



Scottsdale Prep Athletics

Scottsdale Preparatory Academy MS/HS Parent and Student-Athlete Handbook 2023-2024

**The pain of discipline is far less than the pain of regret.
-Sarah Bombell**

2023-2024

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Scottsdale Prep Athletics

Dear Student-Athletes and Parents/Guardians:

Welcome to Spartan Athletics!

As Athletic Director, it is my pleasure to welcome you to the Scottsdale Preparatory Academy Athletics family. In making the commitment to participate in interscholastic athletics at Scottsdale Prep, you have also chosen to become a part of a tradition that recognizes the scholar-athlete as the embodiment of the soundest of minds and of bodies.

Scottsdale Preparatory Academy is committed to providing opportunities through athletics for our student-athletes to mature physically, emotionally, academically, and socially. While we recognize the value of participation in athletics, we also acknowledge the primacy of academic pursuits and utilize our sports programs to support and enhance our academics. Scottsdale Prep Athletics measures success not only by won-loss records and league championships, but also by the development in our student-athletes of exemplary character traits, a commitment to excellence in all endeavors, and the lifelong pursuit of an active and healthy lifestyle.

In closing, it is my hope that our student-athletes will challenge themselves to achieve beyond expectation, to exceed self-imposed limits, to enhance their own lives and the lives of others through good words and deeds, and to provide leadership and mentorship to the younger members of our school community. I look forward to witnessing your growth as student-athletes through participation.

Sincerely,
Duane Ediger
Athletic Director
Scottsdale Preparatory Academy



Scottsdale Prep Athletics

Scottsdale Preparatory Academy Interscholastic Athletics Mission Statement

Scottsdale Preparatory Academy's interscholastic athletics program is committed to promoting, directing, and conducting interscholastic athletics in such a manner as to further the missions of Great Hearts education. The athletic program strives to teach advanced knowledge and skill of sports, to promote friendly relationships between schools and individual student-athletes, to encourage participation, and to teach positive sportsmanship and fair play. Participation in interscholastic athletics is designed to enhance within individual student-athletes the development of virtuous character traits, to encourage a lifelong commitment to a healthy and active lifestyle, and to provide a positive outlet for competition.

Athletics at Scottsdale Prep play an important role in the development and maturation of participating student-athletes. Sports provide middle school and high school athletes the opportunity for physical, mental, emotional, and social growth. Interscholastic competition promotes school spirit and assists students, staff, athletes, and the entire Scottsdale Prep community in developing a sense of school pride. As significant as athletics are, however, they do not overshadow the importance of academics. The Scottsdale Prep athletic philosophy is founded upon the belief that education is the primary reason for students to attend Scottsdale Prep and that athletics comes along side and helps students learn lifelong skills that benefit in their growth and maturation.



Scottsdale Prep Athletics

Scottsdale Preparatory Academy

Athletic Foundation to Achievement

Achievement of the highest level of success to some is the impossible, whereas, to others the goal is to achieve the impossible through setting their sights at the highest level. Many parts properly placed are needed to achieve the impossible which results in a focus being on **teamwork**. Pat Williams writes in his book Extreme Dreams Depend on Teams, "If you want to achieve a grand vision, if you want to make "impossible" dreams come true, then you need the power of teamwork. Extreme dreams really do depend on teams." Williams goes on to outline the characteristics needed to accomplish dreams through his guidance in the areas of talent, great leaders, commitment, passion, thinking, empowerment, respect, trust, and character.

How do we reach the impossible dream? It is not something that just happens because we want it to. It is like building a home. Ideas need to be established, evaluated, and refined so that a **plan** can be developed that allows for the best outcome possible. In the book Pyramid of Success Playbook written by John Wooden, it states "A playbook is a game plan. It is a scheme to help players and teams perform at their best. Whether the endeavor is in basketball or life itself, the participant needs an action plan." Furthermore, Wooden's Pyramid of Success puts the **plan** into place through clearly stated building blocks that strive for the ultimate goal of **success**. Although there can be many definitions of success, Wooden states, "**Success** is a piece of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming."

Through the development of a plan of action, the utilization of teamwork, and the ultimate goal of success for the Scottsdale Prep community, we as an Athletic Department should strive to serve adults and their children in a manner to develop positive and contributing citizens within the community. Three components of this development and positive end result would include: **participation**, **community**, and **competitiveness**.

Participation can take on many meanings, some of which go beyond the physical participation on an athletic team. In an effort to develop a well-rounded individual both mentally and physically with experiences that empower truth, beauty, and goodness, Scottsdale Prep athletics should strive to involve as many students as possible in the athletic programs.

While some students will choose to participate as others do not, building a strong **community** of support as teammates is going to enhance the opportunity for success. Community development involves a support system of parents, faculty, team members, and non-participating students all sharing the common goal of providing the desired outcome of success within the Scottsdale Prep athletic program.

Competitive greatness, which is the ultimate outcome in Wooden's Pyramid of Success is defined as: "Perform at your best when your best is required. Your best is required each day." Finding the means for **competitiveness** at the highest level that our potential allows starts with participation and will be accomplished through a plan of action that includes teamwork through the support of our community.



Scottsdale Prep Athletics

Eligibility

In order to participate in athletics, student-athletes at Scottsdale Prep must meet both AIA (Arizona Interscholastic Association) and Scottsdale Preparatory Academy eligibility requirements.

AIA Eligibility Requirements (High School)

- A Student has not reached his/her nineteenth (19th) birthday on or before September 1 of the school year of competition.
- A student is enrolled in at least five (5) credit-bearing classes for the semester in which the event takes place.
- A student's school attendance has not lapsed for a period of more than ten (10) consecutive days (disabling sickness of self or immediate family excepted).
- A student is an amateur, having never accepted a monetary award in any form or amount.
- A student has never competed under a false name.
- A student is not allowed to participate on outside teams, in the same sport, during the sport season unless this is permitted by AIA guidelines.
- A student is enrolled in grades 9, 10, 11, or 12 for not more than eight consecutive semesters and has not competed or had the opportunity to compete for more than four seasons in any sport.
- A transfer student has obtained the proper AIA waiver.

Academic Eligibility Requirements (no pass – no play)

- Student-athletes must be enrolled at Scottsdale Prep in six high school level courses, and maintain satisfactory progress toward graduation throughout each of their four years.
- To be eligible for extracurricular activities at SPA, the student must maintain passing grades in all subjects and must have displayed good behavior. Students grades will be evaluated using the 1st quarter, semester and 3rd quarter grades. If a student has a failing grade, below 60%, at any of these evaluation periods, they are ineligible for 3 weeks from the end of the previous quarter/semester. After 3 weeks the students grades will be checked, if he/she is passing all classes they will be eligible until the next evaluation period.

Attendance Eligibility Requirements

- Student-athletes must attend a minimum of one-half of their classes during the school day in order to participate in practice or competitions. In the case of extenuating circumstances, school administration may grant relief from this requirement.
- Student-athletes must attend 90% of the total school days in any given semester.



Scottsdale Prep Athletics

Competition Missed Class Time

Students missing class as the result of competitions or team activities are responsible for communicating with the instructor in advance of the absence. When class is missed, it is the students responsibility to complete class work, tests, projects, etc. and provide to the instructor within established timeframes.

Outside Participation Eligibility Requirement

A high school student-athlete who is a member of a Scottsdale Prep High School athletic team may not practice with or participate/compete on another group, club, organization, or association team in that sport during the Scottsdale Prep season of competition. Season of competition begins on the date of the first Scottsdale Prep competition, and concludes on the date of the final Scottsdale Prep competition. During any given athletic season, a high school student-athlete who plays a particular sport for Scottsdale Prep may not play that sport for any other team unless allowed by the AIA (please contact the SPA AD if there are questions in reference to this AIA rule).

Registration Eligibility Requirements (incomplete – no play)

In order to be eligible to tryout for, practice with, and compete on a Scottsdale Prep athletic team, student-athletes must have all of the necessary documents, listed below, completed and on file in the Scottsdale Prep athletic office and have payment made. Coaches will be notified by the Athletic Department when student-athletes have completed and turned-in all necessary paperwork and are cleared for participation (all forms and payment will be submitted through the SPA athletic Website). Athletic participation paperwork is found on the Scottsdale Prep athletic website.

- Annual Pre-Participation Physical Evaluation (AIA Forms 15.7-A).
- Annual Pre-Participation Examination (AIA Form 15.7-B) – The physical examination for the following school year should be performed on or after March 1, and is valid for one school year. The medical examiner must be a doctor of medicine (M.D.), an osteopathic physician (D.O.), a certified registered nurse practitioner licensed to practice (N.P.), or a certified physician's assistant (PA-C). Scottsdale Prep will conduct an on-site physical clinic, for a minimal fee, each school year in either the spring or the fall for the convenience of Scottsdale Prep families.
- Annual Preparticipation Acknowledgement Statement (HS only) 15.7-C.
- Annual Preparticipation Consent to Treat form (HS only) 15.7-D.
- “Brainbook” Concussion Training and test on the AIA website (HS only).
- “Opoid” Education Course on the AIA website (HS only).
- Scottsdale Preparatory Academy Student-Athlete Handbook Signature Sheet – signed by parent/guardian and student-athlete.



Scottsdale Prep Athletics

- Copy of the student-athlete birth certificate (on file with Scottsdale Prep).
- Participation fee paid.

Athletic Participation Fee Includes

- Sport specific t-shirt that is allowed to be worn to school on all game days (MS and HS).
- Personalized backpack for the first sport played at SPA (HS only).

Sports Offerings

Athletic offerings are determined by demand, participation numbers, opponent availability, facility availability, and economic feasibility.

High School Sports at Scottsdale Preparatory Academy

High School sports in which Scottsdale Prep student-athletes may participate at the high school level are listed below by season of activity. For the 2023-24 school year, Scottsdale Prep is a full member of the AIA and competes against other AIA member schools. Presently, Scottsdale Prep is in the 2A Conference.

Fall

Cross Country
Football
Swim & Dive
Volleyball

Winter

Basketball
Soccer

Spring

Baseball
Golf (co-ed)
Tennis
Track & Field
Beach Volleyball
Softball

Middle School Sports at Scottsdale Preparatory Academy

Middle School sports in which Scottsdale Prep student-athletes may participate at the middle school level are listed below by season of activity. Scottsdale Prep is part of Great Hearts Academies and competes within the Great Hearts Middle School League (GHMSL) while also scheduling contests with local public and private institutions.

Fall

Cross Country
Football
Golf
Volleyball

Winter

Baseball
Softball
Soccer
Tennis

Spring

Basketball
Track & Field
Swim & Dive

Middle school and high school students who desire a less traditional athletic experience may choose to participate in SPA offered instructional sports that include Archery and Golf. While



Scottsdale Prep Athletics

participation in extracurricular activities is not a required component of the Scottsdale Prep curriculum, students are highly encouraged to take advantage of the opportunity for social, emotional, academic, and physical growth that participation in extracurricular activities often provides.

Behavior Expectations for Scottsdale Prep Athletics

Scottsdale Prep student-athletes represent far more than simply the athletic teams of which they are members. When in uniform, student-athletes embody the ideals of Scottsdale Preparatory Academy, and are expected to behave at all times in a manner that makes Scottsdale Prep students, staff, and families proud. The privilege of being a Scottsdale Prep student-athlete comes with added responsibility. Student-athletes are expected at all times to exemplify the qualities of excellent character, good sportsmanship, and respectful interactions with officials, teachers, administrators, parents, coaches, teammates, and opponents.

Behavior Expectations During Contests

Scottsdale Prep student-athletes are expected to conduct themselves in an appropriate manner at all times, whether they are directly involved in a contest or seated on the bench. Officials, opponents, and spectators should always be treated respectfully, even when emotions run high during particularly critical moments in a game. Win or lose, it is considered good sportsmanship at the conclusion of athletic competition to shake an opponent's hand and to thank the officials for their efforts. Behavior on the bench and within the contest often influences spectators' reactions to the calls of the officials. Scottsdale Prep student-athletes should always strive to set positive examples by treating officials and opponents respectfully, by exercising self-control through resisting the impulse to argue, taunt, or make inappropriate gestures, and by gracefully accepting both victory and defeat.

Problem Resolution: Voicing Concerns and Making Suggestions

If a parent, player, or fan feels it necessary to voice concerns, they should do so in an appropriate manner. Concerns should first be presented to the coach and then to the Athletic Director, and lastly to the school administrator. Concerns should not be directed to other parents, assistant coaches, etc. and should be presented through the making of an appointment with the appropriate individual. Effort should be made to follow the 24 hour rule; if a concern is considered, the situation should be well thought out and evaluated before approaching the appropriate individual and this is done after a 24 hour period following the situation.



Scottsdale Prep Athletics

Parent, Player, Coach, and Fan Decorum

- Parents and fans are discouraged from coaching (yelling instructional thoughts) from the stands, as well as second-guessing coaching decisions. Such things may contribute to confusion and tension for the athletes and ultimately detract from their performance.
- Parent and fans should take care to remember the basics of good sportsmanship:
 - Show respect and appreciation to opponents.
 - Respect and honor the decisions of game coaches.
 - Respect and honor the decisions of game officials.
- Parents and fans must remain in the stands at all times unless they have been issued a field or court pass by the Athletic Department.
- All parties should respect home and away facilities by keeping them clean and following any posted or published rules.
- Parents and fans should edify all participants (players from both teams, coaches, officials, and support personnel).
- Coaches and student-athletes are required to present themselves in a professional manner through their attire, actions and behavior.

Consequences for Inappropriate Behavior

Scottsdale Prep parents, student-athletes and coaches who behave inappropriately should expect to suffer negative consequences for their actions. Coaches and school administrators will meet to discuss the severity of the infraction and to agree upon appropriate consequences for the individuals behavior. Depending upon the nature of the infraction, consequences may include a warning, detention, suspension, loss of participation privileges for a specified period of time, or dismissal from the team. Student-athletes who are dismissed from a team for behavior violations forfeit their certificate, and risk the loss of participation privileges during the following athletic seasons. A parent, student-athlete or coach that is ejected from a game, at minimum, will be suspended from participation in the next contest.

Harassment/Hazing

Abusive or humiliating harassment and/or hazing are strictly prohibited within the Scottsdale Preparatory Academy family. These are unacceptable practices in any athletic, extracurricular, or academic endeavor. Student-athletes who engage in any type of harassment and/or hazing activity can expect to be severely disciplined.



Scottsdale Prep Athletics

Travel/Transportation

Transportation to and from athletic contests and practices are generally provided by parent volunteers. Parents should be prepared to provide proof of insurance and a copy of a current driver's license to school administration. As with many volunteer positions at Scottsdale Prep, a fingerprint clearance card may be required.

Student-athletes are expected to display exemplary behavior when being transported by their parent or the parent of a teammate. Failure to behave appropriately will result in loss of privilege to travel with anyone other than a student-athlete's own parent. At contests and practice facilities, team members are expected to remain with their teams and under the supervision of the coaching staff before, during, and after games and practices. It is expected that parents will honor their commitment to picking up their children within fifteen minutes of the conclusion of a practice or game.

Game Day Attire-Students

Student athletes' options for school attire on game days:

- SPA required school uniform.
- Males-approved sport specific team t-shirt or white dress shirt and tie.
- Females-approved sport specific team t-shirt.
 - Approved sport specific t-shirts will be ordered for all registered students at the closing of that sports registration; approximately one week before the first allowable practice.
 - Game uniforms are not allowed to be worn to school.

Practice Attire-Students

The coach of each team will provide guidance on the type/style of clothing that students are expected to wear during practices. Representation of non-SPA schools/teams is not allowed to be worn at practices.

Coaches Game and Practice Attire

Coaches are expected to dress in a manner that is professional and within the standards of the sport they are coaching. Coaches are encouraged to wear the school provided polo when coaching competitions.



Scottsdale Prep Athletics

Care of Athletic Equipment and Uniforms

Each school year, Scottsdale Prep spends thousands of dollars on athletic equipment, uniforms, and supplies. Most of these items are expected to last for several years. It is important that every student-athlete makes the effort to properly care for the equipment, uniforms, and supplies provided them so that these items will be available for use by student-athletes in following years.

The athletic department will assign uniforms, practice gear, and equipment to student-athletes at the beginning of each athletic season. At the conclusion of the season, student-athletes are responsible for the return, in reasonably good condition, of any clothing or equipment assigned to them. Student-athletes who lose, purposely damage, or fail to return athletic clothing, gear, or equipment issued to them will be required to pay for its repair or replacement. Student-athletes who lose or fail to return uniforms issued to them will lose the privilege of participation during the next athletic season until the uniform is returned or until the Athletic Department is financially reimbursed for the loss.

Playing Time

The coach of each team at Scottsdale Prep is committed to helping all student-athletes become the best they can be at the sports in which they participate. He/she strives to assist student-athletes in reaching their full athletic potential. Coaches typically focus on teaching the fundamentals of the sport, helping student-athletes develop sport-specific and social skills, and preparing players for the lifelong pursuit of athletic, academic, and social success. Parents and players should remember that playing time issues are the responsibility of the coach. We encourage players and parents to avoid questioning of playing time related issues; however, if a player or parent has a persistent concern, such concerns are brought directly and exclusively to the team's coach.

Interscholastic sports at Scottsdale Prep are characterized by intense competition. Playing time opportunities are usually given to those players who give the best effort, have the most positive attitude, and possess the most complete skill set. The coach is trying to put the best combination of players on the field or court, and his/her evaluation regarding playing time may differ from that of the student-athlete and their parents/guardians. Most athletes will discover that if they are patient over the course of a season, maintain a positive attitude, and give consistent effort in practices and games, they will develop the competitive skills and experience essential to earning more playing time.

Playing time expectations are stated as follows: High School varsity coaches are not required to give each team member playing time, although most coaches will attempt to give all participants playing time during the course of the season. High school JV/freshman and middle school coaches will provide playing time opportunities in all regular season competitions. During end of season tournaments, coaches are not required to have all players participate in competitions. The



Scottsdale Prep Athletics

exception to this guideline, which could result in a student not receiving playing time, would be if a student is not attending all practices or has presented negative behaviors.

Athletic Refund Policy

Athletic refunds will be allowed to families if requested to the Athletic Director within the following timeframes; minus a \$15 fee for the shirt that was order and an additional \$90 fee if a backpack was issued:

- Sports that make cuts
 - no refunds after cuts are made
- Sports that divide into multiple teams: ex. high school varsity/JV or middle school A/B/C
 - no refunds after teams are divided
- Single team sports with no cuts or division of teams
 - no refunds after five scheduled practices

Injuries

Student-athletes who become injured during practice or games must notify their coaches immediately of their situation. Coaches do not want their players to further hurt themselves by continuing to play despite a painful or serious injury. This is especially important with regard to blows sustained to the head and neck areas. Students who miss practice or playing time due to injury that was evaluated by an athletic trainer or physician must provide written, medical clearance, from their physician indicating release to participate before they will be cleared by the Scottsdale Prep Athletic Department for resumption in participation.

Conditioning and Training Rules

Coaches are proficient at developing conditioning and training routines designed to improve strength, flexibility, and endurance without putting athletes at high risk of injury. Student-athletes should follow their advice and suggestions in order to become better-conditioned athletes. They should listen carefully to coaches' instructions regarding proper techniques when stretching, conditioning, drilling, and weight training.

Training and Conditioning in the Heat

The following suggestions should be followed when conditioning, practicing, or playing during periods of high heat and/or humidity, such as the conditions athletes experience in late summer/early fall and late spring in Arizona.

- Be aware of the effects of heat on your body. During hot weather, student-athletes should increase fluid intake and wear lightweight clothing in order to prevent heatstroke and heat exhaustion.



Scottsdale Prep Athletics

- Student-athletes should acclimate their bodies to hot weather activity gradually by working out in moderate sessions during the early morning or early evening hours when it is coolest outdoors.
- The most important safeguard against heat-related illness is sufficient replacement of fluids. Student-athletes should rest in shaded areas during breaks provided by their coaches, and drink fluids during their rest periods. During periods of intense physical activity, electrolytes lost through perspiration must be replaced. They can supplement water intake with sports drinks and eat salty foods.

Selection of Captains

The head coach will determine the method of selecting captains for the team under his/her guidance. In selecting team captains, the coach is encouraged, but not mandated, to consider returning players and/or upper-class students as the primary candidates. Athletic ability is only one of many factors to be considered by the coach.

End of Season Athletic Awards

Outstanding team and individual accomplishments are recognized and celebrated. Athletic award event dates and times will be communicated to student-athletes and their families by coaches and/or the Athletic Department. Parents/guardians, siblings, extended family members, and friends are all invited to attend.

Special Events & Coach Requirements

Start of School Year Athletic Department Information Meeting

The athletic department will oversee and informative parent meeting early in the school year to review SPA athletics.

Pre-Season Team Meeting

Each team/program is required to host a pre-season meeting which is designed to create enthusiasm, review policy, inform parents and players about injury risk and prevention, solicit volunteer help, meet coaches and answer any questions that players and parent may present.

Awards Assemblies

Athletic teams and/or the athletic department will conduct an awards assembly at the conclusion of the season where athletes will be honored. Parents and families are encouraged to attend and dress guidelines must be followed. This is part of the athlete's season and all team members are expected to attend.

Senior Recognition

There will be a recognition evening each season at one of the school's last competitions where in-season senior athletes are recognized with their parents.

Scottsdale Prep Athletics

