



The San Francisco School Athletics Handbook

The San Francisco School (SFS) is proud to offer competitive athletic opportunities for our students to develop lifelong skills, personal growth and a strong sense of physical fitness and wellness. The Athletics program enhances and complements the overall San Francisco School community by providing student athletes with positive learning experiences through challenges of athletic discipline and responsibility.

The success of our Athletics program is based on the student athlete experience and how the Athletics program contributes to each child's development. Through guiding principles of **commitment, character, community, and leadership**, the Athletics program seeks to develop the student athlete physically, mentally, and socially to prepare them for their next stages in life.

The SFS Athletics handbook will provide further information on our program operations, our policies, and our guiding principles. We are extremely proud of our Athletics program; the student athletes who represent our school, the coaches who provide education and inspiration, and the SFS community of supporters who help us achieve our goals.

SFS currently offers four interscholastic sports to our middle school students:

Cross Country (Fall)

Volleyball (Fall)

Basketball (Winter)*

Futsal soccer (Spring)

**4th and 5th grade teams are also offered*

SFS competes primarily in The San Francisco Athletic League (SFAL)*, which is comprised of the following schools:

Live Oak

Lycee

Children's Day School (CDS)

Katherine Delmar Burke's School (KDBS)

Chinese American International School (CAIS)

SF Christian

Presidio Hill

Kittredge

Hamlin

KIPP

SF Friends (SFFS)

Creative Arts

Synergy

**Please note: most of these schools, like ours, do not have an onsite gymnasium. Therefore athletic competitions will most likely take place at offsite facilities.*

In addition, we also participate in the Catholic Youth Organization (CYO) Athletic Leagues or the Jewish Community Center of San Francisco (JCCSF) Basketball League. The Athletic Director, in collaboration with the student athletes, will choose the league most appropriate for each team's participation.

Commitment:

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." ~ Dale Carnegie

Eligibility/Participation

As an environment that fosters and promotes physical fitness and wellness, SFS encourages all students to participate in interscholastic sports. All students at a grade level are eligible to play interscholastic sports. Each student athlete plays a pivotal role on his or her respective teams. With this role, the student athlete commits to the team experience, personal development, physical conditioning, friendships, and the overall spirit of the game.

Student athletes are not subject to tryouts or cuts, however, they will participate in an assessment practice to establish what level is best suited for both team and individual success. This assessment is conducted by the coaching staff and will take place at the start of each sport season.

Each season lasts approximately 11 weeks in duration with at least 2 practices per week. Games schedules will vary based on each sport and the chosen competitive league. As we are educating life lessons of commitment, accountability, and responsibility, we stress regular attendance at practices and games. The student athlete's participation time in games will factor in preparedness (uniform requirements, tardiness, etc.), attendance, efforts toward progression, and overall attitude. Coaches and athletic staff will use their best discretion to assure the above factors are taken into account fairly. Parents who organize their own teams, outside of the school's Athletics program are urged to follow these guidelines.

Student athletes with academic, attendance or behavior problems that become chronic will find their athletic eligibility subject to review. Student athletes who are suspended may not participate in practices and games during their suspension period. In addition, student athletes may not participate in games if they have not arrived at school by 10 a.m. and/or if they miss more than half of their classes on a particular day.

Uniform & Equipment

Uniforms and team equipment will be provided by the school. All student athletes will be issued their respective sports' uniform prior to the first date of competition. We expect all student athletes to take pride in the responsibility for their uniform and how they represent the school. Uniforms and team equipment are property of the School and the following rules are mandated:

- Return the uniform/equipment clean and in good condition (the way it was received)
 - Return the uniform/equipment within one week of the last competition
- Student athletes who have damaged or misplaced their uniforms may be subject to penalty.*

Sports uniforms and player equipment* (i.e. knee pads and shin guards) are required to participate in competition. If the student athlete fails to prepare for competition (does not wear uniform or bring player equipment), he or she may not be allowed to participate.

Student athletes must provide their own player equipment. Any student athlete that is financially unable to purchase player equipment should contact the Athletic Director. **SFS will not allow financial circumstance to prohibit any student athlete from participation.*

Character:

"Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are." ~ John Wooden, Hall of Fame college basketball coach

Sportsmanship

Through all facets of athletic participation, we ask coaches, student athletes, parents and all spectators to practice our school's community guidelines, specifically - Be Respectful.

- Demonstrate Respect for Teammates
- Demonstrate Respect for Opponents
- Demonstrate Respect for Officials
- Demonstrate Respect for the Game

Achievement through Accountability and Teamwork

Participation in the School's Athletic program is a privilege that encompasses great lessons of responsibility and ownership. Our Athletic program's achievements are naturally based on the student athletes' progressive athletic development but more importantly on their individual self-empowerment. Our student athletes learn that success is what they learned in the game, what new skill they utilized, and what they felt throughout the experience.

Teamwork accomplishments from '07-'08

2008

Girls Varsity SFAL Basketball Champions

Boys Varsity SFAL Basketball 3rd place

Boys Junior Varsity SFAL Basketball Champions

Girls 3rd/4th Grade JCCSF Basketball Champions

Coed Varsity Futsal Soccer SFAL Champions
Coed Junior Varsity Futsal Soccer SFAL Champions

2007

Girls Varsity SFAL Basketball Champions
Girls Junior Varsity JCCSF Basketball 1st place season
Boys Varsity SFAL Basketball 3rd place
Boys 6th Grade CYO Basketball 2nd place
Boys 5th Grade CYO Basketball Champions
Girls 4th Grade JCC Champions
Coed Futsal Soccer SFAL Champions
Boys Junior Varsity SFAL Basketball Champions
Coed Varsity SFAL Volleyball Champions
Coed Junior Varsity SFAL Volleyball 3rd place

Community:

"The strength of the team is each individual member...the strength of each member is the team."

~ Phil Jackson, NBA player and coach

With teamwork, our Athletics program builds a sense of community. Student athletes unite with their peers and provide inspiration through their competitive spirit. The support from our community of student body, faculty, administrators, and parents/guardians is the foundation of our Athletic teams' successes. Through communication, assistance, and understanding, we are able to come together and assure our student athletes are in a positive position to achieve their goals.

Communication

Communication between players, athletic staff and parents is imperative to build our community and maintain organization in our Athletics program. Announcements, changes, and cancellations will be communicated to the appropriate parties as soon as possible. As we work with other schools and programs to schedule games and practices, we anticipate changes could or will occur. Weather conditions will also play a part in possible changes and updates. Although we prefer changes to not occur in scheduling, we hope parents are supportive and understand the operational aspects.

Communication vehicles:

- Email blasts
- Phone tree and hotline (Weather info)
- SFS Website - TBD

Parent Involvement/Booster Bears

As student athletes dedicate their time to the sport, we ask our parents to actively engage in their support. Parents play a vital role not only as our cheering section, but from a logistics perspective as well. Prior to each sport season, parents will be offered options for how they can volunteer and support our teams. The following areas will be available:

- Team parent
- Carpool and carpool coordination (see Transportation section)
- Volunteer coaching (see Leadership - coaching section)
- Fundraising/Events/Athletics Banquet
- Pre and post game snacks

Booster Bears is a community of SFS Athletics supporters. Booster Bears are comprised of parents, faculty/staff, friends, volunteers, and sponsors. Booster Bears take on various roles that range from Athletics logistics coordination to donations and funding. The school is extremely appreciative and indebted to the parents and supporters who donate their time and resources to the betterment of our Athletics program.

Transportation

For offsite practices/games, players will need to provide their own transportation. We understand that not all parents can make accommodations due to their work schedules therefore we rely heavily on our community of

parents for carpool assistance and coordination. Coaches are NOT allowed to transport the players, however, they take responsibility for their safety and assuring they have transportation.

Leadership:

"Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal." ~ Vince Lombardi, Hall of Fame NFL coach

Through our Athletics program, student athletes will strengthen traits associated with a commitment to sportsmanship and responsibility, taking on roles as leaders in our community and in life. As they work towards these roles, we want to assure they have the resources to make them into better leaders.

Coaches/Athletics Staff

The goals of our coaching staff are to provide positive, constructive, and memorable experiences for our teams and student athletes. Our coaches are outside contractors/volunteers, faculty/staff members, and/or parents. In addition, we may also have coaches-in-training (CIT) to assist with our teams. All coaches (parent volunteers included) are directly supervised by the Athletics Director.

Coaches are directed to value every player and work towards providing positive experiences. We encourage coaches to be direct with their expectations and provide encouraging communication. Coaches have autonomy over decisions related to team positions, strategies and tactics. With regard to playing time, coaches will use their best discretion and again, value every player. Please note that playing time may be discerned based on the League's rules and/or insubordinate behavior. A coach's role is essential in the overall student athlete and team experience therefore we appreciate the personal investment and sacrifice of their daily lives to create these rewarding experiences.

Conflict Resolution

Despite our efforts to communicate and promote our athletics philosophy, conflicts may arise, as we are all passionate as a community. Whether it be amongst players, parents, or coaches we hope to proceed to resolution with respect and professionalism.

By participating on sports teams, athletes hone their communication skills as they work toward achieving their goals. In the same breath, we encourage players to communicate any issues or concerns to their teammates and/or coaches so they can better their problem-solving skills through effective communication. We also encourage parents to have their child raise their concerns themselves and take ownership in the resolution. If by chance the parent feels compelled to engage, they should respectfully communicate their concerns with the coach and follow the appropriate chain of authority in communication – Players/Parents > Coaches > Athletics Director > Middle School Head > Head of School. *The Head of School (or in his absence the Acting Head of School) has final authority with regard to disciplinary actions.* We are all here to support our students.

We advise parents, players, and coaches to allow the emotions to settle for ideally a 24 hour period and then assess the appropriate specifics to discuss. Through open and honest communication, we hope to acknowledge that conflicts are teaching points for our student athletes, parents, and staff – these are all life lessons toward growth and we are all learning from each other.

"The only statistics worth keeping...Sportsmanship, Heart, Intensity, Teamwork."
~ Unknown



Student-Athlete/Parent Agreement

Agreement must be signed and returned to Athletics Director prior to participation.

We have carefully read and discussed the SFS Athletics Handbook. We understand the mission and fully support SFS Athletics program.

Student athlete's name: (please print)

Grade:

Student Athlete Signature:

Date:

Parent(s) name: (please print)

Parent(s) Signature:

Date:

All parents who have children participating in the Athletics program are expected to contribute to the Athletics program. We have provided a few examples below of how we can support our student athletes.

_____ Team Parent/Manager

_____ Carpool driver

_____ Carpool Coordinator

_____ Coach/Asst. Coach

_____ Pre/Post game snacks

_____ Fundraising/Events

_____ Team Photographer

_____ Other: _____