

Darien High School Blue Wave Squash Team

Player Rules and Regulations Contract

(Email Managers and Head Coach at dhs@dariensquash.com)

1. **ALL players are expected to show up ready to play for mandatory practice, training and/or matches Monday thru Sunday throughout the season.** This includes practice twice a week after school, approximately two matches a week, fitness training on Fridays after school, and ladder matches and match play on both Saturday and Sunday. Academics come first. Students are expected to keep up their grades. Please let us know if any academic difficulties arise. Managers and Head Coach can be contacted via email.

2. **Definition of Excused and Unexcused Absences:** In order to ensure the development of the team and each player, each player is expected to show up on time to all team events. In the rare instances where a player may be late or absent, it is necessary to communicate these delays or absences on a timely basis. The following definitions are used by Darien Squash for the purpose of reporting absences.
 - a. **Excused Absences:** A student's absence is considered excused when the student's parent/guardian approves such absence and submits appropriate documentation to the Manager and Head Coach:
 - i. Student illness: All student illness absences must be verified by an appropriately licensed medical professional to be deemed excused, regardless of the length of absence
 - ii. Student observance of a religious holiday
 - iii. Death in the student's family or other emergency beyond the control of the student's family
 - iv. Mandated court appearances (additional documentation required)
 - v. The lack of transportation that is normally provided by the district and/or school
 - vi. Extraordinary educational or athletic opportunities **pre-approved** by team Manager and Head Coach. An example of an extraordinary athletic opportunity might include participation in a U.S. Junior Squash Tournament. Players must notify Manager and Head Coach when registered to compete in a U.S. Junior Squash Tournament. Notification must be submitted in writing at least 10 days before the absence. Failure to submit written notification will impact the player's position on the ladder and team, and repeat offense may result in suspension or dismissal from the team.
 - b. **Unexcused Absences:** A student's absence shall be considered unexcused unless they meet one of the following criteria:
 - i. The absence meets the definition for an excused absence (including documentation requirements)
 - ii. The absence meets the definition of a disciplinary absence
 - iii. Any player with 2 unexcused absences will be dropped from the team
 - c. **Disciplinary Absences:** Absences that are the result of school or district disciplinary action are excluded from these definitions.

3. Members of the Darien Squash Team will be selected in November. These are not permanent positions. The Darien Squash Team is expected to consist of 18 Boys, and 18 Girls players.
4. There will be one roster per team (18 boys, 18 girls) that will practice and play matches on the same schedule. The Varsity and JV teams will be determined by the ladder with Varsity being 1-9 and JV being 10-18. There **WILL** be the flexibility of moving up or down (JV to Varsity, Varsity to JV) based on the weekly ladder matches. Varsity or JV letters will be earned based on a minimum of five of Varsity matches played.
5. Every player will play a mandatory weekly ladder match on the weekend with non-laddered, mixed match play on the other day (both Saturday and Sunday practices). All matches will be recorded with U.S. Squash for the purpose of ratings accuracy. Ladder matches will be used to help determine a player's position on the ladder and team. Coaches will set up all challenges. While players will earn their ladder spot on the team, Coaches may determine final team positions. Positions may alternate, allowing players the chance to move to a Varsity or JV position during the season. **Players and parents must be aware that the positions are not permanent positions.**
6. All injuries, no matter how minor, must be reported to the coach immediately in person or emailed to Managers and Head Coach. Upon return from injury, player placement on the ladder is at the final discretion of the Head Coach.
7. **WE ARE A TEAM!** All players are required to stay until the last match is completed and the coach releases them, and players should attend matches, from the starting time, unless instructed otherwise.
8. For away matches the entire team will leave the school together and arrive together. Players are required to ride in school vans or buses, when provided – NO Exceptions.
9. All players will be at practice, scheduled matches, and coach arranged matches on time. Being late may result in a player not playing in the scheduled match. If a player is planning on missing any scheduled match, it will have an effect on whether the player is chosen for the Varsity team. *It is an honor and responsibility to be chosen on the Varsity team. Parents and players: Please do not take the position lightly!*
10. A player will not leave practice early without a written note or unless an emergency situation exists. **Players must obtain authorization from the Coach to leave the courts or immediate area for any reason.** Parents are asked not to schedule any appointments (dentist, haircuts, etc.) during practice or match time.
11. Any varsity player who is ill before a match must contact the Manager and Head Coach ASAP. A student cannot play in practice or a match if they did not attend at least 1/2 of the school day. **If a player does not attend school or leaves school early due to an illness, on a scheduled match day, the student or parent must contact the Head Coach ASAP so arrangements for a replacement can be made!**

12. Squash attire must be worn during all matches. Darien Squash will provide uniforms, and players will be required to wear uniforms. Any player not in **full uniform** will not play in the scheduled match.
13. **ATTITUDE AND SPORTSMANSHIP is very important in all sports.** Darien Squash expects its players to show the highest degree of sportsmanship and fairness. Players are responsible for their own actions. Coaches will discipline (with possible forfeiture) any player showing poor sportsmanship or a bad attitude. *Attitude will be a factor in determining the player's appointment on the squash team. A bad attitude does not help the player or team!*
14. **Abusive language or behavior will not be tolerated on or off the court!** A strike will be given for profanity, ball, or racquet abuse, or any display of poor sportsmanship. *(Take note of the "THREE-STRIKE RULE".)*
15. The use of alcohol, drugs, or tobacco will result in disciplinary action in accordance with the Darien Athletic Contract. **Cell phone us during practice and matches is not allowed** unless arranging for transportation or during an emergency.
16. **Players are expected to arrive to practice and matches at least 15 minutes early** to allow for changing, warm ups and coaching instructions. They should be ready to play when practice starts.
17. No player is allowed on the court without protective eyewear.
18. Parents, friends, girlfriends, boyfriends, and relatives are welcome and encouraged to attend matches, but **THEY MAY NOT INTERFERE OR COACH AT ANY TIME.** Darien Squash expects a show of sportsmanship and respect from fans attending matches. Fans not behaving properly will be asked to leave; this includes parents.

BY SIGNING THIS CONTRACT, we understand and agree to abide by all the proceeding rules and regulations of the Darien Blue Wave Squash Team.

(ALL RULES and REGULATIONS are subject to "THE THREE-STRIKE RULE" attached.)

Player's signature _____ Date _____

Parent's signature _____ Date _____

THE THREE-STRIKE RULE:

A strike will be given when a player is not abiding by any of the rules laid out in the "Players Rules and Regulations Contract". A warning may be given instead of a first strike. (This is up to the coach's discretion). The following represents the notification process to the player, parents, and athletic director concerning any offenses.

PLAYERS NAME: _____

FIRST OFFENSE: Verbal notification to player. Written notification to parents. The contract will be sent home for signatures, and returned the following day.

Date of Offense: _____

Offense or #: _____

Player's signature: _____

Parent's signature: _____

SECOND OFFENSE: Verbal notification to player. Written notification to parents and athletic director. The contract will be sent home for signatures, and returned the following day. A copy of this contract will be sent to the athletic director for a signature.

Date of Offense: _____

Offense or #: _____

Player's signature: _____

Parent's signature: _____

Athletic Director's signature: _____

THIRD OFFENSE: Verbal and written notification to player. Written notification and a copy of this contract will be sent to parents and athletic director. This contract will be signed and returned to the athletic director's office the following day.

Date of Offense: _____

Offense or #: _____

BY SIGNING THIS CONTRACT, we understand and agree to abide by the "Players Rules and Regulations Contract" of the Darien Blue Wave Squash Team.

Player's signature _____ Date _____

Parent's signature _____ Date _____

Darien Blue Wave Squash Team – Players, Parents, Coaches

Below are the expectations that relate to players, parents and coaches. The foundation of our squash team is based on academics, fair play, sportsmanship, leadership, and commitment. Adherence to these traits will allow us to work together to achieve success this season.

Players Expectations:

- Academics come first. Students are expected to keep up their grades. Please let us know if any academic difficulties arise.
- Our season goes quickly. In order to maximize our successes, we need to take advantage of all practice opportunities. **Players are expected to attend all practices on time.** We ask players and their families to avoid any unnecessary appointments and plans during squash season. Students may stay after school to receive help from a teacher, but the teacher is required to sign a note. Any other absences must be pre-approved by the coaching staff. Failure to attend practice can result in loss of position due to missed challenge or dismissal from the team.
- During matches, **players are expected to remain with the team until all matches have been completed.** Parents, please keep this in mind when you are making transportation arrangements for your child.
- During practices and matches, players shall remain in the immediate area at all times.
- Unsportsmanlike conduct will not be tolerated. This includes: racquet abuse, ball abuse, inappropriate language, taunting, cheating, stalling, and insubordination to the coaching staff, referees, parents, or other adults. In addition, if a player is ejected for unsportsmanlike conduct, he will also be ineligible for the next regularly scheduled match.
- Players are expected to understand that the coaching staff has the right to remove athletes from the playing roster and/or team if the decision is in the best interest of the team as a whole. This is in regards to effort, attitude, and response to coaching.

Parents Expectations:

- Parents are expected to support their athlete in a positive manner, being a role model of good sportsmanship and fair play.
- Parents are expected to abide by the “US Squash Code of Conduct” which include:
 1. Cheering/applauding only when your athlete hits a winner or plays a great point.
 2. Congratulating your athlete’s opponent, parents and coach(win or lose) on a match well played.
 3. Not making exaggerated audible noises, negative body language, or any other reaction to a suspected bad call, opponent’s behavior, missed shot by your own athlete, or behavior by an opponent’s coach or parent.
- Parents are expected to contact the Head Coach and Managers via email of a known absence, tardy, or issue concerning the squash season.
- The policies and procedures set forth by the coaching staff are established to maintain an equitable experience for all who participate in Darien Squash program.
- Parents are expected to understand that acts of nature play a role in practice and matches. Parents are expected to exercise patience in consideration with the weather, rescheduling of matches, match locations, and other issues outside of the coaching staff’s immediate control.

Coaches Expectations:

- Coaches are expected to emphasize academics, sportsmanship, competitiveness, citizenship, and ethics to athletes in the squash program.
- Coaches are expected to communicate clearly with parents and supporters about policies, procedures, practice, match times, and travel plans.
- Coaches are expected to communicate clearly with athletes about practices, matches, policies and procedures, and expectations.
- Coaches are expected to make decisions in the best interest of their athletes' well-being, in regards to their safety, health, education, and personal development.
- Coaches are expected to represent their athletes at coaches meetings and seeding meetings.
- Coaches are expected to act as a liaison between faculty, staff, parents, and athletes to the best of their ability.
- Coaches are expected to lead by example in regards to sportsmanship, citizenship, leadership, and ethics.
- Coaches are expected to attend all practices and matches.
- Coaches are expected to notify team managers of any variance from these expectations so proper planning or adjustments may be made optimizing team congruency.

Darien Squash Athlete/Parent/Coaches Contract

ATHLETE or COACH:

I, _____, by signing this participation contract, understand the policies, procedures, and expectations placed upon me for participation in the Darien Squash program. I understand that by participating on the Darien Squash team that I am held accountable for my actions.

Signature

Date

PARENT of ATHLETE:

I, _____, the parent of the above athlete, _____, understand the policies, procedures, and expectations of my athlete and those of my spouse/significant other. I understand that for my athlete to participate on the Darien squash team that I must sign and abide by the policies, procedures, and expectations outlined in this contract.

Signature

Date