



Athletics Department Parent and Student-Athlete Handbook

Table of Contents:

- 1. Purpose of the Athletics Department Handbook page 3**
- 2. Mirman School Mission..... page 3**
- 3. Mirman School Athletics Mission Statement page 3**
- 4. Athletics Department Objectives page 4**
- 5. Goals of the Athletics Department Page 4**
- 6. Mirman School League Affiliation page 4**
- 7. Mirman School Athletics Department Policies page 5**
- 8. Statement of Risk page 5**
- 9. Concussion page 6**
- 10. Team Guidelines and Information page 6**
- 11. Transportation page 8**
- 12. After School Annexpage 9**
- 13. Student/Parent/Coach Communications page 9**

1. Purpose of Handbook

This handbook is intended to support the goals of encouraging students to develop themselves mentally and physically in pursuit of excellence in athletics, and to encourage a spirit of good sportsmanship, teamwork and self-discipline.

2. Mirman School Mission:

We cultivate the boundless potential of highly gifted children, nurture their passions and talents, and develop a diverse community of creative and constructive lifelong learners.

3. Mirman School Athletics Mission:

The Mirman School Physical Education and Athletics program plays a vital role in our student's physical, cognitive and affective development. Applying innovative approaches, we cultivate joyful active participants who value physical activity and healthy competition through a variety of physical challenges and team sports.

In implementation of this mission, we:

- Empower children to make healthy choices
- Promote cooperation, fair play, and teamwork
- Demonstrate responsible behavior
- Exhibit good sportsmanship
- Instill confidence, self-discipline, and respect for hard work
- Provide a supportive and safe environment in which every child is challenged to grow, take risks, learn from mistakes, and persevere
- Develop a healthy appreciation for individual differences and ability levels
- Develop skills necessary to participate and compete in lifelong athletic activities
- Demonstrate the direct correlation between effort and achievement, personal improvement and goal setting, and the importance of commitment and responsibility

The Mirman School Athletics Department subscribes to the many studies that confirm the positive benefits of regular physical activity for children. These

MIRMAN SCHOOL PARENT AND STUDENT-ATHLETE HANDBOOK

benefits include enhanced academic achievement, improved physical health, improved emotional health and development of social skills.

The Athletics program at Mirman is designed to provide students with the opportunity to study a single sport in-depth each season. We aim to keep our teams small in number, providing a good player-to-coach ratio and allowing for considerable playing time in games. The program begins in Room 4 as students participate in an age-appropriate sport of their choice that will prepare them for the Upper School program. The Upper School program reinforces Mirman School core values and mission, as well as the Athletic Department's mission by offering a variety of sports.

4. Athletic Department Objectives:

To provide an attractive program for students:

- Provide the students with an enjoyable and rewarding experience
- Make player safety and welfare our highest priority

To give quality instruction in the fundamentals of each sport offered:

- Teach sport specific athletic skills and strategies
- Exemplify sportsmanship, ethical conduct, and fair play

To be an integral part of the school community:

- Develop concepts of goal attainment through hard work and rigorous self-discipline
- Teach students that dignity, self-worth and self-esteem are achieved through hard work

To make the Athletics program a source of both school and community pride:

- Improving school spirit and community building?

5. Goals of the Athletics Department:

Cultivating the boundless potential of each student is an integral component in the Mirman School mission. By having/implementing a "no-cut policy" all student displaying desire and commitment may participate. Instructed by a dedicated coaching staff, Mirman athletes come to develop:

- Tactical and technical understanding in each sport
- Team building skills

MIRMAN SCHOOL PARENT AND STUDENT-ATHLETE HANDBOOK

- Positive mental attitude and strong sense of self
- Standards for commitment to oneself, teammates and team
- The value of practicing good sportsmanship
- Like skills to help deal with oneself, other relationships, and their emotions in a productive manner
- Respect and empathy for multiple perspectives

6. Mirman School Athletic League Affiliation:

Mirman is a part of the San Fernando Valley Private School League (SFVPSL), which is comprised of 42 independent schools. Students in Room 4 through US 4 play against local SFVPSL schools in three athletic seasons over the course of a year.

We joined the Valley Youth Conference VYC for Cross Country and have become a part of the Foundation for Interscholastic Youth Athletics FIYA with our Track and Field program.

7. Mirman School Athletics Department Policies align with those of the SFVPSL:

- Participation** – This is a participation-oriented league. All students will be given an opportunity to participate in every game. The amount of time is greatly determined by the number of students that are playing on that team and by attendance and commitment.
- Sportsmanship** – Unsportsmanlike conduct will not be tolerated. **Players. Parents and spectators are expected to demonstrate good sportsmanship and respect towards others at all times. No player, parent or spectator is permitted to intervene in a game in any way or talk to an official.** Any dispute regarding game play or officials should be directed to Ms. Angela Brown, Athletics Director, the following day.
- Fundamentals** – We emphasize the teaching of basic fundamental skills. These skills are learned in practice sessions and implemented through game participation.

D. Competition – Healthy competition is encouraged with an emphasis on each athlete doing his or her best. Lessons of how to accept defeat and be a graceful winner are built into the foundation of our program.

8. Statement of Risk

There are many benefits to participation in athletics; however, there are also risks. While not common, the risks of injuries, ranging from minor to catastrophic, are impossible to eliminate. By allowing your child to participate in athletics, you are acknowledging the fact that a serious injury could occur and that you authorize any necessary medical treatment in the case of injury or emergency. **Prior to the start of the athletic season a current physical from your doctor must be uploaded into [Magnus Health](#), our online system for managing student medical records and parent consent.**

9. Concussion

- The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
- Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
- Before an athlete can start the season and begin practice in a sport, a concussion disclosure form must be signed in Magnus Health by the athlete and the parent or guardian.

10. Team Guidelines and Information

COMMITMENT TO THE PROGRAM: Each athlete must have a strong commitment to the team. Being on a team requires teamwork, self-discipline, loyalty, tolerance, perseverance, citizenship and sportsmanship.

There are no tryouts to participate on a sports team. Any student who turns in a commitment form and commits to regular attendance at practices and games, and adheres to the standards and expectations outlined in this Handbook is eligible to play on a team. Involvement in any team sport consists of a commitment by the student for practices or scheduled games after school. The

MIRMAN SCHOOL PARENT AND STUDENT-ATHLETE HANDBOOK

parents or guardians of that student must support this commitment. Student's playing time may be contingent on participation and attendance at practice.

The following are conditions of commitment that each student-athlete and/or parent is expected to meet:

- All student athletes are expected to support their teams, demonstrating school and team spirit at all times.
- All parents must download the TeamSnap app to their phone in order to receive roster, schedule, location, and any last minute details that will pertain to the sport of your choice. You will receive instructions for TeamSnap before your season begins.
- **All participants are individually responsible for bringing a snack and water bottle to all athletic games and track meets.**
- Absence from games and unsportsmanlike conduct may result in limited playing time or dismissal from the team. Athletes must attend more than half of the scheduled games to receive credit.
- Families are responsible for ordering necessary equipment and uniforms and are responsible for any lost or damaged items. Student athletes are responsible for bringing their items on game day.
- In order for student athletes to participate in after-school competition, he or she must have attended school that day.
- Student athletes will represent Mirman school and be accountable to maintain good grades and acceptable standards of behavior, both in and out of the classroom. Failure to follow these rules may result in limited playing time or dismissal from teams.
- At all times, both on and off the Mirman School campus, student athletes are required to adhere to the standards and procedures outlined in this Mirman School Parent and Student-Athlete Handbook and the general Mirman School Parent Student Handbook.

PRACTICES/CONTESTS :

Players have a responsibility to coaches and teammates to make every effort to participate in practices sessions. Therefore, athletes shall attend **ALL PRACTICE SESSIONS AND SCHEDULED ATHLETIC ACTIVITIES** unless specifically excused by the coach prior to the session. If a student must miss practice – for any reason- the student is required to notify the coach as soon as possible. The coach and Athletics Director will have sole discretion to approve the request and determine whether the student will be excused. Participation in

Club Team Sport competition is not an excused absence from a Mirman athletic contest or game.

STUDENTS ARE NOT PERMITTED TO COMMIT TO A TEAM SPORT AND THEN DROP OUT OR MISS PRACTICES/GAMES AFTER THE SEASON BEGINS. (EXCEPT IN THE CASE OF AN EMERGENCY)

Practice times:

Room 4 and Room 5 - Practices during scheduled PE class
US 1 and 2 - Practices during the last period of the day in PE
US 3 and 4 - Practices during the last period of the day in PE

EQUIPMENT AND UNIFORMS

Families are required to purchase uniforms for all sports. The student is responsible for bringing their uniform to each scheduled game. The Athletic Department will not provide a uniform if a child does not have one. If the uniform is lost or damaged the family will be responsible for ordering a replacement.

Starting Dates:

Each Sport has a start date when the team begins practice for the season. Commitment forms will be sent out two weeks prior to the start of season. The commitment form must be submitted electronically. The Athletic Department will announce the start of each sport, prior to the beginning of each season. In general, Fall sports span from September to November. Winter sports span from December to February. Spring sports span from March to May.

Fall Season: - September - November

- Room 4 and Room 5 Girls Basketball
- Room 4 and Room 5 Coed Flag Football
- US 1, 2 and 3, 4 Girls Basketball
- US 1, 2, and 3, 4 Boys Flag Football
- Room 4 - US 4 Coed Cross Country

Winter Season: December - February

- Room 4 and Room 5 Girls Soccer
- Room 4 and Room 5 Boys Basketball
- US 1, 2, 3 and 4 Girls Soccer
- US 3 and US 4 Boys Soccer
- US 1, 2, 3 and 4 Boys Basketball

Spring Season: March - May

- Room 4 and Room 5 Girls Volleyball
- Room 4 and Room 5 Boys Volleyball
- Room 4 and Room 5 Boys Soccer
- US 1, 2, 3 and 4 Girls Volleyball
- US 1, 2, 3 and 4 Boys Volleyball
- US 1 and US 2 Boys Soccer
- Rm 4, Rm 5, US 1, 2, 3, and 4 Track & Field

*** On game days, all students are permitted to wear the team jersey tops to school, with proper Mirman uniform bottoms

11. Transportation

Some game locations are off-campus. In general, students can expect to be transported by school bus to and from athletic games by Mirman School. Athletes remain under the supervision of the Athletic Coaching staff at all times while at practices and games. Standards of good behavior must be maintained on a team trip and for the safety of everyone, students are expected to follow the directives of the school bus driver and of the coaching staff at all times. For regular Mirman school bus riders make sure you notify bus@mirman.org of your child's athletic schedule during their season. If your child regularly rides the late bus parents need to make arrangements for their child's transportation when they arrive back to campus after athletic contest conclude. A coach will send out a message through Teamsnap notifying parents that the team is boarding the bus back to campus. **If a student is being picked up at campus, parents should arrive no later than thirty minutes after all games conclude. Students should be picked from campus by their parents or authorized adult.**

ANY PARENT WHO WANTS THEIR STUDENT TO TRAVEL VIA PRIVATE TRANSPORTATION WITH ANOTHER DRIVER MUST MAKE THOSE ARRANGEMENTS DIRECTLY WITH THE COACH(ES) OR ATHLETIC

DIRECTOR IN ADVANCE. If a student leaves directly from an athletic event with another driver, he or she must inform the coach. Students will not be released to anyone who is not a parent, guardian, or pre-approved driver. If there are any questions or concerns about transportation for a certain event, please contact the Athletic Department in advance.

12. After School Annex

- Annex Fees* \$25/day early online signup
- \$30/day drop-in

***These fees apply to all students participating in the Annex (this includes sibling of students on athletics teams and in drama).**

13. Student/Parent/ Coach Communications

Both parenting and coaching can be difficult, by establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our students. As parents, when your children become involved in our program, you have a right to understand what expectations are put on your child. In order to facilitate this, coaches and athletics staff will hold athletic information meetings prior to the start of each sport season for a chance to receive important information about your child's program, as well as the opportunity to meet his or her coach(es). These meetings are highly recommended. Throughout the year, parents, students and coaches can continue to work together by understanding the following:

Communication you should expect from your child's coach:

1. Expectations the coach has for your child as well as all students on the team
2. Locations and times of practices and contests
3. Team requirement, i.e., special equipment, off-season conditioning

Communication Coaches expect from students:

1. Notification of any schedule conflicts well in advance
2. Specific concerns in regard to a coach's philosophy and /or expectations.

As your children become involved in the Athletic programs at Mirman, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way your or your child wishes. At these times, discussion with the coach is encouraged.

Issues you should discuss with your child's coach:

1. The mental and physical development of your child
2. Ways to help your child improve
3. Concerns about your child's behavior
4. Any limitations to your child's athletic participation, including prior physical injuries, current medical conditions, and allergies.

Issues not appropriate to discuss with your child's coach:

- Amount of playing time
- Team strategy
- Coaching strategies
- Other student-athletes

There are situations that may require a conference between coaches and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, the procedure you should follow:

1. Student-athlete should first meet with the coach to discuss any concerns.
2. If an issue is not resolved, the parent should then contact the coach directly via email.
3. If there is no resolution, the athlete or parent should contact the Athletic Director and arrange a meeting to involve all parties.
4. If an appropriate solution is not reached, the student or parent may contact the Head of School and arrange a meeting to include all parties. The student-athlete, parent(s), head coach, Athletic Director, and Head of School are required to attend this meeting.