



Sturgis Public Charter School

Sturgis West Athletic Department

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Season Information for Boys and Girls Basketball

Dear Parents & Student-Athlete,

Welcome to the **Sturgis West boys and girls basketball season**. Please take the time to read this season information letter carefully. There is a lot of information and we hope that this letter answers many of your questions. The official season begins on **Monday 27th November**. If you have questions feel free to contact the athletic office at any time.

Who can participate? This athletic season is open to any student who is **enrolled in the high school**. Sturgis has a **no cut policy** for its sports teams. We believe that the lifelong lessons imparted through an athletic program should be accessible to all. A maximum of 12 to 14 athletes will be kept for the Varsity Team. A similar number will make up the JV team. If we have more than 32 players then a JVB team will also proceed. The first few practices will be considered as tryouts for the varsity / JV teams. Coaches will communicate who is on which team by the end of the first week of practice. Please understand that tryouts are used to define who plays on which team. **No one has a guaranteed place on a team based on last season or their grade level.** Your coaches will explain the selection procedure and criteria.

Practices There are generally a maximum of **5 scheduled practices/games per week for varsity and 4 for junior varsity and 3 for JV B**. All athletes must attend every practice. Each student-athlete will need to bring **appropriate athletic footwear, clothing and water bottle**. If an athlete is unable to attend a practice, he / she should speak with the head coach. If a student is absent from school due to illness, it is helpful if a parent can c.c. the coach when using e-mail to inform the school secretary.

Practice times vary during the season. There are 6:00 AM, 3:30 PM, 6:00 PM and 7:30 PM practices at the HYCC and the Wing School in Sandwich. There are 5:00 PM practices at Cape Cod Community College. JV B (if we run that team) generally practice at Christ Chapel in Marston Mills and practices will be at 4:00 or 6:00 PM. **Teams are provided with transport to the facility. Each practice can last for 1 ½ to 2 hours.** Pick up is a parent responsibility at the end of practice and for drop off at morning practices.

Schedule A link to the schedule and games can be found at <http://sturgiswestathletics.com/>. We encourage each student / parent to create a Big Teams account. **Please note that there are contests on Saturdays, and inclement weather may dictate that contests take place over any other day currently not scheduled. School time will be missed for some games.** If you wish to prioritize other events over this season, be proactive and talk with your coach. Be sensitive to the fact that missing games and practices will affect your playing time.

Winter Break - Practices are scheduled for this period already.

End of semester exams will be 16th-19th January. There are games and practices scheduled during this period. Careful planning will allow you to prepare for exams as well as participate in the basketball program. Likewise inclement weather may mean that **varsity games** are **pushed into February Break**. Please make sure you are available if you intend to play on this

team. If you wish to prioritize other events over this season, be proactive and talk with your coach. Be sensitive to the fact that missing games and practices will affect your playing time.

State Games – Round one take place immediately after the February break. If a team qualifies for this stage, there will be required practices over February break.

Before signing up for an athletic season, each parent and student-athlete should read the online **Athletic Parent Handbook**. **By giving permission for your child to participate in this activity you and your child understand and agree to the policies referring to;** Commitment; Health requirements (physical exam, opioid misuse prevention information for Student-athlete and Parent, impact concussion assessment); Submission of Paperwork; Attendance; Student Conduct and Behavior; Academics; Chemical Health; Transportation; Taunting, Hazing and Bullying; Uniforms **set out in the handbook**. This can be accessed at <http://sturgischarterschool.org/athletics/AthleticParentStudentHandbook.html>

The sign up process involves **2 steps**:

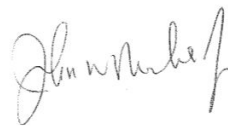
- 1) Complete the online Registration, **November 15th**
- 2) Return the following by **November 27th**
 - i. **Participation waiver form (list each season for which there is an interested)**
 - ii. **A copy of a valid physical exam.**
 - iii. **A \$100 participation fee**

Do not turn any paperwork into a coach. Post it or turn it directly into the athletic office.

Kind regards



Brij Anand,
Director of Athletics



John Newcombe,
Assistant Director of Athletics