Upper School Athletics
2019-20
Student-Parent/Guardian Handbook
“We believe in the educational value of sport. Dwight-Englewood athletes learn that individual excellence is achieved through perseverance, and that team success comes from committing fully to a common goal. Athletics strengthens our community by forging connections among teammates and promoting school spirit.”
D-E School Mission

As a community of learners, Dwight-Englewood School strives to foster in each student a passion for life-long learning. We seek excellence, honor integrity, and embrace diversity in order to develop the skills, values, and courage to meet the challenges of a changing world and make it better.

Introduction

This handbook is a guide for participation in athletics for both students and parents/guardians/families. We ask that both the student and parents/guardians read this handbook and discuss its content. This handbook attempts to cover situations or questions that may arise during the school year. Please call the athletics office at 201-569-9500 ext 3150 if you require any additional information.

General Athletic Information

We believe the athletic program at Dwight-Englewood has much to contribute to the overall education of our students. Our goal is to provide a safe, enjoyable, age appropriate experience for all of our athletes. We attempt to provide quality coaches from within our school faculty and staff. Additional or “adjunct” coaches are also employed by the school to fill our athletic coaching staff needs.

Dwight-Englewood athletics include the following sports at the levels indicated and participation is based on having enough students to field a competitive team at that level. When possible, freshman teams may be included as well.

Fall

» Boys Varsity, JV and Middle School Soccer
» Girls Varsity, JV and Middle School Soccer
» Girls Varsity, JV Field Hockey
» Girls Varsity, JV and Middle School Tennis
» Girls Varsity and JV and Middle School Volleyball
» Boys and Girls Varsity and Middle School Cross-Country
» Boys Middle School Ultimate Frisbee

Winter

» Boys Varsity, JV, 9th, and Middle School Basketball
» Girls Varsity, JV and Middle School Basketball
» Boys and Girls Varsity Winter Track
» COED Varsity Strength and Conditioning
» Ski Racing

Spring

» Girls Varsity, JV and Middle School Softball
» Boys Varsity, JV and Middle School Baseball
» Girls Varsity, JV and Middle School Lacrosse
» Boys Varsity, JV and Middle School Lacrosse
» Boys and Girls Varsity and Middle School Spring Track
» Boys Varsity, JV and Middle School Tennis
» Co-ed Ultimate Frisbee
» Boys and Girls Varsity and JV Golf
» Crew
Program - Head Varsity Coaches

Director of Athletics.........................Chris Schmid..........................schmic@d-e.org .................... ext. 3151
Associate Director ........................Greibin Agramonte ..................agramg@d-e.org ...................... ext. 3152
Athletic Trainer..............................Kim Conover .........................conovy@d-e.org ....................... ext. 3153
Athletics Administrative Assistant ....Michel Ottumanelli ..................athletic_office@d-e.org ........... ext. 3150
Basketball (Girls) .........................Marissa Moore* .....................moorem@d-e.org........................
Lacrosse (Girls) ..............................Lisa Lax* .........................laxl@d-e.org........................
Soccer (Girls) ................................Eddie Ballas* .....................ballae@d-e.org........................
Tennis (Girls) .................................Christopher Chan* .............. chanc@d-e.org........................
Field Hockey .................................Michele Carstens ..................carstm@d-e.org ....................... ext. 3154
Volleyball (Girls) .........................Tyler Singh .............................. singht@d-e.org........................
Cross Country (Girls and Boys) ..........Alexandra Champ* ..................champa@d-e.org........................
Golf (Girls and Boys) ......................Dan Farinola* ........................farind@d-e.org........................
Winter Track (Girls and Boys) ..........Orestes Medina .....................medino@d-e.org........................
Track and Field (Girls and Boys) .........Orestes Medina .....................medino@d-e.org........................
Ultimate Frisbee .............................Jon Egan ............................... Eganj@d-e.org ....................... ext. 4120
Baseball .......................................Frank Salvano* .....................salvaf@d-e.org........................
Basketball (Boys) ..........................Alex Kuchar* .......................kuchaa@d-e.org........................
Lacrosse (Boys) ..............................Craig Lapierre* .....................lapiec@d-e.org........................
Soccer (Boys) .................................Paul Duffy* .........................duffyp@d-e.org........................
Tennis (Boys) .................................Joe Iwanski ............................iwansj@d-e.org ....................... ext. 4243
Crew ........................................Alexis Vivona* .......................vivona@d-e.org........................

*Adjunct Coach
Athletic Department Philosophy

The experience of playing on a competitive athletic team is a uniquely valuable one that our students may not have elsewhere in their lives. In accordance with Dwight-Englewood’s central beliefs, athletics is an integral component of the students’ overall educational experience. The major objectives of the program are to provide wholesome opportunities for student-athletes to develop positive attitudes and habits. Student-athletes at Dwight-Englewood learn the lifelong value of involvement in sports, personal commitment, physical activity, teamwork, skill development, sacrifice, decision-making, and the values of good sportsmanship.

Interscholastic contests provide an opportunity for student-athletes, teachers, administrators, staff, parents, and friends to gather and promote fair play, friendship, community, good sportsmanship, and positive interaction. Participation on a team builds community spirit by providing an ideal arena for student-athletes to learn and understand the values of cooperation, sharing, teamwork, sportsmanship, motivation, responsibility, respect, and discipline. Student-athletes learn what it means to work towards a common goal.

Recognizing the intrinsic educational value inherent in sport, the Athletic Department at Dwight-Englewood makes every effort to provide appropriate team opportunities for student-athletes with a wide range of athletic abilities willing to make the necessary personal commitment.

Although Dwight-Englewood Varsity teams will always strive fairly to win, the primary emphasis of sub-varsity teams is to nurture talent and develop athletic skills. Depending on the degree of competition in any given contest, varsity coaches will decide which student-athletes will play and which may not have that opportunity.

Objectives:

» Provide a wide variety of athletic programs so each student-athlete can reach their fullest potential
» Promote good sportsmanship in all athletic contests
» Offer the realization that athletic competition is a privilege that carries definite responsibilities
» Understand the valuable lessons that athletics teach. Teamwork, self-control, “team” above oneself, respect for others, and responsibility are just some of the many lessons learned through participation on an athletic team, with personal improvement being the major objective for all

Goals:

» Maximize opportunities for participation
» Help athletes develop both the physical and mental skills needed to be successful
» Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play
» Stress the values derived from competing in a game fairly
» Show courtesy to visiting teams
» Respect and honor the integrity and judgment of officials
» Achieve a thorough understanding and acceptance of the rules of the sport
» Encourage leadership, initiative, and good judgment by the players on the team
» Recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional character of the athletes
» Understand the full value of exercising self-discipline and emotional maturity when making decisions under pressure
» Know the goals of a competitive athletic program at the varsity level. The main goal of any competitive varsity athletic program is to put the most talented members of the team in competition to win the contest. Starting positions and playing time are not guaranteed to seniors making the team or to anyone else for that matter. Each member of the team is very valuable to the team’s overall progress. Some members may play a great deal of the time in a contest, while others may not see what a parent would consider “significant” playing time. At the varsity level, playing time should be considered a reward for the efforts of the student in that sport

Dwight-Englewood Student-Athlete Expectations:

» When students make the decision to join a team, they are expected to commit themselves to the team for the entire season. Student-athletes are expected to attend all games and practices. Students should understand that when they join a team they are accepting not only the pleasure and the privilege of participating, but also accepting the responsi-
bility to that team. Before the fall season, all athletes must attend the practices beginning the opening dates in August; to this end, student-athletes and families should plan accordingly.

» Attend and be on time for all practices and games. An unexcused missed practice and/or game can result in loss of playing time and suspension from the team. Three unexcused missed practices and/or games can result in dismissal from the team. Generally, an athlete will only be excused for reason of illness or emergency. Any other conflicts must be made known to the coach within a reasonable time frame. Accountability and commitment to the team are essential to the team’s success and the coach has the right to impose a penalty for the aforementioned infractions.

» Be prepared with appropriate practice wear and equipment every day.

» Schedule appointments so as not to interfere with practices and games.

» Serious infractions of the rules to a sport carry with it the likelihood for ejections and NJSIAA mandated suspensions. Such incidents may include other school-imposed discipline.

» Respect your coaches, teammates, opponents, and officials at all times.

» Understand that Dwight-Englewood athletics take precedence over outside team participation.

» Abstain from using alcohol, tobacco or other drugs. Drug or alcohol use may result in suspension from the team in addition to any school-imposed discipline.

If a student-athlete is in school, he or she is expected to attend practice. If a student-athlete cannot attend practice, he or she should notify the coach in a timely manner. When possible, student-athletes should check with the coach before missing a practice. Student-athletes will not be penalized for missing practices caused by school-created conflicts for which alternative arrangements just cannot be made. Coaches and student-athletes should make every effort to find satisfactory compromise in such situations. Student-athletes are required to be at all practices and contests for their sport even if injuries prohibit active participation. They can act as a manager, or help the squad in any other appropriate ways.

Team Selection:

Dwight-Englewood encourages all students to participate in athletics. At the varsity level, the athletic philosophy is to play to compete in order to win. To this end, teams must be kept at a manageable size to ensure as rewarding an experience as possible for the individuals and as successful a season as is possible for the team. Students should only go out for a team if they are willing and able to make that emotional, physical, and temporal commitment. As facilities and staffing allow and as numbers dictate, the athletic department at D-E will make every effort to field sufficient teams at various skill levels to accommodate the maximum possible student participants. Seniors may only participate on varsity teams. It should be noted, however, that there is no guarantee of playing time.

Coaches:

Coaches must understand the necessity of communicating their expectations to parents and players. The better the lines of communication, the more easily processes move during the season. There may be occasions when the coaching staff will meet with parents at the beginning of each season to answer questions, clarify expectations and discuss how parents can help support the team.

Player/Coach Relationship:

Coaches and players maintain a similar relationship to that of teachers and students. A level of mutual respect is expected; coaches must exhibit a positive expression of sportsmanship, respect for the game, and understanding of adolescence. Players must respect the decisions of the coach(es) and respect the game they play and the school they represent.

Playing Time in Games:

Competition and winning are important aspects of any athletic program, but should not dominate the ethos of the program. As a general philosophy we strive to have as many team members as possible participate in games. Not every player automatically plays in every game. Playing time varies according to level.

Middle School - All team members should have a chance to play if possible. Coaches are not asked to play all athletes for equal amounts of time. Game participation should be sufficient to create and maintain interest.

Upper School - At the Freshman/JV level, athletes earn the privilege to play more by competing with peers in terms of fitness, ability, attitude, effort, knowledge of fundamentals, and commitment. Skill development is especially important since the main objective of the freshman and JV program is to prepare athletes for varsity play. Being on the team does not guarantee playing time. Any player who meets the attendance requirement and gives his or her best effort should be given the opportunity for
meaningful participation (i.e. game time). At the varsity level the best players should play as much as necessary to win the
game and to develop the full winning potential of the team. A student-athlete’s inherent ability, commitment to team and
quality of work ethic will be factors in determining an appropriate amount of playing time. Substitutions should be made
without risking the outcome of the game. Seniors may only participate on varsity teams. It should be noted, however, that there
is no guarantee of playing time.

Team Captains:

Individual teams annually determine the most appropriate process to select their captains. Many expect the captain(s) to be
the leaders in many ways, both on and off the field, in and out of school. The coaches expect that the captain(s) will exemplify
and encourage the behavior considered appropriate to the school and the sport. The selection of captains falls within the
coach’s discretion. All coaches reserve the right to select a captain based on criteria in keeping with the needs of the team,
and to relieve a student of a captaincy if the coach deems it necessary and appropriate during the season. Captains do not
have to be seniors. The process for selection varies from team to team and from coach to coach. The choice is made with the
understanding that the captains will:

» Exemplify sportsmanship
» Exhibit leadership on and off the field of play
» Communicate well with players and coaches
» Behave in ways that are trustworthy and fair
» Give 100% effort to the team in games and practice
» Be respectful and deserving of respect
» Set an example for others to follow

League Information:

Since 2010, Dwight-Englewood has participated in the North Jersey Interscholastic Conference or NJIC. There are four divisions
within the NJIC conference. They are the Meadowlands Division, the Colonial Division, the Patriot Division, and the Liberty
Division. The NJIC is governed by the rules and regulations of the New Jersey State Interscholastic Athletic Association (NJSIAA).
For State Tournaments, the NJSIAA will classify our teams for participation at either the Non-Public A or B level.

» Mascot: Bulldogs
» School Colors: Navy Blue, White, and Vegas Gold
» League: North Jersey Interscholastic Conference (NJIC)

Athletic Department Policies

Student Eligibility:

Dwight-Englewood is a member of the New Jersey State Interscholastic Athletic Association and therefore follows all the
association rules regarding athletic eligibility. The New Jersey State Interscholastic Athletic Association requires that any
student entering high school, including those who transfer to Dwight-Englewood from another school, declare/report any
previous participation at any level of high school sports to our Athletic Office. This includes playing for a high school team in a
State other than New Jersey that permits 7th or 8th grade students to participate at a high school level in any sport.

Please contact the athletic office to begin the process for filing a Waiver / Transfer Waiver with the New Jersey State
Interscholastic Athletic Association. Failure to submit this information may result in your child being declared ineligible for
participation. If you have questions regarding this requirement or that you are in doubt of your child’s status, please call the
Athletic Office at 201-227-3150 or email the office at athletic_office@d-e.org.

Attendance: (Important Policy Regarding Attendance and Extracurricular Events)

Students are allowed to participate in extracurricular events (e.g. games, performances, etc.) only if they arrive in school by
10:00 a.m. on the day of the event. Exceptions may be made only with the permission of the Deans in consultation with the
Athletic Director. In addition, a student that doesn’t participate in physical education class for medical reasons or because they didn’t change into appropriate attire for class may not participate in extracurricular events.

**Appointments during school and practice hours** - All medical and dental appointments, tutoring, SAT/ACT courses, and all music and religion classes should be made outside of school practice and game hours. In the event of an emergency appointment, please notify the attendance officer as soon as possible. Students must sign out and back in with the attendance officer if they leave campus during the day, or if they arrive late or leave early for a doctor’s appointment. The student must also bring a note from the physician within 48 hours of the visit. Failure to notify the attendance officer or grade-level dean, and to bring a note from the attending physician, could result in an unexcused absence.

Although attendance at practice is mandatory, coaches obviously understand that at times students get sick, have excessive homework expectations, or family issues that may interfere with attending practice. The athlete/parent/guardian should communicate the problem with the coach as early as possible.

**Practice Attire (Guidelines)**
- Our athletes are required to wear T-shirts (EG. short-sleeved / cap-sleeved) that cover the entire upper torso, even when wearing a pinnie, scrimmage vest or tank top.
- Our athletes are not to be shirtless at any time.
- Our athletes are not to have their undergarments exposed.

**Vacation practices and games:** (Please refer to the master school calendar for vacation/break dates)

Being a part of the athletic program carries a responsibility for the student to be at all practices and games. When parents and student-athletes choose to take family vacations during sports seasons, the time missed by the student athlete can affect team chemistry and the athlete’s own conditioning. There are also issues of team spirit and responsibilities to teammates that may be a concern to those left behind. Student-athletes who miss practices or games for any reason may have their position or playing time adjusted. Coaches will make every effort to inform parents and student-athletes of the vacation schedule as far in advance as possible. Conversely, parents and student-athletes should inform the coach of potential schedule conflicts as far in advance as possible. As explained above, the School and the Athletic Department will announce which days or week will have practices and/or team trips, so that family vacations can be scheduled. Please email or call the head coach of your particular sport with any questions, especially for winter/spring break practices and games.

**Transportation**

The Athletic Department provides transportation to off-site/off-campus practices, games and matches, thus, we do expect our athletes to ride to and from our athletic events on our school bus. In addition to providing proper supervision and safety, traveling on the bus as a team facilitates preparation for the contest and promotes team unity.

**Transportation to and from Solomon Field:**

Athletes are NOT permitted to drive or walk to and from Solomon Field when school transportation (shuttle bus) is provided by the athletic department.

**Alternative Transportation Options for athletes and families:**
- These requests should be infrequent and outside the norm of customary practices. Requests must include specific details outlining the reasons for necessity.
- If a parent/guardian plans on picking-up their child (only) immediately following the conclusion of a contest, the parent/guardian must speak, in person, with the coach prior to departing the contest site. The parent/guardian must pick-up their child at the same time as the team departs from the contest site, as the coaching staff cannot leave an athlete unattended at the game site. If the athlete is not picked-up when the school/ team bus is ready to depart, the athlete will be required to travel back to the school on the school/team bus.
- If a parent/guardian plans to have their child carpool home with another parent/guardian present at the contest, all parent/guardians involved must email the Athletic Administrative Assistant, Michelle Ottomanelli, at athletic_office@d-e.org.
with requests by 10:00 a.m. the morning of an athletic contest or by 4:00 p.m. on the Friday before a weekend contest. 

» Taxi/Uber/Ride Share – It is the parent’s responsibility to research ride-share companies and their practices and procedures in order to decide what is best for their family. The School has no liability for any risks or consequences of these decisions. Parent/guardians must email the Athletic Administrative Assistant, Michelle Ottomanelli, at athletic_office@d-e.org with requests by 10:00 a.m. the morning of an athletic contest or by 4:00 p.m. on the Friday before a weekend contest. Students MAY NOT make this request. Requests after that time may not be processed or accommodated. The email should have specific details and reasons for necessity. This procedure also requires that the taxi/Uber driver meet with the athlete and a member of the coaching staff prior to departing the contest site. The safety and well-being of the child is foremost on our minds. Please understand that the taxi/Uber or Lyft driver must pick up the child at the same time as the team departs, as the coaching staff cannot leave an athlete unattended at the game site. If the athlete is not picked-up when the school/team bus is ready to depart, the athlete will be required to travel back to the school on the school/team bus.

» If there is an occasion when an athlete needs to drive to a practice, game or match, parent/guardians must email the Athletic Administrative Assistant, Michelle Ottomanelli, at athletic_office@d-e.org with requests by 10:00 a.m. the morning of an athletic contest. Requests after that time may not be processed or accommodated. The email should have specific details and reasons for necessity.

» Should an athlete reside in that town where the game/match/contest site is located or in very close proximity, and the athlete would like to take their own transportation, parent/guardians must email the Athletic Administrative Assistant, Michelle Ottomanelli, at athletic_office@d-e.org with requests by 10:00 a.m. the morning of an athletic contest. Requests after that time may not be processed or accommodated. The email should have specific details and reasons for necessity. On days when the school is in session, the athlete must follow the bus provided by the school to the contest site. On weekends or weekdays when school isn’t in session, the student shall meet the team at the game site at least 30 minutes prior to the start of the contest. The student cannot drive other students/classmates/teammates to or from that athletic event.

General Guidelines Regarding Safety and Athletics:

Participation in athletics is voluntary and there is always a risk of injury and/or death to the student. Efforts are made to mitigate and prevent harm or injury through the rules and practice of the game; however, accidents do occur.

Required Physical Exam and Health Forms:

All students must have documentation of a current physical examination and other required forms on file via Magnus Health SMR (Student Medical Record) before the start of practice in any sport. This is especially important for the start of fall sports which begin before the official start of school. If your physical exam expires during the school year, a new physical exam form will be required in order to continue to participate in athletics. Please note that some forms are completed entirely online. Other forms may require a doctor’s signature and will need to be printed out. Once signed, the form can be scanned and uploaded to Magnus. Parents/guardians can access the Magnus Health SMR account through the online D-E Parent Resource Board. NO STUDENT MAY PARTICIPATE IN ANY PRACTICE UNLESS HIS OR HER PHYSICAL FORM IS UPLOADED & FILED MAGNUS HEALTH SMR ACCOUNT FOR THE SCHOOL NURSE TO REVIEW.

Health History Update Questionnaire

The Health History Update Questionnaire (HHUQ) serves to inform the school and coaches of any new health concerns or changes since the student’s last physical exam. The HHUQ does not need a doctor’s signature.

If required, prior to participation in each athletic sports season, student-athletes will be provided a HHUQ to be completed, signed, and uploaded to Magnus Health SMR by the parent/guardian unless a physical exam has been dated within the last 90 days to the start of the season. The student-athlete will not be able to participate/practice in athletics until this form is uploaded and reviewed by the school nurse.

School Required Forms:

» Preparticipation Physical Evaluation/Examination Form
In addition to the School Required forms here are the following forms required for athletics:

» Health History Update Questionnaire (only if physical Exam is over 90 days)
» Sports-Related Concussion and Head Injury Fact Sheet and Parent/Guardian Acknowledgement Form
» Sudden Cardiac Death in Young Athletes Pamphlet

Athletic Trainer and Training Room

The school employs licensed & certified athletic trainer(s) (ATC) who supervise all aspects of the sports medicine program for the athletic department. Services include injury assessment, treatment, taping, rehabilitation and follow-up care. The athletic training room opens at 1:00 PM each day and before and after weekend home games. Athletic training room guidelines are posted inside the training room. All injuries must be reported to the athletic trainer immediately following the injury. The ATC may recommend that the student see a physician for additional diagnosis and/or treatment. Parents/guardians are encouraged to call the ATC if there are any questions.

Athletic Injuries

As mentioned earlier, participation in athletics is voluntary and there is always a risk of injury and/or death to the student. Efforts are made to mitigate and prevent harm and/or injury through the rules and practice of the game; however, accidents do occur. All injuries should be reported to the athletic trainer and school nurse. All efforts will be made to notify parents/guardian immediately of any injury sustained to their child during practices and/or games.

Physician Note/Prescription

Any student-athletes seeing a doctor for an illness/injury that may impact the safety or well-being of the child (whether school related or non-school related), must inform the athletic trainer and the school nurse. Prior to resuming participation in practices or games the athletic trainer and school nurse must receive written clearance by that same doctor, not a family member nor a physician in another specialty. This is standard practice and ensures the proper care of the student.

A note from the doctor must include the following:

» Diagnosis
» Recommendations for treatment/rehabilitation (if any)
» Physical education / athletic restrictions (if any)
» Date of next follow-up appointment (if any)
» Date of clearance

D-E Concussion Protocol

If an athlete suffers a trauma to the head, or a blow to the body, resulting in their exhibiting symptoms of concussion, then the athlete will be removed from the game/practice. The athlete will then be referred to a physician who is trained in concussion management, for authorization to either resume immediate participation or begin a "return to play" protocol. Questions may be directed to the Athletics Director at: schmic@d-e.org.

Statement RE: NJSIAA Steroid Testing (For Upper School Athletes Only)

NJSIAA steroid testing policy states that if an Upper School student athlete or students team qualifies for a state championship competition, the student may be subject to testing for banned substances. Questions may be directed to the Athletics Director at: schmic@d-e.org.

Medical Insurance

The parent/guardian's health insurance is primary in case of an accident or injury occurrence during practice or play of interscholastic sports. The School provides the secondary insurance. After your insurance company has made payment, the school's accident insurance, in most cases, would cover any remaining balance upon submission of the applicable insurance claim form. The insurance claim form must be submitted in a timely manner. Please call the school Athletic Trainer or School Nurse if you have any additional questions regarding medical insurance.
Game Schedules and Directions

All regularly scheduled games are arranged by the NJIC or other leagues on a sport by sport basis. These games are contracted according to NJSIAA guidelines and every effort must be made to complete all games as scheduled. League games on the varsity and JV level are usually scheduled one to two years in advance. Independent games are scheduled based on availability and common dates. Every effort is made to reduce time away from class when scheduling games at each level. Directions to all contests are posted on the school athletic website.

Statement RE: Testing Dates for the ACT and SAT

All D-E athletes and their families are both strongly advised and alerted to be aware of possible, potential schedule conflicts with standardized tests (e.g., SAT; SAT Subject; ACT) that occur throughout the academic year. Games and tournaments are scheduled by the State Athletic Association and the leagues in which D-E Athletics participates, independent of when these tests are administered. D-E Athletics has extremely limited to no ability to reschedule games and tournaments for these tests. As such, D-E athletes (and their families by extension) must decide if they will be able to play depending on their testing responsibilities, and alert their coach(es) accordingly in advance. Questions regarding the schedule and the potential for conflicts may be directed to D-E Athletics at: athletic_office@d-e.org

Schedule Changes, Postponements and Cancellations

All postponements, cancellations, and schedule changes will be posted and updated in the athletics section of the DwightEnglewood School website at www.d-e.org/athletics. Since contest times and dates are subject to change, we advise that you check your team schedule on a regular basis. The athletic office will email team members and parents/guardians of any change to the athletic schedule. Inclement Weather

Inclement Weather

If school is closed due to inclement weather, there will be no contests or practices allowed. School closing during the school day presents a unique problem for our coaches and student-athletes. Every effort will be made to inform students and parents as soon as practically possible of the cancellation of practices or games. The Athletic Director determines cancellations regarding a game. On rainy days, decisions on outdoor practices and games will be made as soon as possible to ensure everyone involved can be notified via the school website or by email. Weather conditions may influence daily games and practices, the athletic office will email teams and parents of any unexpected changes to the athletic schedule. We make decisions regarding the cancellation of practices or games by 1:30 PM. Please understand that there will be circumstances when unexpected weather conditions may roll into our area, which may cause a later decision. For weekend practices and games, the coach should establish a phone chain for quick communication of the plans or decision for that day. Coaches should always keep in mind that many of our students travel a great distance to come to practices or games on non-school days. An early phone call may save a parent or student a drive to school under hazardous conditions. Unless there is an official announcement made or posted, students and coaches should assume that practice and/or games will be held.

Uniforms/Equipment/Locker Room Security

Athletes will be issued uniforms and, in some situations, equipment at the beginning of each season.

The individual athlete is responsible for the proper care and return of all issued equipment. Coaches are responsible for the distribution and collection of the uniforms and equipment at the end of the season. Student-athletes are responsible for securing their equipment, personal items and valuables in their lockers always. Student-athletes should not bring anything of value to away contests or alternative practice sites. Should an athlete forget their uniform, the athletic office will not issue a temporary set. If any equipment, including the uniform, is lost or damaged the student will be charged replacement costs, which may range between $80 for shorts and $180 for a jersey. If the student-athlete doesn't return the uniforms or equipment, the Dwight-Englewood School reserves the right to take what measures we deem appropriate to encourage the return of all issued items. This may include, but is not limited to withholding of grades, yearbooks or denying opportunities to participate on another team.
Purchase of Team Spirit Wear / School Related Items

From its annual operating budget, uniforms and equipment are purchased and recycled on a multi-year schedule that ensures both equity and timely replacement. All expenses for discretionary apparel relating to a team or sport cannot be covered by the Athletic Department budget. There may be occasions when the players organize to purchase personal clothing items for their teammates such as T-shirts or sweatshirts. This is a player-driven process yet requires working closely with the Athletic Department. All artwork and logos must be approved by the Athletic Director. Prior to any order, full payment must be received for each player involved and the order should be placed early in the season so as to have the athletes making use of the items during the season. When players promote clothing items, it is important that no individual feels compelled to purchase the item. If the student is in financial need they should speak with the Athletic Director.

Dwight-Englewood School logos and mascots are considered “Branded.” Therefore, student-athletes or coaches must gain permission from the athletic director when ordering personal clothing or other items bearing School logos and mascots.

Students, coaches, and parents are not permitted to bypass this process.

Fundraising

The School has established a Fundraising Council to oversee all fundraising initiatives that involve our student body. The council will meet to hear proposals from students for campaigns to be run during the school year and will approve campaigns for designated time periods. All initiatives shall be initiated, led, and executed by students. Faculty advisors for each initiative are encouraged and may be required. Athletic fundraisers are centered on charities only because equipment needs are provided through the athletic budget.

Dealing With A Concern or Problem

At times, as with any human relationship, concerns may arise about situations with a student-athlete and/or Athletic Department policies and coaching decisions. The athlete should first approach the coach to resolve the concerns. Should a resolution not be achieved, we ask that the following guidelines be followed in communicating with the School:

- **Follow the appropriate “Chain of Command”:**
  Coach > Director of Athletics > Principal > Head of School

- **Contact the coach, first!** Discuss the concerns or questions that you may have. Your concern may be addressed with some discussion or clarification with the coach directly involved with your child. It is also a good idea to contact the coach with any information that may be helpful in coaching your child. However, we ask that you follow the chain of command if there are any questions or concerns. We also ask that you approach with the desire to improve the experience, and to refrain from communications that demean or disparage members of the coaching staff or athletes, officials and/or other parents.

- **Engage in subjects that are suitable to discuss with the coaching staff:**
  » Refrain for communications via email, text or phone messages that demean or disparage members of the coaching staff or athletes, officials and parents.
  » Information that may be helpful in coaching your child
  » Discussing your child's situation only. The coach is not permitted to discuss other children with you.
  » Ways to help your child improve
  » The treatment of your child
  » Concerns about your child's behavior

- **Do not engage in subjects that are unsuitable to discuss with the coaching staff:**
  » Playing time
  » Player positioning
  » Team Strategy
  » Other student-athletes

Parents/Guardians Code of Conduct

Parents / guardians / families play a vital role in the development of our student-athletes. Therefore, we believe that parents / guardians / families should:
Be a positive role model through our own words and actions to make sure our children have the best athletic experience possible. Please keep in mind that you are representing the Dwight-Englewood School, the team and the athletic program.

Be a "team parent" not a "my child parent." Being genuinely interested in the team as a whole goes a long way to helping your child enjoy the experience of participation on an athletic team.

Show respect for opposing players, coaches, officials, spectators, and support groups.

Understand the rules of the sport. Both the student and parent should have a good understanding and appreciation for the basic rules of the contest. Knowing the game and playing by the rules is a basic tenet for safe participation in that sport.

Be respectful of officials' decisions.

Set a positive example for other parents, guardians, and families and not instruct students before, during, or after the game. It may conflict with the coach's plans or strategies.

Recognize and show appreciation for outstanding plays by either team.

Take time to talk with coaches in an appropriate manner. Immediately before or following a game is not the appropriate time. Call the coach and make an appointment to discuss your concern.

Be sure to follow the designated chain of command.

Talk about your child during these meetings and not someone else's child.

Practice good sportsmanship always- This is a basic foundation of our athletic program and one that we take quite seriously. Please take some time to discuss this issue with your child. The media has given a great deal of attention lately to the poor conduct of parents/guardians, players, and fans at interscholastic and youth sporting events. Any such conduct by our students, parents, and fans will not be tolerated.

Praise the student-athletes in their attempt to improve themselves as students, athletes and as people.

Understand that the coaches are teachers first and have the student's best interest at heart.

Reinforce the school's drug and alcohol-free policies at all times.

See the big picture! Interscholastic sports are an integral part of the student's educational growth and not just a training ground for intercollegiate and professional athletics. The coach is responsible for ALL of the children on the team and must strive to do what is best for all, while still trying to do what is best for your child. While you may not agree with a particular decision, understanding the larger team picture may be extremely helpful when discussing any concern or problem.

**Athletics and the College Process**

In recent times much has been written and stated about high school athletes and college. Whether attempting to play at the intercollegiate level or simply use the student's participation in athletics to reflect some vital additional information during the application procedure, there is much for parents/guardians, students, coaches, and the college admissions office to discuss and understand before beginning the process. It is generally a good idea to begin talking about the student's plans sometime during their freshman or sophomore year. In truth the very first question that the student and parent must answer is this – Does the student desire to play sports in college? That answer will then dictate the course of events that should take place over the next two years. It is far better to understand the process, time commitment, devotion to the sport, exposure to a higher level of play and achievements necessary to play at the collegiate level at an early time than to be disappointed as a senior.

**Intercollegiate Athletics**

The three levels of intercollegiate athletics are:

**Division I** – These schools give scholarships for athletics and only those athletes who are highly skilled and receive national or state recognition usually receive those scholarships. Generally speaking, Division I coaches usually find these athletes – the athletes do not find them. There are a few levels of Division I – national programs in various sports, such as Duke in men's basketball, Stanford in women's softball, and Notre Dame in football, that would be the highest level of competition. Schools such as Bucknell and Lehigh would be Division I, but with fewer, if any, scholarships to give for athletics. The Ivy League schools offer no athletic scholarships, but do offer grant-in-aid based on financial need. The commitment to a Division I athletic program is full time in scope while at the college and a serious dedication of time, energy, and abilities is the minimum expectation. If the student intends to participate in Division I athletics as freshmen, the NCAA Clearinghouse must certify them as eligible. Students who are serious about competing at the Division I level should contact the College Counseling Office throughout their sophomore year to discuss the recruiting process.
**Division II** – Some scholarships for athletics are available. The level of play is slightly below that of Division I, with the commitment to athletics about the same. If the student intends to participate in either Division II athletics as freshmen, the NCAA Clearinghouse must certify them as eligible. Students who are serious about competing at the Division-II level should contact the College Counseling Office in their Sophomore year to discuss the recruiting process.

**Division III** – NCAA Clearinghouse rules do not apply to division III schools. Many of our student-athletes have gone on to play at the Division III level. All of them would tell any Prospective Division III athlete that the commitment to the sport at the college level is still quite high and the level of competition in many Division III athletic programs could equal or exceed programs at the Division I or Division II levels. Any student seeking to compete at the Division III level should be ready to undertake the rigors of academics and athletics on a more demanding level than that of high school. Students who are serious about competing at the Division III level should contact the College Counseling Office in their sophomore year to discuss the recruiting process.

**Some Final Notes about College Athletics**

There are 351 Division I schools in the country, 282 Division II and 442 Division III schools. Of the one million boys playing high school football in the United States, fewer than 10,000 will play intercollegiate football and only 150 will make it to the NFL. While opportunities continue to grow in women's athletics, available scholarships for both genders can be sometimes misleading. For example, in baseball and softball, a Division I school may offer only eleven scholarships in a four-year period. This means that of the twenty-two players on the team, the coach may have only one or two full scholarship athletes in the program. There may be some partial scholarship players and some with no scholarship at all. Division III does not provide athletic scholarships, but it does provide financial aid and in some situations may provide "Merit" aid to those that they may recruit. However, even on the Division-III level, competition is becoming more intense. It is important that families discuss their options at an early time in the student’s high school career.

Finally, it is noteworthy that the first part of being a student-athlete at any college is the first part of that word: student! Colleges want good students along with good athletes. Participation in athletics at Dwight-Englewood offers our students opportunities for growth outside the classroom that will help them in their college years and throughout life. Colleges and universities respect participation in athletics and the values that participation can bring to a student's life and to their campus, whether in high school or as a collegiate athlete.

Any student or parent with any questions regarding the information in this handbook should contact the Director of Athletics – Chris Schmid at 201-227-3151.