent support of our teams in ONLY a positive manner. The same school expectation of good sportsmanship applies to all members of our Sanford community.

Let's make it a great year for *Sanford Warrior Athletics*! We all have a role to play in the successful running of the Sanford athletic program. Let the players play, let the coaches coach, let the officials make the calls and, in doing that, you will be a good fan for *Sanford Warrior Athletics*! Please cheer for a good play, regardless of who makes it. We owe it to our students to set a positive example from the sidelines.

Like any good organization, communication is a key element between all participants. If you have questions about athletic policies and procedures, please ask a coach or contact me.

Sincerely,

*Joan*

Joan S. Samonisky  
Director of Athletics

# THE ROLE OF PARENTS IN INTERSCHOLASTIC ATHLETICS

Courtesy of the West Virginia Secondary School Activities Commission

## **Communicating with Your Child**

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying", to strive to improve their skills and attitudes. Help them to have fun.
- Try not to relive your athletic life through your child in a way that creates pressure; you lost as well as you won. You were frightened, you backed off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. If they are comfortable with you, win or lose, then they are on their way to maximum achievement and enjoyment.
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become confused and disenchanted.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coaches. Then you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his or her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- Make a point of understanding courage and the fact that it is relative. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort.

## **Communicating with The Coach**

- **Communication You Should Expect from the Coach**
  - Philosophy of the coach
  - Expectations the coach has for your child as well as all players on the team
  - Locations and times of practices/games
  - Team requirements
  - Procedure should your child be injured
  - Discipline that results in the denial of your child's participation
- **Communication Coaches Expect from Parents**
  - Concerns expressed directly to the coach
  - Notification of any schedule conflicts well in advance
  - Specific concerns with regard to a coach's philosophy and/or expectations
- **Appropriate Concerns to Discuss with Coaches**
  - The treatment of your child, mentally and physically
  - Ways to help your child improve
  - Concerns about your child's behavior
- **Issues not Appropriate to Discuss with Coaches**
  - Team strategy
  - Play calling
  - Other student-athletes
- **Appropriate Procedure for Discussing Concerns with Coaches**
  - Call to set up an appointment with the coach (call AD if unable to directly contact the coach)
  - Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolution)
- **What if the Meeting with the Coach Did Not Provide a Satisfactory Resolution**
  - Call to set up an appointment with the athletic director
  - Determine the appropriate next step at this meeting

## **SCHOOL MISSION**

The Mission of Sanford School is to identify and develop the intellectual and creative talents of a diverse group of students. Within a caring and supportive college preparatory environment, students are encouraged and challenged to achieve their finest in academics, athletics, and the arts. Our ultimate goal is to teach students to live humanely within the Sanford community in order to prepare them to meet the demands and responsibilities of the future in the broader world.

## **PHILOSOPHY**

Sanford School offers a full program of athletics at the Middle and Upper school levels. Participation in athletics is a requirement for all students in grades 7-12, and is a small part of the well-rounded education that each student receives. The value of athletic participation goes beyond the physical benefits that one can achieve. Important lessons in sportsmanship, citizenship, teamwork, cooperation, and learning how to win and lose graciously, are all valuable benefits from athletic participation.

## **PURPOSE**

The purpose of this handbook is to familiarize Sanford parents and students of the policies and procedures of the Athletic Program at Sanford School. The handbook should serve as a basic guide for parents and students and should complement the daily activities that are presented by the staff and coaches at Sanford School.

## **MEMBERSHIPS**

Sanford School is an associate member of the Delaware Interscholastic Athletic Association (DIAA) and a full member of the Delaware Independent School Conference (DISC).

## **PROGRAM DESCRIPTION**

Sanford School values a broad based curriculum that exposes its' students to a variety of experiences. Beginning in 7<sup>th</sup> grade, participation in athletics as an active team member replaces a traditional physical education experience. The middle and upper school athletic programs offer, with appropriate instruction and interscholastic competition, a variety of athletic opportunities that will challenge and motivate each student to try to do their best and possibly further their interests at the next level. Stressed are the fundamentals, tactics and strategies of the game, sportsmanship, teamwork, cooperation, and learning how to win and lose graciously. There are no cuts and everyone plays at a level that their ability permits. At the varsity level, winning takes on a greater focus and not everyone plays in every game. At all other levels, all eligible players (those who have come to practice/games and have participated with effort and purpose) should play in each game. Participation is emphasized, however, playing time will not always be equal.

Occasionally, our sports will have too many players for one team and not enough players

for two teams (US var/jv or MS A/B levels). In this situation, typically our single team in a sport will be competing at the varsity level (or “A” level in MS). Usually in this circumstance, as would be understood, not all team members are of varsity caliber talent, due to lack of experience and skill level in that sport. So, as a result of insufficient numbers of players in a sport, there might be some players who receive limited game time during a season.

Winning and losing are consequences of a variety of factors and must always be kept in the proper perspective to the behaviors listed above and in context to how we play the game and represent ourselves and our School.

### **STATEMENT OF RISK**

Participation in athletics carries with it the inherit risk of serious injury. As worded on the DIAA physical form, please understand that “. . . physical injury, including paralysis, coma, or death can occur as a result of participation in interscholastic athletics.”

### **ELIGIBILITY - Age**

As a member school, Sanford adheres strictly to the rules and guidelines set forth by the DIAA.

#### **Eligibility – Middle School**

1. Eighth-grade students who become 15 years of age on or after June 15<sup>th</sup> (preceding the start of 8<sup>th</sup> grade) shall be eligible for all sports during the current school year.

#### **Eligibility – Upper School**

1. Students who become 19 years of age on or after June 15<sup>th</sup> (preceding the start of 12<sup>th</sup> grade) shall be eligible for all sports during the school year.
2. Students have four years of eligibility from the first date of entrance into 9<sup>th</sup> grade.
2. A fifth year of eligibility for DISC students is allowed only against other associate member schools. Students in this category are not eligible for state tournament competition.

### **ACADEMIC STANDING**

Students at Sanford are constantly evaluated for their academic progress during each term. The Division Head, along with faculty and parents, will make appropriate decisions on a student’s athletic participation as it relates to academic or other situations.

In accordance with the DIAA rules, an upper school student must be passing a minimum of five subjects during each trimester and a middle school student must be passing four, with at least two coming from the core group of Math, English, Social Studies or Science. In the case of a senior, the student must be passing all necessary subjects required for graduation.

## ATHLETIC PARTICIPATION REQUIREMENTS

*A student may receive a maximum of 1 credit per year for participation in a given sport or activity. No “off campus” credits will be awarded for sports that are offered at Sanford School.*

### Middle School

All students are required to participate in a sport offering during each of the three trimesters.

### Upper School

All students are required to complete a total of eight (8) athletic credits during four years. The following participation is required by grade level:

Grade 9: minimum of two team credits/year as a participating member of a Sanford athletic team.

Grades 10: minimum of one team credit/year as a participating member of a Sanford athletic team.

Grade 11: minimum of one team credit/year as a participating member of a Sanford athletic team.

Grade 12: minimum of one team credit/year as a participating member of a Sanford athletic team.

**Thus, a total of five team credits MUST be obtained in the four years as a member of a Sanford team. Students who end an athletic season in good standing (have attended all required games and practices and have met all obligations in returning school owned equipment/uniforms) will earn credits in the following categories:**

- |   |  |
|---|--|
| a. As an athlete on a Sanford team        | 1 <i>team</i> credit   |
| b. Approved performing arts credit *      | 1 athletic credit will be waived   |
| c. Approved off campus credit (see pg. 9) | 1 athletic credit  |
| d. Fitness/conditioning class             | 1 athletic credit  |
| f. Team manager                           | Game day only: ½ athletic credit<br>Full-time (every day): 1 athletic credit |

\* must fill out form (found at the back of this manual) with required signatures and return completed form to Mrs. Samonisky before 1 athletic credit will be waived.

## ATHLETIC OFFERINGS

The following are athletic offerings during each of the three trimesters:

### Middle School

#### Fall

Boys' Soccer  
Coed Cross-country

#### Winter

B/G Basketball  
Wrestling

#### Spring

B/G Lacrosse  
Baseball

**Fall (con't)**

Girls' Volleyball  
Girls' Field Hockey

**Winter (con't)**

G Fitness

**Spring (con't)**

B/G Tennis  
Girls' Soccer

Eighth grade students are expected to participate at the middle school level, however, occasionally exceptions will be made. See pages 17-18 of this Handbook for details.

**Upper School**

**PRE-SEASON FOR UPPER SCHOOL FALL SPORTS BEGINS ON THURSDAY AUGUST 19,2010. ALL STUDENTS PLAYING A FALL SPORT SHOULD MAKE EVERY EFFORT TO ATTEND PRE-SEASON PRACTICES!**

**FALL:**

**Team Credit**

B. Soccer  
G. Field Hockey  
B/G Cross-Country  
G. Volleyball

**Athletic Credit**

\*\*Fitness & Conditioning (limited to 15 students beginning with upperclassmen)

**WINTER:**

**Team Credit**

B/G Basketball  
B Wrestling  
B/G Swimming  
B/G Winter Track

**Athletic Credit**

School Play The "School Play for Credit" form (found at the back of this Handbook) must be completed in its' entirety and returned to the Athletic Director before one athletic credit will be waived. This may only be used for a maximum of three credits per student during US.

**SPRING:**

**Team Credit**

B/G Lacrosse  
\*Var Golf  
\*B/G Var Tennis  
G. Soccer  
Baseball

**Athletic Credit**

\* Due to space restrictions, Boys' and Girls' Varsity Tennis and Varsity Golf may be limited to 12 people on each team. Tryouts will be held and students not making one of these teams will need to choose another sport.

\*\*Fitness & Conditioning may only be used once as a sports credit during an academic year.

- The Athletic Trainers have a limited number of opportunities for students interested in serving as Student Trainers. This experience is worth one Athletic/Activity credit. See the Athletic Trainers for information.

- Team managers may earn a half or full Athletic/Activity credit for a season. Game day managers receive ½ credit; full time managers receive 1 credit. This credit does not count as a “team credit”.

## **OFF-CAMPUS SPORTS CREDITS**

Although participation in the Sanford athletic program is required, occasionally a student will be involved in an off-campus athletic activity not offered at Sanford that could possibly fulfill an athletic credit. Approved off-campus credits will not count toward the 5 team-credit requirement in Upper School. The following criteria must be met for an off-campus credit to be considered:

1. Daily participation in the proposed activity,
2. Instruction and competition in the activity at an advanced level,
3. A scheduled meeting between the student, the appropriate grade level Division Head, and the Athletic Director to discuss the student’s proposed off-campus credit must occur no later than October 15, 2010. The student will present and explain the proposed off-campus sports credit.
4. If the credit proposal is approved, the US student will be responsible for submitting, before the end of the school year, a written summary of his/her participation in the activity. A similar written summary is required from the instructor/coach. **NO CREDIT WILL BE RECORDED UNTIL THIS REQUIREMENT IS FULFILLED.**

**Off-campus athletic credit proposals are valid for one school year. The above criteria must be met each year that the off-campus sports credit is desired.**

## **DAILY ATTENDANCE**

Students are expected to be in attendance during the regular academic school day to be eligible to participate in the athletic activities for that day. Students should communicate to the school if they are going to miss part or all of a school day; otherwise they may find that they are not permitted to participate in practices or games on that day. If the student knows in advance of a scheduled absence, he/she should contact the coach personally to explain the absence.

## **EXPECTATIONS OF THE STUDENT ATHLETE**

A high level of commitment and dedication to the team is expected of all student’s participating in Sanford athletics. **Attendance at all practices, scrimmages, and games are required of all student-athletes during the season.** Student-athletes who miss more than five (5) practices/games during the season may lose a half of a sports credit for the season. Beyond the five absences, student-athletes who continue to be absent from practices/games during the season may lose their full sports credit for the season.

Attendance at practice, scrimmages, and games should be with effort and purpose. Each member of a team represents himself, his family and his school and should be a role model for others to follow at all times.

## **SPORTSMANSHIP**

Sportsmanship is paramount to a good athletic program and everyone involved in the athletic program at Sanford School is expected to show appropriate behavior at all times. Coaches, team members, parents and other spectators shall display proper attitude, behavior, and language toward opponents, officials, spectators and each other in both game and practice situations.

DIAA requires players, coaches and spectators to adhere to a “Code of Conduct”. A copy is included in this Handbook. It is important to note that a player or coach who is ejected from a game will be suspended for the remainder of the contest and must sit out the next game as well. The Sanford School administration reserves the right to review all infractions and take further disciplinary action if deemed necessary.

It is kindly requested that parents refrain from providing instruction/criticism to any student other than their own. Please save your comments for discussion with your child away from the fields/courts.

### **COMMUNICATIONS BETWEEN COACH/PLAYER/PARENT**

Open communication between coach, player, and parent is necessary to enable the smooth operation of an athletic team. In this day and age of technology, many forms of communication are available to us. It is recommended that coaches use group email lists (or an occasional hand-out) to distribute general team information, change in team schedule, etc. Communication regarding a specific situation of an individual may require a personal phone call or face-to-face meeting involving the coach, player, and/or parent.

With a focus on professionalism and keeping the proper adult/student boundary in place, coaches are asked to refrain from cell phone contact with student-athletes in the form of a phone call or text message, except in the event of an immediate “need-to-know” situation (ie: bus is leaving, are you on your way?, etc). Likewise, it is requested that if a coach chooses to provide a personal cell phone number to members of his/her team (parents included), the coach should only be contacted via the cell phone number in the event of an immediate “need-to-know” situation (ie: student is ill and will not be attending the game today, etc). Cooperation on the part of the coach, student-athlete, and parent in the use of personal cell phone contacts will assure that proper decorum is maintained.

The athletic director is also available to answer questions at any time.

### **PHYSICAL EXAMS & PARENT CONSENT FOR ATHLETIC TRAINING SERVICES**

All students are required to have the DIAA health physical, signed by a certified physician and parent/guardian, and parent consent for athletic training services form on file at School before participation in athletic practices and/or contests for the year. The physical must be administered on or after April 1, 2010 to be eligible for the 2010-2011 school year. The only acceptable form is the DIAA health form that was emailed to all families in May 2010. No other physical form will be accepted. For additional copies of

the DIAA form, please see the link on the Sanford website athletic page. The Athletic Department arranges for on-campus health physicals to be given during the summer. The date has been scheduled for Tuesday, August 10, 2010 starting at 6:00pm at a site to be determined on campus. The charge for this service is approximately \$25.00.

### **HEALTH INSURANCE**

All students participating in athletics must be covered by health insurance. The parent's health insurance plan must serve as the primary coverage for all injuries sustained during participation in the Sanford School athletic program.

### **CHOOSING A TEAM**

Students have one week from the start of the sports season (or start of the school year in the case of Fall sports) to determine their status as a participant on a team for that season. After this initial period of time, and the student has made a commitment to a team, participation on another team during the same season will only be with the approval of the coach, athletic director and the division head.

### **QUITTING A TEAM**

Upper school students who "quit" a team during the season will not be permitted to participate on another team during that season, nor will they be awarded a full athletic credit for the trimester.

### **HAZING/INITIATIONS**

Any and all forms of hazing or initiation of student-athletes is strictly prohibited.

### **INJURIES – USE OF TRAINING ROOM**

All injuries must be reported to the Athletic Trainer. The Athletic Trainer is the one best qualified to deal with injuries; he/she must also keep a written account of injuries for insurance purposes. All doctors' notes should be given to the Athletic Trainer as a matter of record keeping. Any prescriptions for rehabilitation should be given to the Athletic Trainer so that he/she can supervise and/or administer the appropriate activity.

**Students who are physically unable to participate in athletics for five (5) consecutive days due to illness/injury will not be permitted to resume participation with a Sanford athletic team without a written note from a certified physician stating that he/she has been cleared to participate. Once attended to by a physician for illness/injury, written clearance to resume participation in Sanford athletics must be provided by a certified physician, not a physical therapist.**

The training room is for everyone's safe use and convenience, and is the direct responsibility of the Athletic Trainer. Students should sign-in whenever they intend to

use the facilities and should always use the equipment in the instructed manner, as well as in a safe and orderly fashion. Any questions about the safe and proper use of equipment in the training area should be directed to the Athletic Trainer.

## **USE OF LOCKER ROOMS, WEIGHT ROOM, FIELDS, COURTS**

The athletic facilities at Sanford School should be used appropriately at all times and under the supervision of the Athletic Department and/or coaching staff when deemed necessary. The locker rooms should be used for changing and getting ready for practice and games. Students are expected to act appropriately at all times in the locker room and respect each other and each other's personal property at all times. The use of the weight room, athletic fields and courts will be under the direction and supervision of the Athletic Department and/or coaching staff at all times.

## **ATHLETIC PRACTICES**

Athletic practices vary in length and are limited to two hours per day during the school week. The middle school practice session is from 1:55pm-3:20pm and is only held on days when school is in session. The upper school practice time is typically from 3:30pm-5:30pm when school is in session, but may occur during holidays and weekends when deemed appropriate by the coaches. Starting/ending times may vary due to gym use conflicts. The length of holiday and weekend practices may be longer.

## **AFTER PRACTICE/GAME PICK-UPS**

Middle school practices will conclude by 3:20pm. Upper school practices will conclude by 5:30pm daily. Students should be picked up immediately following the conclusion of practice each day. It is the responsibility of the middle and upper school coaches to remain at school until the last member of his/her team has been picked up following a game. Upper school coaches must also remain after practice sessions until all students have been picked up.

Game schedules can be accessed via the Sanford School website [www.sanfordschool.org](http://www.sanfordschool.org) or [www.warriors-sports.com](http://www.warriors-sports.com). Return times are approximate and many variables such as overtime games, late bus pickups, traffic etc. may alter accuracy of the posted times.

It is requested that you kindly respect the long hours put in by our teacher/coaches and make every effort to be on time for pick up following practices/games.

## **CANCELLATION OF PRACTICES & GAMES**

The cancellation of practices and games may be necessary for a variety of reasons. As much notice as possible will be given to players, coaches and parents when the occasion arises. Last minute changes may occur, usually as a result of inclement weather or transportation issues. When this happens, the middle and upper school administration and receptionists will be notified immediately and changes of game schedules will be posted on the website as quickly as possible ([www.sanfordschool.org](http://www.sanfordschool.org) or [www.warriors-sports.com](http://www.warriors-sports.com)). Signs will be posted and announcements made so that the students are aware of the changes. The students will be encouraged to call appropriate people

(parents, family members, sitters etc.) to inform them of the changes. Students should be picked up as promptly as possible following the conclusion of practice/games.

Another source of information, especially during hours when the main switchboard is closed, is the "Sanford School Sports Information Hotline." This mailbox is updated daily with the latest sports information. The "Hotline" can be accessed by dialing 302-239-5263, ext. 603.

### **EARLY DISMISSALS**

Upper School team members are often dismissed early from classes for away contests. Students are dismissed 20 minutes prior to the scheduled bus departure time. It is during this time that student-athletes should change in to team uniforms, gather equipment and personal belongings for the game, and if necessary, see the athletic trainer for treatment/taping.

### **UNIFORMS & SCHOOL EQUIPMENT**

All Sanford School student-athletes will be issued school athletic uniforms and equipment specific to each sport season. All uniforms and equipment are the property of Sanford School. Each student is responsible for the care of uniforms/equipment issued to him. It is expected that students will not loan uniforms/equipment to someone else. Players who wish to exchange uniforms/equipment with another player must notify the coach.

Uniforms are to be worn only for games/contests or on special occasions as designated by the coach. Practice wear should be clean and in good repair. Any apparel that advertises drugs, alcohol, or unacceptable slogans will not be allowed at practices/games.

At the completion of the season, students are required to clean and return all school uniform/equipment items issued to them. These items are to be returned to the coaches within ***1 week of the completion of the season.*** Students will be held financially responsible for any lost or misplaced equipment. Student athletes will be billed for the replacement cost of any school owned uniform/equipment item not returned and will not be issued a uniform in their next season, or receive athletic credit, until these obligations are fulfilled.

The purchase of personal items needed for participation in a number of sports may be required. These items will be made available to team members for purchase through the athletic department. Items purchased will generally be billed to the student through the Business Office.

### **GAME TRANSPORTATION**

Transportation to and from athletic contests will be provided by Sanford School. Student-athletes are expected to ride the team bus to away games. Students are expected to behave properly on buses transporting them to and from school sponsored athletic events. Students whose conduct is unacceptable will be temporarily, or permanently, prohibited from riding team buses. In such cases, students may not be permitted to play in away contests or practice at away sites.

Student-athletes are expected to ride the team bus to away games. If a special situation warrants that a student drive him/herself to an away game, a note from a parent/guardian requesting such an arrangement must be submitted to and approved by the athletic director by noon on the day of the game. **At no time will a student-athlete be given permission to transport another student-athlete.**

Occasionally, and for reasons beyond our control, a bus returning a team to campus may be delayed. Students riding the bus will be encouraged to contact parents via cell phone regarding the delay and the anticipated return time to campus.

Student-athletes are allowed to leave an “away” game site with a parent, guardian, or formally designated adult. If the student will be traveling with an adult other than his/her parent, a note indicating parental approval of such arrangement must be handed to the coach.

### **PARENT MEETINGS**

Coaches are encouraged to hold a parent meeting early in the season to enable parents to meet the coaching staff, hear about plans for the season, and ask any questions they may have of the coaches. This may also be done at parent nights that are scheduled early in the school year. Dates for such meetings will be announced as scheduled by the coach.

### **PARTICIPATION ON NON-SCHOOL TEAMS**

Students, while participating on a school team, are permitted by the DIAA rules to participate in the same sport outside of school during the sports season. As participation in athletics is a requirement at Sanford School, **participation on any outside of school team should not conflict with the game or practice schedule of the school sponsored team.**

### **“OPEN GYM” PROGRAMS**

When time and space between seasons permits, an “open gym” program will be offered to Sanford School Upper School students. The “open gym” is available to all students, regardless of team and/or level of playing ability. It provides a supervised gym or field space opportunity for students to participate in prior to the start of a sports season.

The following DIAA guidelines are provided for the “open gym” setting:

- the “open gym” is available to all interested students and is not restricted to members of a particular team,
- student participation must be voluntary,
- the activities must be unstructured and student-generated. Organized drills in a skill or technique of a sport are not allowed,
- it is the responsibility of the adult supervisor to permit as many different activities as the facility can safely accommodate,
- a coach may supervise the “open gym” but may not instruct, officiate, participate,

- organize the activities, or choose teams in his/her assigned sport,
- playing equipment provided by the school is limited to that which is customarily used in a contest in a particular sport. Special equipment used for practice only may not be provided by the school,
- the “open gym” is restricted to students from Sanford School.

### **ATHLETIC EVENT PARKING**

Parking for all athletic contests should be in the school parking lots. Parking along school driveways, or on the grass, is prohibited. Cars parked illegally may be towed at the expense of the owner of the car.

**As a courtesy to our neighbors in Sanford Ridge, we request that you refrain from parking in the Sanford Ridge neighborhood while attending athletic events at Sanford School.**

For safety reasons, students who have cars on campus should not move their cars between the end of the school day and the start of practice/games. Student driven cars should remain in the parking space chosen by the driver at the start of the school day.

### **ADMISSION FEES TO ATHLETIC EVENTS**

Sanford School, along with other DISC members, does not charge admission fees to any school sponsored home athletic event. Non-conference schools, however, may charge admission fees to their contests. Admission fees are charged at DIAA sponsored state tournaments and at various invitational tournaments that many of our teams participate in during the course of the season.

### **ATHLETIC AWARDS**

Athletic awards are presented to high school varsity athletes who complete the season in good standing. A varsity letter is presented to an athlete who participates in the majority of varsity games. For subsequent letters earned, in the same or alternate sports, the athlete will receive a pin for each letter earned. Varsity certificates will be awarded to students who have participated in a varsity sport but have not seen significant playing time at the varsity level.

### **END OF SEASON TEAM PARTIES**

Many of our athletic teams hold team parties/gatherings at the completion of the season. The organization and type of team celebration is left to the discretion of the coaches and team members. Parents interested in helping to organize an end of season party for a team should contact the coach of that team.

### **USE OF ALCOHOL, TOBACCO, DRUGS**

In accordance with the Upper and Middle School Handbooks concerning student use of beverage alcohol, tobacco, drugs, controlled substances, and weapons, the Athletic

Department strictly adheres to the rules as stated. Any violation of these rules will result in disciplinary action and may include suspension, probation or expulsion. Please refer to the Middle and Upper School Handbooks for details.

## **TATTOOS**

Visible tattoos will not be permitted while a student is in a Sanford School athletic uniform representing the School in/at an interscholastic athletic contest. It is the responsibility of the student to cover the visible tattoo prior to arrival at a contest.

## **PURSUING COLLEGE ATHLETICS**

Students wishing to pursue college athletics should meet with the Director of College Counseling. The athletic directors and coaches are available to write letters of recommendation and to make follow up calls on behalf of the student-athlete after he/she has made the initial contact.

If a videotape of game action is desired to send to college recruiters, it is the responsibility of the student-athlete to arrange for the recording of game footage. The athletic department has limited ability to videotape games for instructional purposes only. All videotaping of games for college recruiting purposes is the responsibility of the student and his/her family.

Students who plan on trying out for a collegiate team must be cleared by the **NCAA Clearinghouse** prior to the tryout. Information on this process is available from the Director of College Counseling.

***Note:*** *These athletic guidelines cannot cover all situations that may occur and the school administration reserves the right to make exceptions that will be in the best interest of the parties involved.*

## 8<sup>th</sup> Grade Participation on U.S. Varsity Teams

At Sanford School, we strive academically and athletically to place students in situations where they will be appropriately challenged, while still experiencing a degree of success. While we feel very strongly that eighth grade students should compete with their peers on middle school athletic teams due to the social, emotional, and physical aspects of sports, it is recognized that occasionally an eighth grade student might possess superior athletic skills that would not allow him/her to be appropriately challenged at the middle school level. The following process is in place for an 8<sup>th</sup> grade student with superior athletic skills to seek permission to participate with an upper school varsity athletic team in a sport offered at both the Sanford middle and upper school levels:

1. A formal written proposal from the student-athlete must be made to the Director of Athletics. Because this evaluation process and decision is looked upon by the School as a serious and important matter, taking valuable time to reach a final decision, the initial proposal submitted by the student-athlete must be made a minimum of one month prior to the start of the upper school athletic season.
2. The Director of Athletics will discuss the proposal with a committee consisting of the Head of School, Head of the Middle School, and the head coaches of both the varsity and middle school teams of the sport in question.
3. If the proposal is deemed reasonable and realistic based on the criteria listed below, then the student must meet with the above mentioned committee members to discuss the proposal in detail.
4. In a separate conversation, the committee will determine whether to grant or deny the proposal request.

Proposal requests will be evaluated on the following criteria:

1. The student-athlete must have a history of successful competition at an elite or national level.
2. The student-athlete's playing ability and subsequent performance must be superior to his/her middle school peers, such that his/her participation with the middle school team would be a detriment to the student-athlete, his/her middle school teammates, and/or the opposing competition.
3. The student-athlete must be deemed talented enough to be a "starter" on the upper school varsity team.
4. The student-athlete must be socially, emotionally, and physically mature enough to interact on a daily basis with older and more mature upper school student-athletes.
5. The student-athlete must adhere to the academic guidelines for high school sports as outlined in the Delaware Interscholastic Athletic Association (DIAA) Handbook, which states that a student must be passing a minimum of five (5) credits. Two (2) of those credits must be in the areas of English, Math, Science, or Social Studies.
6. The student-athlete must be able to meet the rigorous demands of an upper school practice and/or game schedule that will often require participation during the summer pre-season practice sessions, evening hours, weekends, holidays, and/or overnight trips.

7. At no time will the participation by the student-athlete on an outside of school athletic team take priority over the school scheduled athletic commitment.

Participation by Sanford eighth grade students on upper school interscholastic athletic teams is considered to be an honor and a privilege. Student-athletes granted such a privilege will be expected to be a leader in the middle school, will conduct themselves as an upstanding citizen at Sanford School, and will demonstrate complete cooperation and respect to others in all areas of school life, both in and out of the classroom. If, at any time, the student-athlete demonstrates less than exemplary behavior and/or violates or disregards the conditions aforementioned, then his/her participation privilege on the upper school team may be ended. **It is important to remember that, according to DIAA rules, once an eighth grade student participates with an upper school team, he/she may not participate with the middle school team in the same sport that season.**

## *Sanford School Athletics*

### **FREQUENTLY ASKED QUESTIONS**

1. ***What is the philosophy of the Sanford athletic program?*** The Sanford School athletic program for grades 7-12 is participation based. Participation in athletics is a small part of the overall, well-rounded education of a Sanford student. Required participation in athletics, similar to that in other independent schools, is in lieu of a traditional physical education program. There are no “cuts” of athletes made by the coaches, except in a couple of sports where occasionally the facility dictates our limit of athletes. Students choose the sport they wish to play and, after a period of practice and conditioning, are placed on the level team (var/jv/3<sup>rd</sup>, A/B/C, etc) as deemed appropriate by the coaching staff.
2. ***How do the middle and upper school athletic programs differ?*** All 7<sup>th</sup> and 8<sup>th</sup> graders are required to participate in each of the three sports seasons. In grades 9-12, students are required to accumulate a total of 8 athletic credits prior to graduation. See pages 5 & 7 of this Handbook for program details.
3. ***Is it possible for students to participate on both a Sanford team and on a club sports team outside of school?*** Yes, however, when there is a conflict between the school team and the club team it is expected that the first commitment be to the Sanford team.
4. ***What are the academic eligibility requirements of the athletic program?*** Sanford School follows the academic standards as set by the Delaware Interscholastic Athletic Association (DIAA). Middle school students must be passing a minimum of four (4) courses; two of which must be in the areas of English, Math, Science, or Social Studies. Upper school students must be passing a minimum of five (5) courses; two of which must be in the areas of English, Math, Science, or Social Studies. Seniors must be passing all courses required for graduation.
5. ***How long are practices and do teams practice on weekends and/or holidays?*** Middle school sports practice only when school is in session from 2:00-3:20pm daily. Upper school teams practice from 3:30-5:30pm on weekdays. Some teams will practice on Saturdays and during extended school vacation/holiday periods.
6. ***Can a girl participate on a boys’ team or a boy participate on a girls’ team?*** As per DIAA rules, if a boys’ team and a girls’ team is offered in a given sport, boys shall participate on the boys’ team and girls shall participate on the girls’ team, even if the sports are offered in different seasons. Girls are allowed to participate on boys’ teams if a sport is only offered for boys, but boys may not participate in sports that are only offered for girls.
7. ***Are students and/or parents responsible for transportation to “away” athletic events?*** No, the school will provide bus transportation to athletic events held off-campus. Occasionally, for “away” games held on a Saturday at local schools, a decision is made by the coach for the team to meet at the “away” site rather than take a team bus.
8. ***Is an athletic physical required for each student every year?*** Yes, DIAA requires that a yearly physical be administered for each student prior to participation in a Sanford practice, scrimmage, or game. Physicals must be administered on or after April 1<sup>st</sup> to be eligible for participation in the following school year. The Sanford athletic department arranges for physicals on campus at a date and time just prior to the start of the fall athletic season.

9. ***What equipment and/or uniforms items are students responsible for in athletics?*** Sanford will provide all team uniform items and most basic equipment items for all sports. These are the property of the School and must be returned to the coach at the conclusion of the season in good condition. Failure to return any uniform/equipment item issued to the student at the start of the season will result in a charge to the student account for the replacement cost of the item. Uniform items of a personal nature (required team socks, hats, swim team suit, shin guards, etc), which will be kept by the student at the conclusion of the season, will be billed to the student account. Students must supply their own athletic footwear and practice gear. Sanford will supply the basic pieces of equipment required for a sport, however, most students purchase their own athletic equipment for sports they plan to continue to play throughout their Sanford career (ie: lacrosse stick, field hockey stick, baseball glove, etc). Many teams will order additional items of clothing with a team sport logo (t-shirt, sweatshirt, etc). These clothing items are optional purchases and not required!

<i><b>Sport</b></i>	<i><b>Recommended equipment purchase</b></i>	<i><b>Approx cost</b></i>
Soccer	Shin guards – required	\$15
Field Hockey	Stick Shin guards – required Mouthguard - provided	\$60 and up \$15 no cost
Volleyball	Knee pads	\$15
Swimming	Team suit – required Goggles	\$25-\$45 \$15
Wrestling	Head gear	\$15-\$20
Baseball	Glove	\$50 and up
Lacrosse	Stick Boys – protective padding Girls – goggles	\$50 and up \$50 and up \$20 and up
Tennis	Racquet	\$50 and up
Golf	Golf clubs	Prices vary

10. ***How do coaches make decisions about varsity and jv teams?*** The coaches consider a variety of factors when deciding which team a student should be placed on. Skill level, work ethic at practice/games, commitment, knowledge of the sport, etc, are some of the criteria that coaches use in placing students on teams within a sport. Throughout the season, in most sports, there will be some movement of students between team levels based on the development of individual skills.
11. ***What services do the athletic trainers provide for the Sanford athletes?*** Sanford School employs certified athletic trainers to cover athletic practices and home contests. The trainers will provide basic first aid, preventative taping, injury evaluation and recommendations, rehabilitative exercises for injuries, and will supervise rehabilitative programs as prescribed by a physician and/or physical therapist. Once a physician sees an injured athlete, written clearance from the physician must be presented to the trainer before the student will be allowed to resume active participation with a Sanford team. As per DIAA rules, any student who is ill or injured, and absent from participation in practice/games for more than 5 days, must be cleared by a physician (not physical therapist) before being allowed to resume participation with a Sanford athletic team or use the weight room facility. Clearance by the physician (not physical therapist) must be presented in writing to the athletic trainer and/or the athletic director.

12. ***How are team captains selected?*** Each head coach of a team is responsible for determining the way to select a captain(s) for his/her team. There are numerous ways that coaches will use to select captain(s) for a team. Some coaches will select team captains from the pool of returning players based on demonstrated leadership skills and earned respect of his/her peers, while others will select captains based on a vote of team members. A coach is encouraged to share his/her method of selection with his/her team and parent group.

DELAWARE INTERSCHOLASTIC ATHLETIC ASSOCIATION  
**Spectator Code of Conduct**

- 1. Be informed of the playing rules of the sport.**
- 2. Appreciate good play regardless of who makes it.**
- 3. Cooperate with the cheerleaders and do not interfere with their cheers.**
- 4. Show concern for an injured athlete regardless of team affiliation.**
- 5. Do not taunt, jeer, or attempt to distract members of the opposing team.**
- 6. Avoid the use of profanity and derogatory or disrespectful yells, chants, songs, or gestures.**
- 7. Refrain from offensive or unruly behavior which reflects poorly on the school you are supporting.**
- 8. Respect school property and the authority of school officials. Remember that you are a guest of the host school.**
- 9. Stand attentively during the playing or singing of the National Anthem.**
- 10. Do not publicly criticize the coaches or athletes for the loss of a contest.**
- 11. Do not confront a contest official at halftime or after a game.**
- 12. Respect contest officials and accept their decisions without public protest. Recognize that we do not have a game without them.**

**SPORTSMANSHIP IS EVERYONE'S CONCERN**

**ATHLETIC DEPARTMENT  
CONTACT LIST**

Joan Samonisky Director of Athletics samoniskyjoan@sanfordschool.org	School Phone:302-239-5263 Ext. 251 Home Phone: 302-737-1368
Stan Waterman Assistant Director of Athletics watermans@sanfordschool.org	School Phone: 302- 239-5263 Ext. 250 Home Phone: 302-832-5093
Staci Krape Athletic Trainer krapes@sanfordschool.org	School Phone: 302-239-5263 Ext. 252 Home Phone: (410) 620-7158
Carrie Steinman Athletic Trainer steinmanc@sanfordschool.org	School Phone: 302-239-5263 Ext. 252 Home Phone: 302-891-8078
Mark Wagner Head of Upper School wagnerm@sanfordschool.org	School Phone: 302-239-5263 Ext. 280 Home Phone: 302-368-1911
Eph Humphreys Head of Middle School humphreyse@sanfordschool.org	School Phone: 302-239-5263 Ext. 245 Home Phone: 302-234-6660
FAX Athletic Office	302-239-3182

Visit the Sanford School athletic website,  
[www.warriors-sports.com](http://www.warriors-sports.com).  
to view up-to-date athletic schedules!

***GO WARRIORS !!!***

## SCHOOL PLAY For CREDIT

*Participants in the annual school musical may have one athletic credit waived from the graduation requirement. Information must be filled out completely by the student, with proper signatures, before credit will be waived. This may only be used for a maximum of three credits per student. Return this completed form to the Athletic Director.*

NAME \_\_\_\_\_ DATE \_\_\_\_\_

GRADE \_\_\_\_\_ SCHOOL YEAR \_\_\_\_\_

NAME OF THE SCHOOL PLAY \_\_\_\_\_

**DESCRIPTION OF THE PART/ROLE YOU PLAYED IN THE PRODUCTION:**

\_\_\_\_\_  
Student Signature Date

\_\_\_\_\_  
Parent/Guardian Signature Date

\_\_\_\_\_  
Play Director or Performing Arts Chair Signature Date

\_\_\_\_\_  
Athletic Director's Signature Date