



## **GASTON DAY ATHLETICS HANDBOOK**

2025-2026  
GASTON DAY SCHOOL



## TABLE OF CONTENTS

<b>WELCOME TO GASTON DAY ATHLETICS</b>	<b>2</b>
<b>GUIDING PHILOSOPHIES</b>	<b>3</b>
<b>GENERAL INFORMATION</b>	<b>4</b>
Admissions Fees	4
Athletic Levels	4
Awards	5
<b>TEAMS AND SEASONS</b>	<b>6</b>
Fall Sports	6
Winter Sports	7
Spring Sports	7
<b>ATHLETIC ORGANIZATIONS</b>	<b>8</b>
North Carolina Independent Schools Athletic Association (NCISAA)	8
MAC Conference	8
National Collegiate Athletic Association (NCAA)	8
<b>NCISAA POLICIES</b>	<b>9</b>
<b>GASTON DAY ELIGIBILITY</b>	<b>11</b>
Academic Expectations	11
Academic Eligibility	11
Hazing, Harassment, and/or Bullying	12
<b>GASTON DAY HEALTH &amp; SAFETY</b>	<b>13</b>
Athletic Paperwork	13
Athletic Training & Safety	13
<b>ATHLETICS COMMUNICATION POLICY</b>	<b>14</b>
<b>ATHLETIC EXPECTATIONS</b>	<b>15</b>
<b>ADDITIONAL ATHLETIC POLICIES</b>	<b>18</b>
Academic Credit	18
Equipment and Uniforms/Dress Code	18
Non-School Day Practice	18
Overlapping Seasons	18
Off-Season	18
Parent-Coach Relationships	18
Transportation to Events	19
Two Sport Participation	19



## **WELCOME TO GASTON DAY ATHLETICS**

### **To the Parents**

Your son/daughter has indicated the desire to voluntarily participate in Gaston Day School Athletic program. Gaston Day School believes participation in athletics provides many opportunities to enhance spiritual, intellectual, and physical development, each an essential component of Gaston Day's mission. Open lines of communication and a clear understanding between parents and the Athletic Department are vital to each athlete's success. Your interest and active participation in support of your student-athlete is, therefore, greatly appreciated.

The Athletic Department sets policies and procedures that govern the spirit of competition and uphold the traditions and standards of Gaston Day. To be effective, these rules require broad support from parents, an objective requiring proactive communication. This handbook addresses that objective.

We ask that you read this policy thoroughly with your student-athlete(s).

### **To the Athlete**

Being a member of the Gaston Day School Program is a privilege. Participation carries certain responsibilities on and off the field and courts, and on and off campus. A great athletic tradition is built by the hard work of many people over many years. You are a valued part of continuing to build a wonderful tradition, a tradition you are challenged to uphold. We ask that you read this policy thoroughly with your parents.

### **From the Athletic Department**

The Athletic Department uses the Gaston Day School OnCampus platform for all communication. Communication includes scheduled and rescheduled games and game times, transportation information, pre-participation forms, and practice changes. Please check the website on a regular basis. The coaches and the athletic director are responsible for maintaining and updating the athletic website. It is the parents' and the students' responsibility to regularly monitor these updates.

In addition, each coach pledges to adhere to the athletic (school and conference) rules and regulations and shall do his/her utmost best to develop each player's ability to his/her potential on (and off) the field and courts. This includes teaching the fundamentals of each sport to enable the player the best chance of success and striving to be fair in the assessment of a player's ability to contribute to the team. We will not only try to develop the student-athlete physically but will try to strengthen his/her character as well.



## GUIDING PHILOSOPHIES

*Athletics are an extension of our school's mission. Athletics help us grow as student-athletes.*

### PHILOSOPHY

To serve as an extension of the Gaston Day School mission by providing student-athletes the opportunity to grow, explore, and develop both on and off the fields of play. We strive to provide top-caliber athletic experiences cultivated through a collective sense of pride and ownership from student-athletes, coaches, and families.

### Cornerstone of the Athletic Department

Team Before Self  
Tireless Preparation  
Fierce in Competition



## GENERAL INFORMATION

### Admissions Fees

Admission at regular contests is free to Spartan Athletic Club season ticket holders, Students, Faculty and Staff.

Fees are required of all other spectators to help cover the cost of individual game management such as officials, maintenance.

*\*Please note: Conference and State Tournament games are not covered by the Spartan Athletic Club season pass\**

### Athletic Levels

#### *Middle School*

Middle School teams are comprised of students grades sixth through eighth depending on the sport. Rosters may be limited at the school's discretion to coachable numbers in all Middle School sports. Middle School Teams sponsored are: volleyball, baseball, co-ed Cross Country, boys' and girls' basketball, and boys' and girls' soccer.

In addition, seventh and eighth graders may try out for Junior Varsity and Varsity team sports.

Gaston Day School believes that in most cases it is in the best interest of 6<sup>th</sup>-8<sup>th</sup> grade students to play on a Middle School team when provided.

**\*5<sup>th</sup> Grade Participation** - On a case by case basis, the MAC conference allows schools to utilize 5<sup>th</sup> graders for Middle School teams, if they are needed to complete a roster for a sport. Please note these decisions will be made typically directly after tryouts are completed, once numbers for teams are determined. All decisions on opening teams for 5<sup>th</sup> graders will be communicated directly by the Athletic Director to all 5<sup>th</sup> grade families. Please note that when one team opens rosters to 5<sup>th</sup> graders, that doesn't mean other teams will also open their rosters. These decisions will solely be based on roster numbers per team.

#### *Junior Varsity*

As Gaston Day School grows; we will try to develop Junior Varsity programs as dictated by student demands. Depending on the sport, Junior Varsity teams may be comprised of both Middle School (seventh and eighth) and/or Upper School students (ninth through twelfth). The Junior Varsity teams as with Middle School teams may have roster limitations.



### *Varsity*

At the Varsity level, the commitment is to put the best teams possible on the field, court, or in the pool. The Varsity teams may have roster limitations when appropriate and will be comprised of student athletes in grades ninth through twelfth, with participation exceptions indicated below.

Per MAC conference rules, JV players may be asked to dress for Varsity games. All these decisions will be determined by the coaches and Athletic Director, and communicated accordingly.

Those seventh and eighth grade students who wish to try out for Varsity teams, must be major contributing players to participate and will be discussed on an individual basis. Student-athletes who do not succeed in earning a varsity roster position will have the opportunity to participate on Middle School or JV teams where applicable.

Varsity teams in the fall season typically begin practice on or around August 1. For winter sports, on or around October 31. Spring sports begin on or around February 15. All candidates for these teams are expected to be enrolled in school and completed pre-participation forms in the Athletic Office and be present on the first day of practice. Any conflicts should be cleared with the coach and Athletic Director prior to tryouts. Failure to do so may diminish their chance to play that season.

### **Awards**

Each varsity athlete who completes the season in good standing will receive a varsity letter and sport pin in their first year. Every succeeding year they will receive a service bar. Additional honors may come from All Conference and All State selections.



## TEAMS AND SEASONS

### Fall Sports

#### *Boys*

Varsity Soccer (Grades 9th - 12th)

Middle School Soccer (Grades 6th - 8th)

Varsity Cross Country (Grades 9th - 12th)

Middle School Cross Country (Grades 6th - 8th)

#### *Girls*

Varsity Volleyball (Grades 9th - 12th)

J.V. Volleyball (Grades 7th - 10th)

Middle School Volleyball (Grades 6th - 8th)

Varsity Tennis (Grades 7th - 12th)

Varsity Golf (Grades 7th - 12th)

Varsity Cross Country (Grades 9th - 12th)

Middle School Cross Country (Grades 6th - 8th)



## **Winter Sports**

### *Boys*

Varsity Basketball (Grades 9th - 12th)

JV Basketball (Grades 7th - 10th)

Middle School Basketball (Grades 6th - 8th)

Varsity Swimming (Grades 7th - 12th)

### *Girls*

Varsity Basketball (Grades 9th - 12th)

Middle School Basketball (Grades 6th - 8th)

Varsity Swimming (Grades 7th - 12th)

Middle School Cheerleading (Grades 6th - 8th)

High School Cheerleading (Grades 9th - 12th)

## **Spring Sports**

### *Boys*

Middle School Baseball (Grades 6th - 8th)

Varsity Baseball (Grades 9th - 12th)

Varsity Tennis (Grades 7th - 12th)

Varsity Golf (Grades 7th - 12th)

Varsity Track and Field (Grades 7th - 12th)

### *Girls*

Varsity Soccer (Grades 9th - 12th)

Middle School Soccer (Grades 6th - 8th)

Varsity Track and Field (Grades 7th - 12th)





## ATHLETIC ORGANIZATIONS

### North Carolina Independent Schools Athletic Association (NCISAA)

Gaston Day School is a member of the NCISAA. There are approximately 90+ schools in the association which is divided into four sections; 1A-(0-115) high school students. 2A (116-185), 3A (186-300) and 4A (301 and above). At the current time Gaston Day School is competing in the 2A division.

### MAC Conference

Gaston Day School's teams are members of the Metrolina Athletic Conference

**MAC Member Schools:** Gaston Day School, Hickory Grove Christian School, Metrolina Christian Academy, South Lake Christian School, Concord Academy, Westminster Catawba Christian School, and Gaston Christian School.

### National Collegiate Athletic Association (NCAA)

All student-athletes expecting to participate in NCAA Athletics must meet freshman eligibility standards established by the NCAA Eligibility Center.

Playing in college can be a very rewarding experience. It can also be very a challenging one where the students involved must be extremely responsible and pro-active in gathering the information they need to try out and participate. In order to play athletics in college, especially a Division I or II school, the student-athlete needs to fill out a core class worksheet and register with the NCAA Eligibility Center online at [www.NCAA.Eligibilitycenter.org](http://www.NCAA.Eligibilitycenter.org)

#### *NCAA Athletic Scholarship Information:*

Seminars are held throughout the country for student-athletes and their parents to explain the procedure for obtaining an athletic scholarship. The NCAA Guide for the College Bound student Athlete is available online at [www.ncaa.org](http://www.ncaa.org)



## NCISAA POLICIES

### **Enrolled in grades 7-12.**

Individual conferences have the right to further restrict eligibility.

In addition, no player shall have reached his/her 19th birthday on or on or before August 1, of the current year.

The player must be a full-time student. The student must be successfully progressing toward graduation with the expectation of meeting all graduation requirements.

### **NCISAA Ejection Policy**

If any player is ejected for any contest, they will not be allowed to participate in the next scheduled contest but may sit on the bench. If any NCISAA coach is ejected from any contest, they may not attend the next scheduled contest. If the same player is ejected a second time from any contests, they will not be allowed to participate in the next two-scheduled contests but may sit on the bench. If the same player is ejected from any contest for a third time, they will not be able to participate in or attend any sport until the beginning of the next school year.

Penalties are cumulative from sport to sport and from sport season to sport season, but not academic year to academic year. Ejections in the last game of the season carry over to the next sport season in which the individual participates that year. Conferences may choose to enforce a more stringent code of conduct in to this rule.

***\*\*Updated Sportsmanship Policy from the NCISAA is included on next page.***



### **Sportsmanship Policy – Update**

No coach, player, spectator, or other team personnel shall act in an unsportsmanlike manner. Prior to, during, or after game officials assume authority for the game, any action deemed unsporting will result in a two-game suspension. A second incident of unsporting behavior will result in a four game suspension. Examples include but are not limited to:

- Using profanity, insulting or vulgar language or gestures
- Attempting to influence a decision by a game official
- Disrespectfully addressing a game official, opponent or opposing fans
- Indicating objections to a game official's decision

In the event the same school, in the same sport, has a third incident of unsporting behavior, the Head Coach will be suspended for two games and the school fined \$1000.

A fourth unsporting incident may result in the team being ineligible for the postseason and for any NCISAA awards, and will be subject to a fine of \$2500.

Member schools that have repeated incidents of unsporting behavior may be subject to removal from the NCISAA.

### **Storming the Court or Field**

Fans/parents or any non-game personnel are not permitted to enter the court or field immediately following a contest. Fans/parents or any non-game personnel must give both teams and all identifiable game personnel adequate time to leave the playing surface. Failure to adhere to this policy may result in a fine, forfeiture of the contest and/or loss of current and/or future postseason opportunities.

### **Fighting Policy Addendum**

Any student-athlete that pushes/grabs/slaps/punches an opponent during an altercation/fight/skirmish between teams may be suspended for a minimum of four (4) contests.

Any student spectator that enters the playing court or field, pushes/grabs/slaps/punches an opponent or fan of an opponent during an altercation/fight/skirmish between teams may be suspended from participating in athletics in the NCISAA for up to one calendar year.

Any parent/spectator that enters the playing court or field, pushes/grabs/slaps/punches an opponent or fan of an opponent during an altercation/fight/skirmish between teams may be suspended from attending any NCISAA activity for up to one calendar year.



## GASTON DAY ELIGIBILITY

### Academic Expectations

Gaston Day School hopes that participation in our athletic program will enhance the athletes overall experience while at the school. Participation in athletics does not lessen a student's academic responsibility. Part of being a student athlete is learning to balance the load between academics and athletics. The time commitment involved in many of our programs is considerable. Students need to budget their time, sharpen their study skills, and fulfill the responsibility to their team as well as their academics.

Athletes traveling to an away game should turn in homework and get assignments for the next day before leaving school. They are expected to be fully prepared for all class activities the next day, including tests.

Per Gaston Day Bluebook Policy - Students who do not attend school on the same day as an extracurricular activity may not participate in the activity. Students must arrive at school by 10:40 a.m. (the start of third period) in order to participate in extracurricular activities that day. Students must attend three periods in a school day to participate in extracurricular activities.

### Academic Eligibility

Eligibility for extracurricular participation will be evaluated at the end of each of the four marking periods of the school year (Fall Interim in October, First Semester in January, Spring Interim in March, Second Semester in June). A student will be ineligible to participate in any extracurricular activity for the next marking period if he or she receives any of the following on his/her report card:

- 2 or more conduct grades of 4; or
- 2 or more course grades below a 70 for that marking period; or
- 1 or more failing grades in a course for that marking period

Grades in the June marking period determine eligibility for the first fall marking period.

Upon the *very first* occurrence of any of these situations, the student will receive a one-time probation lasting one marking period. While on probation, students may participate in extracurricular activities. Students are allowed one probation during their academic career in the Middle School and one probation during their academic career in the Upper School. If a student completes six consecutive grading periods without receiving any of the grades listed above on his/her report card, that student may earn an additional probation period during their academic career.



## **Hazing, Harassment, and/or Bullying**

The athletic department recognizes that hazing, harassment, sexual or otherwise, and/or bullying of students and staff is abusive and illegal behavior that harms victims and negatively impacts the school culture. We further recognize that preventing and remedying hazing, harassment, and/or bullying in schools is essential to ensure a healthy, nondiscriminatory environment in which students can learn and employees can work productively.

We are committed to providing an educational and working environment that promotes respect, dignity, and equality and that is free from all forms of harassment. To this end, we strictly prohibit all forms of hazing, harassment, and/or bullying on school grounds, school buses and at all school-sponsored activities, programs and events including those that take place at locations outside the district.

Any form of hazing, bullying or harassment is unacceptable and may result in suspension or dismissal from the team.

***HAZING:*** Any actions involving harassment, abuse, or humiliation of a member of a Gaston Day Student Athlete at any level.

***BULLYING:*** The intentional act of aggression that is meant to harm a person either physically or psychologically.

***HARASSMENT:*** Unwelcome advances, conduct that is intimidating, hostile or offensive.



## GASTON DAY HEALTH & SAFETY

### Athletic Paperwork

Each student-athlete needs updated paperwork on file and signed via OnCampus before being cleared to participate in athletic activities (both in-season and out-of-season activities). Paperwork includes:

- ***Pre-Participation Physical:*** All four pages of the sports physical must be submitted to be fully cleared. Pages 1-2 should be completed by the parent or legal guardian. Pages 3-4 must be completed by a licensed (non-family member) health care professional. **Sports Physicals are valid for 13 months from the exam date.**
- ***Pre-Participation Paperwork (found via OnCampus):*** These forms must be completed before the start of each athletic year (August 1st) by the student-athlete and parent/guardian (these are only completed ONCE a year).

### Athletic Paperwork Checklist

- ☐ **Sports Physical** (*copy sent via email or hard copy to Athletic Department*)
- ☐ **Athletics Consent to Participate Form** (*complete via OnCampus*)
- ☐ **Gfeller-Waller Concussion Form** (*complete via OnCampus*)
- ☐ **Heart Health and Safety Form** (*complete via OnCampus*)

### Athletic Training & Safety

#### Athletic First Responder Responsibilities

The health and well-being of Gaston Day School student-athletes is a top priority. The athletic department employs an Athletic First Responder to be present at school for most practices and all athletic contests. Student-athletes are encouraged to see the Athletic First Responder if they have been injured or felt the onset of a potential injury.

#### Inclement Weather Policies

As much as we don't ever want to miss an opportunity for our teams to compete or practice, the safety of our student-athletes is always our first and main priority. Gaston Day's Athletic Department follows the NCISAA and NFHS guidelines for all inclement weather, including, lightening safety, heat acclimatation, wind advisories, wet bulb guidelines, etc. The Athletic Director will communicate with coaches/teams as needed during the event of inclement weather.



In the event of a school closing due to inclement weather, all practices and games shall be cancelled. On days where there is heavy rain or snow and school is in session, cancellations will be communicated by the coach and or by the athletic department.

The athletic department will use email, OnCampus, and SportsYou to communicate with student-athletes and families. It is imperative that all student-athletes and families join the SportsYou app for each of their teams to stay updated throughout the summer and school year.

## **GASTON DAY ATHLETICS COMMUNICATION POLICY**

### **Communication Plan**

A vital component of Gaston Day School's athletic experience is empowering our student-athletes with self-advocacy tools that will help them in life after Gaston Day. With that in mind, the following communication plan has been established. This provides consistent opportunities for our student-athletes to learn and engage in the process of self-advocacy when questions and or issues arise related to their student-athlete experience.

**Step 1** - student-athletes need to approach their coach and discuss their questions student-athlete to coach. We ask our student-athletes to try to work through questions and try to find a solution themselves

**Step 2** - IF the problem persists, the parent/guardian AND student-athlete work together with the coach in order to find a solution – understanding, that the student-athlete continues to be the person asking the questions

**Step 3** - The Athletic Director can help find a solution after step 1 and step 2 have been attempted. The coach, athlete, and parent will be involved in such a meeting so we can help our student-athletes to our fullest – understanding, that the student-athlete continues to be the person asking the questions



## GASTON DAY ATHLETIC EXPECTATIONS

### Selection of Teams and Expectations of Athletes

At the Middle School level (6th, 7th, and 8th) our teams and number of participants varies in size from year to year and sport to sport. Team sizes may be limited, and tryouts will determine who earns opportunities to participate. We cannot guarantee participants who try out for athletics will automatically make a team.

Junior Varsity teams are composed of students in grades seventh through twelfth depending on the sport.

Varsity teams are composed of students in grades seventh through twelfth depending on the sport. Due to the specialized and individual nature of some sports, (examples, swimming, tennis, golf, and cross-country), is such that a seventh or eighth grader may participate on the varsity level. Decisions regarding the placement of younger athletes on other varsity teams will be based on what is the best interest of the individual athletes and also the needs of the program/sport in that particular year and varies year to year.

Varsity athletes are allowed a “one week” window to try a sport. If the student decides to quit a sport during the “one week” grace period, the student may try out for another sport. The student must join the new sport by the next school day.

Students are required to be in attendance and practices and contests when the season begins.

At all levels, it is the coach’s responsibility to determine who will play and how much they play in game competition. Students should fully understand that by joining a team they are accepting the pleasures and benefits of responsibility and commitment to that team and agree to Gaston Day Athletic Department’s policies and guidelines. **Students who compromise the department policies and guidelines could be removed from participation.**

Each coach is responsible for establishing guidelines and expectations for their team regarding practice, travel, etc. Gaston Day School general expectations for all athletes at all levels that are expected from the coaching staff are:

- Punctuality and preparedness for all practices and games.
- Ongoing responsibility for academic work, particularly in cases where classes are missed for game participation.
- Dedication to their team and teammates. Athletes choosing to play an additional sport outside of the school during the same season are expected to honor the school's practice and game schedule





first. Dedication to the practice schedule includes early August for fall sports, winter break for our winter sports and spring break for our spring sports.

- Desire to improve skills and knowledge of the sport(s).
- Self-discipline: athletes will have to sacrifice time and energy for team goals.
- A willingness to work hard and be attentive in practices.
- Ongoing responsibility to represent Gaston Day School always in a dignified and positive way.
- Sportsmanship before, during and after games; win with class; lose with class.
- Student-athlete will conduct himself/herself according to Gaston Day Bluebook rules and procedures. All athletes will display a positive attitude, good sportsmanship and respect toward their coaches, fellow team members and opponents. A conference may be called, and disciplinary action taken if you have been disrespectful to teachers, coaches, teammates, classmates, opponents or spectators.

### **Gaston Day School Expectations of Coaches**

Athletic Staff: Gaston Day School coaches have done an outstanding job of fielding competitive teams both in the conference and state level. Our coaching staff is made up of faculty and non-faculty coaches.

At Gaston Day School, the title "Coach" is one that commands respect both on and off the field, court, or pool. Coaching is an awesome responsibility. At Gaston Day School, we try to provide a coaching staff that is knowledgeable effective, and has both the team and its individual member's best interest at heart.

A coach is a teacher first. All good teachers are concerned that their students are prepared and perform well. Coaches have the additional opportunity of working with those, who along with the coach, choose to sacrifice time, effort, and energy in pursuit of excellence and team goals.

### **Gaston Day School Expectations of Parents**

If a student-athlete has specific questions or concerns about a sport, the student-athlete should speak first to the Head Coach of that sport. This policy will allow the student-athlete to engage in the process of self-advocacy.

Please follow our Communication Plan if questions of issues then continue in your respective sport.

In the event that a generous individual approaches a coach with the desire to make a monetary gift to a particular sports program and/or give an item to a particular sport the coach will refer the person to the Athletic Director. The Athletic Director will then confer with the Head of School and they will make a decision in this matter.



## **Gaston Day School Expectations of Student-Athletes**

In general, participation in a sport at Gaston Day School is a privilege, and each participant must abide by the rules and guidelines in Gaston Day Bluebook. Requirements may also include specific rules coaches have established concerning their specific sport.

If a student-athlete is in violation of School or Athletic Department Guidelines, the Head Coach and Athletic Director will discuss the issue and a decision about discipline or continued participation will be made. The Athletic Director is the final authority in all decisions about participation in a particular sport. If continued participation is an issue, parents will be present to hear the decision. Student confidentiality will be respected, and the student-athlete will be informed in private to keep his/her dignity intact

### *Drugs, Alcohol, and Tobacco:*

Drugs, Alcohol, and Tobacco will not be tolerated. Consequences for abuse of this rule may be found in the student bluebook. Disciplinary action may also be taken at the discretion of the coach & Athletic Director.

### *Profanity:*

All players will refrain from using offensive language on and off the field and courts. If profanity becomes an issue, the coach & athletic director will take disciplinary action as deemed necessary.

### *Conduct and Respect:*

A student-athlete will conduct himself/herself according to Gaston Day School Handbook rules and procedures. All athletes will display a positive attitude and good sportsmanship toward fellow team members and opponents. Coaches and student-athletes should have mutual respect. Praise your opponents and play beyond your ability. Student-athletes must remember that they are not only representing themselves, they are representing Gaston Day.

The coaches at Gaston Day expect you to conduct yourself as a student-athlete. This means that you are to follow school rules and procedures while attending class, as well as on the field or court. You are to act properly in class, showing courtesy and respect to teachers, administrators, and classmates. A conference may be called, and disciplinary action may be taken if you have been disrespectful to coaches, teachers, opponents, sponsors, teammates, or classmates.

### *Attendance:*

Student-athletes will not miss class, practice, or games and should always be on time. Make every attempt not to schedule appointments or discretionary trips during practice and game/match times. If an



athlete must miss school due to an illness, and appointment, or a scheduled trip, make sure the coach & Athletic Director are informed in advance.

*\*Athletes will not be disciplined for missing practice for legitimate, justified academic purposes. Understanding that this policy can be abused, the Athletic Director and the appropriate Division Heads will determine valid excuses. Head Coaches will always be flexible, especially if it pertains to the student's need for academic help. Students, coaches, and teachers will communicate and reach equitable decisions. Again, student-athletes are not to be disciplined for missing practice due to the need for academic assistance.*

## **GASTON DAY ADDITIONAL POLICIES**

### **Academic Credit**

Gaston Day School requires each student to earn Physical Education credits for graduation. Please refer to the student bluebook for details.

### **Equipment and Uniforms/Dress Code**

Each student athlete is responsible for his or her equipment and uniforms. Uniforms should be washed in cold water and hung up to dry or dried on a gentle warm or cool air cycle. Student athletes will be charged the full replacement cost for any uniform that is lost or damaged.

*\*Personal Equipment:* Athletes may incur the cost of warm-ups, team shoes, etc. Coaches must notify Athletic Director and parents of their request in writing before any order is submitted.

### **Non-School Day Practice**

Except as approved by the Athletic Director, all non-school day practices are optional: attendance is encouraged, and failure to attend may hamper the athletes' progress in skill and team play; but coaches may not actively penalize non-attendance.

At the Middle School level, non-school day practices will be limited to days before contests and must be pre-approved by the Athletic Director.

### **Overlapping Seasons**

In cases where seasons overlap for different sports (fall to winter or winter to spring) the CURRENT (already in season) sport will take precedence over the NEW (just beginning season) sport. If there are conflicts with tryouts, the Athletic Director and Coaches will work to provide alternative tryout opportunities for those athletes still in season.



## **Off-Season**

Off-season skill development sessions are allowed in accordance with NCISAA Guidelines. These workouts may be done during “non-dead” periods.

## **Parent-Coach Relationships**

Parents and coaches should make every effort to communicate often and properly with each other. A positive collaborative relationship between parents and coaches is obviously in the best interest of the student-athlete and the team's success. Please follow our Communication Plan if questions of issues arise in your respective sport.

## **Transportation to Events**

All student athletes must travel with the team on transportation provided by the school. Arrangements can be made for those athletes who live outside Gastonia. In such situations where an athlete will not be traveling with the team for any part or the entire trip, written permission must be given to the Athletic Director prior to the day of the contest. These situations must receive prior approval from the Athletic Director.

Students are never to ride with other student drivers to or from athletic events unless it is a sibling. Students may ride with other families (given a parent/guardian of another student is driving) home from contests with prior permission from their parent/guardian.

*\*When teams play away, we adjust departure times to minimize loss of class time. Following the game, the team will usually stop to eat. At that time, the players will call their parents to let them know when the team will return. Parents are expected to be at the school when the team returns.*

## **Two Sport Participation**

Student athletes may typically participate in only one Gaston Day sponsored sport per season. However, exceptions occasionally do occur at the discretion of Gaston Day School's Athletic Department.

Student-athletes who wish to participate on outside teams while also playing on an Gaston Day team are expected to honor the school's practice and game schedule over the outside activity.



The athletic guide is the combined effort of the Head of School, Division Heads, Athletic Director and Coaches. It is our wish that this guide will communicate to parents and our student athletes, important information about our interscholastic athletic program.

As always, if there are any questions about our athletic program, you can reach the Athletic Director via the contact details below.

Lulu Brase

Director of Athletics

[lbrase@gastonday.org](mailto:lbrase@gastonday.org)

(704) 864-7744 x.552