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# ATHLETIC HANDBOOK

## INTRODUCTION

We in The Master's School Athletic Department would like to take this opportunity to congratulate you on becoming a part of an interscholastic or club team. We believe that you will learn more than just sport skills. God will use this experience to teach you about yourself and you will learn a variety of skills that you can use for the rest of your life.

We believe that all the experiences God allows in your life, including athletics, are there for a purpose. Our desire is to guide you through those experiences so that you can become all that God has intended for you to become, and at the same time we can work together to bring glory to God.

This book is designed to provide you with a skeleton of the guidelines that have been established by The Master's School and the various leagues in which we are members.

We are committed to fostering well rounded athletes with a balance of physical, spiritual, social, mental, and emotional health. To accomplish this goal and to provide for smooth operation of the community, there are a number of rules that all participants must abide by.

Let's get out there together and serve the Lord through athletics!

In Christ,

Tobias Ceasar  
Director of Athletics

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# Points for Emphasis

## Student Pick Up Times

- We recognize the importance of family time for both our students and our faculty, it is vital that all athletes are picked up from practices and games in a timely manner.
- Due to safety issues, coaches must remain until all of their players have been picked up or have left. Teams arriving back later than expected will call ahead to inform parents of the change.
- Coaches will make every effort to end practices at the published time. Please make every effort to pick up your child in a timely manner.
- On practice days, all players should be picked up or leave within 15 minutes of the end of practice. If this is a problem, please make other arrangements for your student until he/she can be picked up. Students are not to remain at school waiting for a ride past 15 minutes.
- On game days, all players should be picked up or leave within 15 minutes of end of the game, or of the return time for away games.
- Players and parents will be furnished with a schedule indicating return times from games.
- Practice and game times are updated daily on the Athletics portion of the school website [www.masterschool.org](http://www.masterschool.org).
- Players unable to be picked up on time may be asked not to play if they are unable to make proper arrangements.

## Uniforms

- Uniforms and equipment are provided on a loan basis and are to be worn only when authorized by the coach (not for recreation or PE class).
- Only uniforms issued by the Athletic Department will be permitted to be worn during athletic contests.
- It is the policy of the Athletic Department not to issue replacement uniforms to players who forget their uniform for a game. Part of preparing for the game is remembering to bring in the uniform.
- All uniforms/equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season.
- At the conclusion of the season, students will hand uniforms/equipment back to their coach. Students handing uniform/equipment back to any other person take the risk of not receiving credit for handing it in and may end up owing a late fee. The best policy is to hand the uniform/equipment to the coach immediately after the last game. Leaving it in an office does not qualify as handing it in. Students handing in uniforms/equipment more than 10 (ten) business days after their final game will be charged a late fee of \$5 per week until the uniform/equipment is handed in. The replacement cost for uniforms/equipment not handed in by the last business day in June will be billed to the student account. Returns will not be accepted after that date as replacement items will have already been ordered.
- Check with your coach to see what type of practice gear should be worn. Dress code is still in force during practice; modesty (no tank tops and short shorts) and messages on shirts are still important.

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## Changes for 2018-2019

Team uniforms are not allowed to be worn to school on game days or to PE class. Team members may, however, wear team sweat suits on game days. Only the team suits are allowed; no others will be permitted. If the students are not wearing the team sweat suits, then they need to be in regular dress code attire. If they only wear the sweat jacket, then the pants must comply with the dress code. Students who violate will receive a detention. Students need to bring their own water bottles to all practices and games. Students not current with their school bill will not be able to participate in extracurricular activities.

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## NCAA Eligibility

To be eligible to play college sports at the Division I and II level, prospective student athletes must:

- Sign up online at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
- Complete the NCAA clearinghouse form online, including the fee to the NCAA clearinghouse
- Give copy of the clearinghouse form to the COLLEGE PLACEMENT OFFICE to forward
- Have an official transcript mailed from any other high school attended
- Have SAT scores sent to the NCAA clearinghouse

To be certified by the NCAA clearinghouse, a student must:

- Graduate from High School
- Earn a grade-point average of at least 2.0 on a 4.0 scale in a core curriculum of at least 16 academic courses during grades 9 thru 12. (See chart in College Placement office)
- Earn a sum score of at least 820 on the SAT with a GPA of 2.5 or higher for Division I prospects. Students with a 2.0 GPA must earn a 1010 on the SAT. A sliding scale allows for a score as low as 400 on the SAT with a GPA of 3.55. Visit the College Placement office for a copy of the scale. More information can be obtained at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
- Earn a sum score of at least 820 on the SAT with a GPA of 2.0 for Division II prospects.

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## Philosophy

The Master's School athletic program is a vehicle by which the goals and objectives set forth in the school's Statement of Mission and Purpose can be fulfilled. Jesus Christ is recognized as the Master of the athletic program. The athletic department and the physical education department work together to address the physical developmental needs of students who attend The Master's School. The athletic department at The Master's School attempts to create an environment in which student athletes have an opportunity to develop educational and spiritual values, including intellectual, spiritual, social, moral, emotional, cultural, vocational, and physical aspects of human development. Building character through sportsmanship includes loyalty, cooperation, team work, and spiritual advancement. Jesus Christ represents absolute perfection. Perfection in athletics can never be achieved, but the Christian Athlete should desire to achieve maximum potential as well as excellence in attitude and performance. The goal is to produce maximum efficiency on a consistent basis in athletic performance and Christian testimony. (I Thessalonians 5:23) The talents a student has been given are from God and designed for a purpose. Each student has a responsibility to invest those talents as wisely as possible. (Proverbs 16:4). Physical fitness, whether in competition or leisure, promotes mental preparedness, emotional stability, and spiritual strength. Competition at the interscholastic level offers opportunity to display Christian character under different and sometimes difficult circumstances. The athletic program is part of the total educational program at The Master's School. Whether in the classroom or on the field, all abilities should be used as Paul says, "as for the Lord rather than for men." (Colossians 3:23).

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## Objectives

- To recognize that athletic ability is a gift from God and important to develop along with the academic, spiritual, emotional and social aspects of the students
- To assist students in defining personal values and understanding the importance of functioning within the bounds of high moral standards as exemplified by Jesus Christ
- To provide an opportunity for students to interact with each other and people outside of the school community as effective Christian witnesses
- To provide students with the opportunity to develop the skills necessary for their sport
- To provide students with the opportunity to develop socially as they work together with their peers towards a common goal
- To encourage students to strive for excellence in their playing. God calls us to give all we can when we are doing something. Excellence is accomplished in many ways besides winning every game
- To provide students with the opportunity to participate in structured and controlled athletic competition

- To teach important life lessons, such as responsibility, encouragement, commitment, dedication, honest and fair play, self-confidence (through God), and humility
- To encourage teams to give all the glory to God, for He is the source of their talent
- To teach students respect for authority. (Romans 13: 1-8)
- To guide athletes in the realization that being a part of an athletic team is a privilege, not a right. Athletes are servants, not lords

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# Sportsmanship

## Proper Conduct and Good Sportsmanship

- Treat other persons as you know how they should be treated, and as you wish them to fairly treat you.
- Regard the rules of your game as agreements, the spirit or letter of which you should not evade or break.
- Treat officials and opponents with respect.
- Accept absolutely and without quarrel the final decision of any official.
- Honor visiting teams and spectators as your own guests and treat them as such. Likewise, behave as an honored guest when you visit another school.
- Be gracious in victory and defeat; learn especially to take defeat well.
- Be as cooperative as you are competitive.
- Remember that your actions on and off the field reflect on you and your school.
- Players shall at all times represent themselves and their school with honor, proper conduct, and good sportsmanship, displaying positive actions at all times. They shall understand that competitive rivalries are encouraged, but that disrespect for opponents is unsportsmanlike and lessens the value of the rivalries. Treat opponents with respect; shake hands after contests.
- Players shall comply fully with the rulings of the officials. In no way, either by voice, action or gesture, shall they demonstrate their dissatisfactions with the decisions made. Players should avoid behavior that could incite fans.
- Players will not deface property or remove equipment of any kind from their own or another school.
- Spectators, whether students, faculty, parents, alumni or friends, bear important responsibilities to the school for the atmosphere and conduct of games, whether home or away. Be an exemplary role model to our students and guests by positively supporting our team.
- Spectators should watch games from those areas defined by each school as spectator areas. They must not run up and down sidelines, call to players, coaches, or officials in an unsportsmanlike manner, go onto the field of play or deface property. Any action which detracts from the ability of coaches, players, and officials to do their best is not

acceptable.

- Respect decisions made by contest officials.
- Treat our visitors as you would like to be treated when a guest at their school.
- Recognize and applaud excellence whether by our team or by our opponent.

## Description of Program

### Varsity/Prep Athletics

This is the most highly organized and intense level of high school sport. Athletes are expected to practice and play at an intensity not found in Club, “3rds”, or Junior Varsity sports. Varsity/Prep athletes must have enough physical strength, game knowledge, and skill to be able to handle strenuous practices and difficult game situations. Varsity and Prep teams are typically made up of students in grades 9-12. Students in grade 7 and 8 who desire to participate on a varsity team must follow the procedures outlined below. Varsity teams practice five days per week and usually play two (sometimes three) games per week. Varsity teams have some Saturday games. Varsity/Prep teams may attend tournaments that require them to stay overnight. The cost of lodging and food is the responsibility of the players. At the start of each season, practice and game schedules are available. After away games, the teams may stop for dinner. Players will be notified in advance so they can bring money for the meal.

### Middle School Participation on Varsity Teams

1. Potential students are identified (By Athletic Director, coach, or parents)
2. Initial evaluation by Team Coach and Athletic Director to determine athlete’s potential
3. Athletic Director and Middle and Upper School Director meet to evaluate if the process should continue for a particular student
4. Meeting with Athletic Director, Middle and Upper School Director, coach, student, and parents to discuss student’s readiness to participate. Factors will include academic history, athletic ability, social skills, emotional make up, and social dynamics of the Middle School and Upper School
5. Middle and Upper School Director and Athletic Director make decision. If an agreement cannot be reached, the matter will be brought to the Education Leadership Team
  - a. Decisions will be based on what is best for the student and the school
  - b. Only students who will play a significant amount of time will be allowed to move up
  - c. Primarily grade 8 students will be eligible, but in an unusual circumstance, grade 7 students may play up as well
  - d. Students will need to make a full Varsity commitment
  - e. Students will have to comply with all academic standards

## Junior Varsity Athletics

Each season, based on interest, there are sports offered at the Junior Varsity level. These teams are normally open to students in grades 6—11, with an occasional grade 12 student on a team. Junior Varsity teams play a slightly shorter season than the Varsity teams and practice 3-5 days per week. Junior Varsity teams may have some Saturday games and usually play two games per week. The school will provide the uniform for Junior Varsity teams unless otherwise noted. At the start of each season, practice and game schedules are available. After away games, the teams may stop for dinner. Players will know in advance so they can bring money for the meal.

## “3rds Athletics”

Each season, based on interest, there are sport options typically open to students in grades 6-9. These teams are called “3rds” teams. These teams will start their season a little later than the Varsity and Junior Varsity teams. Practices will be 3-4 days per week. These teams play one to two games per week. The school provides the uniforms, unless otherwise noted. At the start of each season, practice and game schedules are available. After away games, the teams may stop for dinner. Players will know in advance so they can bring money for the meal.



# Athletic Department Policies

## Participation

All students who desire to be a part of a team at The Master's School gives the opportunity to do so. We will seek to find the right "fit" for each student's age and ability level. Student participation on an athletic team is considered a privilege and with this privilege comes certain expectations and requirements. All athletes are given their talents by the Lord and should strive to develop those talents to serve the Lord. Each athlete needs to remember that the spectators, officials, and other players get the chance to see the Lord as we play; they need to take every opportunity to bring honor to the Lord as each athlete becomes a member of a team, individual goals are exchanged for the goals of the team. Each player has a vital role on the team from the lead scorer to the substitute that replaces him/her. They each need to find their place on the team and fill their role to the fullest. They need to seek the Lord to find what their roles are and then do their best to honor Him.

## Quitting

Any player who quits a Varsity team after signups have taken place, but before the first game, will not be eligible to participate on any other teams during that sport season. Any player who quits a Varsity team after games have begun will not be eligible to participate on any other sports teams for the remainder of the school year. Exceptions can only be granted by the Athletic Director.

## Attendance - School and Class

You must be in school on the day of a game or practice to participate. If a student will miss all or part of a school day, special permission must be requested from the School Director, Dean of Students, or Athletic Director to participate in athletics that day. Players must be in school Friday to be eligible for Saturday contests. You will not use your sport as an excuse to miss class or portions of class unless the team is departing early from school. In case of an early dismissal, all teachers will be notified by the Athletics Director. When dismissed for an away game, students must stay in classes until the appropriate dismissal time. When leaving a class, students should be quiet and avoid disrupting the class as much as possible. The student should inform the teacher at the beginning of the class that he/she will be leaving. Students are responsible for assignments given in classes missed.

You will attend all classes regularly and on time. Tardiness and cutting classes will not be tolerated.

Failure to participate in PE class will result in the loss of extra-curricular athletic activities for that day.

## Attendance—Practices & Games

Athletes are expected to be at every practice and game. Failure to do so will affect participation in games, and if the problem is serious enough, may result in dismissal from the team. If a player is injured or ill, that player must still report to practice.

The coach will excuse the player when appropriate. Athletes not attending practice (for any reason) on the practice day prior to a game will not be allowed to start in the next game (exceptions may be made in tennis, golf, softball, and baseball with approval of the AD). Any athlete with 3 unexcused absences from practices and/or games may be dismissed from their team. The determination of whether an absence is excused is at the sole discretion of the coach and will be communicated to the player and his/her parents.

Practices and games during vacation times are not mandatory but are encouraged. Players are given practice and game schedules at the start of each season; it is their responsibility to inform the coach well in advance if they will not be able to attend a practice or game during a vacation time. Players may be disciplined for failing to notify a coach.

Being late to practice will result in discipline by the coach.

Athletes are not permitted to leave practices/games early without prior approval of a member of the coaching staff.

## Detentions

Students who receive detentions must personally notify their coach and serve that detention at its assigned time. The student will miss that part of the practice or game. Students should expect further discipline from the coach because of the missed time with the team. Missing practice for a detention is an unexcused absence from practice.

## Code of Conduct for Athletes

All participants are expected to conduct themselves as ladies and gentlemen on and off the playing field or court. Students are reminded that they are representing their team, coach, family, The Master's School, and, ultimately, God.

Fighting or other forms of physical or verbal abuse of teammates, opponents, coaches, spectators, or officials will result in disciplinary action and may result in ejection from the activity at hand, the next athletic contest, or the season.

Any athlete found vandalizing, stealing, or having unauthorized possession of school equipment or uniforms may be expelled from athletic competition for the remainder of the season or school year. The student may also face other school discipline.

The coach will determine the standard of dress on game days and when traveling.

## Chemical Use/Abuse - Tobacco, Alcohol, Drugs (illegal, nonprescription)

Any athlete found in use or possession of tobacco (including smokeless), alcohol, or illegal/non-prescription drugs (including steroids) on or off school, grounds may be dismissed from the team for the remainder of the season or school year. The student may also face other school discipline.

## Performance Enhancing Substances

The Master's School, in agreement with the Sports Medicine Advisory Committee of the National Federation of High Schools, and to promote the safety and well-being of our student athletes, takes the position that "in order to minimize health and safety risks to student athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."

## Travel

All athletes must travel to and from athletic contests in transportation provided by the athletic department.

At all times, athletes will remain with their team and under the supervision of the coach.

Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances and they have the coach's approval.

Parents will not transport athletes unless approval is granted by the Athletics Director or the coach, and a background check has been completed.

Athletes may only drive themselves to a game when there are extenuating circumstances and with prior approval from the Director of Athletics. Parents will be required to indicate in writing their desire for this to happen.

Athletes may not transport other student athletes to or from any contests or practice sessions without the direct permission of the parents and Athletic Director.

## Academic Standards

Each athlete's GPA will be calculated every 4 weeks (end of each quarter and mid-quarter). Athletes with a GPA of 2.0 or above and not failing any classes will be eligible until the next check. Athletes with a GPA below 2.0 or failing a class will be placed on a weekly monitoring program to determine their eligibility on a week by week basis until their GPA is 2.0 or above and they are not failing any classes at the end of a 4 week check-up period. Athletes on the weekly check will have their GPA calculated at the beginning of the day on Monday to determine their eligibility for the following week.

A list of all ineligible players will be generated each Monday. All coaches will be informed, and will be required to refrain from playing those players in games. Any athlete who is failing a class will be ineligible to practice, play or travel to games.

The Upper/Middle School Director and Athletic Director, and Coach will continually monitor the academic and behavioral progress of our student athletes and at times may remove or suspend an athlete from a team at their discretion even if they are meeting the above academic requirements. Coaches have the right to withhold a player from a practice or a game for disciplinary reasons.

## Middle School Policies (and students in grade 5)

Due to the age level of those involved in Middle School teams, several policies are specific to those teams only. The Middle School teams are geared to help the players develop their skills, enjoy the sport they are involved in, develop positive character traits, and have fun. The challenge at this level is to mold all of the ability levels together into a team where each player can feel an important part of that team. Each player is given the opportunity to develop his/her skills to full potential. Grade 5 students will only be eligible to play on Middle School teams if participation numbers are not sufficient in grades 6-8

## Upper School Policies

As students move from “3rds” teams up to Junior Varsity and Varsity teams, there are some changes in the structure of the teams. At the start of each season, all players interested in playing on a Varsity team will attend the practices together. The coach will choose the number of players to play on the Varsity team that year within a predetermined range.

Soccer: 14 to 18

Volleyball: 8 to 12

Basketball: 10 to 12

Baseball/Softball: 12-16

Lacrosse: 16-22

If there is no Junior Varsity team in that sport, all players interested in playing will be a part of the Varsity team. If the number of players is high, the coach will rotate the players attending games. During Junior Varsity games, all players present should play in the game unless they are being disciplined. During Varsity games, the coach will make an effort to give all players a chance to play, but this may not be possible in every game.

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## Eligibility – NEPSAC (New England Prep School Athletic Conference)

Individual athletes who are 19 years old, or younger, on September 1 of each school year are eligible to participate in all NEPSAC championships. A player may only participate in the tournament of the sport he/she has played and represented the school in that season. A player must be on a tournament-bound team by the classification deadline (fall, October 1; winter, January 15; spring, April 15) in order to participate in a NEPSAC tournament. For example, a soccer player may not join the roster of a football team at the very end of the season to participate in the tournament. Players who are ejected from interscholastic games for “unsportsmanlike conduct” or other flagrant behavior will forfeit their eligibility to play in the next regularly scheduled interscholastic game or tournament game played in that sport at that level. Taken from NEPSAC Constitution and By-Laws of HVAL (Housatonic Valley Athletic League)

A student shall not be eligible to compete beyond June in the school year in which he/she first enters the twelfth grade of a school either within or outside the Conference.

Any student who reaches the age of 19 before September 15 shall not be eligible to compete in sports for that year. All member schools must submit a list of their competing students and birthdates to the Chairperson at the September meeting.

A student from a foreign country who is attending school under a program such as is sponsored by the American Field Service and the English Speaking Union shall be excluded from the restrictions in paragraph one above but not paragraph

two. · The Conference may exempt a student from the above restrictions if it considers it to be in its best interests to do so. Appeals should come from the Head of School's office and be addressed to the HVAL League Chairperson with copies sent simultaneously to both the Headmasters and Athletic Directors of those schools involved in that particular sport. The HVAL Chairperson will then take a vote via the phone for a majority favor if time does not permit the matter to be placed on the next meeting agenda. Appeal for waiver deadlines are established as April 15 for current students returning the following year and September 15 for new students admitted. These waiver deadlines will only be extended for the newly admitted student by using the appeal procedure.

## Athletic Department Information

### Athletic Participation Form

All students who wish to participate on an interscholastic or club athletic team, along with their parents/guardians, must complete Participation Form online before they can participate in any practice sessions or games. A new form must be filled out for each sport season. There will not be any exceptions to this rule. Please carefully read the form in its entirety and fill in all spaces. Students with incomplete forms will not be allowed to practice or play in any games. **Managers:** If you would like to be part of a team but do not wish to play, teams are always looking for managers. (Managers only need to have a participation form and emergency card on file.)

Prior to the first practice session, all participants on athletic teams are required to be examined by a physician. Completed physical examination forms must be on file in the school health office prior to the first practice session. No exceptions.

The physical examination is valid for 13 months. A player must keep physical current in order to participate if previous physical will expire during the season. In any case, no physical exam will be valid for more than 13 months.

### Emergency Forms

All participants on an athletic or club team must confirm with the athletic trainer that he/she has a copy on file in his/her office along with an updated physical exam prior to the first day of practice. The copies of the forms will be kept in the team medical kit should an emergency arise. Under no circumstances will a player be allowed to play in a game without an emergency form on file at the school.

### Injuries & Return to Play

Players are to report all injuries to the coach and trainer immediately. Injuries that receive prompt medical attention will allow the athlete to return to competition sooner. Injuries requiring a visit to any medical personnel will require an Athletic Injury form from the Athletic Trainer before the athlete will be allowed to participate on the team again. Forms may be obtained from the school health office or the Athletic Trainer.

### Insurance

Due to the risk of injury involved with participation in athletics, the school strongly recommends that all students be covered by a medical insurance policy. The school does not provide accident insurance, but it does make available an accident

insurance policy that can be purchased. See the business office if you are interested.

## Uniforms, Equipment, & Facilities

Uniforms and equipment are provided on a loan basis and are to be worn only when authorized by the coach (not for recreation or PE class). Only uniforms issued by the athletic department are permitted during athletic contests.

The Athletic Department not to issue replacement uniforms to players who forget their uniform for a game. Part of preparing for the game is remembering to bring the uniform.

All uniforms/equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season.

At the conclusion of the season, students will hand uniforms/equipment back to their coach. Students handing uniform/equipment back to any other person take the risk of not receiving credit for handing it in and may end up owing a late fee. The best policy is to hand the uniform/equipment to the coach immediately after the last game. Leaving it in an office does not qualify as handing it in.

Students who hand in uniforms/equipment more than 10 business days after their final game are charged a late fee of \$5 per week until the uniform/equipment is handed in. Any uniforms/equipment not handed in by the last business day in June will be billed to the student and will not be accepted after that date. Replacement items have been ordered.

If lost or stolen, the replacement cost of the uniform/equipment will be assessed to the student.

Check with your coach to see what type of practice gear should be worn.

Dress code is still in force during practice. Practice attire should correctly reflect the season and sport being played. Tattoos must be covered as stated in the “Dress, Grooming, and Appearance Guidelines”.

God has blessed us with facilities, including a gym, fields, weight room, training room, locker rooms, and vehicles. Take care of what we have been given. Never misuse the facilities, and don't tolerate misuse by anyone else. We must work together to take care of what we have been given. Locker rooms must be picked up and left clean each day. All equipment and bags must be left in lockers or on shelves at all times. Items left in the gym, in the locker rooms, in the training room, in the fitness center, and on the fields will be taken to lost and found. During the week of exams at the end of the academic year, all lost and found items will be placed on a table in the Fitness Center to be claimed by parents/students. Any items not claimed will be passed on to charity.

## Character Qualities

There are several qualities based on scripture that we desire to foster in our athletes. Ask God to help you develop these qualities as we seek to become more like Him.

Dependability - Be at all practices and games unless excused by your coach. Always do what is expected of you.

Punctuality - Be on time!

Love - Show a concern for others, including teammates, opponents, officials, and spectators.

Enthusiasm - Be a positive influence to those around you, taking an interest in all aspects of your sport.

Faith - Know that God is in control over all aspects of your life, including athletics. (Hebrews 11:1)

Humility- Communicate through words and actions that God is the one responsible for all your gifts and talents; use them for His glory, not your own. (Phil 2:3. 1 Peter 5:5)

Endurance - You must work hard to overcome all the obstacles you will face as an athlete and a Christian. "Run the race" to the end. (I Timothy 6:11)

Obedience - We need to follow Christ's example of obedience to His Father by being obedient to God and to those He puts in authority over us. (Rom. 13:1, II Cor. 10:5)

Diligence - Follow through to completion all of the tasks you have been given, whether in practice, games, academic work, or at home. (Col 3:23)

Responsibility - Be faithful to follow through on what you are asked to do. Have the ability to accomplish work while not directly supervised.

Determination - Know that you will accomplish the goals that God has set before you in His timing, no matter what the obstacles are that must be overcome. (II Timothy 4:5-7)

Joyfulness - Be joyful at all times, giving thanks to God for everything. (Gal. 5:22, 1 Th. 5:16)

Confidence - Not to be confused with arrogance. Be assured that you can do all things through Christ, who gives you the strength. (Phil 4:13)

Intensity - You must give everything you have at all times. Put forth your best effort in all you do. (Col 3:23)

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# Discipline

## Suspension or Dismissal from a Team

At the start of each season coaches will inform players of behaviors that may result in being suspended or dismissed from a team. The Student-Athlete Handbook also states what behaviors are considered acceptable and unacceptable for athletes. It is the responsibility of each athlete to become familiar with the contents of the handbook. Each case will be considered individually. Communication between player and coach should be clear. Players should never have to guess why they are being disciplined, and coaches should not have to guess where a player is or what he/she is doing.

## Additional Team/Sport Regulations

Some coaches may have additional information or regulations that pertain to specific sports. They will be discussed at the start of each season.

## Procedure for Contacting Athletic Department Personnel

Based on the principles of Matthew 18 in resolving problems that may arise, please follow the steps listed below.

Contact the Coach - discuss the situation directly.

Contact the Director of Athletics - if the initial contact with the coach does not settle the dispute to your satisfaction.

Contact the School Director - if the second level does not provide a satisfactory solution.

Contact the Head of School - if contacting those at the previous three levels has been unable to bring resolution.

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# Athletic Awards Policies

## Season Awards

At the conclusion of the season, each team hosts a team party. The purpose of the party is to celebrate the season together. Each team can decide what type of party to have. Parties typically vary from a simple gathering after school, to a dinner on campus or at someone's house, to a dinner at a restaurant. All parents and players from each team are invited to the parties. We hope that the true honor is given to God that night. Each athlete is important to his/her team and is recognized as such. All athletes are given a certificate to show our appreciation of them and all they have done. Each coach for those athletes

who have excelled also gives out several additional awards. The awards and their descriptions are listed below. Not all awards need to be given each season. At times, the awards are adapted to better match the individuals on that team.

## Club Sports and “3rds” Sports

All participants on club sports and “3rds” teams will receive a certificate recognizing their participation for the season.

## Junior Varsity Sports

All participants on Junior Varsity teams will receive a certificate recognizing their participation for the season. In addition to the certificates, there are several individual awards given each season. The individual awards given are: Most Improved Player, Most Outstanding Player, and Coach’s Award.

## Varsity Sports

All Varsity players are awarded a certificate and have the opportunity to earn a letter in their sport. A letter will be earned for a player’s third year on the varsity team, or by playing a substantial amount of time in games during any one season. Upon earning the first varsity letter in a sport, the player will receive a pin (only a pin if the athlete already has a letter from another sport). Upon earning a second varsity letter in a particular sport, the player will receive a gold bar to place on the letter he/she already has. For the third letter in a sport, the player will receive a gold star, and if a player earns four letters in a sport, he/she will receive a medallion. Several individual awards are also given, including Most Improved Player, Most Outstanding Player-Offense, Most Outstanding Player-Defense, and Coach’s Award.

Most Improved Player - Given to the player who has exhibited the greatest amount of improvement in skills, attitude, and hustle either throughout the season or from one year to the next.

Most Outstanding Player-Offense/Defense- Given to the player with the best combination of ability, attitude, and Christ like characteristics.

Coach’s Award - Given to the team member who the coach feels has given the most to the team as far as hustle, attitude, leadership, teamwork, and Christ-like example.

## Year End Awards

Each year the coaches who have worked with eligible athletes will meet to discuss and vote on the award recipients. The winners of the awards are awarded a gift certificate and have their names engraved on the award plaque that hangs in the hallway of the athletic building.

- Senior Athlete of the Year - Given to outstanding male and female athletes who have shown excellence in academics, spiritual growth, athletic ability, and sportsmanship. Each athlete must have participated in at least two varsity sports during his/her senior year.
- Sportsmanship Award - Given to the male and female athletes who have most consistently represented themselves and the school in a Christ-like manner on and off the field of play.
- All Sportsmanship Team – Given to one member from each team recognized by the coach to have most consistently represented themselves and the school in a Christ-like manner on and off the field of play

- Senior Scholar Athlete Award – Given to the Senior Athlete with the highest GPA. Must have played on at least one varsity sport team and have received a team award in that sport.
- All-Academic Team – Given to the member of each team with the highest GPA during the school year.
- Most Outstanding Athlete Award – Given to the top male and female athletes in the school. Must have played on at least one varsity sport team.
- Outstanding Contributor Award – Given to an individual or individuals who have supported the Athletic Department.

## Food for Thought

“The duration of an athletic contest is only a few minutes, while the training for it may take many weeks of arduous work and continuous exercise of self-effort. The real value of sport is not the actual game played in the limelight of applause but the hours of dogged determination and self-discipline carried out alone, imposed and supervised by an exacting conscience. The applause soon dies away, the prize is left behind, but the character you build up is yours forever. “

—*Anonymous*

## Guidelines for Parents

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed with them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement
2. Try your best to be completely honest about your child’s athletic capability, competitive attitude, sportsmanship and skill level.
3. Be helpful, but do not coach your child to, from the gym, field, or track, or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach your children to enjoy the thrill of competition, to be “out there trying”, and to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and for having fun.
5. Try not to relive your athletic life through your children. This creates pressure. You fumbled too, lost as well as won, were frightened, backed off at times, and were not always heroic. Do not pressure them because of your lost pride.
6. Do not compare the skill, courage or attitudes of your child with other members of the team or siblings.
7. Get to know the coach so you can be assured that his/her philosophy; attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
8. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
9. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of a parent of any child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, “My parents really helped, I was blessed in this. “

- *Adapted from CAAD News*



# The Master's School Sports Offerings

## Boys Varsity Sports

Soccer  
Basketball  
Baseball  
Lacrosse  
Co-ed Ultimate Frisbee  
Co-ed Golf

## Boys' Junior Varsity Sports

Soccer  
Basketball

## Girls Varsity Sports

Soccer  
Volleyball  
Basketball  
Lacrosse  
Co-ed Ultimate Frisbee  
Softball  
Co-ed Golf

## Club Sport

Co-ed Tennis

Please contact the Athletic Director, Tobias Ceasar, with any questions. Phone: 860-651-9361 ext.1107 (athletic office); email: [tceasar@masterschool.org](mailto:tceasar@masterschool.org)

Athletics Web Page: [www.masterschool.org](http://www.masterschool.org)

