

# **Shelton Charger Athletics Policy and Practices 2022-2023**



# ***Shelton Charger Athletics Policy and Practices***



## **CHARACTER \* COMMITMENT \* RESPECT**

### **Introduction**

The Shelton Charger Athletics Policy and Practices document is a reference guide for coaches, student-athletes and parents, concerning the policies that govern interscholastic athletics at Shelton. The coach of an athletic team reports to the Athletic Director/Assistant Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at the Shelton School. The Athletic Director/Assistant Athletic Director will administer these rules and regulations as they relate to inter team and inter coach relationships. Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the Upper School athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

Thank you for your participation in our athletic program.

### **Shelton Athletics Mission Statement**

The Mission of the Athletic Department at the Shelton School is founded on our belief that interscholastic athletics provides educational value for our students. Athletics promotes character traits of high value, which will lead to success later in life. These include the commitment to the highest level of performance; embracing the discipline needed to reach high standards; learning to work with others in pursuit of a common goal; and adherence to codes of fair play, self-control and respect. Athletics will also play an important role in creating a sense of community in our school while creating a positive environment that others wish to be a part of.

### **Shelton Athletics Core Values**

Shelton School Athletics uses sports to mentor and guide the development of students so they are more prepared to be successful and productive citizens in a diverse and

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ever-changing society. The opportunity to participate in Athletics is encouraged for all students, and the privilege to participate should provide positive experiences through the display of school & team spirit, as well as sportsmanship.

The Athletics mission is realized through the Core Values of character, commitment, and respect.

## **Core Values**

- **Character**
  - Demonstrate honesty, loyalty, & trust as a student-athlete.
  - Promote team over self.
  - Display a lifelong appreciation for competition, discipline, teamwork, perseverance, and the pursuit of victory with honor.
- **Commitment**
  - Develop skills and abilities to reach your potential.
  - Promote enjoyment of the sport.
  - Be a role model for current and future Chargers.
  - Act as a supportive peer, mentor, or leader.
- **Respect**
  - Recognize hard work and value the contributions of others.
  - Embrace diversity and appreciate differences.
  - Demonstrate compassion for teammates and peers in victory or defeat.
  - Positively represent your school, community, and team by honoring the game, the officials, the facilities, and your opponents, coaches and teammates.

## **Coaches**

The coach is the “living curriculum” for the student athlete. They are both teachers and active participants at the same time. They have the responsibility to model a positive behavior and attitude at all times. Coaches work under the authority of the Athletic Director, Assistant Athletic Director and school administration. Our coaches take seriously the opportunity they have to mold young lives.

## **Parents**

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support, the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as part of the team. Parents, as well as players, should be supportive and encouraging to

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coaches and teammates at all times. Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents show respect, honor, and integrity when attending athletic events.

## **Athletes**

Athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation.

## **Sports Teams at Shelton**

Shelton's goal is to place an emphasis on offering sports governed by the Texas Association of Private and Parochial Schools (TAPPS) for Upper School sports and Texas Association of Private Schools (TAPS) for most Middle School sports.

## **Middle School Teams**

### **6th Grade:**

- 6th graders will be allowed to participate in the following sports at Shelton:

SEASON	6 <sup>th</sup> GRADE
Fall	Boys and Girls Cross Country Girls Volleyball (offsite league)
Winter	Girls Basketball (offsite league) Boys Basketball (offsite league)
Spring	Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

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## **7th and 8th Grade:**

- Many sports are combined for the 7th and 8th grade. The following individual and team sports will be offered to these divisions:

SEASON	7 <sup>th</sup> and 8 <sup>th</sup> GRADE
Year-Round	Girls Cheerleading
Fall	Boys and Girls Cross Country Boys Football Girls Volleyball
Winter	Girls Basketball Boys Basketball Boys and Girls Soccer (Possible Co-ed)
Spring	Boys Baseball Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

Middle School is open to 8th & 7th grade students. 6th Grade students are eligible only in certain sports. As a child progresses in the Athletic Program, the competitiveness increases. Some teams have limited roster spaces and therefore cuts may be made to meet the roster capacities.

**Sports that currently do not make cuts** (all who choose to participate may):  
Cross Country, Football (7th & 8th grade only), Golf

**Sports that may make cuts due to the number of players trying out include:**  
Volleyball, Basketball, Soccer, Baseball, Track & Field, and Tennis.

Middle School participates in TAPS (Texas Association of Private Schools) for all sports. TAPS is made up of local schools and governed by a board of Athletic Directors of these schools.

TAPS is divided into Divisions 1 and 2. As such, Shelton teams in TAPS are as follows:

### **D1**

- Volleyball & Basketball - Team consists of 8th grade athletes
- Track & Field - Team consists of the top performances from practice/meets
- Soccer & Baseball - Teams consists of 7th & 8th grade athletes after tryouts are completed
- Football - Team is made up of 7th & 8th grade athletes - No cuts
- Tennis - Team is made up of 6th, 7th & 8th grade athletes after tryouts are completed

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## **D2**

- Volleyball & Basketball - Team consists of 7th grade athletes
- Track & Field - Team consists of the next best performances from practice/meets

**To assist Athletes with opportunities to participate in the Sports of Volleyball and Basketball, Shelton will offer the following additional teams:**

## **D3**

- Volleyball & Basketball - Team consists of 7th and/or 8th grade players that are not on the roster for the D1 or D2 teams. Games will be played at the Sportsplex Facility.

## **6th Grade**

- Volleyball & Basketball - Teams formed based on the number of players interested, with games at the Sportsplex Facility.

**PLEASE NOTE: Athletes may be added to teams of a different grade level ONLY if open roster space is available. Players may be asked to “fill in” on another roster should there be a need due to injury, illness, school activity, etc.**

The Athletic Department is exploring options for other sports to play at off campus leagues and venues.

## **Upper School Athletic Teams**

SEASON	GRADES 9 <sup>th</sup> – 12 <sup>th</sup>
Year-Round	Girls Cheerleading Girls Chargerettes Boys/Girls Mascots Student Athletic Trainers
Fall	Boys and Girls Cross Country Boys Football Girls Volleyball (JV and Varsity)
Winter	Girls Basketball Boys Basketball (JV and Varsity) Boys and Girls Soccer Boys and Girls Swimming
Spring	Boys Baseball (JV and Varsity) Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

JV teams are formed when the number of participants allows for a full roster.

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**\*\*\* THE BEST ATHLETE IS DEVELOPED DURING OFF-SEASON \*\*\***

## **Upper School Athletic Period**

The Upper School athletic period is a class and follows the same guidelines as any academic class at Shelton. Attendance is required, whether it is during in-season or off-season. **Athletes will be graded on their performance in this class.** Grading will be based upon the following criteria:

- Participation
- Effort
- Attendance

Numeric grades will be shown on the progress report. Grades will be reflected on the athlete's report card and transcript as Pass/Fail. Failure to complete the Upper School athletic class will also be reflected on the athlete's transcript according to the Upper School guidelines/policies per the handbook.

As with any class, if athletes enrolled in the Upper School athletic period need to finish quizzes, work, tests, etc., they should take care of this before school, during advisory, or after the Upper School athletic period, as they will not be excused from the athletic period. Further, sessions with the athletic trainer should also be scheduled outside of the Upper School athletic period. This also includes consultations or treatments with the athletic trainer. Only athletes who are injured and physically unable to participate are permitted to see the athletic trainer during the Upper School athletic period.

### ***Who is involved and when?***

- Football, Volleyball, **Men's and Women's** Basketball, **Men's and Women's** Soccer, Baseball and **Men's and Women's** Track & Field athletes will be in the Athletic Period **both semesters**.
  - Students must be enrolled in the Athletic Period by the 1st school day in September.
  - New students joining Shelton mid-year are required to add the Athletic Period immediately upon enrollment.
  - Students who participate in Cheer or Chargerettes and also in one of the sports that requires 8th period Athletics will be exempt from 8th period Athletics in the Fall semester but will be required to move into 8th period Athletics during the Spring semester.
- If a manager is a non-athlete, then they will not be enrolled in the Athletic Period. **Team Managers will report to their team at the conclusion of the school day.**

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- Athletes from all other sports WILL NOT be enrolled in the Upper School Athletic Period.

**Once an athlete is enrolled in the Athletic Period, they will remain in the Athletic Period for the entire semester. Half a PE credit is earned per semester.**

### **Upper School Athletic Period and Practice Uniforms**

Just like the uniform policy of the Shelton School for classes, the Athletic Department requires athletes to adhere to daily attire requirements for the Upper School athletic period and team practices. This uniform policy will encourage an atmosphere for training and eliminate needless competition in dress and further will allow the athlete to practice as they would compete. Athletes who are not in compliance with the uniform guidelines may be asked to call parents to bring the correct uniform, return home to get the correct uniform, **removed from practice for the day** and any training/practices missed during this time will be recorded against the participation portion of their grade.

#### **Daily Uniform Items**

**Each athlete will be required to wear the Shelton Athletics practice gear (royal blue t-shirt and black shorts) for the Upper School Athletic Period and for team practices** (with the exception of Golf and Swimming).

**Spandex shorts may not be worn during the Athletic period unless worn under required shorts or travel pant.**

**For volleyball only,** spandex shorts are permitted in practices and games only. When not in practice or games, cover shorts must be worn over the spandex.

**Team travel suits/warm-ups (jacket and pants) will be required to be worn for competitions.**

All required gear can be purchased via the link on the Athletics' webpage: [www.shelton.org/athletics](http://www.shelton.org/athletics).

#### **Footwear**

Athletes are required to wear closed-toed athletic shoes. Only court shoes (not cleats) should be worn on the gym floor. All footwear must be appropriate for the sport in which one participates and the field/court played on.



ALL athletes must wear the required athletic practice uniform for 8<sup>th</sup> period class. However, please review the chart below for your sport specific requirements:

**Required US Items:**

Season	Sport	Shirt	Shorts	Travel Sully/Warm-ups	Other
<b>Fall</b>	Football	✓	✓	✓	
	Volleyball	✓	✓	✓	May provide own solid black non-branded/Adidas spandex (4" inseam) shorts for practices
<b>Winter</b>	Cross Country	✓	✓	✓	May provide own solid black running shorts (such as Nike Tempo) for practices ONLY
	Basketball	✓	✓	✓	
	Soccer	✓	✓	✓	
	Swim	✓	✓	✓	Shelton swimsuit or jammers
<b>Spring</b>	Baseball	✓	✓	✓	May provide own solid black running shorts (such as Nike Tempo) for practices ONLY
	Track	✓	✓	✓	
	Tennis	✓	✓	✓	Shelton Golf Polo and own khakis
	Golf			Jacket Only	

\*\*Outside of the above, additional items may be included in your Parent Meeting Document\*\*

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## **Middle School Practice Uniforms**

### **Daily Uniform Items**

**Each athlete will be required to wear the Shelton Athletics practice gear (gray t-shirt and royal shorts) for team practices** (with the exception of Golf).

**For volleyball only,** cover up shorts and spandex must be worn for practices and games.

**For Cross Country and Track only,** a royal running short (such as Nike Tempo), instead of the required royal practice short, will be permitted.

All required gear can be purchased via the link on the Athletics' webpage: [www.shelton.org/athletics](http://www.shelton.org/athletics).

### **Footwear**

Athletes are required to wear closed-toed athletic shoes. Only court shoes (not cleats) should be worn on the gym floor. All footwear must be appropriate for the sport in which one participates and the field/court played on.

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Please review the chart below for your sport specific practice uniform requirements:

## Required MS Items:

Season	Sport	Shirt	Shorts	Other
Fall	Football	✓	✓	May provide own solid black spandex (min. 4" inseam) shorts for practices but must be worn with provided cover shorts
	Volleyball	✓	✓	May provide own solid royal blue running shorts (such as Nike Tempo) for practices; Warm-ups worn should be solid black.
	Cross Country	✓	✓	May provide own solid royal blue running shorts (such as Nike Tempo) for practices; Warm-ups worn should be solid black.
Winter	Basketball	✓	✓	Warm-ups worn should be solid black
	Soccer	✓	✓	Warm-ups worn should be solid black
Spring	Baseball	✓	✓	May provide own solid royal blue running shorts (such as Nike Tempo) for practices; Warm-ups worn should be solid black
	Track	✓	✓	Warm-ups worn should be solid black
	Tennis	✓	solid royal, black or white shorts/skort	Shelton Royal Polo and own khakis for competition
	Golf			

\*\*Outside of the above, additional items may be included in your Parent Meeting Document\*\*

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## **Communication**

Electronic communication via FACTS SIS e-mail system is Shelton's main form of communication to parents. In order to be informed of athletic events, **please make sure your current email address is on file with the school.**

Also, coaches will be utilizing a group text messaging app (SportsYou) for group messaging updates. All parents should download the app and will be provided with more information/details at the sport-specific parent meetings.

## **Inclement Weather**

Coaches will communicate to parents on days when practices or games are changed or canceled due to weather conditions. When Shelton School is closed due to inclement weather, all Shelton athletic practices and games scheduled will be canceled, as well. Any game or practice cancellations due to inclement weather will be determined by the Athletic Director as early as possible. For 'Away' contests, the decision to postpone or cancel is at the discretion of the opposing school and notification will be sent to parents as soon as the Athletic Department receives word.

## **Athletic Paperwork Required**

**Paperwork required by TAPPS MUST be completed prior to the athlete competing in any competition. This is a TAPPS rule and Shelton is required to abide by the guidelines set forth by our governing organization. Any family notified of missing paperwork must understand Shelton is following the rules of TAPPS and their athlete cannot play until all documents are complete.**

All athletes are required to have a physical **EVERY** year. The physical form can be downloaded from the Athletics Documents tab on the athletics page of the Shelton website ([www.shelton.org/athletics](http://www.shelton.org/athletics)). All other athletic paperwork is completed online using Rank One. The link to get to Rank One for these online documents can also be found under the Athletics Documents tab on the athletics page of the Shelton website.

**\*\* PLEASE NOTE: The physical must be turned in to the Athletic Department prior to the first day of school unless you are participating in a fall sport in which case it is due prior to the first practice in August. This also includes the ImPACT (Concussion) Test.**

## **Transportation**

All Middle School and Upper School athletes are required to ride on Shelton provided transportation to all away practices and contests. In some cases and with the direction of the Athletic Director, some teams may need to provide their

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own transportation to athletic events. These situations will be communicated to the specific team and documentation will need to be provided.

**If approved by the head coach and with advanced written permission,** parents may transport their student home from an athletic event. All parents/guardians are required to sign out their athlete with the coach after the event. Permission from both families should be provided to the coach in advance, in order for students to ride home with another family.

### **Multi-Sport Participation (Shelton Teams & Non-School Teams)**

Athletes are strongly encouraged to experience a wide range of athletic opportunities. No coach should influence an athlete to give up a sport or imply, either directly or indirectly, that participation in another sport will adversely affect the athlete's status. However, school sport teams will have priority over club teams and any other non-school team. Exceptions will be dealt with on an individual basis. If a student is involved in the same sport with school and club teams, the coaching staff should and will expect athletes to put the school team first. There will be instances in which this may be reversed (i.e., Junior Olympics, Jr. World Cup, etc.). These will be handled individually through a combined meeting with the coaching staff and athletic administration.

**Students in good academic standing and with no behavior or detention issues may participate in more than one sport in a season as long as one is a team sport and one is an individual sport and provided there are no significant schedule conflicts.** Students cannot participate in two team sports in the same season. Students who want to participate in multiple sports in the same season must have written approval of the Athletic Director, head coaches and parents prior to the beginning of the season. Members of Spirit Organizations such as Cheer, Chargerettes, Wranglers and Mascots are allowed to participate in Athletics if they have approval from the sponsor, coach and Athletic Director.

For conflicts with game or practice schedules, the coaches of each sport will collaborate to determine the best solution. The coaches will meet at the beginning of the season to map out a schedule and inform players and parents. Please note that the schedule is subject to change based on progress of the teams.

### **Attendance at Practices and Games**

Athletic team members must assume the responsibilities associated with such a position. The athlete has an ethical obligation to the team and the school. This obligation includes regular attendance at practices and athletic contests.

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Commitment to Shelton teams should come before any club or outside team. If a practice or competition is missed due to outside commitments, there will be consequences for missing the practice or competition. It is possible, of course, that emergency situations may arise (e.g., illness, death in a family, etc.) that render it impossible for an athlete to attend a practice session or an athletic contest. It is the responsibility of the athlete to communicate with the coaching staff of that sport.

Absences should be few and far between and arranged with the coach as early as possible in advance. When athletic team practices occur on school vacation days, all varsity athletes are expected to be in attendance. If a conflict arises and the athlete may have to miss a practice, it is of utmost importance that the athlete communicates this with the coach.

## **No-Quit Policy**

Athletes take on responsibility when they agree to participate on Shelton's athletic teams. Therefore, accountability is essential to maintain a cohesive and functional athletic program.

In the event an athlete chooses to quit or is dismissed from the team after the first competition, he or she may continue conditioning in an off-season sport but may not practice or compete on a new team during the current season or the next consecutive season. This includes not being allowed to participate in organized practices, team meetings, and games for another sport. If an athlete is enrolled in the Upper School athletic period and decides to drop the class, a P.E. credit will not be given and the withdrawal will be reflected on the athlete's transcript.

All awards received will be forfeited for the season. Any extenuating circumstances may be reviewed with the Athletic Director for a final determination.

## **Deadline for Roster Add Ons**

At the conclusion of the registration process, the deadline to add players to the roster for all sports will follow this process:

- If the sport of interest has to make cuts to finalize the roster, the athlete must be added no later than the last day of tryouts. The athlete must attend the tryout process.
- If the sport of interest does not have cuts to make the roster, an athlete must be added to the roster by the first competition of that season. This includes games or scrimmages vs another school. Prior to competing in a contest, the athlete will need to complete three practices with the team.

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- Exception to this is an athlete transitioning from one sport season to the next (i.e. - Football to Basketball, Volleyball to Basketball)
- Athletes that are injured and cannot tryout must be in attendance at tryouts and will be provided an opportunity to tryout at a later date. The player may be added to a roster in accordance with the guidelines listed above and may return to competition after clearance is granted by a medical professional.

All paperwork, current physical and concussion baseline testing, must still be turned in prior to participation! These are sent to TAPPS who will clear the player for competition.

## **Varsity Lettering Policy**

### **ATHLETE REQUIREMENTS**

1. Athletes must be on Varsity (not JV) and in grades 9-12 to letter.
2. Athletes must letter in order to earn a jacket.
3. Athletes must complete the entire season as an active team member by contributing as much as possible toward the success of the team.
4. Athletes must attend all games and practices unless excused by the head coach.
5. Athletes must participate in at least 1/3 of the regular season **varsity** contests (not including scrimmages).
6. The coach has the right to waive the above requirements when an athlete is affected by injury or other circumstances that are beyond the control of the athlete. However, that athlete is still expected to attend team practices, games, etc.

### **MANAGER AND TRAINER REQUIREMENTS**

1. Managers must be on Varsity to letter.
2. Managers and trainers must be in grades 9-12 to letter.
3. Managers and trainers must letter in order to earn a jacket.
4. Managers and trainers must complete the entire season as an active team member by contributing as much as possible toward the success of the team.
5. Managers and trainers must attend all games (assigned games, if trainer) and practices unless excused by the head coach
6. Managers and trainers must exhibit good sportsmanship and behavior toward players, coaches, and officials at all times.

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## **PURCHASING PROCEDURE**

- **Letter Jackets**
  - The qualifying athlete purchases the letter jacket at designated times during the year. This is typically done during the winter (December before winter break) and spring (early May). A letter jacket representative will be on campus to assist with this process.
- **Award patches**
  - An activity patch or the highest earned TAPPS award patch for each sport is purchased by the Athletic Department. To have one purchased, parents are asked to fill in the Google document provided. The link will be sent at the conclusion of the sport season.
  - TAPPS Academic All-State patches can be purchased by parents, if the athlete qualifies.
  - Patches purchased by the school will be ordered at the end of the season, except for SSO participants. Patches purchased by the school for SSO participants will be ordered at the end of the final competition.

## **Parent Meetings**

A pre-season meeting between parents and coaches will be held for each sport. The purpose of the meeting is to inform parents of policies, scheduling, team parent opportunities, etc. At least one parent/guardian should be present at the meeting. If a parent is unable to attend, they must communicate with the coach prior to the athlete participating in the sport. Parents and athletes will be accountable for all information presented at these meetings.

## **Potential Dangers in Athletic Participation**

Athletic participation creates the possibility of serious injury. However, while the benefits of athletic participation exceed the potential hazards, both athletes and parents/guardians should be aware of the potential dangers and work towards minimizing them. Parents and athletes assume certain risks with participation in sports activities even when protective gear is involved. Furthermore, instruction and supervision may not guarantee athletes will avoid injury. These risks can be significantly reduced by:

- Properly wearing and using sport equipment as designed
- Using proper technique and excelling in the sport fundamentals
- Following all instructions, written and verbal, of coaching staff
- Maintaining proper physical conditioning year-round



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## **Medical Insurance Requirement**

Medical insurance is strongly recommended for all athletic participants. Shelton has an accident policy covering students participating in any school activity that may assist families with medical costs.

## **Athletic Injuries**

- **Report any Shelton Athletic injuries immediately to your coach or the Athletic Trainer**
- Documentation from a physician is required for any injury requiring a doctor's visit. This includes injuries sustained outside of school-related games, practices or competitions (i.e. vacations, club teams, accidents).
- Injuries will not excuse athletes from attending the athletic period, practice, or workouts. **Because an athlete can always contribute something, injured athletes are expected to attend all practices/games unless approved through the coach.**
- Athletes cannot be excused from participation without documentation from a physician.
- Athletes are required to follow all practice and game day procedures set forth by the training staff including but not limited to the weighing in prior to and after practice, notification of potential injury and symptoms of heat or cold illness. Failure to follow these procedures may result in being withheld from practice or games.
- An athlete who has exhibited symptoms of illness or injury and has not been seen by a doctor, may be withheld from practice or games at the discretion of the training staff.

## **Athletic Training Treatment Hours**

Because both time and space are limited, the following times have been dedicated to the treatment of athletes. Students must sign up for treatment by visiting [www.shelton.org/sportsmedicine](http://www.shelton.org/sportsmedicine).

- Before School: 8:00 – 8:30 Mon thru Thurs during the Fall Season  
8:00 - 8:30 Mon thru Friday during Winter/Spring Seasons
- During School: During study hall classes only (Advisory by request)
- 8th Period Athletics: Reserved for middle school students and inactive athletes under physician care.

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## **Concussion Management Plan**

### **Baseline Concussion Test**

Athletes will take the baseline test during their 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade year. If new to Shelton or Shelton Athletics, the baseline test will have to be taken no matter what grade level. In some cases, an athlete may be required to take the test two years in a row. **The testing must be taken by the first day of school or if participating in a fall sport, prior to the first practice.**

The ImPACT concussion test is a computerized neurocognitive assessment tool used by medical doctors, psychologists, athletic trainers and other licensed healthcare professionals to aid in the recovery of individuals by providing information to determine an athlete's ability to return to play after suffering a concussion ([www.impacttest.com](http://www.impacttest.com)). Baseline testing is imperative to concussion diagnosis and management because it offers information to better care for the athlete.

Please know that every effort and precaution is made to protect athletes from concussions. However, concussions can occur no matter the diligence of everyone. The Shelton training staff will work with the athlete and family to care for the athlete.

### **Post-Injury Concussion Care**

In the event that a head injury occurs or is suspected during practice or athletic competition, the athletic training staff will evaluate the athlete for possible signs and symptoms associated with concussions. If the evaluation does not warrant removal, the athlete will be allowed to return to play. However, if symptoms are present and the athletic trainer suspects injury, the athlete will be removed from play and the following steps will be taken:

- If symptoms are severe (i.e. severe headache, headache that increases in intensity, vomiting, unequal pupil size, blurry or double vision, slurred speech, changes in level of consciousness, seizure activity, decreased or irregular pulse or respiration, etc.), the athlete will be transported to the nearest emergency room for treatment and care.
- If symptoms do not warrant being sent to an emergency room, the athlete will be monitored throughout the remainder of the event and/or sent home (when possible) with parent/guardian for overnight supervision. Home instructions will be provided that will give treatment guidelines and recommendations for parents/guardians to follow, along with information of a pediatric concussion specialist for a follow-up evaluation appointment.
- Approximately 48 hours following an injury, the athlete will be required to take a post injury ImPACT test with an ImPACT certified physician. The post-injury test results will be compared to the results of the baseline test

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and a plan of care will be provided by the physician complete with both academic and athletic accommodations. Athletes who are restricted from athletics will not be allowed to participate in physical activity. Academic accommodations will be individually planned by the physician for each athlete and given to the Athletic Trainer or school nurse. The accommodations will be provided to the counselor(s) and teachers since concussions can be present in so many ways.

### **Return to Play**

When the athlete's baseline test returns to normal levels, symptoms have ceased and the physician has determined it is safe to return to activity, **the physician will provide a letter for the athlete to complete a mandatory Return To Play (RTP) concussion progression**. This RTP progression would have to be completed **before an athlete would be allowed to return to their sport or activity**.

The RTP is a stepwise increase in physical demands and sport-specific activities without the return of symptoms before the final introduction of exposure to full contact practice/games. The RTP progression proceeds as follows:

- It starts with light activity, increases to moderate activity and concludes with sports-specific activities. These steps are taken to ensure that symptoms do not return with physical activity.
- During this period, neurological/physical symptoms will be monitored daily by Shelton's head athletic trainer. Any persistent symptoms from activity will be reported to the treating physician. The athlete will not be able to proceed to the next step until they can successfully complete each step without having recurring symptoms.
- Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full concussion progression protocol, once they are asymptomatic at rest with pro-active exercise.
- If any concussion symptoms occur while in the RTP program, then the athlete will drop back to the previous asymptomatic step and try to progress again after a 24-hour period of rest has passed.
- Once the athlete has completed each step successfully and without issue, the athletic trainer will submit RTP progression documentation to the physician for clearance and when the clearance is received from the physician, the athlete will be returned to full athletic participation.
- **All physician recommendations and guidelines will be followed by the head athletic trainer.**

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## **COVID Return to Play**

We will continue to take preventative measures to ensure not only the safety of our staff, but also the safety of the students we come into contact with everyday. Shelton school administration, along with the Athletics Department, have decided to keep the adopted COVID-19 Return to Play policy in place. Please see the complete written policy in Appendix A. This policy will be reviewed on an on-going basis.

## **Conflict Resolution**

Both parenting and coaching are difficult vocations. By keeping lines of communication open between parents and coaches, many potential problems can be avoided. One of our goals is to instill in our athletes a sense of ownership and responsibility for their actions. Therefore, it is important that athletes learn necessary communication skills and learn how to resolve conflicts in an appropriate manner. **We have a 24-hour rule: if the subject of discussion occurred during a competition, please give the coaches 24 hours after the contest before approaching them to discuss your concern.**

### ***Please note the order of the conflict resolution policy:***

If a player/parent has a concern to discuss with the coach, the following procedure should be followed:

1. Player should schedule a time to speak to the coach individually
2. If not resolved, the parent may request to meet with the coach. Parents should call the coach to set up an appointment.
  - a. As a parent, please do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.
  - b. If the coach cannot be reached, call the Athletic Office and ask for assistance to set up a meeting with the coach for you.
  - c. Think about what you expect to accomplish as a result of the meeting.
  - d. Stick to discussing the facts, as you understand them.
  - e. At this meeting, an appropriate next step can be determined.
3. If a satisfactory resolution is not provided, set up a meeting with the Athletic Director or Assistant Athletic Director, player, parents, and coach.

If a player or parent approaches the Athletic Director before talking with their Head Coach, they will be immediately referred to the Head Coach.

# ***Shelton Charger Athletics Policy and Practices***

If a player or parent approaches the Principal, Head of School or Executive Director before speaking with the Athletic Director, they will be immediately referred to the appropriate person in the chain of command.

## **Athlete Eligibility (attendance, conduct, academic)**

### **Attendance and Absences**

Athletes must attend **at least four consecutive periods** in the school day to be eligible for any athletic contest/practice/workout, with the exception of religious holidays. The athlete must be in school for at least **four** consecutive periods on Fridays to be eligible for weekend contests. Excused absences due to college day trips, family functions, or other legitimate reasons **approved by administration** ahead of time will be acceptable.

Administration reserves the right to limit participation in extracurricular activities (practice and/or events) due to excessive absences and/or behavioral concerns.

Athletes are expected to communicate with his/her teacher when out of class for athletic reasons. They must make arrangements with the teacher for their missed work **prior to the absence**. Normal make-up policies apply.

### **Student-Athlete Conduct**

Student athletes must show respect at all times for coaches, teachers, administrators, other student athletes, opposing players, and themselves. Self-respect is of the utmost importance because a person with self-respect will also respect others. The Shelton coaches shall strive to teach student athletes the proper way to conduct themselves. One of the best teaching tools is modeling. So the coaching staff shall model as well as reinforce acceptable behaviors with our athletes. Shelton athletes shall conduct themselves in a proper manner at all school functions and in the community. Any athlete not meeting Athletic Department standards in these areas is subject to disciplinary action including but not limited to sport coach consequences, Athletic Department discipline, suspension or expulsion from an athletic team.

Student athletes who serve a disciplinary action administered by the school are also subject to disciplinary action by the Athletic Department.

Student-Athletes are expected to demonstrate the following behaviors and characteristics:

## ***Shelton Charger Athletics Policy and Practices***

- Respect for self, family, The Shelton School, coaches, officials, fans, opponents and the property of others
- Create a positive influence on the environment of the school and the Athletic Department
- Integrity in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority
- Courtesy extended in all relationships – athlete to athlete or athlete to coach, stewardship of the property, supplies, and equipment of The Shelton School, as well as wise stewardship of personal items
- On time and prepared to all practices and competitions
- Model exemplary behavior
- Appropriate use of cellular phones, cameras, other electronic devices, social networks or media outlets (ie: facebook, twitter, blogs, instagram, snapchat, Tik Tok, etc...)
- Proper language that does not include profanity and vulgar or offensive speech and/or gestures
- Honesty in any and all forms
- Property attitude and response to authority
- Respect and obedience
- Any conduct that causes disruption to team cohesion.
- No possession and/or distribution of pornographic materials and information, including the distribution of sexually suggestive material via cell phones, cameras, computers or “sexting” of any kind.
- No harassment in any form, both physical, mental, and/or sexual in nature.
- No hazing and bullying
- The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication will not be tolerated.
- Possession of weapons and/or dangerous items on school premises or at any athletic event (i.e., guns, knives, explosive devices, etc.) are not allowed

# ***Shelton Charger Athletics Policy and Practices***

This list is not all inclusive. Infractions that violate the spirit of the guidelines are subject to disciplinary action.

## **Behavior Expectations of Spectators**

- Always support your team and the efforts of all participants involved.
- Do not intimidate or ridicule a player, coach, or official before, during or after a contest.
- Always praise athletes for their actions during a game; never degrade a participant for their efforts. Athletics are a learning experience for students, and mistakes will be made.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Always respect the integrity and judgment of officials. They are present to regulate the flow and enforce the rules of the game. An official should never be degraded or ridiculed for a call they make.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as guests to your school.
- Use only cheers that support and uplift the teams involved.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the game, on or near the site of the event (i.e. tailgating).
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
- \* Spectators that abuse their privilege may be asked to leave the premises and face suspension from attending future events
- \* Athletes need to hear one voice. Allow the coaches to do their jobs in teaching the players. Please remember that everyone has a role: Coaches coach, Officials officiate, Players Play, Spectators Support

## **Parent/ Coach Relationships**

# ***Shelton Charger Athletics Policy and Practices***

Both parenting and coaching are unique vocations. By establishing an understanding relationship between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents should be informed of the expectations placed on them and their children by the coach. Coaches should be afforded the opportunity to meet and discuss any concerns of the parent at the appropriate time and place.

## **Communication parents should expect from the coach:**

1. Coach's philosophy.
2. Expectations the coach has for the team and its members.
3. Locations and times of practices and contests.
4. Team requirements (team rules, off-season expectations, season expectations, etc.).
5. Procedures that will be followed if the student becomes injured during participation.

## **Communication coaches expect from parents:**

1. Concerns regarding the athlete expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regards to the coach's expectations.
3. Notification of any schedule conflicts well in advance.

## **Appropriate concerns to discuss with a coach:**

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very important to understand your child may not be playing as much as you may hope. A coach makes decisions based on what he/she believes is in the best interests of all athletes participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

## **What NOT to discuss with a coach:**

1. Playing Time.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes

## **Academic Eligibility Rule**

Extra-curricular activities can be an important growth opportunity and can enhance the educational experience of our students.



## ***Shelton Charger Athletics Policy and Practices***

An athlete may be disciplined due to unsatisfactory conduct or grades at any time during an athletic season as determined by the principal, Athletic Director, Assistant Athletic Director, or coach. If this occurs, the athlete may not participate in athletics until approved by the Athletic Director. This could include, but is not limited to, indefinite suspension from the team. Please refer to the appropriate division's guidelines for your student.

### **Middle School (MS)**

1. A student becomes ineligible if he/she receives a failing grade (below 70) in any course at the end of the grading period. The failing grade will be reported to the MS administration by the teacher on the day the grading period ends. The MS Administration will notify the student and parents of the ineligibility and then proceed to notify the Heads of Fine Arts and Athletics, who will then notify coaches/staff, as needed, to aid in enforcing this status.
2. When a student becomes ineligible, the period of ineligibility will last until the next mid-quarter grade report. The student regains eligibility if he/she has raised the grade to a passing grade (above 70) on the mid-quarter grade report. The student remains ineligible until the next report card if the grade is not passing (above 70) on the mid-quarter grade report.
3. Students receiving an **incomplete** grade on the report card **will be ineligible** until the grade becomes complete and passing. If the incomplete grade becomes complete and is a failing grade, the student will remain ineligible until the mid-quarter grade report. The student regains eligibility if he/she has raised the grade to a passing grade (above 70) on the mid-quarter grade report. The student remains ineligible until the next report card if the grade is still incomplete or is not passing (above 70) on the mid-quarter grade report.
4. Ineligibility for activities on the mid-quarter grade report of the second semester is based on failing or incomplete grades for the first semester and/or the 2nd quarter.
5. For each grading period, the period of ineligibility begins 24 hours after the day the grading period ends and continues until the mid-quarter grade report.
6. While ineligible, a student may participate in practices, but may **not participate** in extracurricular competitions, performances, or activities (i.e. compete in an athletic event, perform or participate in a play, participate in school-day club meetings, or participate in other extracurricular activities as an organizer or officer.) An athlete cannot suit out for a game when

## ***Shelton Charger Athletics Policy and Practices***

- ineligible and cannot travel with the team. A parent may choose to bring their child to the game to watch from the stands.
7. Ineligible students may not miss class or advisory period for extra-curricular activities.
  8. A student who is serving an in-school or out-of-school suspension will be ineligible to participate in or attend any extra-curricular activities or practices during the suspension. The Athletic Director, Assistant Athletic Director, coach, or sponsor of the extra-curricular activity will meet with the division administration to determine any additional consequences.
  9. The coach or sponsor of the activity may add other conditions of ineligibility.

### **Upper School (US)**

1. A student becomes ineligible if he/she receives a **failing grade** (below 70) in **any** course at the end of the grading period. The failing grade will be reported to the US administration by the teacher on the day the grading period ends. The US Administration will notify the student, parents and coaches/staff of the ineligibility, as needed, to aid in enforcing this status.
2. When a student becomes ineligible at the end of any grading period, the student is ineligible for 21 calendar days. After the 21 calendar days, the student becomes eligible if he/she has passing grades in **all** courses. The student remains ineligible for another 21 calendar days if failing **any** course. If the student is still failing after 42 calendar days, the student will remain ineligible until the next report card.
3. Students receiving an incomplete grade on the report card will be ineligible until the grade becomes complete and is a passing grade. If the incomplete grade becomes complete and is a failing grade, the student will remain ineligible for the remainder of the 21 calendar day period, and will follow the process as listed above.
4. Ineligibility for activities in the first 21 calendar days of the second semester is based on failing or incomplete grades for the first semester and/or failing or incomplete grades for the second nine weeks.
5. For each grading period, the period of ineligibility begins 24 hours after the grade submission deadline and continues for 21 calendar days.
6. While ineligible, a student may participate in practices, but may **not participate** in extracurricular competitions, performances, or activities (i.e. compete in an athletic event, perform or participate in a play, participate in school-day club meetings or participate in other extracurricular activities as an organizer or officer.) An athlete cannot suit out for a game when ineligible and cannot travel with the team. A parent may choose to bring their child to the game to watch from the stands.

## ***Shelton Charger Athletics Policy and Practices***

7. Ineligible students may not miss class or advisory period for extra-curricular activities.
8. A student who is serving an in-school or out-of-school suspension will be ineligible to participate in or attend any extra-curricular activities or practices during the suspension. The Athletic Director or sponsor of the extra-curricular activity will meet with the division administration to determine any additional consequences.
9. The Athletic Director, Assistant Athletic Director, coach or sponsor of the activity may add other conditions of ineligibility.

### **Athletic Facilities**

- Food and drink are allowed in the bleachers during contests. Use provided trash cans to dispose of all trash. Gum is **never** allowed in the gym.
- **Students are not allowed to be in any athletic facility without coach supervision.**
- All students should remove muddy shoes and cleats before walking on the gym floor. Only court shoes are allowed on the gym floor.
- Athletes will be directed by their coach on where to store their athletic bags/equipment before school in the morning.
- Any items left in the locker room, gym or other athletic facility will be placed in the lost and found box outside the main gym (near the Upper School locker rooms). At the end of the grading period, unclaimed items will be taken to a charitable organization.
- During home contests, locker rooms and areas around the locker rooms will be locked and accessed exclusively by the teams participating.
- In-season teams will be responsible for maintaining a first class look in our locker rooms and gym.
- Food and drinks are not allowed in the locker rooms without the coach's permission. If these items are brought into the locker room, it is the responsibility of the athlete to ensure the locker room is kept clean.
- Every effort should be made to get in and out of the locker rooms in a timely manner. **Horseplay, hazing, bullying or hiding each other's belongings will not be tolerated.**
- Students are not to be in the locker rooms **for any reason** during the regular school day without a pass from a teacher or coach.

### **Weight Room**

- The weight room is restricted to coaches, Shelton faculty, and Shelton students only.
- Students are not allowed to be in the weight rooms without coach supervision.
- All who weight train are required to have a spotter.

## ***Shelton Charger Athletics Policy and Practices***

- Any lifters who do not follow all posted rules and verbal instructions will lose the privilege of working out in weight rooms until proper behavior can be shown.

### **Athletic Offices**

Students must understand that the athletic offices are not student lounges during the school day, practice times or games. You must have permission to be in any office.

### **Equipment, Game Uniforms, Fees, Fines**

Athletes are responsible for the maintenance, upkeep and protection of all equipment and uniforms. Days will be designated by the coach to check out equipment and uniforms. Athletes are held responsible for the uniform that was checked out to them. They are not allowed to switch uniforms without the coach's approval. No alterations should be made to the uniform. **Uniforms will be collected at the end of each season.** Replacement cost will be assessed as needed for any alterations, destruction or loss of these items. *(Please note that due to vendor minimum orders and supply chain issues, purchasing of one uniform is not available at this time. Therefore, a lost uniform requires Shelton to purchase a minimum of 6 in order to get the replacement. The family will be responsible for paying for the required minimum purchase.)*

**An athlete will not be allowed to play in another sport until the equipment, uniform and/or fees are turned in from the previous sport played.**

**Additionally, an athlete will not be able to take a midterm or end of year final until this has been handled.**

#### **Ejections from contest:**

At the Upper School level, if an athlete is ejected from a contest, **per TAPPS rules**, the athlete will be withheld from the next competition. **If ejected from a district contest, the suspension will be the next district game.** In addition, TAPPS imposes a fine, per occurrence. This fine must be paid to Shelton by the athlete within one week of the ejection. Athletes will not be able participate until all fines are paid. Further ejections could result in suspension or dismissal from the team.

At the Middle School level, the same guidelines apply per TAPS rules. There are no fines in MS.

Parents ejected or removed from a game must also serve a one game suspension from attending the next contest and if removed a 2nd time, will be barred from attending for the remainder of the sport season.