

Athletics

Student and Parent Handbook



2025-2026

Athletic Handbook

Purpose: This handbook outlines Carlisle School's athletic program policies for the 2025-2026 school year.

Introduction

Carlisle School fosters a positive environment that promotes academic excellence and character development. Because our school community is part of a larger society, we strive, through an ongoing process of improvement, to appreciate diversity and prepare students for the challenges they face in a changing world. Participation in an athletic team aids in this process by teaching students lifelong skills in leadership, teamwork, and sportsmanship. Being a part of a team is a privilege, and with this privilege comes responsibilities. These responsibilities exist both in and out of school and in athletic and nonathletic settings.

We believe the athletic program should provide students with opportunities to develop to their fullest potential. At Carlisle, we endorse the vision of a well-rounded student. Through athletics, Carlisle students should learn:

- The value of good sportsmanship
- The lifelong value of involvement in sports through competition
- The importance of commitment to shared goals
- The value of working with a team
- The importance of making decisions and living with consequences
- The appropriate response to both success and disappointment
- The value of physical well-being and developing the habits of good health
- The value of good citizenship and the opportunity to demonstrate leadership

With these objectives in mind, the following guidelines will aid all players, and consequently each team, in having a successful and meaningful experience through Carlisle School athletics:

- Maintain high academic performance
- Avoid accumulating detentions
- Attend practice daily, and give one hundred percent effort
- Display good sportsmanship at practice and during contests
- Refrain from the use of alcohol, drugs, and tobacco
- Maintain a balanced, nutritional diet
- Maintain appropriate, regular sleep patterns

Students are encouraged to join school teams. However, the priority of our program is always the academic portion of our day. Many of our students find their opportunity to excel on the athletic field or court. Nevertheless, they should be reminded that they must first fulfill their academic obligations to maintain their athletic eligibility.

The support and encouragement that student-athletes receive from parents, coaches, teachers, fans, and teammates, along with the opportunities and facilities provided by the school, enable

athletes to compete effectively. A significant amount of time, effort, and money is invested in making this opportunity available. Students are encouraged to take full advantage of that investment by preparing, competing, and representing Carlisle School to the best of their ability.

Carlisle School Sportsmanship Code, “Honoring the Game”

We expect students, coaches, and fans to exhibit good sportsmanship at all athletic events. The following ideals of sportsmanship are to be followed.

- Fans and spectators are to respect the efforts of everyone involved in athletic contests. Any outstanding effort on the field or court, whether demonstrated by our players or those of the opposing team, should be applauded. A spectator shall never degrade any player, coach, official, or other spectator at any athletic event.
- Fans and spectators shall not engage in any conduct (including cheering or yelling) that is derogatory to our opponents or officials.
- Students, coaches, and spectators shall always treat the opposing teams, their fans, and the officials with respect.
- Students, coaches, and spectators shall respect the property of our opponents and our school.
- Spectators are expected to stay off the playing fields and courts during athletic contests.

Players are reminded that everyone associated with the team represents Carlisle School and the entire school community. Any inappropriate behavior on or off the court/field will significantly impact the overall image and reputation of the school. Failure to uphold these standards, by players or spectators, can be grounds for dismissal from the premises, with the possibility of being banned permanently from Carlisle Athletic events.

Student Sportsmanship

VISAA programs foster excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team responsibility by promoting high competence, character, civility, and citizenship standards.

- Any student-athlete disqualified by a sports official from an interscholastic competition for unsportsmanlike conduct is ineligible to participate in the next scheduled contest unless the rules of that sport dictate differently. Disqualification from one season carries over to the next season and from the regular season to VISAA tournaments.
- A student-athlete who receives a second disqualification in the same sport in the same season will not be allowed to participate in the next two contests.
- Any student-athlete disqualified by a sports official from an interscholastic competition for making physical contact with the intent to harass, annoy, or harm another person shall be expelled from the game immediately. The matter will be referred to the Upper School Director for further action.

Athletic League Affiliations

Carlisle School is a Blue Ridge Athletic Conference (BRAC) member. The Virginia Independent Schools Athletic Association (VISAA) governs BRAC sports.

Sports Offerings

- Fall - Coed Cross Country, Girls Tennis, MS/JV/ Varsity Volleyball, MS/ JV/ Varsity Boys Soccer, Bass Fishing
- Winter - MS/ Varsity Girls Basketball, MS/JV/ Varsity Boys Basketball
- Spring - MS/ Varsity Baseball, Varsity Girls Soccer, Coed Golf, Boys Tennis

Athletic Fee

Student-athletes are required to pay a \$100 athletic fee per season. The fee is discounted by \$50 for participating in all three seasons. Students should not pay more than \$250 per school year if they participate in a sport in all three seasons.

Varsity Team Managers

In some cases, students may choose to serve as student managers of a varsity team, which can fulfill their physical education graduation requirements. Student Managers will attend all games, with approval from the Athletic Director and Upper School Director. The team manager may attend practices at the discretion of the coach. Student managers must adhere to the same rules as the team and its players. The Athletic Director and the Upper School Director must approve Student Managers. The team manager may assist with practices and with directions from the coach and athletic director but will not provide coaching feedback to athletes or coaches during a game.

Middle School Team Managers

In some cases, students may choose to serve as student managers of a middle school team, which can fulfill their physical education graduation requirements. Student Managers will attend all games, with approval from the Athletic Director and Upper School Director. The team manager may attend practices at the discretion of the coach. Student managers must adhere to the same rules as the team and its players. The Athletic Director and the Upper School Director must approve Student Managers. The team manager may assist with practices and with directions from the coach and athletic director but will not provide coaching feedback to athletes or coaches during a game.

Roles of Parents, Administration, and Coaches

Parent Expectations

As a parent and sports fan, it is essential to set a good example for your student and all team members. Parents are asked to cheer on our teams and support our athletes whenever possible. Parents should not approach coaches before, during, and after practices or games to discuss their student. Athletes or parents with questions should schedule a meeting with the head coach first. If, after that meeting, the concerns persist, the parents may wish to schedule a meeting with the coach and the Director of Athletics.

Administration

A successful athletic program requires high professional leadership, management, and vision. A Director of Athletics reports to the Head of School and administers the overall program.

Coaches

The athletic program at Carlisle is designed to benefit the collective well-being of the student-athletes. Student-athletes placed under the coach's guidance should feel that their experience at Carlisle is enhanced through sports program participation. With sufficient commitment, the student's physical skills should improve, self-esteem should be high, the student's presence on the team should be valued, and time spent on the activity should be worthwhile. Coaches should also be role models for student-athletes in sportsmanship, teamwork, and public image. Additionally, they should require that student-athletes represent the Carlisle School excellently.

All coaches undergo extensive background checks. They are also required to complete concussion, CPR/First Aid, and sexual abuse training.

Student Eligibility

Carlisle School is under the jurisdiction of VISAA (Virginia Independent Schools Athletic Association). At Carlisle, to be eligible to participate in athletics, a student must be in *good academic standing*. A student will be placed on Academic Probation if he/she has one or more D's or F's at the end of a grading period. When students are placed on academic probation, they will meet with the appropriate teachers, their advisor, the Middle/Upper School Director, and their parents to develop an improvement plan. Additionally, the student may spend time outside the regular school day working with the subject area teacher, who can then assess the student's progress toward improving their performance in that class. If the student is failing in more than one class, this requirement will be scheduled on a rotating basis.

During this probationary period, the student may continue to practice with his/her team or fine arts group after 4 pm. If the Athletic Director and Middle/Upper School Director determine that missed time during a co-curricular activity has detrimental effects on the program, then measures to restrict participation may be implemented at the discretion of the Middle/Upper School Director. If, after one probationary period (four weeks), the student remains on academic probation, all of the student's extra-curricular activities will cease until grades are reviewed again at the end of the next four-week probationary period.

A student may be placed on or removed from academic probation at the interim or the end of the grading period. Suppose a student's academic performance places him/her on academic probation at the end of the final grading period. In that case, that student will serve the probationary period beginning with the first grading period of the next school year.

Additionally, to meet VISAA age requirements, athletes must not turn 19 on or before August 1st. Students can participate in sports if they are medically sound and meet the Carlisle academic standards and disciplinary requirements. If eighth-grade students play on the high school varsity level, they must also adhere to the guidelines of VISAA.

Lower School students, regardless of their age, are not eligible to play on Middle School or JV athletic teams and are not permitted to compete against varsity competitors.

[Team Attendance Rules and Consequences](#)

As a member of a team, students have a responsibility to their teammates and coaches to be on time for every practice and game. Other than medical, family emergencies, or academic reasons, there are no excused absences from games or practices without prior authorization from the Head Coach. Coaches should be notified of any forthcoming absences at least 24 hours before the practice or game that is expected to be missed. Any scheduling conflicts should be made known to the coach before the start of the season.

Team Rule violation consequences include, but are not limited to:

- **Forfeiture of playing time**
- **Suspension from the team**
- **Removal from the team**

Attendance Requirement

- Requests for an excused absence from practice must be made to the team's Head Coach before the scheduled practice. If a player who is not injured consistently requests excused absences from practice, he/she may be asked to leave the team due to lack of participation.
- Except for special or extreme circumstances, requests for an excused absence from a game must be made to the Head Coach at least forty-eight hours before the contest.
- Athletes who are excused from participation in practice or games due to an injury should still attempt to attend all practices and games. However, athletes can miss scheduled events if they interfere with their rehabilitation.
- Absence from school due to illness will be considered an excused absence from practices or games for no longer than two consecutive days. Any consistent absence from practice or games due to an illness longer than two days will require a doctor's note.
- Misrepresentation of an illness as a reason for absence will be looked upon severely and may result in dismissal from the team.
- Athletes who miss the last practice before a game, with either an excused or unexcused absence, shall play in the game only at the coach's discretion.
- A student may not participate in an after-school activity if he/she arrives at school after 10:00 a.m. and/or leaves before 12:30 p.m. After-school activities include, but are not limited to, athletic practices or contests, music concerts, drama performances, art shows, or other school-sponsored extracurricular activities. This can only be waived at the discretion of the Division Head and with a written excuse, such as a doctor's note.

Game Day Dress

All student-athletes are required to be in representative dress on all game days. Possible consequences include:

- Warning - the student will be asked to change into appropriate dress
- Detention - the student will be asked to change into appropriate dress
- Game suspension

Males

- Khaki dress slacks - plain or pleated front (no cargo pants, carpenter pants, blue jeans, or shorts)
- Navy Carlisle logo polo shirt
- Dress shoes (no sneakers, no Crocs, no sandals)
- Dark (crew length) socks
- If pants have belt loops, a belt must be worn.
- Shirts must be tucked in.

Females

- Khaki skirt or khaki dress slacks
- Navy Carlisle logo polo shirt
- Khaki jumper (must be school-approved from Land's End with Carlisle logo) with a navy collared long or short-sleeve shirt
- Dress shoes with no higher than 2" heels (no sneakers, no Crocs, no sandals)
- Navy tights or navy socks
- Navy Carlisle logo cardigan (optional)
- If pants have belt loops, a belt must be worn.
- Shirts must be tucked in.
- Shorts are not allowed.

All team members should represent Carlisle School with the highest of standards at home and away. When traveling to other schools, at no time should a player, coach, team manager, statistician, or anyone associated with the team arrive or depart in pajama attire or inappropriately decorated clothing.

Uniforms

Coaches are responsible for collecting game and practice uniforms at the end of each season. It is the student's responsibility to ensure that uniforms are returned after the season in the same manner in which they were issued (normal wear and tear of gameplay excluded). If the uniform is not returned at the end of the season, the student will be charged a \$250 replacement fee for each uniform, including both home and away uniforms.

Special Team Apparel

The purchase of special team apparel and fundraising requests require the approval of the Director of Athletics, who works collaboratively with the Director of Development and the Carlisle Athletic Boosters.

Gym Floor Policy

Only non-marking soled shoes are permitted on the gym floor at all times. The floor will be well-maintained and conditioned for athletic use, and student-athletes are expected to contribute to keeping the floor and gym in the best possible condition. As directed by coaching personnel, student-athletes will be allowed to use the floor during scheduled practices and before games for warm-ups. Students must have authorized supervision to use the gym.

Medical Requirements

Each student must have an annual Sports Physical Examination by a certified physician to participate in any athletic activity. The examination is valid for one calendar year. If the medical examination expires during the school year, a new one will be required. Without a valid sports physical and a signed parent consent form on file, a student cannot participate. Forms are available on the Carlisle School website athletics page (www.carliseschool.org).

Certified Athletic Trainer

The athletic trainer (AT) is responsible for the well-being and health care of Carlisle's student-athletes. The evaluation of injuries, monitoring of rehabilitation, and consulting with physicians and coaches to ensure that students follow safety protocols are the trainer's primary responsibilities.

Concussion Protocol

An athlete who receives a head injury will be tested by a person trained in concussion symptoms. Signs and symptoms of an injury will result in immediate removal from the game or practice. An athlete's return to play or activities after a concussion involves a stepwise progression once the individual is symptom-free.

Clearance to return to participation must be obtained from a licensed healthcare provider (MD or DO only) and documented. If clearance was obtained via a physician's note, the following must be clearly stated for a student to return to full participation:

- Diagnosis
- Clearance status
- Physician's name (printed) and contact information.

A doctor, based on the recommendation of the athletic trainer, reserves the right to have the final authority in all Return to Play decisions. If the athletic trainer is absent, the physician's note stands as is, and at no time will a coach make a Return to Play decision.

Overnight Trips

Some teams will have individual games or participate in tournaments on the weekend or during school breaks. Coaches are required to accompany their teams on these trips and supervise the students during this time. The Athletic Director will arrange lodging and travel arrangements as necessary, and coaches will provide parents with detailed itineraries. Carlisle School will assume financial responsibility for hotel rooms for teams and coaches only for VISAA State Semifinals or Finals if travel exceeds three hours. Each student and coach will be allowed \$52 per day for meals during overnight stays for VISAA State Semifinals and Finals.

Transportation Policy

Athletes are to travel to and from away games via school transportation. Parents may grant permission for their student to depart from the scheduled activities with said parents. If the student-athlete leaves with their parents, the parents, in return, release Carlisle from any obligations to exercise reasonable care in the supervision of their student after they depart the scheduled athletic trip. Parents must sign a release and agree to hold harmless, defend, and indemnify Carlisle, its agents, officers, and employees from any claims, demands, liabilities, losses, or expenses that may arise from any injury to their student after he/she has departed from the scheduled athletic trip or at any time while using transportation provided by someone other than Carlisle. There will be no carpooling to athletic events. At least one coach, player, and manager must ride school-provided transit to and from athletic events.

Varsity Sports Awards Ceremony

Athletic awards are presented to students who compete on a Carlisle varsity sports team and finish the season in good standing. The ceremony is usually held following the VISAA state tournament for each subsequent season. Athletic letters are only awarded to those in grades 9-12. Graduates are recognized at the Senior/Parent Night, preferably the second-to-last home game. All teams are required to wear representative/GameDay dress for all Sports Awards Ceremonies.

Athletic Events are updated regularly on the school calendar and website. A weekly sports calendar is also emailed to families.

CARLISLE SCHOOL 2025-2026
PARENT & STUDENT ATHLETIC HANDBOOK ACKNOWLEDGEMENT

I have received, read, and understand the 2025-2026 Carlisle School Athletic Handbook and agree to abide by its rules and guidelines.

SIGN Student Name

Date

PRINT Student Name

Grade

SIGN Parent Signature

Date

PRINT Parent Signature

Academic Expectations for Athletes

It is the expectation of the Athletic Department that student-athletes manage their academic responsibilities throughout their athletic season. Effective management of time and resources is crucial to maintaining excellence in the classroom and on the field, court, or course. To that end, student-athletes must submit all homework assignments on time, regardless of their training or competition schedules. Likewise, each student-athlete is responsible for communicating their sports schedule and any potential conflicts or hardships that may arise due to their participation in sports. All communication between the student-athlete and faculty should be conducted via email to ensure a clear understanding of the circumstances and expectations.

In extreme circumstances, the athletic director will coordinate with athletes, parents, and faculty to determine whether academic accommodations are necessary.

SIGN Student Name

Date

PRINT Student Name

Grade

SIGN Parent Signature

Date

PRINT Parent Signature