



Athletic Handbook

2019-2020

**For Elementary, Middle School,
Junior Varsity and Varsity Sports**

St. Croix, U.S. Virgin Islands

Good Hope Country Day School

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Administration

Mr. William Bugg, Head of School

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Ms. Amy Carter, Athletic Program Director

Mr. Christopher Floyd, Athletic Department Staff

Athletic Program Goals

The goal of Good Hope Country Day School's Athletic Program is to provide a variety of individual and team sport activities which promote fitness, good sportsmanship, and a positive self-image, for as many students as possible.

Objectives

- To educate each student about the benefits of a school athletic interscholastic program.
- To educate each student about the rules and regulations that govern the games in which he or she participates.
- To foster a desire and willingness in each student to be the best that he or she can be.
- To instill determination in each student to perform at his or her highest level both in the classroom and on the athletic field.
- To teach each student that rules are necessary for the athletic program to be strong and well respected by our own school and schools within our community.
- To strive for self-discipline, self-control and emotional maturity.
- To foster pride in Good Hope Country Day School and our athletic program.
- To gain an appreciation for our whole school program and foster respect for the role athletics plays.
- To promote honesty and respect.
- To develop a strong and healthy appreciation for competition.
- To instill the understanding that winning isn't everything, but the desire to do one's best is extremely important.
- To strive to build the confidence and self-esteem of every team member.
- To instill honor in displaying good sportsmanship at all times.

Requirements for Participation

1. Students must have an up-to-date school physical on file in the Nurse's office.
2. High School students must have a grade average of 73 in Div. I and 75 in Div. I and II, with no failing grades in order to join the team. The average must be maintained throughout the season.
3. Middle School students must meet weekly eligibility requirements listed in the MS Student Handbook.
4. Lower School students must meet weekly eligibility requirements listed in the LS Student Handbook.
5. Any student on "scholastic probation" will not be allowed to participate in athletics unless the Dean grants permission to the Athletic Director.
6. Any athlete that accepts a uniform and commits to a team is, in doing so, agreeing to abide by the Athletic Handbook.
7. The student must not be 19 years of age on or before September 1st.
8. Students who transfer from another school must check with the Athletic Director for eligibility.
9. Students who have previously participated in GHCDs athletics must have returned all uniforms, equipment, and fees, and must have resolved any outstanding disciplinary matters before participating in the current year's athletic program.
10. Students must arrive to school before noon to be eligible to play in an athletic contest on that day.
11. Students must participate in Physical Education classes on the day of a contest or practice. If a student is excused from P.E. class, or is unprepared to participate, he or she will not be allowed to participate in contests or practices on that day.

Commitment to Participation

1. Once an athlete has made the commitment to participate on a team, they are expected to abide by the Athletic Handbook and Student Handbook. Additional rules outlined by coaches must also be followed.
2. Each player who begins a season is expected to finish the season. Athletes that quit before the conclusion of the season must understand that he or she will be on probation for a term of one year. Any further infractions during that term will result in suspension from all interscholastic sports teams for one year. Athletes on probation must understand this will be considered when teams are chosen in future seasons. Fostering and training reliable student-athletes is our goal.
3. We do not want to discourage any athlete from trying a sport. Any student may attend tryouts or initial practices for a sport. However, the athlete must be prepared to make a commitment before rosters are created and uniforms are dispensed. Once a player is placed on the official roster, he or she is expected to complete the season unless deemed medically unable.

Guidelines for Players

Players shall, at all times, represent themselves and the school with honor, proper conduct, and good sportsmanship. Players must understand that healthy rivalries, based on respect for opponents, are good, but that disrespect for opponents is both unhealthy and unsportsmanlike. Players must confine the competitiveness of the game to the field or court, and behave properly on the sidelines and in the locker room before and after games.

Players shall comply fully with the rulings of the Officials. In no way, either by voice, action or gesture, should players demonstrate their dissatisfaction with the decisions made.

1. Three unexcused misses from practices and/or games results in immediate dismissal from the team.
2. Any student serving in or out of school suspension will not be allowed to practice or participate in any contests during the term of suspension.
3. Any student absent from practice the day before a contest will not start in the next contest.
4. Sportsmanship: At the discretion of the Coach or Administration, students may be suspended or expelled from the team for unsportsmanlike conduct, i.e. rudeness, fighting, intentional fouls, etc.
5. All team members will attend all practices and games on time. Any athlete who is consistently tardy may jeopardize playing time or be expelled from the team.
6. Players will not deface school property or remove equipment from GHCDs or any other school.

Guidelines for Families of Athletes

The Athletic Department looks forward to the 2019-2020 sports season, and a successful year with the families of our athletes. We recognize that emotions and spirits do rise as we watch our children play. However, in order to support our high standards of good sportsmanship for athletes, family members must follow these guidelines:

- Parents and family shall comply fully with the rulings of the officials and coaches. In no way, either by voice, action or gesture, should parents demonstrate their dissatisfaction with decisions made.
- If a parent or family member has a question or concern about officiating, that concern should be discussed **after** the match with the Coach, but only the Coach and Athletic Director may discuss concerns with officials. At NO

time may a parent or family member approach an official during or after a match. *This guideline does NOT change for personal relationships or longstanding familiarity with a referee.

- If a parent or family member has a question or concern about a coaching decision, they may make an appointment with the Coach and/or the Athletic Director after the match. Coaching concerns/questions should not be addressed during a match. We strongly encourage parents to consider waiting 24 hours before raising concerns. This allows time for emotions to settle.
- Failure to comply with these guidelines may result in spectator privileges being revoked.
- Please remember, we are models of behavior for our children. Let's be good models.

Playing Time

Good Hope Country Day School has a “no cut” policy for Elementary sports*. However, at all higher levels cuts are made at the discretion of the Coach. Several sports limit the number of players that may be rostered.

* Teams will be formed at the discretion of the Athletic Director, based on league availability, interest, finances and the overall best interest of the program.

In all levels of athletics, playing time during contests will be based on attendance, timeliness, effort, coachability, and skill.

Therefore, athletes should not expect equal playing time. We encourage each athlete that hopes to earn more playing time to take full advantage of their Coach's skills and drills during practice time, and we challenge them to increase their dedication and effort. If a player does not receive playing time in a contest, every effort will be made to provide playing time in the next contest.

During Playoffs and Championships, the best players will be chosen to represent the entire team. If possible all players will be included, but it is our intention is to play competitively.

Establishing Team Rosters-Middle School, JV and Varsity

Since teams are chosen at the Coach's discretion, here are some helpful hints to help athletes compete for a spot:

- Sign your name on the interest forms on the appropriate bulletin boards.
- Attend all mandatory meetings.
- Attend all practices designated for tryouts.
- Be on time for all practices.
- Be cooperative and display good sportsmanship.
- Prove to your Coach that you will be an asset to the team.
- Have a positive attitude. No complaining.

Financial Obligations

In order to offset the cost of team travel, referees, uniforms, and awards, athletes are expected to contribute a "Participation Payment" for each sport. Notice will be given via the Weekly News and email for fees. The fees may vary from season to season, but typically are as follows:

Elementary Sports: \$40.00

Middle School Sports: \$40.00

JV and Varsity Sports: \$45.00

Cross Country and Track and Field: \$25

Team Transportation

All team members are required to travel to and from a contest by the mode of transportation chosen by the school.

Licensed drivers who are authorized by the school and coach may transport themselves to an athletic event. Due to school insurance restrictions, drivers may not transport other students to an athletic event without signed parent permission.

Parents/guardians should be prompt picking up their athlete after any contest, practice or event.

Athletes that travel to a contest in the school van must return in the van unless they are picked up by a parent or guardian. An athlete may be picked up by another parent if written consent from the parent or guardian is presented to the Coach or Athletic Director.

Controlled Substances

Good Hope Country Day School athletes may not use alcohol, tobacco products or illegal drugs.

Any athlete violating the above rule will be dismissed from the team.

Team Travel

Tournament play can be an excellent tool for team building, improving skills and gaining experience. If a team should travel "off-island", the following guidelines must be followed.

1. Team members must travel TOGETHER at all times. Athletes use the same accommodations, travel by the same means of transportation, eat together and, as a result, they play well TOGETHER.
2. Athletes should never go anywhere without a chaperone or the Coach. Any exceptions to this rule will be determined by the Coach.
3. Hotel rooms may not be occupied by non-team members without the permission of the Coach. Team travel is NOT the place for romantic relationships.
4. Athletes are representing their school. As such they should always dress appropriately and behave appropriately.
5. If at any time a Coach or Chaperone feels a team member is not behaving in a way that reflects well on our school or the team, he or she may send the athlete home. All commitments towards expenses must still be met, and travel arrangements for the early return are the responsibility of the parents.

Athletic Department Awards

Elementary Certificates: Certificates are awarded to participants in Elementary sports. They are presented at the Lower School Awards Ceremony at the end of the school year.

Middle School Certificates: Participation awards are given for all team members at the Awards Ceremony at the end of the school year.

Junior Varsity and Varsity Certificates: Participation awards are given for each team member at the Sports Banquet at the end of the school year.

Junior Varsity and Varsity Athlete of the Year: One male and one female from each level will be awarded a trophy to be presented at the sports banquet at the end of the school year. The athletes must meet the criteria listed below. If no one athlete meets the requirements, the award will not be given.

Athlete of the Year Criteria

- Participate in two or more sports for that school year

- Demonstrate leadership and serve as a role model
- Display good sportsmanship at all times
- Is a standout on all teams in which he or she participated
- Attend over 90% of practice sessions on time
- Note: Upperclassmen are considered first

Additional Awards

The Coach may choose to award a player on his or her team with a Most Valuable Player Award (MVP), or a Most Improved Player Award (MIP). These awards are at the discretion of the Coach and are not chosen by the Athletic Department.

Additional award such as the Scholar Athlete Award and the Most Active Participant award are chosen by the Athletic Department, and are also given at the Sports Banquet at the end of the school year.

Uniform Policy

All athletes must return their full uniform after the completion of the season. Athletes will have two weeks after their last scheduled match to return their uniforms to the Athletic Department. Failure to meet this deadline will result in a \$75.00 fee for the uniform. The business office will bill parents or guardians accordingly.

Offerings

Fall:

- Volleyball 7th-12th grades
- Boys Baseball 5th -6th grades
- Girls Softball 5th-6th grades
- Cross Country 4th-12th grades
- Flag Football 5th-8th grades coed (Possible High School league and 4th grade inclusion)
- Elementary Girls Soccer-grades 4-6

- High School Sailing

Winter:

- Basketball 5th-12th grades (Possible 4th grade inclusion)
- Soccer 5th-6th grades (Possible 4th grade inclusion)

Spring:

- Boys Baseball 7th-12th grades
- Girls Softball 7th-12th grades
- Soccer 5th-12th grades coed (Possible 4th grade inclusion)
- Volleyball 5th-6th grades
- Track and Field 5th-12th (Possible 4th grade inclusion)

**** 4th grade may be included in any sport if in the best interest of the Athletic program.**

**** Participation in any sport is determined by SCIAA availability and interest level of athletes each year.**

