



2009-10
Athletics Handbook

MISSION

The Burlington Day School Athletic Program will provide opportunities for middle school students to participate in athletic competition along with a focus on the development of the techniques necessary for each player to improve his/her skills. Teamwork and sportsmanship will remain the foundation of the program. Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying "It's only a game" can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and medals. At BDS the value of sports is its ability to enhance and uplift the character of participants and spectators.

STUDENT-ATHLETE PARTICIPATION

All students in grades 6-8 are required to participate in at least one sport per school year at BDS. If the number of students wishing to participate in a particular sport is exceedingly high, a separate or developmental team will be created. In the event that the number of participants cannot field a team for a particular season, the school administration will consider the possibility of including 5th graders. Student's involvement in co-curricular activities has been shown to increase their chances of success later in life.

FALL SPORTS - AUGUST TO OCTOBER

Boys' Soccer	Coach Alex Douyon
Girls' Volleyball	Coach Cindy Maner
Girls' and Boys' Tennis	Coach Andy Smith

WINTER SPORTS - NOVEMBER TO FEBRUARY

Boys' Basketball	Coach Bryan Farrar
Girls' Basketball	Coach Terry Creech

SPRING SPORTS - FEBRUARY/MARCH TO MAY

Girls' Soccer	Coach Alex Douyon
Girls' and Boys' Tennis	Coach Andy Smith
Girls' and Boys' Golf	Coach Andy Kuhn

ELIGIBILITY

For a player to be eligible to participate in a game or practice, he/she must attend school at least one-half (1/2) of the school day and participate fully in all classes attended during the school day. Additionally, coaches will articulate their policy regarding practice attendance and game eligibility. It is the coach's right and responsibility to distribute playing time accordingly.

If a student athlete has a grade below a C-, there will be a two-week probationary period. During the probationary period the student will take appropriate measures to ensure they are receiving extra help and turning in all work in a timely manner. If after the two week period: 1.) The student athlete's progress report does not reflect improvement, the teacher and athletic director will meet to determine if continued participation on the school athletic team is interfering with the child's success in the classroom or 2.) The student athlete's progress report reflects improvement and at that time may resume normal participation on the team. Academic eligibility will be determined on a case by case basis.

EXPECTATIONS OF ATHLETES, COACHES, PARENTS/SPECTATORS

Promoting and encouraging good sportsmanship by coaches, fans, and parents is important to our athletic program. Burlington Day School's administration and coaching staff are committed to encouraging an environment of enthusiasm and school spirit consistent with high standards of sportsmanship and respect for opposing teams and game officials. Taunting, negative cheering, or any sort of verbal abuse by players, coaches, or fans directed toward opponents or officials is incompatible with good sportsmanship and will not be allowed.

Practice and game attendance are mandatory. Athletes are expected to communicate any potential absences to the

head coach prior to the absence. Repeated disregard for team policy or responsibility may lead to suspension or dismissal from the team.

Burlington Day School expects all players to exemplify the Flags of Virtue:

1. **Responsibility:** Show ongoing responsibility for academic work and exhibit punctuality and preparedness for all practices and games.
2. **Friendship:** Support teammates and coaches. Treat opponents with respect.
3. **Loyalty:** Exhibit a desire to improve skills and knowledge of their sport.
4. **Courage:** Exercise self-discipline to sacrifice time and energy for team goals.
5. **Honesty:** Show a willingness to work hard and be attentive in practices.
6. **Sportsmanship:** Show sportsmanship at all times.

Coaches:

1. Teach and inspire players to love the game and compete fairly and in a sportsmanlike manner.
2. Demonstrate by example the type of person he/she wants the players to be.
3. Respect and abide by all TMAC rules and regulations for his/her sport.

Parents/Spectators:

1. Be positive role models at athletic contests. Your son or daughter will be very aware of your behavior.
2. Support the coach. The team is the coach's responsibility.
3. Communicate with the coach and create a positive, supportive working relationship.
4. Remember that the coach is an educator and therefore understands the sport he/she is coaching and the proper behavior for the sport.
5. Remember the primary value of athletic participation is to provide our youth with an opportunity for self-development physically, emotionally, and mentally.
6. Respect the judgment of the officials and refrain from openly criticizing, even if you disagree with a call.
7. If a parent conference is desired with the coach, call or email for an appointment properly please.
8. Understand and respect the different roles of parents, coaches and officials.

PARENT/COACH RELATIONSHIPS

Parents have the right to know and understand the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach in a respectful manner at the appropriate time and place.

As your child becomes involved in interscholastic sports, they will experience some of the most rewarding moments of their lives. It is important to understand that things may not go the way you or your child wishes. These are the times when discussions with the coach are encouraged

It is very difficult to accept that your child may not be playing as much as you hope. Coaches' make decisions based on what they believe is in the best interest of all the students that are participating. 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.

Issues NOT appropriate for discussions with your child's coach:

- 1.) How much playing time each athlete is getting.
- 2.) Any situation that deals with other student athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

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

- 1.) Call or email the coach to set up an appointment.
- 2.) If the coach cannot be reached, call the athletic directors and ask them to set up an appointment with the coach.
- 3.) Please do not conference with the coach before, during or after a practice or game. These are not good times.

What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

- 1.) Call the athletic directors to set up a meeting with the athletic directors, coach and parent all present.
- 2.) At this meeting an appropriate next step can be determined, if needed.

STUDY HALL

Athletic directors, teachers, and students will collectively monitor the student athlete's grades through progress reports and behavior to ensure that the student athlete's academic performance is at an acceptable level not only for athletic participation but more importantly to meet the requirements for graduation. The progress reports will ensure the student athlete maintains an overall "C" academic average, with no failing average in any one subject.

To ensure student athletes meet the requirements as well as participate on the BDS sports teams, the students are provided with a study hall period on game days, replacing their physical education period. Students who do not have a game will participate in the regularly scheduled physical education period.

ATHLETIC FEES

Athletic fees cover such costs as uniforms, travel and officials. Unfortunately, if a player should leave the team during the season for any reason, BDS is unable to reimburse the athletic fee, neither whole nor in part as the fee was based on the amount of player participation. After two weeks into the season, invoices will be mailed.

TRANSPORTATION ON GAMEDAYS

Important: Our current policy regarding transportation of athletes to away games is under revision. The revised policy will be posted in this section prior to the first away game.

LATE PICK UP POLICY

Student athletes remaining on campus 15 minutes after a practice or home game have ended will be escorted to the BDS AfterSchool program by the coach. There will be a charge for this supervised service.

GAMEDAYS

School is dismissed at 3:00pm for the middle school students. On Game days there is a window of time prior to a game, usually an hour. In that time if students remain on campus they are to dress into their uniforms and remain in the gym after dressing. Students are encouraged to use this time wisely. Students are not to leave the gym or the playing field without reporting to the coaches or athletic directors. Some of our coaches are off campus and will arrive 30 minutes prior to the game for warm-ups. When games start later (5:30pm), the team waiting to play will all remain in the gym. A BDS staff member will supervise during these game days. Students are not to roam the school hallways. Time management is essential to a well rounded student athlete. ALL student athletes are required to assist with pre and post games set up and clean up. Students' belongings should be in their book bags or gym bags and placed in the designated area in the corner near the gym closet.

UNIFORMS AND APPEARANCE

Each player will be given a uniform at the beginning of the season. They are responsible for cleaning and care of the uniforms. If a uniform is lost or damaged by negligence, the cost will be assessed to the student to whom it was assigned.

We will follow the rules established by the National Federation of State High School Associations (NFHS) regarding the appropriate wearing of uniforms.

Rule 3, Section 4, Article 1 states: "Team shirts, and undershirts if worn, shall be of the same solid color front and back. Undershirts shall be similar in color to the shirt and shall not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length." Also, Rule 3, Section 5, Article 5 prohibits "an undergarment or tights which extend below the pants, except compression shorts may be worn if the length is above the knee and they are of a single color similar to the predominant color of the pants."

AWARDS AND LETTERS

At the end of each school year, Burlington Day School holds an athletic banquet to recognize the accomplishments of our teams. Each Coach will present medals for his or her team: Most Valuable Player, Most Improved Player, and Coaches Award. The coaches may alter their awards based on their season. Letters will be given for players who successfully completed 2 sports at BDS. Certificates of Participation will be presented to all team members.

INCLEMENT WEATER POLICY

On days when weather does not allow Burlington Day School to open school, there will be no practice or games. Usually, students should assume that practice or games will be held unless an official announcement is made or posted. Decisions will be made and posted on the website by 2:00pm of the game or practice day. Burlington Day

School will not allow practice to be held or a game to be played if the weather or field conditions create a danger to the students. Parents may call the front office after 2p.m. if they are not able to check the website.

EJECTION/SUSPENSION RULE

In any case where an athlete is ejected from an athletic contest by the game officials, that athlete must serve a one-game suspension. The suspension will be for the next game played for that athlete's team. The second ejection will result in a conference with the Athletic Director, Head Coach of the sport, Head of School, parents, and athlete to determine his/her future athletic status. Athletes serving a suspension may attend but not dress for that game. Since any ejection is based on the judgment of the game officials, there is no appeals process to this rule. Upon ejection, the suspension will be served. Sportsmanship and behavior by BDS athletes is very important to our school's mission and to our athletic program. Coaches are asked to hold all athletes to high standards of behavior on the field of play, at practices, and on all team trips. Unacceptable behavior by team members may result in disciplinary action by the coach or Athletic Director. Students serving a suspension from school will not travel or participate in any team function until the suspension has been completely served.

BURLINGTON DAY SCHOOL ATHLETICS DEPARTMENT



Mrs. Amy Alexander, Athletics Director
Email: aalexander@burlingtondayschool.org



Mr. Andy Kuhn, Assistant Athletic Director, Golf
Email: akuhn@burlingtondayschool.org

Assisted with the 2008-2009 golf team at BDS. Played high school golf and has instructed individual's golfers for the past 6 years.



Mr. Terry Creech, Girls' Basketball
(336)212-0194
Email: creechp@aol.com

Coach for 28 Years. Last 10 years at BDS. Five years as High School coach at Alamance Christian School prior to coming to BDS. AAU basketball coach for the last 12 years. Recreation League Coach

Philosophy: Playing time is earned by hard work and dedication in practice. Success and Victory is a mindset. To be successful on the court, you have to know how to be successful off the court.



Mr. Alex Douyon, Boys' and Girls' Soccer
(443)677-8371
Email: adouyon@burlingtondayschool.org

Director of the Burlington Soccer Club. Currently coaching U11 Boys, U11 Girls, and U12 girls. Coached at the Elon Men's and Women's Soccer Camps for 4 years. Coached at BDS for 2 years.

Philosophy: Kids should enjoy themselves. I'm not interested in wins/losses, I just want the kids to have fun, work hard, and get better. As long as the kids are better at the end of the season than they were at the beginning, that is all I can ask.



Ms. Cindy Maner, Girls' Volleyball
Cell: 380-6014
Email: cmaner@burlingtondayschool.org

Began coaching volleyball in the 2008-09 season at BDS. BDS team won the 2008-09 TMAC conference title and place 2nd in the Conference tournament. The 2008-09 conference title was the first volleyball title won by the Bruins since 1986.

Certifications

- * IMPACT (Increased Mastery and Professional Application of Coaching Theory) Certification through USA Volleyball
- * "Fundamentals of Coaching" Certification through National Federation of High School Associations

Memberships

- * USA Volleyball Association
 - * Carolina Region Volleyball Association
 - * National Federation of High School Coaches Association
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Ms. Lisa Johnson, Cheerleading
Email: ljohnson@burlingtondayschool.org

I believe that cheerleading is a sport. With all the benefits of dancing, jumping, and clapping. All in an effort to keep the BDS spirit alive. Go Bruins!

Mr. Andy Smith, Tennis Pro Coach
Cell: 336-480-1272
Email: smithlvtennis@aol.com

Tennis professional at Alamance Country Club.