



ATHLETICS HANDBOOK



Divine Savior Academy
— DORAL —

handbook

2022-2023

ATHLETIC OVERVIEW

Athletic Department Philosophy

The foundation of all interscholastic athletic programs and school activities at Divine Savior Academy is the Word of God. All programs are offered as an opportunity to grow as Christians outside of the academic school setting. All coaches and participants strive to model Christian behaviors and attitudes.

Athletic Department Mission

The mission of our athletic and activity programs is to develop and strengthen our participants' talents and abilities through unique learning opportunities difficult to duplicate in other areas of school life. The purpose of our programs is to develop Christ-like character qualities in our participants such as teamwork, dedication, sportsmanship, humility, and living faith in all situations.

Athletic Department Policies

All policies contained in this handbook have been revised and adopted by the school's executive council in accordance with the rules and regulations of the FHSAA (Florida High School Athletic Association) and the school's administration.

Athletic Department Objectives

1. Spiritual Development
 - a. Provide a Christian environment where student-athletes can grow in faith.
 - b. Encourage student-athletes to let their light shine through great effort and good sportsmanship, properly representing their Savior and doing all to God's glory.
2. Intellectual Development
 - a. Student-athletes learn to put schoolwork before their athletic involvement.
 - b. Student-athletes learn exercises, skills, and rules specific to their sport.
3. Physical Development
 - a. Student-athletes learn to respect their bodies as temples of the Holy Spirit.
 - b. Student-athletes discipline and train themselves according to the physical needs of their sport.
 - c. Student-athletes will develop strength, stamina, skills, and abilities.
4. Social Development
 - a. Providing an environment where team play, cooperation, and respect for teammates and opponents is a priority.
 - b. Learn self-discipline, service, and humility as attitudes of team play that carry over into life.
 - c. Encourage friendships between teammates as they strive to reach their athletic potential.
 - d. Instill in student-athletes the fact that participation in interscholastic athletics is a privilege with accompanying responsibilities.

- e. Foster in student-athletes an attitude that they faithfully commit themselves to all training rules.
5. Emotional Development
- a. Student-athletes learn to cope in a Christian manner with feelings they experience in competition such as winning, losing, anger, trust, jealousy, frustration, etc.
 - b. Understand that winning is doing their best with their God-given talents, both individually and collectively.
 - c. Develop in the student-athlete the sense of satisfaction and joy that comes from using their God-given talents to their fullest.

Athletic Programs

Girls' Sports

- Cross Country (Fall)
- Golf (Fall)
- Volleyball (Fall)
- Basketball (Winter)
- Soccer (Winter)
- Tennis (Spring)
- Track and Field (Spring)

Boys' Sports

- Cross Country (Fall)
- Golf (Fall)
- Basketball (Winter)
- Soccer (Winter)
- Tennis (Spring)
- Track and Field (Spring)

ATHLETIC COMMUNICATION PROPER PROCEDURES

Athletic achievement requires a sincere commitment from all athletes, parents, and administrators. For all of us to be successful, effective communication must occur. Divine Savior Academy's athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff. We are continually attempting to improve communication with the students and parents. For our programs to be successful, it is necessary that everyone understand the focus and direction of the programs.

Your Expectations

- A. It is reasonable to expect your child's coach to inform you:
 - 1. When and where practices are held.
 - 2. About his/her coaching philosophy.
 - 3. About expectations he/she has for all athletes on the team.

4. What is required to be a member of the team.
5. If your child is injured during participation in a practice or contest.
6. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest.

B. It is reasonable for you to expect that your child will receive:

1. Coaching that will focus on the improvement of skills.
2. Instruction in being a member of a team.
3. Guidance in positive Christian values.
4. Loving discipline when necessary.
5. Open communication on any topic.
6. Care and Christian concern.

C. Typical concerns that are appropriate to discuss with a coach are:

1. Any unhealthy mental or physical strain you detect in your child at home.
2. How you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.

Our Expectations

A. It is inappropriate to discuss with a coach:

1. Other student-athletes.
2. Team strategy or play calling.

B. Coaches often need parents to tell them:

1. Any specific health concerns about your son/daughter expressed directly and informally to the coach at a mutually convenient time.
2. Notification of any schedule conflicts well in advance.
3. Your commitment to the program, and how you contribute to the program's success. For example, one way is to be sure your son/daughter is at practice each day on time and to supervise your child's nutrition and rest.
4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

- C. If you have a concern to discuss with a coach, what procedure should you follow?
1. Make an appointment with the coach at a mutually convenient time.
 2. If the meeting with the coach does not result in a resolution to the problem, contact the athletic director to discuss the situation.

ATHLETIC DEPARTMENT STAFF

Academy Athletic Director

Matt Willems

Assistant Athletic Director

Robbie Schmidt

Athletic Advisory Council

Athletic Director

Matt Willems

Assistant Athletic Director

Robbie Schmidt

Campus Principal

Ryan Loberger

Leveled Principal

Middle School or High School

Leveled Dean of Student

Middle School or High School

Fall Sports

Cross Country - High School Head Coach

Melanie Laete

Cross Country - High School Assistant Coach

Alex Solis

Cross Country - Middle School Head Coach

Andrea Rodriguez

Cross Country - Middle School Assistant Coach

Kayla Liu

Golf - High School Head Coach

Alvaro Puche

Golf - High School Assistant Coach

Robbie Schmidt

Volleyball - High School Varsity Co-Head Coach

Matt Willems

Volleyball - High School Varsity Co-Head Coach	Christian Obrador
Volleyball - High School JV Head Coach	Miranda Maasz
Volleyball - High School JV Assistant Coach	Anna Swanson
Volleyball - Middle School Head Coach	Katie Meihak
Volleyball - Middle School Assistant Coach	Kelly Hering
Volleyball - Middle School Assistant Coach	Paola Castro

Winter Sports

Girls' Soccer - High School Head Coach	Aaron Swanson
Girls' Soccer - High School Assistant Coach	Julia Marshall
Girls' Soccer - Middle School Head Coach	Gaby Vargas
Girls' Soccer - Middle School Assistant Coach	Paola Castro
Boys' Soccer - High School Head Coach	Jeremy Daccarett
Boys' Soccer - High School Assistant Coach	Eric Hahn
Boys' Soccer - Middle School Head Coach	Roberto Vallagra
Boys' Soccer - Middle School Assistant Coach	Santiago Botero
Girls' Basketball - High School Head Coach	Leah Nass
Girls' Basketball - High School Assistant Coach	Taylor Hammer
Girls' Basketball - Middle School Head Coach	Peter Mathwig
Girls' Basketball - Middle School Assistant Coach	Hannah Rundgren
Boys' Basketball - High School Varsity Head Coach	Raul Duany
Boys' Basketball - High School Varsity Assistant Coach	Alex Solis
Boys' Basketball - High School JV Co-Head Coach	Luke Willems
Boys' Basketball - High School JV Co-Head Coach	Raul Duany Jr.

Boys' Basketball - Middle School Head Coach	Joe Herring
Boys' Basketball - Middle School Assistant Coach	Marc Montez
Boys' Basketball - Middle School Assistant Coach	Scott Nerby

Spring Sports

Tennis - High School Head Coach	Jenny Sotomayor
Tennis - High School Assistant Coach	Nic Liu
Tennis - Middle School Girls Coach	Erik Parsons
Tennis - Middle School Boys Coach	Justin Marshall
Track & Field - High School Girls Head Coach	Caleb Davisson
Track & Field - High School Boys Head Coach	Jon Ross
Track & Field - Middle School Head Coach	Kurt Hoppe
Track & Field - MS/HS Assistant Coach	Abby Molina
Track & Field - MS/HS Assistant Coach	Hannah Oelhafen
Track & Field - MS/HS Assistant Coach	Marc Montez
Track & Field - MS Assistant Coach	Julia Leyrer
Track & Field - MS Assistant Coach	Paola Castro

ATHLETIC EXPECTATIONS

Practice Attendance

It should be the goal of every member of a team to be at all practices. If an athlete must miss practice for a valid reason, then he/she should inform the coach in advance of the missed practice. Unexcused misses should never happen and could result in dismissal from the team. Injured players are still part of the team and should be in attendance for all practices unless told otherwise by the coaching staff.

Students must attend school starting with the 4th-hour class to participate in a practice that day. Exceptions to this policy may occur for doctor's appointments and other related situations. Please check with the athletic director regarding any and all possible exceptions.

Game Attendance

Every member of a team is also expected to be at every scheduled contest. Every athlete is considered an integral part of the team. Everyone contributes to the unified team effort and success. This commitment is necessary for the progress of DSA teams and the consistency of the athletic program. Whenever an absence may occur, the coach should be contacted as far in advance as possible. This communication is important to make sure every situation can be handled in the best interest of the athlete, family, team, and athletic department. Unexcused absences from games could result in dismissal from the team.

Students must be in attendance starting with the 1st-hour class to participate in an athletic contest that day. Exceptions to this policy may occur for doctor's visits and other related absences. Please check with the athletic director regarding any and all possible exceptions.

School Attendance

According to Florida Law and Miami-Dade County requirements, 20 full-day absences during the course of a school year will result in a mandatory review by the Administration, Guidance Counselor, and classroom teacher to determine possible repetition of the class or the grade. A high school student who accumulates 10 absences from any one class during a semester will not receive credit for that class and an Incomplete (I) will be issued on the report card and/or transcript. If a student receives an "I" for attendance, the student will be academically ineligible for sports and extracurricular activities the following semester, even if the "I" is replaced through additional coursework at a later time. Please note that absences are not defined as "excused" or "unexcused."

Exceptions to the 10 absence rule may be given for non-school-sponsored events or educational enrichment activities that are requested from and approved by the Principal. In order to be considered for an exception, the student must

- have a 2.67 or higher GPA
- provide a written request detailing 1) the reason for the absence and 2) the dates of the absence
- present the request along with documentation of the event well in advance of the requested time off
- receive written permission from the Principal prior to the date of absence

Failure to follow these steps will result in the absence accruing towards the 10 absences that result in loss of credit.

Equipment

Divine Savior will provide all teams and athletes with the proper equipment to be successful. It is the responsibility of the coach and the team members to take care of all school equipment, especially uniforms. Athletes will be held responsible for irresponsibly damaged equipment and lost equipment.

All uniforms will be washed and cared for by Divine Savior Academy coaches and staff, therefore all uniforms will be turned in after each game. Please ensure your child has a separate set of clothes to change into after each game.

Divine Savior Academy is proud to be partnered with Nike. This partnership will help ensure our programs are outfitted with the best uniforms and equipment possible. It is our intent that all athletes will be equipped with Nike footwear and team uniforms for each sport.

Practice Gear and Apparel

Practice wear should be comfortable, allow for movement, and be in good condition. Clothing must be appropriate for a Christian school setting. If an athlete's practice apparel is unacceptable, the coach will ask them to change and the athlete will not be allowed back into practice until the apparel is appropriate. If practice gear is issued to team members, they are required to wear that practice gear for all practices. All school-issued practice gear must be returned at the end of the season.

Locker Rooms

Locker rooms are available for all team members. The locker room must always be kept neat and clean. If assigned a locker in a DSA locker room, the student-athlete is always required to keep their locker locked. When using locker rooms at opponents' facilities, it is the responsibility of the coach and team members to leave the locker room as clean, or cleaner than when they arrived.

Transportation

All team members are expected to ride to all away games together. Teams will travel in the DSA vans or rental buses. This policy is to ensure that all team members arrive at every game away from Divine Savior on time. Traveling together also allows our teams to begin team preparation and focus on the upcoming contest. Departure times will be given to all team members by their coach. Exceptions to this policy can be made if communicated in advance to the coach and athletic director.

Students will be allowed to ride home from away games with parents with written permission submitted to the coach. Permission forms can be obtained from the coach in advance or at the event. No requests will be honored for an athlete to drive his/her own car or for an athlete to ride home with someone other than his/her parents or legal guardian.

Limiting Squad Size

It is the intent of Divine Savior Academy to encourage maximum participation in all co-curricular activities; however, the number of participants on a team must be manageable, safe, and comply with FHSAA regulations. The number of positions available on a team is dependent upon the sport. Should the number of participants exceed the number of positions available on a team, tryouts will be held to determine team membership. If this is the case, some student-athletes will be cut and not included in the team. Preparing your son/daughter for this possibility before they try out will be beneficial for them.

Injuries

Divine Savior Academy will have a licensed athletic trainer on site. The trainer will provide preventative care and treatment for any injuries that occur. The trainer will also assess the need for further treatment from a doctor or therapist.

All injuries should be reported to coaches and/or the athletic trainer immediately. Coaches will determine if an injury requires an assessment from the athletic trainer. There must be communication between doctors, the athletic trainer, parents, and coaches if an injury occurs. If a student goes to a doctor for an injury, they must have a note clearing them to play. Ultimately, the athletic trainer is responsible to clear an athlete to return to play. The coaches will be in constant communication with the athletic trainer involving injured athletes.

Playing Time

Coaches evaluate athletes daily in order to make playing-time decisions based on an athlete's ability, effort, and attitude. These decisions are not debatable. If you have concerns regarding your child's playing time, schedule a private meeting with your child's coach (see COMMUNICATION). Playing time equality for players becomes less and less as the level of the sport increases in competitiveness and grade level. Our coaches try to get everyone into a game at the middle school level and high school JV level. At the high school varsity level, playing time is never guaranteed or should be expected.

Sportsmanship

Coaches, spectators, and athletes will show respect at all times to officials, opponents, and spectators of the opposing team. Each one of us has a great opportunity to represent our Savior, our school, and ourselves, especially in an emotional setting like an athletic contest. Though this may be difficult at times, it is vital to let people see us as the Christians we are, showing love and respect to all. It is one of our goals to reflect the love of Christ in our words and actions for all to see.

The decisions of game officials are always final and our athletes, parents, and fans should respect their judgments and decisions. Any concerns with the officials will be communicated by the coach. Parents and players should never argue the decisions of game officials.

If a player, parent, or coach is the cause of a sportsmanship fine issued to Divine Savior by the Florida High School Athletic Association, that individual will be responsible for reimbursing Divine Savior for the full amount of the fine.

Varsity Letters and Team Awards

School Letters are awarded to athletes on the varsity level who meet an established criteria for that program. An athlete must remain eligible for the entire season in order to letter. Training rule violations, quitting the team for any period of time or unexcused absences from any practice or game are also grounds for not lettering. Varsity team managers will earn a letter or community service hours for their service. Sub-high school varsity level team managers will earn community service hours for their service.

Coaches at all levels may also give team awards. Team awards and recipients will be determined by the coach. Team Captains may be chosen by coaches and/or other team members.

Dress and Grooming

A neat appearance goes a long way in representing our school. School grooming rules as stated in the school handbook will be strictly enforced by coaches. School uniforms or game uniforms should be worn to and from all games. The coach will determine if athletes will wear school uniforms while traveling to an away game or if athletes will wear game uniforms while traveling to an away game.

Athletic Fees

There are no athletic fees required for participation except in golf. Starting with the 2022-2023 school year, a \$250 athletic fee will be required to participate on the high school golf team. This fee is related to the extra expenses that coincide with being a member of that team.

ELIGIBILITY

The following eligibility requirements apply to members of athletic teams, student clubs, and student organizations.

ACADEMIC INELIGIBILITY

To assist students in focusing on their academics and to ensure that they use their gifts to their fullest, the following process is put into place.

- Students will remain eligible as long as their grades do not fall below the following requirements. The grades will be checked four times per semester. These four are at the middle of each quarter and at the end of each quarter.
- Students who have an F or two D's the first three reporting times (other than semester's end) will be ineligible until the next reporting time (progress report or end of quarter times - approximately four to five weeks). Students may make an appeal two weeks after the initial ineligibility time if they have raised their grades. Their appeal will be made to the Academic Dean and the teacher(s) in whose class(es) the low grade(s) were. They also must not have two D's or any F's in any other class when the appeal is made.

Florida High School Athletic Association (FHSAA) Academic Requirements

Students are required to maintain a minimum of a 2.0 GPA to be eligible for interscholastic athletic programs and activities in accordance with FHSAA bylaw 9.4.1. Any student receiving an incomplete is declared academically ineligible until the coursework is completed, at which time their GPA and final grades will be reviewed for eligibility status. If the completed coursework, resulting grade, and GPA meet the requirements listed above, the student will be declared academically eligible for participation in extracurricular activities.

Academic eligibility/ineligibility lasts for an entire semester in accordance with FHSAA bylaw 9.4.1.2. An academically ineligible student is not allowed to participate in any practice, meeting, game, or performance of any extracurricular or service activity until the end of the next semester when eligibility has been regained.

A student declared academically ineligible after the second semester will serve his or her ineligibility for extracurricular activities at the beginning of the following year. Extracurricular activities include participation in athletics, chess, archery, serving as a class officer, Student Council, National Honor Society, and school clubs.

Florida High School Athletic Association Participation Requirements (for all athletic team participants)

Students will not be eligible to participate in any sport-related activities until the following forms have been submitted to the Athletic Director and have been approved by the FHSAA.

- Pre-participation Physical Evaluation (Form EL2)
- Consent and Release From Liability Certificate (Form EL3)

- *Affidavit of Compliance with Policy on Athletic Recruiting (Form GA4)
- **Registration of Youth Exchange, Other International, or Immigrant Student (Form EL4)

**Only necessary for new 7th, 8th, 10th, 11th, and 12th-grade students*

***Only necessary for international students*

Florida High School Athletic Association Age Requirements (for all athletic team participants)

Middle School – To be eligible for middle school level athletics, a student-athlete must not turn 15 on or before July 1. (FHSAA Bylaw 9.6.3)

High School – To be eligible for high school level athletics, a student-athlete must not turn 19 years old on or before July 1. (FHSAA Bylaw 9.6.1)

All high school student-athletes have four consecutive calendar years of possible eligibility from the date he/she begins ninth grade for the first time. (FHSAA bylaw 9.5.1) A student becomes permanently ineligible four consecutive calendar years from the date he/she begins ninth grade for the first time. A student who begins the school year at an FHSAA member school, after completing the full school year in their former country coinciding with the end of the first semester of the FHSAA member school's previous academic year, will not have their limit of eligibility impacted by the missed semester. (FHSAA bylaw 9.5.1.3)

SUBSTANCE ABUSE VIOLATIONS (for all students in student organizations, clubs, and athletic teams)

Young, Christian students should honor God with their bodies and use their God-given talents to the best of their ability. Illegally using and abusing controlled substances is harmful to the development of all students. Substance abuse violations regarding alcohol, tobacco, illegal drugs, and drug paraphernalia are in effect 365 days per year.

Violations of the conduct code include, but are not limited to

- 1) Purchase, possession, distribution, or drinking of alcoholic beverages.
- 2) Purchase, possession, distribution, or use of illegal drugs, look-alike drugs, or drug paraphernalia.
- 3) Purchase, possession, distribution, or use of tobacco, E-cigarettes, vapor pens, and the like.
- 4) Attendance at events(parties) where drugs and/or alcohol are being consumed or used illegally, even though the student was not personally involved in the use of alcohol or other drugs. (It would be wise for students to carefully consider their attendance at events/parties prior to actual attendance.)
- 5) Insubordination or illegal acts or conduct in direct violation of the philosophy of Divine Savior Academy.

Any student who violates any of the five points above and who is apprehended by the police, seen by a Divine Savior Academy faculty/staff member, or by an independent reliable source that is corroborated, will be subject to the guidelines listed below. This discipline is administered with the hope of assisting parents to bring the Law and Gospel to the soul of the student.

The following penalties and offenses are accumulated throughout a student's enrollment at Divine Savior Academy. They will be reset one time, before a student's freshman year of high school. If a violation occurs at the end of a school year, the penalty will carry over to the start of the following school year.

Substance Abuse Violation Penalties

First Offense: Four-week suspension from regularly scheduled contests/events.

Second Offense: Twelve-week suspension from regularly scheduled contests/events.

Third Offense: Calendar-year suspension (Twelve months from the date of penalty).

Fourth Offense: Termination from all participation for the remainder of high school attendance.

- A. Students will remain part of the team and are allowed to practice with the team while under suspension.
- B. Post-season tournament games or matches may be part of the suspension. If the penalty results in a student being suspended for one or more FHSAA tournament competitions, the student is immediately disqualified for the remainder of the total tournament series in that sport/activity.
- C. If a student is not involved in a sport at the time of the violation, the suspension will begin at his/her next involvement with a team sport. A student may join a team on which they have not previously participated to serve the suspension. However, they must complete the season in good standing for the suspension to be considered served.
- D. If the suspension is not completely fulfilled during one sports season, it will be proportionately carried over to the next season of participation. The duration of this suspension will be determined by the Athletic Advisory Council.
- E. Students, who in good faith, refer themselves, or parents who refer their son or daughter for help in dealing with these conduct code violations within 24 hours may have their penalty reduced. Reductions for self-referrals after the 24-hour window will be considered by the Athletic Advisory Council.
- F. Students suspended for conduct code violations will travel with the team on the bus/vehicles to contests (with the exception of overnight trips). These suspended athletes will remain on the bench or sidelines with the team in street clothes.

Appeals Process

A substance abuse penalty may be appealed. The appeal must be presented to the Athletic Advisory Council. The Athletic Advisory Council's decision is final.

It is the intent of this entire conduct policy to reinforce the proper Christian response to difficult situations that arise in our youths' lives. We recognize that the temptations are great and at times, our students will make choices that are not God-pleasing. This conduct policy is in place to support and help students make God-pleasing choices. It is intended to encourage students to recognize and admit their sin so that the sweet message of the Gospel and forgiveness can be afforded to them.

MAKE AN IMPRESSION

As athletes, fans and coaches we must always be mindful of the fact that we are representing our Savior and Divine Savior Academy in all co-curricular activities. As ambassadors who publicly represent Divine Savior Academy, we will be identified by the light we let shine. Many times, the only contact that other schools and communities have with DSA is through athletic events and activities. Our appearance, conduct, sportsmanship, and play will leave an impression everywhere we go. This is one way we can show our love for our Savior and let others know why Divine Savior Academy exists.



GO SHARKS!