

***ROBERT F. MUNROE DAY
SCHOOL***



***ATHLETIC HANDBOOK
2020-2021***

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Interscholastic competition begins in sixth grade. Munroe sports offerings are:

<i>FALL SPORTS</i>	<i>WINTER SPORTS</i>	<i>SPRING SPORTS</i>
Football	Boys Basketball	Baseball
Girls Volleyball	Girls Basketball	Track & Field
Cross Country	Soccer	Girls Tennis
Golf	-	Spring Football
Girls Swimming		

HEAD VARSITY COACHES AND CONTACT INFO

Head Coach	Sport(s) Coached	School Phone Number	Cell Phone Number
Dimitric Salters	Boys Basketball Coach	850-856-5500	
Scott Upchurch	Girls Basketball	850-856-5500	850-284-9943
Jeremy Barlow	Varsity Baseball/ Associate AD	850-856-2004	850-698-8339
Scott Upchurch	Golf	850-856-5500	
Alex Lehky	Football	850-856-2001	
Riley Robertson	Boys Soccer	850-856-5500	
Brooke Barber	Girls Soccer	850-856-5500	
Melissa May	Tennis	850-856-5500	
Marcus Triplett	Cross Country/Track & Field	850-856-5500	850-510-3527
Rachel Lancaster	Girls Swimming	850-856-5500	
Kendal Weeks	Athletic Director	850-856-5500	850-544-9422

MUNROE ATHLETIC PROGRAMS

All interscholastic competition begins in Grade 6 according to the FHSAA.

Robert F. Munroe takes pride in its athletic teams and programs, which encourage student participation, support, and total physical effort on the fields of play. While it encourages winning, the school does not place it as the cornerstone of its sports program. Munroe students are scholars first, then scholars who know the joy of physical exertion and competition.

Students are encouraged to attend as many athletic events as possible and should display good school spirit. Both players and fans should exhibit appropriate behavior and show respect to the officials, opponents and their fans. Younger students should not be “dropped off” at games and left unsupervised; consequently, elementary students may not attend athletic events without an adult.

ATHLETIC DEPARTMENT MISSION

Robert F. Munroe Day School seeks to provide a broad opportunity of interscholastic activities for both male and female students in Grades 6-12, which will support the Munroe School Philosophy, which seeks to develop the total child, intellectually, physically, spiritually, socially, aesthetically, and emotionally. Personal traits, including commitment, discipline, team cooperation, individual leadership, sportsmanship, and consideration of others, are emphasized and vital to the success of the Munroe Athletic Program.

ATHLETIC PARTICIPATION PHILOSOPHY

It is the intent of the Munroe Day School to provide the opportunity for our 6th through 12th grade students to participate in as many interscholastic athletic activities as possible. While some of our sports require a limitation of numbers and may require tryouts, others are open to all. We encourage our students to be aware of opportunities to participate and take advantage of them.

The Munroe Day School Athletic Department and Administration is willing to explore broader opportunities for our students to participate in interscholastic athletics as the school enrollment increases.

ATHLETIC DEPARTMENT GOALS

The primary goals of the Munroe Athletic Programs are to accentuate the development of the whole student and to achieve a personal level of excellence in the areas of fitness, team commitment, and sportsmanship.

When a student chooses to become a member of a team, the choices he or she makes will have an impact on not just one's own goals, but on the goals of the team. For this reason athletics is one of the most significant tools in the educational process of character development, and helps to encourage students to lead by example.

TEAM GOALS

While each program has goals specific to the nature of the sport, all Munroe sports programs share the following three goals:

- 1. Work to Improve.** Improving through practice and game experience is vital to success.
- 2. Work to Have Fun.** Fun is a function of commitment. An athlete is having fun when he or she is improving as an individual and as a member of a team.
- 3. Work to Win Championships.** All Munroe athletes should be preparing for the day when, as varsity athletes, they have the opportunity to compete for championships.

ATHLETIC OFFICE

The Munroe Athletic Office consists of the Athletic Director and the Associate Athletic Director.

FLORIDA HIGH SCHOOL ACTIVITIES ASSOCIATION (FHSAA)

Munroe athletic programs are governed by all laws and policies of the FHSAA. Please contact the Athletic Director regarding information about the FHSAA or go to www.fhsaa.org.

PHYSICALS

All athletes must have **two** FHSAA required forms on file with the head coach or the Athletic Director before being allowed to practice.

- 1) Current FHSAA Physical Exam (know as EL2 Form)
- 2) Parent Consent Form (known as EL3 Form)

The FHSAA requires these each year. A physical is good for one calendar year from date of exam. It can be performed by a physician, a physician's assistant, a nurse practitioner or a chiropractor. Please remember that an ordinary school physical form is not the same as the FHSAA physical form.

There is no practice without a physical! Go to the school website or to www.fhsaa.org for a copy of these forms.

PARTICIPATION

Additionally, we require all Munroe athletes and their parents to sign a Munroe Athletic Contract. This contract is signed by the student-athlete and a parent(s) and/or legal guardian(s). Signature of this form acknowledges that you have read over the Athletic Handbook and are aware of the standards you must uphold.

POTENTIAL INJURY

Athletics do involve the potential for injury in any type of sport. Parents and students must acknowledge that, even with good coaching and use of proper equipment, injuries are still a possibility, and, on rare occasions, could result in total disability, paralysis or even death. Because of this, **all athletes are required to have their own health insurance.**

Participants have the responsibility to help reduce the chance of injury by obeying all safety rules, report all physical problems to their coaches, following a proper conditioning program, and inspecting their equipment daily.

TEAM TRY-OUTS

If possible, tryouts are not encouraged; however, tryouts are necessary on occasion because of any of the reasons listed below:

- 1) Too many players to afford playing time and coaching time
- 2) Uniform limitations
- 3) Travel limitations.

The number of players on a team varies by sport and in some cases is determined by the Florida High School Activities Association.

ATTENDANCE and ACADEMICS

To be eligible to participate in an extracurricular practice or game, a student must be in attendance at school. Partial or full day absences due to medical or dental appointments, funerals or emergency or unforeseeable situations are exempt from this rule. A student must be present for half of the academic day to be able to participate in a game if he or she is home sick or leaves school due to illness.

ELIGIBILITY

All students are required by the FHSAA to maintain a minimum 2.0 each semester in all their subjects to be eligible. Students in grades 9-12 must have a cumulative GPA of 2.0 based on each semester since 9th grade. Students in grades 6-8 must have a 2.0 each semester.

MISSED ACADEMIC WORK FOR ATHLETIC ACTIVITY

Students who miss academic classes because of athletic participation are responsible for missed work. Except where prearranged, homework, tests, papers, etc. will be made up in the normal time frame required of other excused absences. Students should be aware that it is their responsibility to make up all missed work in order to maintain participation in the athletics.

COMING IN LATE TO SCHOOL FROM GAMES

Athletes will not be excused from any morning classes the day after an away game unless approved in advance by the Athletic Director and/or Headmaster. Parents are encouraged to not allow their children to miss valuable school time as well. In some situations, this rule can be set aside by the Athletic Director or Head of School.

PRACTICE AND GAME COMMITMENT

Munroe Athletic programs require a five or six day a week commitments, depending on the sport and level. Sunday competition, meetings or practices are prohibited by the FHSAA. Morning practices on a school day are also prohibited without authorization from the Athletic Director.

DEVELOPMENT OF AN ATHLETE

In order for athletes to improve a competent and interested coaching staff in the areas of strength, conditioning, agility, skill, and mental preparation must guide them. This preparation begins at the Middle School level and continues into the high school years. In order to be a consistently competitive athletic program, sub-varsity athletes should receive training that is well structured, disciplined, and fun. Weight training may be a part of this. The disciplined athlete should improve in a sport if the following beliefs are observed:

SUB-VARSITY LEVEL

1. The Middle School and other sub-varsity programs emphasize an improvement of fundamentals and knowledge of the game for the purpose of one day assisting the varsity program in their goals of success.

2. While it is preferred that they remain on teams with their own age group, athletes in the sixth through eighth graders are eligible to participate on the junior varsity or varsity level. This must be approved by the Athletic Director at the coach's request.

3. Middle School cannot play in more than three games per week (in all levels of competition), as set by the Florida High School Athletic Association.

4. Middle School and sub varsity athletes may move up to the next level at the conclusion of their own season with the following conditions:

- Their skills are needed, there is a uniform and space available and they earn their playing time through practices, while team members since the season's beginning, are respected and given every opportunity to earn the same position/playing time as the younger player.
- The parent and coach discuss the decision and both have an understanding as to the rules above.

VARSITY LEVEL

1. Talent, commitment, work ethic, attitude, and sportsmanship are criteria for playing time.

2. Playing time is earned and never guaranteed.

3. Playing time is determined by, and only, by the coaching staff. Parents are strongly discouraged from discussing playing time issues with coaches. A better approach would be to ask the athlete's coach at the appropriate time what the athlete can do to better improve their skills; therefore, their chances of playing.

4. Parents are requested and the coach is not allowed to discuss issues of playing time, playing position or any other coaching decisions after a game. The parent must not approach a coach with any of these intents anywhere except at a meeting between the coach and parent with the express purpose of this meeting. **Parents are asked to wait 24 hours after an athletic event to schedule this meeting.** It is recommended that a third party, such as the Athletic Director, be at this meeting.

5. Parents are not to call the Headmaster, the Athletic Director, or any RFM Board Member about issues related to a coach without first talking to the coach in a scheduled meeting or through some other satisfactory method of communication.

6. Under no circumstances should any parent, teacher, administrators, other coaches (unless asked by the coach) or board member(s) dictate to the coach who should play and how much they should play. They should also never suggest to the coach how he or she is to coach their team.

It is the intent of the school to provide, through the structure of the sports programs and the coaching staff, a process, which best prepares all of our athletes for varsity level competition. It is also the intent of the program to adopt a style of play, which will provide opportunity for participation, opportunity to support the role player, opportunity to support the gifted athlete, opportunity to defeat superior talent, opportunity to win a state title, and opportunity to have fun.

MULTI-SPORT ATHLETES

All Munroe athletes, parents, and coaches should understand the importance of the multiple-sport athlete to our program and support, encourage, and allow students to participate in one, two, or three seasons as they choose. It should also be understood that students who are finishing one athletic season while tryouts and practices are in progress in another season will be given special consideration and an opportunity for a delayed tryout. However, it is the duty of the athlete to discuss this with their coaches well in advance. Injury, illness, and other special situations will be taken into consideration as well, but must be authorized by the Varsity Head Coach and the Athletic Director.

At no time should a coach encourage a munroe athlete to specialize in one or more specific programs. All coaches are to support multi-sport athletes for the good of the entirety of Munroe Athletics.

Please notify the Athletic Director immediately, should the parent or athlete feel this has been violated.

DRESS

When leaving the campus, all athletes must abide by the school dress code for students and athletes. It is important that each team member dress appropriately when representing the school. Dress codes may be specific to each team (as approved by the Athletic Director).

SPORTSMANSHIP

OFFICIALS

Both athletes and spectators should keep in mind that the highly excitable atmosphere of an athletic event can never justify rudeness or excessive complaints about officiating or the outcome of an event. It is the duty of a coach to speak, in a sanctioned manner, with officials about unclear or questionable calls. Players are not to become embroiled in disagreements with officials, opponents, or fans. Spectators are reminded that the excessive badgering of an official is a self-defeating activity and should be discouraged. It is also unbecoming for teams to blame the lack of success on the poor performance of an official.

PERSONAL BEHAVIOR – ATHLETE AND FAN

Profanity, obscenity, and other unsportsmanlike behavior do not belong at Munroe events.

Well-mannered teams, coaches, and fans need not be associated with a lack of competitive spirit or enthusiasm. Honest, hard play coupled with strong support from the spectators is the marks of Munroe. Poor sportsmanship, on the other hand, discredits and embarrasses the School and may lead to a player being removed from the game or team and to a spectator or parent being removed from the playing area. It is also essential that spectators exhibit good sportsmanship as well and adhere to the following guidelines during competition:

1. Always cheer in a positive manner. Positive cheering leads to positive results.
2. Do not talk to officials before, during, or after the competition.
3. Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happened.
5. Never communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.
6. Fans should be seated in bleachers or remain in designated areas away from the team and playing areas.
7. Never approach a coach after a game to discuss issues of a personal nature relating to your child (ex: playing time). Coaches are advised not to talk to a parent at this time. **Parents must wait until 24 hours after a game to contact a coach regarding personal concerns.**

SOCIAL MEDIA POLICY

In the era that we live in athletes and parents must be aware of activity on social media accounts. Parents and students are advised to conduct themselves in an appropriate manner while online. Inappropriate behavior could include but is not limited to: bullying, participation in illegal activities, negative comments toward Munroe Athletics (teams or student-athletes), or any other school/team/players.

These behaviors may result in punishments that could include a player's suspension and/or removal from a team depending on the severity of the incident. Parents may face a ban from attending any Munroe Athletic Events.

Please remember these punishments are solely focused on the Athletics, additional punishments may result from the academic side.

PUNITIVE MEASURES

Punishments may arise for athletes who fail to uphold the standards set forth by Munroe Athletics. Due to the different natures of individual sports and their seasons each athletic program may adopt its own punitive measures. These measures will be approved by the Athletic Director and then given to parents at the initial parent meeting for that sport's season.

ATHLETES WHO DO NOT FINISH THE ATHLETIC SEASON IN GOOD STANDING

If an athlete does not finish the season in good standing (quits, asked to leave by coach, parent pulls athlete from the team, etc.), then that athlete may not begin the next sport within a school year until the sport he or she has left has completed play. This includes any and all playoff games. This rule also applies to all levels of play - sub-varsity and varsity. The athlete may neither practice nor play for the next sport.

An athlete is considered to be a member of the team after the first week of practice/tryouts.

STRENGTH AND CONDITIONING

Every athlete, parent, and coach should understand that strength and conditioning work is a primary tool for achieving success in all athletic programs. All athletes are encouraged to participate in a workout program both in and out of the season of their sport.

WEIGHT ROOM RULES:

1. Students may not be in the weight room without authorized supervision.
2. Do not enter the weight room unless you are going to work out.
3. PROPER attire must be worn at all times. This includes shirts, athletic shorts or warm-ups, indoor athletic shoes, and socks. Those not dressed properly will be asked to leave immediately.
4. No food or drinks are allowed.
5. You must have a spotter(s) when doing flat bench, incline bench, and squats.
6. Return all weights to their proper racks.
7. The weight room should be neat and clean at all times.
8. Always use correct techniques.
9. Report all injuries to the coach on duty.
10. NO horseplay in the weight room.

FACILITIES

The Munroe Athletic Facilities include a practice field, a gymnasium, a weight room, a baseball field and a softball field.

The use of these facilities by teams other than Munroe athletic practices or games is prohibited without authorization from the Athletic Director.

Additionally no individuals may use these facilities unless accompanied by a coach. Exceptions may be granted by getting approval by the Athletic Director and Headmaster.

LETTERS/LETTER JACKETS/AWARDS

LETTERS

Athletes may be eligible to receive a varsity letter if they meet the criteria. The athlete have completed play at the varsity level when the season concludes. The athlete must have also both played on the varsity team for a minimum of 1/2 of the team's games. An athlete will receive one letter during their athletic career. This will come from the first varsity sport in which he or she letters. After that, the athlete will receive a sports pin for the of lettering in a sport.

AWARDS

To letter, participate in the team picture, or receive an award at the annual banquet, an athlete must finish out the entire season through the last game "in good standing." If a player quits a team, is asked to leave the team by a coach, or is academically ineligible to finish out the season, then that player is not "in good standing." If the player sustains a season ending injury or becomes eligible before the season ends and has participated in practices and supported the team with attendance at most games and activities while injured or ineligible, than the athlete is also considered to be "in good standing" as is eligible for recognition and awards. Sub-varsity athletes are not eligible for trophies but are rewarded with a luncheon in their honor.

ATHLETE OF THE YEAR **SCHOLAR ATHLETE OF THE YEAR**

Athlete of the Year

The head coaches of all varsity sports will vote for Male and Female Athletes of the Year. In case of a tie the Athletic Director will vote. To be eligible for the award, an athlete must have completed the season in good standing in a minimum of two varsity sports during the current school year.

The sport must be a sport that practices/plays a minimum of five days a week, competes in interscholastic games, and participates in a district tournament after the regular season.

The Athletic Director will compile the list of eligible athletes and give a ballot to each head coach.

Scholar Athlete of the Year

The athlete's GPA on a 4.0 scale for the current school year determines the scholar athlete of the year with core classes counting only. The athlete must be a junior or senior. There are no weighted points. The same participation requirements for Athlete of the Year apply to Scholar Athlete Award. In case of a tie, either co-awards may be given or the coaches will meet to discuss the nominees. Weight will be given to the athlete who participates in a sport that 1) has a longer season 2) practices five days a week 3) plays more games.