

Saint Michael the Archangel High School Athletic Department Handbook



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Saint Michael the Archangel High School Athletic Department Handbook

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Saint Michael the Archangel High School Athletic Department Handbook

(Section I: Athletic Department Philosophy)

Mission

The mission of the Saint Michael the Archangel High School Athletic Department is to provide a comprehensive physical fitness/health and competitive sports program that complements and contributes to the spiritual and academic development of our students.

Goal

Provide our students with an environment that promotes physical fitness, teamwork, sportsmanship, hard work, and self-discipline; challenges our students to maximize their potential on and off the field; and, develops student character through a positive and supportive environment that builds self-confidence in their physical, mental and emotional abilities.

Guiding Principle

Our physical fitness and sports programs are guided by the principles set forth in 1 Corinthians, 6:19-20:

¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?

²⁰ For you were bought with a price; therefore glorify God in your body.

Our programs are designed to enable students to build and maintain healthy bodies so that they can glorify God to the best of their individual and collective abilities.

Note 1: Many of the concepts, format and some text used to create this handbook were taken from existing sources and modified to meet the unique requirements of the SMAHS Athletic Department. Information used includes that publicly posted on the internet by: Fredericksburg Academy; Fredericksburg Christian Schools; Seton Jr./Sr. High School (Manassas, VA); Delaney Athletic Conference; Virginia Independent Schools Athletic Association; Virginia Council for Private Education; and, the National Association of Sports and Physical Education. All credit is given these institutions as appropriate for the pioneer work they have done for private school physical fitness and athletic programs.

Saint Michael the Archangel High School Athletic Department Handbook

(Section II: Athletic Department Policies)

General Policies

1. Saint Michael the Archangel High School will be referred to as SMAHS for the purpose of this handbook. The SMAHS Athletic Department Handbook will be used by members of the Athletic Department staff, school faculty and staff, coaches, interscholastic athletic team members, club sports participants, physical education students and volunteers.

2. SMAHS physical fitness programs will be conducted in accordance with guidelines established by the National Association of Sports and Physical Education (NASPE). NASPE establishes voluntary national standards for K-12 physical education that reflect current thinking on what students should know and be able to do as a result of a quality physical education program.

3. SMAHS interscholastic athletics programs will be conducted in accordance with the rules, regulations and guidance published by the Virginia Independent Schools Athletic Association (VISAA). Other reference material used to guide the actions of the athletic department include the Delaney Athletic Conference (DAC) Handbook (Short title: DAC Handbook) as a guide. SMAHS coaches will also use the voluntary national standards developed by the NAPSE which provides guidelines on the fundamental competencies that athletic coaches at all levels should possess to ensure the safety and quality of athletic programs.

a. The SMAHS Athletic Department's goal is to create opportunities for all SMAHS students to participate in interscholastic athletics. The SMAHS Athletic Department staff and team coaches will attempt to place students at the appropriate level where they can contribute to the best of their abilities. The SMAHS Athletic Department supports a no-cut policy at all levels with the following exceptions:

(1) When facility or conference guidelines limit the size of the roster that can be fielded for a particular athletic team.

(2) When players violate DAC, SMAHS Athletic Department and/or team rules, regulations or policies.

(3) When players fail to maintain eligibility to participate in interscholastic athletics.

b. Playing time in games and scrimmages cannot be guaranteed. The amount of playing time is subject to the discretion of the coach according to what the coaching staff

believes will benefit the team as a whole. SMAHS Athletic Department staff will, however, attempt to ensure all players have an opportunity to participate in each event.

(1) Equal play is encouraged as much as possible for Junior Varsity team members as the focus of Junior Varsity athletics is to develop skills and knowledge of the game.

(2) At the Varsity level, each coach is encouraged to be cognizant of an individual athlete's opportunity to participate in games. Coaches may limit or adjust playing time if the coach believes that there is a safety concern for the individual athlete or if such a recommendation is made by competent medical authority. If a student-athlete does not follow team rules, his/her playing time may be limited.

Eligibility Policy

1. **Non-discrimination Policy.** SMAHS's non-discrimination policy extends to its physical fitness and sports programs. SMAHS prohibits discrimination on the basis of race, color, sex, age, marital status (faculty, coaches, athletic department employees and volunteers), disability, national origin, or citizenship.
2. **Parental/Guardian Permission.** Written permission from parents or guardians is required before a student will be allowed to participate in interscholastic athletic completion or in Club Sport activities. The SMAHS Athletic Department uses the Virginia High School League's (VHSL) Athletic Participation/Parental Consent/Physical Examination Form for this purpose (see current VHSL form at Annex A).
3. **Health Certification.** An annual physical exam and a signed consent and risk form are required before a student will be allowed to participate in interscholastic athletic completion or in club sport activities. In addition, the coaches or Athletic Director may require a letter of permission from the student's physician for any student whose physical fitness might be in question after reviewing the VHSL Athletic Participation/Parental Consent/Physical Examination Form.
4. **Physical Fitness and Health Programs.** All SMAHS students, to include home school students participating in SMAHS's part-time enrollment program, are eligible to participate in physical fitness and health classes.
5. **Club Sports.** All SMAHS students, to include home school students participating in SMAHS's part-time enrollment program, are eligible to participate on club sports teams. Club sports are non-competitive sporting activities, are not governed by a particular athletic conference and are not considered an interscholastic athletic sport.
6. **Interscholastic Athletic Teams.** Only full-time SMAHS students are eligible to participate on interscholastic athletic teams. Home school students participating in SMAHS's part-time enrollment program are not eligible to participate on interscholastic athletic teams unless they average four hours per day, 20 hours per week, of course

instruction at SMAHS. Guidelines for participation in interscholastic athletics are provided below:

a. Enrollment. Student athletes must be enrolled in at least four (4) academic classes during the semester they are participating on an interscholastic athletic team.

(1) Transfer students must also meet this standard prior to competing on an interscholastic athletic team.

(2) Advanced Placement (AP) students participating in dual college enrollment to include community college enrollment, are eligible as long as they meet the minimum four (4) course enrollment requirement. The students must take/pass at least three (3) in-house courses and take/pass at least one (1) dual enrollment course that is transferable back to the SMAHS.

(3) No second year senior that transfers, repeats or is reclassified as a senior will be permitted to participate.

(4) High school graduates will not be permitted to participate in SMAHS athletics.

b. Recruiting. No attempt will be made to enroll students based solely on their athletic skills and abilities. The provision of financial aid in any form in return for athletic performance is prohibited; therefore, no scholarships will be given specifically for athletic purposes. Financial aid will be distributed in accordance to SMAHS admissions and enrollment policies and will not be tied to participation in SMAHS athletic programs.

c. Age Requirements. Students participating in interscholastic athletics must not have reached their nineteenth (19) birthday on or before August 1 of the current school year.

d. Junior Varsity and Varsity Programs. SMAHS interscholastic sports may consist of boys teams, girl teams and co-educational teams based on the sport being played and in accordance with VISSA team distinctions. The distinction between Junior Varsity and Varsity level sports are:

(1) Junior Varsity. Junior Varsity teams generally consist of players in grades 9 through 10. In certain instances, upper classmen may be allowed to participate in Junior Varsity sports but only in accordance VISAA guidelines and pre-approval. Junior Varsity teams will concentrate on learning fundamental skills and physical conditioning to play the sport well.

(2) Varsity. Varsity teams may consist of players in grades 11 through 12. Varsity players will be selected based on their demonstrated skill and knowledge of the sport and are expected to be sound in the fundamentals so that strategy and conditioning may be emphasized.

(3) Varsity Participation Waiver. Junior varsity eligible players may play at, or move up to varsity to athletics. Therefore, players in grades 9 through 10 are eligible to participate at the varsity level. The move from Junior varsity to Varsity is permanent for only those sports and levels in which a championship tournament is involved. A player designated as varsity for one year may be designated as junior varsity the following year if all other eligibility requirements are met.

Academic Policy

1. General. The SMAHS Athletic Department supports the school's academic mission and encourages students to perform as well in the classroom as they do on the field. Therefore, the SMAHS Athletic Department requires students-athletes to maintain academic eligibility to participate in interscholastic competition. Academics will take priority over athletics.
2. Academic Eligibility. Student-athletes must maintain a minimum academic standing in accordance with SMAHS academic guidelines. In general, student athletes must maintain an average grade (equivalent to letter grade of 'C') during the season they are participating on an interscholastic athletic team.
3. Maintaining Academic Eligibility. At times, it may be necessary for student athletes to receive academic assistance. The SMAHS Athletics Department will assist its student-athletes in scheduling the receipt of academic assistance around practices and games. Students required to miss a scheduled practice or game in order to attend an academic tutoring session, remedial studies and/or testing must notify appropriate SMAHS Athletic Department staff prior to the practice or game in order for the absences to be excused.
4. Voluntary Suspension (Eligibility Retained). Student athletes having academic trouble, but maintaining minimum academic eligibility within a grading period, may be temporarily suspended from team participation with the agreement of the teacher, coach, and parents/guardians, until academic performance is improved. Team participation includes team meetings/activities, practices, scrimmages, games and tournament play.
5. Temporary Academic Probation (Eligibility Retained). Student athletes who fail one or more courses on a report card, or whose overall grade point average falls below 2.0, will be placed on temporary academic probation and will be suspended from team participation for one full week. The student may return to the team the following week and each succeeding week if the student's teacher determines that the student is making satisfactory progress in the course. Teachers will notify the Athletic Director of the student's current status verbally, in writing or via e-mail.
6. Full Academic Probation (Eligibility Suspended). Student athletes who fail one or more courses on a report card and have not made acceptable academic progress after being placed on temporary academic probation will be prohibited from interscholastic athletic team participation for the remainder of the season affected. Eligibility will be

suspended until the student athlete has demonstrated an ability to maintain acceptable academic standing in accordance with SMAHS academic guidelines. Full Academic Probation will only be lifted by the SMAHS Athletic Director in coordination with and approval by the SMAHS Principal. A letter, co-signed by the SMAHS Principal and SMAHS Athletic Director will be issued to student athletes as appropriate. A copy of this letter will be maintained in the student's record until graduation, transfer or withdrawal from SMAHS.

Attendance Policy

1. **Daily Attendance Requirement.** In order to participate in a game or practice, a player must attend at least two class periods during the school day and have taken all tests and/or participated in required activities unless a partial absence has been coordinated prior to the date of the absences (medical appointment, dental appointment, etc.).

2. **Excused Absences.** Team members must make all practices and games unless they have been absent from school on that day or unless they have been previously excused. When a player is unable to attend a practice or has some good reason for being late to a practice, he/she must inform the coach ahead of time. Permission for a student who was absent during the school day to participate in an after-school practice or game must be requested by a parent or guardian prior to the absence, recommended by the coach for the team for which the player is a member, and approved by the SMAHS Athletic Director.

3. **Absences/Withdrawal Due to Illness or Injury.** If a student-athlete suffers an injury or illness and is unable to continue competing on a team, the parent or student must notify the coach or Athletic Director.

a. Athletes must attend team practices, meetings and/or activities everyday that they attend school if they intend to rejoin their team once cleared medically to play. Exceptions will be made for student athletes who are:

(1) Participating in scheduled rehabilitation or treatment during scheduled team activities.

(2) Completing academic work as directed by the SMAHS Principal or appropriate teacher for those undergoing rehabilitation during scheduled team activities.

b. Student athletes who do not participate in physical education classes for medical reasons may not be permitted to participate in interscholastic athletics. Student athletes may participate in team meetings or activities that do not require physical exertion.

c. Students athletes who have been restricted from participation by competent medical authority must receive medical clearance from a physician before resuming participation in athletics activities.

3. Responsibility. Student athletes are expected to exhibit responsibility. Therefore, students who forget clothing or equipment for a practice or a game will not be permitted to go home during the school day to retrieve missing items. Arrangements with parents/guardians will be made by the student prior to the scheduled practice/game. Students unable to obtain their required athletic gear prior to a scheduled event may have their participation limited by the coach for that event.

Disciplinary Policy

1. General. Participation in sports is a privilege and not a right. A student who does not take pride in SMAHS as evidenced by egregious behavior or sustained disciplinary trouble, even of minor offenses, will be forbidden to join or removed from the team. SMAHS reserves the right to ban students from participation on interscholastic athletic teams based on the seriousness of an incident or general non-conformance to SMAHS student behavior or conference sportsmanship rules and regulations. Instances of off-field/court misbehavior, criminal activity or actions that discredit SMAHS, may result in suspension or termination of involvement with SMAHS interscholastic athletic teams.

2. Sportsmanship Code. SMAHS Athletic department staff, faculty, employees, players and families will abide by the Sportsmanship Code instituted by the governing athletic conference. The SMAHS Athletic Department Sportsmanship Code is enclosed as Annex B.

3. Substance Use/Abuse.

a. The use of alcohol, tobacco products, illegal drugs or performance enhancing drugs is detrimental to the intellectual, physical, emotional and spiritual development of SMAHS students and athletes and is strictly prohibited. The use of prohibited substances by any SMAHS student, to include student athletes will not be tolerated. SMAHS Athletic Department staff, coaches and volunteers are prohibited from the use of prohibited substances and will refrain from the legal use of tobacco or alcoholic products during the performance of their official duties.

b. The SMAHS Athletic Department strongly discourages the use of any substance that is not approved by the FDA, the Surgeon General, or the American Medical Association for use by children or adolescents for the purpose of increasing physical development, strength, or athletic performance. Energy drinks such as Red Bull are also prohibited before, during or after a scheduled practice or game/meet.

c. Student athletes who are found in violation of the aforementioned substance policy may be subject to additional consequences such as loss of credit, participation eligibility, and eligibility for awards, etc. Additionally, student athletes who are found in violation of the substance use/abuse policy may be subject to legal actions governed by local, state and federal laws.

4. Sexual Harassment. Sexuality affects all aspects of the person, including in a general way the aptitude for forming bonds of communion with others. The SMAHS Athletic Department will provide its student athletes an opportunity to participate in athletic competition in an environment free from sexual harassment. The following definitions and rules apply:

a. Sexual harassment is defined by the Office of Catholic Schools of the Diocese of Arlington as any unwelcome sexual advances, unwelcome physical contact of a sexual nature, or unwelcome verbal or physical conduct of a sexual nature. Unwelcome verbal or physical conduct of a sexual nature includes, but is not limited to, the deliberate, repeated making of unsolicited gestures or comments, or the deliberate, repeated display of offensive, sexually graphic materials which is not necessary for school purposes.

b. No student is to sexually harass another member of the school community. Any student athlete who engages in sexual harassment shall be subject to disciplinary action, up to and including expulsion from the team for which they are a member. Additional SMAHS disciplinary action may be taken as warranted.

c. Any student who believes that he or she is being sexually harassed shall immediately report such information to the coaching staff, Athletic Department staff, or Athletic Department volunteer. A student who is uncomfortable for any reason in reporting such alleged harassment to a member of the aforementioned staff may report the matter directly to the SMAHS Principal. Any information reported shall, to the extent possible due to legal reporting requirements, be treated as confidential.

d. All claims of sexual harassment shall be thoroughly investigated in an appropriate manner under according the SMAHS guidelines and in accordance with appropriate law.

5. Bullying and Hazing. Bullying and hazing are prohibited. The following definitions and rules apply:

a. Bullying is defined as one or more action of abusive treatment of another. School personnel will not tolerate any bullying on SMAHS grounds or at any school sponsored event to include games, practice or athletic activities held at other schools or facilities. Additionally, student athletes and parents who become aware of an act of bullying are to report it to appropriate Athletic Department or school personnel (e.g. Principal, teacher, school counselor). SMAHS Athletic Department staff members who become aware of an incidence of bullying are to take appropriate steps to intervene unless intervention would be a threat to staff members' safety. If a staff member believes that his/her intervention has not resolved the matter, or if the bullying persists, he/she shall report the bullying to the SMAHS Athletic Director. Examples of bullying include but are not limited to:

- (1) Physical intimidation or assault
- (2) Extortion
- (3) Oral or written threats
- (4) Excessive teasing

- (5) Name calling
- (6) Threatening looks, gestures or acts of aggression (overt and covert)
- (7) Cruel rumors and false accusations
- (8) Intentional social isolation

c. Hazing is defined as any conduct which subjects another person, whether physically, mentally, emotionally, or psychologically, to anything that may endanger, abuse, degrade, or intimidate the person as a condition of association with a group or organization, regardless of the person's consent or lack of consent. Examples of hazing include but are not limited to:

- (1) Being forced/coerced to eat/drink certain items/concoctions, or excess quantities of such.
- (2) Being forced/coerced to perform actual or simulate inappropriate acts.
- (3) Being forced/coerced to participate in secret initiation rites.
- (4) Being forced/coerced to participate in "gauntlets" where students are slapped, punched, kicked, paddled, etc. by fellow students.

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(Section III: Transportation and Communications)

1. Transportation. Until such time as SMAHS acquires transportation assets, parents and or guardians of student athletes will be required to provide transportation to/from games, practices, team meetings and activities.

a. Practices will typically be conducted daily between 3:00pm and 5:00pm. Changes to practice times/days are at the discretion of the coach in coordination with the Athletic Director. Parents need to arrange to pick up their son or daughter at that time. A coach will distribute a daily practice schedule at the beginning of the season.

b. For away games, estimated times of return will be posted at school or provided electronically through e-mail notices or web site posting. Parents should pick up their child promptly when they return from games if their child traveled with a designated driver (parent, staff member or volunteer). Designated drivers will be identified in advance and contact information provided to the Athletic Department before departure from SMAHS grounds.

c. Please note that teams will occasionally stop for meals when traveling to/from athletic events. Student athletes are asked to bring either money for purchasing a meal or a prepared meal for these occasions.

2. Communication. Parents are encouraged to communicate with the coach or Athletic Director regarding their son or daughter's participation in SMAHS athletics. The Athletic Department requests that any questions about coaching philosophy and/or expectations be expressed during a private conference with the coach or Athletic Department staff and never before, during or directly after an event, especially not in a public forum or before athletes, students and spectators. If a resolution is not reached between a parent and a coach, then the Athletic Director will be involved in a subsequent meeting. It is also not appropriate for parents to make disparaging comments about a student athlete's performance or playing abilities. Additionally:

a. Students and/or parents are expected to notify the Athletic Department and /or the coach well in advance of any schedule conflicts.

b. As part of the educational experience, students are encouraged to discuss individual problems with the coach. As with parents, if these meetings do not resolve the issue, then the Athletic Director will intervene.

c. For your convenience, the schedule and directions to games/activities will be posted on the SMAHS website. Additionally, sports information will be made available at the school. Scheduled games may be canceled due to bad weather, poor field

conditions, or other reasons. Please call the school (540-548-8748) for schedule updates. All attempts will be made to inform athletes and parents of changes to the sports schedule by 2:00 p.m. on the day of the game. Additionally, as students receive notification of changes, they will be encouraged to communicate with parents via phone and email.

d. Injuries must be reported to the coach at the time that they occur so that measures can be taken to prevent aggravation or further injury.

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(Section IV: Team Organization and Management)

1. General. An essential component for any team's success is good leadership. The SMAHS Athletic Department will provide adult mentorship to student athletes while providing them opportunities to develop leadership and inter-personal relationship skills through various team assignments.

a. One method of teaching leadership and inter-personal relationship skills is by selecting team captains. A strong captain can help a team achieve success by being responsible, having strong communication skills, and earning the respect of one's peers and coaches. Being a good captain is much more than simply being a good athlete. It is both an honor and a privilege to be a captain, and the selection process should be taken very seriously. The coaching staff of each team will select the team's captain. Co-captains may be selected at the coach's discretion.

b. Additionally, the coaching staff of each team may select section leaders to assist the team captain in his or her assigned tasks. Examples of section leaders are defensive captain, offensive captain, boys/girls section for co-educational teams, etc. Duties and tasks of section captains will be developed and assigned by the coaching staff and team captain.

c. Team manager positions are available for all team sports and are open to all students. Priority will be given to students not participating as a player on a team but does not exclude players from serving in that role. Conscientious managers are every bit as valuable as any other team member. Interested students should contact the head coach or the Athletic Director before the season begins.

d. Additional student staff positions within the SMAHS Athletic Department will be developed by the Athletic Director and coaching staffs as appropriate. The positions will be advertised and made available to SMAHS students to apply.

2. Uniforms and Equipment.

a. School uniform colors are listed below and will be incorporated into the uniform design in the appropriate style associated with a particular sport:

(1) Dominant Color: Navy Blue

(2) Subordinate Color: Scarlet Red

(3) Trim/Lettering Color: White

b. The SMAHS Athletic Department will provide the majority of the uniform items.

Personal items such as shoes, socks, practice clothes, and protective padding (shin, elbow, arm, shoulder, and ribs) are the responsibility of the student athlete. Additional personal items may include helmets, racquets, sticks, and other required equipment.

c. Students athletes are responsible for any school-issued uniforms and equipment during the season and must return these items following the last scheduled game. Families will be billed for any damaged or lost uniforms or equipment.

d. Students athletes represent SMAHS when they step into the playing arena for a contest and therefore will present a respectful and uniformed appearance: dressed alike, shirts tucked in, no items to draw undue attention to themselves. Student-athletes represent their team and school and are not expressing their individuality through modifications to their athletic attire. Additionally, jewelry of any kind will not be worn during practices or games for safety reasons as well as to prevent accidental loss. The wearing of cloth Scapulas is the only exception.

4. Awards. An annual Mass and Awards Banquet will be held to recognize student-athletes/trainers, coaches, volunteers and supporters for their participation in the athletic program.

a. All players and student staff will receive a certificate at the end of the season noting their participation in an interscholastic athletic sport. A copy of this letter will be entered in their student file.

b. Students participating in varsity level athletics will receive a sports letter if they meet the eligibility requirements. In order to be eligible for a varsity letter, students must be in grades 9 through 12, be a member of a varsity team for one season, participate in at least 70 percent of varsity contests, and attend at least 90 percent of all scheduled practices, team meetings and activities. The letter used is a "W" which signifies "Warriors."

c. Team generated awards will be developed and issued by the coaching staff of each team. Team awards will be consistent with stated policies prohibiting, bullying, hazing and sexual harassment.

d. Student athletes will be eligible for state, division and conference awards per Virginia Independent Schools Athletic Association guidelines.

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(Section V: Current and Planned Athletic Programs)

1. General.

a. Initial interscholastic athletic program offerings at SMAHS will be limited due to the size of the student population. Program offerings will be increased based on cumulative increases in student enrollment.

b. The size, scope and nature of interscholastic athletic programs will be reviewed and approved by the SMAHS Principal on an annual basis based on the recommendations of the SMAHS Athletic Director. The SMAHS Athletic Director will consider input from the students, parents and other stakeholders in formulating his/her recommendation.

c. Club sports teams will be initiated based on recommendations from the SMAHS Student Government Association, the SMAHS Athletic Council and/or SMAHS faculty. The size, scope and nature of club sports programs will be reviewed and approved by the SMAHS Principal on an annual basis. Club sports will be advertised to the SMAHS student body and home school population once identified and approved.

2. Interscholastic Athletic Programs Offered by Season (2009-2010).

a. Fall Interscholastic Athletic Programs will be conducted during the months of August through October and will consist of the following:

(1) Varsity Co-educational Cross Country – all students in grades 9 through 12 are eligible. Some students may be categorized as “developmental” runners (JV).

(2) Varsity /Junior Varsity Volleyball – female students in grades 9 through 12 are eligible.

b. Winter Interscholastic Athletic Programs will be conducted during the months of November through February and will consist of the following:

(1) Varsity Boys Basketball – all male students in grades 9 through 12 are eligible.

(2) Varsity Girls Basketball – all female students in grades 9 through 12 are eligible.

(3) Varsity Co-educational Swimming – all students in grades 9 through 12 are eligible. Boys and girls compete at same meets but in separate categories.

(4) Varsity Cheerleading (Non-competitive) – all female students in grade 9 through 12 are eligible. Male students may be added in the future to serve as stunt men.

c. Spring Interscholastic Athletic Programs will be conducted during the months of March through May and will consist of the following:

(1) Varsity Co-educational Golf - all students in grades 9 through 12 are eligible.

(2) Junior Varsity Girls Soccer – all female students in grades 9 through 10 are eligible. Per coordination with the Executive Director with VISAA, upper classmen will be allowed to participate on the junior varsity team during the 2010 season.

2. Future Interscholastic Athletic Program Offerings. As previously stated, program offerings, to include Junior Varsity and Varsity divisions, will be based on cumulative increases in student enrollment with team roster sizes determined by conference guidelines. The tables provided below depict program offerings planned with initiation dates starting in Academic 2008-2009. Programs and initiation dates are subject to change.

Table 1. Interscholastic Athletic Program Offerings

Fall Teams	Academic Year Initiated
Co-educational Cross Country	2008-2009
Girls Junior Varsity Volleyball	2010-2011
Boys Junior Varsity Soccer	2011-2012
Girls Junior Varsity Field Hockey	2011-2012
Boys Varsity Football	2014-2015
Winter Teams	Academic Year Initiated
Boys Varsity Basketball	2008-2009
Girls Varsity Basketball	2008-2009
Co-educational Swimming	2009-2010
Boys Junior Varsity Wrestling	2010-2011
Spring Teams	Academic Year Initiated
Co-educational Golf	2008-2009
Girls Junior Varsity Soccer	2009-2010
Boys Varsity Baseball	2014-2015
Girls Varsity Softball	2014-2015

Table 2. Potential Additions to the Interscholastic Athletic Program Offerings

Proposed Teams	Proposed Season
Girls Varsity Tennis	Fall
Boys Varsity Lacrosse	Spring
Girls Varsity Lacrosse	Spring
Boys Varsity Tennis	Spring

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(Section VI: Athletic Association and Conference Affiliation)

1. Conference Affiliation. SMAHS is a member of the Virginia Independent Schools Athletic Association (VISSA) – Northern Region and is considering becoming a member of the Delaney Athletic Conference (DAC). SMAHS teams generally compete as VISAA Division III or II teams depending on the sport played and based on school enrollment data. SMAHS is also recognized by the Virginia High School League (VHSL) as a Category I Private School. Category I schools are schools which follow VHSL Individual Eligibility Regulations when engaging in any contest. VHSL categories are used by state public schools when considering private schools for scheduling purposes. Basic information about the VISAA and DAC is provided below. SMAHS is classified an independent school at this time because the school is not affiliated with a particular athletic conference.

a. Virginia Independent Schools Athletic Association (VISAA).

(1) The VISAA is a service organization that promotes athletic participation and sportsmanship through competition among schools accredited by an accreditation agency approved by the Virginia Council of Private Education (VCPE). VCPE has recognized SMAHS as a candidate for accreditation by the Southern Association of Colleges and Schools (SACS) based on the SACS candidacy letter of June 6, 2008.

(2) The mission of VISAA is to provide fair and healthy athletic opportunities for students enrolled in independent schools accredited by an agency recognized by the VCPE. The VISAA serves as a governing body to provide leadership and vision and to establish guidelines and policies for its member schools; promote sportsmanship, ethics and integrity; foster equal opportunities for all member schools to voice concerns, and be fairly represented in all policy and procedures; establish and maintain standards for competition that promote education, personal growth, leadership and citizenship; and, provide leadership opportunities for all member schools.

(3) VISAA also coordinates and schedules state level championship tournaments.

b. The Delaney Athletic Conference (DAC).

(1) The DAC is named after Joe Delaney, a prominent athlete in Northwestern State University (Louisiana) history who was an All American football player, track star and member of the 1981 National Championship 400 Meter Relay Team. He was a professional football player who died while attempting to save two children drowning in a pond. The DAC was named after Joe Delaney because his athletic achievements and character reflected the courage, compassion and unselfishness that the conference wants to instill in its student athletes.

(2) DAC member institutions are made up of private, military and faith-based schools. Teams participate in one of two divisions as assigned by the DAC. Local area schools belonging to DAC include Fredericksburg Academy, Quantico High Schools and Fredericksburg Christian Schools. Additionally, independent Catholic schools such as Seton in Manassas, VA are members of the DAC.

Annex A to SMAHS Athletic Department Handbook: Virginia High School League's (VHSL) Athletic Participation/Parental Consent/Physical Examination Form

VHSL Form of April 2007

Go to:

(<http://www.vhsl.org/files/adm-physical-form-rev-4-07.pdf>)

Annex B to SMAHS Athletic Department Handbook: SMAHS Athletic Department Sportsmanship Code (Based on DAC Sportsmanship Code)

1. Sportsmanship Rule. SMAHS is required to conduct all its relations with other schools in a spirit of good sportsmanship.

a. SMAHS Shall:

(1) Encourage and promote friendly relationships and good sportsmanship throughout the school by requiring courtesy and proper decorum at all times. Acquaint students and others in the community with the ideals of good sportsmanship and publicize these concepts and attitudes so all members of the school community will understand and appreciate their meaning.

(2) Insist upon implicit compliance with all rules and regulations.

(3) Insist upon adequate safety precautions for all activities, for both participants and spectators.

(4) Provide adequate hygienic, sanitary and attractive facilities for the dressing and housing of visiting teams and officials.

(5) Review with the staff the Sportsmanship Rule.

b. SMAHS Coaching Staffs Shall:

(1) Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.

(2) Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of the players.

(3) Emphasize to his/her players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court to engage in a fight.

(4) Recognize that the purpose of competition is to promote the physical, mental, social and emotional well-being of the individual players and that the most important values of competition are derived from playing the game fairly.

(5) Be a modest winner and a gracious loser.

(6) Maintain self-control at all times. Accept adverse decisions without public display of emotion or of dissatisfaction with the officials.

(7) Cooperate with the school administration in the planning, scheduling and conducting sports activities.

(8) Employ accepted educational methods in coaching. Give all players an

opportunity to use and develop initiative, leadership and judgment.

(9) Pay close attention to the physical condition and well-being of players. Refuse to jeopardize the health of an individual for the sake of improving his/her team's chances of winning.

(10) Teach athletes that it is better to lose fairly than to win unfairly.

(11) Discourage gambling, profanity, abusive language and similar violations of the true sportsman's code.

(12) Refuse to disparage an opponent, an official or others associated with sports activities and discourage gossip and questionable rumors concerning them.

(13) Properly supervise student athletes under his/her immediate care and specifically observe a coach's responsibilities in conjunction with conference and state conferences.

c. SMAHS Students Shall:

(1) Be courteous to visiting teams and officials.

(2) Play hard and to the limit of his/her ability, regardless of discouragement. True athletes do not give up, quarrel, cheat, bet or grandstand.

(3) Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.

(4) Be modest when successful and gracious in defeat. A true sportsman does not offer excuses for failure.

(5) Maintain a high degree of physical fitness by observing team and training rules conscientiously.

(6) Demonstrate loyalty to the school and their team by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.

(7) Play for the love of the game.

(8) Understand and observe the rules of the game and standards of eligibility.

(9) Set a high standard of personal cleanliness.

(10) Respect the integrity and judgment of officials and accept their decisions without question.

(11) Respect the facilities of host schools and the trust entailed in being a guest.

d. SMAHS Spectators (Home Team Fans) Shall:

(1) Realize that he/she represents the school just as coaches and athletes do and, therefore, has an obligation to be a true sportsman by encouraging, through his/her behavior, the practice of good sportsmanship by others.

(2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.

(3) Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, social and emotional well-being of the players through the medium of contests, victory or defeat is, in reality, of secondary importance.

(4) Treat visiting teams and officials as guests. Extend to them every courtesy.

(5) Be modest in victory and gracious in defeat.

(6) Respect the judgment and integrity of officials realizing that their decisions are based upon game conditions as they observe them and are given to the best of their ability.

2. Reporting Violations. Situations which must be reported to the Virginia Independent Schools Athletic Association (VISAA) are listed, but not limited to the following:

- a. Incidents involving damage to school property, including buses or other vehicles
- b. Physical or verbal altercations or other unsportsmanlike conduct between players, coaches, spectators or officials.
- c. Verbal abuse by players, coaches or spectators directed toward opposing teams, coaches, or officials.
- d. Public criticism of officials by coaches in the media.
- e. Coach ejection from a contest.
- f. Player ejection from a contest.

3. Violation of the Sportsmanship Rule. It will be the purpose of each member school to deal with minor sportsmanship violations internally. Any violation deemed serious enough to have a negative reflection on either the member or the school may be dealt with by an administrative and/or disciplinary process.