



WASHINGTON LATIN

2019-20 ATHLETICS

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Athletic Department Philosophy

Washington Latin Public Charter School has a proud tradition in athletics.

At Washington Latin, we believe in the value of athletics for the entire student body. Coaches feel the responsibility not only to teach their players the skills and strategy behind the game but also to instill respect for the tradition of the game including honorable behavior. Learning to honor the game builds a sense of responsibility. Coaches realize that what they are teaching their players carries far beyond the field into the classroom, into the home and eventually into adulthood. Coaches encourage their players to focus on their level of effort and personal improvement in addition to the final score. Our coaches help student-athletes recognize that mistakes are inevitable and an important part of the learning process. The key to success is being able to rebound from mistakes with renewed determination.

Our coaches are expected to embrace two goals in all athletic endeavors: the first goal is to prepare our student-athletes to compete, but the second, equally important goal is to teach life lessons through sports. Athletic activities are seen as an important part of the total learning experience at Washington Latin. These lessons are invaluable and help in the overall development of an individual. Sportsmanship, commitment, teamwork, competition, cooperation and fair play are learned when students are taught to respect the game—to bring dignity and self-control to the contest, win or lose. Athletic participation also plays an important part in helping each student develop a healthy self-image as well as a healthy body.

Successful school athletic programs depend on a large percentage of student participation. This fact encourages multi-sport student-athletes. Our coaches will not pressure players to give up other sports to secure a winning season in a particular program. Maintaining a culture where positive character traits are developed in our players must come first. When the game is on the line and tensions run high, we will teach our student-athletes invaluable lessons by helping them focus on what is important.

Physical Education Classes (Grades 5-6)

The Washington Latin physical education program is designed to develop and strengthen the physical, social and emotional needs of children participating in athletic, fitness related, and recreational activities. The program encourages students to participate in and enjoy various activities. Each student is introduced to skills and lead-up games to offer a better understanding of a particular activity. Physical education is offered weekly with units of instruction lasting two or four weeks.

It is the primary goal of the physical education program that each student enjoys every activity while participating in a socially comfortable atmosphere. Competition and winning and losing have little emphasis within the parameters of the physical education curriculum. Fair play and good sportsmanship are encouraged and expected in all activities.

The Washington Latin Physical Education program seeks to develop:

- Fundamental and age-appropriate skills
- Physical, social and emotional growth
- Compassion and good sportsmanship
- A sense of responsibility to one's team, coaches, and the sport
- A feeling of enjoyment and self-accomplishment
- The understanding that winning and losing, while part of the game, is not the ultimate end in athletic participation

Physical Education Uniforms

Each child in 5th and 6th Grade is required to purchase a P.E. uniform at the beginning of the school year. The uniform consists of a gray Latin t-shirt, a pair of cardinal Latin mesh shorts, a gray Latin sweatshirt, and a pair of gray Latin sweatpants, plus a P.E. bag. The P.E. uniform is required to be worn during all classes to participate. If a uniform is lost, then a new one will need to be purchased from G-Land or the PFA Used Uniform Exchange (see Latin's Uniform policy for details). The children are asked to bring a pair of lace-up sneakers that can be kept in their locker for use in class.

The majority of the Washington Latin Physical Education classes take place outside throughout the school year. Students will be able to wear their jackets, along with a knit winter cap and gloves, or mittens on days that warrant use. Baseball caps are not permitted.

Athletic Requirements Grades 7-12

Athletic participation plays an important role in helping the individual student develop a healthy self-image, as well as a healthy body. From 7th grade on, Latin students may choose after school athletic activities to meet the following minimum athletic requirements, including competitive team sports and non-competitive classes and training sessions. Requirements include:

- Middle School (Grades 7-8) - One (1) season during 7th Grade, one (1) season during 8th Grade
- Upper School (Grades 9-12) - Four (4) seasons during Grades 9-12; 12 seasons are offered (Varsity and Junior Varsity)

Athletic Credit through Out-of-School Activities

Some students may wish to pursue other activities outside of school to fulfill their Athletic Requirement. This is possible, with the following conditions:

- Athletic credit may be granted for out-of-school activities for one season only per year. Credit is granted at the discretion of the Athletic Director.
- A request for credit for out-of-school activities must be received before the activity begins and any permission can be granted to receive credit. Requests should be made no later than two-weeks before the start of the corresponding sports season. For a fall request, the deadline is September 15, winter is November 15 and spring is February 15. Forms are available from the Athletic Director.

- The activity time commitment should be commensurate with on-campus athletic activities, which average 180+ minutes per week for at least an eight-week period.
- The activity must have a qualified coach and/or instructor.  Work with a personal trainer does not qualify for credit.
- Participation in a club or AAU team does not qualify for credit, unless the sport/activity is not offered at Washington Latin and/or a student is not offered a roster spot on a Washington Latin team. 
- Before credit can be granted for approved out-of-school activities, a formal evaluation signed by the coach or instructor must be submitted to the Athletic Director at the end of the season.

TEAM SPORTS

Washington Latin has more than 20 teams for students in grades 7-12 that foster the same values of integrity, respect, responsibility, and participation that are embodied in the classroom. An experienced coaching staff, primarily drawn from our faculty, fosters a positive attitude about learning and challenges our athletes to achieve their highest potential in all aspects of their development. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each Latin team.

Participation on interscholastic teams also adds to school spirit and helps all athletes, spectators, as well as the student body as a whole, develop pride in their school. 

Participation in athletic teams at Washington Latin is both a privilege and responsibility. As members of a school team, student-athletes are expected to make a personal commitment to represent Washington Latin in an exemplary fashion and to follow rules of training and conduct necessary to maintain strong, healthy minds and bodies. Because student-athletes are in a highly visible position requiring leadership and responsibility, they will be held to a higher accountability of conduct and behavior than students who choose not to participate in interscholastic athletics. Athletic consequences, therefore, will be implemented in addition to any recommended by the Dean of Students and Principal.

Academic Eligibility

Middle School students must maintain a grade point average of 2.0 and have no failing grades to participate fully in our athletic programs. A student in grade seven (7) or eight (8) must be eligible at the end of the published grading period immediately preceding the sports season in which the student wishes to participate.

Eligibility for 2019-20 Middle School athletic seasons is based on the following:

Fall 2019	All students are eligible
Winter 2019-20	1 st Quarter of the 2019-20 school year
Spring 2020	2 nd Quarter of the 2019-20 school year

Upper School students must maintain a grade point average of 2.0 to participate fully in our athletic programs. Eligibility is based upon the quarter preceding the season.

- A student who is ineligible to participate in interscholastic athletics may not play, practice, or otherwise, participate with the school sports team during the period of such ineligibility.
- The period of ineligibility will last until the end of the next grading period when report cards are issued.



- Eligibility for 2019-20 Upper School athletic seasons is based on the following:

Fall 2019	4 th Quarter of the 2018-19 school year
Winter 2019-20	1 st Quarter of the 2019-20 school year
Spring 2020	2 nd Quarter of the 2019-20 school year
- A student in grades 9, 10, 11 or 12 must be eligible at the end of the grading period immediately preceding the sports season in which the student wishes to participate.
- If the student is ineligible at the beginning of the season, then the student may not try-out, or join, the team at any point during the season.
- All new-to-Latin 9th grade students are eligible for the fall season.

Team Sport Registration

Students and one of their parents/guardians must complete the **Family ID** online registration process by the deadline set for each season in order to participate. This process includes providing emergency information (including parental consent to emergency medical treatment), the student agreeing to a participation contract, and confirming parental permission. In addition, all student athletes must have a current physical form, signed by a doctor certifying the student's ability to participate in the athletic team activity, in order to participate in any athletic activity at Latin.

Parents/guardians and students will be notified by email from the school about the opening of the portal for the next season and provided with the link. Please watch for these announcements in *Legenda*. If you have any questions or difficulties with this online process, please contact the Athletic Department for help.

Other Requirements for Participation in Team Sports

- Students must meet residency requirements as set in the DCMR, Chapter 27.
- Post-graduates of any high school are not allowed to play on Latin interscholastic teams.
- For students in Grades 9-12, eligibility shall cease at the end of the 8th semester after first entering 9th Grade.
- A student who has attained the following ages on or before August 1 preceding the following school year shall not be eligible to participate in interscholastic athletics offered for the grade levels indicated:
- Grades 7 and 8: 15 years old
- Grades 9-12: 19 years old
- A student may not play in both a varsity and junior varsity game on the same day.

Attendance Requirements for Participation in Team Sports

- Every player must attend every practice and every game (including any championship contests and post-season tournaments) to receive credit.
- Any student absent from school for three or more periods in any school day is not eligible to participate in any athletic contest or practice that day. Any part of a period beyond two periods counts as the third missed period.
- Excused absences from school are also excused absences from athletics.



- Absences from practices and games will be excused in the following cases: documented illness or injury, religious observance, and family emergency or event (i.e., wedding, funeral, etc.). Athletes should notify the coach of expected absence as possible. Notification after the absence will not be excused.
-  athlete has an injury that requires rehabilitation, this needs to be worked out with a trainer/doctor and coach. If working with the school's trainer is prescribed, the athlete is required to attend these sessions (generally during practice hours). If an athlete is unable to begin rehab sessions right away, the athlete is expected to attend practice and observe unless the coach permits the absence. 
- A student may not participate in practice, or a game when he/she is serving an in-school or out-of-school suspension. The student becomes eligible to participate on the next school day following the suspension. Any type of suspension will be counted as an unexcused absence from the student's team.
-  If, for any reason, a student decides to stop participating on a team, or the student is thrown off of a team, then he or she will not be permitted to join or participate in any other sport for the duration of that season.
- Two unexcused absences from practice may result in removal from a team and loss of credit for the season.
- Failure to fulfill his or her commitment, regardless of the timing (beginning, middle or end of the term), will result in a loss of athletic credit for the term.
- The Athletic Director will have the final say in determining athletic credit and participation on the team.

Participation on Athletic Teams Outside of School

Many students participate on teams outside of school, and the Athletic Department strongly encourages this. Playing on teams outside of school along with participation on Washington Latin teams can be beneficial but also time-consuming. The policy of Latin's Athletic Department is that a student's school team commitment must come first. Missing a practice or game for other non-Latin team will count as an unexcused absence with consequences for playing time as outlined above. 

Uniforms and Equipment

Middle School students are required to purchase their team uniforms through the school. The uniform is worn for all sports offered in the middle school. Students are expected to provide their own personal equipment such as cleats, gloves, bats, etc. Essential equipment to play the sports, such as sport specific balls, protective helmets, etc. will be provided by the school. ***Latin provides financial assistance to any student who is not able to purchase uniform or necessary personal equipment.*** Parents/guardians can speak to the coach or athletic director for any such need.

Upper School athletes do not purchase their uniforms. Students are issued a school-owned uniform that must be returned at the end of the season. If an item is lost, then the student will be billed for the item lost and for its replacement. The cost of replacing a single uniform item can be very expensive, so we hope that the students will make every effort to return all uniform pieces.

Students are expected to provide their equipment such as cleats, gloves, bats, etc. Essential equipment to play the sports, such as sport specific balls, protective helmets, etc. will be provided by the school.

Some teams place orders for team items such as sweatshirts, jackets, etc. which must be paid for by each athlete. These items are not mandatory for participation.

Practices and Games

All students are expected to participate in all practices and play in all games of their teams. If a student is required to remain after school for extra instruction with a teacher, then he/she needs to proceed to practice, with a note from the teacher, as soon as the extra instruction is completed. Students may not miss athletic participation to complete homework. 

All team games are listed on the athletics calendar at www.athletics.latinpcs.org. Parents and students can subscribe to a specific team calendar to import to their own online calendar and receive automatic updates. The athletics web site also has other information about each team, such as coach contact information, practice days, etc. In addition, coaches will generally email families and students with any detailed information about the team's activities.

Middle School practices are scheduled on Monday, Wednesday, and Thursday. Practice times are from 3:30-4:30 PM, and all practices will end before the late bus departure unless noted otherwise. Under special circumstances, an extra practice may be scheduled by the coach. The coach will inform team families, and this special practice cannot be mandatory in any way.  *MS games* are scheduled on a Monday, Wednesday, or Thursday with exceptions.

Upper School practices take place Monday-Friday and begin at 4:00 PM during the fall and spring (unless otherwise noted). Saturday practices may be required. All Varsity practices during the fall and spring will end by 6:00 PM. Winter practices vary depending on the activity, and it is the coaches' responsibility to inform all parents of the practice schedules.  *US games* are typically scheduled on school days, but Saturday competitions should be expected.

Team Practices During Vacations

Most, if not all, of the Upper School varsity teams, and some JV teams, practice during vacations. The level of commitment on a varsity team requires that the athlete participates in these practices during vacations. Families of varsity athletes need to understand that for our teams to be competitive, mandatory formal practices will and do take place during vacations. If you are the parent of a varsity athlete, plan on your son/daughter having to participate in these practices. If your son/daughter cannot attend these practices, then it has to be understood that there may be consequences for failure to attend. Consequences vary and are handled by each coach. If there are special circumstances concerning a student, then the parents need to inform the coach as soon as possible.

Transportation to and from Games/Contests

Transportation is provided to and from all competitions, and all students will be returned to Washington Latin unless other arrangements are made in advance and the coach is informed. Whenever school transportation is provided, students must travel to and from events with their group unless parents have made prior arrangements with the Athletic Director or Principal. In no case is a student allowed to make his or her arrangements with a coach.

If parents go to away games, they may take their son/daughter home with them, as long as they inform the coach. A coach will not leave a student at an away game site if the parent is not there. If parents are in  attendance at away games, their son/daughter may ride home with them or with another player's parents with permission. ***At no time are students to ride home with other students from away games.***

There will be days that teams will arrive back to school after the late bus has departed. It is the responsibility of the parents to pick up their child or arrange for transportation home on these days, and coaches will notify parents of such days in advance so that proper planning can take place.

PLEASE CLARIFY: Parents arrange alternative transportation with coach or AD or Principal? Different versions in old handbook.

Early Dismissals for Games

Early dismissal for games happens throughout the year. The Athletic Department tries to avoid scheduling games before 4:00 p.m. When we travel to visiting schools, there are times when the students are dismissed from classes early. We ask the students to let their teachers know when they have to leave early. Students are also responsible for all of their assignments that they miss. It is the student's responsibility to make sure they inform their teachers of an early dismissal.

Game/Practice Cancellations

In the case of inclement weather, games may have to be rescheduled. For the Middle School games, a decision is made as close to departure time as possible. This may mean that a decision is not made until 1:30 p.m. For Upper School games, decisions are made between 2:30 and 3:30 p.m., depending on whether it is a home or away contest. All game day changes or practice cancellations due to weather are posted on the athletics home page (www.athletics.latinpcs.org) as well as emailed to all students in the relevant grades. If school is closed for inclement weather (generally in winter), all practices and games are also cancelled.



Weather Policy

The chart below outlines our guidelines for playing in hot weather.

Temperature	Humidity	Air Quality Index	Activities
Less than 80F	-----	Code Green 0–50; Good Air Quality	No Restrictions
80–90F	Less than 70%	Code Yellow 51–100; Moderate Air Quality	Watch Carefully
80–90F	More than 70%	Code Yellow 51-100; Moderate Air Quality	Provide 10 min cool down and rest each hour
90–100F	Any	Code Orange 101-150	Monitor carefully with frequent water breaks
90–100F	Any	Unhealthy for sensitive groups	Shortened practice time with mandatory water breaks every 20 minutes
90-100F	Any	Code Red 151-200	Limit outdoor exertion
90-100F	Any	Unhealthy Air Quality	Avoid all outdoor physical activity

Code Red Policy

A Code Red Day occurs when the temperature exceeds 100 degrees and the air quality is deemed unhealthy. The Athletic Director will be responsible for informing the coaches if there is a Code Red Day. If Code Red Days occur during pre-season practices, practice will be held early in the morning and later in the day to avoid the hottest part of the day. Practices times will also be shortened. Athletes will be kept well hydrated and will be monitored carefully by the coaching staff for any signs of distress.

Lightning Policy

Any game or practice in session will be suspended immediately by the officials, or the head coach in charge, at the first sign of lightning. All players and fans must leave the field immediately. No contest or practice will resume until 30 minutes have elapsed since the last sign of lightning or thunder. Officials will always have the final word on the continuation of the game.

Injuries Occurring at Games/Practices

If a serious injury occurs during a practice or game, the coach, or Athletic Director, will contact parents immediately. The student athlete will be examined by the sports trainer present at the game. If the injury is serious enough that medical attention by a doctor is required, parents will be notified as to the location your son/daughter will be taken.

If the injury is serious enough that your son/daughter will be unable to participate in team activities for a period, then a note from the attending physician clearing the student for athletic activity is required.

Varsity Letter for Upper School Athletes

A varsity letter is an achievement that represents perseverance and success. Athletes receiving letters are subject to criteria for earning the letter. At Washington Latin, the first criterion that needs to be

satisfied is the student-athlete remaining academically eligible for the entire sports season. Coaches will communicate team-specific criteria to earn a varsity letter. 

In addition to the academic qualifier, all students who participate in Latin Athletics sign, and agree, to the player contract at the beginning of the season that states that they will abide by all eligibility requirements and team standards developed by the coaching staff. If, in the eyes of the Athletic Director and/or the Head Coach, an athlete does not satisfy the terms of the agreement, then a letter will not be awarded. This does not mean that the student will not receive credit towards graduation.

ALL policies are subject to change at the discretion of the Athletic Director and/or the Head of School.



