

THE WARRIOR WAY

SCHOLARSHIP SPORTSMANSHIP TEAMWORK

PARENT INFORMATION FOR MES ATHLETICS

As a parent of a student who participates in MES athletics we are providing you with a brief information sheet to let you know what is expected of students and parents who participate in our program in addition to some helpful hints that all participants should keep in mind. It is our hope that this information will lead to positive communication and a realistic understanding of athletics in general.

Participation

Participation in our athletic program is a privilege not a right. We expect students to behave appropriately in school and during athletic performances. We expect and require that each student will remain academically eligible by passing all of their classes in order to participate. The full eligibility policy is located in our school handbook.

Team Selection

When teams are selected all students and parents should understand that we have a large student body in Grades 6-7-8 and our athletic teams are number restricted. As many as 30-40 students have tried out for our teams and that means cuts will have to be made to have teams with manageable numbers. Coaches will look at performance, position and team needs when selecting their team. Participation in travel and recreation programs do help players improve but does not play a factor in team selection. Please remember to keep things in perspective. Getting cut from a team is *not* devastating. It *is* disappointing. Parents should help their children to handle disappointments and the students should ask the coach for an assessment if they disagree with the decision.

Competition

The exposure to competition and the effort and commitment needed to be successful are the real benefits to athletic participation. We participate in the Monmouth County Athletic League, Shore Intermediate Field hockey League and the Monmouth County Intermediate School Cross Country League. We support the goals of sportsmanship and fair competition embodied by the participating schools.

Playing Time and Position

One of the most frequent concerns at all levels of athletics is playing time. Playing time is the coach's decision. A coach's job is to put the best team together to give them the best chance to compete. Some players will have to play unfamiliar positions in order to help the team or see limited playing time based on circumstances. That is reality. We do not have a policy that every player must play every game. However, our coaches are mindful of that and have always tried to provide opportunities to all with respect to their abilities and effort. If your son or daughter has an issue with playing time please have them talk to

the coach and work through the issue. Coaches have reasons for their decisions but no coach sits a player because they do not like them. **Do not** confront a coach before or after a game. Make a phone call or e-mail the coach and try to understand the situation. The most effective players will play, versatility helps, and circumstances matter. All players should learn to accept their role on a particular team to help that team.

Conduct

The MCAL has adopted rules to govern the behavior of players and parents. Please remember that this is still middle school level competition. Let the players play, the coaches coach and officials officiate. There is no coach anywhere who is always going to make the right decisions in strategy all of the time. Please avoid criticizing the coach in front of your children. Just because you disagree should not influence your child's ability to respect an authority figure. Keep things in perspective. Any spectator whose conduct violates league rules or school policy will be removed from the facilities.

Time Management

As a parent, one of your many responsibilities is to keep your child grounded and focused on priorities. It is very tempting to try to play all of the different sports offered and participate in all of the off season commitments of the many available programs. Please resist the temptation to do too much. There is much research available now regarding the development of chronic injuries and syndromes from overuse or traumatic incidents for both boys and girls. When athletes do not get the proper rest, nutrition, or continue to play with chronic ailments they are taking unnecessary risks, not to mention the effect on their academic responsibilities. Learn to say no. Think about one sport per season or commit only to the fall schedule in one sport so your spring is free for your other sport.

Conclusion

The information provided here is to remind us as parents about our role in the athletic endeavors of our children. We need to let them play, find their interests, understand the ideals of commitment to the team and respect for the game while balancing those with the responsibilities to family and schoolwork. MES has a rich tradition of athletic success but it has its place. Maintain perspective, establish priorities, and enjoy the game. Our coaches and administration are here to help. Good luck this season

Richard Kirk
Assistant Principal