

JKHA DEPARTMENT OF ATHLETICS

STUDENT AND PARENT HANDBOOK

2018-2019



5779

INTRODUCTION

Dear Parents,

Athletics is an important component of student life at Joseph Kushner Hebrew Academy Middle School. A student who elects to participate in athletics voluntarily commits to self-discipline and teamwork. Commitment and dedication are of the utmost importance when participating on a JKHA sports team. Parental involvement and support are also important components that influence the success of the athletic program.

This handbook has been prepared to provide clarity regarding expectations for parents, student-athletes, coaches and school administrators. For our Athletic Program to remain successful, we ask that parents and athletes familiarize themselves with the athletic policies contained in this booklet. If the rules, regulations, guidelines and suggestions found in this booklet are followed, then all parties will have a positive athletic experience.

After reading this handbook, please complete and sign the acknowledgement page and Student Contract at the end of the handbook and return it to your child's coach. Without the signed acknowledgement pages, your child will not be permitted to play on a sports team.

Your support and cooperation are necessary and appreciated. We are looking forward to a terrific season!

Craig Goldman
JKHA Athletics Director

JKHA ATHLETIC PHILOSOPHY

The ultimate goal of the JKHA athletic program is to enable the athletes to mature socially, emotionally, and physically.

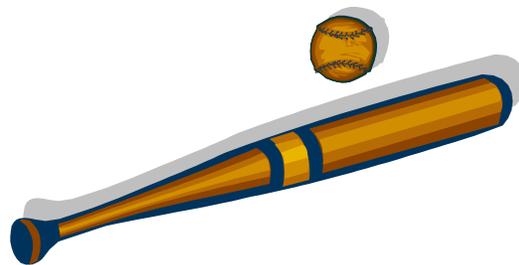
The purpose of the JKHA MS athletic program is to offer a rewarding athletic experience and to develop the athletic potential of all our students.

JKHA athletes are encouraged to develop positive sportsmanship, maintain integrity, respect values and derech erez, and to display these qualities on and off the field. Development of leadership, personal responsibility, self-esteem, sensitivity and compassion towards others are equally important goals of the athletic program.

JKHA teams are competitive and selective. Skill level and commitment are major factors in earning a position on a squad. Membership on a team one year does not guarantee a position the next season. One must annually earn his/her position on a team.

The ultimate goal of the athletic program is to enable the athletes to mature socially, emotionally, and physically. Within our athletic program, we expect athletes to demonstrate respect for themselves and others, in addition to displaying the physical and emotional discipline required when giving 100% during practice and competitions alike. Most importantly, our athletes learn to accept both victory and defeat with poise and grace.

The success of the athletic program is built on commitment, cooperation, tolerance and enthusiasm between the individual players, coaches, administration, parents and community.



ATHLETIC GOALS

“Participation in athletics is a privilege, not a right guaranteed to any student.”

Participation in athletics is a privilege, not a right guaranteed to any student. Students must assume the responsibility which accompanies participation.

THE GOALS OF THE JKHA ATHLETIC PROGRAM ARE:

Student athletes will have the opportunity to compete while also cooperating with teammates and coaches.

Student athletes develop respect for self, teammates, coaches, officials, and opponents.

Student athletes learn to abide by the rules, regulations, and decisions that govern their particular sport.

Student athletes develop self-discipline, character, cooperation, moral and ethical values and *derech eretz that lead to productive teamwork.*

Student athletes learn that discipline and self-sacrifice are necessary ingredients for teamwork.

Student athletes learn that participation leads to a better understanding of ethics, sportsmanship, integrity and fair play. Athletes understand that even though winning is everyone’s goal, **striving** to win is the most important goal.

Student athletes develop an appreciation of athletics and enjoy participating in the athletic program. It is necessary to enjoy participation and to acknowledge the personal rewards derived from participation in athletics.

Athletes develop a high degree of physical fitness through exercise and good health habits.

Students develop a feeling of pride and spirit in being a part of and representing JKHA.

**Athletes represent
themselves,
parents, school
and community.**

JKHA ATHLETIC CODE

JKHA athletics shall be governed by the YMSSA the JKHA Student Behavior Code (outlined in the student handbook) and the JKHA Athletic Code and contract. Athletes shall be directly responsible to the AD, head coach and his/her assistants. The following are general responsibilities of the athlete.

REQUIREMENTS

Athletes shall follow all team rules set forth by the coach and this Athletic Code. Prior to participation, the student athlete must complete the proper athletic clearance procedures which include:

Submit all required medical forms to the nurse.

Meet specified academic standards.

Read and understand the Student & Parent Athletic Handbook.

Read, sign, and agree to the Student Athlete Contract.

Have an up-to-date concussion screening.

CONDUCT AND BEHAVIOR

Athletes represent themselves, parents, school and community. Proper conduct is expected at all time by all members of our extended athletic community, both on and off the field.

As a member of a team, an athlete should be proud of his/her appearance. Athletes are expected to dress neatly and be well-groomed. Failure to comply with the dress code could result in elimination from a contest. Boys are expected to wear their kippot at all athletic events.

An athlete must be dedicated to being a scholar-athlete. Academics must not suffer due to participation on an athletic team. The athlete should be aware that anything worthwhile is accomplished through hard work and a sincere and unwavering desire to succeed. The athlete must also understand that this means making a commitment to attending all practices, contests

**“One man
practicing
sportsmanship
is far better
than fifty
preaching it.”
—Knut Rockne**

and team meetings. The athlete must be willing to sacrifice his/her own desires for the good of the team.

Anyone associated with athletics shall use language that is acceptable by the yeshiva. Profanity or vulgar language will not be tolerated on or off the playing field and could result in a player's dismissal from a practice, game or tournament. If inappropriate language continues, an athlete will face further disciplinary action.

Athletes dismissed from a contest for unsportsmanlike conduct, whether by a coach or an official, may be suspended for two games. A second suspension from a game may result in suspension from the team and/or being barred from participation on all other inter-scholastic teams for the academic year.

Athletes are to show proper respect and courtesy to all coaches, teachers, administrators, officials, spectators and opponents at all times. Athletes are also to demonstrate respect for facilities and equipment. Failure to do so will result in disciplinary action.

ACADEMIC RESPONSIBILITY

Students are expected to make up any work missed due to an early dismissal for an athletic activity. Such work must be made up immediately. Failure to do so may result in an athlete being prohibited from leaving class early in the future. Student athletes are expected to maintain a grade average of “C” average or better. With academics as the primary value of JKHA, students may only participate in one sport during a season.

ATTENDANCE

Attendance at all practices, games and team meetings is mandatory. The coach will use his/her discretion in validating a planned absence, provided at least 24 hours' notice is received. A coach may choose to either play or sideline a player who was ill or excused from practice the preceding day.

On a day of a contest, students must be in school most of the day. Students not in school most of the day may not start or

**It is expected
that all athletes
will use
sound judgment
in areas of
general health,
nutrition and
sleep.**

participate in a contest or practice that day.

Two or more unexcused absences could result in suspension or dismissal from a team.

HEALTH

It is expected that all athletes will use sound judgment in areas of general health, nutrition, and sleep.

TRAVEL TO AWAY GAMES

JKHA provides transportation to and from all away games during the week. It is the parents' responsibility to be at school for pickup on our return.

GUIDELINES FOR PARENTS

How a parent can help to ensure the best possible athletic experience for his/her child?

Be supportive of your child. Encourage him/her to do his/her best.

Do not compare your child to others on the team. Each child is an individual and should be treated as such.

Ensure that your athlete attends all practices and games. Please do your best not to schedule other obligations on practice/game days. The rest of the team and coach depend on your student/athlete.

If your athlete seems upset or frustrated, encourage him/her to talk to the coach. If this is not possible, encourage them to speak to the AD. After that, please contact the AD so we can set up a plan.

Everyone on a team has a specific and different role. Some will be starters; some will be subs with significant playing time; some athletes may receive minimal playing time. Be supportive of your child and encourage him/her to continue trying to do his/her

When other students come to games to cheer on JKHA athletes, they too are expected to behave in a way that reflects well on our school and our community.

best and not to give up. One never knows when his/her opportunity will come. **Playing time is not guaranteed.**

Please support your child and teammates and attend as many games as possible.

Monitor your student's academic work. Stress the importance and necessity of planning ahead and budgeting time. Have a student copy the athletic schedule (including early dismissal) in their student planner.

On days of an away game, pack your athlete a healthy, non-perishable snack for the bus ride.

Promptly pick up your child at the end of a game/practice.

- when his/her opportunity will come. **Playing time is not guaranteed.**
- **Please support your child and teammates and attend as many games as possible.**
- Monitor your student's academic work. Stress the importance and necessity of planning ahead and budgeting time. Have a student copy the athletic schedule (including early dismissal) in their student planner.
- On days of an away game, pack your athlete a healthy, non-perishable snack for the bus ride.
- **Promptly pick up your child at the end of a game/practice.**

FAN/SPORTSMANSHIP CODE OF CONDUCT

All spectators must conduct themselves in a positive manner, reflecting sportsmanship and the educational values of

“Be more concerned with your character than your reputation because your character is what you really are, while your reputation is merely what others think of you” - John Wooden

interscholastic athletics.

Adult spectators should set an example of good sportsmanship for their children to follow.

All cheering must be positive in nature.

Spectators should know, understand, and respect rules of the contest.

Spectators must remain in the designated area for the safety and enjoyment of the game for all.

During soccer and basketball, spectators must remain on the opposite side of the court or field from the teams.

Spectators should know, understand, and respect rules of the contest.

Spectators must remain in the designated area for the safety and enjoyment for all.

During soccer and basketball, spectators must remain on the opposite side of the court or field from the teams. Spectators must respect the coaches, referees and opponents. Spectators should not criticize coaches, referees, opponents, or fans by word of mouth or gestures.

Spectators may not give instructions from the sidelines.

Spectators should refrain from abusive or profane language directed towards anyone connected with the game. Harassment in any form will not be tolerated. It may result in a fan being suspended from attending future games. Continued displays of unsportsmanlike-like conduct or failure to adhere to suspensions could result in your child being suspended from the team.

**“I learn teaching
from teachers.
I learn golf
from golfers.
I learn winning
from coaches.”
—Harvey Penick**

PARENT–COACH COMMUNICATION

Parents and coaches are two of the most important role models in a child’s life, and clear communication between these individuals is essential. The guidelines listed below are intended to clarify school expectations for this relationship.

Communication parents expect from coaches:

Philosophy of the coach

Expectations the coach has from a child and the team

Location and times of all practices and games

Team requirement: i.e. practices and games

Procedures to follow should a child be injured during participation

Disciplinary action that may result in a child being denied the right to participate

Communication coaches expect from parents:

Timely notification of any illness or injuries or missed practice

Appropriate concerns to discuss with coaches:

Treatment of a child, emotionally and physically
Ways to help a child improve
Concerns about a child’s behavior

It is very difficult for parents to accept a child not playing as much as they may hope. Coaches are professionals. They make decisions based on what they believe to be best for all students





involved. As you have seen from the above list, certain things can and should be discussed with a coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with the coach:

Playing time

Team strategy

Play calling

Other student - athletes

Some situations may require a conference between the coach and the parent. However, it is important that both parties involved have a clear understanding of the other's position. To insure this, please follow the guidelines below:

If you have a concern to discuss with the coach:

To set up an appointment with a coach, please call Craig Goldman (862-437-8027) or e-mail cgoldman@jkha.org.

Please do NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution.

What a parent can do if the meeting with the coach did not provide a satisfactory resolution:

Call the athletic director. The athletic director will set up a meeting with the parent, student-athlete and the coach. The athletic director will attempt to mediate a resolution.

- Timely notification of any illness or injuries or missed practice

Appropriate concerns to discuss with coaches:

- Treatment of a child, emotionally and physically



ATHLETE/PARENT ACKNOWLEDGMENT

By signing below, we acknowledge that, after reading the entire JKHA Department of Athletics Student and Parent Handbook, we understand and agree to abide by the terms of the Athletics Handbook.



Name of Student (please print)

Grade

Sport(s)



Signature of Student

Date



Signature of Parent

Date