

South Lancaster Academy



Athletic Student Handbook

2023-2024 School Year

SLA 2023-24 Athletic Handbook

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PHILOSOPHY

The philosophy of the athletic program at SOUTH LANCASTER ACADEMY is to provide a setting in which students can experience the joy of movement through the medium of sport in a Seventh-day Adventist, Christ-centered environment as they engage in activities that promote the development of the whole person physically, mentally, spiritually, emotionally, and socially.

A successful athletic program is not built overnight. It takes a lot of hard work and dedication from many individuals over many years. Our tradition at South Lancaster Academy has been to participate so that honor comes to our God, our community, our school, and our athletes. This tradition is worth our best efforts by everyone involved, the parents, the coaching staff, the athletes, the student body, and our community. We will play every game to the glory of God.

PURPOSE

The purpose of the athletic program is:

1. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The program should provide adequate and natural opportunities for:
 - a) Physical mental and emotional growth and development.
 - b) Acquisition and development of special skills in activities of each student's choice.
 - c) Team play with the development of such commitments as: respect, loyalty, cooperation, fair play, and other desirable social traits.
 - d) Directed leadership and supervision that stresses: self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
 - e) A focus of interests on activity programs for student body, faculty and community that will generate a feeling of unity.
 - f) Provisions for worthy use of leisure time in later life, either as a participant or spectator.

CODE OF ETHICS

It is the duty of all concerned with school activities:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To stress the values derived from playing the game fairly.
3. To show cordial courtesy to visiting teams and officials. They are our guests and deserve to be treated as such.
4. To respect the integrity and judgment of sports officials.



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5. To achieve a thorough understanding and acceptance of the rules of the game.
6. To strive for victory through fair play according to the rules.
7. To encourage leadership, use of initiative, and good judgment by players of the team.
8. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual participants.
9. To do everything possible to encourage enthusiasm for the game and courtesy and respect for the players, coaches, and fans.
10. To do everything within their power to make the entire athletic program something of which the community will always be proud.

RESPONSIBILITY OF ATHLETES

Through voluntary participation, the athlete gives time, energy, and loyalty to the program. The athlete also accepts the rules, regulations, and responsibilities for training which are unique to an athletic program. In order to contribute to the success of the team, the athlete must willingly assume these obligations as the role demands and must make sacrifices not required of others.

1. Responsibilities to Self

- a. An athlete is a special someone upon whom certain responsibilities are imposed. The athlete is one who accepts these responsibilities to broaden themselves and develop strength of character. The athlete owes it to themselves to get the greatest possible good from their school experiences, studies, and participation in other co-curricular activities, as well as from athletics.
- b. An athlete owes it to themselves to always do whatever they do in life to the best and fullest of their ability and to the glory of God.

2. Responsibilities to the School/Team

An athlete from SLA has the following responsibilities to themselves and the team because they represent the school and the community:

- a. Always do their best and follow guidelines set forth.
- b. Automatically assumes a leadership role when on an athletic squad. The student body and citizens of South Lancaster Academy community know them. They are on the stage with the spotlight on themselves. The student body, the community, and other communities judge the school on their conduct and attitudes, both on and off the court. Because of this leadership role, the athlete can contribute to SLA school spirit and the community's image. The younger students are watching the athlete. They will imitate them in many ways. Do not let them down; give them high ideals to follow.



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- c. Model good sportsmanship by assisting fallen opponents and showing respect in pre- and post-game events.
- d. Live and compete honorably.
- e. Treat officials with respect by not complaining about or arguing with their calls or decisions during or after a game.
- f. Meet time commitments for practices and games.
- g. Help promote the well-being of teammates.
- h. Display humility in victory and graciousness in defeat.
- i. Demonstrate Christian behavior in all that they do.
- j. Make academics a priority.
- k. Avoid the use of any illegal or harmful substances.
- l. Treat coaches with respect.

RESPONSIBILITY OF COACHING STAFF

Responsibility to the Team

1. Communicate the team philosophy.
2. Define player roles on each team.
3. Set forth expectations for both the team and individuals.
4. Communicate times of practices and contests.
5. Communicate team requirements (fees, consent forms, physical forms).
6. Discipline procedures which may lead to denial of participation in contests.

Responsibility to school

1. Model Christian ethics always.
2. Not allow unsportsmanlike conduct, cheating, or any other form of dishonorable conduct.
3. Discourage selfishness and encourage student-athletes to think and play as a team.
4. Avoid the use of verbal abuse, physical and psychological intimidation.
5. Promote loyalty to team and school.
6. Treat game officials with respect, not complaining about or arguing with their decisions.
7. Make the game fun and enjoyable.
8. Be gracious in victory and dignified in defeat.
9. Provide opportunities for spiritual growth.
10. Promote physical fitness and health.
11. Use positive coaching methods to increase self-esteem of student-athletes.
12. Distribute, explain, and enforce expectations of student-athletes.



CONCUSSION PROTOCOL

The possibility of an injury in athletic play is always a possibility. In particular, concussions can and do happen, despite precautions taken. South Lancaster Academy takes the possibility of concussions seriously and we practice the REAP method for the prevention and treatment of concussions. REAP is an acronym and refers to the following steps:

R- Remove/Reduce

E- Educate

A- Adjust/Accommodate

P- Pace

This complete concussion management program can be found at NFHS.org at the following link: [REAP Concussion Management](#). Students who are suspected of incurring a concussion during any type of activity at a school event (including P.E. class and recess), will be removed from the event and the parents will be notified and this will begin the concussion protocol process that includes clearance for normal activities by a physician.

GRIEVANCE PROCEDURE

The success of the athletic program depends largely upon cooperation between parents, coaching staff, and the student-athletes. Parents concerned about a report, criticism, or complaint made by a coach or another parent regarding their student(s) should follow the school's Grievance Procedures as outlined in the School Handbook.

As always, parents, coaching staff, and students are encouraged to resolve problems without initiating the Grievance Procedural process.



GENERAL INFORMATION

SPORTS SEASONS

FALL	Begin Practice	Close of Season
Volleyball – Girls	August	November
Cross Country-Co-ed	August	November
Soccer-Boys	August	November
WINTER		
Basketball – Boys	November	March
Basketball – Girls	November	March
SPRING		
Volleyball-Boys	March	May

ACTIVITY FEES/EQUIPMENT

South Lancaster Academy will assess an athletic participation fee for all grade levels of \$175.00 for the first sport a student participates in. The second and third sports carry a fee of \$150 and \$125 respectively. The fee must be paid before the student will be allowed to practice with the team. The activity funds are used to purchase uniforms, sports equipment, entry fees, officials' fees, and purchase equipment needed to carry on the athletic program at South Lancaster Academy.

PRE-PRACTICE REQUIREMENTS

All athletes must meet the following requirements before beginning practice:

- Have a physical examination (dated after May 1st of the current year)
- Complete the Student & Parent Consent Form
- Pay Activity fee

GENERAL INFORMATION

SCHOOL: South Lancaster Academy ADDRESS: 198 George Hill Rd South Lancaster MA 01561
PHONE: 978.368.8544

SCHOOL COLORS: Purple/White/Black

TEAM NAME/MASCOT: Crusaders



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ADMINISTRATION:

Athletic Director	Rick DeOliveira	978.368.8544 x109	athletics@mysla.org
Principal	David Branum	978.368.8544 x110	principal@mysla.org
Vice-Principal	Ollyce Gardner	978.368.8544 x105	vp@mysla.org
Treasurer	JoAnn Shaul	978.368.8544 x101	treasurer@mysla.org

COACHING STAFF:

For a complete list of coaches, contact the AD or administration.

TEAM TRAVEL

South Lancaster Academy athletic teams and staff members travel to and from athletic events by school vehicles. All members of a team will return from a contest by the same transportation provided for taking them to the contest. Exceptions: You will need to talk with your Coach about any exceptions.

DRESS CODE

The dress and appearance standards of the school are designed to reflect Christian principles of neatness, cleanliness, and modesty. All dress guidelines in the SCHOOL HANDBOOK should be observed by all students during school hours, road trips, practices, and games.

GYM/LOCKER ROOMS

SLA's doors are locked at 4:00 PM. Students participating in athletics must leave the campus during the time between their last class and their practice. The school is not responsible for unsupervised students who spend time in unauthorized areas.

SCHOOL ATTENDANCE

For any student to participate in an activity, they must be in attendance for a full day (in attendance for every class they are taking) on the day of the activity. This includes practices as well as games or competitions. Certain exceptions can be made in case of emergencies if the school is notified **prior** to the absence. Exceptions will not be made for illness or working. If the athlete must be absent for any reason on the day of an event, please do not try and interpret this rule yourself. **Contact the office before the absence to find out if an exception can be made.** Only the Principal or AD can make the exception for the athlete.



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ELIGIBILITY

Academic

Students who wish to participate in athletic activities **must maintain a minimum GPA of 2.00 with no more than one “D” and no grades of “F”**. They must also be in good standing with their school attendance. Spring quarter grades impact whether a student may participate in fall sports programs. The student must be a full-time student at South Lancaster Academy.

Any student whose name appears on a weekly D, F, or I list (published every Friday) will be placed on athletic probation for one week. Probation means that the athlete is suspended from game play for the following week. A student who has been placed on athletic probation may start playing in games when his/her name no longer is on the weekly D, F, or I list. The list only comes out once a week, so if the student’s name is on the list, they are on probation and are not allowed to participate in games. Removal from the list is entirely the student’s responsibility.

Suspensions/ Detentions

All student athletes who incur detentions or suspensions for any reason must have all suspensions or detentions served prior to playing in any games.

Discipline issues

The policy on conduct and disciplinary procedures is found in the school handbook.

Age

A student shall NOT be eligible for interscholastic competition when they attain the age of 19, except as follows: A student who becomes nineteen years of age on or after August 1.

ATHLETE CODE OF CONDUCT

Any student is welcome to try out for interscholastic teams available to them providing the requirements established by the MIAA and the school are met, and they agree to follow guidelines established in the school handbook and athletic handbook. Athletics are very demanding on an individual, both mentally and physically. Therefore, an athlete is expected to meet certain requirements.

1. Appearance
 - a. Athletes will always be neat, clean, and well-groomed while participating.
 - b. All athletes will always take pride in their dress and appearance. No outlandish dress or attire will be permitted. Individual coaches/sponsors will handle the consequences for their respective activity.
2. Attendance at practice and contests:



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- a. Athletes are expected to be at all practices scheduled by the coach. If an athlete is not able to attend a practice, they must contact the coach in advance.
 - b. Athletes are always expected to be on time for all practices, contests, and departures for contests.
 - c. Should an athlete miss a practice or contest without being excused in advance, the athlete may be withheld from the next contest in which they are scheduled to take part. Should an athlete miss a second practice or contest without being excused in advance, the athlete may be withheld from two contests and have a meeting with the Athletic Director and possibly the Coach. Should an athlete miss a third practice or contest without being excused in advance, the athlete may be dismissed from the team for the remainder of the season with no refund of fees.
3. Unacceptable conduct/behaviors/discipline
 - a. All student athletes are bound to the behavioral expectations that are referenced in SLA's Student Handbook.

FAN CODE OF CONDUCT

1. Support the team in a positive way.
2. Encourage honesty and good sportsmanship.
3. Engage in positive and uplifting cheers.
4. Be respectful to all.
5. Use only your voices to cheer during contest
6. Treat officials with respect always by not complaining or arguing about their calls or decisions.
7. Cheer appropriately, but do not attempt to distract players.

AWARDS BANQUET

There will be an end-of-year All-Sports Awards Night honoring all SLA athletes. All students who participated in the athletic program and their parents are strongly encouraged to be in attendance. It is a time when we recognize all athletes and present special awards for outstanding achievement.



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