

# Hancock Athletic Participation Agreement

## 2024-2025



In keeping with our core values, Hancock Day School emphasizes teamwork, sportsmanship, leadership and a strong work ethic in developing student athletes. We strive to offer competitive, challenging and inclusive athletic opportunities for all interested students. Our goal is to establish and maintain an athletic culture and tradition we can all be proud of and one that provides the best opportunities for our student athletes. Our ability to achieve our goal hinges in part on forging an effective partnership between the Athletics Department, Hancock staff, student athletes and parents. As with any partnership, effective communication and clear expectations are critical to success. Working together, we can establish and maintain an athletic culture and tradition we can all be proud of - one that allows our student athletes the best opportunity to realize the rich personal rewards that can come from athletic participation. This Athletic Participation Agreement represents a tangible way for all of us to come together in an effort to make our mission a reality. \*Parents please read and discuss this document with your student athlete.

**Student Agreement** I understand what it means to be a Hancock Eagle and agree that I will strive to uphold and build on the Hancock athletic tradition by following the guidelines set forth below and in the Athletic and Student Handbooks.

- As a student athlete I recognize that I represent not only myself but also my teammates, coaches and Hancock Day School. I will display good sportsmanship and treat all players, coaches, officials and fans with respect. Athle
- I will consistently strive to give my best effort and support my teammates and coaches with my actions and my words.
- I understand that any form of hazing or harassment/bullying is inconsistent with Hancock's athletic/school culture. I will not only refrain from engaging in any form of hazing or harassment/bullying but also understand my obligation to prevent and report any incidents involving myself or my teammates.
- I understand that as a student athlete I am responsible for knowing and adhering to policies outlined in the Hancock Athletic Handbook and the Student Handbook, and that violations to policies may have repercussions to my athletic standing.
- I understand that commitment to my team is important. I will attend scheduled practices and games during the season. If a conflict arises, I will contact my coach directly and in advance to request that I be excused.
- I will care for Hancock facilities, equipment and uniforms, and I will return any issued equipment/uniforms to the school in good condition at the end of the season.
- I understand that the Hancock Acceptable Use and Social Media Policies are in effect and applicable to athletics. Negative and inappropriate use or social media can be damaging. I will refrain from using social networks in a way that could reflect negatively on my team, coaches, Hancock Athletics or Hancock Day School. I also understand that use of cell phones or other recording devices during games or practices is inappropriate. Cell phones are for arranging transportation or for use in an emergency situation.
- Competitive sports consistently tests and challenges us as athletes. The challenges I encounter can be some of the most meaningful and rewarding athletic experiences. They also test my ability to respond positively and proactively with teammates and coaches in times of stress. When confronted with challenges, I agree to address them in a positive way that reflects the best of the Hancock tradition and to *discuss issues that arise directly with my coach*.
- I understand that playing time is earned and not given (see pages 4-5 in the Handbook concerning Playing Time and the 24 Hour Rule). Playing time is at the discretion of the coach. If I have concerns, I should ask my coach what I need to work on.
- Athletes should attend *at least one practice a week* to play in a game for that sport, unless approved by the Director of Athletics. HDS realizes that a few students may play more than one sport in the same season. However, the rule is still in effect and ultimately may result in a reduction of playing time at the discretion of the coach.
- As an athlete, I recognize the importance of caring for my body. I understand that the use of drugs and alcohol are illegal, harmful to my body, and undermine my performance and commitment to my team. I will refrain from using drugs and/or alcohol.

- I understand that being an athlete extends beyond practices, games or a given season. I will:
  - a. Remain diligent with my schoolwork and my performance in the classroom. I will organize my time and prioritize my studies in a way that allows me to also honor my commitment to teammates and coaches.
  - b. Eat, sleep and otherwise care for my body properly so that I am ready to perform at my best.
  - c. Maintain my training, fitness and flexibility between seasons by attending as many off-season training sessions as I am able to and/or engaging in training and fitness activities on my own.

**Parent Agreement** As a parent of a student athlete at Hancock Day School, I agree to:

- Be a role model by positively representing Hancock and displaying good sportsmanship.
- Support my son/daughter in their athletic endeavors and help them honor their commitment to their teammates, coaches and school.
- Follow the Hancock Acceptable Use Policy with respect to the use of social media related to athletics and Hancock. ● Foster the personal growth of my son or daughter by empowering them and encouraging them to take ownership and manage their athletic experience.
- Remain supportive of all athletes, coaches and the Hancock Department of Athletics.
- Be a supportive fan and resist the urge to coach or officiate from the sidelines.
- Do my best to assist my child's team and coaches when needs arise during the season.
- Treat all athletes, coaches, officials and fans with respect.
- Encourage my son/daughter to communicate directly with their coach. If my son/daughter is unable to adequately resolve an issue after speaking with their coach, I will schedule an appointment to speak with the coach at a mutually acceptable time. (See Playing Time and the 24-Hour Rule in the Handbook concerning communication with the coach.)
- I understand Hancock will be videoing games that will be available on Youtube/Hudl.

As a student athlete desiring to compete for Hancock Day School, I agree to uphold this agreement and abide by the guidelines outlined above and in the Hancock Athletic and the Student Handbooks. I acknowledge and understand that if I do not conduct myself in a way that is consistent with this agreement, it could significantly impact my standing on a team and has the potential to result in both athletic and school consequences. Please fill out bottom form and return to coach or A.D.

Student's Name (Printed): \_\_\_\_\_ Sports playing \_\_\_\_\_ Grade \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I understand and acknowledge the important role that I play as the parent/guardian of a student athlete at Hancock Day School. I agree to support my son/daughter in their athletic endeavors and to also support the efforts of coaches and the Hancock Day School Department of Athletics. I will refer to the HDS Athletic Handbook found on the HDS website.

Parent/Guardian Name (Printed): \_\_\_\_\_ please add sports playing and grade \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_