

MacDuffie Varsity Athletics Contract

MacDuffie Athletic Philosophy

The MacDuffie School believes that a quality interscholastic athletic program is an important part of a student's educational experience. The MacDuffie Athletics Program is committed to promoting the ideals of sportsmanship, respect, commitment, integrity, reliability, and leadership. By encouraging these ideals, the goal is to build athletic ability, increase physical fitness, and help gain a sense of community. It is the mission of the program to instill in each student-athlete the basic understanding of competition – to win with class and lose with dignity. By developing comprehensive training plans, maintaining high standards, and expecting commitment by the student-athlete to the program, the coach's priority is to improve each person's well being. Representing MacDuffie in athletics is a choice, and with choice comes the responsibility for the student-athlete to give his/her all to achieve and to excel. In addition to the physical understanding of motor skills development, the goal is also to foster the mental aspects of teamwork, ownership, cooperation and discipline to cultivate students' decision-making ability.

Varsity Programs

All athletes are expected to put forth their best effort whenever they are representing The MacDuffie School. The first objective is to win, but not at all costs. We strive to capture each league championship, while upholding our ideals of sportsmanship, respect, commitment, and integrity. Playing time is based on performance and commitment to practice time. At the same time, whenever possible, players should be allowed playing time as their ability and the game situations permit. **Three unexcused absences may result in removal from the team.** Failure to communicate with the coach, with an acceptable reason, for missing a practice or game could result in a write-up demerit. Varsity programs at MacDuffie are a competitive experience where achievement and outcome are high priorities.

Code of Conduct for Players

- Attend all training sessions and games punctually. Notify coaching staff immediately if unable to attend.
- Be honest with and pay complete attention to coaches/staff.
- Maximum effort is a minimum requirement – always take pride in your performance, even at training.
- Your full cooperation is always expected.
- Always conduct yourself with respect and behave appropriately.
- Learn the rules of the game.
- Always take responsibility of your own belongings, uniform and equipment and be prepared to help out with the coaching equipment during practice/game day when asked.
- Always warm up and cool down with appropriate stretching exercises before and after training and games.
- Always wear the appropriate gear at practices and games.
- No jewelry to be worn or mobile phones to be used during practices or games.
- Do not train unless fully fit and make sure that you report injuries as soon as they occur.
- Attendance will be required for injured players at both training and games.
- Always respect other people and property – you are an ambassador to the school at all times.
- Always work hard and be determined to do the best you can at all times.
- Play time at varsity level is a privilege based on many factors.
- Your commitment to the team is expected regardless of the situation.