

extraordinary environment for learning

Barrie

**ATHLETIC DEPARTMENT
FAMILY HANDBOOK**



I. Barrie School's Mission

Barrie's mission is to empower individuals to expand their intellectual abilities, develop their creative talents, and discover their passions to make a positive impact on a rapidly changing world.

II. Barrie Values

- Academic and personal excellence
- Social, emotional, and physical well being
- Respect for self, others, and the environment
- Diversity of thought and culture
- Community outreach
- Collaboration and teamwork

The sports and athletics activities that take place at Barrie are purposeful. They each support our values and help individuals find their own way toward life-long physical fitness, personal development, and a healthy lifestyle.

III. Athletic Offerings

Middle School

Fall	Boys' Soccer	Girls' Soccer	Cross Country	Equestrian
Winter	Boys' Basketball	Girls' Basketball	Weight Training	Stable Management
Spring	Weight Training & Games	Equestrian	Co-ed Flag Football	Basketball and/or Soccer Skills Training

Upper School

Fall	Boys' Soccer	Girls' Soccer	Cross Country	Girls' Volleyball	Equestrian
Winter	Boys' Basketball	Girls' Basketball			
Spring	Co-ed Track & Field	Equestrian	Girls and/or Boys Lacrosse	Boys Volleyball	Co-ed Varsity Golf

All offerings are subject to change based on enrollment and number of sign-ups

IV. Athletic Attire and Equipment

All students are required to wear appropriate sports clothing including quick-dry/wicking clothing, layers, socks, and trainers. Students will not be permitted to practice in inappropriate clothing. Suitable athletic shoes are required for all activity classes. They must have non-marking soles for use on the gym floor. Flip-flops, sandals, and Ugg style boots are not appropriate athletic wear.

Barrie provides interscholastic athletes with home and away athletic uniforms. Students must return uniforms from one season before receiving uniforms for the next season. Students will be charged \$200 for any unreturned uniforms. End of year report cards may be withheld until uniforms have been returned.

Special Attire and Equipment Required of Students by Sport:

Equestrian

Beginner riders

- Long pants
- Boots with a heel

More advanced riders (cantering and jumping):

- Paddock boots or tall boots
- Jodhpurs or breeches

All riders

Helmet (required) – optional purchase, Barrie does provide them.

Optional:

Equestrian Body Protector

Students are responsible to provide their own equipment for each sport:

Soccer

Shin Guards

Cleats

1-2 Royal Blue Soccer Socks

Water Bottle

Cross Country

Hat (Optional)

Sunscreen

Water Bottle

Running Shoes

Volleyball (Varsity Only)

Knees Pads

Shoes

Black Volleyball Shorts

Water Bottle

Basketball

Shoes

Water Bottle

Mouth guard (optional)

Lacrosse

Cleats

Mouth Guard

Lacrosse Stick

Goggles for girls and Helmets for boys

Boys: Shoulder Pads, Arm Pads and gloves

Golf

All Golf Clubs

Pack of 12 golf balls

Golf Club bag

Gloves

Hat

Shoes

1-3 Solid Royal Blue Polo shirts (all tops must have a collar)

Khaki slacks, capris, and skorks for girls is optional

Track & Field

Track & Field shoes

Hat

Water Bottle

Flag Football (Middle School Only)

Cleats

Mouth Guard

Gloves (optional)

Water Bottle

V. Participation in Athletics at Barrie

Athletic Permission Forms

All students are required to submit the complete the Concussion Form prior to the first game, meet and riding competition.

- Students will not be permitted to participate without the submission of these forms.
- Pre-concussion screening is provided free of charge, conducted by the National Children’s Medical Center (in September only) and is **highly recommended**.

Interscholastic Sports

Barrie School athletes are encouraged to participate in team sports as a part of their inclusive Barrie experience. Barrie School is committed to offering progressively challenging and competitive programs, which build self-confidence, teamwork and commitment. Developing a healthy life-style is an additional positive outcome of an inclusive sports program.

In Middle and Upper School, students are expected to participate in two different sports over the course of the school year. If a student does not want to commit to a team, he/she can opt to participate in athletic electives.

Middle School athletes are introduced to and develop their skills in preparation for varsity level competition. With the exception of equestrian, Middle School athletic programs are scheduled independent of leagues during the academic day usually four out of the five days a week. Most MS games are held immediately after the school day is over.

Barrie Athletics will be entering its probationary year in the Potomac Valley Athletic Conference for the 2018-2019 school year. Barrie has previously participated in the Potomac Valley Athletic Conference in years past and provided great competition for schools within the league.

What does a probationary year mean? Probationary status is for a term of one year commencing at the start of the next school year. During the term of probation, we may play all scheduled games and be included in future schedules, but shall be ineligible for championships; in playoffs or seedings, its place is yielded to the next lowest team.

Barrie’s Equestrian program competes ISHS (Inter School Horse Show).

Upper School athletes practice and compete outside the regular school day, including some weekends. Athletes will be expected to practice Monday through Thursday, between the hours of 3:45p.m and 6:00 p.m., except on days when games are scheduled. Some competitions will be scheduled on Fridays and on weekends (i.e. tournaments). Coaches may also request extended practice times beyond 6:00 p.m., depending on the availability of the gym and facilities. Games and competitions often start at the end of the school day at 4:00 p.m., although there are several exceptions due to the necessary time required by teams to travel to venues.

Students, coaches and parents are also expected to honor Barrie’s core philosophy in respecting the:

- Rules
- Opponents
- Officials
- Teammates
- Self

VI. Obtaining an External Athletic Credit at Barrie

Philosophy

The Health, Wellness, and Athletics Program at Barrie provides opportunities, in every trimester, for students to experience a variety of healthy activities before they graduate. We encourage students to: develop a curiosity to try new things; accept challenges; discover new talents; and a perspective and attitude to make good choices toward a long and healthy life. To this end, by graduation day, it is hoped that each student has enjoyed the experience of: riding a horse; peddling a bicycle; dancing; rappelling; hiking and camping in the wilderness; meditation; yoga; martial arts; rafting on whitewater; and playing in competitive sports, as individuals and with teammates.

Rationale

In consideration of the other academic and extracurricular opportunities, or personal interests, it is sometimes difficult for students to obtain the required “athletic credits” during the regular school hours. In exceptional cases, students can obtain an external athletic credit to help fulfill graduation requirements.

Criteria

Students must abide by the following criteria in order to obtain an external athletic credit:

- Any external athletic program must be instructional in nature (not unmonitored exercise or free play).
- It may not be a program already offered by Barrie.
- The program must have a significant physical exercise component.
- All costs of the external program are the responsibility of the student.
- Must be approved by the Head of Prep, the Registrar, AND the Director of Athletics. The student must provide a detailed description of the external program being submitted for approval, in advance of beginning the program. Students may not apply for external programs already started or completed.
- Minimum total of 40 hours required per program, for 1.0 credit. Program must be completed during the academic year for which the student requires credit. Partial credits are not given.
- A maximum of 1.0 credit can be obtained per program, per academic year.
- Students are not excused from other school obligations in favor of attending an external program.
- Attendance alone does not guarantee credit. The program must be completed in its entirety to the satisfaction of the external agency AND Barrie.
- Attendance must be attested by the external agency on a weekly basis and submitted to the Director of Athletics.
- At the end of the program, the external agency must provide a letter or certificate of “satisfactory completion.” If, for any reason, the program is not completed satisfactorily, according to the external

agency OR Barrie, credit may not be awarded. The student has a right to appeal, but understands that additional attendance or performance requirements may still be required.

- Barrie faculty reserve the right to attend the external program to evaluate or discuss the progress of the student on-site.

VII. Interscholastic “Game Day” Logistics

All schedules, game locations and directions to games are available at <http://www.barrie.org> and going to “Athletics,” under the “Upcoming Events” tab. Last minute game cancellations or information will be sent via email to parental/student email accounts and the use of the Remind: Parent Communication app.

Barrie athletic wear is available at <https://schoolstore.jostens.com/school/maryland/silver-spring/barrie>.

Athletics Attendance and Academics

The athletic department informs teachers directly, the time they are to be released from class for games.

- Students are responsible for informing their teachers of potential conflicts with games absences and tests.
- Students who are absent from school are not permitted to participate in a game the same day.
- In the case of equestrian competitions, students are required to attend all scheduled riding lessons in advance of a competition.
- Students who are struggling to manage their academic load with their athletic commitments should speak with their coach and advisor immediately for assistance and guidance.

Transportation

- Transportation to and from games is provided by Barrie School. Students are not permitted to drive themselves to games.
- Students may be met at away games by parents and taken home. Please remember to check in with the coach prior to departure.
- Students are not permitted to take public transportation home from games without prior permission from the Director of Health, Wellness & Athletics. Parents should inform the Director of Health, Wellness & Athletics in writing of their intent to permit their child to take public transportation.
- Coaches will remain with athletes until they are met by their parents. Please arrive promptly to meet your child. Please remember that coaches have their own personal lives, and this can be impacted heavily by having to remain on campus until students are picked up.

Lockers

- Students who are practicing after school, must take their book bags and academic work with them to the locker rooms as the classroom buildings may be locked afterwards.
- Community Locker areas are used by many other groups outside Barrie and for this reason, items should not be left in lockers without locks being used.
- Interscholastic athletes are assigned a locker. ***Locks will be provided to all students who request one.***

- Other students have access to lockers; they are not assigned. Students can opt to lock their possessions in the locker they select.
- Students with ‘attractive items’ (computers, iPads, etc.) should lock their items in their lockers for safekeeping.
- Barrie School is not responsible for items left unattended or unlocked in the locker rooms.

VIII. Responsibilities of an Athletes, Parents and Coaches

Responsibility of an Athlete

Barrie athletes are school ambassadors and represent not only themselves but also the coaching staff and school at large. All Barrie athletes are expected to honor the following guidelines:

- Team goals, welfare and success must come first.
- Attend all practice sessions, including weekends and holidays (if scheduled).
- Be respectful and receptive to coach’s feedback.
- Be responsible for all Barrie issued uniforms and equipment and return it undamaged at the end of each season.
- Agree to and follow the team’s established rules.
- Report all injuries to the coach.

Consequences for team members

A team is unable to function at its most efficient without full commitment from all players. Practice schedules are in place to enable coaches, assistant coaches and team players learn the nuances of the game, develop techniques and team cohesion.

- Coaches will develop Athlete Expectations with their team directly and share them with the students, parents and advisors. In developing their expectations, coaches are guided by Barrie’s participation policy:
- Students must attend a full day of school to be able to play a game the same day (exceptions are made through the office of the Health, Wellness & Athletics Director for morning medical or dental appointments, etc.).
- Students, who have three or more consecutive practices without valid reason, will be required to meet with their coach to confirm their commitment and capacity to be on the team.
- Further attendance issues will result in a student being placed on Athletic Probation before being asked to hand in their uniform. Being asked to hand in their uniform may result in cancellation of a team’s season.

Responsibilities of a Parent

Barrie School parents are expected to support their child(ren) reinforcing the importance of positive participation. During games, parents should:

- Provide praise and positive recognition.
- Avoid instructing their child and undermining the coach’s guidance.

- Cheer good plays by both teams.
- Mention good calls by the official to other parents; be silent if a “bad” call is made.

After games, parents should:

- Thank officials and coaches.
- Ask your child what they thought about the game, listen.
- Don’t give advice right away, reinforce the positives first.

If your child is unable to play due to injury or illness

- Contact the coach directly and cc the Director of Health, Wellness and Athletics using TeamSnap.
- Students who are injured must have a doctor’s note confirming they are fit to resume participation. The note is to be given to the School Nurse, who will in turn pass it to the Director of Health, Wellness and Athletics and then the coach.

If your child is injured during a game

- Teams will carry first aid kits
- Coaches will administer first aid for minor injuries or keep a student on the bench.
- Coaches will contact parents to inform them of an injury which results in their decision to withdraw a student from a game.

Responsibility of the Coaches.

- Coaches determine the nature of the experience student athletes have when playing sports. Participation for students provides many life lessons and well as character building opportunities. Coaches should:
- Model and teach players to honor the game.
- Help players redefine what it means to be a winner beyond what is on the scoreboard or stats (i.e. goal/shot percentage, playing time, etc.).
- Provide adequate playing time for each member of the team, given comfort level and basic understandings of plays and positions. Playing time is a combination of practice and game time.
- Fuel positive emotional interaction through encouragement and reinforcement.
- Have conversations with team players during practice, prior to and following games.
- Ride with their teams to and from games.
- Report game scores to the Director of Health, Wellness and Athletics using the score sheet or via email.
- Participate in pre-scheduled coaches’ meetings.
- Coaches will communicate regularly to parents, students, advisors and the larger Barrie community using the Remind: Parent Communication app. **Coaches are responsible for informing parents and students of:**
 - How the team is growing and performing
 - Important team information.

Communication Flow

- Parents or students who have concerns about their child and the athletic program should speak to coaches and Athletic Director first.

- If the situation remains unresolved, parents should speak with the Director of Health, Wellness and Athletics and Head of Prep.

Athletic Awards

- The celebration of student athletes and their academic, artistic, and athletic accomplishments is scheduled at the end of each season (those dates are all TBA).