



green hedges
S C H O O L

Green Hedges School

415 Windover Avenue N.W

Vienna, VA 22180

(703) 938-8323

www.greenhedges.org

Perry Edsall

Athletic Director & P.E.

Teacher

Athletic Department Handbook

2010 - 2011

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Green Hedge School Mission Statement

We inspire young people of talent and promise to develop clear values, a desire for wisdom, and an appreciation for all endeavors, which broaden the mind and enlighten the spirit.

Core Values

Achieve Distinction

While celebrating the uniqueness of each child, we embolden all students to strive for excellence in their personal pursuits.

Commit to Character

Strong moral conduct is fundamental to our community and we purposefully promote appropriate conduct, encourage self-awareness and exhort responsible habits of the mind body and soul.

Explore Opportunities

We believe that a child's growth is best fostered through exposure to a broad range of academic, fine arts, athletics, and extra-

curricular endeavors and we require all students to engage in these pursuits.

Become Yourself

By maintaining a low student-teacher ratio and promoting a personal approach to a student's school experience, we support each child's unfolding as s/he emerges into a capable, confident, conscientious young adult.

Athletics Philosophy

Students will display commitment to development of skills, sportsmanship and teamwork while participating in our athletics program at Green Hedges School. Respect for teammates, coaches, opponents, officials and spectators will be emphasized daily. Students who choose to participate in this voluntary program will receive coaching geared towards building a sound mind, body, and soul. This focus will help the athletes lean towards success throughout their lives.

Introduction

This handbook provides Green Hedges School community with information concerning the goals and objectives of our interscholastic athletic program. This handbook details how our goals and objectives will be accomplished, and how our policies will be implemented. Our school is committed to ensuring that we offer the best possible experience for everyone involved in our athletic program. Our primary goal is to support our students and coaches in a positive learning environment, and to field teams that are respected throughout the league and community. Students, parents, and spectators are expected to read about and understand the various aspects of our program.

If there are any questions or concerns about the athletic program, please do not hesitate to contact me.

Perry Edsall

Athletic Director

(703) 938-8323 ext. 234

pedsall@greenhedges.org

Program Goals

The goals of the athletic program are as follows:

- To provide a safe learning environment for all students, coaches, spectators, and officials.
- To provide an athletic program that addresses the needs, interests, and abilities of the students.
- To provide healthy competition through our interscholastic athletic program for all fifth, sixth, seventh, and eighth grade students.
- To promote physical fitness through participation.
- To build upon and promote leadership, sportsmanship, teamwork, dedication, and school spirit.
- To provide a qualified and honorable coaching staff to instruct and supervise our participants.
- To provide a program that is consistent with the educational goals and expectations of the Mission of Green Hedges School.

Student Guidelines

It is expected that all participants in our interscholastic program shall:

- Represent themselves and our school with honor, proper conduct, and good sportsmanship.
- Practice the basic team and individual skills necessary to participate in competition.
- Learn the team strategies and plays and implement them in a game.
- Demonstrate a positive effort at practices and games, except in cases of illness.
- Fully comply with all league and school rules, as well as comply with the rulings of all officials. At no time, with either a voice or a gesture, shall any player demonstrate his/her dislike of a ruling within a game.
- Remain eligible by maintaining established academic and behavior standards.
- Respect and return all equipment and uniforms. Any lost equipment or uniform that was issued to the participant will be replaced at the participant's expense.
- Understand the importance of having fun while participating.
- Support peers and the concept of team.

Parent Guidelines

It is expected that all parents of students in our interscholastic program shall:

- Support the student in his/her in their decision to participate in the athletic program at Green Hedges School.
- Respect the decisions and strategies of the coaches, and support the coaches managing styles of a team.
- Respect the calls and decisions made by the officials during the game.
- Monitor that schoolwork is completed. Academics are a top priority.
- Contact the coach or Athletic Director with any questions or concerns.
- Abide by student pick-up rules and expectations as instituted in this handbook. Parents must arrange to pick-up their child after all practices and games. If someone other than a parent is responsible for picking up a student, a signed written letter from the parents must be on file with the coach or the Athletic Director.

Spectator Guidelines

It is expected that all spectators of our interscholastic program shall:

- Respect all parties involved in a contest including: coaches, opponents, players, officials, and other spectators.
- Be an exemplary role model for all participants and other spectators by showing appropriate sportsmanship and support for all athletes.
- Be a fan . . . show your enthusiasm.

Rules of the Gym

- No food or drink in the gym at any time.
- Proper attire (shirts and shoes) must be worn at all times.
- The gymnasium may not be used without school supervision.
- Equipment may only be used with permission from GHS staff.



TRANSPORTATION PERMISSION FORM

By my signing this form, below, I give my permission for:

Name of Student

for whom I am the parent or legal guardian, to ride to and/or from school-sponsored field trips, athletic activities, and other events in the personal motor vehicle(s) belonging to and/or driven by the following individuals:

List all applicable owner/drivers here

during the 2010 – 2011 School Year. In exchange for Green Hedges School allowing the child identified above to ride to or from school-sponsored events with the individual(s) listed above, I hereby waive, release, indemnify, and agree to defend and hold harmless Green Hedges School (to include its directors, officers, employees and agents) from or against any and all losses, claims, suits, damages, liabilities and expenses (including, without limitation, reasonable attorneys' fees) based upon, incident to, arising out of, or attributable to, whether directly or indirectly, the foregoing named child's riding to or from school-sponsored events with the vehicle owner/drivers listed above.

Printed name of parent/guardian

Date

Signature of parent/guardian

Game and Practice Cancellation

Information on Game and Practice cancellation please contact the front desk at 703-938-8323 with any questions or concerns. In addition email will be sent out as soon as Game or Practice cancellation is confirmed.

Participation

At Green Hedges School, fair playing time in games is a priority. Middle school level players are still developing and need the chance to participate in a variety of experiences. For this reason, all students who participate in the interscholastic athletic program will play in the games. Playing time will vary between players, and positive practice time will be instrumental in determining the amount of time played in games. Reasons for reduced playing time could be the result of, but are not limited to, negative practice time, missed practices, unacceptable academic achievement, or injury.

At no time will a player be asked to leave or be cut from the team due to a lack of ability. All students interested in participating in the athletic program will have the chance to participate, regardless of skill level.

To attend a practice or game, students must attend all classes during the day, unless they have been excused for reasons other than illness. If a student has missed any part of the school day due to illness, they will be unable to participate with the team for the remainder of the day. Students will be required to maintain an acceptable standard in all of their classes in order to remain a part of the team.

Academic and Behavioral Standards

Every student enrolled at Green Hedges School has different academic capabilities, yet every athletic participant (according to the Athletic Handbook) must “Remain eligible by maintaining academic and behavior standards.” Therefore, in order to remain eligible to participate in athletics, each student is required to maintain an appropriate level of effort in each class, as well as maintain high behavioral standards throughout the school day.

If any teacher feels that a student is lacking in effort during class, the teacher will notify the Athletic Director. If two or more teachers mention a lack of effort from any specific student, then the Athletic Director and the student’s Teacher, Advisor and/or Division Director will meet with the student to

discuss their academic progress. Starting that Friday, the student will be on academic probation until the following Friday. During that week of probation, the teachers will update the Athletic Director

On the student's progress and the student will participate as normal on the team. If after one week of probation the student is still not giving his or her best effort, then the student will not be eligible to participate in any athletic events or practices for one week. At the conclusion of every week thereafter, the student will remain ineligible for athletics until every teacher agrees that the student has shown marked improvement in class.

Along with maintaining an appropriate level of effort in the classroom, the athletic participant should also maintain high behavioral standards. Teachers will also notify the Athletic Director of any students who are not conducting themselves in a respectful manner.

Informed Consent

In order to participate in the Green Hedges School interscholastic athletic program, every student must have an Informed Consent Form on file in the Athletic Office. The form is designed to inform parents and participants that there are inherent risks involved with participating in athletics that needs attention and signatures to verify that the information was read and understood.

If there are any questions regarding the consent form, please call the Athletic Director at your convenience at (703) 938-8323 ext. 305.



**ATHLETICS/TEAM SPORTS
PERMISSION FORM**

By my signing this form, below, I give my permission for:

Name of Student

for whom I am the parent or legal guardian, to participate in the following school-sponsored athletic activity or team sport:

Identify All Athletic Activities or Sports to Which Permission Applies

during the _____---_____ School Year. In exchange for Green Hedges School allowing the child identified above to participate in the foregoing athletic activities or team sports, I hereby waive, release, indemnify, and agree to defend and hold harmless Green Hedges School (to include its directors, officers, employees and agents) from or against any and all losses, claims, suits, damages, liabilities and expenses (including, without limitation, reasonable attorneys' fees) based upon, incident to, arising out of, or attributable to, whether directly or indirectly, the foregoing named child's participating in the school-sponsored athletic activities or team sports listed above.

Printed name of parent/guardian

Date

Signature of parent/guardian



**ATHLETICS/TEAM SPORTS
PHYSICIAN'S CERTIFICATION**

I am a physician licensed to practice medicine in the Commonwealth of Virginia, the District of Columbia, or the State of Maryland. I have physically examined:

Name of Student

within the previous twelve-month period and, by my signing this form below, I hereby certify that, to my knowledge, there is no medical or health-related reason why the student named above would be precluded from participating safely in school-sponsored athletic activity or team sports (except or with whatever limitations I have noted below).

Exceptions/Limitations:

List All Applicable Exceptions/Limitations. If none exist, list "None"

Printed name of physician

Date

Signature of physician

Directions to Possible Sporting Events

Four Mile Run Soccer Field

Alexandria, VA

From ACDS, make a LEFT on Russell.

Go to 2nd light; make a left on Mt. Vernon.

Travel approximately 1/2 mile and look for Pizza Hut.

Field is on the right just after Pizza Hut, but before Mt. Vernon meets Glebe.

Browne Academy

5917 Telegraph Road

Alexandria, VA

(703) 960-3000

Take Telegraph Road South.

Approximately 1-1/2 miles past the I-95 overpass, the school is on the LEFT.

Burgundy Farm Country Day School

3700 Burgundy Farm Road

Alexandria, VA

(703) 960-3431

Take Telegraph Road South to traffic light at Burgundy Road.

(just past the I-95 overpass)

RIGHT on Burgundy Road.

Follow to the first stop sign.

Cross Norton Road and go straight to the woods and to the end of the road.

Summitt Academy

8200 Bell Lane

Vienna, VA

(703) 698-9860

Take the beltway towards Tyson's Corner

Take exit 7 (West on Gallows Road-toward Tyson's Corner and Fairfax Hospital).

LEFT at the light onto Cedar Lane.

RIGHT onto Bell Lane (church is on the right)

Clermont Park

Alexandria, VA

Telegraph Road South.

RIGHT onto Franconia Road.

The field is on the right (about 1 mile or so) just after Cannon Lane.

Loudoun Country Day School

237 Fairveiw Street NW

Leesburg, VA 20176

(703) 777-3841

Take the beltway towards Tyson's Corner

Take the Dulles Toll Road to the end (267 West)

Merge onto 7 West towards Leesburg

Take exit 7-Business towards Leesburg

Right on 7-Business (Market St.)

Left on Fairview St.

School is about ½ mile on left

Merritt Academy

9211 Arlington Blvd

Fairfax, VA

(703) 273-8000

Take the beltway to Route 50 (Arlington Blvd.) West.

Proceed through 6 or 7 lights.

Merritt Academy is at the intersection of Nutley Street and Arlington Blvd.

Nottoway Park

Vienna, VA

Route 66 West to Nutley Street North (exit 62).

Left on Courthouse Road.

Park is on the left.

Softball diamonds are at the back of the park

Soccer fields are half-way into the park

Vienna Adventist Academy

340 Courthouse Rd

Vienna, VA 22180

(703) 938-6200

Beltway towards Tysons Corner

Take Route 66 West to Nutley (VA-243) towards Vienna

Turn Right onto Courthouse Rd. S.W.

Church/School is on the right

Gesher Jewish Day School

4700 Shirley Gate Road

Fairfax, VA 22030

(703)-978-9789 (703)-978-2668

From the Capital Beltway North of 66

Take the Capital Beltway/I-495 South to exit 49 to merge onto I-66 W toward Manassas/Front Royal. Proceed about 7.5 miles to exit 57A to merge onto Lee Jackson Memorial Hwy/US-50 E toward Fairfax. Go about 1 mile and turn right at Waples Mill Rd. After 1/2 mile you will cross Lee Highway/Route 29 and the street will become Shirley Gate Rd/VA-655. After approximately 1 mile, turn right on Mattie Moore Court. The Gesher entrance will be a few feet ahead on your right.

Capitol Hill Day School

210 South Carolina Avenue, S.E

Washington, DC 20003

(202)-547-2244

Cross 14th St. Bridge. Bear right onto 395; pass 12th St.

And Maine Ave. exits. Staying in the middle lanes follows

Signs to 295 South As you pass the south Capitol St. exit, move into

The right lane and exit at 6th St. S.E Turn left at the end of the ramp. Turn left immediately on access road. Go to the second light and turn right on 3rd St. Turn left on South Carolina Ave. We are at the end of the block.