



**Student-Athlete and
Parent/Guardian Handbook**

2023-2024

INTRODUCTION

This handbook describes the rules, policies, procedures, and framework within which the Maryvale Athletic Department functions. The prospective student-athlete and her parents/guardians should carefully review the content. Upon reviewing the contents, the student-athlete and her parents/guardians should sign the online form.

ATHLETIC PROGRAM

The Athletic Department at Maryvale Preparatory School consists of the following sports or activities:

Fall

Cross Country (V, MS)
Field Hockey (V, JV, MS) Soccer (V, JV, MS)
Volleyball (V, JV, MS) **Winter**
Basketball (V, JV, MS)
Indoor Track & Field (V, JV) Swimming (V)
Winter Soccer (MS)

Spring

Badminton (V, JV, MS)
Lacrosse (V, JV, MS)
Outdoor Track & Field (V, JV, MS) Softball (V)

All scheduled events (games, meets, and matches) must occur during that sport's season (Fall/Winter/Spring) unless approved by the Athletic Department. In-season sports should take precedence over any event scheduled out of season.

PHILOSOPHY

At Maryvale, we believe that athletics are a vital component in the growth and development of young women. Our athletics program enhances and supports our academic and leadership mission, assisting students in their personal growth and development. Athletics promote teamwork, tenacity, integrity, goal setting, and commitment. Interscholastic athletics are highly competitive, and winning is a primary measure of success. Equally important are sportsmanship, character, respect for coaches and teammates, and dignity in the face of adversity. These hard-won lessons serve as a valuable foundation for life. While we recognize that all athletes do not perform at the same level, all must demonstrate effort, dedication, and fair play.

INTERSCHOLASTIC ATHLETIC ASSOCIATION OF MARYLAND (IAAM)

Mission Statement: The diverse 31 member schools of the IAAM share a joint commitment to athletics as an extension of the educational process. Participation in healthy athletic competitions allows our female students to build character, acquire and improve athletic skills, demonstrate leadership, and have fun. The league, its member schools, and participants embrace fair play, integrity, and respectful behavior as integral components of the spirit of the games. Visit the IAAM website at www.iaamsports.com.

SPORTSMANSHIP AND CITIZENSHIP

An essential mission of the interscholastic athletics program is to teach and reinforce values relating to sportsmanship, competition, and fair play. It is expected that team personnel, parents, and spectators respect this mission by exhibiting appropriate behavior at athletic events.

SCHOOL ATTENDANCE

In order to participate in any athletic event or practice, student-athletes are expected to be in all of their scheduled classes on the day of the event. The Dean of Students or Athletic Director may excuse an athlete for prescheduled appointments, such as a driver's test, a court appearance, medical appointments, or unforeseen emergencies. Students absolutely must be in school by 11 a.m. to participate.

ARRIVING LATE AND/OR MISSING PRACTICE

Prompt, regular attendance at practice sessions is necessary for the safety and conditioning of the student as well as for the benefit of the team. Team members should notify their coach prior to any practice that they must miss and should offer an adequate explanation for the absence. The coach and Athletic Director will address chronic tardiness to practice and unexcused absences, which could result in missing playing time.

EQUIPMENT AND RESPONSIBILITY FOR PROPER CARE

Most uniforms and equipment are assigned to student-athletes strictly on a loan basis for the duration of the sports season. The student-athlete is responsible for maintaining that equipment/uniform in the same condition in which it was received. Any damage or loss of equipment/uniform will be considered the direct financial obligation of the student-athlete responsible for its care. Student-athletes will be charged the replacement cost of any equipment or uniform not returned. This cost must be paid before participating in any other sport.

Any athlete withholding property from one sport is suspended from participating in any other sport until the equipment is returned.

PARTICIPATION ON OUTSIDE TEAMS AND PERFORMING ARTS

Students on a school-sponsored team are permitted to participate in sports outside of school during the sports season. The outside participation may not conflict with the sports schedule of the school. Please note that the sports schedule includes competitions and practices. Studentathletes must attend all Maryvale competitions, regardless of club tournament play.

ATHLETICS AND THEATRE

Maryvale wants students to try new things! We do allow students to be involved in both sports and theatre. However, this requires extra diligence from each student to communicate with their coaches and directors and keep up their schoolwork despite two massive commitments. There must be upfront communication with the Athletic Director, Coaches, and Performing Arts team.

PARTICIPATION ON MARYVALE TEAMS OUT OF SEASON

At Maryvale, many students are multiple-sport athletes. While we encourage this, the athletes' priority must be to the sport of the season they are in. Fall sports run from August 15- November 5, 2023. The winter sports season is from November 6- February 16, 2024. Finally, the spring sports season is from February 19- May 12, 2024. Students must note that the sports schedule for the in-season team includes competitions and practices.

INCLEMENT WEATHER PROCEDURES

Maryvale follows Baltimore County for weather-related closures. All after-school activities are automatically canceled if schools are closed due to inclement weather conditions. These afterschool activities include practices, contests, meetings, or other events.

ATHLETIC WEBSITE

All schedules, rosters, and scores will be posted on the Athletics page of the Maryvale website. Any cancellations and/or postponements in practices or games will also be posted on the Athletics page.

REQUIREMENTS FOR PARTICIPATION

Before a student participates in any tryouts, practice, or contest, she must have the following:

- Current medical evaluation form that is properly completed by a physician/nurse practitioner. This form must be completed and submitted to Maryvale annually.
- Physical exams are required annually for all students. Physical exams for the upcoming school year must be completed between March 1 and August 1st of the previous school year. All forms must be returned to Maryvale's Health Suite by Aug. 1. Students may not attend classes, tryouts, rehearsals, practices, or competitions until the forms have been received and reviewed by a Maryvale nurse.

ATHLETIC TRAINING SERVICES

Mission Statement

The mission of the Maryvale Preparatory School Sports Medicine/Athletic Training Program is to provide the best possible health care for its student-athletes. This is to be accomplished through prevention, recognition, evaluation, assessment, immediate care, treatment, rehabilitation, and reconditioning of injuries and illnesses. Emphasis is also placed on educating the Maryvale community about athletic training and the importance of retaining certified athletic trainers to help provide the best health care for student-athletes. Maryvale's certified Athletic Trainer (ATC) provides health care to all Upper School and Middle School studentathletes on sports teams.

Parent/Guardian-Player Responsibilities

In the event of a medical injury, athletes will not be cleared to play without a written note from a doctor. The Athletic Trainer is here to build a relationship with your daughter and the parents. Never hesitate to contact the Athletic Trainer with any questions or concerns. The athletic training room is open daily if an athlete needs to contact the athletic trainer.

Athletic Trainer Contact Information:

Kim Battaglia, MS, LAT, ATC

Office: 410-308-8610 Cell: 740-228-2123 battagliak@maryvale.com

TRANSPORTATION

It is understood that each athlete is expected to ride in the school-provided transportation to all away contests, unless a parent/guardian has made arrangements with the Athletic Director to take the athlete to the location of the contest personally. It is also understood that an athlete may only drive herself to an activity if under extreme circumstances for which her parent/guardian has contacted the Athletic Director prior to the event.

INFORMATION FOR PARENTS/GUARDIANS OF ATHLETES

The Player-Coach Relationship

The player-coach relationship is perhaps the most critical in athletics. A parent/guardian can influence this significant and delicate relationship. While parents/guardians may not always agree with the decisions made by a coach, how and when parents/guardians express their feelings and opinions can leave a lasting impression on the student-athletes.

If a parent/guardian expresses a negative opinion about athletic performance or strategy in the presence of their daughter, please remember that she may carry that opinion around with her for days or even weeks. Further, providing technical or strategic instruction at home may interfere and conflict with the coach's instructional process at practice sessions and contests, which may ultimately impede the student athlete's progress, affect her playing time or diminish her opportunity to earn a starting position.

The Parent/Guardian-Coach Relationship

Allowing the coach to instruct and guide the team is critical. Should a parent/guardian have any athletic-related questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities, and they may want to reflect on the contest before discussing the performance that transpired or establishing a new strategy. Many coaches choose to have a brief meeting with their players after a contest. At this time, athletes should not talk to parents/guardians, spectators, or friends. These discussions are essential to the learning process involved in the athletic experience.

It is preferred that parents/guardians call or email the coach at a later time to make an appointment. Please note that all meetings should be conducted in a calm, courteous, and logical manner.

The Parent/Guardian-Player Relationship

Being positive and supportive is very important; adding pressure and unrealistic expectations can be extremely harmful. Please allow the student-athletes to learn, enjoy and grow from this valuable experience.

The Spectator-Official Relationship

Please note that the school where the contest is held does not schedule the officials. The assignor of the particular sport assigns all officials – neither team has control over which officials are assigned to specific contests.

Prior to earning certification, officials agree to follow a specified code of ethics pertaining to athletic competition. While spectators may not agree with every call the officials make, please do not harass or taunt them. Officials are in charge of the contest and have the authority to eject unruly spectators. Behaviors of harassment and aggression will not be tolerated and are grounds for removal from the event site.

Also, please be mindful that coaches, athletic administrators, and school representatives work very hard to establish a good working relationship with the officials in the league. Disorderly spectators can easily damage these relationships.

Expectations for Spectator Behavior:

- Applaud players for their efforts.
- Accept the decisions of officials.
- Appreciate participants for their commitment.
- Support school personnel in conducting an orderly and spirited contest.
- Maintain composure when momentum shifts in favor of the other team.
- Respect the rights of other spectators.
- Reward good sportsmanship through positive cheering.
- Focus attention on the optimistic aspects of competition.
- Encourage players by showing enthusiasm and positive recognition.
- Demonstrate concern for the safety and welfare of the student-athletes.

Remember, these young women are students, not professional athletes. They, as well as coaches and officials, will make mistakes throughout the course of the competition. However, all participants are putting forth their best effort. Negative criticism and “booing” are unacceptable forms of expression at these events. Parents/guardians and spectators can assist in the student’s development as athletes by focusing attention on the positive aspects of their performance. This cooperation is critical and greatly appreciated.

In addition to embracing the Maryvale Preparatory School Athletic Department Philosophy, we also encourage and promote:

- The belief that athletes should participate in multiple sports and not specialize in any one specific sport.
- The concept of the broadest-based participation possible by offering as many teams as Maryvale can support.
- The premise that all teams are considered vital for our student-athletes and the development of the Athletic Department; no one sport is considered more important than the other.
- The approach that all teams should be treated as fairly as possible.

Expressing Concerns

When expressing an occasional concern to a coach, please refer to and use the following guidelines:

1. If any questions or concerns involve some aspect of the athletic program, the athlete should first contact the coach.
2. Never approach a coach immediately at the conclusion of a contest. This is not the appropriate time or place for a discussion concerning your child or the team.
3. Call or email the coach the following day to schedule an appointment that is convenient for all parties' schedules.
4. When voicing concerns, please do so in a calm, civil manner. Yelling, being rude, and/or using foul language is unacceptable and will not be tolerated.
5. After stating concerns, listen to the explanation. Listening and respecting the coach's opinion or viewpoint may help understand the explanation presented.

Sportsmanship

Athletics should be educational in nature; thus, it is essential for all parents/guardians and spectators to demonstrate good sportsmanship and serve as role models for our studentathletes. Sportsmanship is an overt display of respect for the rules of the sport and for all others involved. It also involves a commitment to fair play, ethical behavior, and integrity. This means:

1. Vulgar or inappropriate language by fans or spectators will not be tolerated.
2. Fans and spectators should be supportive and positive. Cheering should be done for our team in a positive tone, and exceptional play should be acknowledged. Taunting and harassing the other team and its spectators are unacceptable.
3. In certain sports, such as volleyball and basketball, spectators must refrain from yelling while a player attempts a foul shot or a serve.
4. Remember, school officials have the authority to remove spectator(s) from a contest for unruly or improper conduct. The individual(s) may be removed for the duration of a particular contest or for any extended period of time, depending on the severity or frequency of the improper conduct.

Acceptable Behavior

The following acts are considered acceptable behavior, and they are highly encouraged:

- Applauding during the introduction of players, coaches, and officials
- Accepting all decisions of officials
- Recognizing a player who has fouled out for her performance with applause from both sets of fans and with a handshake from opponents
- Shaking hands at the end of a contest between participants and coaches, regardless of the outcome
- Treating the competition as a game, not a war
- Congratulating opposing coaches and players
- Acknowledging exceptional play in an appreciative and positive manner
- Showing concern for an injured player regardless of the team
- Encouraging only sportsmanlike conduct, which includes, but is not limited to, class, dignity, and respect

Unacceptable Behavior

The following acts are considered unacceptable behavior, and they will not be tolerated:

- Yelling/waving arms during an opponent's free throw/penalty shot/serve
- Performing disrespectful or derogatory yells, chants, songs, or gestures
- Heckling an official's call or decision
- Criticizing officials in any way; displays of temper with an official's call
- Yelling anything that may antagonize the opponents
- Refusing to shake hands or give recognition for good performance
- Blaming the loss of a contest on the officials, coaches, or players
- Taunting or name-calling to distract the opponent
- Using profanity or displays of anger that draws attention away from the contest

RESPONSIBILITIES OF A STUDENT-ATHLETE

Coaches expect a student-athlete to adhere to the following guidelines:

1. A student-athlete must maintain grades over a 72 percent for the quarter to participate in sports.
2. The team's goals, welfare, and success must come before the individual.
3. A student-athlete needs to consistently attend practice sessions, which may be held on weekends and during holiday breaks.
4. Players must be receptive to coaching.
5. Team members are responsible for all issued uniforms and equipment.
6. As a member of the team, a student-athlete must agree to and follow the team rules.

7. Student-athletes are ambassadors and not only represent themselves, but also the coaching staff, the school, and the entire community.
8. If injured, a student-athlete must report all injuries to the coach and Athletic Trainer.

RESPONSIBILITIES OF THE COACH

At Maryvale, a coach has the responsibility for the following:

- The selection of the team
- The determination of the style of play, including the offensive and defensive philosophy
- The teaching and instructing at practice
- The determination of who starts and how long she plays in a contest
- The decision of who plays in what position
- The establishment of team rules
- The process pertaining to the selection of team captains
- Communication with student-athletes and parents/guardians with respect to when practice sessions will be held and when the sessions will start and finish

PARTICIPATION AND TEAM SELECTION

At Maryvale, participation on an athletic team is a privilege, not a right. Maintaining membership on any team means the student will accept all responsibilities of being a studentathlete. Please note, unlike recreation or intramural teams, equal or guaranteed playing time does not exist. In an effort to put forward the best team possible, a coach will use players best suited to the conditions or demands of the contest at that time.

Every coach has the responsibility and authority for selecting their team. The coach develops the criteria for selecting the team, which is unique to each team.

Please note that there are no guarantees pertaining to roster spots. For example, players from the previous year's junior varsity (JV) team do not automatically make the JV team the following year or the varsity team. Being a team member during the previous year or even being a senior does not ensure that a student will make the team.

Once a player has been selected and placed on a specific team, they may not quit that team for any specified reasons and then join another team in that season.

Parents/guardians should expect that every candidate will be treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment and will handle the task as positively as possible. Coaches will also be available to answer the student-athletes' questions.

While the members of the Athletic Department understand that not making a team is disappointing, we often find ourselves in situations in which we, unfortunately, cannot keep every person who attends tryouts for a team. Anyone who does not make a team is welcome to be a manager. When parents/guardians and students understand and support the coach's decision, this difficult process becomes a less painful experience for all.

THE PURPOSE OF A JUNIOR VARSITY TEAM

Junior varsity (JV) teams exist to provide those student-athletes who are unable to participate on the varsity team with an opportunity to develop skills, gain experience and have fun. While the student-athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a JV team may enhance the student-athlete's potential to make the varsity team in the future.

A caution, however, must also be given. Being a member of a JV team does not guarantee that an athlete will automatically move up the following year to the varsity team. The athletes best suited for varsity competition will make the team each year.

Striving to win is important in athletics. However, the development of student-athletes should be the ultimate purpose of a JV team, while at the same time acknowledging the value of winning and learning and enjoying being a member of a team.

PRACTICE SESSIONS AND GAMES

Practice sessions are normally closed to spectators. These sessions are the equivalent of a teacher's classroom; there is quality instruction taking place. Interruptions and interference with a student-athlete's concentration and focus in practice are not allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

At Maryvale, the practice sessions:

- May last two or more hours
- May start and end at different times due to the schedule of the coach or the facilities (the coach will communicate this information)
- Will not be held when school is dismissed due to inclement weather
- Will not be held when school is not in session due to inclement weather
- May be held on weekends and/or during holiday breaks

Attending competitions, however, is strongly recommended and encouraged. Positive and nurturing support of teams and athletes can be beneficial to performance in athletic contests

ATHLETIC AWARDS

The Athletic Director determines the requirements for the following awards at Maryvale:

Varsity Teams:

- Varsity patch (one per entire high school career)
 - Sport-specific pin for the first year
 - Star pin for every year the student-athlete participates (after the first year) - Varsity certificate
- #### **JV Teams:**
- JV patch (one per entire high school career)
 - Sport-specific pin for the first year
 - Star pin for every year the student-athlete participates (after the first year) - JV certificate

TEAM CAPTAINS

Team captains serve as positive role models to their teammates. They are leaders on and off the field/court, while serving as a link between the team. It is also important to understand that serving in the capacity of a captain is not reserved solely for seniors on the team. This position is open for students who are best suited to filling the responsibilities.

RISK OF ATHLETIC PARTICIPATION

Participation in interscholastic athletic activities includes intense competition that poses the risk of significant or even life-threatening injury. Participants and parents/guardians are urged to consider these risks prior to joining a team. Risks vary from sport to sport and can occur under direct supervision or with the use of proper safety equipment.

SPORTS BOOSTERS CLUB

Sports Boosters at Maryvale is a parent-run organization whose primary purpose is to provide financial assistance to enhance the on-field success of the athletic programs at Maryvale. Sports Boosters focuses on the needs of the Athletic Department as a whole and not on individual sports. Sports Boosters also seeks to foster school spirit and encourage participation by all our girls. We encourage all parents/guardians to get involved to help at upcoming events. Please feel free to visit the organization's page on the Maryvale website for more information.