

We are looking forward to another exciting year from the Bulldogs sports program and anxiously await your participation. Fall sports will begin on Wednesday, August 27<sup>th</sup> and end on Thursday, October 30<sup>th</sup>. Practice times during the fall season are 3:15-4:30 Monday through Thursday. Games will occur Monday through Thursday only and the game schedules can be accessed on the "Athletics Page" on the school website.

After-school sports are an integral part of the middle school program. Our aim is to provide our students with opportunities to play competitive sports within an environment that emphasizes participation, teamwork, sportsmanship, and a commitment to improving skills individually and collectively. Primarily, the Middle School faculty coaches our teams, although we occasionally have teachers from other areas of the school who help round out our coaching needs. Our coaches provide athletic skill development, within a supportive and positive approach.

There are no tryouts for the Middle School teams and we welcome the diverse level of skills that the students bring with them to each of the different sports we offer. We usually have a group of students who are trying a particular sport for the first time, as well as others who may play the same sport competitively outside of school.

All students are expected to participate in the sports program for at least one of the three seasons. Many will choose to play two or three seasons over the course of the year. On the very rare occasion, students may apply to "opt out" of the sports program entirely if they have an ongoing, prior afternoon commitment that precludes them from all of our offerings. Families should speak with the Athletic Director if they have this scheduling conflict.

**In an effort to develop more consistency with our athletic program, we would like to share some policies we have adopted that span all teams and include all athletes.**

**Practice Times and Attendance:** Dedication and commitment to our teams are qualities we believe in strongly. All athletes are expected to join their teams for all practices and games they are scheduled to play in. We realize there may be a circumstance in which an athlete has a commitment they must tend to in lieu of practice. Based on this, athletes will be able to miss a total of three practices during each season without consequence. We just ask that they notify their coach when this situation arises. If an athlete misses a fourth practice, they will be removed from one of the games they were scheduled to play in. Each subsequent practice they miss will result in a loss of more playing time from other games. Should an athlete be able to attend a partial practice, it will be recognized as half of an absence. This rule does not apply when an athlete is unable to attend school due to health reasons. Doctor appointments as well as religious school commitments will not count as absences either. If you are in school however, your coach will expect to see you at practice.

Practice for fall and spring sports is from 3:15-4:30 Monday through Thursday. The winter basketball practice schedule is slightly different depending on the students' gender. All boy teams will practice from 3:00-4:00 on Mondays and Wednesdays. They will have practice from 4:00-5:00 on Tuesdays and Thursdays. These late practices will be preceded by a quiet study hall that focuses on completing homework. All girl teams will have practice from 3:00-4:00 on Tuesdays and Thursdays. They will practice from 4:00-5:00 on Mondays and Wednesdays and these practices will be preceded by a study hall as well. All athletes will be picked up following their practices at the gymnasium entrance.

This is similar to the flow of the K-1-2 pickup line. Please be timely when picking up your children. It's a long day for the players and coaches alike and a prompt pickup is greatly appreciated. Coaches will drop their players off in Extended Day if they haven't been picked up within fifteen minutes of the end of practice. **Please pay close attention to your child's game schedule which they will receive at the beginning of the season and note how the pickup times are altered throughout the season depending upon their specific game schedule.**

**Sports Equipment and Attire:** All athletes are expected to have the proper clothing and necessary equipment for both practice and game situations. In the event an athlete is unprepared to practice, it will result in one of their unexcused absences. In the event an athlete is missing a mandatory game day item, the referees won't let them participate. Please refer to the following lists to see what is required. All athletics will be given uniforms prior to the first game.

**Soccer:** (Boys fall & Girls spring) Shorts, shirt, athletic shoes (cleats recommended), shin guards (mandatory for games), socks that cover shin guards (mandatory for games). Water bottle  
**Plain black shorts, plain white socks, plain black socks are necessary for games as well.**

**Volleyball:** (girls fall) Shorts, shirts (no spaghetti straps), athletic shoes, knee pads (mandatory for practice and games). **Plain black shorts are necessary for games in addition to the list above.** Water bottle

**Field Hockey:** (girls fall) Shorts, shirts (no spaghetti straps), athletic shoes (cleats recommended), Field Hockey shin guards (mandatory), solid color mouth guard (mandatory), Field Hockey stick, Field Hockey goggles recommended. **Plain black shorts, plain white socks, plain black socks are necessary for games as well.** Water bottle

**Basketball:** (Boys and Girls Winter) Shorts, shirts, (no spaghetti straps), athletic shoes. Water bottle

**Multisport:** (coed winter) This noncompetitive offering concentrates on cardiovascular, flexibility and weight training fitness. Activities include weekly swimming at Montclair Rec Center and fitness training at SNAP fitness.

**Boy's Lacrosse:** (spring) Shorts, athletic shoes (cleats recommended), helmet, gloves, elbow pads, shoulder pads, stick. (We have a lot of protective gear for students who don't own it. We do however recommend purchasing your own stick). Water bottle

**Girl's Lacrosse:** (spring) Athletic shoes (cleats recommended), stick, goggles. (Kilts are provided). Water bottle

**Cross Country:** (coed fall) Running shoes and shorts. Water bottle

**Tennis:** (coed spring) Athletic shoes, shorts, racket is recommended. Water bottle

Thank you for taking the time to read through all of this information. Please feel free to contact me regarding any questions that you have or ones that arise during the season. We look forward to seeing you all on the field or in the gym during the 2014-2015 seasons and hope you can join us for some games.

My email is: [art.gluck@stanleybps.org](mailto:art.gluck@stanleybps.org) or you can reach me by phone at 303-888-5190.

Sincerely,

Art Gluck  
Athletic Director

**Most of the games we play are within the ACIS league. The schools within the association have adopted the following guidelines and practices to help ensure consistency throughout the league.**

### **Statement of Purpose**

Middle school interscholastic athletics are an essential element of the education for students because they foster the development of character, life skills, sportsmanship and teamwork. In addition, our athletic programs strive to develop a positive self-image and encourage physical activity as a part of a healthy lifestyle. Educational athletics serve as a source of school pride and maintain positive relationships between schools and communities. While schools recognize the pride in winning, it does not supersede the educational goals of middle school athletics.

### **Common Practices**

Schools participating in the ACIS Middle School Athletic Association agree to these common practices. Participating schools will:

- Encourage participation by all students.
- Group student-athletes, whenever possible, by grade level rather than ability based teams.
- Provide playing time that is commensurate over the course of the season, providing school requirements for athletic participation are met.
- Focus on teamwork, sportsmanship, and the execution of individual knowledge and skills.
- There will be no Association season standings, awards or culminating events.
- Schedule 6 to 12 contests per team per season.

### **Expectations for Participants**

Association schools expect each student-athlete to:

- Attend all practices and games.
- Commit to skill improvement and individual contributions toward team goals.
- Display respect for his/her teammates, coaches, opponents and officials.
- Demonstrate a positive attitude and good sportsmanship.
- Represent him/herself, team and school in a positive manner.
- Maintain good academic standing in accordance with school policy

### **Expectations for Parents and Spectators**

Association schools expect parents and spectators to:

- Display respect for players, coaches, opponents, official and guest.
- Enjoy the thrill of competition and be supportive of your team without being negative toward others.
- Appreciate the efforts of your child and his/her team regardless of the contest outcome.
- Support the coach and get to know her/him.
- Encourage your child to fulfill her/his commitment and solve his/her own problems appropriately.
- Praise generously, criticize sparingly

Schools are in agreement that while winning is a goal of athletics, the ultimate objective of middle school athletic competition is to encourage all participants to reach his/her maximum potential (physically, socially and emotionally) within a context of common purpose and collective achievement.