



Legacy SCHOOLS



Sports Parent /Athlete Handbook

Our mission is to develop competitive scholar-athletes and promote lifelong qualities of sportsmanship, teamwork, commitment, leadership, respect, and integrity



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Introduction

Our competitive athletic programs are provided to help scholar-athletes grow academically, athletically, physically, and socially. Legacy Schools will encourage and support broad participation from as many scholars as possible, whose teams will compete on an equitable basis with other schools without sacrificing sportsmanship, scholarship, and the general welfare of the school and scholar.

In partnership with the scholar and parent, the duty of the instructional and coaching staff is to help foster success in an honest and sportsmanlike manner through a variety of experiences by teaching our scholar-athletes positive attitudes and safe and appropriate standards of behavior. Some of the standards to be included are sportsmanship, citizenship, scholarship, responsibility, reliability, dependability, integrity, self-discipline, self esteem, teamwork, and commitment to serving and improving the school and civic community. We believe that all scholars will contribute to the community by engaging in activities to help make our community a better place to live and work. We believe that parents play a vital role in the development of the scholar-athlete. Playing under a code of good sportsmanship fosters enjoyment and participation in athletics, maximizes athletic ability and helps individuals strive for personal and team success.



The primary purpose of this handbook is to acquaint you with the policies and expectations of the Legacy Prep Program. You are responsible to read, know, and understand the complete contents of this handbook. In the event that there is something in this handbook you do not understand, please bring it to the coaching staff's attention as soon as possible.

This handbook was made to encourage the lines of communication between you and the coaches. We must have guidelines so that all participants can have an equal chance to become part of our program. Our policies have been put in this booklet so you can refer to them from time to time during the course of the season. **WELCOME TO LEGACY PREP ATHLETICS!**

Legacy Sports Philosophy

The athletic program at Legacy Prep is a voluntary program. It is a privilege, not a right, to be in athletics; therefore, it is necessary for scholar-athletes to hold to a certain code of conduct that is above and beyond those followed by their peers. Expectations of discipline, character, and integrity are the integral parts of the Legacy Prep Sports Program. Athletes are role models and represent the many scholars who will come after them.

Academic success is necessary to compete in the athletic program and necessary for successful team participation. A scholar-athlete is expected to be a scholar first and an athlete second.

The off-season program is designed to build character, discipline, integrity, and a dedicated work ethic. Strength, quickness, endurance, mental toughness, and a winning attitude will be developed throughout the year. Athletes will be evaluated on a constant basis to develop each individual to the best of his / her ability.

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in an interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct tarnish the reputation of everyone associated with the athletic program and will not be tolerated. Negative attitudes and behaviors violate team goals and philosophies. Violations will result in losing the privilege of participating in athletics.



General Rules and Guidelines

- 1) Safety is a priority for all athletes and all athletes should be equipped with proper safety equipment
- 2) Athletes will not argue with referees, coaches, or athletes from either team, or with any spectators.
- 3) During a game, athletes will remain in the bench area. There should be no visits to parents, siblings, etc., without a coach's permission. No one other than the coaching staff and athletes will be allowed on the benches or in the bench area, without approval by the coaches.
- 4) Usage of tobacco, alcohol, illegal drugs, and misuse of prescription drugs.
- 5) Maintaining a positive presence on social media.
- 6) No profanity
- 7) If you have to miss a practice please notify your coach.
- 8) Treat others as you would like to be treated.
- 9) At **ALL** times you will be held accountable for your actions.
- 10) No Inappropriate Use of Technology.
- 11) No jewelry during athletics, practice or games.

Athletic Profile

Everyone wants to be a starter on our athletic teams. Unfortunately, not all of you will. The coaches will determine the role in which you will contribute to our teams. We feel it is important for you to understand how decisions are made. You will find out that playing time is based on the following criteria:

Knowledge of position: We will not play people who do not know their positions. Missed practices will affect this matter.

Hustle & Effort: Everyone is required to give 100% at all times!! Extra effort and hustle helps win games!! Run to and from drills! Never let your coaches see you walk off and on the court!!

Attitude: Attitude is everything!! There is no room for you on a team with a **BAD ATTITUDE!** Be a leader, be enthusiastic, and be positive with your teammates!

Talent: Practice good work habits!! Perfect Practice makes perfect!! Improve your strengths and work on your weaknesses. Learn and love to get better at what you do. Work with a purpose - that is to get better!!

We have set up an open door policy to discuss your work ethics. At all times we will be fair. If you have any concerns, we ask that you (the athlete) address it with your coach. Be responsible for your own actions!! A coach's decision is final in the selection of the teams. Your playing time is determined by the effort you put forth to the team!!



Scholar-Athlete Guidelines & Rules of Conduct

The purpose of Legacy Sports is to put forth a quality sports program for our scholars. Legacy endeavors to coach, teach, and guide its scholars in the fundamentals of all sports, while striving for fun for all involved. Legacy sports goal is to assist its athletes to achieve and succeed at their highest competitive level of cheer, dance, kickball, track, basketball, flag football, softball and develop skills to be used throughout life. It is the collective responsibility of the Athletes, Parents/Guardians, Coaches, and all involved, to carry out this mission.

As a Legacy Athlete, I will:

1. Enthusiastically participate in all team practices, activities, and games.
2. Notify the Head Coach of my team in advance of any anticipated absences from practices or games.
3. Realize I am privileged to be a highly visible representative of my school and will conduct myself in accordance with good sportsmanship and good conduct at all times, on and off the court, in and out of season, and in victory or in defeat, and most specifically when wearing a Legacy uniform for any reason. I play for the name on the front of my jersey and not the back of it.
4. Although Legacy Sports recognizes athletes and parent rights to fully participate in social media, using social media to post racist, obscene, profane, degrading information or for cyber-bullying will not be tolerated. This also includes derogatory comments regarding coaches, team members, opponents, and referees. Concerns should be addressed through proper channels with the organization - Coach, Administration and Head of Schools. Included in this packet is a Social Media Conduct guide that includes Key Points to remember when online and tips for successful use of social media to help navigate through the challenges of social media. It is understood that participation in athletics is voluntary and constitutes a privilege and not a right. Legacy Prep Athletes are representatives of their team, Legacy Prep, and the community. The following rules of conduct have been determined to apply to all athletes participating in teams involved with Legacy Sports. To ensure that the rules governing athletic participation are communicated to all participants and their parents / guardians, all athletes and at least one parent / guardian are required to sign this code of conduct document ensuring that the policy was read and understood.

Athlete Name: _____ Athlete Signature: _____ Date: _____

Parent Name: _____ Parent Signature: _____ Date: _____

Parent Guidelines and Rules of Conduct



1. Be aware of the eligibility-related guidelines described in this document, and support Legacy Prep in its efforts to enforce these guidelines.
2. Understand that possession and/or use of alcohol or controlled substances is both illegal and prohibited at all Legacy Prep facilities. Violation of this policy will have consequences as determined by the Head of Schools and could include the related athlete's removal from the team.
3. Understand it is my responsibility to be a role model and a positive influence, not only for my own scholar but also for other scholars. This includes not exhibiting unacceptable behavior at games or Legacy Prep activities and maintaining a positive presence on social media. Examples of unacceptable behavior include intoxication, negative, demeaning, and abusive behavior towards athletes, coaches, and referees --- verbal, texting, social media, email.
4. Acknowledge that I must place the commitment to academic achievement above the commitment made to Legacy Prep. However, I also understand Legacy Prep provides the benefits of athletic conditioning and competition, as well as recreation, and that a healthy balance of these, along with others (e.g. family, religion, school, etc.) is helpful to my scholar becoming a well-rounded person.
5. Discuss matters with Coaches and Athletes only at appropriate time (i.e., immediately prior to, during, or immediately after a contest is **NOT** the most effective time to engage a coach or athlete in discussion regarding anything but congratulations). Matters can be discussed 24 hours after the incident, and first with the head coach of the team of the athlete involved.
6. All game decisions – starting order, positions, substitution, and playing time are the discretion of the Head Coach. There are no guarantees regarding playing time and all questions and concerns should be addressed with the Head Coach at the appropriate time and not during games.
7. Parents are not allowed on the team bench unless requested by coach (injury, scorekeeping etc.) and athletes should remain on the bench during the games unless permission is given by the coach (bathroom breaks, water refills, etc.).
8. The process for communicating unresolved issues can be addressed with Administration via email.

It is understood that participation in athletics is voluntary and constitutes a privilege and not a right. Legacy Prep Athletes and families are representatives of their team, Legacy Prep, and the community. The following rules of conduct have been determined to apply to all participants in Legacy Prep activities. To ensure that the rules governing athletic participation are communicated to all participants and their parents / guardians, at least one parent / guardian is required to sign this code of conduct document ensuring that the policy was read and understood.

Parent Name: _____ Parent Signature: _____ Date: _____

Violation of Rules of Conduct



Any participant accused of violating rules of conduct shall have the right to be informed that the scholar is suspected of violating the rules and be given an opportunity to explain or deny such allegation. The decision to apply suspension policies for a violation shall be within the discretion of the head coach and/or Legacy Prep Administration.

1st Violation: Loss of playing privileges for 10 days or for the duration of the athlete's school suspension if any, and whichever is longer. Athletes are expected to participate in practices and attend games in uniform but will not be allowed to play.

2nd Violation: Athlete will be removed from the team.

Additionally, a violation of any school policy that results in suspension from school will also result in an equal suspension from game play by the team. Athletes are expected to participate in practices and attend games but are not allowed to participate in games while serving the school suspension.

Reinstatement will be considered by the Coach and Administration upon written request.

Coaches Code of Conduct

The undersigned Head Coach for his Legacy Prep Team accepts the foregoing Athlete and Parent Agreement and endorses the following Coaches Code of Conduct to:

1. Place the emotional and physical well-being of my athletes ahead of a personal desire to win.
2. Treat each athlete as an individual and expect age-appropriate skills from all my athletes.
3. Direct athletes always to play by the rules and to show respect for the other athletes, coaches, and the referees.
4. Do the coach's best to provide a safe playing situation for athletes in practice and games. This includes ensuring athletes equipment fits, athletes are wearing the necessary gear for safety.
5. Teach athletes in a positive, nurturing manner; and not to berate, intimidate, or bully athletes.
6. Lead by example in demonstrating fair play and sportsmanship to all athletes, coaches, parents/guardians, tournament directors, and referees, on and off the field.
7. Exhibit respect for the referees and other coaches, while speaking with referees and other coaches in a civil, calm manner.
8. Not openly berate, taunt, or otherwise comment negatively to athletes, parents, referees, or other coaches.
9. Remember the role of a youth sports coach and that the game is for the kids.
10. Adhere to this Coaches Code of Conduct while participating in any Legacy Prep activity.
11. Not use vulgar or discriminating vocabulary anytime.
12. Abide by the guidelines and policies of the facilities that I practice and play games in.
13. Demand a non-prescribed drug, alcohol, and tobacco-free sports environment for teams at games and practices.



14. Lead by example, and exhibit sportsmanship while expecting the same from athletes, parents, siblings, and coaching peers always.

Parent Name: _____ Parent Signature: _____ Date: _____

Social Media Conduct – Athletes & Parents:

KEY POINTS TO REMEMBER WHEN ONLINE

1. *There is no difference between your online persona and your real-life persona.*

- Nearly all employers use social media background checks prior to hiring.
- Regardless of intent, what you post online has real world consequences.

2. *The internet is forever*

- Regardless of your privacy settings the Library of Congress is saving all tweets.
 - Snapchat, TikTok, Facebook and Instagram does not actually disappear and can easily have content “screen-shot” as can all other forms of online communication.
 - Courts can subpoena all digital media, including text messages.
- Once you post or share any form of media that application technically has usage rights.

3. *What you associate with becomes who you are perceived to be regardless of intent.*

- What are you sharing, liking, and commenting on? What are your friends “tagging” you in?

4. *Your social media accounts are your brand*

- How are you choosing to represent yourself? Are you sending the right message about yourself to the public? What does your social media portfolio say about you?
- Coaches, Graduate School Admissions, Employers ALL use social media as a reference check.
- Do you send out negative comments regarding coaching, referees, teams, athletes?
- If asked right now, would you want an administrator, coach, or employer to see your online persona?

TIPS FOR SUCCESSFUL SOCIAL MEDIA USAGE



1. Think First

• Once you post online, it is available to anyone – even if you limit access to your site. Privacy is important to safeguard yourself and your identity, but do not use privacy settings to mask poor online behavior

2. Mindful Photography

• Avoid posting photos of alcohol consumption regardless of legal ability. What story do your photographs tell about you?

3. Be Accurate

- Make sure your online persona is true to who you are
 - Is your job/education information accurate? Are they consistent across all platforms?
 - Even if it was accidental, out-of-date, or inaccurate, this can make it appear you are misrepresenting yourself.

4. Be Authentic

- Part of self-expression is taking responsibility for your own thoughts, opinions, and actions. Using an alias, or an identity other than your own, is disingenuous and could cause legal trouble
- If you feel the need to use an alias, that means you don't want to be associated with what you are sharing, so that means it probably is not a good idea to begin with.

5. Be Respectful

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Social media should not be used to defame, attack or disrespect other people. If you wouldn't say it to someone directly, don't put it online.

Freedom of Speech will **not** absolve you from the consequences of your actions, words, or expressions.

Emergency Contact Information:



In case of emergency and a parent / guardian cannot be reached, please contact:

Name:

Relationship:

Family Physician Phone Family Dentist Phone Health Insurance Carrier:

Phone:

Authorization for Emergency Medical Treatment:

The parents / guardians of the Athlete grant permission to the Legacy Prep Sports Program (“Legacy Prep”) and its head coaches and their representatives to authorize emergency medical treatment considered necessary by qualified medical personnel for the Athlete. It is understood that every effort will be made to contact the parents immediately when an emergency occurs.

(Waiver and Release)

The parents/guardians of the Athlete do hereby waive and release, to the fullest extent permitted by law, all claims, demands, actions, and rights of action of whatsoever kind, nature, or description which may hereafter arise against Legacy Prep and each and every individual associated therewith, including but not limited to its directors, officers, coordinators, coaches, game officials, and scorekeepers, on account of the Athlete’s participation in the Legacy Prep Sports program sponsored by Legacy Prep.

The parents/guardians of the Athlete understand and agree that this waiver and release is intended to cover, and does cover, all actions, causes of action, claims, and demands for, upon, or because of any damage, loss, or injury which may be traced either directly or indirectly to the Athlete’s participation in the program no matter how remote.

The parents/guardians of the Athlete understand that no physical examination is required as a prerequisite to participation in the program; however, a physical exam is recommended.



The parents/guardians of the Athlete hereby certify the parents/guardians of the Athlete have read the foregoing waiver and release and know and understand its meaning and contents and are executing this Athlete Parent Agreement as a free and voluntary act for all uses and purposes.

Please note the following existing medical conditions and medications for the Athlete:

My scholar has the following limitations and takes the following medications:

I hereby certify that I have read the foregoing waiver and know and understand its meaning and contents and have executed it as my free and voluntary act and deed for all the uses and purposes set herein.

Parent Signature Date: