

Athletic Handbook



INSPIRED LEARNING.
MASTERFUL TEACHING.

THE COLORADO SPRINGS SCHOOL
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Dear Athletes, Parents, and Coaches:

Welcome to Kodiak athletics at The Colorado Springs School, a place where young people are encouraged to reach their potential both on the playing fields and in the classroom. Participation in sports offers opportunities for personal growth in character, leadership, and improved overall mental and physical fitness. Our athletes prepare, plan, and play to win, but winning is not our purpose. Our ultimate goal is to ensure that the athletes have a positive experience while implementing challenges to help them to reach their fullest potential.

This Athletics Handbook will provide guidelines, philosophies, expectations, and general information for athletes, parents, and coaches on all levels. The Kodiak athletic program is successful due to dedicated athletes, supportive parents and faculty, and committed coaches who are instrumental in the development of our young people. When these three tenets work together, potential is fulfilled and the experience is rewarding for all involved.

CSS is a member of the Colorado High School Activities Association (CHSAA), and our competitive athletics are governed by the following organizations. For high school sports we compete in either the Black Forest League or Tri-Peaks League, depending on the sport, and our middle school teams now compete in the Central Colorado Athletic League (CCAL).

If you have any questions or comments, please feel free to call (719) 434-3580 or email me at vvaughan@css.org.

Go Kodiaks,

Vicki Vaughan, Athletic Director

We advance:

- Academic achievement
- Character development
 - Sportsmanship
- Disciplined work ethic
 - Responsibility
 - Perseverance
 - Personal integrity
- Commitment to team
 - Teamwork
 - Leadership
- Winning programs
- Development of athletic skills
 - Open communication
 - Tolerance
 - Altruism
- Conflict resolution
 - School spirit
- A healthy and active lifestyle

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Upper School Athletic Program Philosophy

The Upper School program fosters involvement and enjoyment of interscholastic competition. The various sports emphasize development of high-level skills and strategies, teamwork, leadership, sportsmanship, and school spirit. These programs seek to motivate and challenge athletes, while at the same time, balancing those challenges with support, encouragement, a sense of belonging, and individual and team accomplishments. Athletic involvement helps students grow emotionally, mentally, and physically. At the junior varsity level, participation and development of fundamentals will be emphasized, with the goal to play at the varsity level. At the varsity level, more emphasis will be placed on winning, while maintaining personal, team, and school integrity as the essential priority.

Middle School Athletic Program Philosophy

The Middle School program combines the building of skills, techniques, fundamentals, and conditioning with competitive, participatory interscholastic contests. Middle School athletes, over the course of a season, have opportunities to perform in contests. Not only is sportsmanship, enjoyment of the sport, teamwork, development of leadership skills, and responsibility emphasized, but also development of the athlete to compete successfully at the Upper School level for CSS. At the “B” team level, participation and development of fundamentals is emphasized. At the “A” team level, more emphasis is placed on winning, while maintaining personal, team, and school integrity as the essential priority. In conjunction with health and wellness initiatives, Middle School students will be required to participate in one school sport per year.

Children’s School Athletic Program Philosophy

Competitive athletics with teams from other schools begins in the 5th grade where emphasis is placed on skill development and enjoyment of the sport. Teamwork and sportsmanship are paramount, and all players will participate in games. It is our hope that this opportunity will help with the fifth graders’ transition to Middle School sports and academics the following year.

Requirements for Participation of all Athletes

1. A student must have on file a current physical examination issued by a licensed practitioner. Note that physical exams are only current for one year.
2. A parent must sign a “Liability Release for Curricular and Extracurricular Activities” form which can be found on Renweb>Web Forms>Required Forms and Releases.
3. A parent must sign a “Release for Medical Care” form which can also be found on Renweb>Web Forms>Required Forms and Releases.
4. With the increase in head injuries, CSS recommends but does not require the completion of a baseline test for all athletes 7-12 grade. This test is performed once in an athlete’s career and can expedite the recovery process in the case of a concussion.

Interscholastic Sports

Presently, the athletic program provides opportunities for students to participate at various levels of competition in the following sports:

Upper School	Middle School	5th Grade
FALL	FALL	FALL
Girls Volleyball	Girls Volleyball	Girls Volleyball
Boys Cross Country	Boys Cross Country	Boys Cross Country
Girls Cross Country	Girls Cross Country	Girls Cross Country
Boys Soccer	Boys Soccer	Boys Soccer
Boys Tennis		
Girls/Boys Mt. Biking	Girls/Boys Mt. Biking	Girls/Boys Mt. Biking**
WINTER	WINTER	WINTER
Girls Basketball	Girls Basketball	Girls Basketball
Boys Basketball	Boys Basketball	Boys Basketball
Girls Swimming *		
SPRING	SPRING	SPRING
Girls Soccer	Girls Soccer	Girls Soccer
Girls Tennis	Boys Lacrosse	Boys Lacrosse*
Boys Volleyball		

* Co-operative sport with Fountain Valley School

**Note: Due to the physicality of lacrosse and mountain biking, some level of experience is required for 5th graders.

The Colorado Springs Upper School Guidelines for Athletics

1. A student must be currently enrolled in the equivalent of five 45-minute classes. A class of one hour and thirty minutes in length is equivalent to two classes. One of those classes may also be the sport they are participating in that season at CSS.
2. If a student is failing one class, or has two D's, he/she will participate in athletics at the discretion of the Athletic Director and/or the Upper School Division Lead.
3. If, at the end of a semester, a student is failing two classes, he/she will be allowed to practice with the team at the discretion of the Academic Dean, but would not be eligible to compete in any contests for one term.
4. Students must abide by the rules presented in the CSS Athletic Handbook or face disciplinary action determined by the administration or coaches. Further, the dress code for athletes must be observed.
5. A student is expected to be at all practices and games unless he/she has arranged the absence (for academic, medical, or familial reasons) with the coach 24 hours ahead of time.
6. A missed practice may result in loss of playing time during games or no playing time at all in a game.
7. A student may ride home with his/her parents after an "AWAY" game. A student must let the coach know he/she is riding home with his/her parent(s). If a student is riding home with someone else's parents, he/she needs to bring a note from the passenger's parents stating the arrangements and their permission.
8. Students are encouraged to do their homework while other contests are being played prior to and after their game, but it should be understood that coaches might have their players do some mental preparation as part of their pre-game warm-up.
9. Unless the coaches or team parents have made food arrangements, a student should bring food to take care of their nutritional needs on game days.

The Colorado Springs Middle School Guidelines for Athletics

1. Normally, practices are immediately after school from 3:30 until 5:00 p.m. Limited gym space may require some teams to practice in the morning prior to school.
2. If a student has two D's or one F, the parents will be informed of academic concerns and it is up to the parents to determine whether it is best for their student to play in games.
3. Assigned academic Homework Halls after school take precedence over practices and games unless approved by the Middle School Division Lead.
4. A student is expected to be at all practices and games unless he/she has arranged the absence (for academic, medical, or familial reasons) with the coach 24 hours ahead of time.

5. An unexcused absence will result in loss of playing time or no playing time at all in game(s) following the missed practice.
6. A student may ride home with his/her parents after an "Away" game. A student must let the coach know he/she is riding home with his/her parents. If a student is riding home with someone else's parents, he/she must bring a note from the passenger's parents stating the arrangements and their permission.
7. Students are encouraged to do their homework while other games are being played prior to and after their game.
8. Unless coaches or team parents have made food arrangements, a student should bring food or money to take care of their nutritional needs.

The Colorado Springs Children's School Guidelines for Athletics

1. Normally, practices are immediately after school from 3:30 until 5:00 p.m. Lack of gym space may require some teams to practice in the morning prior to school.
2. A student is expected to be at all practices and games unless he/she has arranged the absence (for academic, medical, or familial reasons) with the coach 24 hours ahead of time.
3. An unexcused absence will result in loss of playing time or no playing time at all in game(s) following the missed practice.
4. A student may ride home with his/her parents after an "Away" game. A student must let the coach know he/she is riding home with his/her parents. If a student is riding home with someone else's parents, he/she must bring a note from the passenger's parents stating the arrangements and their permission.
5. Students are encouraged to do their homework while other games are being played prior to and after their game.
6. Unless coaches, parents or team parents have made food arrangements, a student should bring food or money to take care of their nutritional needs.

Team Parent Guidelines

Each team of every sport will have a maximum of two TEAM PARENTS selected by the Athletic Director/Coach to assist that team's coach.

The responsibilities of the TEAM PARENT are as follows:

1. Coordinate drink/snack schedules for post games or pre games.
2. Coordinate with the Head Coach end of season activities for team to include awards, gifts and team party.
3. Coordinate with the Head Coach and Athletic Director, any purchases of team sweats, warm

ups, and shirts for the team. Through “Jammin”, who runs the CSS web spirit store, many apparel items can be ordered in bulk for the teams. Apparel design must be approved by the Athletic Director and Director of Communications.

4. Any decorations by team parents in El Pomar or the Trianon must be approved by the appropriate Division Lead.

Responsibilities of the Kodiak Student-Athlete

Being a member of The Colorado Springs School Athletic Program is the fulfillment of an early ambition for many students. The attainment of the goal carries with it certain traditions and responsibilities that must be maintained. Building an athletic tradition that students, parents, and staff can be proud of takes hard work on the part of all involved over many years. It is now your role to contribute to maintaining and improving this program.

1. **Responsibilities to self:** The most important of these responsibilities is to broaden the self and develop strength of character. There are many important character traits that can be developed through participation in athletics, and many life lessons to be learned as you compete. A Kodiak strives to gain the greatest possible outcome from the school experiences, whether in academics, other extracurricular activities, or in sports.
2. **Responsibilities to school:** Another responsibility involves representing the school in a positive manner whether on or off campus. Simply by playing hard and fair, a Kodiak positively enhances the reputation of CSS. Kodiaks often assume leadership roles among their teammates, student body, and even the larger community of peers, and the school’s reputation can be positively or negatively impacted by the choices and actions of one athlete. A Kodiak understands how one’s actions can impact others and strives for personal bests in all facets of life.
3. **Responsibilities to coaches:** A Kodiak understands that many extra hours of time and effort go into the planning and orchestrating an athletic team, and he or she is considerate and respectful of all coaches. Being timely to practices and games, directly communicating with coaches, and respecting property and equipment are all traits of a Kodiak.
4. **Responsibilities to teammates and others:** A Kodiak is respectful of teammates and has an understanding that his or her actions impact the team. A Kodiak serves as a role model for the younger athletes on campus, and understands that actions speak louder than words. Being a Kodiak means standing up for a culture of kindness and fairness, respecting opponents and officials, and setting a good example for others to follow.

Student-Athlete Training Rules and Regulations

Student athletes of CSS shall not possess, use, sell, give, or otherwise transmit, or be under the influence of any drug, or counterfeit drug, the possession of which is prohibited by law. This includes narcotic or hallucinogenic drugs, alcohol, amphetamines, steroids, cocaine or intoxicants

of any kind. The use or possession of any tobacco product is also prohibited. This applies on or off campus at any time that a student-athlete is under an enrollment contract with The Colorado Springs School.

Kodiak Athlete's Code of Ethics

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Display good sportsmanship, and exhibit fair play and proper conduct on and off the playing field.
3. Make smart choices and refrain from using any chemical substances such as alcohol, tobacco, and illegal drugs, or misusing over-the-counter or prescription drugs.
4. Show respect for teammates, opponents, officials and coaches.
5. Respect the integrity and judgment of game officials.
6. Refrain from the use of bullying tactics, profanity, vulgarity, or other offensive language or gestures.
7. Return all athletic equipment clean and on time. The athlete is held responsible for lost, stolen or damaged equipment. A late fee will be assessed on items returned past the published deadline, and a replacement fee will be assessed for all items not returned.
8. Attend all scheduled practices and games. In the event of an emergency situation prohibiting attendance, I will communicate this information to my coach in the manner prescribed. I understand that failure to attend a practice may result in reduced game playing time.
9. Notify the coach when transportation will be provided by parents to or from a game.
10. Attend school for one half-day as a requirement for participation in the game that same day.
11. Follow all school disciplinary rules as described in the Athletic Handbook.
12. Win with character; lose with dignity.

Violation of Training Rules

Students are subject to all school disciplinary rules as described in the Athletic Handbook. Athletes who violate these rules will meet with the Athletic Director and Head Coach for disciplinary action after each offense. CSS Athletics does not tolerate violation of these rules.

Grievance Policy

When issues arise, the following can be contacted by the student or parent:

1. Coach
2. Athletic Director
3. Division Lead
4. Academic Dean
5. Head of School

You are not required to directly confront any persons who are the source of your grievance or closely associated with the person who is the source of such grievance. Instead, you may utilize any of the other various avenues of internal complaint. You are required to make a reasonable effort to bring forward any grievances or concerns so that CSS may take prompt action to address the grievance or concerns, stop wrongdoing and prevent future occurrences.

CSS will make every effort to ensure that those named in a grievance, or are too closely associated with those involved in the grievance, will not be part of the investigative team or efforts.

CSS may utilize a neutral third-party investigator to address grievances or allegations of misconduct.

Please reference the U.S. Center for SafeSport at www.safesport.org for more information regarding the prevention, identification and resolution of misconduct in sport, such as sexual misconduct, bullying, emotional abuse, hazing, physical misconduct and harassment.

Kodiak Coaches' Code of Ethics

Coaches are often the most important mentor in a young athlete's life, and the impact a coach makes can either be monumental or detrimental. Being a coach in today's world demands professionalism in all facets, and the personal growth and advancement of the student-athlete must be a priority.

The COACH must be aware that he/she has a tremendous influence, either good or bad, in the education of the student-athlete, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The COACH must constantly uphold the honor and dignity of the profession, CSS, and himself/herself. In all personal contact with the student-athlete, parents, officials, CSS staff and administrators, CHSAA, the media, and the public, the coach shall strive to set an example of the

highest ethical conduct. Whenever approached by the media or public regarding a specific school or program incident, the coach should always defer to the Head of School.

The COACH shall take an active role in the prevention of drug, alcohol and tobacco abuse, and should, under no circumstance, authorize their use.

The COACH shall promote and support the entire interscholastic program of the school and direct his/her program in harmony with the total school program.

The COACH shall be thoroughly acquainted with the game rules and is responsible for their interpretation to team members. The coach shall not try to seek an advantage by circumvention of the spirit of the rules.

The COACH shall actively use his/her influence to enhance sportsmanship by the players and spectators, closely working with the Athletic Director when necessary.

The COACH shall give support and respect to the contest officials, and shall not indulge in conduct that will incite players or spectators against officials.

The COACH shall, before and after contests, exchange respectful greetings with the opposing coach to set the correct tone for the event.

Responsibilities of Head Coaches

The HEAD COACH will communicate expectations of the program to assistant coaches, athletes, parents, and the Athletic Director.

The HEAD COACH will develop, build and maintain a quality program in the sport of which she/he is in charge.

The HEAD COACH is responsible for directing and evaluating assistant coaches in their duties and responsibilities.

The HEAD COACH is responsible for the instruction and development of the coaching skill levels for JV and MS coaches in order to ensure the continuity of a quality program.

The HEAD COACH will strive to grow and develop professionally by updating skills and techniques, and by attending clinics, camps, and professional workshops.

The HEAD COACH will notify the Athletic Director of any situation or conflict that occurs that requires discipline on any level.

The HEAD COACH will provide appropriate information/stats to participating media outlets, including newspapers, MaxPreps, and CSS communications.

The HEAD COACH will play an active role in the recruiting process for any athlete who is both invested and qualified to play at the next level.

Protocol of US Coaching Staff

Pre-Season:

1. Meet with the Athletic Director and sign contract
2. Complete background check and business paperwork
3. Send Athletic Director an updated coaching bio
4. Meet with team, coaching staff, and designated captains
5. Attend CSS coaches' meeting at beginning of school year
6. Complete van driving test
7. Complete NFHS concussion test
8. Complete CHSAA coaching test (head coaches only)
9. Complete CPR & First Aid courses (every other year)
10. Hold an informative parents' meeting before the first game
 - a. introduce staff
 - b. discuss philosophy
 - c. distribute schedule/game calendars
 - d. assign a team parent
11. Submit team roster to Athletic Director the first week of the season
12. Organize team practice gear orders with approved vendors and bill parents
13. Distribute uniforms

Season:

1. Organize practices that are engaging and motivational
2. Collaborate with yearbook to arrange a team photo
3. Determine team captains and review expectations
4. Recruit a team manager to assist with stats, practices, videotaping, etc.
5. Organize and manage game statistics
6. Report scores to media outlets (Maxpreps)
7. Regularly report final scores to Kodiaks website via the Varsity News Network app
8. Regularly correspond with team / parents through VVN app (team accomplishments, schedule changes, etc.)
9. Transport players to games in school vans (pack medical forms & kits)
10. Arrange player conferences at least once a season
11. Video tape games when available and distribute footage to team
12. Identify college prospects and assist with recruiting strategies
13. Oversee the physical health of student-athletes and redirect to a physician when further care is warranted
14. Delegate a team parent to organize meals/snacks for away games/contests

Post-Season:

1. Collect uniforms and complete inventory
2. Store all equipment properly
3. Compile season stats and distribute to team
4. Submit awards to Athletic Director one week prior to banquet
5. Arrange an awards banquet within 2-3 weeks of season's end
6. Coordinate an off-season schedule and staff it throughout the summer
7. Attend post-season conference meetings
8. Meet with Athletic Director to review season and player surveys

Protocol of MS Coaching Staff**Pre-Season:**

1. Meet with the Athletic Director and sign contract
2. Complete background check and business paperwork
3. Send Athletic Director an updated coaching bio
4. Meet with team, coaching staff, and designated captains
5. Attend CSS coaches' meeting at beginning of school year
6. Complete van driving test
7. Complete NFHS concussion test
8. Complete CPR & First Aid courses (every other year)
9. Hold an informative parents' meeting before the first game
 - a. introduce staff
 - b. discuss philosophy
 - c. distribute schedule/game calendars
 - d. assign a team parent
10. Submit a team roster to Athletic Director the first week of the season
11. Organize team practice gear orders with approved vendors and bill parents
12. Distribute uniforms

Season:

1. Organize practices that are engaging and motivational
2. Collaborate with yearbook to arrange a team photo
3. Determine team captains and review expectations
4. Organize and manage game statistics
5. Recruit a team manager to assist with stats, videotaping, etc.
6. Regularly report final scores to Kodiaks website via the Varsity News Network app
7. Regularly correspond with team / parents through VNN app (team accomplishments, schedule changes, etc.)
8. Transport players to games in school vans (pack medical forms & kits)
9. Oversee physical health of student-athletes and redirect to a physician when necessary
10. Delegate with team parent for organizing meals/snacks for away games/contests

Post-Season:

1. Collect uniforms and complete inventory
2. Store all equipment properly
3. Compile season stats and distribute to team
4. Submit awards to Athletic Director one week prior to banquet
5. Arrange an awards banquet within 2-3 weeks of season's end
6. Meet with the Athletic Director to review season

Athletic Awards

Varsity Letter Requirements: The varsity award letter shall be presented to an athlete who satisfies the recommended participation requirements as listed below, completes all team obligations (i.e. finishes the season in good standing), and receives the recommendation of the coach. (The coach may recommend to the Athletic Director a waiver of these requirements under unusual circumstances).

To earn a varsity letter, the Kodiak athlete needs to participate in at least 50% of varsity games, matches, or meets. This is measured on actual appearances rather than amount of time played.

First Year: CSS Letter with specific pin signifying sport. Should the athlete letter in more than one sport, he/she will not receive another CSS Letter.

Second/Third/Fourth Year: Gold service bar each year to add to the original pins.

Awards: In order to simplify the process, both MS and US programs will follow this format for end-of-season awards.

1. Most Valuable Player
2. Most Improved Player
3. Coaches' Kodiak Award
4. Award at the discretion of the coach (if needed)

Special Awards: At the end of each school year, a female and male athlete will be chosen by the Director of Athletics, coaches, and faculty as the Athletes of the Year. Typically this is awarded to Kodiaks who participate in three sports for CSS, but not always.

On some occasions, a Kodiak will distinguish him or herself from the others as an exceptional leader, role model, hard worker, and good sport with a positive attitude. The Heart of the Kodiak will be selected and awarded during these timely occasions.

1. Female Athlete of the Year
2. Male Athlete of the Year
3. Kodiak Scholar Award (varsity athlete with highest GPA)
4. Heart of the Kodiak Award (occasional)

Captains' Expectations

1. Captains will lead by example in practice. Captains will be the hardest workers in drills and games. Captains will also be punctual, prepared, and consistently present at practices.
2. Captains will be diligent in their academic work.
3. Captains will exhibit a high level of sportsmanship in practice and games.
4. Captains will be model citizens in the CSS community and beyond.
5. Captains will motivate their peers to excel in practice, at games, and in the classroom.
6. Captains will be an extension of the coach in practice, at games, and in the classroom.
7. Captains will participate in conversations with the coaching staff about the needs of the team.

Suggestions for Developing Leadership

1. Captains may lead daily warm-up and stretching routines.
2. Captains may run basic drills under the supervision of the coach.
3. Coaches may talk with captains about what it means to be a leader, how to motivate positively, and how to help set the tone for practices and contests.
4. Captains may help to plan and run team get-togethers outside of school.
5. Captains may help to coordinate the end-of-season awards party.
6. Captains may be included in conversations regarding team policies and decisions.

These expectations and responsibilities can be modified by the coaching staffs of the various sports depending on the maturity of the players, their age, and the preferences of the coaches.

The coaches will hold the captains to a higher standard and will make their expectations clear from the first day of practice. They will also communicate to the team that the captains do have real authority and will be backed by the coaches if a player treats them with disrespect or disregards their encouragement or correction. (This, of course, is assuming that the captains have not abused their positions.) The coaches will hold regular meetings with their captains to follow up about their performance and provide constructive feedback as to how their leadership skills can be further enhanced.

If a captain does not take the above expectations seriously, he or she will be removed from his or her position of authority by the coaching staff.

Captains will be appointed by the coach. Feedback from the team, in the form of a vote, may be taken into consideration by the coach before the appointment is made. Before the vote, some coaches may prefer to ask the captains to present their leadership strengths to the team.

NCAA Athletic Scholarship Signings for Student-Athletes

CSS will adhere to the three designated NCAA signing days on the year's calendar. All athletes signing letters of intent will be invited to participate in a signing day photo opportunity. The Communication Office will take photos and interview involved parties in order to share a press release with media. The athlete is encouraged to invite family, friends, and coaches to the event and to wear a t-shirt or sweatshirt of the college they will attend. The athlete should also bring their NCAA signing paperwork. Faculty and staff will be notified and invited to attend.

Signing Event Protocol:

- *Athlete will be seated at the CSS table while surrounded by coaches, administration, parents and teammates.
- *CSS Administration (Athletic Director, Head of School or Director of Communication) will welcome guests and friends.
- *Coaches will be asked to say a few words regarding the player.
- *Ceremonial photos will be taken.
- *Player may thank everyone for coming and showing support over the years.
- *If media is present, time will be allowed for athletes or coaches to be interviewed. CSS can never guarantee that media will attend or cover any events.
- *A follow-up photo and summary will be shared with media as well as posted in ROAR and/or on social media.

State Play-offs

As Upper School varsity teams advance in the playoffs, the Booster Club will support them in terms of hotels, meals, t-shirts etc. depending on available funds at that time.

Expectations

Athletes Expectations of Coaches

1. Coaches who make it fun
2. Coaches who lead and motivate players to bring out the best in themselves
3. Coaches who respect their players and model the behaviors they expect
4. Coaches who communicate on a regular basis regarding practices, games, etc.
5. Coaches who teach fundamentals, strategies, game and practice preparation

6. Coaches who are supportive, fair, and good listeners
7. Coaches who care about them beyond the sport
8. Coaches who help make the season rewarding and fulfilling regardless of wins
9. Coaches who clearly communicate what is needed for an athlete to improve
10. Coaches who are professional in all aspects of the job

Parents Expectations of Coaches

1. Parents expect communication regarding schedules, directions to games, rules, concerns about their son/daughter, needs, arrival times from games etc.
2. Parents expect a safe environment
3. Parents expect a coach to be prepared for practices and games
4. Parents expect an adult to be there when they arrive to pick up their athlete
5. Parents expect a coach to promote good sportsmanship and to develop healthy relationships between players
6. Parents expect a coach to be positive and helpful with fostering growth and confidence
7. Parents expect a coach to use good judgement when discipline is required
8. Parents expect a coach to exhibit professionalism in all aspects of the job
9. Parents expect a coach to emphasize life lessons through the realm of coaching
10. Parents expect a coach to help their child to reach his or her fullest potential

Coaches Expectations of Players

1. Coaches expect players to be committed for the season
2. Coaches expect players to represent CSS with class, both on and off campus
3. Coaches expect players to be punctual for all practices, games and meetings
4. Coaches expect players to keep their grades up
5. Coaches expect players to be coachable, respectful, and good sports to opponents
6. Coaches expect players to work on their overall fitness and skill work out of season
7. Coaches expect players to directly address the coach if there is a problem
8. Coaches expect players to communicate prior to an absence of any sort
9. Coaches expect players to seize the opportunity for growth and to work hard
10. Coaches expect the players to trust the coach's experience, knowledge of the game, and the ability to make decisions in the best interest of the team

Coaches Expectations of Parents

1. Coaches expect parents to transport their athletes to practices and games on time
2. Coaches expect parents to exercise good sportsmanship at all events
3. Coaches expect parents to leave strategic coaching decisions up to the coach
4. Coaches expect parents to encourage their children to talk to the coach first
5. Coaches expect concerned parents to set up an appointment
6. Coaches expect parents to understand that coaches sometimes make mistakes
7. Coaches expect parents to support the team in various ways, like keeping the scorebook or clock, or serving as a team parent
8. Coaches expect parents to adequately provide needed equipment, such as appropriate shoes, practice gear, water bottles, etc.

9. Coaches expect parents to communicate with them regarding any recruitment possibilities for the athlete
10. Coaches expect parents to serve as ambassadors of CSS in a positive and justified manner

20 Benefits of Athletic Participation

1. Learn individual and team goal setting
2. Learn teamwork skills
3. Learn to sacrifice for the good of the whole
4. Develop self-discipline
5. Learn to persist
6. Learn to deal with losses and wins in a positive way
7. Develop positive attitudes
8. Learn the correlation between the mind and body
9. Learn to cope with pressure
10. Learn to get along with and work together with those you may not like
11. Learn how to prepare mentally and physically for practice and games
12. Develop time management skills
13. Learn to stretch personal limits and reach potential
14. Develop close relationships
15. Learn to finish and not quit
16. Develop leadership skills
17. Develop healthy ways of dealing with stress
18. Build and maintain physical conditioning
19. Learn to accept appropriate constructive criticism
20. Learn what it means to have grit