



# 2018 - 2019 ATHLETICS HANDBOOK



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Grymes Memorial School is committed to offering students a well-rounded experience, both in the classroom and through co-curricular activities offered outside of the school day. The lessons learned from participating on an athletic team are an invaluable part of a character-driven educational experience, teaching students sportsmanship, leadership, teamwork, dedication and fairness.

The mission of the athletics program at Grymes Memorial School is to provide students the opportunity to develop their athletic potential through team practice and interscholastic sport; to cultivate teamwork and sportsmanship on the field, whether in victory or in defeat; to set an example of hard work, fair play, and strong character for their school-mates; and to represent Grymes honorably in the broader community.

The goal of this handbook is to provide clear policies and guidelines for students who participate on sports teams at Grymes Memorial School.

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## ATHLETIC CODE OF CONDUCT

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Participation in extra-curricular athletics is both a privilege and a responsibility. It is a privilege to develop your athletic skills with classmates in an organized setting. It is a responsibility to represent your school and community with your best sportsmanship and conduct.

The following rules are required from each athlete participating in the Grymes Memorial School Athletics program, and a consent form should be signed and returned to school expressing agreement with the following code of conduct:

1. I will strive to demonstrate good sportsmanship at all times.
2. I will strive to be a positive representative of Grymes at all times.
3. I will strive to treat my coaches, officials, teammates and opponents with respect at all times.
4. I will strive to accept winning and losing a game in a gracious manner.
5. I will not use vulgar or objectionable language in school, at practice or at any athletic event.
6. I will not criticize game officials at any time under any circumstances; I will not communicate with officials except to answer a question.

## ATHLETIC OFFERINGS

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The Grymes Athletics program welcomes any student in the Upper School (grades 5 - 8) in good academic standing to participate regardless of athletic ability.

FALL SPORTS  
(August - October)  
Boys' Soccer  
Girls' Field Hockey

WINTER SPORTS  
(November - February)  
Boys' Basketball  
Girls' Basketball

SPRING SPORTS  
(March - May)  
Boys' Lacrosse  
Girls' Soccer

## CLUB OFFERINGS

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Boys and girls in the Upper School (5 - 8 grades) may participate in the club sports that meet once a week (usually on Wednesdays) throughout each season. The following clubs have been offered in recent years:

FALL  
Cross Country

WINTER  
Squash

SPRING  
Tennis  
Mountain Biking  
Girls' Lacrosse

## ELIGIBILITY POLICY

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Participation in athletics contests is a privilege for 7th and 8th grade students. Because we are a small school and we value the importance of skill development in growing a program, 5th and 6th grade students are welcome to practice with the team to hone their skills and be ready to contribute when their turn comes. If there are insufficient numbers to field a team in a season, we may invite 6th and sometimes 5th graders to participate in contests, but otherwise younger students should not expect to participate in games and tournaments to the same extent as the older students.

Whether players from 5th and 6th grades are needed will be determined by the Athletic Coordinator, coaches, and the Administration before each playing season begins.

**Students are invited to participate in the Grymes Athletics program only as long as grades, attitude and conduct warrant it.** A student's first responsibility is to his or her school work. Students whose schoolwork suffers because they neglect their academic responsibilities may be suspended or removed from the team.

Students who display a negative attitude or who conduct themselves inappropriately may be suspended or removed from the team at any time.

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## EQUIPMENT REQUIREMENTS

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Students are required to have the following equipment for each sport that they are participating in.

### SOCCER

Cleats, Shin Guards, Black Soccer Socks, Black Soccer Shorts

### FIELD HOCKEY

Cleats, Stick, Regulation Safety Eyewear, Shin Guards  
Optional: Gloves

### BASKETBALL

Appropriate Basketball Court Shoes, Black Socks

### BOYS' LACROSSE

Cleats, Helmet, Gloves, Protective Padding, Stick, Mouth Guard

### CROSS COUNTRY

Appropriate Running Shoes, Black Running Shorts

### SQUASH

Streak-Free Shoes, Racquet, Protective Eyewear

### TENNIS

Streak-Free Shoes, Racquet

### MOUNTAIN BIKING

A Mountain Bike and Bike Helmet

### GIRLS' LACROSSE

Stick, Mouthguard, Regulation Safety Eyewear

## EXPECTATIONS FOR STUDENT ATHLETES

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Grymes has the following general expectations for all student-athletes participating in the Athletics program:

- Strive to perform in the classroom as well as on the field or court. Students should prepare for academic classes daily, keep up with homework and maintain good academic standing in order to be eligible to participate.
- Work hard, have fun and give your best. Practice!
- Be prepared. Arrive at practices and games on time, with all necessary equipment and be ready to learn and play.
- Be a team player. Players should learn the rules of the sport and play by them at all times. Exhibit teamwork, discipline and good sportsmanship.
- Pay attention to the coaches when they are speaking and providing instructions. Strive to improve skills and knowledge of the sport and be willing to work hard.
- Abide by the program's and coach's rules at all times.
- Take responsibility for equipment and uniforms.
- Maintain and take pride in all facilities used by the team.
- Represent one's self, team, school and family in a dignified and sportsmanlike manner.
- Abide by the program and the coach's rules at all times.
- Attend all practices and games.
- Exhibit good sportsmanship and practice fair play at all times. (please refer to the Sportsmanship Guidelines section)
- Give prior notice and have a valid reason if you are to be absent from practices or games.
- Remove all jewelry prior to training and matches for player health and safety.
- Report all injuries to the head coach immediately at the game or session where the injury occurred.
- Be respectful to coaches, referees, and other players. Disrespectful behavior, profane or indecent language or bullying is unacceptable and may result in the removal from a practice or game and/or suspension from the team.

## EXPECTATIONS FOR PARENTS

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The success of the Grymes sports program depends heavily on parent involvement, whether for coaching, transportation, team snacks, covered dishes for sports banquets, or encouragement on the sidelines. We are enormously grateful for our parents' participation!

At the same time, we expect our parents and all fans to abide by the same code of conduct we have for our students:

- Be sure your child attends practices and games and please be prompt for arrival and departure. Communicate to the coach and team manager if your child will be unable to attend.
- Ensure your child brings proper equipment and uniforms to games and practices. Encourage player's own responsibility in their preparedness and performance.
- Watch for any injuries that may affect your child.
- Support your child's coach and help when you can. Disagreements or questions about a game day decision do not belong on the field. Allow 24-hours to consider the situation and then contact the coach directly in the absence of players.
- Parents are encouraged to attend, watch and especially cheer, but should NOT shout instructions or direction from the sidelines. This causes confusion and frustration for the player.
- Parents and spectators are asked to support the team and players WITHOUT pressure, to praise effort as well as

- performance, and to encourage and praise regardless of outcomes.
- Parents and spectators for each team should remain at least 6 feet behind the sidelines and across the field from their team. Parents should not stand behind the goal posts or goal line or enter the field.
  - Parents are expected to demonstrate fair play and good sportsmanship at all times with positive behavior, attitude and language.
  - Parents must respect the referees at all times. Only coaches should address referees.
  - Abusive language, behavior or physical assault will not be tolerated and may result in immediate removal from the field.
  - As parents and spectators of Grymes, you represent the school through your behavior, actions, and words.
  - Recognize that enjoyment and personal development are primary reasons for the player's involvement.

## ABSENCES

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Absences may include family emergencies, family vacations or the student's illness. Coaches need to be notified by phone or email if a player is not coming to practice. Absences that are extensive or unexcused will likely result in reduced playing time.

A student who has missed school for the day is not eligible to participate in athletics that day.

## INJURIES

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Injuries should be reported to the coach immediately at the time of the incident. The athlete's ability to return to play is at the discretion of the coach according to the severity of the injury. Please refer to the Concussions Section for information regarding this very serious brain injury.

## CONCUSSIONS

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A concussion is a brain injury, and therefore very serious. They are caused by a bump, blow or a jolt to the head or to another part of the body with the force transmitted to the head. Concussions can range from mild to severe and can disrupt the way the brain functions. You can't see a concussion and most occur without a loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or days to fully appear. The following may be symptoms of a concussion and merit immediate medical attention:

- Headache or "pressure in the head"
- Nausea or vomiting

- Neck pain
- Dizziness
- Blurred, fuzzy or double vision
- Sensitivity to light or noise
- Fatigue, low energy, feeling sluggish or slowed down
- Memory problems or amnesia
- Nervousness or anxiety
- Confusion, disorientation, irritability

**It is our policy that no student-athlete may return to activity after a concussion, regardless how mild it seems or how quickly symptoms clear, without written medical clearance.**

After student-athletes have sustained a concussion of any kind, they will be started on supervised "gradual return to participation" only after written medical clearance from a licensed health care provider has been given to the coach.

As each concussion is unique, the plan to return to participation will be individualized for each student-athlete by the coaching staff with the goal of returning to safe play with no threat to the child's long-term health. If symptoms recur at any time, the student-athlete should stop immediately and parents should contact his/her health care provider.

## HOW TO HANDLE CONCERNS OR COMPLAINTS

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Athletics, by their very nature, demand that a coach make numerous judgment calls during the course of a season. For an athletics program to be safe, organized and mission-oriented, it's essential that a coach has effective discipline. During the course of any season, it is possible that parents may have complaints concerning a coach's decisions regarding their son/daughter's playing time or a disciplinary action that a coach may take involving their child. Any concerns or complaints of this nature should follow the following protocol to ensure that all parties involved will be treated responsibly and equitably:

1. First, we ask that a parent allow 24-hours to consider the situation and then contact the coach directly and in the absence of players.
2. If the parent remains unsatisfied, concerns should be taken to the Athletic Coordinator.
3. If the matter is still not resolved, the third and final step is to take concerns to the Head of School.

Concerns related to sports can be emotional and parents need to make an appointment with school personnel to properly address an issue. Before, during, or after a game is never the right place for a parent to air a grievance.

## PRACTICE AND GAME SCHEDULES

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Coaches will make sure each player has a practice and game schedule that indicates location and time for each practice and game at the start of the season. Practices are typically held on Tuesday and Thursday afternoons and usually last 1 1/2 hours.

Parents should plan on picking up their child promptly at the end of practices and games. If a parent cannot pick their child up at the end of practice, other arrangements should be made for the child to be picked up.

Please be mindful that coaches have families and often, additional schoolwork waiting for them at the end of the day!

## PRACTICE AND GAME CHANGES & CANCELATIONS

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Teams do their best to play or practice, regardless of the weather, but often changes in the schedule are beyond the coaches' control. An announcement about a changed or canceled game or practice will be made by noon or as early as possible in the school day by email; however, with inclement weather the decision sometimes cannot be made until last minute.

The online calendar on the school website is the most reliable places to check game times and will be updated as soon as a decision is made.

## SPORTSMANSHIP GUIDELINES

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- Treat officials, opponents and spectators as welcomed guests of the school
- Respect the property and reputation of our own school and also the school of our competitors at all times
- Do not, at any time, boo or taunt officials or opposing players
- Stay off the playing field and courts during athletic contests
- Cheer the strengths and victories of our teams and do not belittle or denigrate the performance of the officials or our opponents. Understand that officials are an essential part of any contest and work to ensure the safety of the participants and to protect the integrity of the game.
- Treat all players, coaches, spectators, officials and opponents with respect.

## SPORTS AWARDS & BANQUETS

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At the conclusion of the Fall and Winter athletic season, a banquet is held to recognize and celebrate the hard work and accomplishments of the athletes. Sports Banquets are typically held in DuPont Gym on an evening after the final contest. Parents are encouraged to attend and will be asked to contribute food and beverages.

Spring Sports Awards are presented during the Sports Awards Assembly in May.



**GO GRIZZLIES!**