



**GLENDALE PREPARATORY ACADEMY  
GRIFFIN ATHLETICS**



**PARENT/GUARDIAN  
AND  
STUDENT-ATHLETE  
HANDBOOK  
2019-2020**

**ALL IN.  
#BeAGrif**

GPA website:

[www.glendaleprep.org](http://www.glendaleprep.org)

GPA Athletics website:

[www.glendaleprepathletics.com](http://www.glendaleprepathletics.com)

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Dear Student-Athletes and Parents/Guardians:

Welcome to Griffin Athletics!

Glendale Prep is a place where students are **known** and **loved**.

As Athletic Director, it is my pleasure to welcome you to the Glendale Preparatory Academy Athletics family. Glendale Prep's Athletic Department will challenge, love, encourage, and motivate student athletes. We strive to help them find their athletic purpose and cultivate it into something that can change the world.

Our vision aims to produce talented and competitive student athletes who compete at their highest level on and off the field of competition.

We are excited to SERVE our community and do the best we can to provide support and love where needed. You're here for a reason, and this moment is not by accident. When you join Glendale Prep Athletics, you commit to three principles; hard work, dedication, and loyalty. We know you can do it and we're here to push you along the way, it's time to get to work!

ALL IN.  
#BeAGrif

Sincerely,

Jerome Garrison  
Director of Athletics  
Glendale Preparatory Academy



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### **Glendale Preparatory Academy Interscholastic Athletics Mission Statement**

Glendale 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 general 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 desirable character traits, to encourage a lifelong commitment to a healthy and active lifestyle, and to provide a positive outlet for competition.

Athletics at Glendale 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 Glendale Prep community in developing a sense of school pride. As significant as athletics are, however, they do not overshadow the importance of academics. The Glendale Prep athletic philosophy is founded upon the belief that education comes before athletics, that the primary reason for students to attend Glendale Prep is to participate in an exceptional educational experience, and that athletics should never take priority over academics.



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### 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 Glendale 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, Glendale 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 Glendale 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.



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### Eligibility

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

### AIA Eligibility Requirements (High School)

- A Student has not reached his/her nineteenth (19<sup>th</sup>) 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.

### 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.

### 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 student's responsibility to complete class work, tests, projects, etc. and provide to the instructor within established timeframes.



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### Outside Participation Eligibility Requirement

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

### Registration Eligibility Requirements (incomplete – no play)

\*Glendale Prep uses [RegistermyAthlete.com](https://www.registermyathlete.com) for clearance in Athletics.

In order to be eligible to tryout for, practice with, and compete on a Glendale Prep athletic team, student-athletes must have all of the necessary documents listed below completed and on file in the Glendale Prep athletic office. Coaches will be notified by the Athletic Department when student-athletes have completed and turned in all necessary paperwork and are cleared for participation. Visit Register my Athlete for the necessary steps. Instructions are available in the Glendale Prep front office, if needed. All Athletic Fees are paid on the school portal.

**Athletes with unpaid sports fees will be ineligible to play in an official game.**

- Annual Pre-Participation Physical Evaluation (AIA Form 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). Glendale Prep will conduct an on-site physical clinic each school year in either the spring or the fall for the convenience of Glendale Prep families.
- AIA Position Statement (AIA Form 14.13) – signed by student-athlete.
- “Brainbook” Concussion Training and test on the AIA website (HS only).
- AIA Mild Traumatic Brain Injury (MTBI)/Concussion Statement (HS only).
- Consent to Treat form.
- Emergency Contact/Information Card.
- Parent or Legal Guardian Consent to Participate Form.
- Copy of the student-athlete birth certificate
- Participation fee paid.
- **Immunization record (Homeschool Students only)**



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### **Sports Offerings**

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

### **High School Sports at Glendale Preparatory Academy**

High School sports in which Glendale Prep student-athletes may participate at the high school level are listed below by season of activity. For the 2019-20 school year, Glendale Prep is a full member of the AIA and competes against other AIA member schools. Presently, Glendale Prep is in the 2A Conference.

#### **Fall**

Cross Country  
Football  
Volleyball

#### **Winter**

Basketball  
Soccer

#### **Spring**

Baseball  
Softball  
Tennis  
Track & Field

### **Middle School Sports at Glendale Preparatory Academy**

Middle School sports in which Glendale Prep student-athletes may participate at the middle school level are listed below by season of activity. Glendale Prep is part of Great Hearts Academies and competes within the GH league while also scheduling contests with local public and private institutions. 5<sup>th</sup> graders are also invited to play Glendale Prep sports "Rising Griffins".

#### **Fall**

Cross Country  
Football (6<sup>th</sup>- 8<sup>th</sup>)  
Golf  
Volleyball

#### **Winter**

Baseball  
Softball  
Soccer

#### **Spring**

Basketball  
Tennis  
Track & Field  
Swim

While participation in extracurricular activities is not a required component of the Glendale 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 Glendale Prep Athletics**



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Glendale 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 Glendale Preparatory Academy and are always expected to behave in a manner that makes Glendale Prep students, staff, and families proud. The privilege of being a Glendale Prep student-athlete comes with added responsibility. Student-athletes are always expected to exemplify the qualities of excellent character, good sportsmanship, and respectful interactions with officials, teachers, administrators, parents, coaches, teammates, and opponents.

### Social Media

Glendale Prep strives to build our brand in excellence. This effort takes all parties following the same rules and procedures. Keep in mind that when you post anything related to Glendale Prep, it either hurts or builds our brand. In the event you are caught using Glendale Prep's name or brand in a derogatory manner, you will be asked to take the post down. If a pattern of inappropriate posting occurs the Athletic Department and Administration may bring about further consequences. Please support and follow our pages for updates and accurate uploads.

### Behavior Expectations During Contests/Practices

Glendale Prep student-athletes are always expected to conduct themselves in an appropriate manner, 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 end 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. Glendale Prep student-athletes should always strive to set positive examples by treating officials and opponents respectfully, by exercising self-control by resisting the impulse to argue, taunt, or make inappropriate gestures, and by gracefully accepting both victory and defeat.

Glendale Prep Athletic Practice may be open or closed. It is coach specific and supported by the department.

### 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





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approaching the appropriate individual and this is done after a 24-hour period following the situation.

### 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 are not permitted on the field or court at any time 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

Glendale Prep student-athletes who behave inappropriately should expect 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 student-athlete's 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 student-athlete 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 Glendale 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.



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### **Travel/Transportation**

Transportation to and from athletic contests and practices are generally provided by parent volunteers or self. Glendale Prep arranges transportation for trips outside of the metropolitan area.

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.

### **On-Campus Gameday Attire**

- GPA required school uniform unless otherwise indicated because of a special event.

### **Care of Athletic Equipment and Uniforms**

Each school year, Glendale 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 end 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**



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The coaches at Glendale Prep are 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 Glendale 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 season.

High school JV/freshman and middle school coaches will provide playing time opportunities in all regular season competitions.

M.S. – During end of the season tournaments, coaches will find the best opportunities for your child to succeed. That does not guarantee gameplay, but it is our effort to put your child in a situation where he/she can best succeed.

H.S. - During end of season tournaments, coaches are NOT required to have all players participate in competitions.

\*Practices may be open or closed. It is based on coach's opinion, please check with your coach ahead of time.

### **Athletic Refund Policy**



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Athletic refunds will be allowed to families if requested to the Athletic Director within the following timeframes:

- Sports that make cuts
  - no refunds after cuts are made
- Sports that divide into multiple teams (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. 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 Glendale 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 to prevent heatstroke and heat exhaustion.
- 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.



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- 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, and all eligible participants are awarded their certificates at the conclusion of each athletic season. 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**

#### **Pre-Season 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 will conduct an awards assembly at the conclusion of the season where athletes will be recognized for their accomplishments. 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.



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**WE ARE**



**GP!**