

Navigating Middle Division Athletics

Welcome

This information is intended to provide you with the means for a smooth and successful start by sharing general information all Middle Division student-athletes need to know.

The information pertains to all sports throughout the year and will at some point come into play during your anticipated participation.

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics at the Horace Mann School is a component of the physical education program where credit is given for completion of a sport season. Therefore, all policies governing academic requirements shall be extended to athletics. Participation in athletics promotes a positive self-image, development of physical, mental, and social skills, understanding of team cooperation, and a sharing of personal experiences.

A well-coordinated program is vitally important to the morale of the school. Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Therefore this educational experience demands highly qualified coaches.

Desire, dedication, and self-discipline need to be developed to ensure commitment and personal sacrifice required by athletics. Making such a commitment helps to nurture integrity, pride, loyalty and overall character. The final outcome is a better citizenry carrying these values throughout their lives.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion for measuring a season's success. Guiding the team to attain maximum potential is the ultimate goal to this end. The coaching staff must teach student athletes to prepare their minds and bodies to reach maximum potential, to be modest in victory and steadfast in defeat.

MIDDLE DIVISION PROGRAM PHILOSOPHY

The Middle Division program is available to all students in the seventh and eighth grades. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the upper division program. It is a competitive program designed to meet the developmental needs of its participants. At this level, the focus is on learning athletic skills, game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition.

Coaches are instructed to make every effort to provide each child an opportunity to play in each game or develop a rotation of players for different games that will ensure quality playing time in as many games as possible.

The modified program is designed to take place during the academic calendar. Tryouts occur the first few days of each trimester during physical education class lasting three to five days immediately following. Once selected, student athletes in the middle division program will practice during scheduled physical education class. Only contests take place after school. Students in the seventh and eighth grades are prohibited from practicing with or playing for a junior varsity or varsity team.

MIDDLE DIVISION ATHLETIC OFFERINGS

(unless noted, all teams are 7 & 8 combined)

Fall

Boys Cross Country
Girls Cross Country
7th Boys Soccer
8th Boys Soccer
Girls Soccer
Field Hockey
Football
7th Girls Volleyball
8th Girls Volleyball
Girls Tennis
Mixed Water Polo

Winter

7th Boys Basketball
8th Boys Basketball
7th Girls Basketball
8th Girls Basketball
Boys Swimming
Girls Swimming
Wrestling
Mixed Crew (club team)

Spring

Baseball
Softball
Boys Lacrosse
Girls Lacrosse
Boys Tennis
Boys Track & Field
Girls Track & Field
Boys Volleyball
Mixed Ultimate
Girls Rugby

GETTING READY TO PLAY

BECOMING MEDICALLY CERTIFIED

The Horace Mann School requires all students to provide a record of their most recent physical exam and a Cardiac Risk Assessment Form to the School. Medical exams are valid for one year from the date of the exam.

REGISTRATION / ORIENTATION

Each season students have the opportunity to select and then tryout for a sport in our interscholastic program.

A few weeks prior to the start date, students and parents/guardians will receive an email from athletics@horacemann.org with an invitation to register on Family ID. Ahead of each season, an orientation will be held providing students with team specific and tryout information.

Season Start Dates

Fall: September 8, 2022

Winter: November 7, 2022

Spring: March 1, 2023

ATTEND SELECTION PERIOD

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Horace Mann, coaches are encouraged to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy with respect to squad selection, coaches will strive to maximize the opportunities for our students only without diluting the quality of the program.

SELECTION POLICY

Choosing the members of athletic teams is the sole responsibility of the coaches of those teams.

Prior to team selection, the coach shall provide the following information to all candidates:

- extent of selection period
- criteria used to select the team
- number to be selected
- practice commitment if they make the team
- game commitments

The selection process will include three important elements. Each candidate shall:

- have participated in (2) tryout sessions.
- have performed in at least one intra squad experience, if possible.
- be personally informed of not being selected by the coach and the reason for the action.

SPORT STANDARDS

The New York State Association of Independent Schools Athletic Association (NYSAISAA) Sports Standards outlines the minimum number of required practices a student shall need before participation in a contest.

Required Practices Required for Student to Represent School

Baseball	10
Basketball	6
Crew	6
Cross Country	10
Field Hockey	6
Football	10
Lacrosse	6
Outdoor Track	6
Rugby	6
Soccer	6
Softball	6
Swimming	6
Tennis	6
Ultimate Frisbee	6
Volleyball	6
Water Polo	6
Wrestling	10

PRACTICE

Practice will take place four days a week during scheduled physical education classes Period D or Period E. Athletes will use the alternate period for lunch.

Week One – Monday through Thursday

Week Two – Monday through Thursday

Athletes are required to wear physical education issued attire at all times unless sport specific equipment is used.

GAMES

All games take place after school. Attendance is required at all scheduled contests in order to fulfill academic class obligation. Schedules found on the Athletic Web Site will indicate time and site of contests. At times early dismissal from last period class is necessary to allow for travel and proper warm-up.

Our coaches are well aware and supportive of the life of a student-athlete here at Horace Mann. Conflicts must be avoided during the sport season and communication with your coach in advance is critical. Playing for a team is a privilege that requires making a commitment where choice is rarely an option.

Conflicts, such as a student participating in more than one extracurricular activity during a particular season should be discussed with coaches and sponsors as soon as participation in more than one activity is evident. Keeping all informed in advance will lead to the best possible solutions.

SCHEDULES

The Horace Mann School is a member of the New York State Association of Independent Schools Athletic Association (NYSAISAA).

The primary contest schedules are within the Ivy Preparatory School League.

Occasionally, changes to the schedules are necessary due to school conflicts, inclement weather, etc. For the most part every effort will be made to complete the assigned schedules.

Every effort is made to accommodate student athletes during exam periods, and school functions, but contests and practices may be necessary during these times in order to keep the program competitive and meet schedule obligations.

Final team schedules are available on the school website approximately 2 weeks prior to season start.

SCHOOL ATTENDANCE

A student absent from school may not participate on that day unless permission is granted by the athletic director. Because of health and safety reasons, absences and tardiness due to illness will exclude student athlete from practice or contests on that day.

DROPPING OR TRANSFERRING SPORTS

On occasion, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- consult with your immediate coach.
- check in all equipment issued to you.
- report to Physical Education Chair for assignment into an academic class.

TEAM STATEMENT

Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports. These rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the pre season meeting. Consequences for violation of team rules will also be in writing and shall be administered by the coach.

EQUIPMENT

It is the responsibility of the student athlete to care for and return to the coach all clothing and equipment that has been issued. If any equipment is lost or has abnormal usage, the student athlete will be charged replacement costs.

Any additional equipment or apparel desired to be worn during practice or contests other than those furnished by the school, must receive approval by the Director of Athletics.

TRANSPORTATION

Student athletes shall be transported to and from off-site practices and away contests (games and/or scrimmages) by school authorized vehicles only. Under certain circumstances or exceptional situations where it creates an inconvenience to the family, students may be excused from riding back to school from an athletic event on school authorized transportation. In such cases, the request must be made in writing and in advance to the student athlete's coach. (See Athletic Transportation Waiver found on the athletic website)

Should a parent approach the Head Coach at an away contest and request that their child ride home with them without written notification, the Head Coach may agree upon receiving written release on site.

All transportation provided by the school will originate from the corner of 246th Street and Tibbett Avenue. Return trips will be direct with no stops, having the guard booth on Tibbett Avenue as the final destination and drop-off site.

The late bus for all after school activities departs from Tibbett Avenue at 6:00 p.m. sharp. As a general rule, due to the length of games, athletes will more than likely miss the late bus and must make own arrangements to arrive home.

SPORTS SCHEDULE WEBSITE

Log on to www.horacemann.org and click on *Athletics* for both daily and seasonal information.

Changes in schedule are inevitable. Every effort is made to update information on a daily basis. Normally, changes are listed as cancellations or postponements. In the case of the latter, the postponed date is the newly rescheduled date. A cancellation will appear only as a new date if rescheduled. Check back often for the most up-to-date information.

SPORTS SCHEDULE ALERT SYSTEM

To receive an email alert message for changes in your child's team schedule, you must sign up on the website.

Click on Athletics. Select your child's team. You will see an orange box with a bell symbol and "Alerts", click on this box and follow the directions provided.

REPORTING OF INJURIES/ILLNESS

It is the student athlete's responsibility to immediately report any injury to their coach or an athletic trainer. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once a physician treats an athlete, the athlete must obtain the doctor's permission to return to the activity.

Concussion Policy

The Horace Mann School recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully.

A concussion is a mild traumatic brain injury. A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from one concussion to another will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While Horace Mann School employees will exercise reasonable care to protect students, head injuries may still occur. Physical education teachers, coaches, athletic trainers and nurses will receive annual training to recognize the signs, symptoms and behaviors consistent with a concussion. Concussion information is available on the Horace Mann School athletic website and will be provided as part of the permission slip for participation in interscholastic athletics.

SPORTSMANSHIP STATEMENT

Horace Mann School, in association with the Ivy Preparatory School League, promotes good sportsmanship by student-athletes, coaches and fans alike. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or ethnic slurs, fighting or other inappropriate behavior will not be tolerated, and are grounds for removal from the site of competition and further disciplinary action. In addition, the use of artificial noisemakers is not permitted.

MESSAGE TO SPECTATORS

We appreciate fan support for members of the Horace Mann athletic teams as long as the cheers are positive and directed toward our teams' athletes. At no time should spectators be speaking directly to participants in an athletic event or to their coaches during athletic contests. It is both distracting and dangerous. Please remember that these are middle school students participating in an extension of the classroom environment, not professional athletes. Lets keep the games competitive but above all, fun and friendly for everyone. Let the players play, let the coaches coach, let the officials officiate and let the fans cheer in a positive manner.

CAPTAINS

Leadership opportunities exist for middle division student athletes as **game day** captains. Coaches will establish a system of rotation that enables all players to experience the responsibilities associate with being a captain.

Contact Numbers

Rawlins Troop, Associate Athletic Director, Fall Seasonal Coordinator

718-432-3349

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