

# Dakar Academy



## Student/Parent Athletic Handbook

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Hebrews 12:1*

Revised August 2011

# DAKAR ACADEMY

## Athletic Handbook

### **OUR VISION**

Dakar Academy exists to partner in the advancement of the Kingdom of God through serving missionary families by providing educational services for their children.

The vision of Dakar Academy is that each of our graduates has a Christian worldview that permeates all of life, are prepared for university level studies, and will:

#### *Spiritually:*

- Have God working in his/her individual life.
- Face his/her responsibility to choose Christ.
- Grow in his/her spiritual walk.

#### *Intellectually:*

- Be challenged to achieve his/her potential academically, physically, socially, spiritually and morally.
- Be prepared to integrate into a North American school system.
- Have the necessary life-skills to function as a contributing adult.

### **OUR MISSION**

To provide for missionary children, and other children as space permits, quality primary and secondary education from an evangelical Christian perspective utilizing curriculum compatible with American school systems, and boarding for missionary children.

### **PHILOSOPHY**

The purpose of this handbook is to aid coaches, student athletes, and parents in understanding the policies and procedures, which guide the operation of the athletic program at Dakar Academy.

The athletic program at Dakar Academy is an integral part of the total curriculum. A comprehensive program of athletic activities, therefore, is vital to the educational development of students. As a result, the Dakar Academy athletic program provides a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life. These experiences are designed to serve Christ and the school, develop respect for self and others, promote fellowship and goodwill, advance spiritual and physical growth, and encourage good sportsmanship.

The purpose of Dakar Academy athletics is to bring glory to God by developing Christian character through focusing on these core values:

1. Christ-first attitude,
2. academic development of the student,
3. respecting authority,
4. sportsmanship by the players and the fans,
5. teamwork-responsibility and accountability,
6. dealing with adversity in competition,
7. discipline, desire and dedication,
8. school spirit, and
9. athletics as a ministry.

### **BEHAVIOR GUIDELINES FOR ATHLETES**

- Any improper language (swearing, boasting, and disrespectful talk) will not be permitted.
- DA athletes are expected to abide by the DA dress code at all practices and games.
- Treat opponents with respect; shake hands prior to and after contests.
- If you don't understand a call, ask politely; accept the official's decision and learn from it. Don't incite fans by behaving improperly.
- Applaud the introduction of opponent's team members if introduced.
- Shake hands with their coach when introduced.
- Affirm an opponent that fouls out or must leave because of injury or other reason. Thank him for playing hard and challenging you.
- Search out individual opponents after the game to congratulate them, point out a great performance. This could be an opportunity to witness for Christ as well.
- Show concern for an injured player of either team. Offer to assist fallen players from both teams.
- Encourage and build up one another.
- Be a team; not just a group of individuals. The goal is to make your fellow teammate a better player and person; honor him above yourself.
- Live Christ on and off the court/field.
- Be enthusiastic; take an interest in every part of your sport and be glad to quickly carry out every part of the job.
- Be humble; acknowledge that God is the one responsible for your abilities, talents and success.

### **CODE OF CONDUCT FOR STUDENT ATHLETES**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department at Dakar Academy. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Athletes are expected

to abide by this code of conduct, which will earn them the honor and respect that participation and competition in the Dakar Academy program affords. Conduct, which results in dishonor to the athlete, the team or the school, will not be tolerated. All rules apply to all students representing a team from Dakar Academy.

Good Sportsmanship, ethical behavior, integrity, and the respect of others are the guiding principles that permeate all activities at Dakar Academy. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others. All individuals, regardless of their role, are expected to model sportsmanship because of the influence on the behavior of others.

### **EXPECTATIONS OF STUDENT ATHLETES**

1. Appreciate and understand that your behavior is observed and emulated by many who are younger.
2. Live up to the high standards of sportsmanship established by Dakar Academy.
3. Accept and understand the seriousness of your responsibility, and the privilege of representing Dakar Academy and your community.
4. Live up to the standards of sportsmanship established by the school administration and the coaching staff.
5. Learn the rules of the game thoroughly and be willing to discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
6. Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?
7. Refrain from taunting, trash-talking, or making any kind of derogatory remarks to your opponents during the game. Refrain from intimidating behavior.
8. Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted with following either victory or defeat.
9. Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the official and all people at the event.

### **HAZING**

Under no circumstances will any type of hazing and/or inappropriate initiation be tolerated. The term “hazing” means any conduct or method of initiation by any student organization, which willfully or recklessly endangers the physical or mental health of any student or other person. Violation of this policy may result in strong disciplinary action, including suspension from the athletic team.

## **SUSPENSION**

An athlete who is suspended for disciplinary reasons from school is ineligible to participate in contests or practices during the period of suspension.

## **ATHLETIC ELIGIBILITY**

All students will be classified as either eligible or ineligible for athletics and activities. Ineligibility will be determined on a case-by-case basis with the coach, assistant director or athletic coordinator if the assistant director is already involved, and the parent or dorm parent meeting together to make the ineligibility determination. The meeting will take place when a student receives either one "F" or two "D's" on a report card or mid-term progress report. Ineligibility status will be assigned for two weeks unless in conferencing together it is determined that this status will not be helpful or enable for the student to improve their grades. At the conclusion of the temporary suspension, the student's grades will be reviewed by the assistant director to determine progress. If appropriate progress is made, the student athlete may become eligible again, otherwise, the student will remain ineligible for the remainder of the grading period or until such time as he/she improves their academic performance. In addition, weekly grade reviews will be made by the assistant director in order to warn both athletes and coaches that the athlete has to expend more effort in his/her academics in order not to become ineligible at the time of mid-term progress reports or report cards. When a player becomes ineligible, it is at the coach's discretion as to whether or not the player participates in practice; however they may not participate in a contest.

## **ATTENDANCE AND PLAYING TIME**

Team commitment to practices and games is expected of players and their parents. In the classroom, students are independently responsible for their grades; however, in athletics, team sports do suffer when an athlete is missing. Getting a team to work together requires the presence of all the players. While we realize emergencies come up and that students get sick, please understand how frustrating it is to fellow team members in addition to the coaches when someone is missing from practices and games unnecessarily. Students who are tardy or absent from practices and games may lose playing time.

- Athletes are expected to be in school for a minimum of five periods in order to participate in a practice or game on that same day. (Exceptions will be made for medical appointments)
- Students absent from any class period the day of the game may not be allowed to start if the absence is unexcused.
- Students are expected to be in school on the morning following a game or they may be subject to loss of playing time.

Coaches in conjunction with the Assistant Director and Athletic Coordinator, reserve the right to suspend a player from a practice and/or games for any misconduct or behavior

unbecoming to a Christian or to the team. Normal discipline procedures as outlined in the Student Handbook will then be followed.

## **CONFLICTS IN ACTIVITIES**

Athletes who attempt to participate in several activities will, undoubtedly, be in a position of a conflict of obligations. The athletic department recognizes students should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, attempts to schedule practices and events in a manner to minimize conflicts. Athletes have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participating in too many activities where conflicts are bound to happen. It also means notifying the advisors/coaches involved immediately when a conflict does arise. When a conflict arises the advisors/coaches will work out a solution so those students do not feel caught in the middle. If a solution cannot be found, the assistant director or his designee will make the decision based on the following:

1. Is one of the activities co-curricular?
2. The relative importance of each event.
3. The importance of each event to the student.
4. The relative contribution the student can make.
5. How long each event has been scheduled.
6. Talk with athlete and/or parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either advisor/coach. If it becomes obvious that students cannot fulfill the obligation of a school activity, they should withdraw from that activity.

## **TRYOUTS AND LEVELS OF COMPETITION**

All students must attend the official try-out time conducted by the coaches. No one will be automatically placed on a team unless they are arriving on campus after tryouts have been scheduled.

### Junior Varsity/Intermediate

These teams fall between our middle school developmental squad and competitive squad. Efforts will be made to see that all players will see some playing time throughout the season.

### Varsity

The objective of our varsity level teams is to help athletes to grow spiritually while participating in a competitive atmosphere. Team placement and playing time will be based on attitude, development of skills, team play, hustle and practice and game presence. An athlete must earn his or her place on the varsity team as well as a starting position. Just because a student is in his junior or senior year does not mean they will be given a place on the varsity team.

## **AGE RESTRICTIONS**

The following age restrictions apply to DA athletics:

Junior Division II:	Ages 10-11
Junior Division I:	Ages 11-12
Intermediate:	13-14
Seniors:	15-19

Student athletes are permitted to play up a level, but cannot play down without permission of the assistant director. The assistant director, in consultation with the coaches may authorize placement of an individual athlete to a lower level based upon extenuating circumstances.

## **LENGTH OF SEASON**

A sport season (all levels) shall consist of no more than 2 regular season games per week and two tournaments per season. Coaches will strive to provide at minimum of 6 games in a single sport season. SIPS and WAIST will count as tournaments. Exception: Legitimate outreach opportunities approved by the Athletic Director.

## **PRACTICES AND GAME TIMES**

All Varsity sports will receive 3 practice slots and up to 2 games per week. One game must be on a weekend and must be approved by the Athletic Director and Athletic Coordinator. Intermediate and JV sports will receive a minimum of two practice slots per week.

Junior teams will receive 2 slots per week. These slots can be used for practices or games.

Conditions: 1) Tryouts may run for up to 3 consecutive days and do not include “regularly” scheduled practice slots. Tryouts should be coordinated with the Athletic Coordinator to avoid field conflicts with other scheduled activities. 2) Extra “Open” slots may not be procured by coaches. 3) Where time permits, a coach may include a 15-minute “conditioning time” before or after practice for athletes not involved in other activities.

## **ATHLETIC AWARDS**

Types of Awards

2 Timothy 2:5: *“if anyone competes as an athlete, he does not receive the victor's crown unless he competes according to the rules.”*

*Varsity competition (major award):* six-inch letter for the initial award; additional letters earned in the same sport or a different sport, may be awarded a pin representing that sport. All varsity letter award winners may receive a varsity letter certificate. A varsity letter award is only available to high school students.

*Junior Varsity competition (minor award):* All team members who finish the season may receive a participation certificate. JV awards may be given to designated JV teams only and are based on the same criteria for awarding varsity letter awards.

*Middle School competition:* all team members who finish the season may receive a participation certificate.

## **FACILITIES, EQUIPMENT AND UNIFORMS**

Athletes are responsible for the proper care and security of equipment issued (on a loan basis) to them. If equipment/uniforms are furnished by the school, it is to be worn only for contests and practice or when authorized by a coach. We are all expected to be good stewards of our facilities and equipment.

- Always leave the field and courts cleaner than you found them.
- Keep the school vehicles clean and neat. Please pick up after yourself.
- The coach will issue the athlete a team uniform (when necessary). It is the student's responsibility to keep the uniform washed and in good condition.

## **PARENT/COACH COMMUNICATION PLAN**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

## **COMMUNICATION FROM YOUR CHILD'S COACH**

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and time of all practices and contests.
4. Team requirements, i.e., practices, special equipment, out-of-season conditioning.
5. Procedures we will follow should your child be injured during participation (Notification of DA First Responders, contact parents, contact EMS services if necessary).
6. Behavior that may result in the denial of your child's participation.

## **COMMUNICATION COACHES EXPECT FROM PARENTS**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance if possible.
3. Specific concerns with regard to a coach's philosophy and/or expectations.

As your children become involved in the program at Dakar Academy, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

### ***APPROPRIATE CONCERNS TO DISCUSS WITH COACHES***

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior

Coaches are professionals and many are fellow missionaries. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

### ***ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES***

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between a coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.

### ***PROCEDURE FOR MEETING WITH A COACH***

1. Contact the coach to arrange for a time to meet outside of the athletic event and the school day.
2. Please refrain from approaching the coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote Christ-like behavior.
3. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the Assistant Director and the Athletic Coordinator to discuss the situation.

### ***FANS***

Cheer loudly, cheer hard, have fun, but always maintain a Christian attitude and good sportsmanship.

1. Respect decisions made by officials
2. Refrain from booing or heckling an official's decision

3. Be courteous to opponents, both players and their fans
4. Treat opposing fans with respect

*When watching Dakar Academy activities*

**BE A FAN...NOT A FANATIC**

***RISK OF PARTICIPATION***

Athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. By allowing their student(s) to participate in Dakar Academy athletics, parents agree to not hold Dakar Academy liable for any injuries that may occur due to participation in such athletics.

If a student athlete has been injured in practice and/or competition, the nature of which required medical attention, the student athlete will not be permitted to return to practice and/or competition until he/she has received a release from a practicing physician.

Every athlete must have a signed permission form on file in order to participate in DA athletics. Students may not try-out, practice, or play until the form has been given to the coach which will then be kept on record with the Athletic Coordinator. Forms are available in the school office or on RenWeb. Parents MUST sign the form and certify the students is physically fit enough to participate in organized athletics.

***ATHLETIC FEES***

There is an annual athletic fee of 10.000cfa per student for Intermediate, Junior Varsity and Varsity athletes. This is a once per year fee that is paid during the first season of athletics the student is involved in. If the fee is not paid to the business office by end of the second week of the season, the student must sit out of competition until the fee is paid. For families of three or more children that will be competing in the specified levels of athletics, you will only have to pay for the first two children.