The Athletic Handbook is a reference guide to the operation, procedures, expectations and rules of the Fort Worth Country Day Athletic Program for student-athletes, parents and coaches. FWCD athletes are expected to adhere to the regulations and policies set forth in this handbook. These operations, procedures and expectations include requirements of the School, the Athletic Department, and the Southwest Preparatory Conference (SPC).

Access to Fort Worth Country Day’s Website
- The Fort Worth Country Day Home Page: [www.fwcd.org](http://www.fwcd.org)
- The Fort Worth Country Day Athletic Page: [www.fwcd.org/athletics](http://www.fwcd.org/athletics)

To access The Fort Worth Country Day’s athletic website, go to www.fwcd.org/athletics. From the athletic website you can find athletic announcements, athletic news and media, the athletics hotline, daily schedules and opponents, athletics calendar, school master calendar, team pages, campus map, Falcon Club information, directions to all athletic events and downloadable documents. Downloadable documents include: summer weight room schedule, summer team workouts and pre-season information, student-parent athletics handbook, physical waiver, concussion protocols, and heat illness protocols.

Directions to the Fort Worth Country Day Campus

I-20 Heading East (From Aledo, Weatherford)
- Exit Bryant Irvin and turn left (north).
- Go through 2 red lights and under the Southwest Blvd/183 Bridge.
- At third light, Bellaire Drive South, turn right on to campus.

I-20 Heading West (From I-35)
- Continue on I-20 approximately 4 miles.
- Option 1: Take the Hulen St exit and continue along the service road. Turn right on to Country Day Lane.
- Option 2: Take the Bryant Irvin exit and then turn right (north) on Bryant Irvin, travel two blocks and then turn right on to campus.

I-30 Heading West
- Pass Downtown Fort Worth.
- Exit Bryant Irvin and go left (south) 3.0 miles.
- At the light at Bellaire Drive, turn left on to campus.
DIRECTORY OF ADMINISTRATION, PROGRAM DIRECTORS & ATHLETIC CURRICULM COUNCIL

Directory of School Administration
Head of School Eric Lombardi eric.lombardi@fwcd.com
Head of Upper School Steve Stackhouse steve.stackhouse@fwcd.com
Head of Middle School John Stephens john.stephens@fwcd.com
Head of Lower School Trey Blair trey.blair@fwcd.com

Directory of Athletic Administration
Director of Athletics Brian Phelps brian.phelps@fwcd.com
Associate Athletic Director Ed Chisholm ed.chisholm@fwcd.com
Middle School Athletic Director James Rains james.rains@fwcd.com
Athletics Operations Director Missi Kovachev missi.kovachev@fwcd.com
Physical Education Director Shelley Rains shelley.rains@fwcd.com
Sports Information Director Paige Chisholm paige.chisholm@fwcd.com
Administrative Assistant Lisa Parker lisa.parker@fwcd.com

Directory of Program Directors
Baseball Michael Settle michael.settle@fwcd.com
Basketball – Boys Joe Breedlove joe.breedlove@fwcd.com
Basketball – Girls Shelley Rains shelley.rains@fwcd.com
Cheerleading Anne-Lise Woods anne-lise.woods@fwcd.com
Cross Country Jared Connaughton jared.connaughton@fwcd.com
Golf Bill Arnold bill.arnold@fwcd.com
Field Hockey Paige Chisholm paige.chisholm@fwcd.com
Football Brian Farda brian.farda@fwcd.com
Lacrosse – Boys TBD
Soccer – Boys Mike Vincent mike.vincent@fwcd.com
Soccer – Girls Donavan Oliver donavanoliver@gmail.com
deanhall@fwcd.com
Softball DeAnn Hall deann.hall@fwcd.com
Strength & Conditioning Shane Jenke shane.jenke@fwcd.com
Swimming Kathy Steinbrenner Steinbrenner@charter.net
Tennis Paige Chisholm paige.chisholm@fwcd.com
Track & Field Jared Connaughton jared.connaughton@fwcd.com
Volleyball Missi Kovachev missi.kovachev@fwcd.com
Volleyball (Girls head coach) Rosalyn Thorpe rosalyn.thorpe@fwcd.com
Volleyball (Boys head coach) Patrick Powers patrick.powers@gmail.com
Wrestling Hugo Munoz ninomunoz1986@gmail.com

Certified & Licensed Athletic Trainers
Ed Chisholm ed.chisholm@fwcd.com
Stacy Walsh stacy.walsh@fwcd.com
Athletic Curriculum Council
The Fort Worth Country Day Athletic Curriculum Council (ACC) serves as an advisory board to the Director of Athletics and the Middle School Athletic Director. The ACC performs a review of athletic policies and votes on guidelines and procedures. The resulting recommendations are reported to the School’s administration team and to the Head of School.

Athletic Curriculum Council 2018-2019 Members
Director of Athletics          Brian Phelps
Head of Upper School          Steve Stackhouse
Head of Middle School         John Stephens
Head of Lower School          Trey Blair
Middle School Athletic Director James Rains
Assistant Athletic Director   Ed Chisholm
Athletics Operations Director Missi Kovachev
Physical Education Director   Shelley Rains
Faculty Member                DeAnn Hall
Faculty Member                Spencer Smith

A Message from the FWCD Athletic Department
The Athletic Department at FWCD retains the right to change any of its rules, procedures and regulations at any time, with or without notice. The right to withdraw a sport or teams within a sport, and change the calendar or schedule for teams is similarly reserved by FWCD and the Athletic Department.
# General Information for All FWCD Athletes (Grades 7-12)

- FWCD Philosophy of Athletics
- Purpose of Athletics at FWCD
- FWCD Core Values
- FWCD Inclusivity Statement
- FWCD Nondiscrimination Policy
- Sportsmanship and Conduct
- Southwest Preparatory Conference Sportsmanship Creed
- Southwest Preparatory Conference Mission Statement
- Eligibility for Participation in the FWCD Athletic Program
- What is Expected of a FWCD Student-Athlete
- Changing Sports in the Same Season
- Quitting a Team
- Varsity Letter Requirements
- Team Managers/ Student Trainers
- Uniforms and Equipment
- Use of Alcohol, Tobacco, Illegal Drugs and Ergogenic Aids
- Athletic Disciplinary Procedures
- Discipline and the Ejection Rule
- Coaches
- Leagues and Conference
- Athletic Requirement
- Upper School Physical Education
- Participation on Multiple FWCD Teams
- Participation on Non-School Sports Teams for Credit
- Statement of Risk
- Insurance
- Medical Policies and Procedures
- Inclement Weather Policies and Temperature Guidelines
- What is Expected of a FWCD Parent of an Athlete
- Issues of Concern
- Coach or Program Complaints
- Guidelines for Spectators
- Practices
- Open Gyms
- Transportation
- Religious Observance Policy
- Schedules and Directions to Games
- Game and Practice Status – Athletic Hotline
- Falcon Club
- Gifts and/ or Donations to the Athletic Department
- Facilities
- Strength and Conditioning Program Overview
- Athletic Offerings
- Awards
FWCD Philosophy of Athletics
The FWCD Program values the skills gained through teamwork, commitment, sportsmanship as well as the lessons learned through winning and losing. At FWCD, these lifelong values are acquired in an atmosphere where competition is balanced by the development of positive self-esteem of each student-athlete.

The FWCD Athletic Department believes that important learning takes place in athletics and has developed the program with the student’s interest and participation in mind. A student who is involved in student life outside as well as inside the classroom grows into a well-rounded person and contributes significantly to both the School community and the larger community of which FWCD is a part.

The FWCD Athletic Program is designed to challenge and develop each student’s skills to the fullest. The School is committed to promoting in its athletes excellent sportsmanship, ethical behavior and integrity.

The FWCD Athletic Program emphasizes participation and the development of athletic skills in grades 7-8 so the School can field its most competitive teams in grades 9-12. The FWCD Athletic Program believes that every student who wishes to participate on an athletic team will be given the opportunity. Therefore, FWCD has a no-cut policy for most sports for students willing to make a commitment to a team. (NOTE: due to facility restraints, tennis and golf may limit their program size to two competitive teams).

In the FWCD Middle School, we stress the physical, mental and social development of all students while in athletics we offer an awareness and opportunity to grow in the areas of physical fitness, sportsmanship, and teamwork. Complementing the classroom, athletics has the ability to challenge and support the areas of development while promoting our Core Values. Creating an environment that encourages students to compete with their peers and at the same time allowing them the freedom to “fail safely” are the ultimate goals within our middle school programs.

Each sport in the middle school presents diverse dynamics and challenges each year. Our Program Directors will evaluate the number of participants in each grade level and divide our teams in a manner which considers the physical, mental and social development of our students. Our aim is to provide quality playing time for each participant over the course of a season in an arena that aligns with their development. **Safety and not meeting team or school requirements could be a vital factor in determining playing time in certain situations of competition.**

Middle School students will play on one team per sport, unless numbers dictate that a student participate on two teams in certain situations. With the coordination of the coaches and the Middle School Athletic Director, students could also participate in two sports per season, **if deemed feasible.**
Purpose of Athletics at FWCD
Athletics are an integral part of a complete education. The athletic program serves the following educational purposes:

- It instructs students in the rules and skills of individual and team.
- It provides physical training and physical outlets for students’ energy and interests.
- It provides healthy competition and cooperation within and between schools.
- It instills in students the principles of good sportsmanship.
- It helps to develop ethical behavior in all aspects of a student’s life.
- It maintains the spirit of true amateur competition in a world where students are constantly exposed to professional athletics.
- It cultivates a positive attitude towards healthy living and lifelong fitness.
- It teaches and requires respect for other teams, game officials, coaches and teammates.

FWCD Core Values
The core values of Fort Worth Country Day set forth a standard of conduct that is the foundation of productive life. These values provide an ethical compass and give purpose to education.

*Integrity*: consistency in thought and adherence in action to principles of truth, honesty, trustworthiness, and sincerity

*Kindness*: acting with consideration, compassion, and empathy for others.

*Courage*: internal strength enabling one to act, venture or persevere in the face of difficulty.

*Respect*: acting with fairness, courtesy, and sensitivity to others and the community.

*Responsibility*: acting in accordance with what is right in the absence of authority and being accountable for one’s behavior to one’s self and others.

*Scholarship*: establishing a foundation of knowledge and skills that enables higher cognitive processes.

FWCD Inclusivity Statement
At Fort Worth Country Day, we believe that understanding and respecting differences not only inspires compassion and empathy, but also fosters intellectual curiosity and creativity. We embrace the diverse cultures, experiences and perspectives that comprise our environment. We commit to sustaining and growing an intentionally inclusive community.

FWCD Nondiscrimination Policy
Fort Worth Country Day has an institutional commitment to the principles of diversity. In that spirit, FWCD does not discriminate on the basis of race, religion, creed, color, gender, sexual orientation, age, disability or national origin in admission, the administration of its educational policies, financial aid, athletics and other School-administered programs.
**Sportsmanship and Conduct**

FWCD believes that lessons learned from fairly played competitions benefit both students and the School. Some examples of “fairly played” situations for independent school athletes, coaches, game officials and spectators:

- Treat others fairly, as they should be treated and as you wish them to treat you.
- Remember that both on and off the field your actions reflect on you and on the School.
- Regard the rules of the games you play as an agreement; you should not seek to evade or break either the spirit or letter of the agreement.
- Treat game officials and opponents with courtesy and respect.
- Accept absolutely and without complaint or quarrel the final decision of any game official.
- Consider and treat visiting teams and spectators as your guests. Similarly, when you visit another school, behave courteously as a responsible guest.
- Be gracious—in victory and defeat. Learn especially to take defeat gracefully.
- Be as cooperative as you are competitive.
- Remember that both on and off the field your actions reflect on you and on the School.

**Southwest Preparatory Conference Sportsmanship Creed**

**The Players**
1. They live clean and play hard. They play for the love of the games.
2. They win without boasting. They lose without excuses. They never quit.
3. They respect officials and accept their decision without question.
4. They never forget that they represent the school.

**The Coaches**
1. They inspire in their players a love for the game and the desire to win.
2. They teach that it is better to lose fairly than to win unfairly.
3. They exemplify sportsmanship and respect for officials.
4. They are the type of people they want their players to be.

**The School**

FWCD will not tolerate any spectator, either student or adult, whose behavior at its athletic contests is disrespectful toward players, officials, coaches or other spectators.

**Southwest Preparatory Conference Mission Statement**

The Athletic Conference of Southwest Preparatory Schools (SPC) is comprised of not more than twenty independent schools, each accredited by the Independent Schools Association of the Southwest (ISAS) who join together to provide and regulate interscholastic athletic activities for their students. Physical fitness, healthy competition, students’ enjoyment, instruction in skills, character development, and sportsmanship constitute the core values of the SPC and guide all policies, procedures, and decisions made by the conference.
Eligibility for Participation in the FWCD Athletic Program

1. Students must have a current Liability Release form on file with the School.
2. Students must have a current Medical History and Physical Evaluation form on file with the School. Students will not be allowed to practice or participate in the athletic program without evidence of a physical examination and a signed parent/guardian participation form on file. This form is available in the Athletic Office and can also be downloaded from the FWCD Athletic website (www.FWCD.org/athletics).
3. Students must be enrolled and fulfilling their academic requirements at FWCD.
4. Students in grades 9-12 must be present at school at or before 11:05 am and through the remainder of the school day in order to participate in practice or contest. (Note: exceptions to this rule may be appealed to the Assistant Upper School Division Head).
5. Students who turn 19 years of age on or before September 1st are ineligible for interscholastic athletics. In order for a fifth year senior to be eligible, he or she must not turn 19 before September 1st of the fifth year and must have attended the same SPC school for both his or her fourth and fifth years.
6. A student who enrolls at FWCD after the school year has started is required to attend 10 days of classes before being eligible to participate in any SPC athletic events.
7. Student-athletes must live with a birth or adoptive parent, or with a legal guardian.

What is Expected of a FWCD Student-Athlete

All FWCD Student-Athletes in grades 7-12 are expected to follow the Code of Conduct and Expectations for Student-Athletes.

1. Be dedicated to your sport
   - Attend all practices and games. If you must miss a practice or a game, notify your coach well ahead of time (not the day of the game or practice) unless the absence is due to illness.
   - Notify your coach at the beginning of the season or as soon as you receive your schedule about any conflicts with games or practice.
   - Should any conflicts arise during the season, notify your coach immediately.
   - Adhere to all regulations and policies pertaining to your sport. Policies may include situations such as:
     - Chronic tardiness to practice.
     - Missing practices or games.
     - Lateness for a team bus.
     - Engaging in conduct unbecoming a FWCD athlete. (Please note: postings on social media sites such as Facebook, Twitter, Instagram, YouTube etc. are considered public.)
   - Keep yourself in the finest physical condition by abstaining from tobacco products, vaping, alcohol and illegal drugs.

2. Always practice good sportsmanship, both on and off the playing field. Be a good citizen, both at school and visiting opponents; your behavior reflects upon yourself, your team and your school.

3. Take proper care of your equipment and uniforms. You will be charged for loss or damage that results from careless use of uniforms and equipment. Wear uniforms and warm-ups only for athletic contests, and return them promptly to the equipment manager after the last contest of the season.
4. If you are injured and unable to practice or play in a game, coaches and athletic trainers will follow your doctor's instructions as to the treatment of your injury. You must obtain a doctor's written permission and submit it to the athletic office or athletic trainer before you may resume participation.

5. Practices and games may be scheduled during school breaks. You should make every effort to attend all of these practices. If you miss practices, your status on the team will be determined by your coach, who could decide that you may not start, may not play in games, or may serve only on the reserve team. You and your parents must understand the consequences if you or they decide that you will not attend these important practices. Inform your coach as soon as possible if you must miss practices and/or games during breaks.

6. Students going out for a sport and the school play/ musical, must contact both the director of the play/ musical and the coach of your sport to inform each that there is a possibility of conflicts in the scheduling of rehearsals, practices and games. Both the director of the play/ musical and the coach may require you to make a choice if the schedules submitted will not permit you to participate in both activities.

7. Fall athletic teams usually begin practice two weeks prior to the first day of school in order to prepare for early season competition. All candidates for upper school teams are expected to be in attendance or to clear conflicts with the coach prior to the start date. Many teams begin tryouts during this time. To be considered for the program, students must attend these sessions. If a student-athlete is involved in a FWCD team that is still competing, he/she must communicate the desire to be a team member with the Program Director.

8. FWCD forbids any form of hazing. Hazing is defined as any forced or required intentional or negligent action, situation or activity which recklessly places any person at risk for physical injury, mental distress or personal indignity or which requires or encourages violation of any federal, state, local or school law for the purpose of initiation into, or affiliation with, any organization affiliated with FWCD. This applies regardless of the willingness of the participant. Hazing, with or without the consent of the student, is prohibited by FWCD, and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

Changing Sports in the Same Season
Students in grades 7-12 wishing to change from one sport to another sport must get permission to do so. Permission must be given by the current coach, the intended coach, and the Director of Athletics (for grades 9-12) or the Middle School Athletic Director (for grades 7-8). To ensure the ability to change teams, decisions must be made as soon as possible to guarantee placement on the intended team. The Program Director, Middle School Athletic Director or the Director of Athletics have the right to decline the request for change.

Quitting a Team
Any student who decides to quit a team at any point during the season, he/she will not receive athletic credit, a varsity letter or any individual or team recognition. The student will not be allowed to participate on another school team until the present season has been completed, including the SPC championships. A signature must be obtained by your present coach, yourself, your advisor and a parent or guardian explaining the reason for quitting. This communication is necessary to ensure FWCD and your parents understand you are no longer active with your team.
Varsity Letter Requirements
Varsity letter winners must be a member of a varsity team and in good standing at the conclusion of the varsity season. All student-athletes, managers and student trainers are eligible to receive a varsity letter if all criteria are met as established by the Program Director and/ or head coach.

Team Managers/ Student Athletic Trainers
Students electing to serve as a team manager or student athletic trainer in grades 9-12, must meet all requirements as directed by the Athletic Department. Student athletic trainers must serve at least two of three seasons. Students must meet the criteria of the job description provided by the Athletic Department in order to receive credit. Team managers are managers that are selected by the Program Director for each sport and will complete the job description provided for that particular team. A limited number of team managers will be selected each season and a student can only manage for one season each year for credit.

Uniforms and Equipment
FWCD is committed to providing its student-athletes with the very best athletic apparel and equipment. The school provides most items that are necessary to participate. However, students will need to purchase a few items on their own. Shoes, shin guards and certain practice and/or game items will be required as indicated by the individual coach.

Practice Attire
All students are encouraged to wear proper FWCD athletic practice attire to practice daily. Practice attire consists of a FWCD t-shirt, shorts, athletic socks, proper shoes, mouth guards (field hockey & football), shin guards (soccer & field hockey), protective eyewear (MS field hockey only) and any other sport specific equipment that the coach deems necessary.

Athletic Uniform Check Out Procedure
Each athlete will check out a full uniform and equipment from the Equipment Manager on the designated "check-out" dates. Student-athletes are expected to maintain their uniform and equipment during the course of the season. PLEASE NOTE: Every piece of equipment checked out by the Equipment Manager has an inventory number. Student-athletes are held responsible for the uniform that was checked out to them. Student-athletes are not allowed to switch uniforms with other players without approval of the Equipment Manager.

Athletic Uniform Check in Procedure
Students will check in all uniforms and equipment on the designated "check in" dates. Equipment & uniforms for the following season will not be issued until the previous season uniforms have been turned in. At the end of the spring season, grades and transcripts will not be released until the uniforms are turned in and missing items are paid for. Students who fail to turn in uniforms or equipment will be billed for the replacement cost. All uniforms should be cleaned upon return. A cleaning charge will be applied to your account if dirty uniforms are turned in.

Athletic Trips Dress Code and Behavior
Students must dress appropriately for school trips. Both boys and girls are required to dress in attire considered appropriate during the school day. Coaches do have the option of changing the dress code but first must be approved by the Director of Athletics. Teams will travel in school-
issued team warm-ups or in uniforms depending on the length of the trip, season, etc. Students are expected to behave appropriately when representing FWCD. Inappropriate behavior may result in disciplinary action by the Athletic Department and/or the Head of the Upper School.

**Use of Alcohol, Tobacco, Illegal Drugs and Ergogenic Aids**
FWCD is concerned with the healthful habits of all students and is convinced that participation in athletics and the use of controlled substances are not compatible. Athletic participation and its life-long benefits for students cannot be compromised with substance abuse. A student-athlete who chooses to use banned or controlled substances jeopardizes team morale, team reputation, team success, and most of all, self-growth and personal health and safety.

If at any time you are found to be in possession of or using alcohol, tobacco products, vaping and/or illegal drugs you may be suspended or expelled from the team. If infractions of this policy occur while you are on school grounds or during a school-sponsored event, a formal Disciplinary Committee will review your behavior and decide on appropriate actions.

The FWCD Athletic Department prohibits the use of any substance (such as creatine or anabolic steroids) that is not approved by the United State Food and Drug Administration, by the Surgeon General of the United States or the American Medical Association for use by children or adolescents for the purpose of increasing physical development, strength, or athletic proficiency. In addition, any such agent or substance banned by the NCAA or the U.S. Olympic Committee is also prohibited.

**Athletic Disciplinary Procedures**
When expectations set forth by the Athletic Department and/or coach are not met, coaches should follow this recommended procedure to deal with serious or chronic disciplinary issues.

*Grades 7-8 Athletic Disciplinary Procedures*
1. The coach should first discuss the concerns with the Middle School Athletic Director.
2. The coach should then meet with the player to discuss the concern.
3. If concerns persist, the coach and player should meet with the Middle School Athletic Director.
4. If the problems continue after this meeting, the coach should meet with the parents, Middle School Athletic Director and Middle School Head to discuss the issues, what has been done, and determine appropriate actions.
5. If the coach feels that the player continues to exhibit the same difficulties, the coach, in consultation with the Middle School Athletic Director, can suspend the player for a specific time period.
6. Finally, if all other courses of action have not produced the desired results, the coach, in consultation with the Middle School Athletic Director and Head of the Middle School can remove the player from the team.

*Grades 9-12 Athletic Disciplinary Procedures*
1. The coach should first discuss the concerns with the Director of Athletics.
2. The coach should then meet with the player to discuss the issues.
3. If concerns persist, the coach and player should meet with the Director of Athletics.
4. If the problems continue after this meeting, the coach should meet with the parents, The Director of Athletics, the student’s advisor and the Upper School Head to discuss the issues, what has been done, and determine appropriate actions.

5. If the coach feels that the player continues to exhibit the same difficulties, the coach, in consultation with the Director of Athletics, can suspend the player.

6. Finally, if all other courses of action have not produced the desired results, the coach, in consultation with the Director of Athletics and Head of the Upper School, can remove the player from the team.

SPECIAL NOTE: A serious violation of team rules could result in a player being immediately suspended from the team by the coach.

**Discipline and the Ejections Rule**

Players ejected from interscholastic games for "unsportsmanlike conduct" or other flagrantly unacceptable behavior will be disciplined. Disciplinary measures take into account the grade level and experience of the player as well as the seriousness of the infraction. A player who is ejected may expect to forfeit eligibility to play in the next one or two regularly scheduled interscholastic or tournament games played in the sport.

**Coaches**

FWCD coaches are selected by the Athletic Department. FWCD hires professional coaches under the same standards and procedures as academic faculty. Each candidate is interviewed by a member of the Athletic Department and by an administrator. Those hired must submit a fingerprint and police background check, drug testing and complete a required abuse prevention training program. Coaches will also be encouraged to complete First Aid and CPR/AED training, concussion training, as well as participate in professional development opportunities. Coaches understand and adhere to the FWCD philosophy and professional requirements.

**Leagues and Conferences**

FWCD students in grades 9 through 12 participate in the Southwest Preparatory Conference, an organization that includes: Awty, Casady, Cistercian, Episcopal, Episcopal School of Dallas, FWCD, Greenhill, Hockaday, Houston Christian, John Cooper, Kinkaid, Oakridge, St. Andrews, St. John’s, St. Mark’s, St. Stephens and the Trinity Valley School.

**Athletic Requirement**

Middle School students must participate in three (3) seasons of athletic participation during their 7th grade year and their 8th grade year. Participation in dance will meet all athletic requirements if requirements are met that are set by the fine arts department. Contact Carrie Cheng for further details. 5th and 6th grade students are not allowed to participate on 7th and 8th grade athletic teams.

Freshman, sophomores and juniors are required to participate in our athletic program for two of the three seasons: fall, winter and spring. This includes participation on a sports team, as an athletic trainer, team manager, or attendance in a physical education (PE) class. Students may manage and/or participate in PE once per school year for sport credit. Seniors will not have an athletic/PE requirement, but they are encouraged to participate in any sport season and will have classes available to them if they wish to continue meeting their fitness needs.
Upper School Physical Education
Upper School PE will take place after school from 4:00pm – 5:00pm, Monday through Thursday. PE students are required to follow a dress code. Students may wear the following options:

- FWCD t-shirt (red, navy, white or gray)
- FWCD athletic shorts (red, navy, black or gray)
- All items can be purchased in the campus store
- Appropriate athletic shoes.

Sweatpants and sweatshirts are encouraged for outdoor activity during cold weather. Students will receive a complete/incomplete grade based on attendance, tardiness, dressing appropriately and actively participating. Each season (fall, winter and spring) will run for 10 weeks. There will be no excused/unexcused absences and any days missed will be made-up in a timely manner. Curriculum will be a self-paced strength and conditioning program, along with recreational games and lifetime fitness activities.

Participation on Multiple FWCD Teams
It is possible, but not recommended, (due to too many scheduling conflicts) for a student to participate on two School teams during the same season. To be able to participate on multiple teams, there must be an agreement between the student-athlete, the coaches, and the Athletic Department. Final approval must be granted by the Athletic Department. The student, parents and coaches must agree as to which sport will take precedence if contests take place on the same day. A clear agreement at the outset of the season will avoid miscommunication and undue pressure from coaches and other athletes.

Participation on Non-School Sports Teams for Credit
Students who participate in sports NOT offered at FWCD may apply for sports credit by meeting the following criteria:

- The person requesting the activity must meet with the Director of Athletics to go over the criteria.
- The activity must meet a minimum of 10 hours per week and at least 5 days per week.
- The activity/sport must have a competitive schedule.
- The person in charge must be willing to take attendance and communicate this information weekly with the athletic department.
- An activity outline or course description must be provided including objectives, location, and time.
- The person in charge is responsible for running the class, supervision, facility, and holding the students accountable to attend and meet the course requirements.
- Applications deadlines for the 2019-2020 school year are:

  FALL – August 23  WINTER – November 15  SPRING – Feb 21

Applications may not be accepted after these deadlines. Contact the FWCD athletic office for the Outside Elective Form.
**Statement of Risk**
Participation in interscholastic athletics includes a risk of injury that may range from minor to long-term catastrophic. Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate this risk. Participants have a responsibility to help reduce the chance of injury. Athletes must obey safety rules, report physical problems to their coaches, follow a proper conditioning program and inspect their equipment daily.

**Insurance**
All student athletes must be covered under medical and hospitalization insurance through their family. The School does not assume responsibility for insuring student-athletes.

**Medical Policies and Procedures**
Fort Worth Country Day is committed to providing the safest possible environment for our students. While participating in athletics and physical education, it is possible that an injury may occur. In order to prevent potential problems and properly react when there is a problem, some documents need to be on file for each of our students:

- **Annual Medical History & Physical Form**: All FWCD students must complete and return this form prior to athletic participation. Students will not be allowed to participate in athletic activities until this form has been submitted. The form is located on the Athletics tab in Downloadable Documents.
- **Liability Release Form**: Every student-athlete must complete the FWCD Liability Release form every year and have it on file before participating in any FWCD activity, class, practice or game. This form is completed during enrollment/re-enrollment.

**Medical Policies**
All students must have a current annual physical form and a Liability Release form on file before participating in any practice, game or elective class (See above). Students who are under a physician’s care must be cleared by that physician in writing in order to return to competition. Students who are injured must continue to attend all classes, practices and games and will be expected to participate at whatever level possible as directed by their physician and/or the athletic training staff. Students with season ending injuries will be assigned duties by the coach or teacher.

**Athletic Training Room**
The Athletic Training Room is reserved for any student-athlete who incurs an injury at a FWCD activity. All student-athletes have equal access to the Athletic Training Room and the Athletic Trainers. However, for liability reasons, Athletic Trainers are not permitted to evaluate or treat non-FWCD athletic injuries.

**Athletic Training Guidelines**
A. The Athletic Trainer’s first priority is the safety of all students. No team or division is "more important" than another.
B. Some sports are more dangerous than others. Game and practice coverage are based on the "potential for injury" in each sport.
C. The Athletic Trainers, in cooperation with team and family physicians, decide when an injured athlete may or may not return to classes, practices, or games.
D. If a student sees a physician regarding injury or illness that will affect his/her physical participation, he/she must bring a note/letter from the physician. The note should include specifics concerning the injury/problem, any limitation placed on activity, and guidelines the physician would like the Athletic Trainer to follow. The note/letter will be kept on file, and all appropriate personnel will be notified of the situation. Students who have been under the care of a physician may not return to activity until the Athletic Trainers receive a written release from the attending physician.

**FWCD Athletic Anaphylaxis Procedure**

1) The nurse and athletic trainers monitor a shared database. Students with severe “life-threatening” allergies will be identified. The athletic trainers will make a note on their main roster database so that when teams are assigned, every season, they know which teams have members that might have an issue.

2) The athletic trainers will notify the coach that there is a student on their team who has an allergy issue, and to not allow that substance on their bench, team meals, etc. This can be done without giving the name of the student, therefore not breaking any HIPAA laws.

3) We will ask that the parents of kids with severe “life-threatening” allergies sign a release to allow us to disclose the actual name of the student to the coaches. If the parents agree, this would allow the coach to keep an extra eye on this student, and increase our level of care.

4) The nurse, when able to get permission from the parents, will supply copies of the students individual Emergency Action Plan to share with the coaches of the identified students.

5) It is ESSENTIAL that any student in 7th grade and above that has a life-threatening allergy, is required to have an Epi-Pen on their person at all times. This would help protect them not only at athletic events, but also on field trips, etc. The athletic trainers are not always at every home event (but should be within minutes away).

6) Coaches who have team members that have been identified with a life-threatening allergy will be given training on proper use of an Epi-Pen.

7) Peanut containers at games will be clearly labeled to avoid confusion or accidental exposure.

**FWCD Concussion Protocol including Academic Accommodations for Concussions**

Please refer to [www.fwcd.org/athletics](http://www.fwcd.org/athletics) for complete concussion protocols under the downloadable section of the athletics page.

**FWCD Athletic Training Staff**

- Ed Chisholm, Certified & Licensed Athletic Trainer
  - Email address: ed.chisholm@fwcd.com
- Stacy Walsh, Certified & Licensed Athletic Trainer
  - Email address: stacy.walsh@fwcd.com
Inclement Weather Policy and Temperature Guidelines

Over the course of a school year, students can experience various weather conditions in Texas. Days of extreme heat and cold are common. Adding exercising athletes into the weather mix, chances of heat or cold related problems increase. It is the policy of the FWCD Athletic Department to ensure the safety of our athletes at all times.

**Note:** We are fortunate at FWCD to have two full-time Certified/Licensed Athletic Trainers on staff. The athletic trainers monitor the ambient heat and relative humidity, prior to and during all FWCD practices and contests. The athletic trainers, in consultation with the athletic director, can suspend/postpone/shorten/modify practice or games due to severe heat and weather conditions.

*Inclement Weather Policy*

When weather forces the school to close, there will be no practice or games that day unless there is special clearance from the Director of Athletics. On rainy days, decisions on outdoor practices and games will be made as soon as possible so everyone involved can be notified of cancellations. When possible, decisions will be made by 1:00pm. This announcement will be placed on the Athletic Hotline – 817-302-3200, extension 3510 and on our website at www.fwcd.com/athletics. Students should assume practice or games will be held unless there is an official announcement made or posted.

*Thunder and Lightning Policy*

Fort Worth Country Day has installed the ThorGuard Integrated Lightning Prediction and Warning System. The ThorGuard unit is automatic, and proactive. If it determines that there is lightning headed in our direction, it will give out a solid 15 second blast from its two horns (located on the northwest corner of the square gym roof, and a second one on the roof of the upper school). At the sound of this horn, a built in strobe light will start to flash at the same locations. When the horn sounds, the fields will to be cleared of activity immediately. Students should not pick up the field, change equipment, or do any other activities that may delay them getting inside a building IMMEDIATELY. They should come all the way inside to a main building, not a shed, dugout, etc.

The strobe lights will continue to flash the entire time we are in the danger zone. When ThorGuard has determined that it is safe to resume outdoor activity, it will sound three short blasts from its horns, and the strobe will stop flashing.

This system will work every day, whether the athletic trainers or security guards are on campus or not. It is set to go on delay from 11:00 p.m. until 6:00 a.m. so we do not disturb the neighborhood.

The athletic trainers may also have weather radio alert on 24 hours a day monitoring the weather. The athletic trainers have weather apps installed on their phones that provide alerts.

If the threat of lightning exists before a game begins, the coaches, athletic trainers, and athletic director will determine the status of the game. If lightning conditions exist, games will be postponed or canceled. If the game is in progress, the officials, in conjunction with advice from the athletic trainers and athletic director, will determine when/if the game is postponed or canceled.
If coaches are on another campus without lightning detection to advise them of the lightning situation, the "law" states that they MUST behave and make decisions as a "reasonable and prudent adult." The FWCD athletic department advises the following in these situations:

1. Use the National Athletic Trainer Association guidelines:
   "If you see it, flee it."
   "If you hear it, clear it."

   If there is any visible lightning or audible thunder, get your team and yourself inside.
2. If you have ANY doubts as to if you should go outside, DON'T GO.
3. If you have any doubts as to if you should stay outside, DON'T STAY.

   Remember - Even with ThorGuard on campus, if you are not comfortable with the weather situation, take your team inside.

**Hot Weather Guidelines**
1) We will NEVER deny water to an athlete, under any circumstances. We will ALWAYS have plenty of cool/cold water easily accessible to the exercising athletes.
2) During hot weather, we will allow the athletes to take a short water break for ten minutes per every hour exercised. K - 4 are 30-minute classes, so the teachers will allow water breaks when necessary. When the temperatures exceed 100, we will keep K-4 classes indoors.
3) At the beginning of the season, athletes gradually condition to the heat. Staying fit over the summer is the easiest way to prevent heat related problems from occurring.
4) We encourage our athletes to wear light, white, 100% cotton blend fabrics whenever possible. We also encourage them to make sure that they keep their clothes as dry as possible, NOT to wear a wet shirt out to practice, or wet their shirts down when there is still considerable practice remaining.
5) On days when the ambient temperature or the heat index is over 100 degrees, the athletic trainers, after consultation with the athletic director, may modify (reduce pads and/or shorten time), delay or cancel practices and/or games.
6) Parents, please remind your child to drink plenty of water at home, between classes, before practice, during practice and after practice. Water will not cause them to get cramps or "waterlogged."
7) Parents, please remind your child to keep track of their weight. It is normal that an athlete lose a pound or two after a hot practice. The athlete should gain the weight back before the next practice, or it becomes unsafe for them to participate.
8) Remind your child to stay away from drinks that have a high sugar content or caffeine, especially prior to exercising. Sugar slows down the amount of water your body can absorb. Caffeine increases the heart rate, which can increase risk of a heat-related problem. Remind your child that it is not a good idea to eat just prior to exercise. This also inhibits the amount of water the body can absorb.
9) Have your child check their urine often. Dark urine (ice tea color) indicates that the body is dehydrated, which can lead to serious problems.
10) Have your child read and become familiar with the "HYDRATE" sheet. We have posted the “HYDRATE” sheet around the FWCD athletic facilities.

**HYDRATE**

Hydrate: Before, during and after all workout sessions
You: Make the effort to drink plenty of fluids
Drink: Cold water & sport drinks. Avoid fats, carbonated drinks & caffeine.
Re-hydrate: You must replace the fluids you lost when you worked out.
Acclimate: You must gradually increase workouts in the heat.
Train: Regularly to improve your conditioning & skill level.
Everyone: Wins when you work hard to prevent heat illness.

The FWCD staff of athletic trainers and coaches will do everything possible to reduce the potential for any heat related problems. The safety of your children is our top priority.

This gauge is reprinted from the First Aider, a National Athletic Trainer's Association Approved Publication:

It's not the Heat or the Humidity- It's the Combination
Although coaches always should be on the lookout for heat stress, this chart can help gauge your risk on a particular day.

<table>
<thead>
<tr>
<th>TEMPERATURE</th>
<th>HUMIDITY</th>
<th>ACTIVITY RESTRICTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 80° F</td>
<td>Not Important</td>
<td>No Restrictions</td>
</tr>
<tr>
<td>80° - 90°</td>
<td>Less than 70%</td>
<td>Watch Athletes Carefully</td>
</tr>
<tr>
<td>80° - 90°</td>
<td>More than 70%</td>
<td>Caution- Take Frequent Breaks</td>
</tr>
<tr>
<td>90° - 100°</td>
<td>Less than 70%</td>
<td>Caution- Fluid Intake Critical</td>
</tr>
<tr>
<td>90° - 100°</td>
<td>More than 70%</td>
<td>DANGER- Best to suspend practice or move to a cooler time of day</td>
</tr>
<tr>
<td>More than 100°</td>
<td>Not Important</td>
<td>DANGER- No Activity Recommended</td>
</tr>
</tbody>
</table>

The FWCD athletic administration expects the program director and/or the coach to contact the athletic trainers prior to each practice, to find out the temperature and relative humidity. The athletic trainers will also attempt to send out a daily group email to the staff about the heat conditions. The athletic trainers will make their recommendations to the Athletic Director based on the above guidelines. In addition to the above scale, there will further interpretation made to allow for a meaningful athletic experience for all when the Athletic Director makes the decision. The FWCD procedure will be:

- A dry bulb temperature reading in excess of 100° will result in the recommendation of modified and/or reduced full-pad practice.
- A heat index temperature reading in excess of 110° will result in the recommendation of modified and/or reduced full-pad practice.
- A dry bulb temperature reading in excess of 103° will result in the elimination of any full-pad practice and will limit the amount of outdoor exposure to one hour for any team.
A heat index temperature reading in excess of 114°F will result in the elimination of any full-pad practice and will limit the amount of outdoor exposure to one hour for any team.

Cold Weather Guidelines
Exposure to extremely cold conditions can also lead to impaired athletic performance and possibly lead to some life threatening situations. Exposure to extremely cold conditions can lead to frostbite (freezing of superficial tissues) and hypothermia (dangerous dropping of body core temperature). Exposure to cold air can also exasperate conditions for those persons with asthma.

When considering when it is reasonable and prudent to have our community out in the cold for practices and games, we will consider the following four factors:
1) Ambient temperature
2) Wind chill
3) Precipitation and/or wet conditions
4) Age and/or level of competition

FWCD will use the four factors above to classify three different levels of cold weather:
1) Cold
2) Extremely Cold
3) Dangerously Cold

I. COLD WEATHER:
Temperature, including wind chill, is above 30 degrees, with or without rain.
This may not be a comfortable temperature, but no game or practice restrictions.
The FWCD community advised to adjust and/or layer clothing.

II. EXTREMELY COLD WEATHER:
Temperature, including wind chill, is between 15 degrees and 30 degrees, without rain (dry).
Outside exposure will be limited.
Community will be advised to adjust and/or layer clothing if outside.
No Physical Education classes outdoors.
Reschedule sub-varsity games (younger students).
Athletic Director must approve varsity games.

III. DANGEROUSLY COLD WEATHER:
A. Temperature, including wind chill, is between 15 degrees and 30 degrees, and precipitating, OR
B. Temperature, including wind chill, is below 15 degrees.
No outside exposure allowed. Varsity games rescheduled.
What is Expected of a FWCD Parent of an Athlete

As each student explores those areas that pique their interest in the upcoming year, we expect that parents will reinforce the importance of commitment to those areas and help control the total number of commitments to avoid added pressure. Please read through the athlete expectations for involvement in athletics and reinforce these guidelines as the year unfolds.

_Parent Meeting:_ Each athletic team will hold a sport specific parent meeting. The general purpose of the meeting is to communicate obligations students’ must meet in order to have the privilege of participating in interscholastic athletics. Coaches will review team policies and procedures at this time.

Parents play an essential role in helping our children learn the value of winning and losing. Parents and spectators are encouraged to cheer for our athletes and not against the other team. Allow the coaches to coach; let the players play; and let the officials officiate and everyone can then enjoy all athletic events.

Below are some suggested topics you can discuss with your child in these situations:

**Values of Winning – help your child learn the values of winning by:**
- Offering congratulations for winning and identifying and discussing the efforts made by individuals and the team.
- Recognizing the improvement and growth of both individuals and the team.
- Emphasizing competitiveness and doing one’s best.

**Values of Losing – help your child learn from losing experiences by:**
- Providing a period of quiet time for your child to “decompress” after a loss before you discuss the game.
- Crediting the other team.
- Crediting the play of his/her opponent.
- Focusing on improvement by individuals and team.
- Discussing what was successful.
- Discussing what, if anything, individuals or the team could have done differently.
- Accept the loss, set individual goals and move forward.

**Issues of Concern**

What are appropriate issues to discuss with the coach?

_Parents are encouraged to discuss:_
- The treatment of their child
- Ways to help their child improve
- Concerns about their child’s behavior
- Coaches’ expectations for their child and the team
- Team expectations and requirements
- Sanctions incurred by their child
- Scheduling
- College participation

_Parents ought not to discuss:_
- Strategies used by the coach during contests
- Other student-athletes
Special Note: It is very difficult to accept that your child is not playing as much as you hoped he or she would. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team, not just your son or daughter.

**Coach or Program Complaints**
It is imperative that parents respect the position of the coach and direct any concerns to the coach first. If you wish to discuss program or issues concerning your child, begin by contacting his/her coach. Often the problem or concern is resolved at this level.

**Steps for resolution:**
1. Athlete should speak with the coach, privately.
2. Parent should speak with your child’s coach, privately.
3. Contact the Program Director
4. Contact the Director of Athletics.
5. Lastly, contact the School Head (Upper or Middle).

**Productive communication**
- Please make an appointment to speak with the coach not prior to, or after game day, for productive communication
- Chatter or complaints among parents is counterproductive – please handle each issue directly through the coach.

**Guidelines for Spectators**
Independent Schools and FWCD expect all student-athletes, coaches, game officials and other spectators to maintain high standards of good sportsmanship when they attend FWCD athletic competitions.

1. At home or away, spectators at School athletic contests--students, faculty, parents, alumni or friends--bear an important responsibility to the School to ensure the proper atmosphere and conduct for the game.
2. Spectators/parents should watch games and practices from the spectators’ specified areas. Spectators must not run up and down sidelines, call out to players, coaches or officials, go onto the field of play, or deface or damage property. Actions that detract from the ability of players, coaches and officials to do their best are not acceptable.
3. Faculty members who attend games should remember that their responsibilities for student discipline and behavior extend to disciplining and controlling students who misbehave as spectators.
4. The use of alcohol or illegal drugs may not be associated in any way or at any time with a School athletic event.

**Practices**
In grades 7-8, teams practice daily during their athletic period, from 2:30pm – 3:45/4:00pm. Practice times may be extended until 4:00pm on regularly scheduled days with the approval from the Middle School Athletic Director. Students who leave the school campus prior to the end of their practice time must sign out in the Middle School office.
In grades 9-12, practices will be two hours in length during the school year. Normal practice times are 4:00pm – 6:00pm. In instances where practices must be staggered due to facility restraints, practices will end as early in the evening as possible. Saturday practices should be expected at the high school level. Any deviations from this practice time schedule must be pre-approved by the Director of Athletics.

Please be mindful that practices are typically closed to non-participants much like a classroom setting during the academic day. If you are invited to watch practice, please do not “coach” student-athletes unless invited to do so by the program director or coach. Any questions regarding a parent’s role at practice can be directed either to the Program Director or Director of Athletics.

Open Gyms
School officials may designate open gyms/facilities, the sport to be played, and the grade levels involved. You may participate in open gyms /facilities provided:

- No one is excluded from participating.
- No one is required to attend.
- No school officials invite selected students or determine the teams.
- No school officials transport students to school or non-school facilities.
- No timing or written scoring is kept.
- No coaching or instruction is provided.

Transportation
The Director of Athletics, the Operations Director or a team's head coach is responsible for arrangements for team transportation.

The Southwest Preparatory Conference consists of schools in Austin, Houston, Dallas, Arlington, Oklahoma City and Fort Worth. As a result, some teams will travel to these cities for athletic competition.

FWCD will provide transportation to all athletic events for our athletes. We have the use of school suburbs, small buses and large buses that are driven by licensed and certified drivers. We will also charter buses when necessary.

FWCD policy requires that all students travel to/from athletic events on the school provided method of transportation. The following are possible exceptions:

a. The Director of Athletics, when given prior notice, may grant permission for a student to travel to a game in non-school provided transportation.
b. Parents may transport their child from an athletic event if the parent communicates with the coach, either verbally or in writing. Parents who want their child to ride from an athletic contest with another parent must give their permission to do so in a note received by the coach of that sport.

Religious Observance Policy
FWCD is a non-sectarian school. FWCD invites students and families to observe their religious holidays as they see fit. Athletic practices and rehearsals will continue as scheduled. The School will not schedule regular athletic contests on religious holidays with very few exceptions. The
Southwest Preparatory Conference requirements and opponent availability drives make-up schedules and therefore schedules on some observed holiday may be unavoidable.

**Schedules and Directions to Games**
Directions to game sites and game schedules are located on the FWCD website, [www.fwcd.org/athletics](http://www.fwcd.org/athletics)
Sport specific and team information can be found on the individual team pages. Coaches may also post information about practice schedules on specific team pages.
We will constantly update these sites with information regarding schedules and directions.

**Game and Practice Status – Athletic Hotline**
The Athletic Hotline (817-302-3200, ext. 3510) provides the latest game information for grades 7-12. The Athletic Hotline is updated daily with information about games, cancellations and changes due to inclement weather. Individual team practice plans are communicated by individual team coaches. If your questions have not been answered by the Athletic Hotline or the website, please contact Athletic Administrative Assistant, Lisa Parker at 817-302-3202.

**Falcon Club**
The Falcon Club is the athletic booster club for Fort Worth Country Day. Our mission is “to create school spirit, support and enthusiasm for the Fort Worth Country Day athletics throughout the school community.”

The Falcon Club supports all teams at the Varsity, Junior Varsity and Middle School levels, as well as overall Lower School and Middle School athletic programs. All Falcons, from Junior Kindergarten through 12th grade have benefited from the financial and volunteer support the Falcon Club has given back to the Athletic Department.

The Falcon Club welcomes new members and encourages volunteering!

Falcon Club President(s): Mo and Trish Sheats - msheats2@att.net
[https://www.fwcd.org/page/athletics/falcon-club](https://www.fwcd.org/page/athletics/falcon-club)

**Gifts and/or Donations to the Athletic Department**
Individuals wishing to make a donation to a specific program should know that the Advancement Office receives charitable gifts to FWCD, and the Director of Advancement coordinates all fundraising activities. Donors desiring to make gifts designated for a specific program or project should begin that process by contacting either the Director of Athletics and/or the Director of Advancement. FWCD coaches and teams do not have responsibility for fund raising for their specific programs, and should not be involved in the initiation of the charitable gift process, or the solicitation of charitable support.

**Facilities**
We strive to provide the highest quality facilities at Fort Worth Country Day. FWCD students, faculty, staff, parents, and alumni are encouraged to use our athletic facilities.

*Field and Gym Usage*
Priority usage of our athletic facilities are given to our in-season athletic teams. Clubs, non-FWCD teams and others must contact Caleb Parker, Auxiliary Programs Manager to arrange for rentals of fields and gyms. Caleb will coordinate with the Athletic Department to finalize scheduling details. Any scheduling conflicts are handled through the Director of Athletics in accordance with the policies and procedures set forth by the FWCD Board of Trustees. Weekday use of facilities will most likely be assigned after FWCD team practices conclude. During the fall and winter season, practices typically begin at 6:30 pm and in the spring will typically begin at 6:00 pm.

*Moritz Fitness Center*
Priority usage of the MFC is reserved for in-season sports and physical education classes. Weight room rules must be followed at all times. Please contact the head strength and conditioning trainer, Shane Jenke, for specific rules.

**Strength and Conditioning Program Overview**

*Player Expectations*

1. Student-Athletes are expected to take ownership of their own training
2. Be coachable and maintain a positive attitude
3. Consistency is VITAL to positive results; TRAINING NEVER STOPS
4. Be on time and always finish

*Coach Expectations*

1. To ensure the safety of all FWCD student-athletes while training
2. Continual research in training methods and staying up to date on industry standards
3. Clear communication between student-athletes, parents, athletic training staff, and sport coaches
4. Motivate, push, and fairly treat all FWCD students and student-athletes while training

*Schedule*

1. Team training schedules will be dictated by the sport coach and the FWCD S&C staff.
2. During the school year, off-season student-athletes are encouraged to lift before school (7:30am – 8:15am) or after school (4:00pm – 5:00pm).
3. Make-up sessions may be completed during free periods and need to be scheduled out ahead of time with the FWCD S&C staff.

*Goals/Objectives*

1. Improve movement quality and athletic performance
2. Reduce injury risk
3. Improve mental health and confidence
4. Implement healthy lifestyle changes

*Required Gear/Equipment*
1. Appropriate athletic attire must be worn during workouts
2. No clothing from other high/private schools may be worn
3. You may not train if:
   - Clothing coverage is insufficient
   - No shoes

**Attendance**

1. Attendance is mandatory during team in-season training
2. It is highly encouraged for student-athletes to consistently train during their off-season

**Weight Room Rules & Regulations**

1. ABSOLUTELY NO HORSEPLAY
2. NO GUM, DRINKS, OR FOOD; (water, sport drinks, and protein shakes allowed in sealed bottle)
3. RACK ALL WEIGHTS
4. Do not lift unsupervised. A coach or member of the weight room staff should always be present during a training session.
5. Use all safety equipment (collars, safety catch, weight belts, etc.) where appropriate.
6. Keep work area clear of all obstructions. Don’t leave equipment on floor.
7. Always use a spotter where appropriate. Stay clear of others while they are lifting.
8. Do not use equipment other than how it was intended to be used.
9. Do not attempt a lift with a weight you are not familiar with or that is beyond your ability to lift with proper technique.

**Injuries**

1. Injuries will be taken into account and workouts will be modified accordingly
2. Must have a doctor’s note or a note from the FWCD Athletic Training staff

**Staff**
Shane Jenke, Director of Strength & Conditioning
Shane.jenke@fwcd.com
**Athletic Offerings**

A competitive interscholastic program is available to all students in grades 7-12. The program provides opportunity for participation in sport at the middle school, sub-varsity and varsity levels. In certain cases, Program Directors, with approval from the Director of Athletics, may choose to operate an additional interscholastic team in the Upper School. The 5-6 grade sports program consists of students participating in all sports offered on the interscholastic level during physical education class. Competition for 5-6 grade students will be intramural. Interscholastic sports are offered in grades 7-12 as follows:

<table>
<thead>
<tr>
<th></th>
<th>MS A</th>
<th>MS B</th>
<th>MS Combined</th>
<th>Varsity</th>
<th>JV</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Club 8th Only</td>
<td>Club 8th Only</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Cross Country</td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Volleyball</td>
<td>x</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Football</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Cross Country</td>
<td></td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Volleyball</td>
<td>x</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td><strong>Winter</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Club 8th Only</td>
<td>Club 8th Only</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Basketball</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Soccer</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Swimming</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wrestling</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Basketball</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Soccer</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Swimming</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softball</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Golf</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Tennis</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Girls Track &amp; Field</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Baseball</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Lacrosse</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Golf</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Tennis</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Boys Track &amp; Field</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
</tr>
</tbody>
</table>
Awards
Annual Major Athletic Awards—decided upon by coaches unless otherwise specified

Nancy Lee and Perry R. Bass Award: This award is given annually to the senior boy(s) and the senior girl(s), who in the opinion of the Head of School, Upper School Division Head, and Director of Athletics most nearly epitomizes the ideal “Scholar Athlete.”

Dr. Lawrence P. Kleuser Memorial Trophy: This award is given annually to the senior boy(s) and the senior girl(s), who in the opinion of the Headmaster, Upper School Division Head, and the Director of Athletics has in athletic endeavor displayed the qualities of character, sportsmanship, enthusiasm, and team spirit, and who in so doing has contributed significantly to the general excellence of Fort Worth Country Day.

William A. Landreth, Jr. Award: This award is given annually to the outstanding senior boy athlete(s), who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Class of ’70 Award: This award is given annually to the senior girl athlete(s) who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Bill Curtis Award: This award is given annually to the outstanding junior boy athlete(s) who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Richard Steed Award: This award is given annually to the outstanding junior girl athlete(s) who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Class of ’72 Award: This award is given annually to the senior boy athlete(s) who in the opinion of the coaches has demonstrated consistent improvement in their career at FWCD.

Don Welch Memorial Trophy: This award is given annually to the senior girl athlete(s) who in the opinion of the coaches has demonstrated consistent improvement in their career at FWCD.

Outstanding Sophomore Boy Athlete Award: This award is given annually to the outstanding sophomore boy athlete(s) who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Outstanding Sophomore Girl Athlete Award: This award is given annually to the outstanding sophomore girl athlete(s) who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Outstanding Freshman Boy Athlete Award: This award is given annually to the outstanding freshman boy athlete(s) who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Outstanding Freshman Girl Athlete Award: This award is given annually to the outstanding freshman girl athlete(s) who in the opinion of the coaches, displayed athletic talents that significantly contributed the most to the entire FWCD athletic program.

Rosacker Trophy: Awarded annually to an eighth grade boy and an eighth grade girl who, in the opinion of the coaches, have displayed qualities of character, sportsmanship, leadership, and athletic excellence; and in doing so, have contributed the most to the athletic program.