

AIE SPORTS HANDBOOK



MISSION STATEMENT:

Team sports provide an opportunity for students to learn valuable lessons about setting and accomplishing both individual and team goals, enjoying the camaraderie of a team and developing self-worth. At AIE, sports is utilized as a tool for learning and engagement, in keeping with the overall structure of our unique educational and family environment.

BASIC OUTLINE OF PURPOSE:

Our goal at the Intramural/Scrimmage level is to teach the basics and prepare them for the next level through clinics, camps, and intramural play.

Our goal at the 7/8th grade level is to introduce student athletes to competition as a team through a smaller number of season games, along with intramural games.

Our goal at the high school level is to compete as a team in season play under the guidelines of the KCAA in an attempt to help all players develop and engage during regular season play. Our goal during tournament time is to play the most competitive combination of players to advance in the tournament as we represent AIE.

Participation in sports outside the KCAA at high school level allows for the development of skill and social interaction.

GUIDELINES:

The Academy for Individual Excellence is a member of the KCAA (Kentucky Christian Athletic Association). All constitution and by-laws, as well as the policies and procedures, will be followed and may be viewed on the associations' website. www.kcaaonline.com

In an effort to implement this mission, the school has adopted the following guidelines to assist students, parents, and coaches:

1. **Participation:** Recognizing that sports are a tool intended to assist with the development of all interested students, participation in a sport will not be limited to the student's ability in a given sport. AIE has a "no cut" policy, meaning that any interested student is eligible to participate on a school team. There will be no tryouts for any AIE team and all interested students shall be encouraged to participate. In keeping with the four pillars of AIE, any student who chooses to play on the competitive level MUST "earn their jersey". Participation on a school team is a privilege and not a right of any student. Regular and meaningful participation in scheduled practices and games, as well as proper behavior at such events, is a requirement for participation on a school team. Work outside of practice in the form of "earning their jersey" to enhance their physical fitness and individual skills will be expected. This effort is considered respectful to the team and necessary for growth in work ethic, engagement, and accountability.

2. **Playing time:** It is the general policy of AIE that all team members shall play in regular season games. This policy is dependent upon a student's regular and meaningful participation at practice, outside work "earning their jersey", and their behavior at all such events, as described above. Because of the school's "no cut" policy there will be teams with a large number of participating players where it is not practical to play each student in each event in a meaningful manner. When such a condition occurs, the team may be divided up into two groups: (1) a core group of players whose past experience, dedication, and skill level justify their participation in each game, (2) two or more other groups of players who are divided equally, who fully participate in practices and show outside commitment to growth will play on a rotating basis. An example: a basketball team has 20 players. Because it is impractical to give 20 players meaningful playing opportunities in each game, the team might be divided into (a) a core group of 8 players who will play in each game, (b) a group of 6 players who will be called the "Red Team", and (c) a group of 6 players who will be called the "Black Team". On the first regular season game, the core group and the Red Team would each play in the game, while the Black Team will be excused from attending the game. At the next game, the core team and the Black Team would each play in the game, while the Red Team would be excused from attending the game. Any player from the "Red" or "Black" team not required to participate in that game is still welcome to be a part of the team, but should not expect to play in that game. These rules DO NOT apply in tournaments, during which playing time is subject to the discretion of the coach and Athletic Director.
3. **New Students and New to sport players:** The KCAA By-laws state: A transfer student who has transferred from a non-member school is eligible to play for a member school on the 15th day after he/she is enrolled in the member school. The member school is required to send a letter stating the date of enrollment and previous school enrolled in. We must also have a copy of the birth certificate for this request. A transfer student, who has transferred from one member school to another member school during the school year, must sit out six weeks (42 days) and is eligible on the 43rd. A letter of good standing and birth certificate are required. All new students that wish to play sports must have approval from the school administration.
4. **Varsity Players:** Players of any sport at the varsity level without having played JV sports should expect the amount of playing time to be adjusted accordingly at the coach and the Athletic Director's discretion.
5. **Sports Fees:** Due to rising costs and the desire to polish our sports program, the Academy has found it necessary to implement a sports fee for all students participating in sports offered by the school. In an effort to offset some or all of the following: equipment, awards, uniforms, etc. Replacement fees will be charged for all uniform pieces not returned in good condition at the end of the season.

The Fee for each sport is as follows and is due by the first practice:

Volleyball \$250.00 – this will include use of a jersey to be worn for that volleyball season, updating of volleyball equipment, and referees. Uniforms are to be returned as soon as the season is over. The cost for Intramural Volleyball will be \$100.00.

Soccer \$250.00 – this will include use of a jersey to be worn for that soccer season, updating of soccer equipment, and referees. Uniforms are to be returned as soon as the season is over. The cost for playing on the Soccer Scrimmage team will be \$100.00.

Basketball (Middle School & High School) \$250.00 – this will include use of a jersey to be worn for that basketball season, updating of basketball equipment, and referees. Uniforms are to be returned as soon as the season is over. The cost for playing on the Basketball Scrimmage team will be \$100.00.

Baseball & Softball \$250.00 – this will include use of a jersey to be worn for that baseball/softball season, updating of baseball/softball equipment, and umpires. Uniforms are to be returned as soon as the season is over. The cost for the Practice Team will be \$100.00.

Archery \$200.00 – this will include shooting fees and equipment usage.

Bowling \$100.00 – this will include lane fees, team shirt, and transportation to the bowling alley. The cost may be adjusted if needed.

APPROPRIATE DRESS FOR PRACTICES IS MANDATORY. ANYONE NOT FOLLOWING DRESS CODE WILL NOT BE ALLOWED TO PRACTICE. NO CUT OFF T-SHIRTS ARE TO BE WORN AND SHORTS MUST BE KNEE LENGTH.

- 6. Team Behavior:** Students are representing AIE and participating in a school event at all practices and games. They are expected to behave in accordance with all school rules during such times, including the rules regarding the dress code. **During away games when the team is not playing, the players are required to sit together in the stands. Coaches who are not coaching a game are expected to also sit with the players. Before home games, players must sit together and with their coach until they are dismissed to prepare for the game.**
- 7. Sportsmanship:** Players (and fans) are expected to act in an appropriate manner at all times. This would include showing respect to all officials, players and coaches

from either team. Any player who acts in an inappropriate manner at any team event, whether it is a practice, travel or a game may be disciplined, including being held out of a game(s) or being suspended from participating with the team. Any fan who similarly acts in an inappropriate manner may be asked to leave the facility or abstain from attending future games. We need to remember that our children are always watching to see how we, as adults, handle situations.

8. **Athletic Director:** The Athletic Director is responsible for the implementation of the school's policies. Any request for information regarding these policies or concerns about a particular student or coach should go through the Athletic Director, who is best qualified to make such decisions based on the overall best interest of the students.
9. **Coaches:** Coaches are required to complete First Aid and CPR training. Please make your child's coaches aware, in writing, of any physical or health situation/issues that they need to know for the safety of your child or any other children on the team.

Due to procedures and requirements we must follow for all coaches, implemented by the KCAA (Kentucky Christian Athletic Association) and the KHSAA (Kentucky High School Athletic Association), **anyone not approved by the administration may not "help" with the teams.** Individuals wishing to help should contact the Athletic Director.

Coaches are not able to recommend "league sports" outside of our school unless it is approved by the Athletic Director.

Coaches are not allowed to schedule or hold any team gatherings, outside of practices, without discussing it with the Athletic Director first.

10. **Practices:** Players are expected to attend and arrive on time for all scheduled practices in designated practice uniform, unless they have notified the coaches in advance of the practice. Failure to attend practices or to fully participate in practices may result in a student not being allowed to participate in games.

Exceptions may be made for family, church and medical issues, where the coaches have been previously made aware.

Regular season practices will not start more than 7 weeks prior to the first game. When school is cancelled due to weather or for any reason, there will be no practices.

An athlete may not participate in practice or in a game if they are incomplete or past due on their contracting. Once they are complete or current with their contracting, they may rejoin the team. If a student has been asked to stay in Study Hall, they must attend that first before going to practice.

Student Contact: Coaches are never to be alone with a player. Parents should not request coaches to give players rides to or from any practices unless another adult or player will be present. **Parents: Please be prompt in picking your child up from all events. Subsequent occurrences will be referred to and handled by the administration.**

11. **Health Physicals:** It is the responsibility of the parent to have a sports physical performed by their family physician and to sign a school athletics release form each year. No student will participate until all necessary papers are turned into the Athletic Director.
12. **Uniforms and Equipment:** The Athletic Department will issue all uniforms to members of our teams. All Cougar athletes who are issued uniforms and/or equipment are responsible for their care. The cost of any such uniform or equipment, which is lost or damaged, will be billed to the athlete. Failure to turn in uniforms on time may have consequences, including the inability to play another sport until the equipment is returned or the school is reimbursed.
13. **Injuries and Sickness:** Students with illnesses or injuries which result in medical exemptions from practices or contests must submit a release from a physician before participation may be resumed.
14. **Absences and Tardies:** If a player is continually or habitually tardy for practice or games, it may affect his/her standing on the team. Consequences for unexcused absences or tardies will be determined by the coach and Athletic Director.
15. **School Attendance:** Each Student must be in school at least half of the day to be eligible to practice or play in games. Extenuating circumstances will be considered on an individual basis.
16. **Dress Code:** The dress code in the student handbook must be followed at all times when the team is not dressed in practice or game uniform. The coaches reserve the right to restrict the playing time of any student that does not abide by the dress code regulations and may seek help from the administration in correcting any issue, if necessary.
17. **Travel and Transportation:** AIE will not transport players to and from away games on a regular basis. Exceptions may be made when leaving school early or the

distance traveled will benefit everyone involved. Decisions on using school transportation will be made by the Athletic Director. When school transportation is provided, the following guidelines must be followed:

- Abide by all school rules and regulations.
- Always be on time.
- Follow the dress code.
- Be respectful at all times.
- Athletes must stay with the coaches and team at all times. If the team stops at a restaurant or rest area, all students must go in.
- Never leave the playing area.
- No loud voices or standing while the vehicle is in motion.
- No sharing of music or electronic devices.
- Cell phones are permitted but will be limited to contacting parents/guardians ONLY. Exceptions may be made by supervising adults while traveling.

18. **Athletic Awards:** At the end of the season, the Athletic Department will have a specific activity to honor the teams and coaches and to recognize the achievements of the teams.

19. **Athletic Insurance:** Because the risk of injury increases for students involved in athletics, all student athletes should be covered by Health Insurance. While it is the responsibility of the parent to provide health insurance, AIE has an accident policy that kicks in after the student's insurance has paid their part and pays the balance. AIE does not assume any financial responsibility for injuries received while participating.

20. **Attendance at Games:** It is highly encouraged that one parent/guardian attend every game with their child. At the high school level, we understand that some may be able to drive themselves to games. It is NOT permitted for any player to drive themselves to any game outside city limits. High school students attending a HOME game that they are not participating in, may come without an adult to support their friends. **ANYONE UNDER HIGH SCHOOL AGE MUST HAVE A PARENT/GUARDIAN WITH THEM AT ALL TIMES.**

Sports currently offered throughout the year:

Baseball	KCAA	Boys
Softball	KCAA	Girls
Basketball	KCAA	Boys and Girls
Soccer	KCAA	Co-ed
Volleyball	KCAA	Girls
Archery	NASP	Co-ed
Bowling	Intramural	Co-ed
Cross Country	KCAA	Boys and Girls

Conclusion:

The conclusion of an athletic contest is reached in only a few minutes, while training for it may take many weeks of hard work and continuous exercise to develop skills. The real value of the sport is not the game played in the limelight of applause, but the hours of determination and self-discipline carried out alone, imposed and supervised by the exacting conscience. The applause fades, the prize is left behind, but the character you build is yours forever. **It's all about the journey!**

Athletic Director – Amanda Williams / awilliams@aiexcellence.com

Principal – John Savage / jsavage@aiexcellence.com

AIE Concussion Policy

A concussion is defined as a mild traumatic brain injury caused by a bump, violent jolt or blow to the head. **“When in Doubt, Sit Them Out!” – that is our motto.**

The Academy for Individual Excellence adheres to the Centers for Disease Control and Prevention (CDC’s) three critical steps for student athletic concussion management plans to minimize risk via education, removal and return. This includes all students in K-12 – not solely student athletes.

1. **Educate**: Inform and educate all those responsible in concussion prevention and response at AIE, which includes at minimum faculty, staff, coaches, students and student athletes.
2. **Remove** students/ athletes from play: Any student/athlete who is believed to have a concussion will be immediately removed from play and the parents/ guardians will be notified.
3. **Return** to play via obtaining permission: Any student/athlete suspected by a coach, school athletic personnel, or official of sustaining a concussion during an athletic practice or competition shall be removed from play immediately and shall not return to play until the athlete is evaluated to determine if a concussion has occurred. They may only return to play or practice after at least 24 hours and with permission from a healthcare professional.

Physical signs and symptoms of a concussion may include:

Headache or pressure in head

Ringling in the ears

Nausea or vomiting

Balance problems or dizziness or double or blurry vision

Confusion or feeling as if in a fog

Concussion testing assesses your brain function after a head trauma. The tests are done by a health professional. There can be potential consequences over time if it is not treated properly. Concussions are usually not life threatening. However, the effects can be serious. A second impact can make your symptoms last longer than they would have if you rested and fully recovered, slow your overall recovery and increase the chances for long lasting complications.

A majority of people who have sustained a concussion will need to be sidelined for at least two weeks with no physical activity and all symptoms are gone at rest, but in severe cases it could take several weeks to heal.

Training is required of all coaches/staff in recognizing the signs/symptoms of a concussion.

Explanation of “Earning Your Jersey”

AIE is founded upon work ethic, engagement, accountability, and compassion. We want our athletic program to hold to the same values. In keeping with the school’s philosophy, we have decided to return to the “Earn Your Jersey” method. So that you and your child can make the best decision for you and your family, an outline has been included for the general idea behind what “Earn Your Jersey” means.

For a student to participate on the competitive team, they will need to attend practices and games. They will also be required to put in a set amount of time outside of practices and games (approximately 2 hours a week) bettering themselves in their sport. Each player will be required to turn in a weekly form, signed by parents, confirming that their child successfully completed the extra work needed to “Earn Their Jersey”. This will be required of all players desiring to play on the competitive team, regardless of skill level or ability. This will allow both coaches and players to see a level of commitment from everyone. Each person that “Earns Their Jersey” will be guaranteed a spot on the team.

Each sport will have its own set of requirements to “Earn Your Jersey”. All sports will have a running component, strength training, and sport specific drills. Several weeks prior to the season, each player will be required to complete these requirements 3 times a week. After the season starts, the requirements will be limited to one time over the weekend.

However, some students just want the opportunity to be a part of a team and learn the game without the stress that comes with playing other schools. Each sport will have a scrimmage/practice team option. Anyone wishing to play on this team will only be required to attend practices and scrimmage games. No outside commitment will be needed. Students choosing to take this path will be guaranteed playing time at all scrimmages, which will allow them to show their friends and family what they have learned. There will be approximately 2-3 scrimmages throughout the season.

If you have any specific questions regarding this, please feel free to contact the Athletic Director.