

CHARLES RIVER SCHOOL SPORTS PROGRAM

Introduction

The Sports Program at Charles River School is an important part of a child's total educational program. In addition to the physical exercise and development of motor skills, students experience the leadership and teamwork of individual as well as group play. Interest and enjoyment in learning to play a sport are fostered as well as sportsmanship and risk-taking. Coaches promote pride in personal and team improvement as teams compete in interscholastic play with other schools. The athletics program is designed to offer each student, regardless of ability, the opportunity to experience meaningful growth, accomplishment, and success at his or her own skill level.

Instructional and Intramural Program (Grades 4,5)

Children in Grade 4 participate in a sports program that is built into the school day during the fall and winter seasons, and they begin their after-school instructional sports experience in the spring. Fourth graders participate in instructional programs each season which culminate in intramural competition. In the spring, the school offers fourth graders an after-school instructional program for girls and boys lacrosse. In addition, fifth graders participate in a cooperative activities program after school (ASA) during the winter season.

Interscholastic Competition (Grades 5-8)

The school offers a program of interscholastic competition for students in Grades 6-8 for three seasons and for Grade 5 in the fall and spring. Students are expected to participate in at least one of the three seasons per year. Offerings include: soccer and field hockey in the fall (Gr. 5-8); basketball in the winter (Gr. 6-8); boys lacrosse and girls lacrosse (Gr. 5-8) and tennis in the spring (Gr. 7/8).

Schedule

Practices and home games for Grades 5-8 are held on our campus fields. Some games will be held "away" at other schools. Each family receives a schedule at the beginning of every season. Team practice is scheduled after school from approximately 3:10 p.m. until 4:00 p.m. on Mondays, Tuesdays and Thursdays for Grades 5 and 6 and from 3:30-4:30 for Grades 7 and 8. On Wednesdays, practice will be from approximately 1:40-2:30 for Grades 5 and 6 and 2:00-3:00 for Grades 7 and 8. Sports carpool begins at 4:30 p.m. Mondays, Tuesdays and Thursdays and at 3:00 p.m. on Wednesdays. Students who are at school waiting for carpools after 4:45 (M,T,Th) or 3:15 (W) will go to the Extended Day Program. This includes those children who were in the study, completed a practice, returned from an away game, or are waiting for others in their carpool who have not yet returned from an away game.

Health Forms and After-School Sports Permission Slips

Health forms and parent release forms for a child must be completed and returned to school before the child will be permitted to participate in sports practices or games.

Playing Policy

At every level, Charles River aims to schedule games with teams of similar ages and abilities. All children in Grades 5-8 are welcome and encouraged to play on the school teams. Each child is expected to participate in at least one season of school sports. Our priorities for interscholastic competition are participation, good sportsmanship, teamwork, skill development, enjoyment, encouragement and pride in personal and team improvement. With the exception of tennis, we do not have "tryouts" at Charles River. All children who desire to participate will have the opportunity to play with others.

At the fifth and sixth grade level, every player will play a meaningful amount in every game. The exact number of minutes will vary according to the sport, the number of players on the team, and the closeness of the contest. Equal playing time is a goal, although this is not always possible with small or large teams in particular situations.

For players in Grades 7 and 8, the level of competition increases. Participation continues to be an essential element with every player participating in every game though the coach has more discretion in using strategy and skill to accomplish the team goals.

Interscholastic Teams

Fall

Fall sports are soccer and field hockey. This season begins the first full week of school, and ends approximately a week before Thanksgiving

Winter

During the winter season, the fifth graders may participate After-School Activities (ASA) which is a program of varied activities, including new games and outdoor sports. The winter interscholastic sport offered to girls and boys in Grades 6 through 8 is basketball. Depending on the number of players, Grade 6 boys and Grade 6 girls generally play on grade level teams. Again, depending upon the number of players, Grades 7 and 8 girls and Grades 7 and 8 boys will either play on their respective grade team or combine into one team. The basketball and fifth grade programs begin the Monday after Thanksgiving, and continue until the end of February. When more players are needed for games, seventh graders may on occasion join the sixth grade teams.

Spring

In the spring interscholastic team sports are boys lacrosse for fifth through eighth graders, girls lacrosse for fifth through eighth graders, and individual tennis competition for seventh and eighth graders.

Tennis teams in all of the area schools are comprised of seventh and eighth graders, and occasionally ninth graders. As we are limited to two tennis courts for daily practice, we try to keep the number on this team as close to 12 as possible. Try-outs would be considered if significantly more than 12 players are interested in joining the tennis team. This offering is not appropriate for beginners or students with limited tennis experience. With two courts, we are unable to offer an instructional program in addition to competitive play with other schools.

Fourth grade girls and boys and any fifth through eighth grader who wish to learn basic lacrosse skills rather than begin to compete have an after-school instructional lacrosse program in the spring. This program does not include interscholastic play.

There are occasions when sixth graders may be asked to play in some 7/8 games and seventh graders may be asked to play in sixth grade games.

Attendance Expectations

Students are expected to attend all sports practices and games. They are expected to be on time and prepared with the proper clothing and equipment. If a student must miss a practice for medical or religious reasons, a note must be sent along to the coach. Injuries and illnesses are concerns that may legitimately prevent a student from participating in the sports program. If a child is injured or ill, he or she may be asked to attend study hall, or to go home at the 3:00 carpool (1:30 p.m. on Wednesday). If during the day a child feels unable to participate in sports that day, the child is asked to speak with the school nurse before 2:30 p.m. and finalize plans for that day. If a child is absent from school, with the exception of a secondary school visit, he or she may not participate in competitive play that day.

Sports Transportation

Chartered buses will be the primary mode of transportation for all away games, although cars may be used. On occasion parents of tennis players may be asked to drive a small group of students to away matches.

Dress

All students are expected to change into their practice or games clothes. Any cutting or redesigning of athletic clothing is not permitted. Shoes should be appropriate for each activity: cleats for outdoor sports and court shoes for basketball and tennis. All clothing and equipment must be clearly marked with the student's name.

Sports Uniforms

CRS PE clothing and uniforms are available through the school and will be billed to the parents. During the reconstruction of our athletic space, children in Grades 4-8 will be asked to wear comfortable clothing to school for PE classes rather than change into PE clothing. Upon completion of the locker rooms, all children in Grades 4-8 will be required to wear CRS PE clothing. Beginning in late January 2008, children in Grades 4-8 will be required to wear proper clothing which includes shorts, tee shirt, sweatpants and sweatshirts for PE classes. Sneakers are required and cleats may be worn outdoors. Jewelry is not permitted during PE classes and sports. Additional specific information regarding team uniforms and equipment needs (particular to each sport) will be given to families.

Lockers

Each student has the use of a school individual locker and combination lock for storage of clothing and equipment. The school reserves the right to open and check all school lockers at any time for any reason.

Middle School Spirit Of Competition

The Sports Program depends heavily on support from parents of every team member in the following ways: attending games and encouraging the players, providing refreshments to our home team and visitors, and in some cases, helping transport teams to games at other schools. Charles River School, as a member of NEPSAC (New England Preparatory School Athletic Council), works to provide a healthy competitive environment and cooperation within and among schools. Principles of good sportsmanship are constantly reinforced on our teams. Guidelines for coaches, players and spectators are published each year in the NEPSAC handbook and are available for review. Listed below are some of the guidelines for spectators:

1. Spectators-whether students, faculty, parents, alumni or friends-bear important responsibilities to the school for the atmosphere and conduct of games, whether home or away.
2. Spectators should watch games from those areas defined by each school as spectator areas. They should not run up and down sidelines, call to players, coaches or officials in an unsportsmanlike manner, go onto the field of play, or deface property. Any action that detracts from the ability of coaches, players and officials to do their best is not acceptable.

Team Gift Giving

Teams often have a desire to give a gift to their coach at the end of the season. As mentioned in the section under gift giving in the Handbook for Parents, CRS is a community of diverse families, some of whom have multiple children on CRS teams. If the team chooses to purchase such a gift, participation is optional and each team member's donation should not exceed \$2.00-\$3.00.

Note: Parents of students in after-school sports receive more detailed information about the athletic program expectations, equipment, schedules, etc. If there are questions, please contact either Paula Converse or Victor Velazquez at school.