

**2019-20**

**ATHLETIC**

**HANDBOOK**

***Insert sport***

Head Coach: Mike David

Assistants:

Volunteers:

Welcome to our Decatur High School Athletic program! Athletics and activities provide participants additional opportunity to learn, develop skills, grow as an individual and as a member of a team. Our Gator Athletic program will promote a united culture that fosters a high work ethic, accountability, outstanding sportsmanship, teamwork and respect.

**P**resent~**R**espectful~**O**wnership~**U**nited~**D**etermined

During any season, there will be a wide range of emotional highs and lows, challenges that require perseverance, problem solving, wonderful celebrations and many lifetime memories. We consider ourselves partners with each role clearly defined:

Participants Compete, Parents Support, Coaches Coach, Officials Officiate

Decatur is a member of the North Puget Sound League (NPSL) with fifteen other schools that provide for competitive contests. As Golden Gator’s we will support the NPSL sportsmanship code and commit to: *Show pride, class, spirit and respect. Display modesty in victory and graciousness in defeat.*

The North Puget Sound League website contains all the information important to participants, coaches, parents, and spectators. Please always refer to our NPSL website <http://www.npslathletics.org/> as the Decatur Athletics master contest schedule. Our NPSL site provides the opportunity for people to sign up and receive emails when a contest is changed. Find the orange Subscribe button to follow any of our programs. You will find the most current contest schedules as well as locations and directions to all of the venues for our NPSL and non-league opponents. To assist participants and their families in planning for practice and contests during our season, coaches provide additional documents on team pages. Viewing the NPSL site on a regular basis is encouraged.

I am excited to lead the Decatur High School Athletic Program. Since my hiring, my observation and experiences have confirmed my beliefs of the Gator culture. In my previous jobs I have admired from the opposite side of the field/court the spirited support for Gator Athletics. I appreciate the district emphasis on developing scholar-athletes. I am determined to expand the Decatur Family through positive athletic experiences that respect and recognize positive contributions to our community.

Go Gators!

Terry Jenks

Director of Athletics

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**Coaching Staff:**

**Coach Mike David**

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**Decatur Athletic Program Philosophy:**

Varsity is committed to compete and win while demonstrating PROUD characteristics.

JV is designed to develop and retain participation numbers while demonstrating

 PROUD characteristics.

**Philosophy of our program:**

**To both improve ourselves as golfers and young men, to compete at our highest level with integrity.**

**Varsity (V):** All participants have the opportunity to compete at the Varsity level if they are capable, can be competitive. Competition decisions are dependent upon PROUD characteristics, talent, commitment, punctual, in attendance, work ethic, and attitude. In addition, our Varsity team has the highest emphasis on competing at the state level. We will focus on outcome-based results which may lead to an inequity in the number of events one competes in at the Varsity level.

**Determining factors for level of competition in our program:**

Through practices and matches, through attitude and sportsmanship the top 6 players will be selected to represent varsity.

**Lettering Requirements:**

In order to letter, there are several ways to do so. Golfers must score 24 points throughout the season during varsity matches (usually takes a few matches). Or…

A golfer scores 16 points in a single varsity match. Or…

Any player (JV or Varsity) makes a hole-in-one during play and is verified by both teams.

All participants must consistently demonstrate PROUD characteristics throughout the

 entire season. In addition, participants will:

* meet the 80% attendance requirement throughout the season which includes all practices and matches
* be academically eligible at the end of the season
* have returned all issued equipment or gear before the banquet
* have paid all fines through the finance office before the banquet

If in case there is a behavior standard or a situation that falls short of our PROUD characteristic standard, it is possible that this could impact their receipt of a Varsity letter.

**Junior Varsity (JV) team:** Our JV team will focus on the development and retention of participants with the intent to prepare them to eventually compete at the Varsity level.

**Program Expectations**

**Core covenants of all Decatur Athletics - PROUD characteristics:**

**Present** – we show up everyday, fully committed to learn and develop in our sport.

**Respect** - of self, teammates, coaches, opponents, officials and all people and property.

**Ownership -** of all decisions, being a dependable and trustworthy teammate.

**United -** as a team, Decatur Athletic program and as a high school.

**Determined –** to do our best everyday, never give up and to represent Decatur at the

 highest level at all times.

**Practice Standards:**

 We are expected to maintain a high level of sportsmanship during practice, supporting and helping one another. The expectation is that we will be gracious to any other person on or off the course,

**Contest Standards:**

Whether home or away, we will behave in the manner befitting a golf team, good sportsmanship, good attitude, taking good care of the course.

**Post-Contest Behavior Standards:**

Players and parents can celebrate in a positive but subdued tone (as other players may still be playing). No trash talking or otherwise unsportsmanlike behavior will not be tolerated. Any issues of poor behavior should be reported to the coach, not handled by players or parents.

**Program Communication:**

Coach will put updated information on both the NPSL boys golf webpage (see below) and through the remind 101 app. Which both parents and players can sign up for.

Remind 101 – Sign up now! Download the remind app and use the code @decaturgol

NPSL bulletin board - <http://www.npslathletics.org/>

Email

**Problem Solving Steps:**

We encourage all participants to speak directly with coaches if there is a misunderstanding, clarification is needed or an issue arises. As parents, please encourage your children to speak directly with coaches. If the issue is not resolved with their coach one on one, the problem solving chain will be:

* Athlete speaks directly with Head Coach in person when emotions are controlled
* Athlete and Parent speak directly with Head Coach
* Athlete, Parent, Head Coach and AD speak in person
* Athlete, Parent, Head Coach, AD and Vice Principal speak in person
* Athlete, Parent, Head Coach, AD, Vice Principal and Principal speak in person
* Athlete, Parent, Head Coach, AD, Vice Principal, Principal and District Athletic Director speak in person

Gator Head Coaches have high expectations and are developing competitive programs which naturally lead to intense emotion responses at times. As we work through emotional situations, Gator Head Coaches are committed to collaborative, healthy problem solving interaction believing that our communication order provides a healthy framework for working though conflicts. If there is a situation of high priority, danger to participants and/or others of severe nature, these steps may be altered for the welfare of all involved.

**Team travel and transportation standards for contests:**

Our bus transportation standard is for everyone to ride to and from contests. Bus transportation is a great opportunity and time for building team culture and bonding. If parent/guardians opt to transport in their private vehicle, that process will be:

* Parent/guardian will sign out with the Head Coach on a document clarifying who will be privately transporting a participant after the contest has ended.
	+ A FWPS district form is not required to transport your own participant.
* FWPS Form 121-A is required for a parent to drive someone else’s child. This form is available outside the athletic office.
	+ Form 121-A along with proof of insurance and a copy of a current driver’s license must be returned to Decatur HS athletic office before any private transport. Please do not give these forms to any coach.
* We will travel with PROUD characteristics at all times.
* When we step off the bus, we will be ready to compete by our behavior and appearance.
* Participant safety is our paramount duty and highest priority. Please help us with communicating clearly and in writing about transportation of a participant home from contests.
	+ Players are not to drive teammates to or from any practice or contest.

**Injuries:**

Decatur Athletics has an ATI Athletic Trainer (ATC) who provides care for our participants. Hours are posted on the entry door to the AT office which is located by the locker room entrances. FWPS has a detailed contract with ATI. We encourage all participants to utilize this resource for physical care.

* Injury defined is when a participant can no longer practice or compete in a contest. Our AT or anyone at ATI can reinstate a participant after an in person review as long an outside Dr. has not been part of the evaluation process.
	+ It is not inside a coaches expertise of knowledge to determine a participants physical status so they are not able to reinstate an injured participant. AT’s or ATI has this responsibility.
* If an injured participant sees a physician he/she must then provide a written physician’s note clearing the athlete for the referred injury before return to play to the AD or AT.
	+ The AD or AT will communicate in writing to the coach that a participant is released for practice or competition.
* If a participant is removed from a practice or contest due to a suspected concussion, he/she must have approval from a medical professional before they return to play.
	+ The participant must also be cleared through our AT who has specific return to play protocol for concussion.
* If an injury bridges seasons, a written physician clearance is required to participate in the second season.
	+ ALL written notes are to be turned into the AD or the AT – not a coach. AD or the AT will communicate in writing to Head Coach that the participant is released for practice and/or contests.

**Defining Roles**:

###### Role of a Decatur Coach:

* Encourage sportsmanship
* Lead by example
* Promote a family atmosphere
* Increase the student-athlete mastery of fundamental skills
* Establish and develop a positive culture that is based on PROUD characteristics
* Help each participant be a better competitor and person
* Inspire participants to reach their full potential
* Foster a passion for competition and their respective sport

Role of the Participant:

* Be coachable
* Display PROUD Gator characteristics and take PRIDE in your team
* Always give your best effort – be fully Present
* Keep control of your emotions at all times
* Always bring a positive attitude
* Show respect for your teammates and be the BEST teammate
* Work hard and compete with intensity
* Be enthusiastic, honest, dependable and loyal
* Earn the respect of your teammates by your actions
* Compete each day as if it is for the CHAMPIONSHIP (#wecompete)

Role of the Parent:

* Leave the coaching to the coaches
* Participate in the program where there is a need
* Support your participant with your presence and words
* Understand and support the goals/dreams of the program
* Communicate with the Coach when you have concerns (ideally with your child present)
* Always stay positive and enjoy your participants experience
* Encourage your participant and the entire program throughout the season

**Academic Requirements and Eligibility:**

Academic status will be monitored by the Athletic Director. FWPS has defined dates for academics to be checked as well as specific recovery process. Parents will not be notified if their high school scholars are academically ineligible. Our high school participants will be notified by the AD or Head Coach and they are responsible to communicate their status to others. Parents can view scholar grades through ParentVue. Please connect with your child’s counselor if you need assistance to access ParentVue.

**Social Media Standards**

FWPS and Decatur Athletics supports Social Media sites as this is how information is shared in today’s times. Decatur Athletics and Coaches commit to projecting an image that supports our PROUD characteristics - focusing and acknowledging our accomplishments. Once comments and information are posted on a social media site, they are difficult to retract. Therefore, we trust and respectfully request that our participants, parents and coaches are positive on all social media sites focusing on Gator accomplishments.

* Trash talking on any social media form is considered inflammatory and subject to athletic discipline.
* Inappropriate postings on any social media site is subject to athletic discipline.

We ask our entire Gator Community to avoid challenging or being critical of other schools, our own programs, our coaches/players, official’s etc. on social media sites. Thank you in advance for protecting our Decatur image as PROUD and RESPECTFUL GOLDEN GATORS!

**Early Dismissal Days:**

During our season, there will be a few early dismissal days. Unless the Head Coach has scheduled supervised time in a specific location for team members, participants will need to leave campus and then return when coach supervision is present for practice/contests.

**Athletic Code for Alcohol, Anabolic Steroids, Illegal Drugs, Tobacco Products (including e-cigarettes) and Misuse of Prescription and Over the Country Drugs:**

Participants that violate any of the above will work through the language in both the FWPS Athletic Handbook (<https://www.fwps.org/Page/4920>) and policy 18.25.0 in the WIAA Handbook (<http://wiaa.com/conDocs/Con1690/Eligibility.pdf>) with the appropriate Decatur Administrators or Designee.

**Areas Parents can be involved/helpful:**

WIAA golf rules state that you may not coach your child, teammate or any player. You may offer positive praise when applicable (not while anyone is playing an active lie). Bystanders must remain on the cart path or adjacent viewing area and maintain a distance of 40 feet. You may never step on the putting green or tee box.

Golf is a very cerebral sport, frustrations can occur, please allow your player to calm themselves and refocus on their own.

**General information:**

* Please check [www.npslathletics.org/](http://www.npslathletics.org/) for league schedule, transportation departure times and standings.

**Additional Resources**

* NCAA Eligibility Center (EC): [www.ncaaeligibilitycenter.org](http://www.ncaaeligibilitycenter.org)
	+ This is for ANY student who has the desire to continue playing in college.
	+ The NCAA EC allows for any school you are recruited by or you contact, to track your transcripts, test scores and amateurism.
	+ Without clearance from the NCAA you will not be allowed to participate on a college team.
	+ There are 1,200+ NCAA Div. I, II, and III colleges and Universities across the country, there is a place for anyone who is interested.
* NAIA Eligibility Center [www.PLAYnaia.org](http://www.PLAYnaia.org)
	+ There are 250 NAIA colleges and universities
	+ Initial Eligibility standards are similar to NCAA Division II
	+ Decatur Athletic Director or Counselors assist our scholars with NCAA or NAIA Eligibility. Please connect with them if you need assistance
* Washington Interscholastic Activities Association (WIAA): [www.wiaa.com](http://www.wiaa.com)
	+ Provides in depth rule and policies that all high schools are required to follow.
* Federal Way Public Schools website – [www.fwps.org](http://www.fwps.org)
	+ In depth athletic department rules and policies for all high schools in the district:

<https://www.fwps.org/Page/4920>