



BHS Athletic Department Handbook



ADMINISTRATION

Superintendent

Dr. James Kaishian

jkaishian@briarcliffschools.org

Assistant Superintendent

Mr. John Brucato

jbrucato@briarcliffschools.org

High School Principal

Mrs. Diana Blank

dblank@briarcliffschools.org

Assistant High School Principal

Mr. Daniel Goldberg

dgoldberg@briarcliffschools.org

Middle School Principal

Mrs. Susan Howard

showard@briarcliffschools.org

Assistant Middle School Principal

Mrs. Amy Gladstone

agladstone@briarcliffschools.org

Director of Athletics

Mr. Chris Drosopoulos

cdrosopoulos@briarcliffschools.org

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MISSION STATEMENT

The Briarcliff Athletic Department believes that student participation in athletics is an integral part of education. We foster an environment in which student-athletes can cultivate and instill qualities of leadership, player development, collaboration, and cooperation. While we aim to build competitive and successful teams, our primary goal is to promote and ensure the value of education and fair play. Our program seeks to enhance positive student behaviors and relationships while providing life lessons in sportsmanship, teamwork, and competition. Athletics is a component of the physical education program in the Briarcliff School District. Our program is designed to meet the needs of students who seek an intense and competitive level of participation. It is the nature of athletic competition to strive for victory. However, guiding the individual and team to achieve maximum potential is the goal of the program. Being a responsible, healthy and sportsmanlike representative of the Briarcliff Schools is an added goal of participation in our interscholastic athletics program.

VARSITY PHILOSOPHY

Varsity competition is the culmination of each sports program. A varsity team roster is usually comprised of juniors and seniors. Occasionally a sophomore, freshman or 8th grader may be included on the team providing that evidence of advanced levels of physical development and appropriate skills are demonstrated. It is rare that a middle school athlete will be included in a varsity roster, but it could occur. In short, the BEST players could make the team regardless of grade level. Varsity coaches will select and dress as many athletes that are practical for their teams. It is understood that the playing time—and sometimes the practice time—may be disproportionate given the competitive nature of varsity athletics. The minimum number of athletes on any given team is a function of those needed to conduct an effective and meaningful practice, and to play the contest. There is no guarantee of playing time. A high level of skill and commitment is required at the varsity level. Practice and game situations may be scheduled on a six-day week commitment throughout the season and may be scheduled over a holiday, vacation period and, on rare occasions, on Sunday. The varsity coach is the leader of that sports program and is responsible for the communication among junior varsity, and modified programs.

JUNIOR VARSITY PHILOSOPHY

The junior varsity level team membership varies by grade. However, freshmen and sophomores usually occupy most of the roster. In certain situations, juniors who are expected to contribute at the varsity level next year will be considered for junior varsity participation. Middle school students who have satisfied the Advanced Placement Process requirement may also participate. At the junior varsity level, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play. Junior varsity programs work toward achieving a balance between continued team and player development and striving for victory. Coaches, as a rule, will keep less than double the number who starts. Playing time is not guaranteed in each contest. Athletes at this level should be prepared to make a six-day week commitment throughout the season that would be expected on a varsity level team. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level.

FRESHMAN PHILOSOPHY

The freshman level is meant for students who demonstrate the ability to develop into constructive junior varsity athletes. Most of the team will be made up of freshmen. Middle school students who have satisfied the selection/classification requirements may also participate. At the freshman level, athletes will continue to develop and expand athletic and fundamental sport specific skills, build upon components of team play, and grow in emotional maturity. Freshman programs strive to cultivate individual skills while also stressing the importance of working as part of a team. There is a certain level of commitment that is expected as part of the freshman program as a precursor to the junior varsity level. Contests and practices are rarely held on holidays and Sundays; however, practice sessions are sometimes held during school vacation breaks. Freshman level athletes should be willing to make the commitment to the program and be dedicated to refining individual skills as well as developing team play in preparation for participation on a junior varsity level.

MODIFIED PHILOSOPHY

This program is available to all students in the seventh and eighth grade. Sport activities offered are determined by the existence of leagues, student interest, and the relationship to the high school program. At this level, the focus is on learning athletic skills and game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition. At the Modified level, if the number of students trying out for a team creates a situation that is difficult to manage, poses a safety problem or is problematic because of facility considerations, reducing team size may be necessary. Ultimately, the number of teams and size of the squad in any sport will be determined by the availability of 1) financial resources, 2) qualified coaches, 3) suitable indoor or outdoor facilities, and 4) a safe environment.

TRYOUT AND SELECTION PROCESS

Communication

Athletic opportunities exist for students in grades 7, 8, 9, 10, 11 and 12 on middle school, junior varsity and varsity teams. Interscholastic athletics are governed by the rules of the New York State Public High School Athletic Association and Section One. Student/athletes must get clearance prior to the beginning of each season from the school nurse and school physician before they can begin participation in their sport. Dates for the pre-season meetings and practice/tryout period will be communicated through the Athletic Department. High school coaches will hold an interest meeting for all athletes who are considering participation in a sport/activity prior to the start of the season. Middle school athletes will have a general meeting for information on modified sports the second day of school for the fall season and at dates to be determined in November and March for the winter and spring seasons

Athletic Forms and Requirements

The Athletic Department will send out communication about the medical clearance process 30 days prior to the start of each pre-season. All athletes must do the following:

1. Parents must register their son/daughter through Family ID. There is a link on the website under Athletics which includes registration through Family ID.
2. The student-athlete must have a current physical on file (it must be within a year to be considered current).
3. A deadline will be set for registration to be completed in order to ensure that the athlete will be cleared for the first day of practice/tryouts.
4. ImPACT Testing is required every two years for each student athlete. The Athletic Trainer, Mrs. Jennifer Miller will have access to these records.

Tryout Process

Tryouts are usually 3-5 days. All students have the right to “try out” for the various teams that are available in the fall (August – November), winter (November – February), and spring (March – June). With the increasing number of children who are interested in playing on our teams, it is impossible to keep everyone who wants to play if we are to insure safety, quality of instruction and provide adequate playing time in contests. Coaches will inform any player who is not selected for the team in a caring and positive manner. Students should conduct a personal assessment of their skills to determine if they have the ability to make the specific team. This self-evaluation process could prevent the disappointment of not making the team.

SPECTATOR CODE OF ETHICS/PARTICIPATION

The Physical Education and Athletic Dept. recognize the role of Interscholastic Athletics in defining ethical behavior and developing personal character in our students. Therefore, we ask that all spectators:

1. Demonstrate a high degree of sportsmanship.
2. Show team support by making only positive comments.
3. Show respect for the judgment of coaches, officials and referees.
4. Acknowledge fields, courts and equipment as the player’s domain during contests.
5. Spectators remain within designated areas.
6. Monitor the safety of children in bleachers and stands.
7. Respect the law; all public schools are smoke-free, substance free environments.

Athletic contests on/off campus are an extension of the classroom; therefore, all school rules are in effect. Remember, our school district supports relationships that are based on trust, decency and fairness. Briarcliff athletic contests are held in the spirit of healthy competition and good sportsmanship. We expect cooperation and respect by all athletes and spectators at home and away contests. Remember that you are a representative of your team, your coach, your parents and your community.

BRIARCLIFF PARTICIPATION POLICY

Student athletes are expected to follow all local laws, school regulations and those pertaining to the non-use of tobacco, alcohol and other drugs. Signing off on the Code of Conduct by student and parent indicates consent to abide by this standard.

PARTICIPATION ON OUTSIDE TEAMS

Participation on outside teams should be looked at and planned accordingly. Commitment should be made to our school's program before non-sponsored sports teams during their participation on interscholastic athletic teams.

POSTPONED GAMES/ POST-SEASON PLAY

League rules dictate that contests postponed due to weather or other circumstances must be rescheduled on the next available school day or Saturday. Sundays may be used when absolutely necessary. Varsity teams will usually enter post-season Section One Tournaments in the quest for regional and state championships. These tournaments usually occur for up to two weeks after the last regular season contest and could be held during vacation periods.

FALL SPORTS

VARSITY	JUNIOR VARSITY	MODIFIED
Cheerleading	Boys Cross Country	Boys Cross Country
Boys Cross Country	Girls Cross Country	Girls Cross Country
Girls Cross Country	Field Hockey	Field Hockey
Field Hockey	Boys Soccer	Football (7/8)
Football	Girls Soccer	Boys Soccer
Boys Soccer	Girls Tennis	Girls Soccer
Girls Soccer	Girls Volleyball	Girls Volleyball
Girls Tennis		
Girls Volleyball		
Girls Swimming/Diving		

WINTER SPORTS

VARSITY	JUNIOR VARSITY	FRESHMAN	MODIFIED
Boys Basketball	Boys Basketball	Boys Basketball	Boys Basketball
Girls Basketball	Girls Basketball		Girls Basketball
Boys Bowling	Boys Track		Boys Track
Girls Bowling	Girls Track		Girls Track
Cheerleading			Wrestling
Gymnastics			
Ice Hockey			
Boys Swimming/Diving			
Skiing			
Boys Track			
Girls Track			
Boys Squash			
Girls Squash			
Wrestling			

SPRING SPORTS

VARSITY	JUNIOR VARSITY	MODIFIED
Baseball	Baseball	Baseball
Boys Golf	Boys Lacrosse	Boys Lacrosse
Girls Golf	Girls Lacrosse	Girls Lacrosse
Boys Lacrosse	Softball	Softball
Girls Lacrosse	Boys Track	Boys Track
Softball	Girls Track	Girls Track
Boys Track		
Girls Track		

GETTING READY TO PLAY

START DATES:

Fall

August 23, 2021 – 1st Day of Varsity & JV Fall Sports

September 13, 2021 – 1st Day of Modified Fall Sports

Winter

November 15, 2021 – 1st Day of Varsity, JV, & 9 Winter Sports

November 30, 2021 – 1st Day of Modified Winter Sports

Spring

March 14, 2022 – 1st Day of Varsity and JV Spring Sports

March 28, 2022 – 1st Day of Modified Spring Sports

Attend a Pre-Season Meeting

One of the most important ingredients for a successful sport season is effective, open and appropriate communication between the coach, parents, and student/athlete. In order to ensure that this communication takes place, **pre-season meetings** are scheduled by the athletic department at the beginning of each season. When pre-season meetings are scheduled, student/athletes and parents are expected to attend. Topics of discussion should include:

- Athletic Program policies and procedures
- Goals for the season
- Game and practice schedules
- Expectation of players, coaches, and parents
- Parent roles
- Transportation
- Expectation of players, coaches, and parents
- Parent roles
- Transportation

RESPONSIBILITIES OF A BRIARCLIFF ATHLETE

Being a member of the Briarcliff athletic team is a privilege and an honor. To many athletes, it is the fulfillment of an early ambition. The attainment of this goal carries with it certain traditions and responsibilities that must be fulfilled. A great athletic tradition has been developed by the hard work of many people over the years. As a member of an athletic team at Briarcliff, you have inherited a great tradition. Your actions will reflect not only on those you are associated with now, but those who have contributed so much to our school in the past. Many of our athletes have gone on to successful collegiate careers. Many others have established league, section and state records. Because of this fine tradition a challenge is set for you to work hard and to make sure that your actions reflect the standards that are set up by the athletic department. In today's society you will be asked to make sacrifices that will benefit yourself, your team and your school. Never before has the pressure of peer groups been so strong. You must learn to say "NO" to a risky lifestyle.

SPECTATOR CODE OF CONDUCT/SPORTSMANSHIP

SPECTATOR CODE OF CONDUCT

The athletic department recognizes the role of interscholastic athletics in defining ethical behavior and developing personal character of our students. Therefore, we ask that all spectators become active participants by:

- Demonstrating a high degree of sportsmanship by modeling appropriate behavior and also by monitoring the behavior of the crowd.
- Showing team support by making only positive comments and by using appropriate language.
- Showing positive respect for the judgment of coaches, officials and referees.
- Acknowledging that fields, courts, bench area and equipment are the player's domain during a contest. Spectators should remain within the designated areas.
- Monitoring the safety of the children at all times.

SPORTSMANSHIP AND FAIR PLAY

Visiting team members, students and adult spectators are guests to be accorded all the courtesy and consideration that a friendly, well-mannered and well-intentioned host would normally give. The visitors, in turn, are to act as invited guests, using the home school's facilities with care and respecting the rules and customs of the home school.

- Officials are the proper authorities to make decisions regarding rules and their interpretation; these decisions should be accepted.
- Spectators, student athletes and coaches must recognize that their conduct plays an important role in establishing the reputation of their school and that their positive actions can relate directly to the success of their teams.

REMEMBER; **NEVER** APPROACH A COACH IMMEDIATELY BEFORE OR AFTER A GAME OR PRACTICE. Parents, coaches and players should adhere to the **24-hour rule**. Meetings with coaches should be by appointment. Please follow the chain of communication as outlined in this manual. Please contact the athletic office to set up an appointment. **Under no circumstances should parents enter the practice or game field to discuss an issue about their child with a coach.** The coach of each team will have complete authority regarding team membership and playing.

Procedure for Discussing Concern with a Coach

- The child should first speak to the coach. If this does not resolve the issue, the parent should then speak to the coach.
- Please don't attempt to talk to a coach before or after a game or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The Next Step: What Can the Parent Do If the Meeting with the Coach Was Not Satisfactory?

- Call to set up an appointment with the Athletic Director. The parent/guardian, coach and Athletic Director will meet to discuss the problem.
- At this meeting, the appropriate next step can be determined.

Parents are encouraged to discuss issues with the Athletic Director. However, if a parent has specific complaints regarding a coach, then the coach must have the opportunity to be present to meet with the parent. We hope the information provided will help your family's experience with the Briarcliff Manor's District Athletic Program enjoyable and rewarding.

PRACTICES/CONTESTS/VACATION/HOLIDAY

1. All student athletes must make a commitment to attend all practices and contests on time. In the fall, JV and Varsity sports begin two weeks before school begins. Students must attend try-outs prior to the start of school (August 19) in order to try-out for and participate on a JV or Varsity team.
2. Athletes must attend school in order to participate in that day's practice or athletic contest.
 - a. The Coach will notify athletes and their families of the team's games, practices and time schedules.
 - b. If an athlete is going to be late or absent from practice, it is his/her responsibility to notify the coach.
 - c. An excused absence is for family emergencies, or sickness. Please notify the coach prior to the absence.
 - d. Each sport has a required number of practices necessary in order to scrimmage or play in a contest, as outlined by NYSPHSAA, Inc.
 - e. Students scheduled for Physical Education must participate in class in order to be eligible to practice or compete on an athletic team. Students who do not participate in Physical Education class due to sickness or injury may not participate in interscholastic games or practices on that day.
 - f. If a student is suspended from school then, he/she will not be eligible to participate on the day of the suspension, and subsequent suspension days.
 - g. If an athlete goes home from school sick, they are not allowed to return for a practice or game.
3. Schedules – Keep in mind that schedules are only a guideline. There are many reasons (inclement weather, unplayable facility, transportation problem, etc.) that can cause game cancellations. During Sectional play; game opponent, date, and time is not determined until shortly before the contest.

VACATION/HOLIDAY PRACTICE EXPECTATIONS

When athletes commit to a varsity or a junior varsity sport, they should assume that practices and/or contests will take place over school vacations and holidays. Since it is the policy of Section One to schedule contests during some vacations (especially in the spring) Briarcliff must also do so. Briarcliff's teams would be at an extreme disadvantage if they took time off while others are playing and practicing. In addition, it would be unfair to ask other schools to reschedule Briarcliff's contests to another time, thus forcing them to play 3, 4, or even 5 games during a week in order to accommodate our athletes.

When athletes go away and do not fulfill their commitment to the team, these decisions have an impact on those players that attend practices and games. The decision to not attend practice and games during vacations and holidays cause our teams to forfeit games, move junior varsity players up to the varsity to round out the team, and cause coaches to alter their plan for the overall team development.

Athletes who must go away and miss practice and/or contests during vacations and holidays can expect that there could be some effect on their standing on the team, their playing time and their ability to earn a letter for the sport. When a varsity athlete, or junior varsity athlete, misses a practice or contest during a vacation or holiday period they will miss one game for every day of practice missed. Although junior varsity teams will practice and play over the holiday and vacation periods, the practice requirement will be slightly less than that of the varsity teams in accordance with the philosophy statement at each level of play. Athletes must understand that upon completion of the penalty for days missed, they are not guaranteed immediate return to playing time. That decision, like all decisions related to play time, will be at the discretion of the coaching staff. Students and parents should inquire about such expectations before deciding to commit to a high school sport team.

COACH AND PARENT COMMUNICATION

Communication you should expect from your child's coach

1. Philosophy of the coach.
 2. Expectations the coach has for participation and roles within the teams
 3. Locations and times of practices and competitions.
 4. Team requirements, i.e., special equipment and off-season conditioning.
 5. Procedure should your child be injured during participation.
 6. Discipline that may result in denial of your child's participation
- *It is encouraged that your child discusses any issues or concerns with the coach directly. This will provide the student-athlete with an opportunity to learn how to communicate and advocate for themselves.*

Communication expressed directly to the coach

1. Notification of any schedule conflicts, including absences for games or practices, in writing in advance.
2. Specific concern regarding a coach's philosophy and/or expectations.
3. The treatment of your child, mentally and physically.
4. Ways to help your child improve.
5. Concerns about your child's behavior.
6. Notification of illness or injury as soon as possible.

- *It may be difficult to accept your child not playing as much as you may hope. Coaches are professionals and they make judgments based on what they believe is best for all students involved based on what they see during practices and games. As indicated in the list above, certain things can and should be discussed with your child's coach. Other things, such as those described below, must be left to the discretion of the coach.*

Issues not appropriate to discuss with the coach

1. Amount of playing time (varsity only).
2. Team strategy.
3. Play calling.
4. Other student-athletes.

If you have a concern to discuss with a coach, please follow this procedure:

1. Call or email to set up an appointment with the coach.
2. If the coach cannot be reached, contact the Athletic Director.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

What to do if the meeting with the coach did not provide a satisfactory resolution:

1. Parents may call and speak to the Athletic Director to determine appropriate next steps.
2. Parents are encouraged to discuss issues and problems with the Athletic Director. However, if a parent has specific complaints regarding a coach, then the coach will be given the opportunity to be present at the meeting with the parents.

CODE OF ETHICS FOR STUDENT-ATHLETES, PARENTS, SPECTATORS

The Briarcliff Athletic recognizes the role of interscholastic athletics in defining ethical behavior and develop personal character in our students. Therefore, we ask:

Parent of an Athlete

- Maintain a positive attitude whether your team is winning or losing.
- Refrain from being insulting or showing bad sportsmanship during the competition. Any problems or concerns should be brought to the attention of the coach or the Athletic Director at another time.
- Exhibit good sportsmanship at all times. Spectators, including parents who, in the judgment of the Principal, Athletic Director, and/or the site administrator, behave in ways that are inappropriate and in violation of the Briarcliff Manor USFD policies, will be spoken to about their behavior and may be asked to leave the competition.
- Respect the judgment of officials and strategy of the coach.
- Do not criticize players, coaches or officials for the loss of a game.
- Do not engage or make comments to visiting teams, coaches, or parents.

Student-Athletes

- Remember that academic performance is your primary responsibility.
- Treat advisors, officials, coaches and opponents with respect.
- Exercise self-control at all times, setting an example for others to follow.
- Report any injury to the coach no matter how slight it may appear. If the injury requires a physician's care, participant must have written permission from the doctor before returning to the activity.
- Return any equipment. Uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the responsibility of the participant, and it is the responsibility of the participant to make restitution to the school.
- Extracurricular activities are not an excuse for being tardy to school on the day following a competition.

Spectators

- Demonstrate a high degree of sportsmanship.
- Show team support by making only positive comments.
- Show respect for the judgment and strategy of coaches and do not criticize players or coaches for loss of game.
- Respect officials and accept their decisions without gesture or argument.
- Acknowledge fields, courts and equipment as the player's domain during contests.
- Remain within designated areas.
- Monitor the safety of children in bleachers and stands.
- Respect the law; all public schools are smoke-free and substance-free environments.
- Athletic contests on and off campus are an extension of the classroom. Therefore, all school rules are in effect.

CAPTAIN CRITERIA AND SELECTION PROCESS

The Leadership Qualities of a Team Captain:

- Role Model – hardworking, committed, dedicated, humble, leader by example, positive attitude shows respect for coaches, teachers, adults, and peers.
- Exhibits good citizenship – dependable, loyal, trustworthy, unselfish, has a great deal of pride in the team, school, and community.
- Committed to be alcohol and drug free and show social confidence.
- Has a strong self-image, is mature, motivated, and has good communication skills.
- Exhibits good school behavior and acceptable academic progress.
- Willingness to follow team rules and act as a liaison between teammates, coaches, and the athletic director.

Principles of Leadership:

- KNOW YOUR JOB – Knowledge not only gains the respect and confidence of your teammates, but also gives you confidence in yourself. The more informed, however, the better you will be able to act in any situation, which demands a decision on your part.

- **EXERCISE GOOD JUDGMENT** – Anyone with common sense can exercise good judgments. This good judgment should not only be exercised during the season or on the field, but throughout the year. This means in the classroom, with the faculty, the student body, and the community.
- **USE TACT** – This is the ability to direct people without causing ill feelings or giving offense. Individuals who think differently, and act differently. Consequently, to secure the best cooperation from the people, they must be dealt with accordingly. Be alert never to belittle or embarrass your teammates and do not discuss the merits or your teammates with anyone but your coaching staff.
- **DEVELOP ENDURANCE** – A leader must have physical and mental endurance to command respect.
- **DEMONSTRATE INITIATIVE** - A leader accepts responsibility, sees what needs to be done, makes a decision and takes action without hesitation. He does not need to be told what to do or when to do it. This initiative must be taken off the field as well as on, in practice and in a game.
- **BE COURAGEOUS** – There is moral courage, and there is physical courage. Have the moral courage to stand up for your own convictions. It takes courage to deny an invitation to go out the night before a game, to cut a class, to skip a practice session, etc. Be firm in your stand and you will gain respect and admiration.
- **BE DEPENDABLE** – A dependable captain is loyal to his school and to his team. Your dependability exhibits itself in many ways; school attendance, getting to practice on time, knowing your assignments, and a host of other things. Coaches are reluctant to play a boy or girl who cannot be depended upon regardless of his or her ability. You as a captain must be dependable and you must enlighten the coaches with those who are not for the good of the team's success.
- **DISPLAY ENTHUSIASM** – You can contribute to the development of team spirit by your display of sincere enthusiasm. YOU are the example. Hustle, hustle, hustle. Avoid criticizing and complaining about your teammates, coaches, or school. Discourage this type of conduct on the part of the team members. If you have a person on the team who is a constant complainer, have a talk with him and explain how it hurts the team. If he doesn't change, talk it over with the coach. Some griping is normal, but the chronic complainer must be eliminated.
- **KNOW YOURSELF AND SEEK SELF-IMPROVEMENT** – You as a team captain must evaluate yourself and recognize your strengths and weaknesses. You must emphasize your strong points and develop your weak points. Are you overweight and out of physical condition? Are you temperamental? Take a good look at yourself in the mirror. Are you worthy to be a captain? Your teammates and coaches thought so. Don't prove them wrong. With these items firmly entrenched in your mind, you must look at the ways and means to present these items to the squad. These are basic leadership techniques that a captain can employ to help present him/her to the team as a genuine leader.

Captains at Practice:

1. Try hard on every drill, set or conditioning activity. The team plays as well as it practices.
2. Encourage skill improvement and supplement what the coach says about basics.
3. Challenge teammates to do their best, encourage when plateaus occur, stay positive.
4. Be a giver – Help set up and make sure everything gets put away, help the coach.

Outside of Practice:

1. Promote team togetherness and promote athletic department togetherness.
2. Discourage scapegoating and pay attention to and give a lot of personal support and encouragement to the younger players and to less able athletes. Senior and better athletes could make the difference in your team's performance. As a leader, you must go out of your way to help and encourage them.
3. You need to know all school rules (especially pertaining to alcohol and drugs). YOU need to review this with the team and tell the players what you expect of them. Make sure you understand all of this at the beginning of the season so there will be no surprises.
4. As a captain, you set the example for the entire team. You should work as hard, or harder than every other teammate in practice. That's the way you and your team will perform in a game. You set the example for good sportsmanship and control of your team members.
5. Develop a clear understanding of your team's goals and objectives, for the season and the next game.
6. Meet regularly after practice and after a game with your coach.
7. Communicate clearly to your team. Have their quiet, undivided attention when you speak to them.
8. Throughout the season dress and groom yourself neatly. Look sharp to be proud of yourself, your team, and your school. Very few effective leaders dress and groom sloppily.
9. Give special credit to others. Recognize team members who do extra things to help the team. Give special credit to the unsung heroes and those team members who do a good solid, steady job, day in and day out, and who usually make it possible for other people to score or for the team to win.
10. Talk a winning strategy in practice and conditioning sessions. Back up talk with actions in practice and games. Don't be pushy, just quietly confident. DISCOURAGE NEGATIVE COMMENTS.
11. If a team problem exists, explain them in confidence to the coach to help solve them and move on with a close team atmosphere. Use the trainer, other coaches, and the athletic director as resources. DO NOT LET problems fester. They will not go away. They will multiply.

Captains Responsibilities

- Be in compliance with all school, district, and team rules, Codes of Conduct, and obey local laws at all times.
- Set a positive example for team members at all times.
- Make a consistent effort to communicate with and include all fellow players to ensure a cohesive and positive team environment.
- Accept responsibility for establishing clear communication between team, coaches, Athletic Director, and all other adults in the school when appropriate regarding schedule changes, team events, and issues.
- Assume the role of a leader on and off the field or court, taking into consideration all team members' thoughts, opinions, and concerns.

SUPPORT STAFF

Fall Assistant to the Athletic Director

Mr. John Schrader

Jsjr16@aol.com

Administrative Assistant

Ms. Valerie Asher

vasher@briarcliffschools.org

High School Nurse

Mrs. Jennifer McCann

jmccann@briarcliffschools.org

Middle School Nurse

Mrs. Laura Jagielski

ljagielski@briarcliffschools.org

Athletic Trainer

Mrs. Jennifer Miller

jmiller@briarcliffschools.org

