Dear Parents, Students, and Coaches:

Welcome to another fantastic year of Interscholastic Sports at Episcopal Day School!

Thank you for taking the time to read through the Interscholastic Athletic Handbook. Please note that this is an extension of the EDS Family Handbook and that all policies and procedures of the Episcopal Day School must be followed.

Interscholastic athletics is an important part of the overall educational program. It affords students the opportunity to challenge themselves both physically and mentally. We believe athletic participation plays an integral role in educating the whole child. Athletes develop skills that they will use throughout their lifetime. Dedication, commitment, sacrifice, determination, perseverance, and teamwork are important elements in successful seasons and will also serve them well in whatever career path they choose.

Too often, winning games has been considered the measure of athletic success. Developing the will to win is certainly part of an athlete's overall development; however, of considerably greater importance is developing athletes as whole individuals and affording each student the opportunity to fulfill his or her potential.

The Episcopal Day School Interscholastic Athletic Program is dedicated to athletic excellence and academic achievement, to offering diverse and compelling experiences to our student-athletes and the community, and to encourage a school environment steeped in integrity and values.

Our goal is to create a healthy, safe, and exciting atmosphere that encourages good sportsmanship. Please extend your respect to the officials, coaches, players, and other spectators.

Parents, thank you! Your contributions to Interscholastic sports over the years have not gone unnoticed. We appreciate your involvement and your willingness to invite others to join you in supporting our student-athletes.

Most importantly, come out and enjoy a game!

Sincerely,

Jaye Cohen, CAA
Go Panthers! Grrrrr!

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EPISCOPAL DAY SCHOOL

Mission

The Episcopal Day School was established by the Church of the Good Shepherd to provide an enriching education that encourages spiritual growth, explores the discovery of self, and promotes service to others.

Statement of Beliefs

We believe . . .

- In the Episcopal tradition, we are called to create an open and nurturing academic community of faith for all.
- The school, the church, and the family work together to guide all children to the realization of their God-given potential.
- Striving for academic excellence is a community responsibility.
- Children grow, develop, and learn at different rates and stages. The growth and development of each child involves many dimensions: heart, mind, body, and soul.
- Each child is uniquely created in the image of God, and we are called to respect the dignity of every human being.
- Diversity is a part of God's creative plan, and we are called to manifest the kingdom of God by actively promoting a community that is racially, religiously, and socio-economically diverse.
- Faculty and staff should serve as positive role models for students.
- With Christ as our center, we are called to love and respect one another and to build a foundation for a rewarding life of service to God and others.

PHILOSOPHY OF THE ATHLETIC PROGRAM

The Episcopal Day School Athletic Program is an extension of our school's mission: *to provide an enriching education that encourages spiritual growth, fosters self-discovery, and inspires service to others*. Interscholastic athletics at EDS are a vital part of that mission, offering students the opportunity to grow physically, socially, and emotionally in a positive and supportive environment.

Our athletic program is designed to help students discover their strengths, build confidence, and develop a sense of belonging. Through both team and individual sports, we strive to teach the values of cooperation, good sportsmanship, fair play, and pride in oneself and in the EDS community.

Competitive sports at EDS are more than just games—they are learning experiences. Student-athletes are encouraged to:

- Deepen their understanding of the sport they choose;
- Develop lifelong habits of fair and respectful competition;
- Improve their athletic skills and overall fitness;
- Embrace teamwork and lead with integrity and school spirit.

Our coaches are committed to mentoring young people and fostering their growth into confident, responsible, and well-rounded individuals. Parents and spectators also play a key role by modeling positive behavior and supporting our athletes in ways that align with the values of EDS.

Our Program Goals

- To offer a well-rounded athletic program that meets the interests, abilities, and developmental needs of our students.
- To provide skilled and supportive coaches who prioritize student growth and sportsmanship.
- To balance competitive and recreational opportunities across all sports.
- To promote physical wellness, leadership, and a culture of respect among athletes, coaches, and fans alike.

INTERSCHOLASTIC ATHLETIC TEAMS

FALL	WINTER	SPRING
Boys Cross Country	Girls Basketball	Boys Baseball
Girls Cross Country	Boys Basketball	Boys Track & Field
Girls Volleyball	Cheerleading	Girls Track & Field
Golf	Coed Bowling	Boys Soccer
Football	Coed Pickleball	Girls Soccer
Boys Tennis	Coed Archery	
Girls Tennis		
Cheerleading		
Clay Target Shooting		

ORGANIZATION

General Overview

The Athletic Department at Episcopal Day School offers students in grades fifth through eighth the opportunity to participate in competitive and interscholastic athletics. This handbook outlines the basic structure and guidelines for this program.

Varsity

The varsity level of athletic competition is the culmination of each sport's program. The goal at the varsity level is to prepare to win and to strive for victory in each contest. However, it is important to know that there is also a focus on teamwork and sportsmanship.

A sound attitude and an advanced level of skill are prerequisites for a position on the varsity team. The number of participants on any given team is based on how many are needed to conduct appropriate practices and to play the contests. Further, the number of roster positions are relative to the student-athletes' acceptance of their individual roles in pursuit of the team's goals. Students should give serious consideration to the dedication and commitment necessary to participate on a varsity team. Practices and contests require a commitment, and this commitment may be extended into vacation periods throughout the school year. In addition, a specified amount of playing time at the varsity level is never guaranteed.

Being on a varsity team requires rigorous dedication and desire. At this level, coaches reinforce advanced skills, pursue the intricate interaction of the positions, and implement complex offensive and defensive strategies.

Varsity teams at Episcopal Day School are composed of players from the fifth, sixth, seventh, and eighth grades.

Junior Varsity

The junior varsity level places emphasis on team play, sportsmanship, physical conditioning, and refinement of basic skills. This program prepares student-athletes for the varsity level of competition by working toward the achievement of balance between team and player development and striving for victory. At this level, the outcome of the contest becomes a consideration. Adequate playing time for all team members is strongly encouraged; however, a specified amount of playing time is never guaranteed.

These teams will begin to move players beyond the basic foundations of the sport and prepare athletes for more advanced competition. They will reinforce some basics while introducing more advanced skills and help athletes develop skills in positions that maximize their talents and provide a broader strategic understanding of the game. Most learning takes place in a practice environment, and they do not play as many games as the varsity teams. However, they do face several interscholastic opponents in order to implement and test their new skills and knowledge.

Junior Varsity teams consist mostly of fifth, sixth, and seventh graders, and sometimes eighth graders. JV teams will be developed in a variety of ways; however, the main reason is dependent upon other schools in our league. If schools in our league have JV teams to compete with, then we may create a JV team. Competitions enhance the learning experience so athletes can understand and implement the practiced skills in real event situations.

Fifth Grade Athletes

Fifth graders are all encouraged to try out for all middle school teams. There are times when the physical size, skill level, and safety of a fifth grader must be considered in the team tryout/player evaluation. In contact sports such as football, while fifth graders can make the team unless they have the physical size and skills necessary to safely compete against eighth graders, they will only play in JV or 5th quarter games. An exception will be at the discretion of the Head of School, Middle School Principal, Athletic Director, and the specific team's Head Coach.

Dual Same Season Participation

Student-athletes are permitted to participate on more than one team per season. However, approval from the athlete's parents, both Head Coaches, and the Athletic Director needs to take place before participation can happen.

Playing Time

When it comes to playing time, athletes need to ask themselves the following questions:

- Am I giving 100% at practices and games?
- Am I on time for practice?
- Have I had any unexcused absences from practice?
- Am I always prepared for practice?

- Am I working with my team?

Set up a time to meet with your coach and discuss your concerns and how you can work together to receive more time on the playing field.

PLEASE NOTE: A student may NOT participate on any athletic team without the proper medical forms as required by Georgia State law. Once a student has expressed interest in playing a sport, the Athletic Director will work with the School Nurse to ensure all forms are completed and on file. If anything is missing, a parent will be notified with follow-up procedures.

All athletes *must have both health forms* completed. (the All-School Health Form and the 5th- 8th Physician Health Form) These forms can be found in Magnus.

PHYSICAL EDUCATION REQUIREMENT FOR 7TH & 8TH GRADE STUDENTS

Participation in school-based athletic teams is a required and integral part of the academic day for all 7th and 8th-grade students at Episcopal Day School. Students receive PE credit by participating on EDS athletic teams during two of the three athletic seasons (Fall, Winter, Spring). Participation on two teams in a single season may not be double-counted.

Most teams practice 2–4 days per week. Some teams may have roster limits based on facilities and competition needs. EDS also offers several no-cut teams (e.g., cross-country, archery, bowling, pickleball, and track) to ensure that every student has the opportunity to participate. If a student is not placed on a cut team, they are expected to join a no-cut team that season.

This structure reflects a shift from twice-weekly general PE classes to once-weekly PE, with additional athletic credit earned through team participation. This change supports more meaningful athletic engagement and increases academic time in other classes.

*More information about the Physical Education Requirement for 7th and 8th-grade students can be found in the Family Handbook.

COMMUNICATION

Episcopal Day School uses a variety of means to communicate all pertinent information to parents and respond to questions and concerns in a timely manner. The following are the primary methods used:

- Athletic Handbook: Revised throughout the year and posted on the school's website under Athletics.
- Parent-Coach-Player Zoom Meeting: At the onset of each season, a mandatory meeting will be held to discuss any changes in the athletic program and meet with the coaches of that season's sports.

- Coach-Parent Emails: Coaches are encouraged to email parents and players weekly. These will be sent to your EDS email address by coaches regarding the team's progress and any other pertinent information needed for that sport.
- Weekly Announcements: Special notices regarding athletics are emailed each week as part of the "Panther Posts" and from Veracross.
- Athletic Director Phone/Email/Meetings: The Athletic Director always checks his voicemail and email several times a day and responds at his earliest opportunity. If on campus, always feel free to pop in his office as well, should he be available.

Parent-Coach Relationship

Both parenting and coaching are extremely difficult vocations. Establishing an understanding of each role helps us to accept each other's actions and provide greater benefits to our athletes. Parents whose children become involved in the EDS Athletic Program have the right to understand what expectations are placed on their children. This begins with clear communication from the coach of the child's program.

Communication to Expect from the Coach

- Coaching Philosophy
- The expectations the coach has for all players on the squad
- Locations and times of practices and games
- Team requirements, team rules, special equipment, and
- Off-season recommendations for improvement of skills

Communication Coaches Expect from Parents

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns with the athlete's development or well-being

Discussing Concerns with Coaches

It can be very difficult for parents to accept if their child is not playing as much as they had hoped. Please remember that coaches are professionals who make judgments based on what they believe to be the best practice for all student-athletes involved. Therefore, certain topics can and should be discussed between a student's coach and his/her parent or guardian. Other topics must be left to the discretion of the coach; see the lists below for guidelines on appropriate topics of discussion.

Appropriate Concerns to Discuss with Coaches

- The mental and physical treatment of the student
- Ways to help the student improve
- Concerns about the student's behavior

Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Procedure on How to Discuss Concerns with Coaches

Some situations may require a conference between the coach and the parents. These are to be encouraged. It is important that all parties involved have a clear understanding of each other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern:

1. Call the coach to set up an appointment.
2. Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach and places the athlete in the middle. Meetings of this nature do not promote resolution.
3. If the coach cannot be reached, call the Athletic Director at 706-261-0111. He will set up the meeting for you.
4. If the meeting with the coach does not satisfy you, you should schedule a meeting with the Athletic Director.
5. Should you need more intervention for your specific issue and are not satisfied with the coach or Athletic Director's response you may contact the Division Head or Head of School for further discussion to resolve the issue.

Please Allow:

Players to play
Coaches to coach
Officials to officiate
Fans cheer for their team

Coaches make decisions that are in the best interest of all members of the team or program. Please be supportive of their decisions.

LOGISTICS

Forming Teams/Level of Play

Episcopal Day School wants all students with any interest in a sport to feel comfortable that they can participate in order to explore fully both their capabilities and their level of enjoyment. *To ensure the highest level of instruction and growth for the athletes, Episcopal Day School strives for a player-coach ratio of no more than 10:1.*

There will be a review process for several days, and will be conducted by all the coaches of each sport. During the review process, coaches for each sport will evaluate the players. At the end of that time, players who demonstrate the necessary physical skills, knowledge of the game, and emotional maturity will be selected for the more competitive varsity teams. If possible, the remaining players will be assigned to more developmentally focused junior varsity teams.

Coaches must take into account the level of skill of each participant because Episcopal Day School participates in the Augusta-Aiken Middle School League, whose member schools organize their teams in the same way, providing relatively equitable competition. Our teams will continue to play against other local independent schools, which may or may not use the same formula for creating their teams. During these competitions, the Athletic Director will try to schedule the most appropriate opponents for maximum equality of the competition.

In a few sports, EDS will be eligible for the Georgia Independent Athletic Association (GIAA) state championships. Those are cross-country, clay target shooting, and archery.

Quitting a Team

If a student-athlete voluntarily quits a team after making the roster and the season has begun (defined as after the first official game or competition), that athlete will be ineligible to participate in any sport during the next athletic season. For example, if an athlete quits a fall sport, they will not be allowed to participate in a winter sport.

Rationale and Impact:

- Team Responsibility: Every player holds a role on the team, regardless of their position or playing time. When a player quits mid-season, it disrupts team chemistry, game plans, and morale. Teammates are left to fill the gap, often resulting in added pressure and imbalance in team dynamics.
- Commitment and Accountability: Learning to follow through with commitments is a key life lesson. Athletics teaches perseverance, time management, and how to handle adversity—skills that are just as important as physical development. Quitting undermines these lessons.
- Roster Management: When a player quits, it takes away an opportunity from another student who may have been cut during tryouts. Many teams have limited roster spots, and those spots are filled with the expectation that every athlete will see the season through.
  Fairness to All: This policy ensures fairness to all athletes, especially those who were not selected and would have gladly taken the opportunity. It also helps coaches maintain the integrity and stability of their teams throughout the year.

Exceptions:
EDS understands that occasionally there may be extenuating circumstances (e.g., significant family issues, medical conditions, or mental health concerns). In such cases, a joint review will be conducted by the coach, the student-athlete's parents, the Middle School Division Head, and the Athletic Director. The goal of this review is to ensure fairness while also supporting the well-being of the student.

This policy is not meant to punish but to reinforce the values of responsibility, resilience, and respect—cornerstones of the EDS athletic experience.

Academic Standards

Episcopal Day School has not established minimum academic standards for participation in athletics. The School will, however, support parents who do find it advantageous in their individual situation to withhold their children from games, practices, or even full seasons in order to spend more time with their academic work.

Academic success is an important component of the School's mission. Discussions between the coaches, parents, students, Division Head, and Athletic Director will determine what action is in the best interest of the student athlete should she/he finds herself/himself falling behind in an academic situation.

Early releases from academic classes are scheduled on a limited basis so that classroom disruptions and the necessity for players to make up work are kept to a minimum.

Practice & Game Schedules

Practices are held at the end of the day, Monday through Friday
By joining these teams, players commit to attending every game and practice. Students are *not* prohibited from simultaneously playing for or participating in other community-based activities; *however*, it is expected that they will first honor their commitment to the school team. In case of a schedule conflict, they will be expected to be at Episcopal Day School practices and games. Failure to do so may result in a loss of playing time or removal from the team.

Games will be scheduled Monday through Thursday, with the possibility of games on Fridays and very few on Saturdays. Most games are scheduled for the late afternoon so that they rarely interfere with the academic day, provide continuity for carpool schedules, and still get players home in time for evening meals and homework obligations.

Practices & Game Attendance

Due to the commitment required of all members of a team to work as a group toward a common team goal, *missing practices puts the player and team at a disadvantage in meeting these goals.* Therefore, athletes who attend less than 80% of practices and games will not receive any end-of-season honors and awards, nor any year-long or career honors for that team. *If an athlete is participating on more than one EDS team during the same season, that athlete must work out an approved schedule of attendance with both head coaches of the teams involved and the Athletic Director. Absences from practices or games are not excused.*

Students who do not arrive at school by noon with an approved excuse will not be allowed to participate in athletic games or practices. However, as a member of the team, they will still attend any games to observe unless excused by the coach or Athletic Director, and then only for an extenuating reason. Late arrivals must still attend practice if no game is scheduled. Injured athletes should attend all games and practices to observe, if the injury allows. It should be noted, however, that extenuating circumstances could allow for administrative exemption from this rule.

Students who are absent on a game day are ineligible to play in the game that day. High school visits are exempt from the attendance rule if the athlete gives prior notice to their coach.

Students who miss practice the day prior to a regularly scheduled game could be ineligible for participation in that game. Any exceptions will be at the discretion of the Athletic Director and team coach on a case-by-case basis. Missing practice is like missing class: any strategies, plays, and skills that are worked on are not learned by those who miss practice, and this puts them and the team at a disadvantage as they will not understand what the team is trying to do in the game.

Discipline and academic requirements take precedence over the practices and games. If a player is required to complete school work or serve detention, the rule regarding practices and games continues to apply.

Transportation

Episcopal Day School will provide bus transportation for players to all athletic practices/games. Coaches will meet the players at the field of play, and players will not be permitted to leave the bus until a coach is present. *(Parents who are not current season coaches are not acceptable substitutes.)*

Players must be picked up at the practice/game by a parent or carpool to take them home. ***If a carpool is being created by a variety of families, notification to the Athletic Director MUST be made in advance.*** The Athletic Director will forward this information to all coaches. A coach must have visual contact with a parent, guardian or designated adult before any player is released from the field of play.

It is the responsibility of the coaches to make sure all players have been picked up after a practice/game. At least one coach will wait until all players have received rides. If no transportation has arrived at the appointed time, players may call home to resolve the situation.

Other Expectations of Athletes

We expect all EDS community members to represent our school in a manner that is respectful of others on and off the field of play. It is our aim and desire that we develop and maintain the highest standards of courtesy, emotional discipline, and good sportsmanship as both hosts and guests.

We encourage and endorse enthusiastic support from our parents and friends. So that all attendees of athletic contests can enjoy themselves to the fullest extent, we expect adults to uphold the same high standards that we ask of our students. The school does not favor any behavior that detracts from the proper conduct of the game and that gives a player or other team an advantage. Any spectator, athlete, or coach whose behavior is disrespectful toward any other spectator, athlete, coach, or official will not be tolerated.

Student-athletes are expected to exercise self-discipline and good sportsmanship at all times. Any fighting or other unsportsmanlike conduct may result in suspension or dismissal from any team. In severe cases, the student may be suspended from participation in the

athletic program for the remainder of the year. Conduct unbecoming of an EDS athlete will be discussed with the athlete, parent, and team coach. Decisions on suspension from athletic teams/programs will be at the discretion of the Division Head, Athletic Director, and, ultimately, the Headmaster. Examples of such behavior may include, but are not limited to: use of profanity and/or obscenities, insubordination, tardiness, unexcused absences, and failure to abide by team rules.

The Athletic Department follows and supports the EDS Code of Conduct and will support any action taken by School Administrators regarding violations of the School's Code.

Injuries

In the case of an injury to an athlete, play will be stopped and the injury will be attended to. Coaches will follow all regular school guidelines regarding appropriate procedures. For minor injuries, such as a bruise or twisted ankle, coaches will make a conservative assessment before allowing any athlete to re-enter a practice or game. For more serious injuries, no player will be allowed to practice or play without appropriate parental and/or medical approval. For any injury that necessitates attention, even if no emergency action is required, the parent will be notified at the end of the day. Any students whose injury requires a trip to an emergency room or a physician will require a physician's note stating the student is cleared to return to his or her activity. In emergency cases, parents will be notified as soon as possible.

All coaches are encouraged to renew their CPR and First Aid certification every year.

Risk Factors in Sports

Participation in sports involves a certain degree of risk of injury. Such physical injuries can occur in any type of sports activity and vary in nature and severity. Athletic injuries can range from minor injuries, such as bruises and scrapes, to more serious injuries, such as fractures, dislocations, concussions, paralysis, and even death. Before going out for a team, students should be aware of the risk so they are better able to reduce their chances of injury. Partaking in preseason conditioning, learning proper skills and techniques, and understanding rules and safety factors all help reduce the risk of injury.

Weather

Practices will usually be held regardless of the weather. If fields are unplayable, practices will take place in the gym or in classrooms for video or chalkboard instruction.

Games may be canceled or postponed due to inclement weather. The Athletic Director or designee will make that announcement as early as possible and no later than 1:00 p.m. if the weather conditions exist early. Otherwise, the decision may be made at the start of, or during, a game. An email and text will go out to parents and players of each team affected.

No games or practices will take place when the school has been closed due to poor weather or any other school closure.

UNIFORMS AND EQUIPMENT

Required Practice Attire

Players will dress for practice every day. Players will wear the required equipment or uniform as requested by the coach. If no actual equipment is necessary, players will wear the EDS attire as asked to wear for Physical Education classes.

Failure to wear appropriate attire or to dress for practice will result in a reduction of playing time.

Game uniforms may NOT be worn for practices.

Required Game Attire

Students must be prepared with their uniforms on the day of a game. The uniform includes: jersey, shorts, socks, athletic shoes, and any necessary playing and protective equipment for that sport. On game days, players may wear their uniform jerseys with a regular school uniform on the bottom half.

If a player arrives at school without his/her uniform, he/she may borrow a uniform from the Athletic Department for that day if available. The player **must** come to the Athletic Office **no later than 2 pm** to borrow the uniform.

Wearing Uniforms During the School Day

Players are allowed to wear their game jerseys on game day as long as they meet the dress code standard for pants/shorts. Teams that have sleeveless shirts or tank tops must wear a plain t-shirt underneath the uniform. Dress code is still required for the bottoms. Cheer team members can wear their full outfit as long as they wear black leggings and at least a t-shirt under the top.

On chapel days, athletes may wear their jerseys and abide by the dress code stated above. However, on all school chapel days, athletes must wear proper chapel attire and may change into their jerseys after chapel. They must follow the approved dress code again.

Uniform Return

Unless specifically indicated otherwise, all uniforms and equipment are the property of Episcopal Day School. *All issued items must be returned to the Uniform Coordinator upon conclusion of the season.* All uniform items should be washed and placed in a plastic bag labeled with the student's name and sport/team.
For any items not returned two weeks after the final game, a replacement charge of $200 for the jersey and $100 for the shorts or bottoms will be assessed. Transcripts may be withheld for not returning Episcopal Day School uniforms and/or equipment.

AWARDS

At the end of the school year, an Awards Ceremony will be held to acknowledge all athletes who played in any sport during any season. All student-athletes receive a certificate of participation and the EDS Booster Club - Panther Nation t-shirt.

Individual Team Awards that coaches are to consider:
Most Outstanding Player
Most Improved Player
Panther Pride Award
Rookie of the season

Year Long Awards
Dual Threat Award: This award is given to middle school student-athletes who participated on two teams this year.
Triple Threat Award: This award is given to the student-athletes who participated on three teams this year.

Career Awards
Elite 8 Honor: This award is given to 8th-grade student-athletes that participated on 8 or more teams during their EDS athletic career.
Panther Legend Honor: This award is given to 8th-grade student-athletes who participated on 12 or more teams during their EDS athletic career.

Carol Smith Trammell Coaches Award
This award is presented to two 8th-grade student-athletes, one boy and one girl, who by consensus of our coaches, best represent the Episcopal Day School athletic ideal: excellence in effort, teamwork, leadership, and spirit.

Scholar Athlete Award
Students will be recognized if they meet the following:

- Competing on a team in both the fall and winter seasons.
- Maintaining an 85 or better in all classes, not just the core.

More information about this can be found on our website under “Athletics.”

Reminders for EDS Athletes / Spectators / Coaches

Student Guidelines

- You are responsible for your conduct. Show that you know what good sportsmanship is all about by controlling your temper, playing fair, encouraging your teammates, and using only appropriate language with teammates, opponents, coaches, and officials.
- Cooperate with and respect your coaches. Pay attention, listen, and learn. Do as they ask.
- Respect the game officials. On the field or court, they are in charge. It is the coach's responsibility to deal with the officials.
- Put forth the effort to learn the skills and do the best you can.
- Remember that you are part of a team. Show team spirit by telling your teammates what you like about the way they play.
- When someone else makes a mistake, be supportive and do not get upset or show displeasure. They are trying just as hard as you.
- Be on time for practices and games with all of the necessary equipment.
- Violation of these guidelines may result in loss of playing time and squad membership.
- Disciplinary responses to violations may be appealed to the Athletic Director, Middle School Head, and Head of School.

Spectator/Parent Guidelines

- Be enthusiastic and encouraging at all times. Cheer for your son or daughter and the team regardless of how they perform.
- Focus on skill development. At this level, winning is less important than participating in and fostering interest in healthy activity.
- Respect the game officials. Their job is not an easy one, and they can make mistakes just like you.
- Use this activity to help teach your child the importance of what it means to be part of a team. Praise the child for playing hard, for being gracious to teammates and opponents, and for improving athletic skills. Do not offer bribes. Kids should try hard for the pleasure of doing well, not for the reward.
- Help teach your child what good sportsmanship means. Remember that the best way to teach sportsmanship is by example.
- Refrain from loud or profane language on the sidelines.
- Teach your son or daughter, by example, to respect the coach. Let the coach coach. Do not second-guess him/her in front of your child.
- Get involved! The coach and children cannot do it alone.
- Make sure that your children arrive at practices and games on time with the proper equipment.
- Alcoholic beverages or tobacco products are not to be brought to or consumed at any practices or games.

Coach Guidelines

- Each coach should have a demonstrable level of skill and knowledge in the sport they are coaching.
- Be enthusiastic at all times. Let young athletes know when they do well.
- Focus on skill development. Teach basic skills and build on them.
- Involve the learner in the process.
- Make discipline appropriate. Do not belittle or make fun of a student in front of others, and do not discipline them by making them do extra drills. (We want them to learn to enjoy the sport.)
- Strive to allow all players an appropriate amount of playing time in each game.
- Teach and model desirable personal and social skills.
- Teach the students how to get along and encourage each other. We want our students to learn what it means to be part of a team.
- Stress and demonstrate good sportsmanship. A must for all students and coaches. Remember that the best way to teach sportsmanship is by example.
- Maintain open communication with parents. Tolerating no obscenities or arguing with or criticizing game officials. Tell them you will talk to the other coach if there are problems with a player on the other team, but they are not at liberty to chastise the player themselves. The School expects parents to exemplify good sportsmanship on the field and at home.
- Be organized. Have a plan for every practice; arrive for practices and games on time. Designate an assistant coach and a team manager before the season begins. Include warm-up and conditioning exercises along with the sport-specific drills at every practice.
- Be a friend. Make practices and games fun. Make children feel worthy even if they do not win every game. Use praise instead of pressure to get the children to make their best effort
- Choose a parent for team manager. Make it clear what you need and what you expect.

Appendix A

Physical Education Requirement for 7th and 8th Grade Students

The PE/Athletic program is a required and integral part of the academic school day for all Episcopal Day School (EDS) 7th and 8th graders. Participation in school-based athletic teams provides students with athletic, social, and recreational opportunities that are a valuable and unique part of the middle school experience. Exposure to a wide variety of activities and team-building experiences also supports healthy lifestyle habits and prepares students for high school athletics and other recreational pursuits.

For the 2025–2026 school year, students in 7th and 8th grade will receive PE credit through participation in EDS athletics teams. Students must participate in two athletic seasons (Fall, Winter, or Spring) and may not double-count participation on two teams in a single season. Most teams practice two to four days per week, regardless of weather conditions.

This structure reflects a shift in our PE model. In past years, students attended PE classes twice a week regardless of their athletic involvement. Beginning in 2025–2026, students will attend PE once a week and earn credit by participating in team sports. This change is supported by current participation data: 99% of students participate in at least one sport, and 88% participate in two or more. This policy allows us to increase meaningful athletic time through structured, supervised team practices and games in two seasons, while also providing students with more academic time in their regular classes by reducing general PE to once per week.

Some athletic teams have roster size limits based on available facilities and competition opportunities. EDS offers several no-cut teams throughout the year to ensure every student has an opportunity to participate. These include **cross-country, clay target shooting, archery, pickleball, bowling, and track & field**. If a student is not placed on a team with roster limits, they are expected to join a no-cut team during that season.

Waiver Option
Students may apply for a waiver from the 7th/8th grade PE/Athletic program for *one* of the required two seasons per year. To qualify, the following criteria must be met:

- The activity is a sport not offered as part of the EDS Athletics program. Activities focused solely on general fitness, conditioning, or individual training (e.g., personal training or strength training) do not qualify.
- The student demonstrates a serious and ongoing commitment to the sport.

- The sport requires a vigorous level of exercise that promotes physical fitness, skill development, age-appropriate socialization, and sportsmanship.

- The program meets or exceeds industry standards for safety, quality of instruction, supervision, and skill progression.

- The student participates a minimum of three days per week (Monday–Friday), with total time in the activity of at least five hours per school week (excluding weekends and travel time).

Please note: There are no "partial waivers." Students must commit to the full season of the external athletic program, including regular practices and scheduled events. Waivers will not be granted for partial participation or limited availability. Parents are responsible for picking up their child at 3:00 p.m., Monday through Thursday, on any day the student is not attending their waiver activity.

How to Apply for a PE Waiver

1) Complete the form, **"Application – Physical Education Waiver."** This form requires information and signatures from the student, parents, and supervising instructor. It must be completed in full.
2) Submit the application to the Episcopal Day School Athletic Director at least three days prior to the beginning of any given sports season (dates will be indicated on the application).
3) **At the end of the sports season:**
    a) If the student received a waiver for an outside athletic activity, the supervising instructor must complete the form titled "Student Evaluation – EDS PE Waiver." These evaluations must be submitted by the deadline listed on the form and are used to determine the student's PE grade.

Grading Note

EDS sports seasons follow the trimester grading system. For students who participate in the waiver program or on an EDS athletic team(s) within a given trimester, the Athletic Director will determine whether a Pass/Fail grade will be assigned.

Questions? Please contact Jaye Cohen at 706-651-0111 or email jcohen@edsaugusta.com.

Additional Expectations & Reminders

Extended Day Expectations
If a student is staying on campus for a home game later in the day and they are participating on an athletic team, they are expected to attend Extended Day until the game begins. Please contact Jocelyn Johnson to arrange Extended Day coverage or to communicate any changes to your child's after-school plan.

Athletics Policy Compliance
All students participating on EDS athletic teams are expected to follow the guidelines and expectations outlined in the *EDS Athletics Handbook*, including policies related to attendance, conduct, sportsmanship, and eligibility to receive a Pass grade for the trimester.

Interscholastic Athletic Teams:

FALL
Boys Cross Country
Girls Cross Country
Girls Volleyball
Golf
Football
Boys Tennis
Girls Tennis
Cheerleading
Clay Target Shooting Team

WINTER
Girls Basketball
Boys Basketball
Cheerleading
Coed Bowling
Coed Pickleball
Coed Archery

SPRING
Boys Baseball
Boys Track & Field
Girls Track & Field
Boys Soccer
Girls Soccer

Episcopal Day School
PHYSICAL EDUCATION WAIVER - APPLICATION

(Please print all information)

Student's Name_____ Grade____ Sports Season: _____

Nature of off-campus sport or activity:_____

The following section must be completed by the off-campus instructor:

Name of Organization_____

Instructor's Printed Name:

Signature:_____

Email Address:_____Phone:_____

Program Dates: From _____/_____ to _____/_____
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Actual Training Time -- Weekly days/Times:

Mon._____ Tues._____ Wed._____ Thurs._____ Fri._____

EDS Athletic Season (circle one):
Fall - August to end of October
Winter - November to End of January
Spring - February to May

Participant's Pledge

We have read and understood the rules and guidelines governing Episcopal Day School's PE Waiver. We agree to meet all requirements as described, and to inform the Director of Physical Education if at any time, the nature or status of the off-campus program changes.

Student Signature_____ Date_____

Parent Signature_____ Date_____

Parent Phone:_____

Email:_____

PHYSICAL EDUCATION WAIVER - APPLICATION - Continued

Release from Liability

As the parent or legal guardian of the student named above, I have read and understood all of the requirements for a PE Waiver. Further, I give permission for my child to participate in the activity described, and I release, acquit, forever discharge and agree to and do indemnify and save harmless Episcopal Day School and its servants, agents, and employees from any and all future liability resulting from any and all claims or causes of action which I now or may in the future have for personal injuries, damage to property, loss of services, medical expenses, losses or damages of any and every kind whatsoever that may arise from participation in the activity identified above.

Parent Signature:_____

Date:_____

Episcopal Day School
PHYSICAL EDUCATION WAIVER - Instructor Evaluation

To be completed by the off-campus instructor

Student: _____ Season:_____ Year:_____

To the Off-Campus Coach or Instructor: This evaluation is a required part of the PE Waiver process. Please complete this form and return to:

Jaye Cohen, Director of Athletics and Physical Education
Episcopal Day School
706-733-1192 x817
jcohen@edsaugusta.com

Evaluation Due Date:_____

Dates student participated in the program: Started_____ Ended_____

As it pertains to your program, please rate the student on a 1-5 scale:
(1= not accomplished, 5= accomplished at the highest level:

Participated in a minimum of five (5) hours per week Mon-Fri ?	1	2	3	4	5
**If less than five hours, please indicate the total number of hours per week Mon-Fri:*_____					
Consistently arrived on time with proper attire/equipment?	1	2	3	4	5
Practiced and/or competed with a high level of effort and enthusiasm?	1	2	3	4	5
Demonstrated sportsmanship and appropriate social behavior?	1	2	3	4	5

Please describe student's participation, effort, and attitude (*use back of sheet, if necessary*):

Evaluator's Printed Name_____ Signature_____
Date_____

Phone:_____
Email:_____

For EDS PE Faculty:

Signature:_____ Date:_____ Grade Earned: **Pass / Fail**