

MIDDLE SCHOOL ATHLETICS (7th and 8th Grade)

Middle School represents the transition from the Lower School curriculum to the competitive sports or recreational activities in the Upper School. It is our goal to foster an appreciation of play and the use of leisure time as well as to develop an understanding of the basic rules and concepts of various sports and activities. Middle School Athletics should be fun and enjoyable, yet competitive for all participants.

Students attend practices, every day for 45 minutes, during Set G. Students participating in a competitive activity play games after school (about 10-12 games per season). Colorado Academy competes against other Middle Schools in the area (for example, Graland, Kent Denver, St. Mary's Academy, etc.).

MIDDLE SCHOOL ATHLETIC PHILOSOPHY

The Middle School program combines the building of skills, techniques and fundamentals with competitive and recreational activities. Knowledge of the playing of sports and the appreciation of movement are goals of the Middle School program. Instruction is offered in team and individual sports as well as in recreational activities. These programs emphasize skill development, coordination, physical fitness, enjoyment, positive peer interaction and sportsmanship. Team skills in leadership and responsibility are also emphasized. **Coaches monitor playing time carefully and see to it that, over the course of the season (not necessarily in every game); all athletes have had commensurate playing time. Winning is an important but secondary goal; playing at the same competitive level or above that level with other teams, is our primary purpose.**

Colorado Academy has a "no-cut" policy which means all of our students are given an opportunity to participate. Middle School students are required to participate in some form of physical activity all three trimesters. With this expectation, the Athletic Department is aware of the extensive academic and Fine Art challenges our students face. The coaching staff works closely with other departments to ensure that the "whole child" is being educated, and being allowed to participate in activities of interest to them.

INDEPENDENT ATHLETICS

The Independent Athletic Program offers students already participating in outside athletics an opportunity to earn credit. This enables our students who are competing in an activity **CA does not offer**, a chance to continue training and excelling in their chosen sport. As in all levels of athletics/physical education, goals for all students include building a strong sense of self-worth, learning lessons in human relations, developing the ability to lead and follow, and gaining specialized training in varied athletic skills. Students wishing to participate in Independent Athletics must read, complete and agree to the requirements of the "Petition for Athletic Credit," which can be downloaded from the CA website.

PHYSICAL FORMS

All 7th and 8th grade students are required to have a current Physical Form on file with the Athletic Department before they will be allowed to participate in an activity. The form must be **signed by the student's parent or legal guardian and a practicing physician** affirming that the student has the consent of his or her parent or legal guardian to participate, that the student has passed an adequate physical examination within the past 365 calendar days and the student is certified to be physically fit to participate in the **Middle School** athletic program.

You may download the PHYSICAL FORM from the Infosnap portal or the CA website.

GRADING

Students receive a grade and written comment from their instructor at the end of each trimester. The purpose of giving grades in athletics is to assist children to grow through the experience of participating in our program. Assessment is holistic, with an emphasis on sportsmanship, attitude, effort, skill development and participation. Reports consist of a narrative assessment, skill progress as appropriate to a particular activity or sport, and a cumulative assessment ranging between High Pass and Fail. Our intent is to give children and their parents timely feedback which will be helpful, allowing each child over time to reach his or her full potential.

In assessing whether a child will receive a High Pass, Pass, Low Pass or Fail mark, each child's progress, actions and demonstrated accomplishment is assessed in the following areas:

- Attendance
- Student Responsibilities
- Cooperation
- Understanding of Material
- Sportsmanship
- Skill Development

High Pass: the child has exceeded our expectations in assessed areas and best represents the expectations of our school mission as they relate to athletics

Pass: the child is meeting our expectations in each area and well represents the expectations of our school mission as they relate to athletics

Low Pass: the child is not fully meeting school expectations in one or more of the assessed areas.

Fail: the child is not meeting minimum expectations associated with one or more of our assessed areas

PARENT RESPONSIBILITIES

All parents are encouraged to attend and support their child's activities with the following guidelines:

- Respect both participants and fans of opposing schools.
- Be a **ROLE MODEL!** Do not say negative words towards officials, opponents or performers during or after the activity.
- Recognize and support the efforts of players, coaches, officials and administrators.
- Support your child, as well as the opponents, with positive actions and encouragement.
- Respect the officials' judgment and interpretation of the rules.
- Communicate to the coach prior to any schedule conflicts your child may have during the season. (If you are aware of certain dates your child will miss athletic contests due to outside commitments, please pick up a "**Middle School Petition for Athletic Conflict Resolution**" form from Jenn Adams at the beginning of the trimester).
- Contact the coach by e-mail or phone for any questions or concerns, not before or during games.
- If your child is involved in Independent Athletics, you must pick up your child daily at **2:30 pm**. **Students are not allowed to use the Library or remain on campus.**

ATHLETIC OFFERINGS

FALL

GIRLS

Field Hockey
Volleyball
Coed Tennis
Coed Cross Country
Coed Golf
Coed Rock Climbing

BOYS

Soccer
Coed Tennis
Coed Cross Country
Coed Golf
Coed Rock Climbing

WINTER

Basketball
Coed Racquetball
Coed Cross Training
Coed Rock Climbing

Basketball
Coed Racquetball
Coed Cross Training
Coed Rock Climbing

SPRING

Lacrosse
Soccer
Coed Rock Climbing
Coed Cross Training

Lacrosse
Baseball
Coed Rock Climbing
Coed Cross Training

EQUIPMENT LIST

Colorado Academy provides uniforms for every student; however, below is a list of items students will need to purchase on their own:

- ✦ SOCCER - Players must wear shin guards in every practice and game. We recommend a good pair of cleats.
- ✦ VOLLEYBALL - Players must wear knee pads in every practice and game. Ankle braces are highly recommended.
- ✦ FIELD HOCKEY - Players must wear a mouth guard in every practice and game. Shin guards are highly recommended. Also, a good pair of cleats.
- ✦ TENNIS - Proper footwear is a must. Students should bring their own racquet.
- ✦ GOLF - Proper footwear (tennis shoes are fine), golf clubs, sun block, hat.
- ✦ CROSS COUNTRY - Comfortable running shoes.
- ✦ BASKETBALL - Basketball shoes.
- ✦ LACROSSE - Cleats, lacrosse stick, girls must wear eye guards, and boys must wear pads.
- ✦ BASEBALL- Cleats, glove.