

WOLFSON **ATHLETICS**



Handbook

Wolfson Athletics Contact and Website Information

<p>Athletic Director: Cindy Talley tinsleyc@duvalschools.org (904) 739-5265 ext. 123</p>	<p>Assistant Athletic Director: Scott Marabell marabells@duvalschools.org (904) 739-5265 ext. 268</p>
<p>https://wolfsonsas.wixsite.com/wolfsonathletics</p>	

Fall Sports	Winter Sports	Spring Sports
<p>FOOTBALL Coach Dennis Bettinger Email: bettingerd@duvalschools.org Summer Conditioning begins June 10: Mon., Tues., Thurs., Fri. 8:00 - 11:00 a.m. Tryouts begin July 29, 7:00 - 9:30 p.m.</p>	<p>BOYS SOCCER JV & Varsity Coach Randy Bomar Email: bomarr@duvalschools.org Tryouts begin October 21, 3:15 - 5:15 p.m.</p>	<p>GIRLS FLAG FOOTBALL JV & Varsity Coach Paul Barnes Email: barnesp@duvalschools.org Tryouts begin February 11, 3:15 - 5:15 p.m.</p>
<p>GIRLS VOLLEYBALL JV & Varsity Coach Barksdale Pullen Email: pullenb@duvalschools.org Summer Conditioning (10:00 a.m.-1:00 p.m.): 7/1, 7/8, 7/10, 7/15, 7/24 Volleyball Camp @ UNF 7/19 - 7/21 Pre tryout clinics July 29 - 31 10:00 a.m. - 1:00 p.m. Pre tryout clinics August 5 - 8 2:00 - 4:00 p.m. Tryouts begin August 13, 3:15 - 5:15 p.m.</p>	<p>GIRLS SOCCER Coach Jonathan Warner Email: cheyenegoldbuilders@yahoo.com Tryouts begin October 21, 3:15 - 5:15 p.m.</p>	<p>GIRLS TENNIS Coach Jonathan Warner Email: cheyenegoldbuilders@yahoo.com Tryouts begin January 21, 3:15 - 5:15 p.m.</p>
<p>BOYS & GIRLS CROSS COUNTRY Coach Mark Farrar & Mia Rankine Email: farrarm@duvalschools.org or rankinem@duvalschools.org Tryouts begin August 12, 3:15 - 5:15 p.m. Summer Conditioning - email Coach Farrar or Coach Rankine for independent workouts</p>	<p>BOYS BASKETBALL JV & Varsity Coach Darwin Whitley Email: darwinwhitley@gmail.com Tryouts begin November 4, 3:15 - 5:15 p.m.</p>	<p>BOYS TENNIS Coach Barksdale Pullen Email: pullenb@duvalschools.org Tryouts begin January 21, 3:15 - 5:15 p.m.</p>
<p>BOYS & GIRLS GOLF Coach (Girls) Caitlin Glynn Email: glynnc@duvalschools.org Coach (Boys) Tim Yost Email: yostt@duvalschools.org Tryouts begin August 14, 3:15 - 5:15 p.m.</p>	<p>GIRLS BASKETBALL JV & Varsity Coach Paul Barnes Email: barnesp@duvalschools.org Tryouts begin October 28, 3:15 - 5:15 p.m.</p>	<p>TRACK & FIELD Coach Mark Farrar Email: farrarm@duvalschools.org Tryouts begin January 21, 3:15 - 5:15 p.m.</p>
<p>SWIMMING & DIVING Coach Cindy Talley Email: tinsleyc@duvalschools.org Pre tryout clinics begin August 5 3:00 - 4:30 p.m. Tryouts begin August 14, 3:15 - 5:15 p.m.</p>	<p>WRESTLING Coach Scott Marabell Email: marabells@duvalschools.org Tryouts begin November 11, 3:15 - 5:15 p.m.</p>	<p>GIRLS SOFTBALL Coach Cindy Talley Email: tinsleyc@duvalschools.org Tryouts begin January 21, 3:15 - 5:15 p.m.</p>
<p>GIRLS BOWLING Coach TBA Email: tinsleyc@duvalschools.org Tryouts begin August 14, 3:15 - 5:15 p.m.</p>	<p>SLOW PITCH SOFTBALL Coach Cindy Talley Email: tinsleyc@duvalschools.org Tryouts begin October 21, 3:15 - 5:15 p.m.</p>	<p>BASEBALL Coach Brian Holcomb Email: naturalborn00@gmail.com Tryouts begin January 28, 3:15 - 5:15 p.m.</p>
<p>CHEERLEADING Coach Julie Humphreys Email: humphreysj@duvalschools.org</p>	<p>GIRLS WEIGHTLIFTING Coach Tom Hoprich Email: hoprict@duvalschools.org Tryouts begin October 14, 3:15 - 5:15 p.m.</p>	<p>GIRLS LACROSSE Coach Jessica Fessenen Email: fessendenj@duvalschools.org Tryouts begin January 28, 3:15 - 5:15 p.m.</p>

Mission Statement

Samuel Wolfson School for Advanced Studies Athletics is a developmental program that promotes the academic, physical, psychological and social growth of the student athlete in an educational setting.

Goals of the Wolfson Athletic program focus on:

- Development of the student athlete in all facets of the program
- Learn, practice, and promote sportsmanship
- Promotion of a successful and positive experience for all
- Instill leadership traits that will enhance the student athlete on and off the athletic playing field
"I've failed over and over and over again in my life...and that is why I succeed" - Michael Jordan

Academic Eligibility

- A 2.0 cumulative GPA is required to participate on any team. Players who do not maintain a 2.0 cumulative GPA will not be allowed to be a part of a team and will not receive any team awards. Individual conferences will be held concerning everyone's grades. Grades are very important and must be kept up to our high standards. Academics come first!
- Progress reports will be given out every 2 weeks and players are expected to return them completed to their coaches to keep them updated on their academic standing. Ask for help if necessary.

Behavior Expectations

- Players must remain free of disciplinary referrals. Student athletes are expected to represent Samuel Wolfson School for Advanced Studies at all times and should always act in an appropriate manner. They will report to class on time, dress in school appropriate attire and follow all classroom rules as well as the DCPS Student Code of Conduct.
- Failure to do so will result in dismissal from the athletic team and potential athletic ineligibility for the duration of the school year.
- If you should however receive a referral you must let the coaches know so that they can talk about the situation. If you do not let your coaches know within 24 hours, you may be suspended from a contest or from the team. Referrals are strictly forbidden.

Required Forms (Athletic Folder) can be found at <https://dcps.duvalschools.org/domain/9540>

The following forms must be completed before an athlete may participate in any practice:

- EL2 Current Sports Physical, DCPS Pre-Participation Athletic Screening Form (Good for 365 Days)
- EL3 Consent-Release, Concussion, Heat & Cardiac Arrest Form
- View "Concussion in Sports-What You Need to Know" at www.nfhslearn.com - print certificate
- Athletic Contract, Media Release and Verification of Health Insurance Coverage Requirements - signed form must be in folder (participation cannot occur without insurance)
- DCPS High School Sportsmanship Contract for each sport (Student, Parent, and Coach's signatures required)
- Student Athlete Authorization/Consent for Disclosure of Protected Health Information Form
- Birth Certificate (Original birth certificate with a raise seal must be verified by AD or Guidance official prior to placing copy in folder)
- Athlete Personal Information Sheet

Philosophy

Coaches are the teachers of the sport and athletics are an extension of the classroom. It is said that children learn 10% when they hear an explanation, 20% when they see a demonstration, and 70% when they do repetition.

We will teach the proper fundamentals and techniques using structured practices and continued reinforcement. Sports take discipline, dedication, hard work and enthusiasm from players, coaches, family members and friends for the whole program to become successful. We all want to be successful. Success should not be based on just wins or losses, but on the entire program. Our players should be successful in all academic, athletic, and social matters.

Promotion of a successful and positive experience for all includes but is not limited to:

- The assurance that student athletes are to think of themselves as students first and athletes second.
- Success is represented in many forms (improvement in team and individual performance, achievement of team and personal goals, etc.) and does not always equate to winning.
- Participation in student athletic activity with high standards of ethics, sportsmanship and good character is a significant part of the educational program.

Practices

- Practice Times are Monday - Friday 3:15 - 5:15 p.m.
- **Locker rooms will be locked at 3:15 pm daily**
- Athletes attending tutoring or meetings are to change into practice gear before going. Athletes must provide a note from their tutoring teacher or sponsor to the coach when they arrive late to practice.
- Players are expected to be at all practices and games. Players are expected to dress appropriately and with proper equipment. School dress code still applies. Athletes are not to use any electronics during practices or games (cell phones, iPods, etc.)
- If an athlete cannot attend a practice or game due to tutoring, illness, injury, or family emergency, a player must notify the head coach or an assistant coach, in person, or by phone as soon as possible before the practice or game. Giving a message to a teammate is not acceptable. A player who can attend school but is unable to play due to an injury is still expected to attend a practice or game to observe, learn, and give support.
- Activity buses are in operation and leave at 5:30 p.m. or parents must pick up their children after practice at 5:30 p.m. promptly, please be on time.

Missed Practice -

1st Unexcused Absence - Player will not start

2nd Unexcused Absence - Player will sit out one game

3rd Unexcused Absence - Dismissal from the team

Parents do not try to conference with the coaches during practice.

If you would like to discuss something with the coaching staff, please contact coach for an appointment.

Home Games

- Parents/Siblings/Friends are not allowed in the locker room or in the playing area before and/or after games. Please remain in the stands and let the coaches coach.
- Parents are expected to help volunteer at games. We need help with concessions, the game clock, score keeping, etc...
- Players are to remain in team area. Team members are not allowed to leave the bench or field area without permission from a coach.

Playing Time

There is no minimum playing rule in high school athletics. The coaches will decide playing time. There is NO parent discussion regarding playing time. The coaches see the athletes every day and they will make decisions based upon their performance in practice, in games, and as a student representing our team.

Injuries

The Athletic Trainer will be at most practices and games. If an athlete is injured and cannot practice they should be under supervised care (doctor, coach, trainer, etc...).

In the event of an injury remember the following:

- Report all injuries to your coach and athletic trainer as soon as possible.
- If under a doctor's care, a doctor's note must be given to the trainer describing the injury and when you are cleared to play.

Uniforms

- All players will be given a uniform.
- All players are expected to purchase a player package for each sport they are a participant.
- All players are responsible for the care and repair of uniforms and equipment. When uniforms and equipment are returned to the coach, they must be in good condition.
- Players are to notify the coach if there is a problem with the uniforms (size, rips, number, etc...)
- Numbers are assigned to players based upon size availability. The Head Coach makes that decision.
- Players are responsible for purchasing certain required equipment that your coach will discuss at parent/player meeting.
- Wolfson is not responsible for lost or stolen items.

Spirit Wear

All teams and parents will have a chance to order spirit wear at the beginning of each season.

Team Travel

- All players will ride to the games on the team bus unless other arrangements are approved by the coach.
- Players **MUST** sign out including required paperwork with their coach if they will not ride the bus back after the game.
- Only parents/guardians are allowed to transport their player after games
- Friends and relatives are not allowed to ride the bus.
- Athletes are not to transport other athletes to practices and games.
- Please pack all your gear and remember to take equipment that you are responsible to bring.

Team Rules, Policies and Consequences

- Each Sport team will have a parent/player meeting at the beginning of the season.
- Coaches review valuable information regarding the sport's rules and regulations and the season's schedule.
- The expectation is that all team members and their parent/guardian attend these meetings.
- Head Coaches reserve the right to suspend and or dismiss players from their team during the season.
- Discipline referrals will be dealt with on an individual basis and may lead to dismissal from the team.

For appeals process procedures first make an appointment with the head coach of that sport. If more assistance is needed, contact the Athletic Director's office.

Sport Banquets

There will be one banquet for each of the seasons (Fall, Winter and Spring) to recognize all of our athletes from that team's season. Team awards will be given at this banquet at a designated date and time that will be determined by the Athletic Director and coaches. If a child quits the team they are not eligible for awards.



DCPS HIGH SCHOOL SPORTSMANSHIP CONTRACT

Coaches are expected to:

- Treat players, parents, opponents and officials with respect.
- Teach and inspire players to love the game and compete fairly and in a sportsmanlike manner.
- Demonstrate by example the type of person he/she wants the players to be.
- Have control of his/her players and command discipline at all times.
- Respect and abide by all FHSAA rules and regulations for his/her sport.
- Realize that as the coach he/she is an educator and therefore understands the sport he/she is coaching and the proper behavior for that sport.
- Monitor the student athlete's grades (progress reports) and behavior to insure that the student athlete's academic performance is at an acceptable level not only for athletic participation but more importantly to meet the requirements for graduation.
- Report any breach of conduct by their athletes to the appropriate school authority. Example: Fighting during an athletic contest. The student will be subject to the appropriate disciplinary measures according to the *Duval County Code of Conduct as well as the schools contract*.

Players are expected to:

- Treat opponents with respect.
 - Adhere to all FHSAA rules and regulations in regard to sportsmanship and participation.
- I fully understand that if the school is fined by The Florida High School Athletic Association (FHSAA) because of my unsportsmanlike conduct, I must reimburse the school for the total amount of the fine.**

- Demonstrate self-control.
- Respect and accept all official's calls and decisions without gestures or arguments.
- Win with dignity, lose without excuses.
- The good of the team always comes first.
- Show respect for your coaches, the opposition's coaches and players and the officials.
- Adhere to all school and team rules.
- Understand that the Duval County *Code of Conduct* shall extend to cover all interscholastic athletic contests.
- Conduct yourself at all times in a manner that represents character and sportsmanship traits that are acceptable in today's society.

Parents are expected to:

- Be positive role models at athletic contest. Your son or daughter will be very aware of your behavior.
- Be supportive of the coach. The team is the coach's responsibility, not the parents. Not coach from the sidelines.
- Communicate with the coach and create a positive supportive working relationship.
- Realize that as the coach he/she is an educator and therefore understands the sport he/she is coaching and the proper behavior for that sport.
- Remember the primary value of athletic participation is to provide our youth with an opportunity for self-development, physically, emotionally, and mentally.
- Respect the judgment of the officials and refrain from openly criticizing each and every call the official makes.
- Be aware that if a parent conference is desired with the coach that it is highly inappropriate to speak with the coach regarding this at the conclusion of an athletic event. Wait until the next day and call for an appointment with the coach.
- Understand and respect the different roles of parents, coaches and officials. Parents should parent, coaches should coach, and officials should officiate, and each should be treated with respect for what they do.