

# **Great Hearts Arlington Athletics**



**2023-2024 Scholar-Athlete Handbook**



## **Scholar-Athlete Handbook 2023-2024**

Great Hearts Arlington seeks to educate the whole person. We not only emphasize the formation of our scholars' intellect, but we also pursue their moral formation through the cultivation of virtue and their physical development through the training and disciplining of their bodies. Truth, Goodness, and Beauty are constantly held up in front of our scholars, for this encounter transforms their entire lives -- mind, heart, and body.

Athletics plays a vital role in this.

At Great Hearts Arlington, the ultimate aim, or goal, of athletics is not victories on the field. It is not championship trophies to house in a glass case. It is not personal or collective accolades to post to our social media pages.

The aim of athletics at Great Hearts Arlington is to take all the ways our scholars are being educated as human beings and to put them in action -- both individually and collectively. Athletics is the crucible of their educational experience where they are fired by the nature of competition, and the virtue they have developed in the varied spaces of our school is embodied on the practice field, weight room, locker room, gym, and stadium. In the classrooms, they have learned what the True, Good, and Beautiful are; in athletics, they live them out.

At Great Hearts Arlington, downstream from the magic that occurs in each of our classrooms, our scholar-athletes will compete to their very best ability, spurred on by the work done as a community of learners in each class. They will train physically and mentally to excel in their respective sports. They will be dedicated and invested -- on time and present for all their practices and events. They will be put in difficult positions, forced to struggle and forced to grow, so they learn to persevere. They will become mentally tough, and they will love their teammates. They will learn to sacrifice for their teammates, and they will learn to put the goals of the team first.

These are the opportunities a scholar-athlete has at Great Hearts Arlington. These are the opportunities that will allow them to flourish as a human.

And this is what it means to be an Archer.



## Eligibility

To participate in school athletics, scholar-athletes must meet the school eligibility requirements, as well as the eligibility requirements of the league in which the sport is played. Questions regarding eligibility status should be directed to the athletic director for clarification.

### *Academic Eligibility Requirements*

- Eligibility checks will be conducted at the midpoint and end of each grading period. Should a scholar-athlete receive a 69% or below in one or more classes at the mid-point of any grading period, he or she will be declared ineligible for a 1-week probationary period. A scholar-athlete may regain eligibility when he or she maintains passing grades in every class at the end of the probationary period.
- If a scholar-athlete receives a 69% or below in one or more classes at the mid-point of any grading period and does not raise the grade above a 69% by the end of the grading period, he or she will begin the next grading period on a 1-week probation. He or she will return to practice but will be ineligible to participate in games/meets/events. A scholar-athlete may regain eligibility when he or she maintains passing grades in every class at the end of the probationary period.
- Scholar-athletes must meet school behavior standards to be eligible for athletics. Disciplinary actions at school may lead to a loss of participation – in practice and games.

### 2023-2024 Eligibility Calendar

Quarter	Grade Check
1	Mid-Quarter Progress Reports, End of Quarter
2	Mid-Quarter Progress Reports, End of Quarter
3	Mid-Quarter Progress Reports, End of Quarter
4	Mid-Quarter Progress Reports, End of Quarter

A scholar-athlete in danger of becoming academically ineligible should consult with his or her instructor(s) to determine action necessary to retain eligibility. Once determined academically ineligible (i.e. receiving a 69% or below in one or more classes), the scholar-athlete has a 1-week probation period to improve his or her grades. If the scholar-athletes does not improve his or her grades after the 1-week probation period (grades checked on Friday), he or she will continue to be ineligible until his or her grades in each class are at a 70% or above. Grades will be checked at the end of each week (Friday). Academically ineligible scholar-athletes will be required to attend after school tutoring in their ineligible subject area. Once tutoring is finished, they will attend practice, but they will be unable to participate in practice sessions. On days they do not have tutoring, they will attend practice, but they will not be allowed to participate. Furthermore, academically ineligible scholar-athletes will not be able participate in contests, sit on the bench/sideline with his or her team, or travel to away games until eligibility is regained.



## Attendance Requirements

Joining a Great Hearts Arlington team is a commitment. Commitment to a team requires the activity of virtue. Scholar-athletes must be responsible for managing their time, persevering when school and life becomes difficult, and sacrificing personal desires for the good of the team. Therefore, **scholar-athletes who register for a team are expected to attend every practice, meeting, and contest.** Excessive absences -- excused or unexcused -- may lead to loss of playing time or suspension/expulsion from the team.

Details related to attendance and athletic participation:

- If a scholar-athlete does not attend school the day of a practice or contest, he or she is unable to participate or attend the practice or contest.
- If a scholar-athlete arrives at school after 10:00 am the day of a practice or contest, he or she is unable to participate or attend the practice or contest.
- If a scholar-athlete does not attend practice for multiple days in a week leading up to a contest, he or she may be withheld from participating in the contest (at the discretion of the coach).
- Scholar-athletes must attend 90% of the total school days in any given semester to be eligible for contests.

## Registration Requirements

In order to participate in athletics, all scholar-athletes must have the following completed through Big Teams:

- Athletic physical exam and medical history form (by first day of tryouts/practice)
  - In middle school, athletic physicals must be completed...
    - First year of participation
    - Every other year through middle school
  - In high school, athletic physicals must be completed...
    - 9th grade and/or first year of participation in high school
    - Every other year through high school
- \$180 scholar-athlete fee per sport
  - \$50 deposit (by first day of practice)
  - Remaining fee amount (by the end of the season)
- Signed GHA Scholar-Athlete Handbook (by first day of practice)
- Parental Consent Form (by first day of practice)
- Emergency Contact Form (by first day of practice)

## Transportation

As for transportation, parents must drive their own scholar-athletes, and they are more than welcome to carpool. At the start of the season, the head coach will create a team GroupMe to disseminate information to the families, but this will also enable parents to get in contact with one another if their scholar-athlete needs a ride. If parents are unable to find transportation for their scholar-athlete, please contact the head coach.



## ***Injuries***

Scholar-athletes who become injured during practice or games must notify their coaches immediately of their situation. Coaches do not want their players to further hurt themselves by continuing to play despite a painful or serious injury. This is especially important with regard to blows sustained to the head and neck areas. Scholar-athletes who miss practice or playing time due to injury that was evaluated by an athletic trainer or physician must provide written, medical clearance, from their physician indicating release to participate before they will be cleared by Great Hearts Arlington.

## ***Athletic Refund Policy***

Athletic refunds will be allowed to families if requested to the Athletic Director within the following timeframes:

- Sports that make cuts
  - No refunds after cuts are made
- Sports that divide into multiple teams (high school varsity/JV or middle school A/B/C)
  - No refunds after teams are divided
- Single team sports with no cuts or division of teams
  - No refunds after five scheduled practices

## ***Scholar-Athlete and Parental Code of Conduct***

*The Great Hearts Arlington Scholar-Athlete Code of Conduct includes a series of department behavioral expectations required for membership on an Arlington Athletics team. This Code of Conduct is in effect year-round, including summers and break periods, and includes the following requirements.*

1. **RESPONSIBILITIES TO YOURSELF:** The *most* important of these responsibilities is to develop strength of character, positive values, and behaviors. Your academic studies and your participation in other co-curricular activities, as well as in sports, help to prepare you for your future. Scholar-athletes are expected to uphold passing grades in all classes during the season.
2. **RESPONSIBILITIES TO YOUR SCHOOL:** As scholar-athletes, your actions *directly* reflect the school. What you do, on and off the court, dictate how Great Hearts Arlington is perceived. You assume a leadership role when you are on an athletic team and because of this role, you can make a positive contribution to school spirit and develop community pride. In addition, you are a role model for younger scholar-athletes. These scholar-athletes look up to you, so be sure the example you set is a positive one. Great Hearts Arlington cannot maintain its reputation as an outstanding school unless you do your best in whatever activity you engage in.
  - a. **Equipment:** Scholar-athletes are responsible for all school issued athletic apparel and are required to return it upon completion of the season. Scholar-athletes who leave a program in poor standing (quitting, dismissal, etc.) will be required to return all equipment and apparel issued by the sport program. If the equipment or apparel is damaged or not available to be returned, the scholar-athlete will be billed for the full replacement cost.
3. **RESPONSIBILITIES TO OTHERS:** When you've lived up to all of your commitments, you've practiced with great enthusiasm, and you've played the game to the best of your ability; you feel a sense of pride and your teammates benefit from that level of commitment. To develop a strong team, Scholars are expected to be at all practices and games. Scholar-athletes are required to demonstrate good sportsmanship and ethical conduct and refrain from biased or harassing behavior. Scholar-athletes are prohibited from making defaming statements about a teammate, coaches, the athletic department, staff members, or opposing team, to the media or on any private or public social media site.



- a. **Sportsmanship:** Be supportive of all scholar-athletes, coaches, and officials before, during, and after all contests. Accept decisions of officials without dispute. They are seldom responsible for your success or failure, so do not blame them for your circumstances.

### **Parent Communication with Coaches**

#### *Communication Coaches Expect to Receive from Parents:*

1. Notification of any schedule conflicts at least *48 hours prior* to practice and games. Misses should be limited to extreme situations such as illness.
2. Special concerns in regard to a coach's philosophy and/or expectations.
3. Injury or circumstances that may endanger the scholar-athlete when participating.

#### *Appropriate Concerns to Discuss with Coaches:*

1. The treatment of your scholar-athlete, mentally and physically.
2. Playing time for your **own** child.
3. Ways to help your son/daughter to improve.
4. Concerns about your scholar-athlete's behavior.

It is very difficult to accept your son/daughter not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all scholar-athletes involved. As you have seen from the list above, certain things can and should be discussed with your scholar-athlete's coach. Other things, such as the following, must be left to the discretion of the coach.

#### *Issues **Not** Appropriate To Discuss With Coaches:*

1. Team strategy.
2. Play calling.
3. Other Scholar-athletes.

#### *If You Have A Concern To Discuss With A Coach, Here Is The Procedure You Should Follow:*

1. Email/call the coach to set up an appointment.
2. If the coach cannot be reached, email/call the Athletic Director, and the meeting will be set up for you.
3. **Please give yourself time to understand your concern before approaching a coach. Attempting to confront a coach before or after a contest or practice is not an ideal time. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

As a parent in the athletic program, please remember the virtues Great Hearts is working to instill in the children. When we are competing against other schools, please remain respectful and conduct yourself in a manner that you would want your child to behave. Sports can get very competitive and maintaining a sense of composure in those high stress situations is imperative.



***Harassment and Hazing***

Humiliating harassment and/or hazing are strictly prohibited. These are unacceptable practices in any athletic, extracurricular, or academic endeavor. Scholar-athletes and their parents who engage in any type of harassment and/or hazing activity may be disciplined by Great Hearts Arlington.

**Scholar-Athlete and Parent Agreement**

I \_\_\_\_\_ acknowledge that, as a Great Hearts Arlington scholar-athlete, I have significant responsibilities. I recognize that I am making a commitment to a team that represents the academy, and that my dedication in the classroom and my positive behaviors in the hallways are required to participate in the Archers athletic program.

I recognize that I'm expected to behave as a respectful member of my team and in a manner that positively represents the values of Great Hearts Arlington. I understand the need to exercise good judgment and conduct myself with honesty, integrity, and respect for others at all times.

I understand and agree to each expectation listed above and understand that a failure to abide by these expectations may result in suspension or dismissal from an athletic team, at the discretion of the head coach and/or Athletic Director or designee.

Scholar-Athlete Signature \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date: \_\_\_\_\_