



2010-2011
STUDENT-PARENT
ATHLETIC HANDBOOK

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MISSION OF THE FRA ATHLETIC PROGRAM

The following section regarding philosophy objectives and outcomes was derived from the FRA Strategic Athletic Plan, approved by the Board of Trustees.

The athletic program offers all FRA students a variety of opportunities to participate in athletics and to develop positive attitudes, skills, and values for life.

PHILOSOPHY

At FRA, students are our primary focus.

We value...

- Athletics as an integral part of the total educational process
- The pursuit of excellence
- Competitive teams
- Good sportsmanship
- Physical and mental fitness
- Athletics as a part of spiritual growth

OBJECTIVES

We will...

- Provide a variety of athletic experiences
- Provide consistent organized athletic opportunities in grades 5-12
- Support Pre-K – 4 youth teams
- Encourage student participation as athletes and fans
- Encourage multi-sport participation in FRA sports teams
- Develop athletic skills
- Model and teach good sportsmanship
- Encourage teamwork
- Integrate the academy's spiritual life into the athletic program

OUTCOMES

We encourage the development of...

- Teamwork
- Values
- Perseverance
- Commitment
- Decision making under pressure
- Dealing with adversity and success
- Experience athletic accomplishment
- Produce competitive teams, within the bounds of good sportsmanship
- Develop school spirit and unity throughout the FRA community
- Assist athletes who seek to participate at the collegiate level
- Bond and inspire our athletes
- Sportsmanship
- Self discipline
- Responsibility
- Goal setting
- Leadership
- Self motivation
- Fitness
- Self confidence



SUPPORT FOR THE FRA ATHLETIC PROGRAM

Home and school form a strong partnership in educating each student. As such, this athletic handbook serves as the foundation for this partnership in the FRA athletic program. We are accountable to each other as, together, we seek to promote athletic participation among our students.

STUDENT EXPECTATIONS

As we partner together, FRA will expect each student-athlete to understand the following:

- Participation is an honor and a privilege.
- Always conduct yourself in a manner reflecting good sportsmanship.
- Respect and accept the decisions of the coach.
- Academic excellence must take priority over athletics.
- Be in attendance for the full day of school in order to practice or play (exceptions specified in FRA Handbook).
- Have a physical form and all athletic participation forms on file.

PARENT EXPECTATIONS

As we partner together, FRA will expect each parent to understand the following:

- Students learn from our actions. As parents, we are role models for student behaviors. FRA expects parents to refrain from being derogatory or abusive toward coaches, officials, and all players. Parents who draw attention to themselves, by excessive voice and/or action, are a distraction to the students participating in the game and the mission of FRA. The administration will address any departures from this expectation.
- Depending on the nature of the departure from acceptable parent behavior, disciplinary action may include:
 - removal from contest
 - conference/hearing with school administrators
 - removal from future contests
- Vocal support by parents during athletic contests should always be supportive of the student-athlete, his/her teammates, and the leadership of the coaches chosen to guide him/her during this sport.
- If a parent has the need to speak with a coach about a particular athletic event, please wait until the following day to schedule this discussion so that any elevated emotions will not interfere with appropriate communication.
- There are certain discussions that will not be held, such as discussing personnel or strategic decisions, including playing time.
- Parents should not purchase and/or provide athletic apparel without prior approval by the Athletic Director. FRA's logos and brands are copyrighted and protected for use by Franklin Road Academy. Therefore, parents are to gain approval by the Athletic Director and the appropriate school dean before ordering and/or purchasing T-shirts, sweatshirts, warm-ups, or any additional apparel for teams or groups which bear the language "FRA" or "Franklin Road Academy."
- Parents will follow the academy policy of communication: first, by contacting the coach; if questions remain, please contact the Athletic Director; and lastly, the dean of the school, if necessary.

ACADEMY EXPECTATIONS

The Athletic Director holds FRA coaches accountable through a clearly articulated set of expectations and a yearly detailed evaluative process.



FRA ATHLETIC OVERSIGHT

Athletic oversight is differentiated according to grade level.

In grades K-4, FRA will facilitate specific sports;
In grades 5-8, FRA will sponsor specific sports;
In grades 9-12, FRA will program specific sports.

The following guidelines are in accordance with these three differentiated rules of oversight.

KINDERGARTEN – 4TH GRADE: FACILITATED ATHLETIC TEAMS

PHILOSOPHY:

Kindergarten-grade 4 is a time of player development, a time to learn, and a time to enjoy the sport a.k.a., have fun! Therefore, FRA promotes teams that are equally divided according to ability, as well as a measured amount of guaranteed playing time.

- A.** FRA has a liaison from the athletic department to Lower School athletics who will provide:
 - 1.** an annual orientation meeting for all parent-coaches of an FRA team (mandatory)
 - 2.** a sport specific coaching clinic(s) for coaches (optional)
 - 3.** a specific clinic(s) for players (optional)
- B.** Basketball is the only Lower School athletic offering that is facilitated by FRA.
- C.** An FRA team is defined as a team where a majority of players currently attend FRA, is coached by an FRA parent/alumnus/employee, and competes in the sports and/or leagues listed in this handbook.
- D.** Students in 4th grade will not be allowed to play on the 5th grade teams.
- E.** Basketball Gym Scheduling Procedures
 - 1.** All requests to reserve the basketball gyms must be submitted by October 1, 2010 to the FRA Athletic Department. Each request should be submitted by email and include specific preferences by order; i.e., day of the week (Monday - Friday) and times (5:00-8:00 pm).
 - 2.** A selection process in the form of a drawing/lottery will be held.
 - 3.** Each participant will be contacted by October 15, 2010.



GRADES 5TH – 6TH: SPONSORED ATHLETIC TEAMS

A. FRA provides coaches for the following sports and teams:

5TH GRADE

1. Football: SWNFL
2. Track: boys and girls—3 meets, school-based

6TH GRADE

1. Football: SWNFL
2. Basketball: boys and girls—Music City Athletic Conference
3. Track: boys and girls—4 meets, school-based

B. Students will play on their grade level team, with selection made in accordance to the competitive performance standards of the league in which we participate.

6th graders will not be allowed to participate on MS teams with roster limitations.

However, an exception can be made if there are not enough players for a grade level team.

C. Coaches will be appointed by the Athletic Director with input from the varsity head coach of that sport. The varsity head coach is responsible for his/her sport beginning in the 6th grade, and oversees the program from Pre-K through 12th grade. A volunteer head coach will not coach his/her own child.

D. FRA provides each team:

1. Practice time and on-campus facility
2. Game site
3. Appointed coaches
4. Basketball 6th grade: game uniform for MCAC, individual pays league established fee (approx \$15)
5. Track, 5th and 6th grade: jersey



FRA ATHLETIC OVERSIGHT

GRADES 7TH – 8TH: PROGRAMMED ATHLETIC TEAMS

A. FRA will provide the following teams:

EARLY FALL: Cheerleading Cross country Football Golf Volleyball	LATE FALL: Soccer Wrestling	WINTER: Basketball	SPRING: Baseball Softball Tennis Track
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B. Structures:

1. Four sports do not have roster limitations: cross country, football, wrestling, track
2. On teams with roster limitations, sixth graders are not allowed to “play up” unless there are insufficient numbers to field that team.
3. Sixth graders may play on the JV team, if a JV team is offered in a particular sport.
4. Boys may not play on the middle school football team in sixth grade.
5. Students will play on their grade level team, with selection made in according to the competitive performance standards of the league in which we participate.
An exception can be made if there are not enough players for a grade level team.

C. Sharing athletes: FRA encourages students to participate in as many sports as possible. Playing multiple sports in the same season is possible only with the permission of the coaches of both sports. The following rules will serve as a guide for multi-sport athletes in the same sports season:

1. Student-Athlete must be in good academic standing.
2. Both coaches must agree to share the student-athlete.
3. If both coaches agree to share an athlete, a meeting will be held to discuss the arrangement with the following people:
 - a. Student-Athlete
 - b. Student-Athlete’s parents
 - c. Coaches of both sports
 - d. Middle School Athletic Director
4. A student-athlete will declare a primary sport (his/her main sport of choice).
5. Student-Athlete will attend ALL games or contests of the primary sport.

D. Playing Up: 8th to Varsity: In rare cases, a student-athlete in 8th grade will have exceptional ability and will have a major impact on the varsity level. In these cases, the protocol will be:

1. A meeting between the coach and Athletic Director
2. Approval by both the middle and upper school deans
3. Continued academic and disciplinary good standing
4. A statement of TSSAA athletic eligibility signed by the parent and Athletic Director

The other reason a player might be allowed to “play up” is if there are insufficient numbers to fill the varsity team roster.



GRADES 7TH – 8TH: PROGRAMMED ATHLETIC TEAMS cont'd..

E. FRA provides each team:

1. Game uniforms
2. Entry fees
3. Coaches
4. Transportation not involving an overnight stay
5. Practice time and facility

ATHLETIC AWARDS

Franklin Road Academy appreciates the participation of all athletes, and each athlete is presented with a Certificate of Participation. Certificates of Participation are awarded to Middle School students who participate in a sport for an entire season.

ATHLETIC INSURANCE

Secondary accident insurance, including athletic, is included in tuition. Additional accident insurance may be purchased at the beginning of each school year on an individual basis.

ATHLETIC BOOSTERS CLUB

The Athletic Boosters Club, through the sports program and other projects, helps provide quality equipment, uniforms, and facilities for the athletic program at Franklin Road Academy.

ATHLETIC FORMS

Athletic forms, as well as a birth certificate, are required to be on file before a Middle School student may participate in a varsity sport:

1. Health form covering physical examination
2. Parent consent and emergency information form

All required forms may be obtained in the Middle/Upper School offices. **A birth certificate must also be on file in the Middle School office.**

ATHLETIC SCHEDULING

Franklin Road Academy is committed to HVAC scheduling; therefore, our sports will stay within the guidelines to enable our student-athletes the opportunity to participate in all four HVAC sports seasons.



FRA ATHLETIC OVERSIGHT

GRADES 9TH – 12TH: PROGRAMMED ATHLETIC TEAMS

A. FRA will provide the following teams:

FALL:	WINTER:	SPRING:
*Cheerleading	Basketball	Baseball
Cross Country	Bowling	Soccer (B)
Football	*Cheerleading	Softball
Golf	*Hockey	Tennis
Soccer (G)	*Swimming	Track
Volleyball	Wrestling	

*These are not TSSAA sports; however, FRA offers students the opportunity to participate on these teams.

B. Playing Up: 8th to Varsity: At the end of a middle school athletic season, there is an option for players to be “brought up” to the varsity team if:

1. There is not conflict with the beginning of a new middle school sports season
2. Players are needed for varsity team numbers, or
3. The athlete could have a major impact at the varsity level

Again, there must be a meeting between the parent, the coach, and the Athletic Director. A statement of TSSAA athletic eligibility must be signed by the parent and Athletic Director.

C. Sharing athletes: Playing multiple sports in the same season is a very difficult undertaking at the varsity level in most cases. However, FRA will review these individual scenarios case by case. All requests must be presented to the Athletic Director.

D. FRA provides each team:

1. Game uniforms
2. Coaches
3. Practice time and facility
4. Transportation not involving an overnight stay

E. Athletic Gear: Parents of Upper School athletes will purchase FRA athletic gear which consists of one (1) sweat suit, two (2) dri-fit shirts, and two (2) pairs of shorts. These items will be required practice attire for all FRA Athletes beginning in 2010-2011.

ATHLETIC AWARDS

Franklin Road Academy appreciates the participation of all athletes, and each athlete is presented with a Varsity Athletic Award Certificate. Certificates of Appreciation are awarded to Upper School students who participate in a sport for an entire season. The criteria for earning a Varsity Athletic Award Certificate is at the discretion of the varsity coach of each sport. A Varsity Athletic Award Certificate is an earned award for achievement in a sport and contribution to a team.



GRADES 9TH – 12TH: PROGRAMMED ATHLETIC TEAMS, cont'd.

ATHLETIC INSURANCE

Secondary accident insurance, including athletic, is included in tuition. Additional accident insurance may be purchased at the beginning of each school year on an individual basis.

ATHLETIC BOOSTERS CLUB

The Athletic Boosters Club, through the sports program and other projects, helps provide quality equipment, uniforms, and facilities for the athletic program at Franklin Road Academy.

ATHLETIC FORMS

Athletic forms, as well as a birth certificate, are required be on file before an Upper School student may participate in a varsity sport.

1. Health form covering physical examination
2. Parent consent and emergency information form
3. Drug screening form (Upper School only)

All required forms may be obtained in the Upper School office. **A birth certificate must also be on file in the Upper School office.**

Participation in Upper School sports requires a health form, parental consent form, and an emergency form. All required forms may be obtained in the Middle/Upper School offices. A birth certificate must also be on file in the Upper School office.

ATHLETIC DRUG TESTING

The Counseling Center works with the administration in situations involving a student athlete's first time violation of the school's Alcohol and Drug Policy. Students may be retained rather than dismissed if students and their families are willing to work with the counseling center to evaluate the student's chemical use status. Following a positive result on a drug screen, the athlete will be suspended from the team pending a meeting with the athlete, the parents or legal guardian, the team coach, the U/S counselor, and the Upper School dean. The purpose of the meeting will be to address actions required for the athlete to continue as a student and team member at FRA. The first step in that process is a mandatory chemical dependency assessment. (The cost of this assessment will be incurred by the student-athlete's parents.)

Upon completion of the drug and alcohol assessment, the athlete must complete the treatment recommended by the assessing agency. This treatment will vary based on whether the athlete was found to be chemically dependent, and if so, the level of dependency. The athlete will also be required to attend six to eight group or individual counseling sessions through the Counseling Center. These sessions are in addition to the treatment protocol recommended by the assessing agency and will focus on education and support. The athlete will also be placed on disciplinary probation by the school administration for one year and will be subject to follow-up drug screens (in and out of season) for the remainder of his/her tenure at FRA. A positive result to a follow-up drug screen may result in separation from Franklin Road Academy.

Final Note

While this handbook is intended to provide specific structure for the FRA athletic program, all circumstances and situations cannot be foreseen. Therefore, the Athletic Director will decide upon needed actions as cases arise.



AREA WIDE ATHLETIC TEAMS AND LEAGUES

SPORT:	LEAGUE:	LEVEL:
BASEBALL	TSSAA HVAC WNSL Creive Hall Baseball	High School 7th/8th Grade Ages 5-10 Ages 5-12
BASKETBALL	TSSAA HVAC Music City League First Presbyterian League WNSL Brentwood YMCA Green Hills YMCA	High School 7th/8th Grade 6th Grade K-6th Grade K-6th Grade Ages 7-14 Ages 7-14
FLAG FOOTBALL	WNSL	Ages 5-10
FOOTBALL	TSSAA SWNFL Brentwood Blaze	High School 5th/6th Grade Ages 5-12
SOCCER	TSSAA HVAC First Presbyterian League Brentwood YMCA Green Hills YMCA HYSA Williamson Co. Youth Soccer	High School 7th/8th Grade K-6th Grade Ages 4-12 Ages 3-14 Ages 3-14 Ages 4-18
SOFTBALL	TSSAA HVAC Green Hills Softball League	High School 7th/8th Grade K-7th Grade
SWIMMING	Green Hills YMCA Brentwood YMCA Maryland Farms YMCA	Ages 3-14 Ages 4-12 Ages 4-18
TENNIS	Maryland Farms YMCA	Ages 3-18

This list is for informational purposes only, and not for endorsement. FRA does not promote any particular leagues, organizations, or affiliations. The above list is indicative of area teams but is not all-inclusive.





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