

PHILOSOPHY and MISSION of Ardsley's Athletic Program

The Ardsley Interscholastic Athletic Program is an important and integral part of our secondary school's physical education curriculum. Its main purpose is to provide an opportunity to meet the needs and interests of students possessing sufficient athletic abilities to compete in competitive school sports.

Our athletic program is conducted on the basis of sound educational principles and contributes to the well-being of the Ardsley athlete.

The Ardsley Interscholastic Athletic Program is designed for athletes who wish to compete in a highly organized program and build their skill level to their maximum potential. They must have the desire to abide by the rules necessary to participate and must be considered good citizens as demonstrated by their actions in and out of school with their friends, teachers and coaches. (See the attached Code of Behavior.)

The Ardsley Coaching Staff believes that our programs should be broad-based and as extensive as the facilities, staff and finances will allow. The program should be an integral part of the education of as many students who wish to avail themselves to a particular sport. No student should be deprived of the right to participate because of financial needs, nationality, race, religious beliefs or sexual orientation.

The goal of the Ardsley Interscholastic Athletic Program is to provide a well-rounded, developmental and productive athletic program based on sound teaching and coaching principles. Each developmental level focuses on different skill sets.

MODIFIED: This program of competitive sports focuses on the fundamentals of the game; rules, training and basic skills. All participants will play as equal amount of time as possible.

JUNIOR VARSITY: The JV Program has an increased emphasis on physical conditioning and refinement of basic skills. The athletes will be taught how to cope with competitive challenges and the impact crowds have on contests. An attempt will be made to have all participants play, but it is recognized that they may not all have equal playing time, both in individual games and over the course of the entire season.

VARSITY: The varsity level of athletic competition is the culmination of the high school athletic program. Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at the varsity level. The team plays to win the contests but varsity participants should accept the fact that important lessons are to be learned from losing. It is recognized

that not all participants play in every contest, nor should they expect an equal amount of playing time over the course of the entire season.

On all levels, emphasis is always placed upon safety, conditioning, health and nutrition, and building respect and sportsmanship. Athletic activities in Ardsley should be conducted in such a manner that they provide a positive experience for the athletes, and student and community spectators. While the principal of each school and the athletic director have this responsibility directly, it is the coach that has the greatest influence on the conduct of the players and behavior of spectators. The NYSPHSAA Code of Ethics guides our expectations of behavior at all contests:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game – not a matter of life or death for player, coach, school, fan, community, state or nation.