

Scholar-Athlete Handbook



"Give about two [hours] every day to exercise; for health must not be sacrificed to learning. A strong body makes the mind strong."

--Thomas Jefferson to 15-year-old Peter Carr, August 19, 1785

INTRODUCTION

Welcome to John Adams Academy Athletics! We look forward to a great year of participation. We are excited to see competitive play, outstanding sportsmanship, and personal growth for all scholars participating in athletics. Athletics contributes to the positive connection of scholars to their school experience and lifelong enrichment. The athletics program is designed to enhance, not supersede, the American Classical Leadership Education® offered by John Adams Academy.

Participation in athletics is a privilege for John Adams Academy scholars in good academic and behavioral standing. Athletic participation is meant to enhance the educational experience and personal development of the scholars. As coaches and players, we represent John Adams Academy to the community and seek to exemplify the Ten Core Values in our efforts. Our coaches, scholar-athletes, and parents are expected to display exemplary sportsmanship at all times.

ATHLETIC CONTRIBUTION

Athletics at John Adams Academy is a self-funding program that requires substantial resources to operate. We do not receive budget funds to make these programs possible. Your contribution helps offset the costs of facilities, referees, league dues, assignor fees, supplies, and many other necessary expenses our program incurs. In the event that the necessary funds for a particular sport are not raised, that sport may not be offered in a given year.

- We request an Athletic Contribution from all scholars participating in athletics.
- We encourage parents and scholar-athletes to participate in fundraising efforts.

Although your Athletic Contribution is voluntary, it is necessary for the success of our programs. Your supportive contribution will allow our athletic programs to flourish and succeed. Please refer to the Athletics section on the John Adams Academy website for suggested donation amounts for each sport. In addition to each player's voluntary contribution to the team, teams will be asked to fundraise to offset additional costs, such as uniforms, tournament fees, equipment, etc.

Without your help and participation, these programs are not possible...THANK YOU!

Athletics are an important opportunity to enrich our scholars' lives and futures. We strive to offer quality athletic opportunities for your sons and daughters, and we hope you will share our commitment by contributing. It is our sincere hope and desire that this athletic contribution causes no hardship to your family. For this reason, if there is a financial hardship, payment plans and sponsorships are available by contacting your site's Athletic Director. If you'd like to sponsor a scholar, please reach out as well.

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity".

-- John F. Kennedy, "The Soft American." December 26, 1960, Sports Illustrated (Volume 13, Issue 26, pp. 14-17)

REQUIREMENTS

All scholar-athletes must be committed to giving their full effort to every practice, as well as every game/match/meet. This demonstrates respect for your fellow team members and coaches.

Items required for participation in athletics:

1. Athletic Participation Authorization Form
2. Emergency and Health Information Form
3. Athletic Contribution Form for EACH sport
4. *Physical Clearance-NOT the entire physical form, only the clearance page
5. A signed uniform contract

**HIGH SCHOOL scholar-athletes are required by CIF (California Interscholastic Federation) to have a physical examination to participate (This is NOT required for middle school athletes). This is a CIF-mandated rule that will be strictly followed.*

All required forms must be submitted PRIOR to the start of practices.

RESPONSIBILITIES

It is critical to the success of our athletic programs to communicate effectively with one another. Please follow the communication guidelines outlined below.

Coach Responsibilities: It is the coach's responsibility to abide by all John Adams Academy policies, treat scholar-athletes with respect, clearly communicate expectations,

practice, game/match/meet times and locations via direct instructions, a posted schedule, and email. The Coaches Handbook outlines these responsibilities in greater detail.

Our coaches are to follow the CIF guidelines for pursuing victory with honor, found here:

[CIF Coaches Code of Conduct](#)

Scholar-Athlete Responsibilities: It is the scholar-athlete's responsibility to abide by all John Adams Academy policies, demonstrate respect for coaches, officials, and other players, listen to the coach's instructions, review published materials, and discuss any issues or concerns with the coach privately.

Our scholars are to follow the CIF guidelines for pursuing victory with honor, found here:

[CIF Scholar-Athlete Code of Conduct](#)

Parent Responsibilities: Review and be familiar with policies, requirements, and posted schedules. When attending events, all communication to players, coaches, and officials should be of a positive nature. Direct contact with the opposing coach or team is not acceptable. If an athlete is unable to resolve a concern directly with the coach, the parent may contact the coach via phone or email to discuss the issue. It is not appropriate to discuss an issue immediately before or after a game/match/meet. Please wait 24 hours. If you still feel it's important, contact the coach first, then, if needed, the athletic director. Remember that JAA coaches are unpaid volunteers generously donating their time to benefit our scholar-athletes. Our parents are to follow the CIF guidelines for pursuing victory with honor, found here:

[CIF Parent-Guardian Code of Conduct](#)

CONDUCT OF A SCHOLAR-ATHLETE

The conduct of a scholar-athlete needs to be above reproach. Because of the nature of athletics (i.e., practices, games, road trips), much is required of the scholar-athlete in the areas of self-discipline and commitment.

“One of the most important benefits of athletics is that it is a microcosm of life. Competitive athletics provide us with a mirror for our real attitudes. It is interesting

that frequently the same attitudes we show in athletics are those we show in non-athletic activities when situations are similar."
-Wes Neal, The Handbook on Coaching Perfection

ATHLETIC COMPETITIONS

In the area of athletic competition, a scholar-athlete never uses profanity or illegal tactics. A quality athlete should be gracious in defeat and modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in victory or defeat. This will mean there will be no fits of temper, disrespectful behavior, ridicule, etc. When things fail to go as desired in practice or in a competition, or when being replaced in the lineup by a teammate, a scholar-athlete's goal is to have complete self-control at all times and behave with a GREATER THAN SELF mentality.

Officials in a game are there to ensure that both teams play fairly. Officials do not "lose" a game for you. It is an athletic tradition and rule that no one except the appointed captain can talk to the official, and he/she should speak in a tone of respect and only for the purpose of clarifying a rule, not to question their judgment.

Any behavior that violates these guidelines reflects poorly on the school, team, and coaches. Violations of a serious nature may result in suspension and possible expulsion from the team.

TRAVEL

Each scholar-athlete directly represents John Adams Academy, the team, and its coaches both at home and on the road. Athletes are to conduct themselves in a quiet and respectful manner. Following weekday competitions, scholar-athletes are expected to arrive at school on time the next day.

CLASSROOM

A scholar-athlete is to display good citizenship and succeed academically. Time must be carefully planned to provide sufficient energy for studies, ensuring grades are maintained in good standing. At John Adams Academy, athletes must maintain eligibility standards in both academics and citizenship. Failure to meet these standards will result in the scholar-athlete being declared ineligible to participate in athletics. In addition to maintaining eligibility standards, an athlete should give respectful attention

to school and classroom activities and show respect for scholars, staff, faculty, and administrators at all times. If a scholar-athlete is suspended from school, he/she will automatically be suspended from the next athletic contest and may be suspended from additional athletic participation at the individual site's discretion.

PRACTICE

Scholar-athletes are expected to arrive at practice on time and be ready to participate at the coach-specified start time. This demonstrates respect for the time invested by your coach and teammates as well as the resources allocated to make practice and play possible. Scholars must communicate with coaches about missing a practice or a game before the start time of the practice or game. A scholar athlete may sit out for a set amount of time for missing a practice, as determined by the coach (e.g., missing a practice = sit out for one quarter). Practice clothing needs to meet JAA standards, i.e., no short shorts, tank tops, midriffs, etc. Parents will be contacted if a player does not meet the standard of dress.

SCHOOL EQUIPMENT AND UNIFORMS

Scholar-athletes are personally and financially responsible for all equipment and uniforms checked out to them. If lost, misused, or destroyed, scholar-athletes are responsible for the REPLACEMENT COST of the items. Items returned must be the same items that were checked out to the athlete at the beginning of the season. Treat all equipment with the utmost respect. Do not share or abuse the equipment. Failure to return the school's uniform within one week of the final contest will result in a billing for the replacement of any article not returned.

UNIFORM GUIDELINES

- Scholar-athletes must keep the uniform number assigned to them at the beginning of the season. At no time may they change their uniform with a teammate without the coach's permission.
- Uniforms are not to be worn to practice and/or school. (Please wear them ONLY when playing a contest.)

- Scholar-athletes must wash and care for their uniform after each contest.
(Please launder uniforms according to directions on the tag. Wash all uniforms in COLD water and hang to dry when possible.
- At no time may a scholar-athlete alter or change the original shape or form of the uniform.
- Failure to return any part of the assigned uniform, or if the uniform is returned damaged, will result in the full cost of the uniform being charged, or, if required, a cleaning fee will be applied.

TEAM GUIDELINES

A team cannot function as a “TEAM” in the purest sense of the word without several expectations placed on its members. The following expectations are placed on scholar-athletes in an effort to reinforce the “TEAM” concept:

- All scholar-athletes are expected to maintain conduct in accordance with the John Adams Academy Core Values and Policies.
- Sideline and bench conduct is to be consistent with school policy and will be supervised by the coach.
- Scholar-athletes must wear proper practice attire (JAA standards) to participate in practice; otherwise, they will not be allowed to practice.
- If a scholar-athlete is late to practice or does not attend practice for an inexcusable reason (i.e., talking to a friend, forgetting clothes, etc.), he/she may not start in the next athletic event. Leaving practice early without the coach's approval may have the same or more severe consequences.
- If a scholar-athlete quits or is dropped from the team mid-season, he/she will not be eligible for awards that season.

ILLNESS

Scholar-athletes who are ill and/or medically excused from school will also be excused from practice and/or games. The following are the guidelines for illnesses:

- If a scholar-athlete misses more than half, or up to an entire school day, for illness, he/she may attend practice but will not be allowed to participate in practice. He/she may not participate in a game on that day.
- If a scholar-athlete goes home ill during the day, he/she should attempt to contact their coach and/or inform them of the situation.
- A scholar-athlete who is home ill should contact the coach as early as possible, preferably on a practice or game day, so that the coach can adjust the lineup.

ABSENCES

When a scholar-athlete is required by their parents to be absent for a family function, the absence will be accepted as prearranged and will not count against their practice and/or game attendance. When the athlete returns, they are not guaranteed their previous position on the team (i.e., starting position). Other pre-arranged absences will be considered on an individual basis.

Scholar-athletes should make every effort to schedule non-emergency medical or dental appointments so that they do not conflict with practices or games. If an appointment conflicts with a practice or game, the coach must be notified in advance. If this notification is not received, the athlete may be considered unexcused and therefore may not be allowed to practice or participate in a game. Suppose the athlete has a medical appointment in the morning or afternoon. In that case, he/she must come to school and endeavor to attend more than half of the school day on the day of the game or practice, and must have a written note from his/her doctor or parent in order to play or practice that day. Scholar-athletes who miss more than half of the school day for dental, medical, or other non-emergency appointments will not be allowed to practice or play in a game that day.

LETTERING

Scholar-Athletes who have competed, in good standing, for an entire high school varsity season will be eligible for a varsity letter and a patch for the sport they participated in. Each additional season of any one sport will qualify the scholar to receive a bar for that sport.

Varsity letter distribution will be at the discretion of the Coach and/or Athletic director. To place an order for a letterman jacket, a contract must be signed with the Academy's athletic director.

ACADEMIC ELIGIBILITY

Grade checks will be conducted on a frequency to be determined by each site administration, but shall at a minimum be performed at least once each quarter. Please refer to your specific JAA school athletic department for the specific details that determine a scholar's academic eligibility. Based on the grade check, a scholar will be ineligible under any of the following circumstances:

- Any grade below a "C-" in any course.
- Unsatisfactory citizenship or behavior report at the grade check.
- Individual site administrators will determine whether behavior is disqualifying.

A scholar who does not pass a grade check will be ineligible to participate in the sport until they meet the minimum requirements of eligibility, unless the scholar has been placed on probation.

PROBATION

If a scholar does not meet the grade check requirement at the time grades are checked, they may be placed on probation for a period of time. The individual site administration will determine the probation period based on the specific site's grade check frequency. A scholar may be granted one probation period per season of sport. Being placed on probation allows the scholar to continue participating in the current sport, even though they have not met the eligibility requirements stated above, to improve their grades. A grade check will be performed again at the end of the probationary period. Once a scholar fails a second grade check in a season, they will be ineligible for the remainder of the season.

REINSTATEMENT

In order to be reinstated, the scholar's grades shall be reviewed. The scholar must be receiving at least a 70 percent ("C-" or better) academic score in each class and a satisfactory ("S") citizenship report in each class (a citizenship reporting component is a campus-based decision). If a scholar's academic or citizenship status does not meet the

reinstatement standard, their progress will continue to be monitored periodically to determine eligibility and the possibility of reinstatement. The scholar will remain ineligible until the standards are met.

CONCLUSION

Athletics provide an excellent opportunity for scholars to learn life lessons about success, failure, teamwork, and discipline. Studies indicate that participation in athletics leads to higher self-esteem and improved academic achievement. We encourage scholars to participate in the sports that are offered at John Adams Academy.

On occasion, extenuating circumstances may necessitate consideration of policies or procedures outlined in this Handbook. The school administration will make the final decision on implementing policies and procedures in cases of extenuating circumstances.

John Adams Academy reserves the right to change any policy or procedure of the school at any time, when, in the sole discretion of the school, it determines that such change is in the best interest of the school or the scholars; changes will be communicated to all families.