Putnam Academy of Arts and Sciences

Athletic Handbook

## Player Expectations

* Adhere to PAAS Code of Conduct (refer to Student Handbook section of school website, [www.putnamacademy.org](http://www.putnamacademy.org).)
* Strive to achieve the best in everything you do.
* Maintain excellence in your academic classes.
* Practice how you play. Play with same intensity in practice as in games.
* Create a legacy. Be mindful of the history already created as you leave new footsteps for others to follow.
* Effective communication is the essence of great teams. Learn from your mistakes, get performance feedback, ask questions, share information, and celebrate success. Take corrective feedback as a compliment.
* Maintain a quiet inner confidence based on detailed preparation and assertiveness.
* Accept responsibility for outcomes. Look in the mirror first when improvement is required.
* One voice… Do not interrupt coaches or teammates when they are speaking.
* A measure of one’s character is in their impact on those about whom they care.
* Being an elite athlete involves making character choices: attitude and effort.
* Put the team before yourself in every decision. If you accept a position on a PAAS team, you must make it a priority over recreation department or other sports teams. If you cannot fully participate due to another sports team obligation, you should not accept the PAAS position.
* If a student wishes to play or tryout for multiple teams at PAAS, the student has an obligation to the current PAAS team, which has precedence over upcoming sports.
* Champions make the right decisions, not necessarily the easy ones.
* Champions are not the uniforms you wear; it’s who you are on the inside.
* Be a positive force in our program.

## Parent Expectations

* Fully support the program as a whole.
* Refrain from coaching from the sidelines.
* Show respect and good sportsmanship to all players, coaches, opposition, spectators, and officials.
* Be excellent hosts and visitors, following any rules set in place when visiting other facilities.
* Set a good example for your student to follow.
* Be a positive force in our program.
* If your student accepts the position offered, please make sure your student is able to fulfill his/her obligation to the team.
* Any concerns or complaints about the program should be discussed with the coach and/or athletic director before elevating higher. Please give us a chance to address the issues at the lowest level.

## General Guidelines

* Playing time is earned. Coaches will select the strongest team available for each game in order to get a positive result.
* Players are expected to be on the field and ready to begin practice or games at the designated time.
* Players who need taping and/or have other requirements should make sure requirements are completed in advance in order to be on the field in time for warm-up.
* Consequences for late arrivals and/or missed practices:
  + Players are required to attend all practices.
    - Two unexcused, missed practices will result in the player being benched for next game.
  + Players who know they will be late/absent must inform the team captain and coach as soon as possible or risk further disciplinary action.
* If a player has any issues or concerns affecting performance, affecting participation, and/or affecting overall enjoyment of being part of PAAS Athletics, they should communicate with a coach OR team captain immediately.

Practice Uniform

Players are required to wear practice uniform to all practices, which consists of:

* T-shirt.
* Athletic shorts.
* Appropriate socks for sport.
* Appropriate shoes for sport. (Indoor court shoes for volleyball and basketball, and field soccer cleats for soccer – baseball/football cleats are not allowed for soccer.)

Uniform

Players will be issued their game uniform as soon as possible after the completion of tryouts. Specifics on pricing and/or ownership will be handled by each sport’s coaching staff.

## Game Day Routine

* Team meeting will be held at game location.
* Arrive to play as a team.
* Warm-up commences 30 minutes before start of game.
* Individual talks with captains and starting players are held during warm up.
* Hydrate throughout warm-up.
* Team talk is held before going on field.
* Half time - Head straight to coach for team talk.
* End of game – Team talk, cool down, put equipment away, and clean up our areas!

## Disciplinary Procedure

Any athlete not adhering to the General Guidelines, Team Expectations, and/or Player Expectations will be held to the following consequences:

* First offense: Sit out the current/next practice/game.
* Second offense: Will not dress for next game (parents informed and meeting set up if deemed necessary).
* Third offense: Permanently removed from the roster.

**Academic Requirements**

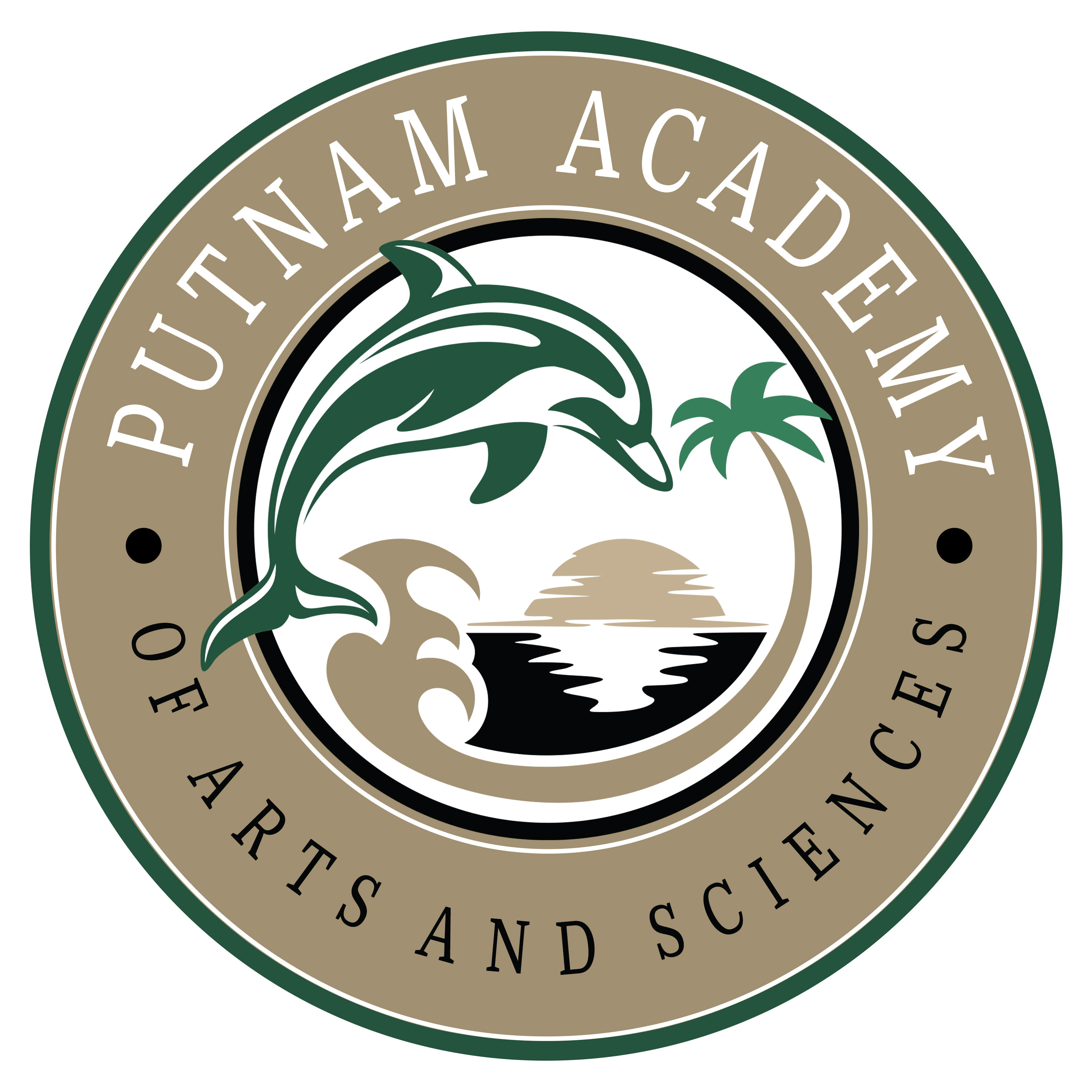
* Players must maintain a 2.5 GPA at all times.
* Players must maintain academic integrity at all times - players exhibiting academic dishonesty (cheating, plagiarism) will face suspension from one game per offense.
* Players with failing grades or facing academic jeopardy could face game suspension until grades show improvement.

**Communication with Coaches**

* Players are expected to be able to approach their team captains and/or coaches with any issues affecting their performance, participation, and overall enjoyment of being part of the athletics program.
* Being able to handle any situations in a mature and adult manner is important to the athlete’s growth as a player and is encouraged.
* If, after speaking to the coach, the player feels the issue has not been resolved, please contact the Athletic Director or Principal, and the matter can be taken further, if required.

**Parent Responsibilities**

* It is important that parents give their full support to the program as a whole. This support can range from ensuring your student is managing to juggle academics with athletic participation to attending games to cheer for the team.
* Coaching from the sidelines by spectators is opposed by the PAAS Athletics Department. We ask that parents cheer and celebrate goals scored, but allow the coaches to do the coaching.
* We also ask that the parents show the same level of sportsmanship, as is asked of the players. This sportsmanship means showing respect for all opposition, players, fans, and officials.
* Be excellent hosts and visitors by welcoming opposing teams to our games as well as by following any rules set in place when visiting other facilities.
* Set a good example for your student to follow.
* Be a positive force in our program.



PAAS Athletics Player & Parent Contract

We have read the PAAS Athletics Philosophy & Expectations handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of PAAS Athletics and are aware that all decisions are made for the betterment of the program.

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| --- | --- | --- | --- |
| Player Name (printed) |  |  | Parent/Guardian Name (printed) |
| Player Signature |  |  | Parent Signature |
| Date |  | Date | Date |