



PARENT AND ATHLETE
HANDBOOK

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MISSION:

Clarksville Academy Mission Statement:

To promote academic excellence, moral integrity, physical growth and civic responsibility.

Clarksville Academy Athletic Mission Statement:

The Athletic Department serves as an integral part of Clarksville Academy and its mission to educate the whole person. Each coach is considered an educator who aids in the physical, social, intellectual, and emotional growth of each student. Each player learns the importance of commitment, responsibility, self-sacrifice, and teamwork through one of our 30 Middle and Upper School sports.

We adopt an approach that honors the American Development Model's 5 Stages to a Better Sport Experience. This model considers the physical, mental and emotional development of children at different ages. (https://www.ncaa.org/sites/default/files/Athlete%20Development%20Model%20Brochure%202016_20160823.pdf)

STAGE 1: Discover, Learn and Play (Ages 0-12)

This is the first step to being involved with sports at a young age (0-12) or when first introduced to a new sport. Discovery of key concepts and motor skills of the sport/activity is critical in order to learn how the sport is played. Many skills are transferrable between sports. Programs should accommodate athletes that participate in multiple sports. This early stage requires coaching that will allow fun and enjoyment through discovery and exploration.

ATHLETE

- Learning basic rules and sport techniques
- Play multiple sports to accelerate motor skill development
- Emphasize skill development, sport education and age-appropriate play
- Emphasize practice over competition; if competing, not beyond local or regional levels
- Encourage deliberate play

DISCOVER

- Have fun
- Sample multiple sports through unstructured play
- Develop motor skills that transfer from sport to sport
- Cultivate a passion for sport and an active lifestyle

- Socialize with others
- Utilize free or spontaneous play for discovery of the sport and new skills

LEARN

- Core fundamental movements
- How to use size and age-appropriate equipment, and playing surfaces
- Rules of the game

PLAY

- Physical education class
- Open gym
- Free/spontaneous play
- Basic organized play
- Everyone has an equal chance to play in competition

STAGE 2: Develop and Challenge (Ages 10-16)

The second stage of the development process occurs after an athlete has been engaged in a sport and wants to explore more organized training options. This stage focuses on refining the skills needed to be successful in the activity or sport, and then furthering skill development through challenges, such as recreational competition, organized sport programs or club participation.

Athlete readiness and motivation determine the choice to pursue the next level in sport. The second stage may begin earlier for some athletes who are quick to develop physically and mentally. Fun and socialization are still key areas of emphasis in order to encourage future participation and avoid burnout.

ATHLETE

- Understand rules and techniques of the sport
- Participate in multiple sports for continued motor and physical development
- Participate in a fun, structured and ongoing training program (as opposed to participating in open gym)
- Compete at local and regional levels
- Emphasize practice and skill development over competing
- Understand the impact on performance due to different maturation rates

DEVELOP

- Physical: Core movement fundamentals, increasing requirements for speed, agility, balance, endurance, strength and coordination
- Psychological and social: interpersonal skills, teamwork, communication skills and adapting to the growing challenges of sport development

- Technical skills: Identify personal strengths and areas to improve with a continued emphasis on proper movement mechanics
- Tactical: Institute age-appropriate times for practice and competition to enhance both team and individual skill development.

CHALLENGE

- Recreational competition at local and regional levels
- Organized league play

STAGE 3: Train and Compete (Ages 13-19)

At stage three, athletes begin to train and compete in a program that matches their personal interests, goals, and developmental needs. Competitions become more clearly defined in this process with potential for new experiences in team selection. Maximizing potential becomes an option for athletes as they start to grasp the commitment necessary for certain sports, and the skill sets needed to excel at the next competitive level.

Technical, tactical, physical, and psycho-social development becomes increasingly more important for the athlete at this time. This is also the stage to increase sport-specific training. Recreation and multi-sport play can continue to be used in a cross-training capacity to allow athletes the opportunity to more fully develop.

ATHLETE

- Begin to focus on particular sports
- Use multiple-sport play for cross-sport development
- Participate in a fun, structured, and continuous training program
- Compete in more challenging situations
- Improve skills at the local, regional, and/or national levels

TRAIN

- Seek opportunities to further develop skills
- Focus training through coaching
- Follow a consistent training schedule
- Increase sport-specific training
- Emphasize competition skills
- Utilize more sport-science related information such as nutrition and sport psychology
- Participate in developmental camps

COMPETE

- Club competition
- Middle and Upper School competitions

- Local, regional, and national competitions

Tennessee Secondary School Athletic Association (TSSAA)

As a member of the TSSAA, we adhere to the rules and regulations set forth in the bylaws of the TSSAA. Bylaws can be found online at <http://tssaa.org/compliance-publications/constitution-and-bylaws/>

If you have any questions regarding the bylaws of the TSSAA, please contact jpeter@clarksvilleacademy.com.

EXPECTATIONS:

All student athletes must complete a sports physical prior to participation in any high school sport.

All student athletes and their parents must sign the concussion and sudden cardiac arrest paperwork prior to participation in any sport.

All student athletes and their parents must sign this pre-participation player/parent checklist.

Practices:

- While practices are being held, please respect the field/court time of the players, coaches, and remain outside of the field/court.

We want to give our coaches and student-athletes the best opportunity to coach, learn, communicate, and build team chemistry within their teams. We believe the best way to give our coaches and players this opportunity is to have “closed practices” which means coaches and players only. We understand the support and love for your children; we also want you to believe in the philosophy of having closed practices. Our coaches are hired because they are the best for the job. We trust their coaching and management of their teams. Often times, players are looking to the stand for parental guidance instead of their coaches. Parents are welcome to encourage and discuss strategies and game play within their home. Our coaches will follow a practice schedule and families will be aware of beginning and ending practice times. Please allow time for your child to visit the locker room after practice. We appreciate your cooperation during the athletic seasons and our closed practice policy.

- All practices are mandatory; disciplinary actions are understood for missing practices.

Games:

- Playing time is determined by the coach and the evaluation of the player’s performance, attitude, conduct, execution, and skill level in practice and games. Academic performance is also evaluated throughout the season and grades must remain satisfactory to participate. Personal stats, playing time, and position will not be discussed with parents. Players with questions may schedule a time with the coach to discuss their concerns.

- Any student athletes wishing to participate in two or more athletic extracurricular activities during the same season must receive approval from the Athletic Director and coaches.

- All games are mandatory, including games over holidays.

Expectations of Parents and Other Fans:

- Support the team and coaches. Respect the team and coaches' decisions.
- Respect decisions made by officials/referees. They make mistakes. Do not speak to them; do not taunt them.
- Respect opposing fans, coaches, administration, and participants.
- You will be removed from athletic contests if fan behavior is unnecessary and excessive.

Communications Parents/Players Should Expect from the Coach:

- Philosophy and goals of the program
- Coach expectations for individual players and the team
- Location and times of practices and games
- Team rules and guidelines
- Procedures to be followed if a player is injured during participation. EX: Any child exhibiting signs of a concussion- nausea, dizziness, etc. will not remain or return to the game. **A note is required from his/her doctor clearing them for participation in future practices and games.** No exceptions!

Communications Coaches Should Expect from Parents:

- Notification of any schedule conflicts in advance
- Notification of illness or injury as soon as possible.

Issues Not Appropriate for Discussion with the Coaches:

- It is important for parents to understand coaches have been hired to make decisions based on what we believe to be best for the team as a whole and for all players involved in our athletic programs. With this understood, we will be available to discuss parental concerns with the following exceptions, which we consider either inappropriate or counter-productive to team leadership:
 - Personal stats, playing time and position
 - Tactical training and team strategies
 - Concerns about what level they will be playing
- While the coaches are committed to open communication with parents, there is a certain process that should be observed. In particular, the time before, during, or immediately after a game is dedicated to the players. It is not appropriate for a parent to approach a coach to discuss game or individual player concerns at this time. Student athletes should

discuss the concern with the coach first. If the issue is not resolved by the player-coach meeting, the coach will be available to set up a meeting/phone call (no text messages) to address parent concerns at a time that will not interfere with the attention required by the team players. An exception, to this request, is an incident when a player is injured.

Sportsmanship:

Sportsmanship code - It is recognized that independent school interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to provide the physical arrangements necessary to conduct such events and to promote good sportsmanship at every interscholastic event. These steps must include the provision of such things as safe and adequate facilities for participants, spectators, and officials, the best possible officials for the events, and adequate control of spectators, players, and pre-game and post-game activities. Every effort must be made to promote a climate of wholesome competition.

The Players:

- They play hard within the rules of the game.
- They win with humility and lose without excuses.
- They respect officials and accept their decisions.
- They never play with intent to injure an opponent.
- They never forget that they represent their schools, coaches, and families as well as themselves.
- They respect the property and facilities of their opponents.

The Coaches:

- They inspire in their players a love for the game and the desire to win.
- They teach that it is better to lose fairly than to win unfairly.
- They show restraint and respect when dealing with officials.
- They serve as positive role models for their players.
- They hold their players accountable for unsportsmanlike behavior.

Miscellaneous:

Cost Per Sport:

Clarksville Academy athletics asks athletes to pay a “team fee”. Team fees include (but not limited to) practice apparel, team travel attire, shoes, hats, uniforms, necessary team equipment, meal tickets (for travel meals), post season get together, and team trophies. We will make every effort to keep team fees at approximately \$300. However, some sports may require a higher team fee such as football, dance, and cheer.

Social Media:

Coaches and players are permitted to use social media. However, Clarksville Academy student athletes, coaches, faculty, and staff should not be misrepresented in any negative connotation. Please be responsible and use sound judgment when placing information and pictures on social media. Misuse of social media may lead to immediate dismissal.

TRYOUTS:

Most athletic teams will conduct evaluations/tryouts when the quantity of students desiring to be on the team is excessive. Participation in athletics at CA is a privilege, not a right. When team tryouts are held, there will be individuals that are released from the team due to low performance evaluations from coaches and staff. Individual phone calls will be made from the coach to the student-athlete if they do not make the team and provide information for improvement. Coaches, of each sport that are conducting an evaluation/tryout, will give sufficient notice on dates of when the tryouts will be held. Coaches will keep their records on evaluation forms. Tryout evaluations will be detailed and explained to school admin before conducting the tryout. Players will be made aware of details on evaluations and tryouts.

**Clarksville Academy is a Division II Class A Independent School
District/Region Opponents:**

Football Class A West Region:

[Clarksville Academy](#) (Clarksville, TN)
Columbia Academy (Columbia, TN)
Donelson Christian Academy (Nashville, TN)
Grace Christian Academy (Franklin, TN)
Mt Juliet Christian Academy (Mt Juliet, TN)
Nashville Christian School (Nashville, TN)

Bowling and Wrestling West Region- One Classification Across the State for DII

All Other Sports Class A (District 4) Middle Region

District 3

[Battle Ground Academy](#) (Franklin, TN)
Columbia Academy (Columbia, TN)
[Franklin Road Academy](#) (Nashville, TN)
[Grace Christian Academy - Franklin](#) (Franklin, TN)
[Middle Tennessee Christian School](#) (Murfreesboro, TN)
[Providence Christian Academy](#) (Murfreesboro, TN)
[The Webb School](#) (Bell Buckle, TN)

[University School of Nashville](#) (Nashville, TN)
[Zion Christian Academy](#) (Columbia, TN)

District 4

[Clarksville Academy](#) (Clarksville, TN)
[Davidson Academy](#) (Nashville, TN)
Dayspring Academy (Nashville, TN)
[Donelson Christian Academy](#) (Nashville, TN)
Ezell Harding Christian School (Antioch, TN)
[Friendship Christian School](#) (Lebanon, TN)
[Goodpasture Christian School](#) (Madison, TN)
[Mt. Juliet Christian Academy](#) (Mt. Juliet, TN)
[Nashville Christian School](#) (Nashville, TN)
Templeton Academy (Nashville, TN)

Student Eligibility:

To be eligible, students shall be regularly enrolled, in regular attendance, and enrolled in at least five full courses or the equivalent. A student is eligible to participate in football, volleyball, cross country, golf, and girls' soccer prior to the beginning of school if the student is enrolled at the school and meets all other eligibility requirements.

An eighth grade student is eligible to participate if he/she is enrolled at Clarksville Academy. Students below the eighth grade are not eligible to practice or participate for the Upper School. Any student repeating the sixth-eighth grade shall not be eligible for school participation during the year the student is repeating, unless they choose to participate during the year they are repeating. They would become ineligible for varsity athletics during their 9th grade year. Participation as an eighth grader shall not reduce the number of semesters a student is allowed to participate after enrolling in the ninth grade. This is per TSSAA Bylaws.

It is required no student shall be permitted to participate in practice sessions or in athletic contests until there is on file with the Head of School a pre-participation medical evaluation form signed by a doctor of medicine, osteopathic physician, physician assistant, or certified nurse practitioner stating that the student has passed a physical examination, not prior to April 15. In their opinion, the student is physically fit to participate in interscholastic athletics.

It is required that no student be permitted to participate in practice sessions or in athletic contests until there is on file a parental consent certificate signed by a parent or legal guardian stating that the student has the consent of his/her parent(s) or legal guardian to participate.

Transfer Students- A transfer student is any student changing schools for any reason other than having completed the highest, or terminal, grade at another school. A student who must change schools because he/she has completed the highest grade at his/her previous school is not considered a transfer student and is eligible to participate.

TSSAA Hardship Waiver- With valid and exceptional reasons the school may decide to fill out the TSSAA Hardship Waiver Form. This form is completed by Clarksville Academy administration when we feel a student-athlete deserves the right to participate in athletics without having to “sit-out” a year due to TSSAA transfer situations.

Students are expected to maintain satisfactory academic and disciplinary standards in order to participate in extracurricular activities. Clarksville Academy follows TSSAA rules in regard to athletics. Cheerleaders and dance team members follow the rules as stipulated by the sponsors and their constitutional rules. In addition, any student involved in these activities, who is failing one or more classes, will be assigned to additional tutoring during study hall or before school.

Academic Policy- Academics is a priority for our Student-Athletes. Balancing athletics with academics can be a challenging task. We monitor grades throughout the year. If we find that a student has MULTIPLE D’s or ANY F’s, that student will be placed on academic probation. When on academic probation the student has two weeks to show improvement. Improvement is defined as raising the failing grade to a non failing grade or raising the multiple D’s to C’s or raising at least ONE D to a C.

By signing this document, you understand player and parent expectations along with rules and policies stated.

Player Name (Print):

Parent/Guardian signature:

_____ Date _____

Player signature:

_____ Date _____

Coaching Staff Contact Information:

US Baseball	Dustin Smith	Head Coach	dustin.smith@cmcss.net
MS Baseball		Head Coach	
US Boys Basketball	Tyler Hickman	Head Coach	thickman@clarksvilleacademy.com
US Girls Basketball	Charles Clark	Head Coach	Cclark1@clarksvilleacademy.com
MS Boys Basketball		Head Coach	
MS Girls Basketball	Charlie Brooks	Head Coach	cbee58@gmail.com
Bowling		Head Coach	
Cheer	Michelle Mullins	Head Coach	mmullinsrn98@aim.com
MS Cheer	Janet Sheeks	Head Coach	jsheeksinc@gmail.com
Clay Target	Marty Moore and Chad Byard	Co Head Coaches	chad@byardconstructionllc.com , mkm32@bellsouth.net
US Cross Country	Shaine Walker	Head Coach	Swalker@clarksvilleacademy.com
MS Cross Country	Doug Catellier	Head Coach	catellierd@gmail.com
US Dance	Taylor Price	Head Coach	tbrentari1@gmail.com
MS Dance	Danica Booth	Head Coach	dbooth@clarksvilleacademy.com
US Football	Scott Murray	Head Coach	smurray@clarksvilleacademy.com
MS Football	Brad Eppes	Head Coach	bradeppes@gmail.com
US Golf	Adam Welch	Head Coach	awelch@clarksvilleacademy.com
MS Golf	Adam Welch	Head Coach	awelch@clarksvilleacademy.com
US Boys Soccer	David Tippit	Head Coach	coachtippit@outlook.com

US Girls Soccer	Brandi Miller	Head Coach	brandi.king89@yahoo.com
MS Boys Soccer COED	David Tippit	Head Coach	coachtippit@outlook.com
MS Girls Soccer		Head Coach	
US Softball	Todd Kurtz	Head Coach	Kurtz.todd@yahoo.com
US Tennis	Terry Ray	Head Coach	terry.ray1964@yahoo.com
US Track	Shane Walker	Head Coach	swalker@clarksvilleacademy.com
US Volleyball	Sarah Rike	Head Coach	sarahrike6@gmail.com
MS Volleyball	Kristen Kretz	Head Coach	kkretz@clarksvilleacademy.com
Wrestling	Nick Williamson	Head Coach	nwilliamson@clarksvilleacademy.com