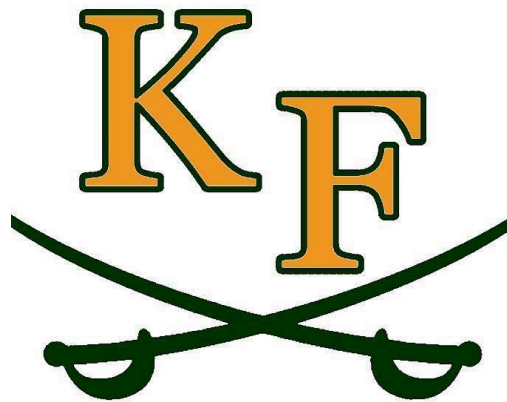




Kenston Forest School

ATHLETICS HANDBOOK



Academic Year 2024-2025

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ATHLETICS HANDBOOK

1. **General Information.** Kenston Forest School seeks to provide a broad opportunity of interscholastic activities for both male and female students in grades 6 through 12 which will support the KFS philosophy. Personal traits, including commitment, discipline, team cooperation, individual leadership, sportsmanship, and consideration of others, are emphasized and vital to the success of the KFS athletic program. The primary goal of the Kenston Forest School athletic program is to accentuate the development of the whole student and to achieve a personal level of excellence in the areas of fitness, team commitment, and sportsmanship. When a student chooses to become a member of a team, the choices he or she makes will have an impact on not just one's own goals, but on the goals of the team. For this reason, athletics is one of the most significant tools in the educational process of character development and helps to encourage students to lead by example.

Kenston Forest School participates in the Virginia Colonial Conference (VCC) which is the governing body for varsity and junior varsity (JV) sports. Post conference state play is governed by the Virginia Independent Schools Athletic Association (VISAA). These governing bodies set rules and guidelines for athletic participation. The VCC and VISAA set standards and expectations on academics, participation, sportsmanship, and conduct. Kenston Forest School adheres to the regulations of these governing bodies but supplements them with its own (more detailed) policies for athletes and fans to follow.

2. **Athletic Scholarships.** Kenston Forest School *does not offer athletic scholarships* and therefore, does not recruit athletes in the manner of colleges. The school seeks students who will actively engage in its academic programs and benefit from participation in extracurricular activities, including athletics.

3. **Safety.** Kenston Forest School strives to provide students a safe and enjoyable environment in which to participate and strives to reduce potential safety hazards. It is important to understand that participation in athletics involves inherent risks. Coaches and administrative personnel will endeavor to act in a prudent manner in order to prevent foreseeable accidents and injuries. When athletes or teams use school athletic facilities such as the gyms, weight room, fields, etc., a coach or teacher provides supervision. ***During the academic day, athletes may not "work out" or participate in any unsupervised athletic activity.***

4. **Parental Consent, Physical Exam, and Concussion Form.** Each student participant must present to the school, prior to trying out for or practicing as a member of any athletic squad, a signed certificate attesting that he/she has parental permission to play, has been found physically fit by a licensed physician, and understands the signs, symptoms, and inherent risk of concussion. ***A specific medical/consent and a concussion form are required*** (available via the school website under the Athletics tab). A new medical/consent form, physical exam, and concussion form must be completed for each school year.

5. **Enhancements and Supplements.** Kenston Forest School strongly discourages the use of any substance that is not approved by the FDA, the Surgeon General, or the American Medical Association for use by student athletes for the purpose of increasing physical development, strength, or athletic performance. Student athletes who are found in violation of this policy shall be directed to the Head of School for corrective action. Muscle and diet supplements must be approved by the Athletic Director. Team members may be asked to sign a pledge discouraging and forbidding the use of alcohol and all types of tobacco or nicotine products.

6. **Programs Offered.** Kenston Forest School encourages student participation in athletic programs. The school will field as many athletic teams as possible, based on student enrollment and interest in the sports. In addition to competitive teams at the varsity level, when possible, the school will field JV and



middle school teams (varsity teams are targeted to be filled first). Kenston Forest School plans the extracurricular sports programs shown in the table that follows.

SPORTS FOR LADIES			
PROGRAM	ELIGIBLE	SEASON	NOTES
GRADES			
Varsity Volleyball	8 - 12	Fall	
J.V. Volleyball	7 - 10	Fall	1
MS Volleyball	6 - 8	Fall	1
Cross Country	8 - 12	Fall	
Varsity Basketball	8 - 12	Winter	
J.V. Basketball	7 - 10	Winter	1
Middle School Basketball	6 - 8	Winter	1
Varsity Softball	8 - 12	Spring	
J.V. Softball	7 - 10	Spring	1
Varsity Golf (Co-Ed)	8 - 12	Spring	
Varsity Soccer (Co-Ed)	8 - 12	Spring	
Varsity Cheer	9 - 12	Fall/Winter	
J.V. Cheer	6 - 8	Fall/Winter	1
SPORTS FOR GENTLEMEN			
PROGRAM	ELIGIBLE	SEASON	NOTES
GRADES			
Varsity 8-Man Football	8 - 12	Fall	
J.J.V. 8-Man Football	5-8	Fall	
Cross Country	8 - 12	Fall	
Varsity Basketball	8 - 12	Winter	
J.V. Basketball	7 - 10	Winter	1
Middle School Basketball	6 - 8	Winter	1
Varsity Soccer (Co-Ed)	8 - 12	Spring	
Varsity Golf (Co-Ed)	8 - 12	Spring	
Varsity Baseball	8 - 12	Spring	
J.V. Baseball	7 - 10	Spring	1

NOTES

- Coaches have the option to hold 6th grade tryouts for J.V. sports if and only if the number of participants from the higher grades is inadequate to properly field a team. If the number of participants from



high grades is inadequate to properly field a team coaches have the option to hold tryouts for 5th graders on middle school teams.

7. **Season Length.** The conference determines the start and finish dates for each athletic program. Each year, the conference publishes a master schedule, which is forwarded to Athletic Directors. Coaches of each sport may begin practices not earlier than 30 days prior to the first game. Finish dates are often determined by the number of teams participating in a sport. Inclement weather during the season (especially in the case of baseball and softball) may also influence the season length. A team's record determines whether or not it will play in postseason tournaments.

8. **Eligibility (General).** The athletic conference has eligibility requirements, and Kenston Forest School has additional eligibility requirements. *The conferences have detailed policies which will not be reprinted here.* Selected portions of conference requirements will be highlighted, with the details of additional Kenston Forest School requirements. Conference directive documents must be consulted for thorough texts of conference rules.

8.1. Only bona fide students are allowed to compete on teams. A "bona fide student" is properly enrolled as a full-time student, attends regularly, and is in good standing according to school regulations.

8.2. "Good standing" requires, among other things, behavior befitting school rules and regulations in place for classroom conduct. If a disciplinary action is taken, the student may be restricted from playing on a team until the student has changed his/her behavior to meet the criteria of good conduct. Kenston Forest School administrators make this determination.

8.3. No student will participate in team athletic practices or contests before duly enrolling in Kenston Forest School (which requires acceptance through the admissions process, paying registration fees, etc.)

9. **Eligibility (Grade Level/Age).** The VCC specifies the following grade level/age restrictions.

9.1. Upon entering the 9th grade, a student has the following eight consecutive semesters of athletic eligibility. Upon entering the 9th grade, a student has four consecutive semesters to complete his/her JV eligibility.

9.2. A student may be reclassified for athletics and have an additional year of athletic eligibility. This is only done for special academic circumstances or medical hardships. The school must apply for an athletic exemption to the VCC and their Executive Committee must approve. This approval is not pro forma. A reclassified student must meet all other age, VCC, and academic requirements in order to be reclassified.

9.3. Attending *any* academic classes which are classified as a senior at *any* school marks the student's last year of eligibility.

9.4. Postgraduates are not eligible in the VCC.

9.5. Participants must not yet have reached their 19th birthday before August 1 of that school year.

10. **Eligibility (Academics).** Students must meet both VCC and Kenston Forest School academic requirements to be eligible to participate in sports.

10.1. To participate in a *fall* VCC sport, a student must have earned five credits toward graduation during the previous school year. Summer school courses (with prior approval from the Head of School) may be counted to meet this requirement. These requirements apply to new transfer students as well as returning



students. A student athlete must have passed five 4th quarter classes and have earned no more than one D. Additionally, Kenston Forest School requires its athletes on all teams to have a minimum overall grade average of 77 the previous *year*.

10.2. To maintain or regain eligibility *during the school year*, a student must earn passing grades in five courses at each subsequent *quarter* reporting period and cannot have more than one D on the most recent quarterly report card. Semester grades are not used to determine eligibility, nor are interim progress reports. Additionally, Kenston Forest School requires its athletes on all teams to have a minimum overall grade average of 77 for the *quarter*.

10.3. Students become eligible for play or ineligible for play immediately *upon issuance of report cards* for the quarter. For example, if a student did not pass five courses in a quarter or has more than one D or has less than a 77-overall average on a report card issued at 2:30 p.m., that student is ineligible for play later that day. Similarly, a previously academically ineligible player may become eligible for play later in the day if the report card issued at 2:30 p.m. shows the required academic achievement.

10.4. The coaches, Athletic Director, and Head of School maintain the right to place an athlete on probation or suspend their privilege to play based on behavior, academic performance, and/or attendance at any time. The length of a probation will be determined based upon circumstances surrounding the decision.

11. **Eligibility (Daily Attendance).** Students must attend a minimum of four classes in order to participate in any sports activity on the same day. The only exception will be for an excused absence that has been properly prearranged (e.g., previously scheduled medical appointment) and communicated to the faculty. If the absence is excused, there is no specified minimum number of classes required for eligibility to play that day. *If a student athlete's absence from school is unexcused (for even a single period), he/she is not eligible to participate in athletics that day.*

11.1. The Head of School or designated Director (not the parent or coach) determines if absences are excused. Shopping, hunting, oversleeping, or missing classes to return home to retrieve forgotten uniform items are examples of unexcused absences.

11.2. Absence due to illness is generally considered an excused absence (with regard to making up work, etc.). However, with regard to athletic eligibility to participate that day, *if a student is too ill to attend four academic classes, that student is too ill to participate in athletic events that day.*

12. **Make-up Work.** When teams are dismissed early for scrimmages or games, students shall get their assignments (for all classes) before leaving for the sporting event. Upon returning the next day, students will be responsible for the work covered or announced in the class(es) they missed. Students shall be prepared for all classes on these game days, because they will be required to attend all classes if the games or scrimmages are canceled.

13. **Team Selection.** The opportunity to participate on an athletic team is a privilege, as well as a responsibility; *it is not an entitlement.* Students should understand that by joining a team, they are accepting the benefits of participating as well as the responsibility and commitment to that team.

13.1. Students “try out” for athletic teams, with cuts and selections determined by the coach. Therefore, *a student may or may not be selected for the team.* Students in grades 8-10 who do not make a varsity team may try out for the JV team. Students in grades 7-8 who do not make the JV team may try out for the middle school team. *Participation on a team in previous years does not guarantee a student selection to a team for the current year.*



13.2. In determining roster size (number of selected students) each head coach must consider safety, effective coach/student management ratio, scrimmage opportunities, playing opportunities, remaining years of eligibility, facility size, transportation, equipment and uniform availability in addition to other more obvious factors such as athletic talent. Non-selection may be needed but must be undertaken with great care and fairness.

13.3. Head coaches of [boys/girls, as appropriate] varsity, JV, and Middle School teams will confer with each other regarding the rosters of the squads and the strengths/weaknesses of players being considered for selection and non-selection.

13.4. Talents of two students are rarely equal, but for the sake of policy clarification: If two students have equal talent, the student who played previous seasons (especially those who showed dedication in practicing and supporting the team despite little playing time) should be given selection priority over a student of equal talent who has not played on the school team previously.

13.5. The head coach of the squad (varsity, JV, or Middle School as appropriate) will submit names of students proposed for non-selection to the Athletic Director for analysis. Only head coaches, not assistant coaches, shall propose a student for non-selection.

13.6. The Athletic Director will scrutinize the coach's selection process to ensure fairness and adherence to the above policy. ***Coaches therefore nominate candidates for non-selection. The Athletic Director approves/disapproves the non-selection.***

13.7. Concerns in this subject area should follow the following protocol:

- 1) Student athletes should meet with coaches to discuss concerns.
- 2) Parents contact the coach to set up a meeting
- 3) Parents contact the Athletic Director to set up a meeting.
- 4) Parents contact the Head of School to set up a meeting.

14. **Position.** If selected to a team, student athletes may be utilized in a variety of positions at the coach's discretion. ***Playing at a position in previous years does not guarantee a student that same position during the current year.*** Playing a position on some other team (e.g., community league, travel ball, etc.) does not entitle the student a similar position on a school team. Coaches utilize players according to the skills of the Kenston Forest School team and skills of the opposing team players.

14.1. Concerns in this subject area should follow the following protocol:

- 1) Student athletes should meet with coaches to discuss concerns.
- 2) Parents contact the coach to set up a meeting (**Parents should NEVER contact a coach before, during or immediately after an athletic contest or practice. Proper procedure would be to contact the coach by phone or email to set up a meeting.**)
- 3) Parents contact the Athletic Director to set up a meeting.
- 4) Parents contact the Head of School to set up a meeting.

15. **Playing Time.** Once a student is selected for a team, ***he/she is not guaranteed playing time.*** The team's coach determines the amount of playing time afforded to each player. The coach's determination is based on many factors, including player skill, effort, attitude, opponent capabilities, and score. Various players may be offered playing time as these factors permit, if the coach feels these substitutions are prudent. No player is guaranteed playing time on the varsity or JV teams.



15.1. Playing time is usually a function of player development during practice. In general, if a player improves through practice, he/she may earn more playing time. Parents must understand this time-tested axiom. At the varsity level, the commitment is to field the best possible teams. JV teams should be considered the transition level between Middle School and varsity-level teams. While coaches desire to give all JV team members playing time, it is not guaranteed. Middle School teams are considered introductory; Middle School athletes exhibiting the appropriate attendance, attitude, and work habits can expect to participate in all contests, within reasonable limits of practicality.

15.2. Concerns in this subject area should adhere to the following protocol:

- 1) Student athletes should meet with coaches to discuss concerns.
- 2) Parents should refrain from discussing their issues or concerns with other parents, players, or from airing their opinions on social media.
- 3) Parents should respect a 24-hour cool-down period to allow all parties to reflect on the situation. After this time, they should reach out to the coach to schedule a meeting. If a resolution cannot be reached then number 4 below applies.
- 4) Parents contact the Athletic Director to set up a meeting. This meeting should only take place after the parent has made every attempt to solve the problem with the coach directly.
- 5) Parents contact the Head of School to set up a meeting. This meeting should only take place after the parent has met with the coach and the Athletic Director.

16. **Starting Lineup.** All players are expected at all practices. Coaches have latitude to start or not start any player based on (among other things) performance at practice. Coaches have the latitude to not-start a player or cheerleader who misses the last practice prior to a contest. Each coach provides players and parents with specific rules and necessary consequences outside the above stated rules regarding practices and participation in games. The rules and regulations may vary with each coach and program and must comply with the VCC and VISAA set standards and expectations.

16.1. Concerns in this subject area should follow the following protocol:

- 1) Student athletes should meet with coaches to discuss concerns.
- 2) Parents contact the coach to set up a meeting (**Parents should NEVER contact a coach before, during or immediately after an athletic contest or practice. Proper procedure would be to contact the coach by phone or email to set up a meeting.**)
- 3) Parents contact the Athletic Director to set up a meeting.
- 4) Parents contact the Head of School to set up a meeting.

17. **Playing in Two Games (Varsity and JV) on the Same Day.** A student may not play in both a VCC Varsity and JV games within the same calendar day. **Exception:** If a varsity basketball team has fewer than nine players, enough JV players may be added to the roster to bring the total to nine players. However, the JV players may participate in only two varsity quarters.

18. **Simultaneous School Sports.** Generally participating in more than one sport during the same season is discouraged. There may be some unique exceptions, depending on the sport, coaches, rosters, and schedules and every student should seek to maintain a healthy and sustainable balance between athletics and academics. Students who would like to participate in two sports simultaneously must communicate with both coaches and make sure they meet requirements for each activity. The Athletic Director will work with coaches and student athletes on a case by case basis.

19. **Concurrent Non-School Sports.** Kenston Forest School expects athletes to meet their commitment to the school team first if they choose to participate in another activity or play for another team (e.g., community ball, travel ball) during the same season. A player must communicate clearly his/her interest in



participating in another activity to the school team coach before the school season starts. The coach has discretion in handling potential conflicts or absences from the team functions. Athletes must understand that their commitment to the school team has a significant impact on other members of the team. If a coach determines that an athlete's level of commitment to the school team is insufficient, sanctions may result, including not "starting," reduced playing time, or in serious cases, dismissal from the team.

19.1. Concerns in this subject area should follow the following protocol:

- 1) Student athletes should meet with coaches to discuss concerns.
- 2) Parents contact the coach to set up a meeting (**Parents should NEVER contact a coach before, during or immediately after an athletic contest or practice. Proper procedure would be to contact the coach by phone or email to set up a meeting.**)
- 3) Parents contact the Athletic Director to set up a meeting.
- 4) Parents contact the Head of School to set up a meeting.

20. **Team Captains.** An essential component for any team's success is good leadership. A strong captain can help a team achieve success by being responsible, having strong communication skills, and earning the respect of peers and coaches. Being a good captain is much more than simply being a good athlete. **"Captain" is not merely a title; it is a duty with responsibilities.** Coaches have discretion on the number of captains appropriate for specific teams. There will be a "Captain's Table" in which the Team Captains will be able to speak with the A.D. in a formal session about team strengths and weaknesses. Captains should be selected by the team, coaches and Athletic Director.

21. **Managers.** Team manager positions are available in all team sports. Conscientious managers are very valuable members of any team. Interested students should contact the head coach of the particular sport before the season begins.

22. **Uniforms and Equipment.** The school supplies the majority of the athlete's uniform, but personal items such as shoes, socks, practice clothes, and certain protective padding are the responsibility of the student. Additional personal items may include golf clubs and other required equipment.

22.1. Students are responsible for any school-issued uniforms and equipment during the season and must return these items (washed) following the last scheduled game. Student athletes will not be able to begin practice/tryouts for the next sports season until all uniforms and equipment issued are returned. At the end of the spring season yearbooks, report cards or transcripts may be withheld until uniforms and equipment are returned or replacement costs received.

22.2. Fees for replacing missing items will be assessed before the school physical year ends. Be aware replacement costs are significant when replacing few or only one item.

23. **Student Athlete Transportation.** Students are responsible for getting themselves to and from practices and games held at Kenston Forest School. School transportation is not provided for these activities. It is the students' responsibility to communicate practice and game start/end times (and schedule changes) to their parents/guardians. Exception – MS Basketball may practice at the Kenbridge Community Center. Transport to the center from KFS and back to KSF is provided. Parents will have the option of picking their athlete up in Kenbridge.

23.1. It is the school's intention to safely transport all student athletes to and from all contests not held at Kenston Forest School. The size of the team and the distance of travel determine the method of transportation. The school activity bus is the primary mode of conveyance, frequently supplemented by a small activity bus. When these conveyances are used, students embark/disembark at Kenston Forest School. School transportation is not provided to/from the homes of individual student athletes. With prior



coordination and authorization, it is permissible for certain students to embark/disembark at pre-arranged locations ***along the route*** of travel between Kenston Forest School and the “away” contest location. Activity buses are not permitted by state law to stop and load or unload students on a public road.

23.2. All team members shall travel on school provided transportation to “away” contests unless specifically excused by the coach in coordination with the Athletic Director. The expectation is for students to travel to contests with their team, to promote safety and facilitate game preparation.

23.3. Due to the extensive service area and location of some students’ homes in relation to the contests, it might be more practical for some students to use alternative (non-school-provided) transportation to and/or from “away” contests in certain situations. Alternative transportation ***from*** “away” games occurs fairly frequently. Alternative transportation ***to*** “away” games should be very rare.

23.3.1. Students should not expect coaches to approve of alternative transportation to “away” contests merely for student desire or preference; alternative transportation to “away” contests will be considered when it is a logical/practical option or a logistical necessity.

23.3.2. Students shall not “inform” the coach that they are using an alternative mode of transportation; they shall discuss and request it.

23.3.3. Coaches may impose specific requirements on students using alternative transportation to “away” contests.

23.3.4. There must be a legitimate need for the alternative transportation, and the coach must receive **written** authorization from the student’s parent/guardian before a student athlete will be considered for alternative transportation. Such authorization must be specific. For example, the parent/guardian must specifically coordinate with the coach:

- 1) That the parent/guardian plans to transport their athlete <or>
- 2) That the parent/guardian approves of the student riding with another approved adult, over the age of 21.
- 3) That the parent/guardian approves of the student driving themselves. The KFS accident insurance will not cover a student who drives himself. A student may only drive himself if they have first gone home after school, and then, drive to the away contest with parental written consent.

23.3.5. It is the student’s responsibility to communicate contest start/end times and pickup times to parents. This communication is especially critical in the event of early contest conclusions, late contest conclusions/overtime, etc. Please download the TeamReach App in order to receive the most current information, then remember to input the code provided for each sport season.

23.3.6. For many “away” contests, teams will stop for meals. The cost of these meals at restaurants is borne by the student athletes.

23.4. ***Athletes and coaches are expected to treat buses and minibusses with respect, and each team is responsible for cleaning these vehicles after each trip.***

23.5. If required, the coach will consult with the Athletic Director and Head of School to solve student athlete transportation challenges.

23.6. Schedules and Directions. All sports schedules, maps, and directions to “away” games are posted on the school’s website www.kenston.org under the Athletics tab. Do not assume that all opposing schools have gyms and/or fields on campus. Please consult the website for details and Please download the TeamReach App in order to receive the most current information.



24. **Athletic Department Dress Code.** Kenston Forest School student athletes who attend athletic events as spectators/fans are expected to adhere to the standard dress code. School spirit attire is acceptable and encouraged (e.g., pep club shirts). Hats will not be worn by student-athlete spectators at indoor events. Student athletes shall comply with the standard student dress code on home game days. With Athletic Director Approval, coaches may require more restrictive attire *within the standard dress code* (e.g., require the players to wear specific type pants, specific color shirts, uniform tops etc.) Student athletes' attire for away contests should follow Professional Dress Day standards. Student athletes may change into full uniforms before departing campus on away dates if dressing rooms are not available at the game site. This will be clearly communicated via the coach and athletic director. Depending on availability of dressing facilities, the athletic department reserves the right to modify dress code as needed.

24.1. **Uniform Components.** Kenston Forest athletic uniform components (game shorts, jerseys, etc.) are intended for wear by Kenston Forest athletes during school-sponsored contests. These items are not to be worn by athletes in other venues such as rec-league, church-league, or travel-ball events.

24.2. **Postgame.** A player who has completed his/her contest, and then is a spectator for a subsequent contest that evening, may wear their uniform or team warm-ups. Hats shall not be worn indoors. No jeans or shorts are allowed.

24.3. If coaches desire exceptions to/relief from the student athlete dress code requirements (i.e. sweatpants), they should consult with the Athletic Director. The Athletic Director brings requests for policy exceptions/changes to the Head of School for approval. It is then the responsibility of the Athletic Director to communicate this change to all faculty.

24.4. Coaches will issue disciplinary actions to student athletes who fail to comply with dress code requirements. Student athletes who fail to adhere to policy may be given additional challenges at practice, may be denied play in a game, or may be removed from a team for egregious infractions.

25. **Kenston Forest School Code of Sportsmanship.** Sports exist in our schools because they are beneficial for our students. Sports promote teamwork, enjoyment, education, physical fitness, and provide a healthy outlet for our energies. We have a code of sportsmanship to guide us--- an expectation for all coaches, players, cheerleaders *and spectators*.

25.1. It is expected that coaches, players, cheerleaders and spectators have courtesy and respect for the rules, opponents, guests and officials. It is expected that coaches, players, cheerleaders and spectators have enthusiasm for playing the game and modesty and graciousness in victory or defeat. It is expected that coaches, players, cheerleaders and spectators display fairness and responsibility to the sport, to our opponents, and to our respective schools.

25.2. We take pride in our athletic successes on the scoreboard. We take greater pride in how our athletes comport themselves, how honorably they win or lose, and how respectful they are of their opponents' efforts no matter what the outcome of a contest. ***Opposing teams, their fans, and officials will be treated as honored guests when they visit Kenston Forest School. When Kenston Forest School teams and their fans travel to other schools, they will behave in a manner demonstrating the respect a guest should show to a host.***

25.3. ***Cheering*** is appreciated and encouraged. ***Jeering*** is not appreciated and is inappropriate. Derogatory comments made by athletes, coaches, or fans about officials, players, coaches, or opponents before, during or after any competition breeds animosity between schools and within the conference. Making derogatory comments about individual athletes on opposing teams is inappropriate. Berating an



official will very likely have a negative, not positive, effect on the official's call for the remainder of the contest.

25.4. The Virginia Colonial Conference specifies that:

- 1) Players and coaches must conduct themselves with the utmost respect for the games, officials, and their opponents.
- 2) Athletes and spectators shall respect the property and reputation of opponents as well as that of their own school.
- 3) Athletes and spectators shall remain quiet during free throws at basketball games.
- 4) Athletes and spectators shall not use artificial noisemakers at basketball or volleyball games.
- 5) Destruction of property at games by any student or fan is unacceptable. Violators are liable and will be required to make restitution. They may also be subject to arrest and prosecution.
- 6) Alcohol, illegal drugs, and firearms are prohibited on the property of all schools.

25.5. The Kenston Forest School student-athlete is also expected to:

- 1) Treat opponents with respect.
- 2) Play hard but play within the rules.
- 3) Exercise self-control at all times.
- 4) Respect officials and accept their decisions without gesture or argument.
- 5) Win without boasting, lose without excuses, and never quit.
- 6) Set high standards of personal conduct.
- 7) Remember that vulgar or obscene language has no place on the practice or game field or court.
- 8) Respect the facilities of host schools.
- 9) Always remember that it is a privilege to represent the school and community.
- 10) To reinforce the intent of the sportsmanship code, members of Kenston Forest School teams are expected to shake hands with their opponents at the end of each athletic contest.
- 11) Students who fail to display proper behavior or who show poor sportsmanship before, during, or after an athletic practice or contest may receive disciplinary action at the discretion of the coach, the Athletic Director, or the Head of School. Penalties such as probation or suspension from one or more games may be imposed depending upon the severity of the offense.

25.6. The Kenston Forest School coach is expected to:

- 1) Treat Kenston Forest School players and opponents with respect.
- 2) Inspire in athletes a love for the game and a desire to compete fairly.
- 3) Set a positive example for the athletes to follow.
- 4) Discipline those displaying unsportsmanlike behavior.
- 5) Respect the judgment and interpretation of the rules by the officials.
- 6) Understand the role of a teacher with the athletic arena as the classroom.

25.7. The Kenston Forest School spectator is expected to:

- 1) Understand that he/she represents the school just as the players do and must therefore practice good sportsmanship.
- 2) Appreciate good performance no matter who achieves it.
- 3) Show compassion for injured players, applaud positive performances, do not heckle, jeer, or distract players, and avoid the use of profane and obnoxious language and behavior.
 - a) Treat opponents and officials with respect.



- 4) Respect the judgment and strategy of the coach and do not criticize players or coaches for loss of a game.
- 5) Respect the property of others and authority of those who administer the competition.
- 6) Be modest in victory and gracious in defeat.
- 7) Spectators who display poor sportsmanship or improper behavior at any athletic contest may be asked to leave the field or gym. For severe displays of inappropriate behavior, the person may be barred from attending any games for the remainder of the season.

26. **Spectators at Practices.** The parent of a student athlete may observe his/her child's team practice provided the parent does not interfere or disrupt the coaching or conduct of the practice session. Parents are asked to sit or stand in an area away from the playing fields, (behind the fence, in the bleachers, etc.)

27. **Parent/Coach Conflicts.** Questions and comments about coaching philosophy and/or expectations should be expressed during a private conference and never publicly before, during or after a contest or practice. It is not appropriate for parents to publically air disdain about team strategy and other student athletes to other spectators or via social media. Parents should contact the coach to set up a meeting regarding their concerns. However, please respect that a 24 hour "cool-down" period exists immediately after each contest and/or practice. During this time there should be no contact or discussions with a coach or other parties. Proper procedure would be to contact the coach by phone or email to set up a meeting after this 24-hour period. If a resolution is not reached between a parent and a coach, then the Athletic Director will be involved in a subsequent meeting.

28. **Athletic Banquets/ Awards.** The accomplishments of the athletic teams are celebrated at an awards banquet for each team. At these banquets for athletes, parents, and coaches, each head coach recognizes his/her players and highlights of the season. Players will receive certificates, letters, pins, and team awards. Major team awards (two per sport) will be awarded at school assemblies in the fall, winter and spring.

29. **Public Forum Music.** If players on sports team's desire "warm-up" music to be played at home games, they must have their requested songs screened through their coach and then the coach (not students) must present the request to the Athletic Director for approval. Cheer music is similarly reviewed.

30. **Gate and Concessions Cash Handling.** Parents of student athletes must assist the Athletic Department for two hours total per sports season in which their athlete plays. Assistance may include collection of gate fees, serving concessions, work on fields, etc. and will be managed by the Athletic Department. If a parent is unable to complete this responsibility on behalf of their student-athlete, then he/she will be responsible for donating \$250 on behalf of the athlete to Kenston Forest Athletics for each sport played. In all cases in which parent volunteers are issued a cash box by the school, at least two people shall count and document the "before" and "after" amounts of cash in the box. Those signed receipts are saved and provided to the Business Manager, along with the cash.

Conclusion. The absence of a specific rule in this handbook does not constitute approval for student action. A student is subject to discipline for behavior not mentioned in the handbook. At all times, the goal of the school policies and actions is to act in the best interest of the student, student body, and school. The purpose of this handbook is to set a standard of conduct and create an atmosphere of respect and responsibility in the school. The most effective behavioral policies are those that are reinforced at home, sending a unified message to students. Working together, the school, students, and their parents, can have a successful and productive experience. The information and regulations set forth in this handbook are to help students have a happy, productive, and successful school year in preparation for college.