

# Student Athletes Handbook



Tampa Preparatory School  
2010-2011

## Athletic Department Information

Interim Director of Athletics:	Michael Flynn	<a href="mailto:mflynn@tampaprep.org">mflynn@tampaprep.org</a>
Middle School Director of Athletics:	John DeTringo	<a href="mailto:jdringo@tampaprep.org">jdringo@tampaprep.org</a>
Assistant to the Director of Athletics:	TBA	
Head of School:	Kevin Plummer	<a href="mailto:kplummer@tampaprep.org">kplummer@tampaprep.org</a>
Associate Head of School/FHSAA Representative:	Peter Shepley	<a href="mailto:pshepley@tampaprep.org">pshepley@tampaprep.org</a>
Athletic Trainer:	Andrew Sufficool, ATC	<a href="mailto:asufficool@tampaprep.org">asufficool@tampaprep.org</a>
Strength and Conditioning Coach:	Brad Kaczmariski, CSCS	<a href="mailto:bkaczmariski@tampaprep.org">bkaczmariski@tampaprep.org</a>
Mascot:	Terrapins	
School Colors:	Red, Gold with Black	
School Website:	<a href="http://www.tampaprep.org">www.tampaprep.org</a>	
School Athletic Website:	<a href="http://www.tampaprep.org/page.cfm?p=21">http://www.tampaprep.org/page.cfm?p=21</a>	
Governing Bodies:		
❖ Upper and Middle School Athletic Programs	Florida High School Athletic Association (FHSAA)	<a href="http://www.fhsaa.org">www.fhsaa.org</a>
❖ Middle School Athletic Program	Florida West Coast League (FWCL)	

Hello,

*Welcome to Tampa Prep Athletics, where we encourage all students to take advantage of a team experience. Approximately 50+ teams at the Middle School, Junior Varsity, and Varsity levels offer every student an opportunity to participate in sports. We have an outstanding coaching staff, many of whom are classroom teachers here at Tampa Prep. All are dedicated professionals who coach a sport that they have a passion for.*

*It is our department's goal to assist Tampa Preparatory School in the development of our students. We realize that the lessons learned by our student athletes while participating in sports are vital to them becoming future contributors to society. We also realize that the experiences that our student athletes have during their time in our department will last for a lifetime. It is with this thought in mind that our staff is motivated everyday to present the best experience for our student athletes.*

*Our storied athletic program has won a plethora of championships on both the Middle School and Upper School levels throughout the years starting in the mid 1970s. While winning these championships, our programs have never lost focus on what is most important, the student athlete and their development as a young person. In the following pages you will find our guiding philosophies, procedures and guidelines. All of these are time tested and based on what our program feels is best for our student athletes.*

*Please feel free to contact us if you have any questions.*

*GO PREP!*

*Michael Flynn*

*Interim Director of Athletics*

## Tampa Prep Athletic Department Guiding Philosophies

- ❖ *Tampa Prep Athletics consists of students, coaches and support staff who have the following qualities:*
  - Integrity- Always doing the right thing in and out of the contest arena.
  - Energy- Work ethic. Year round in and out of the contest arena.
  - Caring- For our teammates, opponents and the rest of the Tampa Prep Family.
  - Passion- For learning their sport; playing their sport; competing in their sport; and coaching their sport.
- ❖ *Tampa Prep Athletics will provide the following experiences for student-athletes and their families:*
  - The student athlete will experience a safe environment.
    - Our student athlete's safety is our foremost thought. Our coaching staff and sports medicine team understands this and will insure that our athletes are in a safe environment.
  - The student athlete will experience a caring environment.
    - Tampa Prep Athletics is a place where the person inside of the uniform comes first. It is this "student" first attitude that has led Tampa Prep to their past successes and will lead us to many more.
  - The student athlete will experience a learning environment.
    - Tampa Prep Athletics will insure that every coach will have the requisite knowledge to teach their athletes the finer points of their sport. Our coaching staff will be tasked to stay on the cutting edge of teaching techniques and insure that they understand the different learning styles of their student athletes.
  - The student athlete will experience a competitive environment.
    - All of our teams will compete against the fastest, strongest, biggest and best. Our teams will not shy away from competing against the best.
  - The student athlete will experience a challenging environment.
    - The student athlete will be challenged everyday. These challenges come in the form of the daily tasks that an athlete must accomplish to be successful.
    - These tasks will range from developing time management skills (making time for homework and studying) and skill development in practice; to working hard in the off-season and learning the necessary athletic IQ (individual and team tactics) to insure that they and their team will be successful during competition.

## **Tampa Prep Athletics Programs**

*Tampa Prep Athletics is split into two programs; an Upper School Athletic Program and a Middle School Athletic Program. Both programs offer many opportunities to participate and compete while striving to uphold our department's and school's philosophy.*

### **Middle School Athletic Program**

*Tampa Prep Middle School Athletics is based on the philosophy of providing a safe environment to participate in sports. Middle School Student Athletes will have an opportunity to participate in a plethora of sports during their tenure in the Middle School. It is this diverse exposure to athletics and the amazing lessons learned while participating in them that will assist in their development as a young person.*

#### ***Middle School Athletic Program Offerings***

- ❖ Fall- Starts the 1st week of school
  - Swim/Dive, Cross Country, Boys Soccer, Girls Volleyball, Bowling
- ❖ Winter- Starts the 3rd week of October
  - Girls Basketball, Boys Basketball, Wrestling, Girls Soccer, Cross Country Training (Non-competition)
- ❖ Spring- Starts the 2nd week of February
  - Baseball, Softball, Tennis, Track and Field Cross Country Training (Non-competition), PE, Rowing

#### ***Middle School Athletic Program Information***

- ❖ Middle School Students are required to participate in at least one of three sport seasons. All are welcome to participate in more.
- ❖ Middle School practices are held daily from 2:00-3:30pm. Contests are usually held at 4:00pm, at home or away. Most teams will play two games per week.
- ❖ Middle School Teams have a "no-cut" policy.
- ❖ Large teams will be split into multiple teams and/or squads.
- ❖ Student athletes are placed where the coaching staff feels they will have the most success.
- ❖ Study Halls are taken during any sports season in which a student does not participate in a sport.
- ❖ In order for a Middle School Student Athlete to participate on an Upper School Athletic Team, the following items will be taken into consideration:
  - A Middle School Student Athlete Try-out form is completed and signed.
    - This form can be found at <http://www.tampaprep.org/page.cfm?p=31>
  - The student athlete must meet all academic and conduct requirements for an Upper School Athlete.
  - The student athlete is considered by the Upper School Coach to be able to contribute to his or her team.
  - The student athlete, their parent/guardian, the Director of the Middle School, the Director of Middle School Athletics, and the Upper School coach will have a meeting to discuss the pros and cons of this participation. It will be determined at this meeting whether or not the Middle School Student Athlete is allowed to compete on the Upper School team.

- Once a Middle School Student-Athlete participates in a contest with an Upper School team, that student athlete loses their Middle School Eligibility in that sport for the remainder of their Middle School Career.
  - Example- A student athlete participates in Upper School Volleyball during the 2010-2011 school year. That student athlete will lose their ability to participate in any Middle School volleyball contests for the rest of their time in the Middle School.
  - This student athlete however, will still be allowed to participate on other Middle School Athletic Teams (Soccer, basketball, etc.).

## Upper School Athletic Program

*Tampa Prep Upper School Athletics is based on the philosophy of a safe, challenging environment that provides a championship atmosphere. Both on the sub-varsity and varsity level, our coaches will teach their sports with the understanding that they are preparing their student athletes for not only winning championships but for life as well.*

### *Upper School Athletic Program Offerings*

- ❖ *Fall-*
  - Swim/Dive, Cross Country, Girls Volleyball, Boys Golf, Girls Golf, Bowling
- ❖ *Winter-*
  - Girls Basketball, Boys Basketball, Wrestling, Boys Soccer, Girls Soccer
- ❖ *Spring-*
  - Track, Tennis, Softball, Baseball, Rowing

### *Upper School Athletic Program Information*

- ❖ *Sub-Varsity Teams (JV and Freshman)*
  - Sub-varsity teams are viewed as a developmental environment.
  - Sub-varsity teams are for those student athletes that wish to participate, improve and compete in a given sport.
  - Sub-varsity teams have a "no cut" policy.
  - Sub-varsity teams will be fielded where the number of participants shows a need and where facilities and support structure can accommodate.
- ❖ *Varsity Teams*
  - Varsity teams are viewed as a championship pursuing environment.
  - Varsity teams are for those student athletes that have a high level of skill, competitiveness and will to win.
  - Varsity teams tryout periods range from two days to two weeks.
    - Varsity teams rosters limits are set by the FHSAA and will limit the amount of participants in some sports.
  - Fall Sports Tryout Dates for 2010-2011:
    - Swim/Dive- August 9, 2010
    - Boys and Girls Golf- August 9, 2010

- Volleyball- August 9, 2010
- Cross Country- August 16, 2010
- Bowling- August 23, 2010
- Winter Sports Tryout Dates for 2010-2011:
  - Girls Soccer- October 11, 2010
  - Boys Soccer- October 18, 2010
  - Wrestling- October 25, 2010
  - Girls Basketball- October 25, 2010
  - Boys Basketball- November 1, 2010
- Spring Sports Tryout Dates for 2010-2011:
  - Rowing- January 10, 2011
  - Softball- January 10, 2011
  - Track and Field- January 17, 2011
  - Baseball- January 17, 2011
  - Tennis- January 31, 2011

❖ *Multi-Sport Athletes*

- Multi-sport athletes are the backbone of Tampa Prep Athletics and all of our coaches will encourage and assist these athletes in participating in more than one sport.
- Athletes are expected to complete the sport season in which they are participating before beginning the next one.
- It is the responsibility of the student athlete to alert their coaches of their intention of playing sports in back to back seasons as soon as it is known.
  - This will assist both coaching staffs in communicating their attendance expectations for the student athlete for both sports.
- Attention will be paid to the student athletes' time and physical well-being when making attendance expectations for both sports.

❖ *Receiving a Varsity Letter*

- In order to receive a Varsity Letter, you must first be on a Varsity team and finish the season in good standing.
- Each sport will inform the student athlete of its own set of criteria for earning a letter.
- Once it is determined that a student athlete is to be awarded a Varsity Letter, the following awards will be presented:
  - A Sport pin and the Letter is received the first year of Varsity competition.
  - A Bar is given for the second and third year of Varsity competition.
  - A Star is given the fourth year and beyond of Varsity competition.

❖ *All-County/All-State/All-America*

- These honors are selected by the sports writers of area newspapers and nation-wide publications.
- Tampa Prep Athletics and its coaching staffs will provide the appropriate organizations the correct information on our student athletes in order to assist our amazing students in receiving these awards.

❖ *Scholarship Signing/ College Athletic Commitment Ceremonies*

- Tampa Prep Athletics wants to recognize the hard work that our student athletes put forth in order to play their sport at the next level in college.
- Tampa Prep Athletics will have a Scholarship/ College Commitment Ceremony once a year in the spring of each school year. In order to participate in this ceremony the student athlete must present the following to the Director of Athletics:
  - A NCAA Division 1 or 2 National Letter of Intent from the institution that the student athlete will be attending on scholarship.
  - A Roster Commitment Letter from the institution that the student athlete will be attending.
  - Confirmation from the Tampa Prep College Counseling Office that the student athlete has completed all necessary paperwork for entrance and will be attending said institution.

## **Upper School and Middle School Athletic Program General Information**

*In this section you will find information that is applicable to both Middle and Upper School Athletic Programs. If you have any questions, please contact the Athletic Department.*

❖ *Forms Required for Participation in Athletics*

- All students wishing to participate in athletics (Both Upper and Middle School) will need the following forms completed prior to being allowed to attend their first practice. All of these forms are available online at: <http://www.tampaprep.org/page.cfm?p=65>
  - FHSAA Physical Exam Form EL-2
  - FHSAA Consent and Release Form EL-3
  - Birth Certificate
  - Tampa Preparatory School Release and Consent Form
  - Tampa Preparatory School Pool Release Forms

❖ *Eligibility/Academics*

- Eligibility
  - All student athletes must maintain a cumulative 2.0 grade point average. Only semester grades count and any change in eligibility can only occur at the end of the semester.
- Extra Academic Help
  - Middle School Student Athletes will have access to study halls during their season.
  - Upper School Practices do not start until 4:00pm on school days in order to allow students to get extra help if needed. Extra help should be scheduled around practice and game times.

❖ *School Attendance*

- In order to participate in a game or activity on a given day, a participant must arrive at school by 8:00 a.m. Monday through Thursday and by 8:50 a.m. Friday and meet all appointments on the day of the game, unless specifically excused in advance or excused by a non-parent doctor's note.
- Any special circumstances will be handled by the Dean of Students in advance of the absence. Students participating in athletics or non-academic events are expected to turn in all assignments on time.
  - For any questions on this please contact Peter Shepley, Associate Head of School.

- When excused early for any contest (Early Dismissal), the student athlete is responsible for class assignments, notes, etc. that are missed.
- When excused from classes for a full day or more (Overnight during the regular or post-season), the student athlete must:
  - Have a release form signed by all teachers and division head.
  - Return the release form to their coach at least one (1) day prior to departure.

❖ *Conduct*

- Athletes
  - Abusive language, rude or disrespectful behavior will not be tolerated. All technical fouls, red cards, and unsportsmanlike conduct by student athletes will be reported to the Athletic Director and the FHSAA. Discipline can include suspension from the team for a determined number of days, weeks, or contests. Here are the conduct expectations our athletes:
    - All school rules apply at all athletic events, both home and away.
    - Represent your team and Tampa Prep in a respectful manner at all times.
    - Accept interpretations made by officials, whether or not you agree.
    - Shake hands with opponents before and after games.
- Parents/Spectators/Fans
  - Our first and only thought when being a spectator is to cheer on our team and players.
  - We are all responsible for upholding high standards of good sportsmanship. Your actions in the stands reflect on Tampa Prep so refrain from making loud, negative comments to the officials or the opposing team.

❖ *Communication*

- A critical part of being a Championship Athletic Program, is effective communication by all involved. It is vital that everyone (student athletes, coaches and parents) participate in communicating with one another in an effective manner.
  - The subjects of communication ranges from snacks and schedule changes to transportation and conflict resolution.
  - The forms of communications range from email to face to face meetings.
- When a situation arises that raises a question mark for the student athlete or parent/guardian, we encourage face to face communication to resolve the situation. Email and voicemails are not an effective way to resolve conflicts. Please adhere to the following steps when a problem arises:
  - Step 1- Player to Coach
    - As part of the development of our student athletes, we encourage that they do their part in this communication chain. The student athlete is to arrange a time when the student athlete can discuss their questions with the coach that is best for the student athlete, team and coach.
  - Step 2- Parent to Coach
    - If there was no resolution after the first step, then please contact the coach for a meeting. Please refrain from having this conversation before, during or after a contest.
  - Step 3- Parent to Director of Athletics

- If a satisfactory resolution has not happened, then contact the Director of Athletics and a solution will be found.

#### ❖ *Sports Medicine Staff*

- Andrew Sufficool, ATC is our full time Athletic Trainer.
  - He is available to see student-athletes at lunch time, 7th period, and after school for evaluation, taping, or follow-up rehab.
  - He will attend all home contests and practices.
  - He conducts annual Red Cross CPR and First Aid Training session for our coaching staff to insure that our student athletes will always have someone present to assist them in the case of injury.

#### ❖ *Billing*

- Each athlete has the potential to be charged for various items during their athletic season. Some of these items are, and yet not limited to: pictures, various clothing items, lodging on overnight trips, etc.
- At the end of each season, the business office will be provided an amount that is to be charged and each family will receive that amount via their monthly bill.

#### ❖ *Dress Code*

- Athletes, managers and coaches are expected to be dressed appropriately when representing Tampa Prep Athletics, including game days and practices.
- When team members step into the playing arena for a contest, all must be dressed alike—shirts tucked in and in the same attire.
- We are representing our team and School, not our individuality.

#### ❖ *Transportation*

- All student-athletes will ride the team bus to and from athletic events.
- Student-athletes may be picked up from their contest site by their parent/guardian.
- Parents will have to check out with the coach to insure the safe transfer of the student-athlete.
  - No student may ride in a car with any other student to practices or contests.
- Exceptions must have approval from the Director of Athletics.

#### ❖ *Weather*

- When weather threatens, the Athletic Office along with the coaching staff will make a decision as to the status of practices or games for that day no later than 2:00pm. The Athletic Office will update the website and insure that the proper announcements are made to notify the school community.

#### ❖ *Daily Athletic Updates*

- Up to the minute information about all Tampa Prep Athletic contests is available online. Just go to the Athletic Schedules and Results page on our website. You will be able to get dates, times, schedule updates and maps.
  - <http://www.tampaprep.org/page.cfm?p=22>

❖ *Admission to Athletic Events*

- There is no admission fee for any Middle School Athletic contest.
- Regular season Tampa Prep Upper School contests are FREE to Tampa Prep students and families.
  - All others will pay \$5.00.
- Post-Season Tampa Prep Varsity contests will have an admission fee for all.
  - The FHSAA dictates this and Tampa Prep has no control over price and who gets charged.

❖ *Managers*

- Student managers are highly valued by our coaches and are of great service to all teams.
- In the Upper School Athletic Program:
  - Student managers may be awarded a Varsity letter at season end. The Head Coach will let the student athlete know specifically what is expected of you.
  - Student managers will receive ¼ Physical Education Elective Credit for each sport that they manage for a complete season and in which they meet the requirements set by their Head Coach.

❖ *Weight Room*

- The weight room has dangerous equipment. Improper use of this equipment and improper use of this facility can lead to serious injury. For the safety of all in the weight room, Tampa Prep Athletics has these simple rules:
  - NO student may use the weight room without first completing a required orientation with one of our certified strength trainers.
  - No student may use the weight room without a certified coach or strength coach present.
  - Tampa Prep Athletics has two Certified Strength and Conditioning Specialists
    - Brad Kaczmarek, CSCS
    - Bruno Quattrone, CSCS

❖ *Equipment and Uniforms*

- It is the student athlete's responsibility to care for the equipment and team uniforms issued to you. If items are lost or damaged beyond what is considered normal wear and tear, your account will be billed for replacement costs. In general, uniforms should be washed in the gentle cycle in cold water, colors separated and hung to dry.

❖ *Out-of-School Competition and Club Sports*

- Many of our student athletes compete on sports teams outside of Tampa Prep.
  - AAU Basketball and Baseball, Club Soccer, Swimming and Volleyball.
- Along with this participation with out of school club teams, many of our athletes compete in multiple sports here at Tampa Prep. Typically the club season and school season within the same sport complement each other, so there is no direct conflict.
  - For example, the club volleyball season and school volleyball season are at different times of the year.
- However, there are many instances that a Tampa Prep student athlete will play one sport for Tampa Prep while playing the same sport, or a different sport, for a club team during the same season. When this occurs, communication is the key in order to navigate this situation successfully.

- Student athletes and their parents must communicate with their Tampa Prep coach to insure that the proper attention is being paid to the Tampa Prep Athletic Team. Our department understands the many demands that are placed on athletes today and it is our goal to insure that these demands are in the best interest of the student athlete, their teammates and Tampa Prep Athletics.

❖ *Holiday Conflicts*

- In all three of our sport seasons (Fall, Winter and Spring) there are times in which the school is closed for holidays, breaks and school work days.
- The possibility of a practice and or contest being scheduled during one of these breaks is a distinct possibility. Our department expects that our student athletes attend all scheduled team functions.
- If there is a conflict within the schedule of events for your student athlete's team, communication (following the guidelines set forth in the handbook) is essential in order to navigate each situation successfully.