



Veritas Preparatory Academy ATHLETICS HANDBOOK





Dear Scholar-Athletes and Parents/Guardians,

Welcome to the Falcons' Nest! As the Athletic Directors at Veritas Preparatory Academy, we welcome you to our family. We are pleased that you have chosen to become a part of the growing tradition of participating in interscholastic athletics. Athletics helps to shape the minds, hearts, and bodies of our children for the rest of their lives.

Veritas Preparatory Academy, its administration, staff, and coaches are all committed to providing as many opportunities as possible through sports. The athletic program strives to teach advanced knowledge and skill of sports, to promote good relationships between schools and individual student-athletes, to encourage participation, and to teach positive sportsmanship and leadership. Veritas Prep athletic philosophy is founded upon the belief that education comes before athletics. Interscholastic athletics is designed to continue what is taught in the classroom and shape the minds, hearts and bodies of our athletes for the rest of their lives. Athletics at Veritas play an important role in the development and maturation of participating student-athletes. Sports provide middle school and high school athletes with the opportunity for growth in all aspects of their life. Our goal is to create an elite program that is highly competitive which can promote school spirit and assist students, staff, athletes, and the entire Veritas Prep community in developing a sense of school pride. As significant as athletics are, however, they do not overshadow the importance of academics.

GO FALCONS!

Sincerely,

Corian Dennis & Chase Beebe

Athletic Director

Important Links:

Veritas Prep Athletics Website: <https://greatheartsveritasathletics.org>

Payment Portal: <https://veritasprep.configio.com/search?cid=372>

Register My Athlete: <https://studentcentral.bigteams.com>

Athletics Department Contacts:

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Veritas Athletics Standards

SOAR

Strength: Veritas student athletes gain the mental fortitude to manage the rigorous academic curriculum and the serious athletic regimen is crucial to the students' holistic success. Veritas athletes are students-first, meaning that students must pursue excellence in the classroom as well as on the field. It is imperative that our athletes demonstrate courage as they approach challenges in their studies and athletic ventures. A challenge presented develops new skills and strengthens those already known. Lastly, strength is developed through another virtue discussed regularly at VPA, perseverance. Our athletes must persevere – In the classroom, after a tough loss, or wherever adversity is faced. "It always seems impossible, until it is done." – Nelson Mandela

Opportunity: In the middle of difficulty, lies opportunity. Our student athletes are exposed to a rich and challenging curriculum throughout the school day and have the choice between 15 sports offered to our Middle & High School athletes. The decision to join athletics is the decision to seize an opportunity. In making this decision, our student athletes become a part of something bigger than themselves, a team. This is not a decision to make lightly, as our student athletes are expected to devote themselves to athletics just as they do with academics. In saying this, being a Veritas student-athlete is an opportunity to balance academics and athletics, while pursuing excellence in both – the skillset required and developed will prove extremely valuable far beyond their years at Veritas.

Accountability: Accountability is our student-athlete's practice of being held to a Veritas standard of excellence. It is the idea that our athletes are responsible for their actions and, if individuals choose unfavorable actions on the field or in the classroom, they will face consequences. Accountability helps our athletes strive to promote an elevated level of work, promote honesty, encourage dependability, and garner trust from fellow students around them. We lead with integrity. Thus, student athletes are expected to be leaders in the classroom: demonstrating a sense of wonder, keeping up with daily assignments, and contributing positively to class discussion.

Respect: We expect our student athletes to treat the traditions of the sport and other participants with respect. A Veritas student-athlete does not engage in or tolerate disrespectful conduct including verbal abuse of opponents, officials, coaches, school personnel, profane or belligerent "Trash Talking," taunting or unseemly celebration. Veritas athletes understand they are not the only ones on the team, and that it is an honor and a privilege to be part of that team. Lastly, it is important that our Athletic teams win with grace and lose with dignity. Thus, we end athletic contests by demonstrating respect for our opponents, for our coaches, and for our families.



Eligibility

In order to participate in athletics at Veritas Prep, scholar-athletes must meet both AIA (Arizona Interscholastic Association) and Veritas 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.

Veritas Academic Eligibility Requirements

- Scholar-athletes must be fully enrolled for six school periods, must maintain satisfactory progress towards graduation throughout each of their four years, and must display good behavior.
- 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 not be able to be released early from academic classes to participate in athletic contests for up to 2 weeks.
- After 2 weeks in order for athletes to be released during Academic probation they must have each of their teachers sign a progress report slip every Friday stating if they are or are not deficient. These slips will be turned into the athletic directors. They will continue to do this until quarterly report cards come out.
- Any student athletes receiving a failing grade (F) on their quarterly report card will be deemed academically ineligible for the rest of the semester. Academically ineligible students may not continue to practice or compete with their team until they regain their eligibility.
- Students can regain their academic eligibility by improving their grade to a minimum C- level. If at any time the student's grade again falls below the C- level, the student will again be deemed academically ineligible until eligibility is regained.



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 teacher 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 teacher within the established timeframe.

Outside Participation Eligibility Requirements

A high school student-athlete who is a member of Veritas Prep Athletic Team may NOT practice or participate/compete with another group, club, organization or association team in that season of sport during Veritas Prep's season of competition. Season of competition begins the date of the team's first competition and concludes on the date of the final Veritas competition. During any given season, a high school student-athlete who plays a sport for Veritas 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 Register My Athlete 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 (HS only)
- AIA Consent to Treat Form
- Athletic Form
- Player/Parent Agreement
- Veritas Preparatory Academy Athletic Handbook Signature Sheet
- Participation fees paid

**Submit Paperwork and register all athletes through Register My Athlete: <https://studentcentral.bigteams.com>



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
Archery		Tennis
		Track & Field
		Archery

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	Soccer	Swim
Football	Softball	Track & Field
Flag football	Tennis	Archery
Volleyball		
Archery		



Behavior Expectations for Veritas Prep Athletes

Veritas Scholar Athletes represent their school, peers, teachers and administration. While in a Veritas uniform, athletes are expected to behave in a manner that would make Veritas staff, students and families proud. Being a part of a Veritas 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

Veritas 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 a School Administrator. Concerns should not be directed to other parents, players or assistant coaches and should be presented through making an appointment with the appropriate individual. Parents, players, and fans should follow the school's 24-hour rule for communicating with coaches; the situation should be well-thought-out and evaluated before approaching the appropriate individual, and this is done after the 24-hour period following the situation.

24 Hour Rule- No parent or player should contact a coach about 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.

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

Coaches will support Veritas Prep Scholar Athletes in behaving appropriately by explaining expectations and helping athletes to improve behavior when expectations are not met. Severe or disruptive behavioral infractions will result in disciplinary action to maintain a respectful team environment. 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 risks 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. Second ejection will have to sit out 2 contest games, and further disciplinary actions at the discretion of the athletic department will take place.

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

Travel/Transportation:

Transportation to and from athletic contests and practices are generally provided by parents. Veritas Prep Academy will only provide transportation outside of the Phoenix Metro area. Your team will be notified if transportation will be given by Veritas 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

- VPA School required uniforms
- White button up shirt and tie

Care of Athletic Equipment & Uniforms:

It is important that every scholar 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 aims 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-athletes and their parents. It is strongly encouraged that parents should not question 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 coaches are not required to give each scholar athlete playing time, although most coaches will attempt to give all participants playing time when possible. Middle school A coaches will aim to provide as much competition experience as possible, but play time in every game is not guaranteed. Middle school B & C coaches will provide playing time in all regular season competitions. During end of season tournaments, coaches are not required to have all players participate in competitions. An athlete may not receive play time if the player is not attending practices, has deficient grades, or has constant negative behavior.

Selection of Captains:

The head coach determines 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.



Athletic Refund Policy:

If you have paid for your scholar athlete to participate in a sport and they do not attend any practices 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:

Scholar athletes who become injured should notify their coaches and the Athletic Trainer immediately of their situation even if the injury did not happen during practice. Veritas Prep does not want 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:

Veritas Prep provides a proficient strength and conditioning coach who provides training routines designed to improve strength, flexibility, and endurance without putting athletes at high risk. Student athletes are required to give their strength and condition coach the same respect of their Head Coach. Attire: All athletes must always wear appropriate attire, including T-Shirts, Shorts/Pants and shoes.

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 be held early morning or late evening hours when it is coolest outdoors.
- 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).



Athletics Handbook

Acknowledgement Form

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

I _____ (Parent/Guardian) have read the Veritas 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 Register My Athlete in order for a student to participate in athletics.**

**** This handbook may be revised or added to at any time. The department will send any addendums, notifications or additions to this handbook to each scholar athlete and family for signature.**