

Trivium Preparatory Academy Athletics Handbook



Dear Scholar-Athletes and Parents/Guardians,

Welcome! As Athletic Director at Trivium Preparatory Academy, thank you for your warm welcome you to your family. I am pleased that you have chosen to become a part of the growing tradition to participate in interscholastic athletics. Athletics helps to shape the minds, hearts, and bodies of our children for the rest of their lives.

Trivium Preparatory Academy, its administration, staff, and coaches are all committed to providing as many opportunities as possible through sports. Our goal is to create well rounded and mature leaders for the following generations to come in the pursuit of truth goodness and beauty. We are very excited to start another season of athletics. Go Knights!

Best,

Athletic Director

Kayla Walsh

A handwritten signature in cursive script that reads "Kayla Walsh".

Important Links:

Trivium Prep Athletics Website: <https://greatheartstriviumathletics.org/>

Athletics Department Contacts:

Athletic Director: Kayla Walsh kwalsh@triviumprep.org

Assistant Athletic Director: Stephen Hemming shemming@triviumprep.org

Eligibility

In order to participate in athletics at Trivium Prep, scholar-athletes must meet both AIA (Arizona Interscholastic Association) and Trivium Preparatory Academy eligibility requirements.

AIA Eligibility Requirements (High School)

- A student has not reached his/her nineteenth (19th) birthday on or before September 1 of the school year of competition.
- A student enrolled in at least five (5) credit-bearing classes for the semester in which the event takes place.
- A student's school attendance has not lapsed for a period of more than ten (10) consecutive days (disabling sickness of self or immediate family excepted).
- A student is an amateur, having never accepted a monetary award in any form or amount
- A student has never competed under a false name
- A student is not allowed to participate in outside teams, in the same sport, during the sport season unless this is permitted by AIA guidelines.
- A student enrolled in grades 9, 10, 11, or 12 for not more than eight consecutive semesters and has not competed or had the opportunity to compete for more than for seasons of any sport.
- A transfer student has obtained the proper AIA Waiver.

Trivium Academic Eligibility Requirements

- Scholar-athletes must be enrolled in six high school level courses and maintain satisfactory progress towards graduation throughout each of their four years.
- Academic grade checks will take place for all scholar athletes periodically throughout the year. Any student receiving a D or F grade at progress report time will be placed on academic probation. Progress reports are every mid-quarter (approximately 5 weeks into each quarter). During academic probation students will be able to continue to participate fully with their athletic teams but will at no time be able to be released early from academic classes to participate in athletic contests.
- Any student athlete who receives a failing grade will be placed on an improvement plan by the Athletic Director, Assistant Headmaster, and their teacher. This plan can include missed game or practice time if parameters agreed on are not met.
- Any student athlete who receives multiple failing grades will lose all athletic eligibility immediately and until all grades are raised to a 70% or higher.

Attendance Requirements

- A student must not miss three (3) or more periods in any given school day in order to participate in competition. In the case of extenuating circumstances, school administration may grant relief from this requirement. A student also may bring in a doctor's note that can clear them from this requirement.
- Scholar-athletes must attend 90% of the total school days in any given semester.

Missed Class Time

Any scholar athlete missing class time due to a competition is responsible for communicating with the instructor in advance of the absence to get any work that may be missed. When a class is missed it is the student's responsibility to make up any work and turn it in to the instructor within the established timeframe.

Outside Participation Eligibility Requirements

A high school student-athlete who is a member of Trivium Prep Athletic Team may NOT practice or participate/compete with another group, club, organization, or association team in that season of sport during Trivium Prep's season of competition. Season of competition begins the date of the teams first competition and concludes on the date of the final Trivium competition. During any given season, a high school student-athlete who plays a sport for Trivium may not play that sport for any reason for any team unless allowed by the AIA (Please contact the Athletic Director if there are questions in reference to this AIA rule).

Registration Requirements

In order for any student to partake in tryouts of a sport they need to have all registration paperwork filled out and payments submitted to the athletic department through our registration portal prior to the deadline date set forth by the Athletic Department for each season of sport.

Paperwork necessary for participation:

- Annual Physical Evaluation Forms (provided by AIA).
 - The physical form must be dated 3/1 of the current school year or later in order it to be valid for participation.
- AIA Mild Traumatic Brain Injury/Concussion statement
- Brainbook & Opioid Training Courses (High School Only)
- AIA Consent To Treat Form
- Trivium Preparatory Academy Athletic Handbook Signature Sheet
- Participation fees paid

**Submit Paperwork and register all athletes through our online portal: <https://greatheartstriviumathletics.org/>

Sports Offerings:

High School

| <u>Fall</u> <u>August- October</u> | <u>Winter</u> <u>November- January</u> | <u>Spring</u> <u>February-May</u> |
|---|---|--|
| Cross Country | Basketball | Baseball |
| Football | Soccer | Golf |
| Swim | | Softball |
| Volleyball | | Sand Volleyball |
| | | Track & Field |

Middle School

| <u>Fall</u> <u>August- October</u> | <u>Winter</u> <u>November-January</u> | <u>Spring</u> <u>February-May</u> |
|---|--|--|
| Cross Country | Baseball | Basketball |
| Golf | Softball | Swim |
| Football | Soccer | Track & Field |
| Volleyball | | |

Behavior Expectations for Trivium Prep Athletes

Trivium Scholar Athletes represent their school, peers, teachers, and administration. While in a Trivium uniform, athletes are expected to behave in a manner that would make Trivium Staff, students, and families proud. Being a part of a Trivium Sports Team is a privilege not a right and comes with added responsibility. At all times athletes must display excellent character, good sportsmanship and respectable interactions with officials, teachers, parents, administration, coaches, teammates, and opponents. Poor behavior will not be tolerated at any level.

Behavior Expectations During Contests

Trivium athletes are always expected to conduct themselves in an appropriate manner. This is not limited to when they are on the court/field but also on the bench or in the stands or in class. Officials, administration, opponents, and spectators should always be treated respectfully, even when emotions run high in the most critical moments in a game. Win or lose, it is considered good sportsmanship at the conclusion to shake the hand of an opponent, thank the officials, your coaches, and the parents. When you as an athlete are in a competition or on the bench your behavior directly influences the spectator's reaction of the game. As athletes and spectators, you are obligated to treat officials, coaches and

opponents respectfully and honorably accept defeat and victory. Any violation of this will be handled immediately and may result in removal from a team.

Problem Resolution: Voicing Concerns and Making Suggestions

If a parent, player, or fan feels it is necessary to bring a concern to the coach or Athletic Department they should do so in an appropriate manner and time. Concerns should first be presented to the coach then to the Athletic Director and lastly to our Headmaster. Concerns should not be directed to other parents, players or assistant coaches and should be presented through email or making an appointment with the appropriate individual. This should follow the schools 24-hour rule of communicating with coaches; the situation should be well thought out and evaluated before approaching the appropriate individual and done after the 24-hour period following the situation.

24 Hour Rule- No parent or player should contact a coach about team selection, playing time, game strategy or player issues within a 24-hour period of a competition ending.

Parent, Player, Coach, and Fan Decorum

Parents/fans are highly discouraged from coaching from the stands. This includes yelling instructional thoughts as well as second guessing coaching decisions. Such things may contribute to confusion and tension for the athlete and ultimately take away from their performance.

Parents/ fans should show good sportsmanship by showing respect and appreciation to opponents and respecting and honoring the decisions of the coach and officials.

Parents/fans must always remain in the stands unless they have been issued a field or court pass by the Athletic Department. All Parties should respect home and away facilities by keeping them clean and following any posted or published rules.

Parents/fans should uplift all Participants including, teams, coaches, officials, and supporting staff. Remember we are cheering for our team not against the opponent.

Coaches and student athletes are required to present themselves in a professional manner through their attire, actions, and behavior.

Consequences for Inappropriate Behavior: Fans and Athletes

Any Trivium Prep Scholar athletes whose behavior is seen as inappropriate, will result in consequences discussed by coaches and administration. Depending on the severity of the infraction, consequences may include a warning, detention, suspension, loss of privileges, or dismissal from the team. Any Scholar Athlete dismissed from a team due to behavior risk the loss of participating during the following athletic seasons. Any Scholar Athlete that is ejected from a game will have to sit out the next following contest at minimum.

If a family member is asked to leave a game, they are required to meet with the Athletic Director prior to being allowed to attend any further games.

Harassment/Hazing:

Verbal or physical harassing or hazing are unacceptable and strictly prohibited at Trivium Prep Academy whether in athletic, extracurricular, or academic endeavors. Any scholar athlete who engages in this type of activity will see disciplinary action.

Closed Practices:

All Trivium practices are closed practices. This means no spectators (included but not limited to siblings, friends, and parents) will be allowed to sit and watch, includes siblings and parents. If you need after school care for a sibling, please sign them up for Athenaeum or homework club.

Travel/Transportation:

Transportation to and from athletic contest and practices are generally provided by parents. Trivium Prep Academy will only provide transportation outside of the Phoenix Metro area (over 1 hour away from our school). Your team will be notified if transportation will be given by Trivium Prep. Coaches are not allowed to give their athletes rides to contest or practices under any circumstance. At contests and practice facilities, coaching staff are expected to stay with their teams, during, and after contest and practices until each child is picked up. It is expected of parents to pick up their children within fifteen minutes after games or practices have concluded.

Game Day Attire

Student Athlete options for school attire on game days are:

- Trivium School required uniforms
- White button up shirt and tie
- Game day polos on approval (high school only)- Can be purchased through the athletic department.

Care of Athletic Equipment & Uniforms:

It is important that every scholarly athlete makes the effort to take care of all athletic equipment, uniforms, and supplies provided. Head coaches will assign uniforms, practice gear, and equipment to each athlete once athletic fee is paid. Upon the end of each season, the athlete is responsible for returning all uniforms and equipment back to their respective coaches in reasonably good condition. Scholar athletes who lose, purposely damage, or fail to return uniforms or equipment, will be required to pay for the replacement of said item. Scholar athletes who fail to return or lose uniforms issued to them, will lose the privileged to participate in the next athletic season until uniform is returned or paid for.

Playing Time:

Parent and Players should remember playing time is the responsibility of the coach. The coach is trying to put the best combination of players on the field/court, and his/her evaluation regarding playing time may differ from that of the student-athlete and their parents. It is strongly encouraged that parents should avoid questioning playing time; however, if a player has a concern about playing time, such concern should be brought directly to the team's coach.

High School Varsity coaches are not required to give each scholar athlete playing time, although most coaches will attempt to give all participants playing time. Junior Varsity and middle school coaches will try their best to provide playing time in all regular season competitions. During end of season tournaments, coaches are not required to give playing time to all athletes in competitions. The exceptions to these policies regarding playtime that could result in an athlete not receiving play time would be if the player is not attending practices, deficient grades or has constant negative behavior.

Selection of Captains:

The head coach has the power to determine the method of selecting captains for the team. Captains will not be selected solely on seniority or athletic ability. A coach may select captains based upon attitude, dedication, and leadership, etc. The coach also reserves the right to remove a captain from their leadership status at any time.

Selection of Teams:

The head coach of each team reserves the right to determine the timeline and method of selecting teams both in high school and middle school. Coaches select these teams based on the best possible combination of athletes to create the most competitive program for Trivium Prep. Teams will not be selected based on grade. The only exception to this rule will be 12th grade athletes who are required by the AIA to play on Varsity level teams. Parents/athletes with questions pertaining to their personal team selection should direct questions to their Head Coach.

Athletic Refund Policy:

If you have paid for your scholar athlete to participate in a sport and they do not attend any practices after the last day of tryouts than you are eligible for a full refund. If your athlete decides any time after this that they no longer want to participate in their sport of choice, it is up to the determination of the Athletic Department of the amount which may be refunded.

Injuries:

Scholarly athletes who become injured should notify their coaches and the Athletic Trainer immediately of their situation even if the injury did not happen during a practice or game. Trivium Prep does not want their players to further injure themselves by continuing to play despite a painful or serious injury. Students who miss practice or playing time due to injury that was evaluated by a physician must provide written, medical clearance to the athletic trainer indicating release to participate before they can return to participation.

Conditioning and Training Rules:

Trivium Prep provides a proficient strength and conditioning program through their coaches where training routines designed to improve strength, flexibility, and endurance without

putting athletes at high risk. Attire: All athletes must always wear appropriate attire, including T-Shirts, Shorts/Pants, and athletic shoes. Uniforms are not to be worn for practices or training.

Training and Conditioning In The Heat:

Practice Protocol for any Great Hearts Academy is driven by a heat index which is a calculation that combines temperature and relative humidity. The following suggestions should be followed when conditioning, practicing, or playing during periods of high heat and/or humidity.

- Scholarly athletes should acclimate their bodies to hot weather activity gradually.
- Practice should and will be held early morning or late evening hours when it is coolest outdoors as much as possible.
- During hot weather, fluid intake should be increased, and breaks should be given more frequently. This includes increasing salt and sugar intake as well as water intake to maintain electrolyte balance. Too much water without increasing salt and sugar intake can lead to water intoxication (hyponatremia).

** This handbook may be revised or added to at any time. The department will send any addendums or additions to this handbook to each scholar athlete and family for notification but will not need to be resigned during the same school year.

Athletics Handbook
Acknowledgement Form

I _____ (Scholar Athlete) have read the Trivium Preparatory Athletics Handbook and agree to adhere to all requirements of me as a Scholar Athlete at Trivium Prep

I _____ (Parent/Guardian) have read the Trivium Preparatory Athletics Handbook and agree to adhere to all requirements of me as a parent/guardian.

Scholar Athlete Signature

Date

Parent/Guardian Signature

Date

**This form must be turned in through our registration portal in order for a student to participate in athletics.