

Providence School  
Stallion Athletic  
Handbook  
Rules and Regulations

Student Athlete: \_\_\_\_\_

Dear Parents and Students,

I encourage you to review the contents of this handbook. In doing so, I hope you will realize that the opportunity to participate on a Providence School athletic team is a privilege, as well as a responsibility, and not an entitlement.

Our athletic program, I am proud to say, provide a healthy counterpoint to professional and even collegiate athletic programs today. While too many students are misled to think that material gain and excesses are the ultimate rewards of excellence in athletics. I hope our students at Providence School will come to realize a higher good – the intrinsic value of sports: camaraderie, self discipline, team work, and selflessness, to name only a few values we hope our programs impart to schools athletes. Our athletic programs have enjoyed unparalleled success in the Jacksonville area and the state, but we take greater pride, frankly, in how our athletes support themselves, how honorably they win or lose, and how respectful they are of their opponent's efforts no matter what the outcome of a contest.

Our coaches are most effective when they enjoy the support and confidence of athletes and their parents. We make this simple request of our student and parents, that you respect and appreciate your coaches. We are appreciative; too, of the support Providence School families have provided our athletic programs and of their embracing our school's aim to advance what are most important about a Providence School education – The moral development and Christian integrity of our students.

### Athletic Philosophy

The Athletic program serves to reinforce Providence school's philosophy that sound moral and spiritual values define the individual in a more significant way than academic achievement alone, and thus the athletic programs provide an integral part of the school's overall educational experience. Its purpose is to contribute to the physical, mental, social, and emotional well being of every student in a manner consistent with the schools overall philosophy and objectives.

The athletic program strives to enhance each students overall educational experience; by proving spirited competitions at multiple levels by developing sportsmanship, physical fitness, and physical abilities, self discipline and self-confidence; encouraging initiative, leadership, and teamwork; and by giving each student the opportunity to learn to handle the pressure of competition and deal positively with both success and failure.

The athletic department strives to provide each participant with opportunities to perform at the highest level possible for that participant. At the same time, it is the athletic department's mission to provide all students the opportunity to participate actively in team and individual sports at a variety of levels in ways that encourage and foster accountability, self confidence, self reliance, compassion, sportsmanship, leadership skills, camaraderie, and the ability to perform under pressure.

In the final analysis, the win / loses record of the various teams does not matter most; rather, the development and character of each student athlete form the foundation for a vigorous and vital athletic program.

## Athletic Offerings

### Fall

#### Boys

Varsity Football  
JV Football  
Varsity Cross Country  
Varsity Swimming  
Varsity Golf

#### Girls

Varsity Volleyball  
JV Volleyball  
MS Volleyball  
Varsity Cross Country  
Varsity Swimming  
Varsity Golf  
Varsity Cheerleading  
JV Cheerleading  
MS Cheerleading

### Winter

#### Boys

Varsity Basketball  
JV Basketball  
MS Basketball  
Varsity Soccer  
MS Soccer  
Wrestling

#### Girls

Varsity Basketball  
JV Basketball  
MS Basketball  
Varsity Soccer  
MS Soccer  
Varsity Cheerleading  
JV Cheerleading  
MS Cheerleading

### Spring

#### Boys

Varsity Baseball  
JV Baseball  
MS Baseball  
Varsity Tennis  
Varsity Track & Field  
Weightlifting

#### Girls

Varsity Softball  
JV Softball  
MS Softball  
Varsity Tennis  
Varsity Track & Field

## 1) Athletic Physicals

In order to participate in athletics, students MUST turn in a completed Sports Form:  
Notification of Risk / Medical Verification  
Pre-participation Medical Release form

- The forms are available on our web-site at: [www.prov.org](http://www.prov.org)

No student may begin any phase of the athletic program (try-outs, practices, or other activities) without these forms.

A new physical must be completed for each school year, and it will be kept on file in the athletic office.

## 2) Pre-season Orientation Meeting

At the beginning of each season, a meeting will be held at Providence School for Coaches and athletic administrators to convey essential information to parents and students about participating in sports.

## 3) Selection and Participation

Try-outs will be conducted at the beginning of each season with the understanding that coaches may have to limit the number of players on a team. During the course of the year, however, we have sports available that does not limit the size of its roster so that all interested students can participate in a sport. The following guidelines help to differentiate among the levels of interscholastic competition.

### Varsity

- 1) At the Varsity level, the commitment is to field the best possible teams.
- 2) Varsity selection is earned based on skill and maturity of individual players. Younger athletes will be chosen if it is determined that they will experience valuable playing time and contribute to the success of the team.
- 3) Playing time at the Varsity level, is determined by coaching decisions made during practice and while contests are in progress.

### Junior Varsity

- 1) Junior Varsity teams should be considered the transitional level between middle school and varsity teams.
- 2) Junior Varsity teams are comprised of students in grades 6-11. Younger players will be selected for junior varsity teams if it is deemed that their ability and maturity warrant participation at this level.
- 3) While coaches will make every effort to give all JV team members playing time; it is not guaranteed.

### Middle School

- 1) Middle School teams are comprised of 6<sup>th</sup> – 8<sup>th</sup> grade students.
- 2) Middle School teams are considered introductory, and efforts will be made to include all who wish to participate, with reasonable limits of practicality.
- 3) Athletes exhibiting the appropriate attendance attitude, and work habits can expect to participate in contest, within reasonable limits of practicality.
- 4) Middle School teams are members of the IMSC (Independent Middle School Conference) with tournaments at the end of each season.

#### 4) Safety and Athletic Training

The Athletic Department strives to provide students a safe and enjoyable environment in which to participate. Consequently, coaches and administrative personnel strive to reduce potential safety hazards. It is vital to understand that participation in athletics involves inherent risk. Coaches and Administrative personnel will endeavor to act in a prudent manner in order to prevent foreseeable accidents and injuries.

Providence School is fortunate to have Heartland Rehabilitation Services as athletic trainers who work directly with the coaches and athletes. The training room is well equipped and accessible to all students any injury to an athlete should be reported immediately to the trainer, who will work in conjunction with any physician or physical therapist.

#### 5) Sportsmanship

Providence School has a tradition of excellence in its interscholastic athletic program, but the concepts of sportsmanship and fair play far outweigh the excitement of success and the joy of victory. Good sportsmanship is expected daily in the gym, the locker room and in the stands; whether in a practice session or in the middle of a heated contest. Opposing teams, their fans and officials will be treated as honored guests when they visit Providence School. When Providence School teams and their fans travel to other schools, they will behave in a manner demonstrating the respect a guest should show to a host. Coaches, Players, Students, Faculty, Parents, and other fans should keep in mind at all times that they represent Providence School and the standards of courtesy and sportsmanship that the school upholds. We encourage enthusiastic support of all athletic endeavors, but the degradation of the performance of opponents or officials does not reflect good sportsmanship and will not be tolerated. Adults and students both bear the responsibility of upholding high standards and representing their school with pride and courtesy as they demonstrate their spirit.

The following guidelines have been established to hold faster and promote good sportsmanship at Providence School.

#### The Athlete

- 1) Treats opponents with respect.
- 2) Plays hard but plays within the rules.
- 3) Exercises self control at all times.
- 4) Respects officials and accepts their decisions without gesture or argument.
- 5) Wins without boasting, loses without excuses, and never quits.
- 6) Sets high standards of personal conduct.
- 7) Respects the facilities of host school.
- 8) Always remember that it is a privilege to represent the school and community.

#### The Coach

- 1) Treats own players and opponents with respect.
- 2) Inspires in athletes a love for the game and a desire to compete fairly.
- 3) Sets a positive example for the athlete to follow.
- 4) Disciplines that displaying unsportsmanship behavior.
- 5) Respects the judgment and interpretation of the rules by the officials.
- 6) Understands role as a teacher with the athletic arena as the classroom.

### The Spectators

- 1) Understanding that they represent the school just as the players do and must therefore practice good sportsmanship.
- 2) Appreciate good performance no matter who achieves it.
- 3) Show compassion for injured players: applaud positive performances; do not distract players; and avoid profanity and obnoxious language and behavior.
- 4) Treat opponents and officials with respect.
- 5) Respect the judgment and strategy of the coach and do not criticize player's coaches for loss of a game.
- 6) Respect the property of others and authority of those who administer the competition.
- 7) Are modest in victory and gracious in defeat.

Students should understand that joining a team they accepting the benefits of participating as well as the responsibility and commitment to the team. Expectations may vary from coach to coach or indifferent sports, but Providence School has general expectations for all athletes at all levels.

The student/athlete is not required to take part in athletics as a requirement for graduation. Therefore, athletics is a privilege. Playing athletics at Providence School is an honor. Students are encouraged to participate in more than one sport, but NOT allowed to be in 2 sports in the same season.

### Transportation:

1. Athletes should ride with team whenever traveling.
2. Exceptions include: Parents permission in person OR with written request AND phone contact. At the end of contest, athletes may leave with a parent if they have informed their coach.
3. Athletes and coaches are expected to treat buses and bus drivers with respect, and each team is responsible for cleaning up after each trip.

### Attendance:

1. You are expected to attend all classes without being tardy.
2. Call coaches if you will miss practice or a game.
3. You are expected to attend all practices---a missed practice will result in a missed game. If sick, or injured, you are expected to attend practice and at least watch practice, it will count. You may NOT attend if you have been suspended.
4. If you are absent from school you cannot practice or play in a game that day. Absent from four or more classes are considered to be one day absent.
5. You are expected to attend all post season banquets and/or events for each sport you participate in. Failure to do so will be considered the same as quitting that sport.

### Respect:

1. Players can expect to be treated with respect by their coaches.
2. Players will exhibit respect at all times to the coaches, teachers, school personnel, to each other, and to officials.

3. Public displays of affections between students in the school setting or at athletic events is against school policy.
4. Unsportsmanlike behavior will result in some form of disciplinary measure.

#### Dress & Appearance:

1. Each student will adhere to the school's dress code.
2. We are athletes ---- everyone will wear their uniform in the correct manner. Everyone will be uniform with no specialized sock, etc.
3. Show your pride by looking sharp all the time---with no facial hair, jewelry, no sideburns, beards, or mustaches. Hair should be clean, neat and styled within the guidelines of dress code.
4. Travel shirts will be part of the dress code. No blue jeans are allowed.

#### Care of Equipment/Facilities:

1. Do not alter any equipment that is issued to you.
2. Care for all equipment assigned to you.
3. **Lock your athletic lockers and secure all your valuables.**
4. **Clean up your area in the locker room.**
5. All equipment and uniforms will be turned in to your coach within five days of your last contest.

#### Open Door Policy:

1. If you have problems come visit the coaching staff.
2. The athletic phone is for school business only.

#### Quitting:

1. If any athlete quits their team he will not be allowed to start any sport until the existing sport season is over. This includes post season play.
2. The coaches reserve the right to deny you the opportunity of trying out for the team next year.
3. Being expelled from the team is like quitting. All honors or awards will be denied the quitter.

#### Practices:

1. Unexcused absences from practice will reflect playing time, at the coach's discretion.
2. Rehabilitation of sports medicine injuries will count as practice.
3. Missed practices may be made up, at the coach's discretion.

#### Cancellation of games or Practices:

1. Cancellation of games or practices will typically be announced before the end of the school day.
2. Information about cancellations including possible regarding if availability will be posted on web-site or Athletic line 223-5270 ext.5.
3. Student Athletes should always come to school prepared to play or practice that afternoon or night, regardless of the weather.
4. Cancellation of games is determined by the home team.

### Lines of Communication

Coaches are encouraged to establish lines of communication at the beginning of the season. When problems arise, players and parents should talk to the coach first. Most concerns can be addressed at this level. If resolution does not occur, parents or students should contact the Athletic Director if more communication is necessary.

### Non-school Participation:

1. Athletes are discouraged from participating in dangerous non-school sports or activities.
2. Missed practices due to an injury in a non-school athletic activity will not count as an excused absence.
3. School sponsored athletic activities, practices, and games will have precedence over non-school athletic activities.

### Game Participation:

1. Athletes may be excused from a game due to sickness with a doctor's note or with prior written approval from the coach.
2. Failure to show up for a game could result in being dismissed from the team.

### Academic Eligibility:

Providence will follow the eligibility standard set by the FHSAA. Grades will be checked at the end of each semester. A cumulative GPA of 2.0 must be maintained to stay eligible for athletics. Being an athlete requires a student to balance his or her work load among academics, the arts and athletics.

Coaches are very understanding of the school's commitment to academic excellence, and they will take steps to ensure that students maintain their proper priorities.

### Awards:

1. Middle School Certificate of Participation.
2. Junior Varsity Certificate of Participation.
3. Varsity Awards, Lettermen Certificate and Team Awards.
4. Varsity Award (Sr. year) Plaque

This is based on the athlete adhering to all athletic policies, participation as a team member at the varsity level for a complete season or display of outstanding performance, which in the judgment of the coach contributes markedly to the team's success throughout the season.

### Lettering:

1. Participation in 60% of ALL quarters/innings during the regular season.
2. Value to the team.
3. Placing 1, 2, and 3 in events entered 50% of the time.
4. Juniors and seniors may order a letter jacket if they have received two or more Varsity letters.



**Providence School  
Athletic Program Rules & Regulation**

Sport \_\_\_\_\_ Athlete's Name \_\_\_\_\_

Note: All Providence School athletes must return this form before competing in their first contest.

I, \_\_\_\_\_ have read each of the attached policies and procedures  
Parent/Guardian Name

For the Providence Athletic Program. My son/daughter \_\_\_\_\_  
Athlete

Has read and understands these policies and procedures. He/she does understand the  
Consequences of non-compliance, and will adhere to all Providence School athletic and school  
Rules.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_