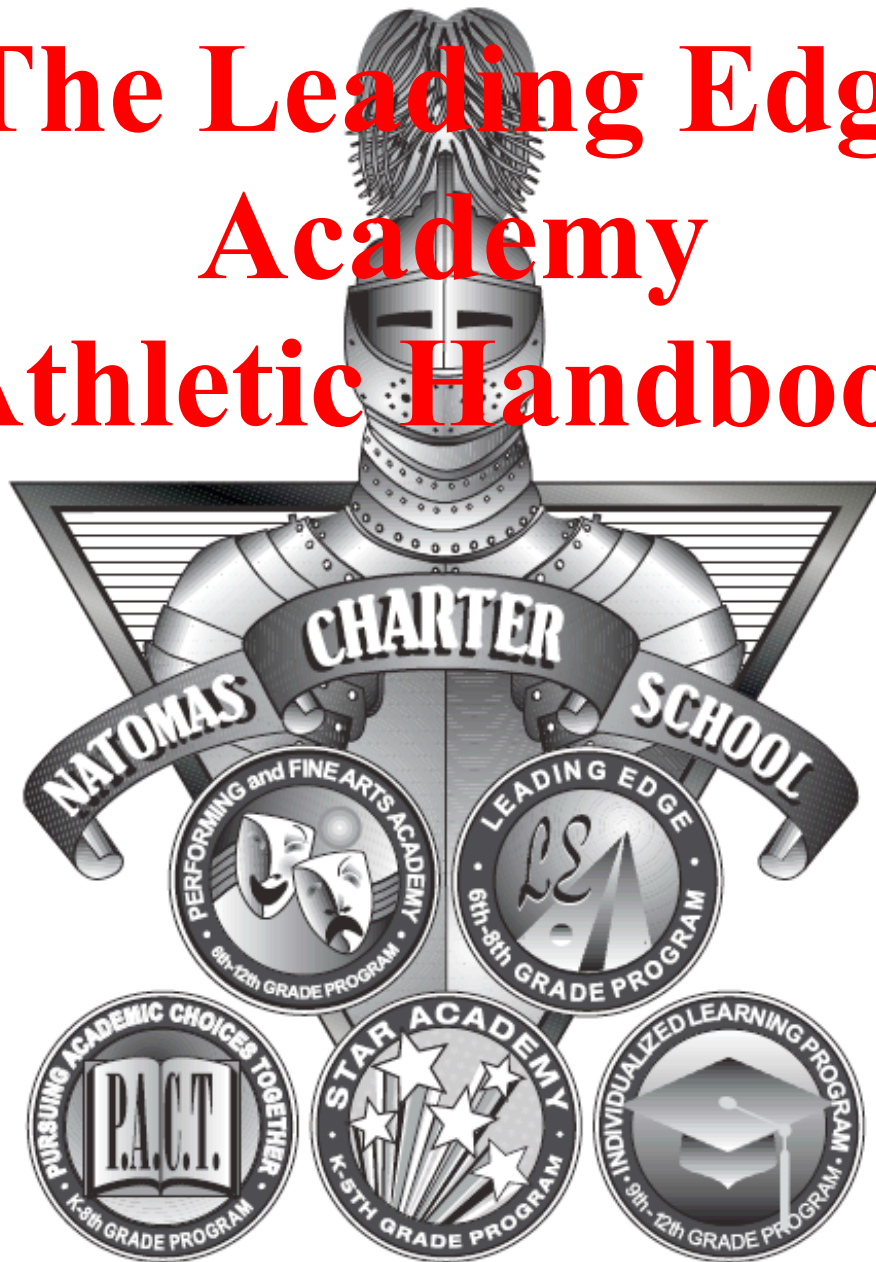


Natomas Charter School's

The Leading Edge Academy Athletic Handbook

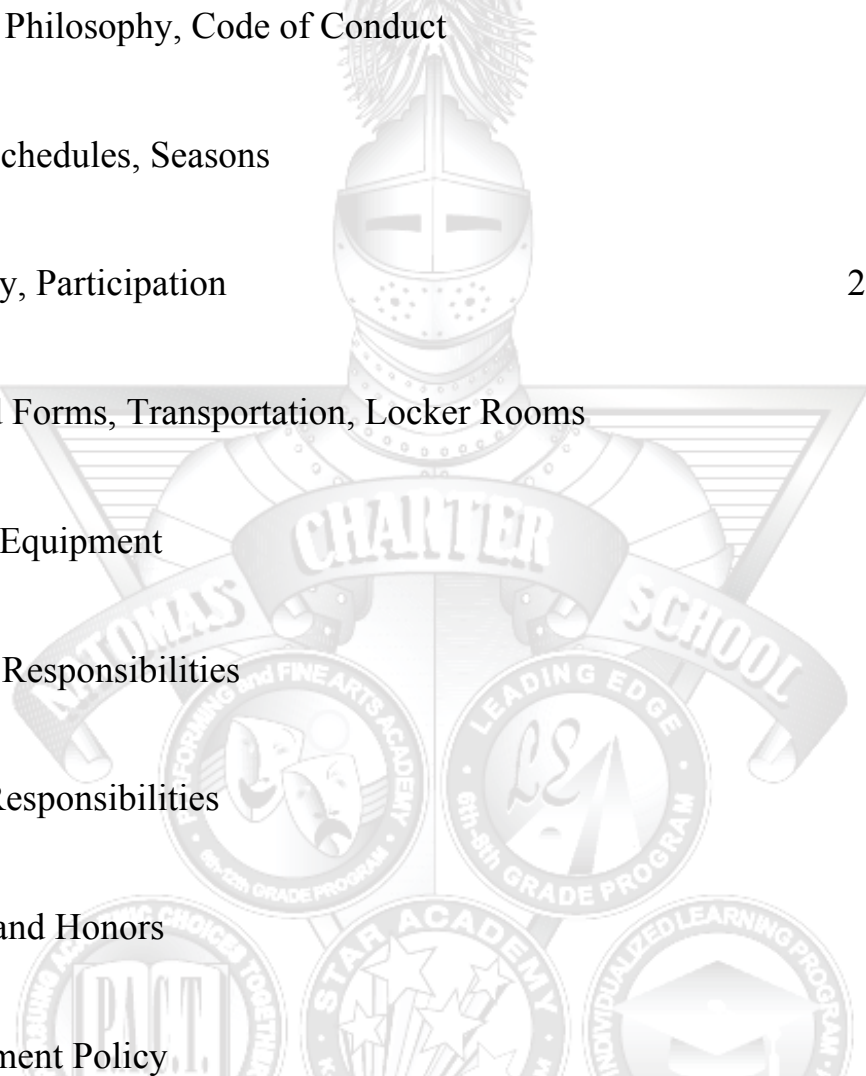


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MISSION STATEMENT

The mission of the Knight's Athletic Program is to enhance and expand the learning environment for all students by creating an additional experience for those who wish to compete in and support athletics. Our program is committed to the safety and growth of all student athletes and strives to instill an awareness of health, fitness, and teamwork through physical conditioning, hard work, and a commitment to one's self.

PHILOSOPHY

It is the philosophy of the Leading Edge Academy to encourage and support participation in athletics at all levels of competition. Our goal is to focus on the development of the whole student. However, in the quest to become a student athlete, academics must come first. The Leading Edge Academy believes the key to becoming a good athlete includes being a responsible student. We aim to promote character, sportsmanship, leadership, commitment, self-discipline and responsibility on and off the field as well as in the classroom.

CODE OF CONDUCT

The Leading Edge Academy is proud of the behavior and sportsmanship displayed by its players, coaches, and fans. We value team spirit and fair play, as well as enthusiasm and positive support for our players and teams. Every student-athlete represents our community as well as his or her own team. Therefore, it is imperative that each athlete upholds all rules of sportsmanship and follows proper conduct at all times.

SPORTS OFFERED

FALL

GIRLS VOLLEYBALL
GIRLS SOCCER
BOYS SOCCER
BOYS BASKETBALL

WINTER

GIRLS BASKETBALL
BOYS WRESTLING

SPRING

TRACK & FIELD

YEAR ROUND

CHEERLEADING

- Cheerleading has one team with a combination of 6th-7th-8th grade students.
- Girls Volleyball has one team with a combination of 6th-7th-8th grade girls.
- Girls Soccer has one team with a combination of 6th-7th-8th grade girls.
- Girls Basketball has two teams, (6th-7th grade girls) & (8th grade girls).
- Boys Soccer has one team with a combination of 6th-7th-8th grade boys.
- Boys' wrestling is a combination of 6th-7th-8th grade boys and is divided by weight class.
- Boys Basketball has two teams, (6th-7th grade boys) & (8th grade boys).
- Girls & Boys Track & Field has a combination of all student athletes on the team.
- 6th & 7th grade girls and boys may be permitted to participate on an 8th grade team.

SCHEDULES/SEASONS

Schedules will be posted on the sports webpage or in the front office prior to the athletic season. All schedules and games are subject to change. Weather will be taken into consideration in all-outdoor events and could result in cancellations or make-up games. Contact the front office or the athletic webpage to see updated conditions. The Athletic Director will keep coaches informed of any changes and the Coaches are responsible for letting athletes and parents know of those schedule changes.

Games begin at 4:00 p.m. Sports with JV and Varsity teams will have the following schedule: JV will begin at 4:00 pm and Varsity will begin immediately after the end of the JV game.

- | | |
|--------------------|---------------------------|
| • Cheerleading | May through June |
| • | |
| • Boys Soccer | August through October |
| • Girls Volleyball | August through October |
| • Boys Basketball | October through December |
| • Girls Soccer | October through December |
| • Girls Basketball | December through February |
| • Boys Wrestling | November through February |
| • Track and Field | March through May |

ELIGIBILITY

Student academics are the first priority in the Leading Edge Academy. In order for students to be a member of an athletic team, they must meet all academic standards set by the Leading Edge Academy. Athletics is a big commitment and will take a large part of a student's time after school. Therefore, students must be prepared to commit to the extra time and effort it will take to maintain high academics and become a successful student athlete.

Students must maintain a **3.5 GPA*** to participate in any athletic sport or activity and must maintain this GPA throughout the season. If for any reason, a student's GPA

drops below a 3.5 during the season, he/she will not be able to a practice or play with the team until his/her GPA is above 3.5. The students will only be allowed to drop below a 3.5 one time during the athletic calendar year. Students will be subject to two progress reports during an athletic season where not only their grades will be evaluated, but also their homework, class participation, and behavior.

Athletes serving **behavior or academic probation** will not be able to try-out or continue playing on a team as long as they are serving their probation. After their probationary status is removed, the student will be eligible to participate in upcoming try-outs.

Athletes that receive a **detention** are required to serve the detention at the first available opportunity. Any student failing to serve a detention will not be eligible to play until the detention is served. Players with **3 detentions** during the season will not be allowed to continue with the team. Players cannot miss detention because of practice or game. This will result in another detention.

All players are required to attend Study Lab or RAMP after school before practicing or playing with the team. **NO EXCEPTIONS!**

Athletes that earns an In-House or Out-of-School Suspension will not be allowed to attend or participate in practice or a game the day of the suspension. In addition, administration reserves the right to remove players from a team if their behavior in or out of the classroom violates the expectations of the Leading Edge Academy, the athletic program and/or Natomas Charter School.

The goal of the Athletic Department is to help and support the student athlete in any way possible. This can be achieved via study halls, progress reports, grade checks, mentoring, and parent contacts so he/she can be a successful student athlete.

*In rare cases a student may be allowed to participate in the try-out process with a GPA of 3.1 or above (barring any probationary status, past or present). However, the minimum required GPA of 3.5 must be achieved and maintained before the formation of the team.

PARTICIPATION

Participation is a very important role in playing team sports. Student athletes are expected to attend all practices and games. Coaches can develop an attendance policy that goes beyond that of the Leading Edge participation requirements. Coaches will also determine practice times. The Athletic Director will approve all practices and schedules. Practice schedules and times will be distributed to parents and posted on the website after the team has been selected. Practice should not run more than 2 hours or result in more than three practices per week or a total of two practices and two games per week.

Team members have the responsibility to themselves, their teammates, and their coaches to learn their role on the team. Teamwork requires the development of many interpersonal skills such as listening, following directions, accepting constructive criticism, and supporting coaches and teammates as well as learning the fundamentals of a sport. During volleyball and basketball seasons, players will be divided between Junior Varsity (JV) and Varsity teams. The JV level teams will focus on skill development through practice and playing time. Varsity teams play at a competitive level and compete for a chance at the league championships.

If a student is involved in athletics, he/she has an obligation to participate in

practice and games with full commitment and enthusiasm. Absences from practice for any reason will jeopardize playing time during the game. If a student athlete is absent from school for any “unexcused reason,” he/she is not eligible to participate for that day. If a student athlete is absent from school for a “school excused” reason, he/she is eligible to participate in athletics that day with permission from the student’s academic team. Anything that coaches perceive as having a negative impact on the team can also jeopardize the player’s status on team or playing time.

All student athletes must have completed and turned in all participation forms required by the school and athletic department. (**Note:** Please refer to the LE website under the “Sports” tab for permission slips and required forms). Physical Education is a required course of the Leading Edge Academy, therefore, if the student is excused from Physical Education for medical reasons, he/she may not participate in an athletic competition or practice that day.

REQUIRED FORMS

All permission forms must be turned in to the coach prior to practice. If all permission forms are not turned into the coach, the student will not be able to participate in any athletic activity. All student athletes will be required to download and complete the Player and Parent Athletic Participation Packet found on the Leading Edge website. This packet includes an Athletic Participation Acknowledgement Form, Athletic Participation Form and a Parent Participation Commitment Form.

TRANSPORTATION

Busses will NOT be provided through NCS. Parent volunteers are needed to transport athletes to and from games. Parent drivers are required to have on file with the school a Driver Certification Form and a current Insurance Declaration Page. Parent hours will be given to any driver that helps with transporting our athletes (students other than their own child). Parents that drive athletes to and from a game will earn 1.5 parent hours per game.

LOCKER ROOMS

All codes of conduct and related consequences that are articulated in the student Handbook apply in the locker room area. The locker room is a facility used to change into and out of practice clothes or uniforms. It is not a place to socialize or hang out. The consequence for breaking locker room rules is an immediate loss of locker room privileges. Student athletes will not be permitted to go to their lockers unsupervised. Students coming to practice late will have to coordinate with the Athletic Director to use the locker room.

INJURIES

Unfortunately, injuries are a part of any sport. All injuries must be taken seriously and reported to the coaching staff, Athletic Director, and/or the front office to document the nature of the injury. If any injury occurs after normal school hours or during a game, the coach is responsible for filling out an accident report immediately and contacting the Athletic Director. If a player discovers an injury during the school day, he/she should inform the front office immediately. No athlete will be allowed to return to full participation from an injury without written clearance from a physician once he/she has been restricted from participation or diagnosed by a physician. It is imperative that all medical and insurance forms are filled out correctly and are current in the event that medical attention is needed during the game.

EQUIPMENT

Leading Edge provides the majority of sports equipment, but personal items such as shoes, socks, practice clothes, and protective padding are the responsibility of the student. However, when team members step into the playing arena for a contest, they must appear uniform in dress. Shirts must be tucked in and similar attire will be enforced. This is a time for students to represent our team and school, not to express their individuality. In addition, students are responsible for all school-issued uniforms and must return them during the checkout process at the end of the season. Students are responsible for any damaged or lost uniforms or equipment.

COACHES RESPONSIBILITIES

Coaching is a very challenging and rewarding commitment. Coaches are considered a leader on and off the field and a reflection of the Leading Edge Program. Coaches will be interviewed by the Athletic Director or other Administrator. The interview process is meant to find coaches who have a passion for and a background in the sport he/she will be coaching. In addition, all coaches and assistant volunteers must have background and fingerprint checks, and be cleared through the business Office before working with or contacting students, or starting tryouts.

Each coach should distribute to his/her athletes a written set of team rules for that sport. This should include practice days and times, game dates and times, game day procedures, and travel etiquette rules. Signatures from the athlete and parents are required, and are to be turned in to the Athlete Director. Coaches are encouraged to keep as many players as possible on the roster and try their best to distribute playing time fairly. Coaches will use a rubric to evaluate all athletes before any cuts are made and are asked to submit a copy of the rubrics to the Athletic Director.

It is our goal in team placement to find opportunities not only for participation, but also for success. Placing each student at the level where he/she can contribute physically and gain positive rewards from his/her efforts is important to the coaching

staff. Hopefully, our students will learn the value of being on a team and the contributions that each member must make.

At no time should a coach(s) leave an athlete unsupervised. This includes situations such as gym, fields, or locker room. The coach is responsible for locker room management and security. The last coach to leave will make sure doors are locked. At the end of practice or competition, the coach will stay until a parent or guardian has picked up all students.

PARENT/FAMILY RESPONSIBILITIES

Parent participation is a vital component of both The Leading Edge Academy and our Knight's Athletic Program. To ensure our continued success we ask that each athlete's family contribute six parent hours for each sport their student participates in. These hours will be counted towards your 30 required parent hours. This commitment can be fulfilled in many fun and enjoyable ways. To fund our athletic program and keep expenses low we use parent volunteers to run the entrance gate, the snack bar, the score table, and to supervise the gym and drive athletes to away games. In addition, you may donate items for the snack bar as the proceeds from sales go directly to pay for the referees. At the beginning of the season you will be asked to fill out a form letting the coach know how you would like to support the team.

We also ask that in order to ensure that the educational experience your daughter or son has is positive while participating in our athletic program, we feel that it is important for you to read and abide by the following guidelines:

- Practice appropriate sportsmanship.
- Respect the officials and their authority during games.
- Do not question or confront the coach at the athletic venue. Make an appointment directly with the coach or through the Athletic Department to air grievances.
- Remember that the game is for the athletes to have fun. This program is for the youth, not the adults.
- Reinforce with your child that competing as hard as one can is more important than winning or losing.
- Demand that your child treat opposing players, officials, coaches, and spectators with respect and dignity.
- Promote the physical and emotional well-being of student athletes.
- Do not encourage any behavior which could endanger the health and well-being of the student athlete.
- **Please understand that it is a privilege, not a right, for your child to be a member of the athletic program. Therefore, it is also a privilege for you to be a spectator. Failure to abide by the aforementioned expectations may be cause for expulsion from that event and future events.**

Parents are encouraged to communicate with the Athletic Department regarding their son or daughter's participation in athletics. The Athletic Department requests that any questions about coaching philosophy and/or expectations be expressed during a private conference and never directly or publicly before or after a contest or practice. It is not appropriate for parents to discuss team strategy and student athletes other than their

own son or daughter. If a resolution is not reached between a parent and a coach, the Athletic Director will be involved in a subsequent meeting to come to an agreement among parties.

AWARDS & HONORS

Recognition will be given at the end of the season to honor athletes for their participation in the athletic program. All players receive participation certificates. The coaching staff decides on some or all of the following special awards: Most Valuable Player, Most Improved, Coach's Awards, and Sportsmanship Awards. The Athletic Department, in coordination with Academic Staff and Administration, will honor one student at the end of the year with a Student Athlete Award for the top student athlete of the year.

COMMITMENT POLICY

Commitment and hard work are two of the valued aspects of playing on a team. It is vital that these are not compromised in the course of a season, as team play will be adversely affected. The Athletic Department strongly urges all student athletes and coaches to work together to find a solution (other than quitting or dismissal) when faced with a difficult situation. In order to have consistency, any student may leave a team by notifying the coach prior to the start of athletic competition. Once the athletic season has begun, coaches and players must adhere to the following "roster change" guidelines:

1. A meeting must take place between the coach and student to discuss the situation. This meeting must be taken very seriously and be attended by team captains.
2. Communication will then occur between the Athletic Director, the student, and the coach to further discuss the situation.
3. The Athletic Director will communicate with the parents.

While every parent has the right to withdraw his/her student from athletics, the Leading Edge Academy encourages families to support their development through organized sports. The Leading Edge Academy recognizes that organized sports instill many positive attributes including resilience, commitment, responsibility, and a strong work ethic.