



ATHLETICS HANDBOOK

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**Spencerville Adventist Academy is a chartered member of the Potomac Valley
Athletic Conference**

Our Mission

We provide "a distinctive Seventh-day Adventist Christian education preparing the whole person for service to God and man and for eternal life."

Our Values

- *Spirituality* — students are nurtured in a vibrant spiritual environment where Christ's character is emulated.
- *Excellence* — we educate the "whole person" balancing the mind, body, and spirit.
- *Service* — our students develop an attitude of compassionate service toward their community in a manner that expresses their love for Christ.

Our Vision

We want to be chosen by constituents and community for our strong spiritual emphasis, outstanding academics, deep commitment to service, and sound physical plant, and because we are convicted of our mission and true to our values, we will **BROADEN** our reach by being spiritually focused on transforming and converting hearts, making spiritual connections in every class and taking advantage of teachable moments to convey spiritual concepts.

Reaching out and serving as a light to those around us in the community. Offering an outstanding academic program, challenging our students and stimulating a genuine love of learning. Adhering to a sound financial basis of operations, with additional funds available each year to fund future contingencies.

Developing a student body that is friendly and accepting and demonstrates respectfulness of each other and adults. Educating the "whole person" (physical, mental, and spiritual), by offering a variety of extracurricular activities while teaching the importance of balance. Never losing our focus on mission and on the need to make all major decisions with an awareness of their long-range impact on our mission and values.

Spencerville Adventist Academy Philosophy

The Seventh-Day Adventist Church recognizes God as the ultimate source of existence and truth. In the beginning, God created in His image a perfect humanity, a perfection later marred by sin. Through the guidance of the Holy Spirit, God's character and purposes can be understood as revealed in nature, the Bible, and Jesus Christ. The distinctive characteristics of Adventist Education, derived from the Bible and the inspired writings of Ellen G. White, point to the redemptive aim of true education: to restore human beings into the image of their Maker. While God presents His infinitely loving and wise character as the ultimate norm for human conduct, human motives, thinking and behavior have fallen short of God's ideal. Education in its broadest sense is a means of returning human beings to their original relationship with God. Its time dimensions' span eternity.

Adventist education seeks to develop a life of faith in God and respect for the dignity for all human beings; to build character akin to that of the Creator; to nurture thinkers rather than mere reflectors of other's thoughts; to promote loving service rather than selfish ambition; to ensure maximum development of each individual's potential; and to embrace all that is true, good, and beautiful.

(Ellen G. White, Education, p. 17)

An education of this kind imparts far more than academic knowledge. It fosters a balanced development of the whole person-physically, intellectually, socially, and spiritually. Working together, homes, schools, and churches cooperate with divine agencies in preparing learners for responsible citizenship in this world and in the world to come.

Athletic Programs and Sports Offered

Interscholastic Athletics Program Interscholastic athletics are organized sport completions between schools. They are an extension of the classroom that provides teaching and learning experiences for all involved.

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
MS Boy's & Girls' Soccer	MS Girls' Basketball	Varsity Women's Softball
Varsity Men's Soccer	MS Boys' Basketball	Varsity Men's Baseball
Varsity Women's Soccer	Men's Junior Varsity	Varsity Men's Volleyball
Varsity Women's Volleyball	Women's Junior Varsity	
	Varsity Women's Basketball	
	Varsity Men's Basketball	

Pre-Season Meetings:

All coaches shall have a preseason meeting with parents for the purpose of disseminating information regarding eligibility requirements, try-out/practice start dates and times, team selection criteria, insurance, equipment required (including safety equipment), and rules specific to his/her school and/or program.

Parents/Guardians Meeting:

All head coaches shall conduct a meeting for the student-athletes and their parents/guardians within one week of the final team rosters being announced.

Try-outs:

All coaches shall conduct a minimum of 2 try-outs for each respective sport. Try-outs are **MANDATORY**.

Student-Athlete Early Dismissal Procedure:

It is the responsibility of the head coach to inform parents/guardians of any and all athletic events; the Athletic Director will inform the teachers, Staff and administration. All communication from the coach will be via BAND. All internal communication will be done via email. The BAND/email communication must contain the following information in order to afford the student-athlete credit for the missed assignments.

- Date of event
- Names of the student-athletes participating in the event
- Time of dismissal

Coach - Athlete Communication:

We ask that coaches provide their coaching style and methodology to the players at the beginning of the sports season. Coaches' styles will vary with the individual coach.

However, we stress that all coaches have an "open line" of communication with their players. Coaches should never use profanity in practice and/or games to address their players, assistants and officials. They should use positive reinforcement whenever possible to achieve the outcomes they desire.

Coach – Parent/Guardian Communication:

The following section is designed for parents/guardians of athletes participating in the Spencerville Adventist Academy athletic program. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents or guardians, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's program.

Eligibility/Participation

Student participation in the SAA Athletic Program is a privilege. Student eligibility for participation in the SAA Athletic Programs at the Lower School and Upper School levels shall be based on the following criteria:

Policies

PVAC Policies:

1. Student Athletes representing SAA on any of its athletic teams must be a registered full-time student at SAA, as required by the Maryland School Laws and may only represent SAA as a full-time student. **(Home schoolers are NOT permitted to represent SAA on any of its athletic teams per PVAC Rules)**
2. Students may participate in athletic contests for a maximum of four years in any one sport (Grades 9,10,11,12)
3. Students are required to have a current sports physical on file for each calendar year. All sports physicals are to be turned in prior to any student practicing, trying out, and/or participating in games. **NO EXCEPTIONS!**

SAA Policies:

1. A student seeking to join an athletic group must demonstrate compliance with the following criteria:
 - A. **Practice a Christian lifestyle that is in harmony with the philosophy and goals of Spencerville Adventist Academy.**
 - B. **Not be subject to discipline for attendance (see attendance policy).**
 - C. **Maintain all passing grades * (from A to C-). D's and F's are considered failing grades.**
 - D. **Not be subject to discipline for serious misconduct (see serious misconduct policy).**
2. Continued eligibility will be reviewed throughout the semester. A student with a D or F grades at mid-semester or as a final semester grade will be placed on academic probation and will be considered ineligible to participate in any athletic group. Academic probation runs a full nine-week period and is reviewed at the end of the nine-week period. Students must have all grades of a C or above at the end of the designated time to be removed from Academic Probation.

3. All athletes must possess a current (within a calendar year) sports physical due by July 1 of the upcoming school year as directed by Maryland State standards. Student athletes may not tryout nor participate in any sporting event unless they have a current physical on file with the school nurse's office.

4. A student is ineligible to participate in a game and practice if he/she was unable to attend all his/her classes or meet his/her school appointments the day of the game/activity unless the absence is excused. If a student is sick and does not attend school, they shall not participate in that day's sporting events although sickness may be an excused absence from class.

A. Attendance:

1. Student Athletes must maintain high standards of citizenship. A student suspended from school is ineligible to participate (practice, play and/or attend) athletic events during duration of the suspension and must be administratively re-admitted/cleared prior to being eligible for reintegration into the respective sport.
2. Students **MUST** be present in school to be eligible for practice/participation in any athletic event. Students who are late to school, on practice/game days, must have a written parent note or doctor's note in order to be eligible for practice and/or a game on that respective day. If a student is absent from school on a practice/game day, they are ineligible to participate in any athletic event for that respective day. Students that miss a practice prior to a game, are ineligible to play in the next game.

B. Appeals Procedure:

1. The respective Principal (Lower School or Upper School) shall determine whether an appeal involves challenging a course grade. (Appeals will follow the SAA Administrative Procedure).
2. If a student, parent or legal guardian wish to appeal the administration's decision, the process is the following:
 - a. Appeal to the applicable Principal who will verify the accuracy of the students Eligibility Index.
 - b. Appeal to the Superintendent, or the assigned representative, who will verify the information submitted by the school and determine if extenuating circumstances warrant the granting of a waiver. The Superintendent's waiver may be conditionally granted.
 - c. A further appeal may be made to the Board.

C. Special Notes:

- a. Any student who participates in a sport tryout, subsequently makes the team and attends one practice will be considered part of the team. Accounts for all team related fees will thereafter be assessed and not refundable. If a student-athlete makes the team, they may prohibit another from the benefit of participating in that sport due to size limited of the team as determined by the coach and therefore should forfeit repayment of fees.
- b. Students should not participate in extracurricular activities that may have schedules that conflict with each other. Some sports require more time away from studies and classroom. Students who desire to play basketball will not be allowed to participate in ACRO. Due to the numerous practice/game conflicts, the two sports demand far too much of a student athlete to participate in both sports at the same time. If a student has a desire to participate in both, they must stipulate in a letter to the Athletic Committee prior to the first tryout of ACRO outlining their desire and abilities to compete in both sports. The decision for that student will be evaluated on a case-by-case basis. Extracurricular activities may cause some absence from class. It is the athlete's responsibility to ensure their work is current with their respective teachers.

Athletic Program – Philosophy, Objectives and Expectations

Philosophy:

The overall mission, vision and values of Spencerville Adventist Academy are paramount in everything we do as a school. Consistent with this concept, the SAA athletic program is designed to function within those parameters and to work harmoniously with the spiritual and academic development of the student-athlete and the school at large.

We believe an athletic program is an important part of our overall mission of “enriching the whole person for service to God and man” because it promotes good sportsmanship, leadership, self-sacrifice, forethought, perseverance, maturity, respect, teamwork, generosity and integrity. These ideals are consistent with the SAA Values and Mission Statement. We believe the athletic program helps to instill these values in the student-athletes in order for the students to take them beyond the athletic field into everyday life.

We believe team sports are an important part of our athletic program because they help to enrich leadership skills and enable student-athletes to share their God-given talents for the betterment of others rather than for their own glory.

Objectives:

The objectives of the SAA athletic program are to:

- (a) Help each student-athlete achieve a high level of athletic skill and knowledge of their respective sport;
- (b) Help each student-athlete have an overall increased level of health and physical fitness;
- (c) Help each student-athlete create an attitude of sportsmanship, develop a mind-set of perseverance and self-sacrifice, build habits of a strong work ethic and develop increased levels of confidence and self-esteem;

(d) Serve as a means of attracting and retaining students to SAA;

e) Develop teams that are competitive in their respective sports, keeping in mind that we will not equate the value of our program with the number of wins and/or losses during the athletic season – the “winning at all costs” mind-set is not consistent with our philosophy.

Expectations:

The expectations of SAA student-athletes are:

(a) Maintain an attitude of positive sportsmanship and respect for coaches, officials, teammates, opponents, equipment, and facilities at all times; and

(b) Represent Christ, themselves and SAA positively at all times.

SAA expects that its coaches will:

(a) Be knowledgeable in the sport they are coaching.

(b) Know their players.

(c) Understand adolescent growth and development principles.

(d) Prepare each practice with an emphasis on desired skills, physical training, and the strategies and behaviors’ necessary for each athlete to achieve personal as well as team success.

(e) Act in the best interests of the team as well as individual members by balancing the goal of winning with the inclusion of team members; and

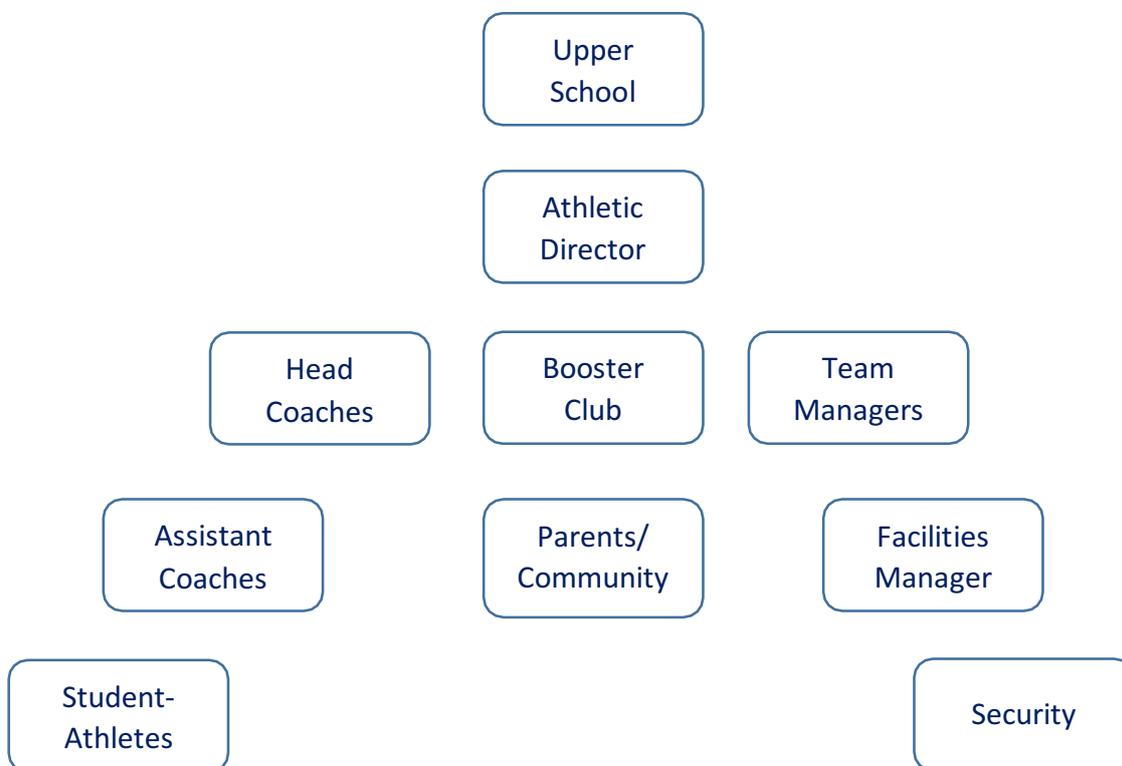
(f) Represent Christ, themselves and SAA positively at all times.

SAA expects that its fans, including parents and non-participating students, will:

(a) Represent Christ, themselves and SAA positively during all SAA athletic events; and

(b) Display an attitude of positive sportsmanship in all interactions with student-athletes, coaches, officials, opponents and other fans.

ATHLETICS ORGANIZATIONAL CHART



The Spencerville Adventist Academy Athletic Organizational Chart shows the basic organization structure of the Athletic Department. This graph should be used to identify the proper communication hierarchy when seeking answers to questions or problems resolved.

Upper School Principal: The Upper School Principal is the official Athletic Director’s direct supervisor; support services to the Athletic Director and the Spencerville Athletic program.

Athletic Director: The athletic director reports directly to the Upper School Principal. The athletic director is primarily responsible for providing the leadership, administration, and supervision for the day-to-day operations of the Spencerville Adventist Academy athletic program.

Coaches: All head coaches will report to the Athletic Director for the operation of their respective sports teams. Head coaches will be responsible for duties described in the coach’s job description, and/or any duties delegated by the athletic director.

Athletic Director Responsibilities

The Athletic Director is a member of the administrative team and personnel supervisor of all athletic activities within Spencerville Adventist Academy. He/she reports directly to the Upper School Principal and serves as the liaison between the school and the student athletes.

The Athletic Director's responsibilities are:

1. To conduct seasonal coaches meetings to review all aspects of the Athletic Program. (i.e., student safety, medical concerns, etc.)
2. To report all major incidents (i.e., altercations, injuries, etc.)
3. To organize and administer the athletic program.
4. To complete and approve all athletic schedules.
5. To be the liaison between the school and the student athletes.
6. To verify the eligibility of each student athlete as determined by the coach in cooperation with the upper school principal.
7. To enforce and be the in-school liaison of the county, state and athletic conference rules & regulations; to conduct coaches; parent and team meetings; to review all rules & regulations; the sportsmanship agreement.
8. To coordinate all practice times and game schedules.
9. To ensure, with the cooperation of team coaches, that all equipment for each sport is purchased, issued, collected, cleaned, and stored.
10. To coordinate and provide coaches with current and approved forms/documents for participation in Spencerville Adventist Academy athletics.
11. To coordinate transportation for all athletic events.
12. To coordinate and prepare all athletic budgets and expenditures.
13. To ensure all coaches, at the end of each respective sport, submit an updated inventory of uniforms, equipment, etc., for the following school year.
14. To provide, obtain, and submit, by said due dates, the following form:
 - a. Coaches list
 - b. Bus schedules

- c. Authorization forms
 - d. Eligibility rosters
 - e. Student workers payroll
 - f. Athletic Schedules
 - g. Travel reimbursement forms
 - h. Athletic Department Financial Reports
 - i. All other reports as required
15. To ensure all schedules are completed and submitted to the respective local board (Referees) for scheduling assignments
 16. To attend internal and league meetings. Attend administrative meetings when appropriate/required.
 17. Attend and represent Spencerville Adventist Academy at all pre and postseason Potomac Valley Athletic Conference (PVAC) meetings.
 18. To provide coaches, athletes, administrative staff, and the school community with information pertaining to current trends and policies in athletics
 19. To secure and hire coaches for respective sports teams
 20. To maintain an active team and coaches' roster
 21. Ensure that all coaches have successfully completed Verified Volunteers (background check), Concussion Certification, First-Aid and CPR, etc.
 22. To develop and maintain current student rosters (3 years)

Coaches Responsibilities/Job Description

Coaches are expected to provide an atmosphere in which all athletes are treated in a fair and equitable manner. The coach shall exercise appropriate leadership to ensure that his or her program has a positive and productive influence on the total educational experience of the athlete.

Coaches must have a working knowledge of his or her respective sport, be familiar with current trends, and possess the skill set to adequately train student athletes. The coach must be cognizant and up to date on all safety issues; and be able to communicate this information effectively to players, parents, and administrative staff.

The Coach's responsibilities are:

1. Selection of the athletic teams is the sole responsibility/decision of each coach for their respective team.
2. To assume responsibility for following school and league regulations; knowing and understanding school and league rules; adhere to procedures and guidelines governing that sport. Understand and inform all athletes of all guidelines regarding proper conduct, rules, safety, and regulations established by the Potomac Valley Athletic Conference, Spencerville Adventist Academy, and the individual coach.
3. Organize try-outs, practices, scrimmages and games. It is the expectation that teams will practice 2-4 times per week, except on days where practice is not allowed, due to inclement and/or mandated by the school.
4. Ensure completion and collect all required forms (i.e., Sports Physicals, parent permission forms, and other forms required by the school) prior to participating. *A current sports physical **MUST** be on file every year, prior to trying out for any of the sports teams (Failure to do so, may result in the student **NOT** making the active roster for that particular sport). Sports physicals are valid for one (1) year. Students with two (2) households, and both parents registered in RenWeb, **MUST** obtain dual signatures from both parents when seeking permission for an event. If only one (1) parent is listed in RenWeb, then one (1) signature will suffice.*
5. Attend all practices, scrimmages, games and coaches' meetings.

6. Assume responsibility for sportsmanlike conduct of all players and team personnel while participating or attending any venue. Make immediate notification of any unsportsmanlike conduct, ejections, and/or behavior not in compliance with school policy.
7. Be an advocate of their respective sport within the school and at local schools; encourage positive participation in the sport.
8. Attend/participate in awards and school recognition programs.
9. Demonstrate and represent the Seventh Day Adventist beliefs on and off the court. Be that Christian role model/example to the team members.
10. Periodically inspect equipment, fields, facilities and other related items; report any issues to the Athletic Director.
11. Conduct postseason inventory of equipment, First-Aid kits, and uniforms; assess players of fees incurred for lost uniforms, equipment, and supplies.
12. Maintain positive relations with students, staff, community members, booster club, opposing coaches, and universities.
13. Encourage constructive criticism at all times; even in a win or lose situation.
14. Prevention and/or report of any and all acts of hazing, unethical behavior, immoral behavior, and bullying.
15. Establish and distribute to team the standards and expectations, which include:
 - A. Criteria for team selection. Participation are recommended to participate in off-season workouts, summer league, weekend programs, and off campus activities. Note: (This **WILL NOT** be used as criteria for team selection or determining a player's status on a team.)
 - B. Rules concerning the prohibition of the use of Tobacco, Alcohol, or Illegal Drugs during the season and the penalties for infractions; as well as inappropriate behavior as established by Spencerville Adventist Academy.
 - C. Additional expectations of the coach, which should be communicated to the participants, parents and community at the start of the season.
16. Maintain current all required coaching certifications (CPR, First-Aid, Concussion Awareness, AED's, Verified Volunteers, etc.).
17. Any and all communication with students, athletes, and parents will be done solely via the BAND platform. When communicating information to students and athletes, coaches will CC parents on **ALL** communication.

Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should always be considered in decisions by the coach. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

- **The coach** shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- **The coach** shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the coach shall strive to set an example of the highest ethical and moral conduct.
- **The coach** shall take an active role in the prevention of drug, alcohol and tobacco abuse; reporting all infractions to the Athletic Director.
- **The coach** shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- **The coach** shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- **The coach** shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- **The coach** shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- **The coach** should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- **The coach** shall not exert pressure on faculty members to give student special consideration.

Fourteen Legal Duties/Responsibilities of a Coach

Several obligations or duties have been identified as absolute requirements for coaches and athletic administrators. It is important that all coaches, including assistants and volunteers, know and understand the following duties. This summary is not all-inclusive but is generally accepted as the “Legal Duties of Coaches” by the NFHS (National Federation of High Schools).

1. Duty to Plan – A coach must demonstrate awareness of the maturity, physical development and readiness of athletes with appropriate plans for instruction, conditioning and supervision.

2. Duty to Supervise – A coach must be physically present, provide competent instruction, structure practices that are appropriate for the age and maturity of players, prevent foreseeable injuries and respond to injury or trauma in an approved manner. This duty requires supervisors to make sure facilities are locked and that students are denied access when a competent staff member cannot be physically present to supervise. This duty may also require coaches to control reckless player behaviors. Supervision responsibility also pertains to athletic administrators who are expected to be able to supervise coaches competently.

3. Duty to Assess Athletes Readiness for Practice and Competition – Athletics administrators and coaches are required to assess the health and physical or maturational readiness skills and physical condition of athletes. A progression of skill development and conditioning improvement should be apparent from practice plans. Athletes must also be medically screened in accordance with state association regulations before participating in practice or competition.

4. Duty to Maintain Safe Playing Conditions – Coaches are considered trained professionals who have the knowledge and skills that permits them to identify foreseeable causes of injury inherent in defective indoor and outdoor facilities or hazardous environments.

5. Duty to Provide Safe Equipment – to improve unsafe equipment, repair, remove, or disallow defective equipment. Please make note to the Athletic Director about any unsafe equipment so the proper steps are taken to provide safe equipment.

- 6. Duty to Instruct Properly** – Athletic practices must be characterized by instruction that accounts for a logical sequence of fundamentals that lead to an enhanced progression of player knowledge, skill, and capability.
- 7. Duty to Match Athletes** – Athletes should be matched with consideration for maturity, skill, age, size and speed. To the degree possible, mismatches should be avoided in all categories.
- 8. Duty to Condition Properly** – Practices must account for a progression of cardiovascular and musculoskeletal conditioning regimens that prepare athletes sequentially for more challenging practices and competitive activities.
- 9. Duty to Warn** – Coaches are required to warn parents and athletes of unsafe practices specific to a sport and the potential for injury or death. This warning should be issued in writing and both athletes and parents should be required to provide written certification of their comprehension.
- 10. Duty to Ensure Athletes are Covered by Injury Insurance** – Athletics administrators and coaches must screen athletes to ensure that family and/or school insurance provides basic level of medical coverage. Athletes should not be allowed to participate without injury insurance.
- 11. Duty to Provide Emergency Care** – Coaches are expected to be able to administer standard emergency care (first aid, CPR) in response to a range of traumatic injuries.
- 12. Duty to Design a Proper Emergency Response Plan** – Coaches must design plans to ensure an expedited response by EMS and an effective transition to the care and supervision of emergency medical personnel.
- 13. Duty to Provide Proper Transportation** – In general, bonded, commercial carriers should be used for out of town transportation. Self or family transportation for local competition may be allowed if parents are pre-approved by SAA and have the required insurance coverage mandated by SAA.
- 14. Duty to Select, Train, and Supervise Coaches** – Administrators have responsibility to ensure that appropriate skill and knowledge levels exist among members of the coaching staff to ensure appropriate levels of safety and wellbeing among athletes .

Guidelines for Management of Sports-Related Concussion

- Any student athlete suspected of suffering from a concussion or other head injury will be removed from activity and not allowed to return in the same 24-hour period after the injury.
- Evaluation by a medical doctor will be required for all student athletes suffering a concussion or other head injury before they will be allowed to return to play.
- Any student athlete with a witnessed loss of consciousness (LOC) should be immobilized and EMS (911) called for evaluation. The student should not be moved from the playing field.
- All injuries must be reported to the School Nurse and documented (in RenWeb).
- Students diagnosed with a concussion must have a “Return to Play” form or other documentation detailing a plan for returning to a school team.

General Guidelines

- Adding a New Sports Team:
 1. New athletic teams will be approved and incorporated into the Athletic Department by the SAA Administrative.
 2. New teams are implemented based on interest and logistics.
- Soccer:
 1. Each team, Upper School (9th-12th Grade) and Lower School (6th-8th Grade), will be made up of a maximum of 18 players per roster. Any and all additional players are considered “Practice Players”. “Practice Players” do not incur a team fee and do not receive a uniform but are eligible to attend practices.
 2. Soccer is Fall sport (August-October).
- Volleyball:
 1. Each team, Upper School (9th-12th Grade) and Lower School (6th-8th Grade), will be made up of a maximum of 12 players per roster. Any and all additional players are considered “Practice Players”. “Practice Players” do not incur a team fee and do not receive a uniform but are eligible to attend practices.
 2. Volleyball is a Fall Sport (August-October).

- Basketball:
 1. Each team, Upper School (9th-12th Grade) and Lower School (6th-8th Grade), will be made up of a maximum of 12 players per roster. Any and all additional players are considered “Practice Players”. “Practice Players” do not incur a team fee and do not receive a uniform but are eligible to attend practices.
 2. Basketball is a Winter Sport (November-February).
- Softball:
 1. Each team, Upper School (9th-12th Grade) and Lower School (6th-8th Grade), will be made up of a maximum of 16 players per roster. Any and all additional players are considered “Practice Players”. “Practice Players” do not incur a team fee and do not receive a uniform but are eligible to attend practices.
 2. Softball is a Spring Sport (March-May).
- Baseball:
 1. Each team, Upper School (9th-12th Grade) and Lower School (6th-8th Grade), will be made up of a maximum of 20 players per roster. Any and all additional players are considered “Practice Players”. “Practice Players” do not incur a team fee and do not receive a uniform but are eligible to attend practices.
 2. Baseball is a Spring Sport (March-May).
- Spirit Team:
 1. Is comprised of the Upper School (9th-12th Grade). Maximum of 18 team members. Additional students may participate but will only be involved in training for full roster status.
- ACRO Team:
 1. Is comprised of the Upper School (9th-12th Grade) and Lower School (6th-8th Grade). Maximum number of participants is determined by the coach; at his discretion.
- Golf (Pending based on participation)
- Cross Country (Pending based on participation)
 - Upper School
 - Lower School
- Flag Football (Pending)
 - Upper School
 - Lower School