



## The SEED School of Maryland Athletic Handbook

### Philosophy

The philosophy of Athletic Department at The SEED School of Maryland is such that Athletics is considered an integral part of the school's program of education which provides experiences that will help students physically, mentally, and emotionally. The element of competition and winning exists throughout the program. Students are stimulated to win and excel, but the principles of good sportsmanship prevail at all times.

The SEED School believes that participation in athletics, both as a player and as a student spectator, is an important part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, team, student body, his or her family, and to the student athlete. Such experiences contribute to making our athletes and student spectators better people and citizens.

### Freedom of Choice

All students will be given the freedom of choice to try out for any sport.

### Academic Standards, Initial Eligibility & Academic Probation Policies

The SEED School believes that academic success is a pre-requisite to participate in interscholastic sports. Student-athletes must have a 2.5 GPA or higher to play on any sports team.

- Fall sports, we will use the 2<sup>nd</sup> semester GPA from the previous school year.
- Winter sports, we will use the current GPA at start of season.
- Spring sports, we will use the 1<sup>st</sup> semester GPA of current school year

At the midpoint of the season, grades will be reviewed:

- If the student-athlete has a 2.5 GPA or higher, the student-athlete is cleared to play for the remainder of the regular season. This process will be repeated for the playoffs.
- If the student-athlete has a 2.49 GPA or below, the student-athlete will be placed on academic probation.

**Academic Probation** - students are allowed to practice but may not participate in games.

- The student will be suspended from play for the following week after being placed on academic probation.
- The student's GPA will be checked weekly for the remainder of the season.
- If at any time the student's GPA reaches a 2.5 or above the student will be reinstated and eligible to participate in competition.
- If the same student's GPA drops below a 2.5 again, the student will not be able to participate in practice or games for the remainder of the season.

## Conduct of Student Athletes

Athletic events are an extension of the school environment. Your conduct and behavior at events must be the same as expected in the classroom. Disrespect to coaches, teachers, counselors, using profanity, “horse playing” not following directions, etc. will not be tolerated on or off the field.

## Fighting in Athletics

A player ejected, before, during or after a contest, for the physical or verbal abuse of a game official or for an ejection involving an altercation with an opposing player which results in physical contact with that player is automatically suspended from play for the next schedule contest. The player may not participate again until a review of the ejection incident is made by the Athletic Director. The SEED School may impose additional penalties after conferring with the Head of School, Director of Student Life and Lead Dean.

Penalties issued by officials for unsportsmanlike or dangerous physical contact to another player such as a red card or a flagrant foul, may come under the review of the Athletic Director for additional sanctions.

**ANY MISCONDUCT OR UNSPORTSMANLIKE CONDUCT AFTER THE COMPELTION OF THE GAME WILL SERVE A SUSPENSION FROM PLAY AS UNDER NORMAL GAME TIME EJECTIONS.**

**Leaving the Bench:** Any player that leaves the bench during a fight is automatically suspended for the next schedule contest

## Theft

Stealing will not be tolerated under any circumstances whether, from opponents, classmates/roommates or teammates. Any athlete involved in a theft will be immediately removed from the team and normal discipline will also be imposed.

## Attendance, Uniforms & Check Ins

All students are expected to attend school every day. Students that are absent may not participate on the day of the absence. The Athletic Director or Director of Student Life may waive this rule if a valid excuse for absence is submitted in writing in advance. When participating in Athletics we must follow all school rules. Properly wearing our school uniform during the academic week and check-in days will be strictly enforced.

For uniform violations, the following penalties will apply:

- 1<sup>st</sup> Infraction - Parent will be notified of the infraction in writing and via phone call
- 2<sup>nd</sup> Infraction- Suspension from next game and parent notification
- 3<sup>rd</sup> Infraction- May be suspended from team for remainder of the season and parent notification

Failure to report for check-in by 9pm on Sunday

- 1<sup>st</sup> Infraction - Parent will be notified of the infraction in writing and via phone call
- 2<sup>nd</sup> Infraction- Suspension from next game and parent notification
- 3<sup>rd</sup> Infraction- May be suspended from team for remainder of the season and parent notification

## Absence from Practice

When you decide to try out for a team, you have made a personal commitment to attend every practice. If you are absent from school, you cannot practice. If you are in school and cannot practice you must see your coach **before** practice and explain why you will be absent. An absence from practice without speaking with your coach in advance may lead to suspension from competition. Continued absences from practice will result in being removed from the team.

## **Equipment**

The Head Coach issues equipment and uniforms at the beginning of the season. Items issued to you are your responsibility. All equipment and uniforms will be collected at the end of the season by the Head Coach. You are responsible for turning in your uniform and equipment yourself on the day assigned. Giving your equipment to a “friend” to turn in, or leaving it somewhere does not excuse you from your responsibility. If the Head Coach does not get your equipment, you are responsible for replacing it.

## **School and Community Conduct and Citizenship**

Every student is expected to represent him or her positively in classes and school activities. Athletes bear additional responsibility because they not only represent themselves, but also their family, team and their school. No athlete, no matter how important to a team, will be exempt from school rules. Also, when competing in, traveling to and from, or watching contests The Seed School of MD is being judged by your behavior. If you win - be gracious, shake hands and congratulate the opponent for a job well done. If you lose, shake hands and congratulate your opponent. Treat your opponents, as you would want to be treated if the scores were reversed. Temper tantrums and poor sportsmanship are signs of emotional immaturity. Throwing objects, kicking equipment, etc. does not change the score it only shows your immaturity.

## **Transportation**

When a team travels by bus or van(s), no member may go by private car. Head Coaches can grant permission for an athlete not to return to school after an event if the athlete’s **Parents** are present to transport the student athlete.

## **Guidelines for School Sponsored Student Travel**

1. The students in transit to and from events are considered to be representatives of the school.
2. Students are representing the school during events.
3. In regard to trips involving distance and/or overnight lodging; students are representatives of the school at all functions contingent to the trip: meals, motels, dorms, touring, etc.
4. Since the school is acting as supervisory personnel in regard to student behavior, and since the group will be known as The Seed School of MD while in restaurants and motels, etc., appropriate conduct of students is to be expected at all times.
5. Since students are attending school sponsored functions the normal disciplinary procedures associated with such situations and behavior will be carried out.

## **Due Process**

Any violation of the above school rules and regulations may result in a hearing with the athlete, the Coach, Athletic Director, Director of Student Life and Lead Dean of Students. At this hearing, the athlete (and the athlete’s parents, if requested) will be given the opportunity to present his or her defense to the charges being made. A decision will be made and the athlete will be informed of the action being taken.

## **Awards**

Varsity Letters are to be awarded to all Varsity team members and managers provided they remain on the team for the duration of the season. Any problems will be acted upon at the discretion of the Athletic Director after consultation with the player and coach. The Seed School of Maryland has an annual athletic banquet at which time the athletes are honored. Each ceremony is a family affair, including social time, and awards, formal/business dress is required.

The Varsity and JV awards are as follows:

Varsity	JV
1 <sup>st</sup> Year - Letter	1 <sup>st</sup> Year - Letter
2 <sup>nd</sup> Year - Pin	2 <sup>nd</sup> Year - Pin
3 <sup>rd</sup> Year - Bar	3 <sup>rd</sup> Year - Bar
4 <sup>th</sup> Year - Plaque	4 <sup>th</sup> Year - Bar

Each Varsity team may honor 3 athletes and each JV team may honor 2 athletes.

The school awards given each year are the Athlete of the Year, Ideal Saber Award, Scholar Athlete, Coach of the Year, Christian Newman Award. Honor Roll Athletes are awarded at the end of year banquet. Honor Roll Athlete is an athlete that has been on Honor Roll the last semester of the previous school and the first semester of the current academic year

**No one receives a second Varsity Jacket.**

**THE ATHLETIC DEPARTMENT ALONE ISSUES VARSITY JACKETS AT THE SEED SCHOOL OF MARYLAND. ONLY THOSE WHO EARN ONE MAY WEAR IT.**

### Parental Forms

All Athletes must have a "Parents or Guardian Forms" on file in the Athletic Office before they can practice or compete.

### Physical Examination Form

In the state of Maryland all athletes are required to have physicals annually. Any student trying out for a sport or participating in intramurals must have a current physical on file in the Health Suite prior to the try out date. Any athlete who does not have a properly dated and signed Seed School of Maryland physical form will not be permitted to try out.

### Parent Responsibility

As a parent of a Seed School of MD athlete, you have several responsibilities. First, you must help to endorse the school's rules and regulations by checking on your child's grades, behavior, and attendance periodically. Do not expect the school to make exceptions to the rules and regulations.

Second, you are expected to represent our school in a positive manner. Rude, arrogant, immature or disrespectful behavior as a spectator is a poor reflection upon you, the child's team, and the school. As adults, we must set good examples of sportsmanship for our children. Good sportsmanship is cheering for your team, not booing or degrading the other team.

Finally, you have the responsibility to support your child's coaches and team. Negative comments about a coach or team member can only undermine the positive aspects of athletic participation. While winning is more pleasant than losing, being a gracious loser is also a part of life, which you should be willing to accept.

If you, as a parent, work with the school to achieve these objectives, your children will develop into better adults, which is our ultimate goal.

### College Search

Many times a student wishes to pursue his or her athletic endeavors at the collegiate level. The SEED School of MD coaching staff will be happy to try to establish contacts with college coaches to enable the player to investigate various schools. Students must also contact and work with The Seed School of Maryland College Guidance Department, which plays a large role in planning for college. Any athlete seeking participating in a Division I or II Athletic Program must complete an NCAA Clearinghouse form which can be obtained from the

NCAA website, [www.ncaa.org](http://www.ncaa.org). Players seeking participation in Division I or II athletic programs should make this known to the college guidance office and coach as early as freshman or sophomore year so that the appropriate academic requirements are met and adequate statistics and communications may be established.

### Concussion Policy

In order to better protect our students, if an athlete sustains a suspected concussion while participating in a SEED event, he or she will be removed from play and evaluated with a sideline concussion assessment by the attending Athletic Trainer. If the results of assessment indicate a concussion, the athlete will be referred to a physician. If an Athletic Trainer is not on site, the athlete will be removed from play by the coach or athletic staff and referred to an Athletic Trainer. If the Athletic Trainer cannot be reached the coach/athletic staff should contact the athletes' parents and advise them of the injury. The Athletic Department, Administration, and School Nurse will be notified of any suspected concussions. The athlete is eligible to begin the gradual return-to-play progression when she has received clearance from his or her physician. If an athlete is diagnosed with a significant concussion, a meeting will be held with the Administration, the School Nurse, and the Athletic Trainer to discuss the modification of the academic schedule to best accommodate cognitive needs. Suffering a single severe concussion or multiple concussions may lead to the prohibition from participation in contact sports or possibly any sport at The SEED School of Maryland. For the health and safety of the athlete, SEED reserves the right to determine the level of participation for all athletes who have sustained a concussion.

### Parent-Athlete Concussion Information

A concussion is a serious brain injury. They are caused by a blow, bump or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** Even the tiniest ding on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Symptoms and signs of a concussion show up right after the injury or can take hours or days to fully appear. If a student reports any symptoms of concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention immediately.

<b>Symptoms May Include One or More of the Following:</b>	
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• Nausea or vomiting</li> <li>• Neck Pain</li> <li>• "Pressure in head"</li> <li>• Balance problems or dizziness</li> <li>• Amnesia</li> <li>• Blurred, double or fuzzy vision</li> <li>• Feeling sluggish or slowed down</li> <li>• Concentration or memory problems- (forgetting game plays)</li> <li>• More emotional</li> </ul>	<ul style="list-style-type: none"> <li>• "Don't feel right"</li> <li>• Nervousness or anxiety</li> <li>• Sadness</li> <li>• Feeling foggy or groggy</li> <li>• Irritability</li> <li>• Repeating the same question/comment</li> <li>• Confusion</li> <li>• Sensitivity to light or noise</li> <li>• Drowsiness</li> <li>• Fatigue or low energy</li> <li>• Change in sleep pattern</li> </ul>

### Signs Observed By Parents and Coaches Include:

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| <ul style="list-style-type: none"><li>• Appears dazed</li><li>• Confused about assignment</li><li>• Is unsure of game, opponent, or score</li><li>• Answers questions slowly</li><li>• Can't recall events before hit Shows</li><li>• Can't recall events after hit</li><li>• Slurred speech</li></ul> | <ul style="list-style-type: none"><li>• Loss of consciousness</li><li>• Seizures or convulsions</li><li>• Any changes in behavior or personality</li><li>• Vacant facial expression</li><li>• Forgets plays</li><li>• Moves clumsily or displays incoordination</li></ul> |
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### Communication

One of the hardest things to do is to keep lines of communication open between administration, coaches, athletes, and parents. The following steps will be taken by the athletic department to ensure that everyone is receiving updated and proper information.

1. **Monday Morning Bite:** The school has put in place through e-mail to get weekly updates of what is going on throughout Athletics.
2. **Websites:** The SEED School website is updated and provides accurate information for schedules and directions to away events.
3. **Daily Game Schedules:** For a daily update on all games you may consult the school's website. The website will not have information regarding practice times. The coaches set their own practice time each day and the athlete should relay that information to the parents.

### Exam Week Scheduling

The SEED School of Maryland Athletic Department will try to keep the examination week free of all interscholastic games. It must be understood that there may be occasions when it is necessary that a game be scheduled during this period. These will be kept to a minimum. Practices will be kept at a minimum or will not be mandatory.

### Forms Needed for Participation

#### *Physical and History*

Each athlete is required to have an annual physical exam by the student's doctor or nurse practitioner. The physical form must be turned into the Athletic Department or School Nurse before the first day of tryouts. It is the responsibility of the student to obtain the required form from the Athletic Director, or a copy can be downloaded from the SEED School of MD website. We strongly recommend physicals be obtained after May 15 and prior to August 1, because physicals obtained during this time will be valid for all sports and activities for the school year.

#### *Emergency Forms*

Each student athlete must have a complete set of emergency contact information on file with the Athletic Department this includes:

- Emergency Information Sheet;
- Emergency Medical Treatment and Insurance Verification Form.

All forms are to be turned into the Athletic Director.

#### *Athletic Travel Permit*

All student athletes will have a completed travel permit form on record with the athletic department.

#### *Athletic Handbook Acknowledgement Form*

This form is to be signed by the student athlete as well as the parent/guardian of the student.

