



EL SOL ATHLETICS HANDBOOK 2025-26

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1. Mission Statement

EL Sol Academy Athletic Program embodies the true spirit of sportsmanship, leadership, character, and integrity. We are committed to fostering an environment where our athletes strive for excellence both on and off the field.

Through teamwork, discipline, and effort, we aim to help each student-athlete grow as a young adult while representing our school with pride. At the core of everything we do are our three personal standards:

Show Respect. Make Good Decisions. Solve Problems.



These guiding principles are the foundation for how we compete, how we support one another, and how we grow together as champions in sport and in life.

2. Core Values & Personal Standards

At El Sol Academy we believe that athletics should help shape well-rounded individuals who are prepared to succeed in all areas of life. Our athletic program reinforces our school's **Three Personal Standards**:

◇ *Show Respect*

- Treat coaches, teammates, opponents, referees, teachers, and fans with dignity at all times.
- Honor the game, the team, and the uniform you wear.
- Respect school rules, athletic facilities, and equipment.

◇ *Make Good Decisions*

- Prioritize academics and maintain eligibility.
- Choose actions that reflect integrity and responsibility on and off the field.
- Represent your team and school with pride — in person and online.

◇ *Solve Problems*

- Approach challenges with resilience and maturity.
- Communicate with coaches and teammates to find solutions.
- Take ownership of mistakes and use them as learning opportunities.

3. Athlete Expectations

All student-athletes are expected to:

- Maintain good academic standing and follow El Sol school wide expectations.
- Follow all school rules, team rules, and the athletic code of conduct.
- Attend all practices, games, and team meetings unless excused by the coach.
- Always maintain good sportsmanship.



- Use social media responsibly and never post anything that disrespects the school, team, or others.
- Wear the proper uniform and care for all issued equipment.

4. Parent/Guardian Expectations

We ask that all families:

- Encourage their student-athlete to follow team rules and personal standards.
- Support the coaching staff and avoid coaching from the sidelines.
- Communicate concerns respectfully and follow the conflict resolution process.
- Attend games and events, when possible, to support your athlete and their team.
- Promote a positive sports environment by showing respect to referees, coaches, players, and spectators from all schools.

5. Coach Responsibilities

Coaches are committed to:

- Teaching skills, strategy, and values that promote growth and sportsmanship.
- Communicating expectations clearly with players and families.
- Creating a safe and inclusive environment for all student-athletes.
- Provide practice and game schedules to student athletes & families.

6. Eligibility Requirements

To participate in athletics at El Sol Academy, student-athletes must:

- Must be in good academic standing. (No F's or 2 or more Ds)
- Have disciplinary referrals, suspensions, or tardies that upholding school expectations
- Submit all required forms (physical exam, emergency contact, consent, etc.).
- Meet school attendance expectations (e.g., attend at least 4 class periods to play/practice that day).

Failure to meet these requirements may result in temporary or permanent removal from the team.



7. Team Selection & Playing Time

Team selection will be based on the coaches' choice. While we aim to give every student a positive experience, **playing time is not guaranteed** and is determined by the coaching staff.

Factors considered for playing time:

- Practice attendance and effort
- Attitude and sportsmanship
- Academic standing and behavior
- Game strategy and team needs

At the middle school level, we focus on **development and participation**. At the high school level, **competitiveness and performance** become increasingly important.

8. Attendance & Participation

Athletes are expected to attend all:

- Practices
- Games (home and away)
- Team meetings

If an athlete must miss for illness, family emergency, or a school-sanctioned event, the coach must be notified **in advance** whenever possible.

9. Code of Conduct & Sportsmanship

All athletes, coaches, and families are expected to:

- Compete with integrity and humility
- Accept the decisions of officials without confrontation
- Refrain from arguing, taunting, or unsportsmanlike behavior
- Support teammates and show respect to opponents
- Use positive language — never profanity, trash talk, or bullying

Poor sportsmanship from players or spectators may result in disciplinary action, removal from games, or suspension from the team.



10. Uniforms & Equipment

Athletes are responsible for:

- Wearing the complete, correct uniform on game days
- Taking proper care of all issued gear
- Turning in gear at the end of the season
- If there is an issue with uniform, please reach out to coach

11. Transportation Guidelines

- All athletes are expected to travel with the team to and from games
- Athletes must follow all bus rules and behave respectfully toward drivers and staff.
- Must have athletics permission to ride the bus signed
- If you would like to pick up your student from the game or match, there is a one-time donation of \$125 to El Sol Academy (Athletics). This will give you the ability to pick your student up from any event. They just need to be checked out by the coach.
- If alternate transportation is requested (e.g., riding with a parent), the proper form must be submitted and approved at least 24 hours in advance.

12. Injury Protocol & Safety

The health and safety of our athletes is our top priority.

If an athlete is injured during practice or a game:

- They must report the injury to their coach immediately.
- Coaches will assess and determine whether the athlete may continue or needs medical attention.
- Parents/guardians will be contacted if the injury requires follow-up care.
- A return-to-play clearance may be required from a doctor or certified athletic trainer.

Athletes may not participate if they are:

- Recovering from illness or injury without clearance
- Wearing a cast or protective device not approved for play
- Showing signs of concussion or head trauma

All athletes must bring water to every practice and wear sport-appropriate footwear and attire.



13. Social Media Expectations

Athletes represent our school — **on and off the field.**

What you post online is a reflection of your team and your character.

Athletes must NOT:

- Post anything that includes profanity, threats, or bullying
- Share inappropriate or offensive images
- Speak negatively about teammates, coaches, referees, opponents, or the school

Positive use of social media:

- Celebrate team victories and growth
- Promote good sportsmanship
- Encourage teammates and thank supporters

Violations may result in discipline, loss of playing time, or removal from the team.

14. Conflict Resolution Process

We understand that concerns may arise during the season. To ensure issues are addressed respectfully and productively, we follow this **three-step communication process**:

Step 1: Athlete to Coach

- We encourage student-athletes to speak directly with their coach first about any issue.

Step 2: Parent to Coach

- If the issue is unresolved, the parent/guardian may request a meeting with the coach.

Step 3: Parent to Athletic Director

- If concerns remain after speaking with the coach, contact the Athletic Director to schedule a conference.



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15. Acknowledgment Form

All athletes and parents/guardians must sign this page to confirm they have read and understand the Athletics Handbook.

I acknowledge that I have read the El Sol Academy Athletics Handbook and understand the expectations, responsibilities, and standards set forth for all student-athletes, families, and coaches. I agree to uphold the values of Show Respect, Make Good Decisions, and Solve Problems in all aspects of my participation.

Student Name: _____

Grade: _____

Student Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____