

LREI Athletics: Sports Information Packet



Middle School Athletics

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To the LREI Community,

This handbook is provided to facilitate communication between the members of the LREI community who are involved in our athletics programs. It is our hope that by reading and using this handbook you will have a clear understanding of our philosophy, which is based on the development of athletic skills and sportsmanship through team experiences.

A commitment to the ideals and practices outlined in this handbook will support student participation and family involvement in the LREI athletic program.

For questions about the High School Athletics program, contact Marcus Chang at mchang@lrei.org. For questions about the Middle School Athletics program, contact Larry Kaplan at lkaplan@lrei.org.

We are looking forward to a great year ahead. Go RED!

Larry Kaplan & Marcus Chang
Co-Athletic Directors

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Overview

Students participate in the athletic program beginning in Fifth Grade. At this age, the student athlete is developmentally ready to experience the benefits of competitive sports, in which discipline, leadership, confidence, competition and other physical and psychological strengths are challenged. The students involved in competitive sports at LREI have a range of prior playing experience, skill and talent. Therefore, sportsmanship, teamwork and cooperation are important issues on which to focus in order to ensure individual and team successes. Our program is designed to enable students to have a positive experience through which to learn and master the fundamentals of each sport. Participants in the programs represent a range of experiences and abilities; some students will participate in the program to gain experience in new areas while other students will participate to support longstanding interests and high levels of skill. The sports offered at LREI are listed below.

Club Sports 5th/6th Grade	Traveling MS Team	HS Varsity Team
Fall Soccer	Fall Soccer, Volleyball, Cross Country	Fall Soccer, Volleyball, Cross Country
Winter Basketball	Winter Basketball	Winter Basketball
Spring Softball	Spring Softball 8th graders may participate in HS: Tennis, Golf, Track, Baseball	Spring Softball, Tennis, Golf, Track, Baseball

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Philosophy

The LREI sports program is well grounded in the school's founding mission. In particular, the program supports the stated goals of "combining respect, support and high expectations with rigorous challenges, broadening experiences [through] a wide range of stimulating opportunities for personal growth."

Through participation on our athletic teams students develop their physical skills and the ability to work together toward a common purpose; they also learn to represent the school within the broader community.

The emphasis on good sportsmanship fosters self-discipline and promotes responsible behavior and consideration toward others. The goal of the sports program is to encourage lifelong pursuits in physical activities and sports and to provide students with skills they will use well into adulthood.

The sports program is designed to complement the school's academic program. It is designed to challenge each student through active participation in a sports program that requires dedication and commitment.

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Goals of the LREI Athletics Program

- To develop good sportsmanship and a sense of fair play during practices and competition.
- To foster enjoyment of participation in sports and appreciation of the social and recreational aspects of participation in sports.
- To acquire the skills and knowledge about each area of sports in which students participate and to understand and appreciate the value of teamwork.
- To understand the role of sports as a means to develop better understanding of issues of personal health and fitness and to maintain a high level of personal fitness.
- To understand the principles of movement as they apply to the sports in which students are involved.
- To help students extend their limits physically, emotionally and psychologically and to attain a maximum potential in sports through practice, participation in games and personal goal setting.

Code of Conduct for Parents and Student Athletes

- To make a commitment to the team, game and practice schedule by attending all practices and games.
- To demonstrate and encourage good sportsmanship and good behavior at all times. This includes appropriate cheering from the sidelines and self-control. Coaches will be instructed to remove students or parents who do otherwise.
- To inform the coach of any particular problem or difficulty a student or parent may encounter.
- To be positive and supportive of all teammates during practice and games,
- To approach each contest in a positive manner, to be courteous to the officials, to never challenge an official's calls and to leave each contest with a cheer or a handshake for the opposing team.
- To play within the spirit of the rules and to have fun while being competitive!

Responsibilities of Student Athletes

- To be responsible for all equipment and uniforms issued. Uniforms must be clean and equipment in good repair. Students who fail to turn in equipment or uniforms will be billed for replacement costs. Uniforms should only be worn at games.
- Players should come prepared for all practices and games, having appropriate footwear and a change of clothing that is sport specific.
- While competing or practicing student athletes are representing the school and are expected to act appropriately.
- To show dedication and commitment to the team. This includes keeping informed about and attending all practices and games. Student athletes are expected to attend a minimum 3 days of practices/games a week.
- To inform the coach at least one day in advance of any unusual circumstances that prevent attendance at games or practices. Without such advance notice, student athletes may not be allowed to participate in or

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start a subsequent game. The coach will judge the merits of each situation as it arises.

- Players who are ejected from interscholastic games for “unsportsmanlike conduct” or other flagrant behavior will forfeit their eligibility to play in the next regularly scheduled interscholastic game or tournament game played in that sport.
- If at any time the Principal and/or Athletic Director due to academic concerns a student may be removed from a team until those concerns are dealt with.
- To check with classroom teachers ahead of time about any upcoming absence and to secure assignments for any classes missed due to games. Courtesy requires that students not disrupt classes when leaving early.
- Participating on a team will fulfill a student's PE requirement in the High School and attendance will be taken at all practices and games. If a student misses 20% of practices or games they will not receive PE credit.

Responsibilities of Parents

- To be supportive and respectful to student athletes, coaches and parents.
- To communicate to the coach or athletic director about any issues or concerns.

Responsibilities for Spectators

- 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.
- Any action that detracts from the ability of coaches, players and officials to do their best is not acceptable.
- Faculty members should remember that their responsibilities for student discipline and behavior extend to disciplining and controlling students who misbehave as spectators.

Team Composition and Divisions

- Any student choosing to participate on an athletic team in grades 5-8 will have every opportunity to do so. If an unusually large number of students turnout for a particular sport, efforts will be made to form additional teams to accommodate students. Head coaches, with the aid of their assistants, will assign students to teams.
- Ninth – twelfth grade student athletes constitute the Varsity team. The Varsity team will consist primarily of 9th -12th graders and in some instances 8th graders (tennis, golf and track). This team will play against other Varsity teams in either the G.I.S.A.L or the I.S.A.L.
- The 7th/8th grade students become the Middle School Traveling Team when referring to scheduling. The traveling team will consist of 7th/8th graders and all 7th/8th graders who are interested in playing will not be denied the opportunity to be on the team. This team will play against other 7th/8th grade teams.
- The 5th/6th grade teams are considered “club” teams. These club teams will compete and practice together as part of a developmental program to prepare them for our traveling teams in the 7th and 8th grades. Skill development and sportsmanship are the foundation of the program and are emphasized daily.

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- Team captains are chosen by coaches to act as models of good conduct for all team members.
- The head coach of the team will make every effort to play each student athlete in every game during the regular schedule and in any playoff game. There may be circumstances, however, in which not all team members will play in each game. The coach will make all decisions regarding substitutions.

Fall Sports

High School Varsity Team

Coed Soccer

- Open to 9th-12th graders.
- Student athletes are required to attend practices/games three times a week.
- Practices will be held between 3:00-5:30 (Coaches will announce specific times.)
- Practices will start the week of September 10th.
- Team plays in the I.S.A.L. league.

Girls Volleyball

- Open to 9th-12th graders.
- Student athletes are required to attend practices/games twice a week.
- Practices will be held between 3:30-5:30 (Coaches will announce specific times.)
- Practices will start the week of September 10th.
- Team plays in the G.I.S.A.L. league.

Coed Cross Country

- Open to 9th-12th graders.
- Student athletes are required to attend practices/games twice a week.
- Practices will be held between 3:30-5:30 (Coaches will announce specific times.)
- Practices will start the week of September 10th.
- Team plays in the I.S.A.L. and G.I.S.A.L. league.

Winter Sports and Spring Sports information will be posted one month before the beginning of the each season.

Middle School Traveling Team

Coed Soccer

- Open to all 7th-8th graders.
- Student athletes are required to attend practices/games twice a week.
- Practices will be held between 3:30-5:30 (Coaches will announce specific times.)
- Practices will start the week of September 10th.

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Coed Volleyball

- Open to all 7th-8th graders.
- Student athletes are required to attend practices/games twice a week.
- Practices will be held between 3:30-5:30 (Coaches will announce specific times.)
- Practices will start the week of September 10th.

Coed Cross Country

- Open to all 7th-8th graders.
- Student athletes are required to attend practices/games twice a week.
- Practices will be held between 3:30-5:30 (Coaches will announce specific times.)
- Practices will start the week of September 10th.

Winter Sports and Spring Sports information will be posted one month before the beginning of the each season.

Club Teams

Coed Soccer

- Open to all 5th and 6th graders.
- Student athletes are required to attend practices/games twice a week.
- Practices will be held from 7:00AM-8:00AM (Tentative)
- Practice days are Tuesday and Thursday
- Practices will start the week after Greenkill

Winter Sports and Spring Sports information will be posted one month before the beginning of the each season.

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Sportsmanship

The never ending story

When teaching at LREI, we emphasize the importance of sportsmanship from the first day of the Fours until graduation from high school; we see the progression of the children's development of sportsmanship during both physical education classes and through the athletic program. Children understand what sportsmanship is and how to act or react during a game of competition. Parents, too, need to understand the important lessons of sportsmanship that the children are learning. Without support from home and family, young athletes may be in conflict as to what is appropriate behavior during games and practices.

LREI teaches the importance of sportsmanship throughout our fourteen year physical education program and through the after school sports program. It is one of the most important lessons children learn in our program because through sportsmanship one learns how to treat others.

Children emulate the role models we provide as parents and teachers. In addition, they emulate the athletes visible on the fields, in gyms, and on TV. It is important as a school and community to be aware of how we act and react as parents, spectators, athletes and students during events where LREI is involved. We want people to walk away from the games and contests with a feeling of enjoyment and respect for the opposing teams. Making facial expressions, talking back to officials and acting aggressively toward something or someone are examples of behaviors that are unacceptable. Not only will student athletes act out these behaviors, but fans and spectators may assume that they can as well.

The following pages provide a simple explanation of what sportsmanship is and some guidelines and expectations to follow as an athlete, parent or spectator.

Sportsmanship is the art of building character. Sportsmanship is showing character, class, and spirit when you win or lose. It is holding your head high, confidently, with the feeling that you put out the effort needed to accomplish the goal. Our school has developed a healthy and natural competitive spirit. We are consistently competitive with the schools in our league. Some years we demonstrate more skills and talent than others, but sportsmanship should always remain a focus. We should always demonstrate good character, class and spirit whether our teams are winning or losing. There is never an excuse for a lack of sportsmanship among fans, spectators, students and athletes.

Developing the attribute of sportsmanship is never ending. It occurs throughout life, along with development of self-esteem, confidence, skill, and other elements that emerge throughout childhood. So what exactly is it? Athletes need to learn how to lose and how to win. This is perhaps the most important lesson children learn throughout their years at LREI.

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Five Simple Guidelines for Playing and Competing with Class

- Have fun playing the game. Put your effort first and results second. Do not let winning become the most important outcome. As a parent, ask your child if he or she had a fun time, how did he or she play, and what was the highlight of the game. Do not automatically ask if the team won.
- The athlete should always be listening to the coach. As a parent, if you have coached your child in the past, let him or her experience something different from another coach. Let the coach be the coach.
- Let the officials officiate and never question an official's call. They are trained to keep the game safe. Remember that officials are human beings too. They have feelings and might make mistakes.
- Cheer positively for both sides. Show an appreciation for the skill, talent and effort the athletes are demonstrating. Respect each other at all times.
- Celebrate with class and enjoy the event in which students come together to play.