**MVRHS SAILING TEAM AND SAIL MARTHA'S VINEYARD, AND MVRHS STUDENT /ATHLETE CODE OF CONDUCT**

Welcome to the MVRHS sailing team's spring varsity season. Parents and athletes should use this letter to familiarize themselves with the program and understand what is expected of both students and their parent. **SAFETY IS PRIORITY ONE** and keeping our practices and meets safe is the responsibility of **all team members and the coaches**.

The MVRHS Sailing team has been around for almost 25 years and has achieved a high level of respect within NESSA and ISSA, due to its continual success, leadership, sportsmanship and respect for our sport. As such our current athletes are expected to do the same

**ATHLETIC DEPARTMENT MISSION STATEMENT:**
The purpose of the MVRHS athletic program is to teach and reinforce sportsmanship, discipline, confidence, health habits, right effort, teamwork, community pride, integrity, leadership and playing by the rules. MVRHS athletes are scholars and good citizens first, and strong competitors second. We ask that all adults associated with our athletic program embrace this philosophy and dedicate themselves to ensuring sports are an additional opportunity to support character development, and the physical and social well-being of our students. Be on the lookout for new athletic department handbook.

**MVRHS, SMV AND TEAM RULES AND EXPECTATIONS:**
Students are expected to respect each other, the coaches, the property of others (including Sail Martha's Vineyard) and the natural environment. Making the varsity team is difficult as it's quite competitive and we have a lot of depth (a good problem to have). As a result, I do my best to fill out the schedule so that everyone competes, but like any other sport, you should reach for the top, but have manageable expectations.

This is a varsity sport, as such; athletes are expected at all practices and meets. Coaches completely understand the complexities of schedules and are willing to work hard to find solutions to the variety of situations that complicate our scheduling…..all we ask is that you be proactive in communicating with us. That said, if the coaches feel that someone is wilfully missing practices/meets

***The following can result in immediate expulsion from the team without appeal. Re-admission in the following year may not be possible:***

- Possession of illegal drugs or alcohol or being intoxicated/inebriated
- Threatening, harassing or bullying a MVRHS student/teammate
- Threatening or harassing a coach, including visiting coaches and umpires
- Sportsmanship is a huge priority for the coaches and it is stressed that poor sportsmanship can lead to removal from meets, from all spring matches and possibly, expulsion from all US Sailing events (for a determined amount of time)
- Use of Sail Martha's Vineyard powerboats
- Wilfully endangering a teammate or visiting competitor on the water

**ROLE OF PARENT:**
A partnership among parents, coaches, and players provides the foundation for a successful team experience. Attend pre-season coach/parent meetings (if applicable) and provide the coach with a means to communicate (e-mail address) to learn more about the expectations of the program. If there are concerns, please empower your son/daughter to take the initiative to speak with the coach. When on the side-lines, resist the temptation to "coach", recognizing that you may confuse or contradict the coach's instruction. Please do not publicly criticize the coach or teammates. It is crucial to the team's success that our players develop respect for their coach. Support you son/daughter in doing their best at whatever level they participate.

**ROLE OF ACADEMICS:**
MVRHS athletes are, first and foremost, students. Living on an island makes participation on a team a huge commitment of time and energy. This commitment cannot take away from a student's academics. Student-athletes recognize that they need to play an active role in staying on top of due dates and their work. They understand the importance of academic eligibility. Making up their work and communicating pro-actively with their teacher. Student-Athletes know that they must be present and on time to school in order to participate after school with their team.

**OTHER ITEMS**
You may not practice or compete if you're absent from school and tardy (now after 8am)
Transportation:

Now that we've covered all that, the most important factor of a successful team is that it's fun, a conducive environment for learning and athletes feel "at home" when with the team…this is a top priority for the coaches and we are always willing to help .

Being a part of our sailing team isn't just about competition, but the process of learning, especially in regards to life lessons. Passion for sailing and sailing competition imparts a knowledge of physics, mechanics, meteorology, oceanography, mechanics, astronomy, and perhaps some fisheries science/marine biology (being that you're in the water with the scallops daily)…and others

Welcome to the MVRHS Sailing Team