



**SUMMIT  
SCHOOL**

**2020-2021  
ATHLETICS HANDBOOK**

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## **WELCOME**

Hello Athletes and Parents,

Welcome to another season of Sabrecat Athletics! This handbook is designed to supplement the Student and Parent Handbook by providing policies that apply specifically to our athletic programs. It is important to note that all policies and procedures from the Student and Parent Handbook apply during all practices, games, and other athletic events. If you have any questions that are not answered here, feel free to reach out and we will be happy to assist you!

Sincerely,  
David Moreno  
Athletic Director

## **MISSION STATEMENT**

The mission of the Summit School Sabrecat Athletics program is to build school spirit, character, friendship, teamwork, and leadership skills in all fourth to eighth grade students. Through the use of the Summit core values and the power of athletics we aim to encourage every Summit student-athlete to perform at the highest academic level while also providing students with the building blocks to a bright future.

## **ACADEMICS**

A primary goal of Sabrecat Athletics is to supplement the academic performance of every student at Summit. For this reason classroom academics always take precedence over athletics activities. Students who are struggling to balance their homework/grades and athletic schedule may be pulled from practices or games until academic priorities have been met. Parents, students, or teachers should communicate academic concerns to coaches or the athletics director to team up on solutions that put our Sabrecats in the best possible position to win at life.

## **NO-CUT POLICY**

Our teams blend together a combination of players with a range of different experience levels in different sports. Some of our Sabrecat athletes may participate on competitive club teams and some may be trying a sport for the first time. A student does not need to have any previous experience in any sport to join a Sabrecat Athletics team. The only prerequisites to join are a positive attitude and a willingness to learn. Students who have never tried one of the sports being offered are highly encouraged to join and try out a new sport. We do not cut players from our teams.

## **ATTENDANCE**

Students who participate in Sabrecat Athletics sports are asked to participate in every possible practice or game barring anything that interferes with the student's academic success. Attendance at practices and games is essential to meeting the outcomes of Sabrecat Athletics. Students who join a team are asked to be aware of their schedules and balance other activities in a way that maintains their commitment to their team.

All families are asked to please contact your child's coach or the athletics director to inform them if your child will be absent from a game or practice. Coaches have written practice and game plans, so missing practices means missing great learning and growth opportunities. Students who are absent from a practice or game without warning may not be able to play in the next upcoming game. When possible, a student-athlete should contact their coach directly and not rely on parent contact. Students who repeatedly miss practices may see reduced playing time.

## **PLAYING TIME**

Playing time at Summit will be fair for all students. Fair is intended to be defined as: all students who have not violated Athletics Code of Conduct will see the field or court for an amount of time as reasonably equal to their teammates as possible. Depending on team sizes, game length, practice participation, and certain technical skill based positions (ex: quarterback, setter, point guard), all players may see variations on playing time based on coaches balancing opportunities for growth with a healthy competitive spirit.

## **UNIFORMS & EQUIPMENT**

The league has strict uniform guidelines that Summit fully supports. All athletes must be in the required uniform at games and matches in order to participate. Items of similar color cannot be changed out for uniform items. Black is not an alternative to navy blue per CAA guidelines. Referees may hold your child out of games, matches, or meets due to being out of uniform. If you have a question on a specific item please ask the coach or athletic director.

Some sports may require more equipment to play than others. Each team will be provided with a list of required and suggested equipment for each sport. Most equipment will be provided by Summit.

## **TRANSPORTATION**

Summit employees and team coaches cannot participate in the coordination of carpools to and from games, practices, or any other Sabrecat Athletics activities. Please remember it is your responsibility as your student's parent/guardian to arrange transportation to and from games or practices.

## **SAFETY**

Safety is the top priority of Sabrecat Athletics. If you have a safety concern please contact the athletic director

or a coach immediately.

## **Sunscreen Protocol**

In accordance with Arizona law, Summit students may now possess and use an FDA approved topical sunscreen product while on school property or at a school related event or activity to avoid overexposure to the sun. Summit staff will not actually apply any sunscreen product to our students without parent permission.

For safety reasons:

- No aerosols should be used. There are dangers with pressurized cans and aerosols may pose problems for students with respiratory issues. Pump spray should not be used indoors
- Parents should label sunscreen product container with student's name.
- Sunscreen products should be stored away when not in use--lockers, cubbies, backpacks, or some other reasonable location.

## **Heat**

Heat plays a big role in athletic activities, especially here in Arizona. We monitor the heat index (which uses a combination of the temperature and humidity) to determine if it is safe to participate in games and practices. At all times we take precautions to ensure athletes are not overheating and we actively monitor the athletes to ensure that they are not exhibiting any signs of heat-related illnesses.

Parents and athletes should make sure that participants are prepared for participating in a sport by wearing weather appropriate clothing and hydrating properly. Proper hydration includes drinking plenty of water before, during, and after physical activity.

## **Concussion**

Every athlete is required to pass the Barrow Institute Concussion Course. This course helps athletes and coaches prevent concussions and recognize the symptoms so if one does occur they can respond appropriately. In the event that an athlete does suffer a concussion the athlete will be promptly removed from play and parents will be contacted. Parents are advised to get the athlete evaluated by a health care professional. Athletes that are believed to have a concussion must be cleared by a health care professional to resume participation in athletics before they may participate in athletics programs.

## **Injury**

If an athlete is injured they will be removed from practice or the game until they can be evaluated by a coach or other staff member. Minor injuries will be treated on site by coaches/staff, who are certified in CPR & First Aid.

If a coach or other staff member believes an injury warrants keeping the athlete out of participation they may

do so. Depending on the severity of an injury coaches or the athletic director may require an athlete to be cleared by a health care professional before they may resume participation.

All head, spine, or other serious injuries will be reported to the parents immediately.

## **SABRECAT HALL OF FAME**

The Sabrecat Athletics Hall of Fame is a way to recognize the athletes of Summit School who have shown excellence in the Sabrecat Athletic Program.

### **How to get inducted into the Sabrecat Athletics Hall of Fame**

1. Play sports at Summit for at least two years in middle school (6th, 7th, & 8th grade).
2. Be nominated by at least one of your coaches for being a well-rounded student athlete who not only is a skilled athlete but excels as a teammate and competitor. Traits coaches are looking for include positivity, perseverance, motivation, focus and leadership among others. We are looking for athletes who contribute to the team in ways beyond the scoreboard.
3. Graduate from Summit in 8<sup>th</sup> grade.

## **CODE OF CONDUCT**

The Sabrecat Athletics Code of Conduct applies to athletes, coaches, staff, spectators, and anyone else present at a Sabrecat Athletics event. Violations to the code of conduct may result in reduced playing time or ejection from the event. Repeated violations may result in a temporary or permanent ban from athletic events.

Athletes, coaches, staff, spectators, and anyone present at a Sabrecat Athletics event need to:

- Remember that youth sports are for fun, personal development, and healthy competition.
- Recognize effort and intent as well as success on the scoreboard.
- Respect all decisions of the coaches, officials, and trust their judgment and integrity.
- Keep in mind that the scoreboard has very little to do with the outcomes we aim to achieve.
- Refrain from shouting at coaches, referees, or the opposing team.
- Lead by example and demonstrate positive sportsmanship throughout the game; win or lose.
- Conduct them self in a proper and socially acceptable manner.
- Exhibit behavior that supports the health, safety and well-being of others.
- Refrain from abusive language including profanity, offensive language and ethnic slurs.
- Abide by all laws, rules, regulations and ordinances whether city, state or local.
- Abstain from any type of conduct intended to humiliate or intimidate others.