



The Denver Waldorf High School Sports Handbook

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The Denver Waldorf School awakens and inspires students' critical thinking,
emotional intelligence and artistic expression,
preparing them to bring relevant contributions to the world.

Introduction

The Denver Waldorf High School (DWHS) Sports Program began in 2001 and has enjoyed much success in many ways. The Denver Waldorf School (DWS) belongs to the Colorado High School Activities Association (CHSAA), and the District 8, Single A (1A) 5280 League along with seven other 1A schools in the Denver area.

Michael Quinn is the DWS Athletic Director and manages the Middle and High School Sports Program for the school. He can be contacted at x.112, 303-746-4864 or athletics@denverwaldorf.org.

DWS Sports Program Pillars

The most basic character attributes that support all other goals, missions, and policies.

- **Love:** daily virtuous actions of kindness and respect.
- **Service:** unconditionally giving of self to others without expectation.
- **Sportsmanship:** attitudes, behaviors, or words of dignity for self, team, and opponents.
- **Team:** above self.
- **Excellence:** striving to do the best you can do always.
- **Safety:** proactively and reactively fostering the safest environment possible for students.

DWS Mission

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DWHS Mission

The Denver Waldorf High School provides a liberal arts education consciously aimed to nurture and encourage adolescent ideals and to balance the students' academic needs with their longing to find meaning in the world.

The DWS Athletic Program Mission

Our goal is to challenge student athletes both mentally and physically through athletics to have them understand the physical benefits, social benefits and self-challenges that athletics provide.

We at The Denver Waldorf School consider our program to be both a competitive and an inclusive sports program. Our goal is for all players to improve individual skills and develop team skills while learning to interact with teammates and coaches in competitive environments.

We also understand the importance of teaching student athletes to become leaders, to understand commitment and responsibility, and to learn proper sportsmanship and integrity.

Overall the primary objective is to see players enjoy what they are doing and come away from participating in athletics having had a positive experience.

Program Policies and Student Expectations

The following rules are meant to support the previous pillars and missions. These rules are in collaboration with DWS and CHSAA.

- **Language:** Students will not use inappropriate language defined as the following: cussing, negativity (bad mouthing, complaining, doubting etc.), or innuendos involving sexual or drug-related content.
- **Dress Code:** Students outside of the locker rooms will have a shirt and shorts on at all times without exposing their midriffs.
- **Timeliness:** Students will be properly dressed, ready, and present no later than the scheduled start time for every team event.
- **Participation:** Students will express a positive attitude, an enthusiasm for learning and improving, and 100% effort at all times. Students wishing to participate are required to meet standards of behavioral and academic performance as outlined in the DWHS Handbook. All participants are expected to attend all practices. Participants who miss practice without an excused absence will not be able to participate in the following week's athletic event. **Unexcused** absences include needing to do homework, being too tired for practice, or "having something else to do." However, the coaches know that the top priority for the participants is school and their health – the coaches will take this into consideration if it makes sense for a participant to miss practice due to a health or school issue. The main thing is to be in communication with the coaches.
- **Athletic Event Participation:** Students must complete 5 practices before they are eligible to compete. If a student does not perform a Wednesday workout, that student will not compete in a subsequent Thursday, Friday, or Saturday athletic event unless the coach views that student fit and worthy of competition.
- **Concerns:** Parents, students, and coaches will respectfully communicate all concerns directly to the individuals involved.
- **Academic Expectations:** During the period of participation, all student athletes must maintain a C average in all of their classes. If a student's grade(s) falls below a C, supportive action will be taken by the Athletics Department and the High School Faculty.
- **Absence:** All students choosing to participate in after school athletics must be present at school in order to be eligible for practices and events.
- **Health Habits:** The DWHS will not tolerate the use of alcohol, steroids, tobacco or other illegal substances by a student athlete.
- **Consequences:** Any student athlete not meeting the above guidelines and expectations shall be subject to temporary or permanent suspension from participation in athletics.

Parent Expectations

We are always in need of parent volunteers. Parents play a huge part in the success of the program! As a small school we have significant needs in regards to support of our athletic teams. We ask that each parent volunteer time and talents during at least one or more home games to support the program.

Conflict Resolution: If at any time there are questions in regards to the team (playing time, team placement, player interaction or any other matter pertaining to the team) we ask that parents contact and set up a meeting with the coaches and or the athletic director. Please **do not** speak with the coaches immediately after games or during practice times; these are times when coaches are expected to be focused on the student athletes. Before expressing any concerns or complaints we ask that parents please take some time (usually a 24-hour period) to

evaluate the situation and determine if there are questions and concerns that still need to be addressed.

CHSAA requires that all players have an updated physical on file in order to participate. For more information on CHSAA, please visit their website: www.chsaa.org

Sportsmanship

We ask our parents to support our players as well as opposing team players. It is okay to root for our team, remembering that these young athletes are trying their best and we should all respect that. Sometimes officials will make mistakes, as will players and coaches, but please refrain from yelling, shouting, or screaming negative remarks of any kind. If you feel the other school is promoting or acting in a negative manner at home games, please inform Athletic Director Michael Quinn immediately. If you are at an away game, feel free to ask for the game manager and he or she will assist you.

We ask that all students be well behaved before, during and after games. Before and after games, students should only be in areas of the facilities that are permitted. Students should use common courtesy and respect in their language and actions while representing our school and athletic teams. During games all players should be respectful and show good sportsmanship in their actions towards coaches, opponents, officials and members of the crowd.

Statistics

All team and player statistics will be listed on Max Preps (www.maxpreps.com) within 24 hours after each game.

Your Child's Safety

Every day, students will be faced with challenges in practice that with proper preparation and attention can often be successfully overcome. The following are helpful guidelines in preparing students for daily challenges involving their safety.

- **Comfortable Clothing:** Student athletes should be prepared with proper clothing for their particular sport; guidelines for clothing will be determined by the coach.
- **Water Bottle & Sunscreen:** DWHS will not provide sunscreen or personal water bottles; however both are essential to the safety and well-being of your child. Please purchase these items for your child and encourage them to bring them to practice in an athletic bag and be sure to use them.
- **Healthy Diet:** Athletes need the proper fuel to perform and recover from consistent running and exercise. In general, athletes need at least three well balanced meals a day which include the following types of foods:
 - *Complex Carbohydrates:* These foods are responsible for providing the first and major portion of energy to the body. Unlike simple sugars found in milk candy and other sweets, complex carbohydrates can provide the working muscles with lasting energy. Complex Carbohydrates can be found in fruits, vegetables, grains, rice, beans, and pastas. Brown rice, whole grains, and whole grain pastas are better than white rice products made with white flour.
 - *Proteins:* These foods would be the body's next source of energy and also very beneficial in repairing muscles that are broken down through strenuous exercise. Therefore, daily protein, especially following exercise, is important for athletes. A diet that includes beans, legumes, fish, chicken, and other protein rich products like chocolate milk is suggested.
 - *Fats:* Foods high in healthy fat will provide the working muscles with the longest lasting energy. Still the body runs best on a high carbohydrate, high protein, and low-fat diet. Cookies, cakes, some oils, gravy, and sauces are all

- high in non-healthy fats. Olive oil and nuts contain healthy fats/oils when eaten in normal amounts.
- *Vitamins:* If a healthy diet is maintained, supplements are not necessary. A multi-vitamin of good quality may be all an athlete needs to fill in the gaps that may arise due to an unbalanced diet. Make sure the vitamin is high in vitamin C and iron.
 - *Pre-game/race meal PM:* Keep the meal balanced with carbohydrates and proteins. Stay away from foods that the runner may not be used to eating. A normal to slightly above normal amount of water will help digest the food.
 - *Pre-game/race meal AM:* Stick to a meal that is light in size and easily digestible and something that the athlete is used to eating before a practice or race. Recommendations are a couple pieces of toast with jelly or butter, a piece of fruit, and water. Stay away from a heavy meal of eggs, bacon, or milk products.
- **Hydration:** staying hydrated is critical for all athletes. The following are hydration suggestions:
 - *Water:* Water is essential and carries many benefits including: lubricating joints, processing of food, distribution of vitamins and minerals, and regulating body temperature. Water can be found in many beverages, fruits, and foods but plain water in large amounts is essential to any athlete.
 - *Sports/Recovery drinks:* Sports drinks such as –fluid[®] and –Recharge[®] in small amounts can be beneficial following hard workouts. These drinks can speed recovery by aiding in the absorption of water but they can also contain fructose and simple carbohydrates, therefore large amounts are not recommended.
 - *Soft drinks:* Are highly discouraged on the XC team. Most soft drinks contain phosphoric acid which bonds with calcium prohibiting it from being utilized in the construction of bones. Soft drinks are also high in unhealthy sugars which can cause tooth decay.
 - *Caffeinated drinks:* Caffeine can work against the absorption of iron. Iron is essential for building healthy blood cells to carry oxygen to working muscles. Caffeinated drinks are not recommended.
 - **Preventing & Rehabbing Overuse Injuries:**
 - *Base Training:* The most effective prevention of injuries caused by high amounts of exercise is consistent amounts of low intensity exercise in the pre-season.
 - *Practice & Athletic Event Preparation:* All students need the proper 8-10 hours of sleep a night, nutrition during the day, and equipment upon beginning a practice.
 - *Practice & Athletic Event Recovery:* We recommend the following recovery activities: rolling out muscles, stretching muscles, icing muscles. Students can do this every day.
 - **Athletic Improvement Strategies:** There are many ways to motivate athletes aspiring to improve in a sports program. The following are several ways that are tested, proven, and recommended to help your child stay fit after post-season:
 - *Personal Training Schedule:* Any student wishing to continue to train alone following the season is invited to meet with the Athletic Director, Michael Quinn, about a personal training schedule. These schedules would include warm-ups, general strength exercises, runs, cool downs, and injury prevention exercises.
 - *Summer Training Program:* We have informal summer training programs which prepare students for seasonal sports. Students who do not perform any

summer training are at high risk of experiencing overuse injuries during the season and will be trained accordingly.

Uniforms

Uniforms must be returned at the end of the season. If your child's uniform is not returned, you will be billed \$75.

Entrance Fees

Entrance fees are charged for home and away games. Entrance fees for home games are included with the sports registration for the student athlete's parent(s)/guardian(s) and siblings.

Sports Fee

The Sports Fee for HS sports is \$175 per season.

Transportation to Practices and Matches

As all HS sports are an extracurricular activity, the school is in no way responsible or liable for the transportation of athletes. Parent support is necessary for transporting athletes to practices and athletic events.

High School Sports Banquet

Each year we schedule a HS Sports Banquet for all athletes. All DWHS Sports will be included in this event. This event is a chance to reflect on the past season and honor our student athletes for their hard work and dedication.