

FROM THE DESK OF THE ATHLETIC DIRECTOR

Dear Parents and Student- Athletes,

Welcome to Ma'ayanot Rapids Athletics!

The athletic program is an integral part of the Ma'ayanot experience. Participation in high school athletics is a privilege and not a right. This involvement requires considerable time, energy, and commitment from all participants. It is easier to accept these demands when one understands the rules and regulations that govern the program.

Our goal is to provide you with a positive, goal oriented experience. Participation as a Ma'ayanot Rapid is an opportunity to display *Derech Eretz* and middot such as responsibility, fair play, cooperation, concern for others, leadership, loyalty, and tolerance. Being a Rapid teaches the student-athlete the significance of commitment, preparation, organization, and sacrifice.

Too often winning games has been considered the measure of athletic success. Developing the will to win is certainly part of the total development for our student-athletes. However, of considerably greater importance is the development of the person and allowing each student-athlete the opportunity to fulfill her potential as part of a larger group.

The athletic program also presents an outlet following a long school day, an opportunity to display school spirit in an enjoyable way. We are proud that over 45% of our student body wears the green and white as members of school teams!

This handbook has been prepared to provide students and parents with information on the athletic program. The handbook covers the rules applicable to all teams at Ma'ayanot. Parents and athletes are asked to familiarize themselves with all the regulations and guidelines in this booklet as well as the procedures which must be followed. The Athletic Department hopes that this handbook will serve as an aid in fostering a positive experience for your child. If you need further clarification, or have any other question relating to aspects of the program, feel free to contact the Athletic Director.

Please sign and return the back page to your coach once you have completed reading this handbook.

With your support and cooperation, we are looking forward to another fabulous season of Ma'ayanot Rapids athletics!

Eileen Schwartz, Athletics Director

Fall /Winter Sports

Varsity Track

Varsity Swim

JV Basketball

Varsity Basketball

JV Volleyball

Varsity Volleyball

Tryout schedules
are posted on the
bulletin board and
online on the
school website

Spring Sports

Varsity Track

Varsity Softball

Varsity Tennis

Varsity Hockey

JV Soccer

Varsity Soccer

Athletic Department Goals

To provide student athletes the opportunity to compete, while learning to work with others.

To develop self discipline, respect for authority and the spirit of hard work and sacrifice. Athletes must place the team and its objectives above personal desires.

To demonstrate that Torah and athletics, when combined, provide a truly positive environment.

To have fun!! This is the main reason people participate in sports.

To accept success and defeat like a true sportswoman, knowing you have strived to do your best.

To establish goals (both self improvement as well as growth as a team) and constantly do your best to attain those objectives.

To teach athletes that discipline and hard work are all necessary to achieve harmonious teamwork.

To teach the athletes that participation leads to a better understanding of ethics, sportsmanship, integrity, and fair play. Athletes will learn that even though winning is everyone's goal, striving to win is, tangentially, one of the goals.

To develop a feeling of pride and spirit in Ma'ayanot Yeshiva!!

ATHLETE RESPONSIBILITY

1. No student may participate as a member of any school team (neither practice nor game) without having submitted a properly signed Parent/Student-Athlete Handbook Acknowledgement, a properly completed Sport Participation Permission Form & Contract and Team Dues.
2. No student may participate in any game prior to submitting a properly completed, sport specific school medical form. This form must be completed by your family doctor following an annual checkup.
3. Student-Athletes must attend all games and practices. Good sportsmanship, and a positive attitude must be exhibited at all times as per *Yeshiva's Player, Fan and Parent/Student Athlete Handbook*.
4. Student-Athletes assume a myriad of responsibilities when becoming a member of a school team. Amongst them is a responsibility to:
 - a. **Self** – To broaden yourself and to develop strength and character. You owe it to yourself to get the greatest possible good from all of your school experiences as this will prepare you for your adult life.
 - b. **School** – Ma'ayanot maintains an outstanding athletic program. Essentially, by doing your best, you contribute to the reputation of the school.
 - c. **Home** – As a member of a team you also bear a heavy responsibility to your home. You should always strive to make your family proud. You should always practice and play to the best of your ability.
 - d. **Community** – You assume a leadership role when you are a member of a team. The student body of the school and members of your community know you and judge you based on your conduct and attitudes both on and off the court. Because of this, you can make a major contribution to school spirit and community pride.

As a student/athlete in Ma'ayanot, you agree to abide by the rules and regulations put forth in this handbook. Included amongst these regulations;

SCHOOL OBLIGATIONS

- You must maintain a respectable academic record and understand your first priority is your schoolwork.
- Acceptable attendance at classes and school in general must be maintained. Absence from school on the day of a practice or a game, bars your participation at that practice/game.

ANNUAL ATHLETIC AWARDS DINNER

Toward the end of each academic year, a special awards banquet is held to celebrate the accomplishments of all our teams. At this event we honor all of the athletes. Each team presents individual awards as a tribute to student-athletes such as Most Valuable Player, Most Improved Player, Coach's award and more.

CALENDAR OF EVENTS

Each student/athlete is presented a copy of her teams schedule once it has been completed. The Athletic Department maintains an up to date calendar of all its activities. The calendar is available on our website (www.maayanot.org).

Cancellations

Any cancellation of games or practices due to weather or schedule changes will be announced to our students at an appropriate time during the school day. On weekends, the student-athletes will be contacted (chain calls, email, text messages) by their coaches as to any changes in the schedule. Additionally should any changes in the schedule occur, these changes will be prominently listed on our website www.maayanot.org.

Coaches

Ma'ayanot holds its coaches to the same high degree of professional standards as it holds its members of its teaching staff. We recognize the extremely important role our coaches play in the lives of our student-athletes – that of a teacher, coach, and mentor. Of all the educators, a coach may have the greatest opportunity to influence young people. The practice in the gym or out on the field is an extension of the school day. The exhilarating victories or the heartrending losses become valuable lessons for life. Our

coaches use all of our experiences to prepare their charges to become better people and ready them for many future challenges.

CONTACTING THE SCHOOL

We encourage parents to contact the school whenever they have a question regarding athletic activity. The usual and encouraged communication link is that of coach, athletic director, and then the principal. The school phone number and the Athletic Department extension are both listed on the front cover of the Handbook.

DRESS CODE

All team members must wear full length sweatpants when playing in games and appropriate dress when wearing team paraphernalia (jacket, jersey, sweatshirt, sweatpants, etc.) in public.

All athletes must be dressed appropriately (school dress) when leaving the school from a practice. Additionally, all members of school teams must wear school dress when traveling for a game and change into uniform once at the game site. (Softball is an exception to this – girls must wear skirts over their sweatpants.)

FEES

Ma'ayanot Yeshiva High School is pleased to offer our student body a diverse athletic program. To offset some of the costs involved (Annual Dinner, equipment, transportation, league fees, trophies, etc) in our program we assess a Team Dues fee. The fee is **\$50 for the first team**, and an additional **\$40 for the second team** each year of participation. These fees must be paid by the second practice. Team dues include admission to the annual Sports Awards Dinner. Checks for the Team Dues must be made out to **Ma'ayanot**.

The uniforms are purchased by the student athletes and are theirs to keep. The student athlete must be wearing her uniform in order to compete in any league game/match. Your manager/coach will

take the uniform order. *Costs are dependent upon the uniforms necessary for each team.* Checks for uniforms are to be made out to **Cadett Marketing** and handed to the manager/coach.

Forms

Athlete & Parent Contract/Team Participation Form

This form is to be completed by both the prospective athlete and her parents prior to the first scheduled practice for that team. This form is an acknowledgement that both the athlete and her parents read, understand, and will abide by all of the rules and guidelines set forth in this handbook. Additionally, the parents give their daughter permission to participate as a Ma'ayanot Rapid in interscholastic athletics. The form includes an area for parents to update the coaches as to the student-athletes health at present.

This form is not a substitute for the Medical Form which must be completed by a doctor. Finally, there is also an area for the emergency contact information. **No student will be permitted to practice without submitting this form to their coach.**

Medical Form

This form is a requirement of the Metropolitan Yeshivah High School Athletic League as well as our own athletic department. It requires all student-athletes to have a physical examination once a year. The date of the physical examination must be listed on this form. **ONLY THIS FORM WILL BE ACCEPTED AS PROPER MEDICAL CLEARANCE BECAUSE IT IS SPORT SPECIFIC AS REQUIRED BY THE M.Y.H.S.A.L BYLAWS.** The form must include both a doctor's signature as well as his stamp. **No student will be permitted to participate in any games without having submitted a properly completed Medical Form.**

Parent Support

The Ma'ayanot Athletic Department understands and respects the sacrifices made by you and your daughter relating to participation on a sports team. We further appreciate the role you play in helping your child commit to eating and resting well, taking care of school issued equipment and being prepared and on time for practices and games.

You have entrusted your child to the care of a Ma'ayanot Yeshiva coach. You may not always agree with the philosophy or coaching techniques of this coach, but it is important to respect these differences. If you find that your disagreement is sufficiently strong, be fair with the coach and openly discuss your concerns with him/her. If this communication proves unproductive, you are encouraged to discuss the issue with the Athletic Director. Please refrain from "coach bashing". Such activity creates a negative environment that polarizes rather than solving problems.

The Spectator's Responsibility

- Cheer enthusiastically for your team, not against the opponents.
- Remember that you are watching a high school sport whose participants are friendly rivals, not enemies.
- Show respect and courtesy to the players and coaches from both teams, enjoying and acknowledging good performance from either.
- Demonstrate your support regardless of the contest outcome, knowing that in hard, clean competition all are winners.
- Remember that the officials are women and men who are assigned to administer the rules of the sport, and that they, like all of us, make mistakes. Please exercise restraint if they make a poor call.
- Please reflect attitudes of sportsmanship no matter what your personal feelings or loyalties may be.
- Report others in the stands that use inappropriate cheers, are abusive, or use profanity.
- Remember that your actions, like those the athletes in the contest, reflect Ma'ayanot Yeshiva High School and its image with those outside our community.

Practices & Games

Students who wish to participate in extracurricular activities should only do so if it does not impact negatively on your academic success. As a result it becomes imperative for our student – athletes to develop the maturity to juggle their numerous activities so that none of them suffer. When joining a team, you are making a commitment to your coaches and your fellow team members. Please plan all personal appointments taking the practice and game schedule into account.

1. Team members **MUST** attend all practices and games.
2. It is the student – athletes responsibility prior to the first practice to inform her coach of any conflicts with academics or extracurricular activities that could hinder her participation. (Choir, Plays, Model U.N., etc.)

3. If for any reason a team member is going to miss a practice or a game, the **student** must notify the coach in advance. Failure to inform the coach will result in an unexcused absence.

4. While emergencies and unavoidable family obligations may create an unavoidable conflict with the athletic schedule; Drivers Education, SAT Tutoring, and family vacations, will be considered unexcused absences.

5. **A total of 3 unexcused absences may result in removal from the team.**

Ma'ayanot Yeshiva High School

SPORTS PARTICIPATION PERMISSION FORM & CONTRACT

Please print all information legibly

Name _____ Grade _____

Sport _____ Class _____

Student Information:

Street Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Cell _____

Health Insurance & ID # _____

Full Name(s) of Parent(s)/Guardians With Whom You Live:

_____ Work Phone _____

_____ Cell Phone _____

_____ Work Phone _____

_____ Cell Phone _____

Alternate Contact _____ Cell Phone _____

Relationship _____

I (print name) _____ have read the 2011-2012 Ma'ayanot Yeshiva High School Athletic Handbook for Student-Athletes and Parents and agree to abide by all the policies and procedures contained in it for the 2010-2011 (print team) _____ season. I understand that failure to do so will result in penalties outlined in this handbook.

My daughter and I understand that there is a possibility of bodily injury associated with any athletic activity. In the event of an emergency or injury, when I cannot be reached, I give permission for the coach/administrator to act on my behalf. I fully give my child permission to participate as a member of the above named activity and represent Ma'ayanot Yeshiva High School in interscholastic competitions. I also understand that all students must furnish proof of medical certification as a condition of participation. My child has, to my knowledge, no physical condition which would prevent or restrict her participation in said activity.

Known allergies to medication:

Student-Athlete Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Please note that this form must be completed & returned to the coach before the athlete is permitted to participate in ANY team related functions.