TDS est. 1991

ATHLETICS HANDBOOK

www.TriangleDaySchool.org
(919) 383-8800
4911 Neal Rd · Durham, NC 27705

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Athletics play an inportant role in the life of the school, enriching student's experiences annd endhancing the school community.

Program Philosophy

The goals of the interscholastic athletic program at Triangle Day School are as follows:

1. Students will build sport specific skills and general athletic fitness through hard work at daily practices, learning from knowledgeable and caring coaches.
2. Students will learn the importance of teamwork and experience camaraderie associated with being part of a team.
3. Students will learn and practice sportsmanship as they represent Triangle Day School in competition against other schools.

Athletic Code of Conduct

Student athletes, coaches, and parents are expected to behave in a sportsmanlike manner at all athletic events, including practices. Athletic participation at Triangle Day School assumes the following principles.

Athletes will:

1. Play within the rules of the game
2. Win and lose gracefully
3. Keep the competition in perspective ("It's just a game.")
4. Respect officials and accept their decisions
5. Represent Triangle Day School positively

Coaches will:

1. Inspire a love for sports, teamwork, and competition
2. Model sportsmanlike behavior
3. Respect officials and accept their decisions
4. Assume responsibility for the safety and behavior of all athletes

Parents will:

1. Support athletes by encouraging their attendance at all practices and games and by helping athletes balance sports with academics and other extracurricular activities.
2. Model appropriate sportsmanlike behavior during games.
3. Accept coaches' and officials' decisions.

Policies & Procedures

Eligibility & Team Selection

Interscholastic athletic teams at TDS include sixth through eighth graders and, in some cases, fifth graders.
Triangle Day School is a small school that values participation. Therefore, we strive to avoid making cuts from our teams. In some cases, cuts may be necessary to ensure safe and effective practices.

Rosters cannot be added to after the midpoint in a season. Students can be removed from a team at any point during a season.

To be eligible to try out for a sport, students must have a current medical form on file at the school. This form is available in ParentSquare.

Students must maintain at least a C- average (70%) in the subject areas of Language Arts, Math, Social Studies, Science, Foreign Language, and PE in order to participate on a TDS sports team. This information is available in the Parent-Student Handbook as well.

Team managers are selected from interested volunteers. Managers must be in grades five through eight. They are expected to follow all rules pertaining to the athletic program (as stated in this handbook).

Attendance Policy

Student-Athletes must be present for at least four periods of the school day to participate in MS Athletics that afternoon. Exceptions for appointments, high school tours, etc. can be made by communicating with the Athletic Director ahead of time.

Please make sure to communicate all attendance changes through the Attendance and Dismissal Notifications form available on ParentSquare and in the Family Portal.

Cell Phone Policy

Middle School Athletics is an extension of the school day and follows the same cell phone policy. Cell phones should NOT be out in TDS locker rooms, on bus/van rides, during practices/competitions, etc. Student Athletes can use their phones at the end of a practice or match to make contact with their

Play-Time Policy

Based on the needs of the team and the health of the players, coaches make decisions about who to play and for what duration of time. The School does not require that coaches play all players during a game. Playing time is not required to be equal.

Weather Policy

Play, in both practices and games, stops when thunder is heard or lightning is sighted and does not resume until 30 minutes after the last thunder or lightning.

When school is cancelled due to weather, all practices and games are also cancelled.

Communication

Coaches will meet with the athletic director once per month to discuss concerns and needs as well as scheduling for games and transportation.

Each sports season will open with a parent information meeting during which coaches and the athletic director will share information related to tryouts and cuts, practices, games, and transportation. Parents are encouraged to attend these meetings.

When a *game or practice* must be cancelled or postponed, the Athletic Director will notify coaches and administration before 2:00 PM. Parents will be notified about the cancellation by text message and email.

Coaches are responsible for their players after school whether or not practice is held or a game is played. This means that coaches will remain at the School as long as players are still there or until the end of the regular practice time. Players remaining at the School beyond the regular practice time will report to the After-School Program.

Concerns and reports of incidents or behaviors at athletic events must be communicated directly to the Athletic Director. Examples of concerns include: player, team, coach, or parent conduct, need for rules clarification, and coaches' decisions regarding playing time. Parents and coaches should not contact athletic directors or coaches at other schools.