



KCP ATHLETICS HANDBOOK

KCP ATHLETICS HANDBOOK

* Intended to guide, reinforce and improve the learning of athletic and performance processes of the sports department of the Colegio Karl C. Parrish.

Table of Contents

Section 1: Sports, Academics and Behavior

- Table of Contents
- Introduction / Philosophy
- Middle School Sport
- High School Sports
- Student behavior and expectations of the athlete
- Binational Games
- PVWH

Section 2: Nutrition

- General Information

Section 3: Superfans

- KCP Superfan Charter and Rules

Section 4: Parents

- Information for parents / Support for the athlete and for KCP

Section 5: Being an Athlete at KCP

- The ideal KCP athlete

SECTION I- SPORTS, ACADEMICS AND BEHAVIOR INTRODUCTION / PHILOSOPHY OF THE ATHLETIC PROGRAM

The Department of Physical Education of the Colegio Karl C. Parrish School has conceived the KCP Athletics Handbook in order to increase and stimulate the psychosocial skills of its students and enhance the development of socialization factors while they perform various sports disciplines. In this way, students will have the opportunity to discover and experience new possibilities for social interaction, both inside and outside the playing fields, while representing their school - and the ideals it embodies - with pride and altruism. Simultaneously, it should be noted that the KCP Athletics Handbook also seeks to encourage the academic responsibility of students within the framework of their sports performance. In other words: every student should make a priority effort to manage his/her academic performance in the classroom, so that it does not interfere with his/her sports practices, competitions or games and vice versa. Consequently, it is essential for every Colegio Karl C. Parrish athlete to recognize the sense of responsibility inherent to his/her condition. That is to say: to belong to a team that represents the school in any discipline and sporting event is a privilege that is deserved and that is not granted by chance, but instead thanks to his/her effort and virtue.

This manual has been designed to support student-athletes by providing guidelines, procedures and expectations that will lead them to a pleasant and successful experience both in academics, in sports activities and in life in general.

MIDDLE SCHOOL SPORTS ACTIVITIES

It is divided into 3 stages:

- Preseason stage
- Season stage
- Postseason stage

Preseason stage: It goes from August to the beginning of November. During this period, all interested students may participate without exception. The only duty is for them to meet four fundamental requirements known by their acronym in English: 4P (Practice, Play, Pay, Passing) that is: participation in training, attendance to games, payment compliance, academic performance and disciplinary performance). If there are local tournaments, all students may participate. As for tournaments organized outside the city, if the number of students participating in the teams is large, the coach of each discipline -as established in this manual- will be the one who choose and defines the participants.

General aspects:

- The practices are carried out immediately after the completion of the class schedule, they are three (3) sessions per week.
- Athletes must fully comply with the 4P as a requirement to be selected and remain in the team.
- Students with conditional academic enrollment are not eligible to participate in games or tournaments, although they may participate in the practices.
- Those students with conditional disciplinary enrollment are not eligible to be part of games or tournaments. They may carry out practices.
- All the rules in this manual apply during all stages of the process without exceptions.

Season Stage: It happens between the months of November and March. Only those students who have been chosen in the selection tests by the coaches in the month of November participate in this phase. The chosen students must maintain the condition of complying with the 4P in order to remain in the team.

General aspects

- Selection tests for choosing the high school athletes take place throughout the month of November of the school year.
- An athlete must attend the tryouts in order to be eligible to be selected and thus participate during the tournament season.
- Athletes cannot be on academic conditional enrollment and participate in games or tournaments (they may practice).
- Athletes on conditional disciplinary enrollment cannot participate in games or tournaments (they may practice).
- **Those students who are interested in being part of the teams in more than one sports discipline must attend the selection tests that are required.** If they are considered to be part of more than one specialty, said students must explicitly establish a preference and put it in writing. The above, in order to confirm whether or not they would be available to participate in competitions of both sports in case there were simultaneity of games. If so, the student will be notified.
- Athletes selected for any team who are injured or whose physical condition prevents them from undergoing the selection tests on the established days, must meet with the coach and athletic director in order to discuss his/her situation. As a requirement, the student must present the corresponding medical certificate.
- The practices take place immediately after school.
- In total, there will be four (4) practices a week.
- Once an athlete is selected, he or she must meet the 4P in order to remain in the team.
- All the rules in this manual apply during the season.

Postseason stage: It covers from the end of March until the month of May. All students may participate without restriction. In the case of local tournaments all students may participate. As for tournaments

outside the city: if the number of students participating in the teams is large, the coach, in accordance with the provisions of the protocols in this manual, will choose the students to participate. In any case, all students must comply with the 4P.

General aspects

- The practices are carried out immediately after the end of the school day.

There will be three (3) practices a week.

- Athletes must follow the 4P in order to remain in the team.
- Athletes cannot be on conditional academic enrollment and participate in games nor tournaments, although they may carry out practices.
- Athletes cannot be on conditional disciplinary enrollment and participate in games nor tournaments (they may practice).
- All the rules in this manual apply during all stages of the process.

Protocol for the selection of athletes for participation in tournaments during the pre-season and postseason phases outside the city.

When high school sports teams are invited to attend out-of-town tournaments during the pre-season and post-season stages, the following process is implemented in order to determine which students participate.

1. Students in the 7th and 8th grades who follow the 4P and all regulations in this handbook.
2. If the number of 7th and 8th grade students does not complete the required number of students as stipulated by the organization, 6th grade students who comply with the 4P and with all regulations in this manual are chosen, as well as the criteria and expectations of the coach in charge.
3. The selection of the 6th grade students who meet the 4P, replacing a 7th and 8th grade student will be in charge of the coach responsible for each team. Taking into account in the first instance the non-compliance of the 4P by the 7th and 8th grade student and in second instance the sporting aspect.

4. This is due to the large number of athletes who participate in the preseason and postseason, and for organizational purposes, not all athletes can travel.

NOTE: Students who show a medical excuse and / or who do not participate in the physical education class may not participate in any practice or game that takes place on the same day.

HIGH SCHOOL SPORTS ACTIVITIES

The process for high school sports activities is divided into 2 stages

- Season stage
- Postseason stage

Season stage: It starts in August and it ends in November after the Binational Games. The calls begin in August for all interested students. The coach selects those students who will be part of the teams. Only students who are chosen by the coach in the selection tests participate in this phase. Students must comply with the 4P (training attendance, game attendance, payments and academic performance and disciplinary behavior.)

Testing process

- All tests for the choosing of high school athletes take place during the month of August.
- An athlete must attend tryouts in order to be eligible to be selected to participate during the season period.
- Students who are on conditional academic enrollment will be disqualified from participating in the selection process.
- Those students who have disciplinary enrollment may not participate in this part of the process.
- **Athletes can try out on more than one sport**, but they must choose which one will be the main one. If it is feasible for an athlete to act in both sports during a competition, this will be notified well in advance.
- Athletes who are affected by an injury that prevents them from participating in the tryouts on the established days should meet with the coach and the athletic director to discuss their situation. As a requirement for said meeting, the student must show the medical excuse.

General

- The practices take place at 4:15 p.m.
- There will be four (4) practices a week.
- Once an athlete is selected as a member of a team, he / she must meet the 4P in order to remain in the team during the season stage.

- All the rules in this manual will apply during the season phase.

Postseason stage: it goes includes from January to May. All students who wish to do so may participate in this stage. Students must comply with the 4P (training attendance, game attendance, payments and academic and disciplinary aspects). Students who correct the condition of conditional academic and / or disciplinary enrollment, may participate in the postseason phase, both in training, tournaments and games. Students who continue with conditional academic and disciplinary enrollment may participate in training but not in tournaments nor games.

General

- All students are eligible to participate (without tests), however, those who were selected during the season stage and continue to meet the 4P will have priority for tournaments and games.
- Students who were not chosen but who continued to practice may be considered selectable for the team as long as there are places available within the team. The above, according to the coach's criteria.
- A coach may promote middle school athletes who attend the 8th grade to high school teams at this stage of the process, as long as these middle school students have been participating with their respective team in the season stage.
- The practices take place at 4:15 p.m.
- Three (3) practices will be carried out per week.
- Athletes must follow the 4P in order to remain in the team during the postseason.
- Athletes cannot be in conditional academic enrollment and play in the postseason, but they may practice.
- Athletes cannot be in conditional disciplinary enrollment measure and play in the postseason, although they may practice.
- All the rules in this manual will apply during the postseason.

BEHAVIOR AND EXPECTATIONS OF THE ATHLETE STUDENT

* Perhaps the most important instrument in order to develop or maintain competitive teams, with a winning spirit and a successful sports program, is the ability and willingness to compromise. It is impossible for a sports team to succeed if there is no commitment from all concerned: coaches, athletes, parents, Superfans and referees. For an athlete to be part of a team and fulfill their commitment, all interested parties must comply with the 4P Policy. Coaches use this criteria system in order to determine who plays, and who participates in tournaments during the school year.

4 P'S POLICY

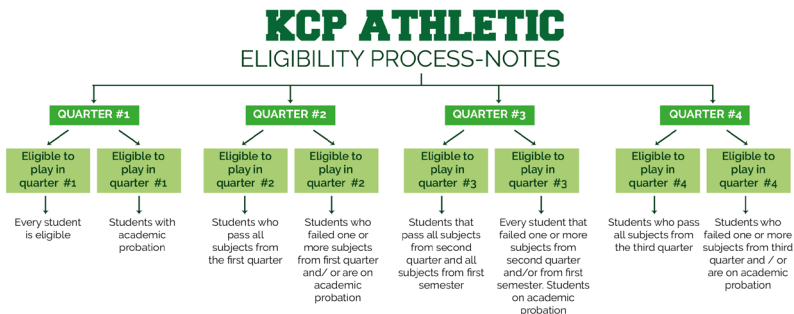
* **Pass (Grades and Behavior):**

First of all, athletes must be, above all, students and then athletes.

Therefore, they must have good grades and show good behavior.

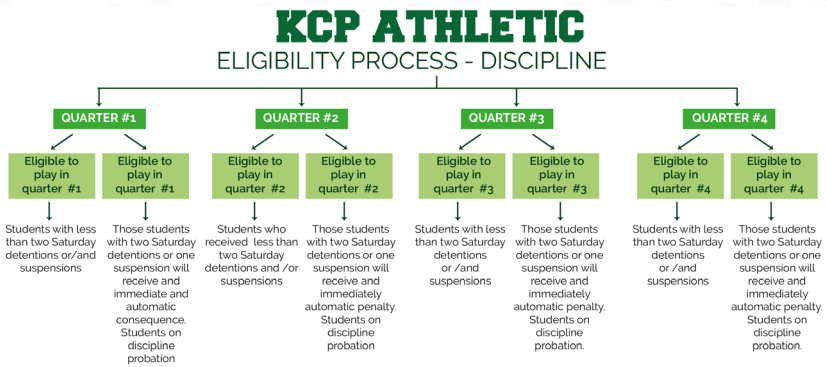
Academic performance will be verified as follows:

1. Each athlete must complete the grades report midway through each quarter.
2. At the end of the first quarter: Students who have failed one or more subjects may not participate in games or tournaments during the following quarter.
3. At the end of the second quarter: Students who have failed one or more subjects of the second quarter and / or have failed one or more subjects of the first semester may not participate in games nor tournaments during the following quarter.
4. At the end of the third quarter: Students who have failed one or more subjects may not participate in games nor tournaments during the following quarter.



- If a student fails (flunks) one or more subjects according to the above criteria, they may not participate in any event that takes place during the following quarter. However, this athlete can still practice (if he is part of the team) and is expected to do so if he plans to participate after correcting this situation. These students who have failed one or more subjects, who are interested in playing after overcoming this situation, must complete a grades report every two weeks during this process. Teachers have the authority to request students not to attend the practice to go to office hours too.

- With regards to behavior, students must have good behavior at school and during extracurricular activities. The behavior will be reviewed every week and decisions will be made if necessary. Those students who receive one (1) detention on a Saturday will have a meeting with the coach, the athletic director and the person in charge of the discipline area in order to analyze the situation. A detention on a second Saturday or a suspension from school will result in an automatic sanction (penalty). This penalty has an immediate effect and implies that the affected student will not be able to participate in games nor tournaments during the rest of the quarter, although he/she may practice. The athletic director will make a decision on whether the penalty will continue or not, during the next quarter, also. This process is endorsed every quarter.



- * **Payments:** all the students who are part of a team must pay the payment fees corresponding to the tournaments that require it. Payments must be made before the start of said event. If the student is prevented from playing for one of the reasons outlined above in this manual and has already paid the registration fee, he/she will not be reimbursed if there is no other alternate player on his/her team who can replace him/her.
- * **Practices (Attendance):** All athletes must attend all scheduled practices. Lack of practice attendance may cause little participation in the game time of a game, not attending Binational Games and other tournaments, or being excluded from the team. The justified non-attendance to training, results in a student being exposed to losing a starting position and going from chosen to alternate in the team. Students must attend school in order to participate in training. If a student does not attend school, he/she may not participate in training.
- * **Games (Attendance):** Athletes must play in each scheduled tournament or game (match), unless the student has an excuse such as: attending a school function or a medical excuse. The lack of attendance to the games can cause an athlete not to participate in the next games, it can cause a student to go from chosen to alternate in the team, and as a consequence to not attend the Binational Games nor other tournaments. When there are games on Saturday, a student must attend school the day before (Friday), in order to participate in this game. An all-day attendance is defined with a minimum of 3 classes attended. An athlete must commit him/herself to participate in a tournament completely in order to be eligible and to participate in it, in case he/she is allowed to attend part or a fraction of the tournament.

THE MIDDLE SCHOOL BINATIONAL GAMES

*The most valuable sporting event of the year is The Binational Games. There are High School Binational Games in November and Binational Games for Middle School in March. Binational Games always take place during the season stage. The following information corresponds to the process and expectations of athletes and parents for Binational Games

- **Date:** March of each year
- **Location:** A city is chosen every year
- **Process:** Trials or Tryouts, meetings with parents, meetings with students, signing of contracts, payments made by parents (payments by fees with an amount that depends on the total cost of the trip), strict following and compliance with the 4P and all the rules in this manual.
- **Athletes:**
 - * Notes: In order to be eligible for the Middle School Binational Games, an athlete must:
 - Have passed all the subjects of the second quarter.
 - Have passed all the subjects of the first quarter
 - * A student who has failed a subject in the first quarter may participate in the Binational Games under the following conditions:
 - If a student fails one or more subjects during the first quarter, he/she may participate in practices and tryouts during the second quarter, but he/she may not play in matches nor tournaments in the second quarter.
 - This student must strive to recover his/her grades and pass all subjects in the first quarter in order to be eligible for the Binational Games.

* Behavior

- As mentioned earlier, students must show good behavior in school, as well as in extracurricular activities. Each week the behavior of the students will be reviewed and decisions will be made if necessary. Those students who receive one (1) detention on Saturday will have a meeting with the coach, the athletic director and the person in charge of the discipline in order to analyze the situation. In case of accumulating two detentions on Saturdays, this will result in an automatic suspension from the team. This suspension implies not playing during the rest of the quarter and the athletic director will decide whether the suspension will continue or not for the next quarter although they can practice). As a result, there is a possibility that an athlete may not participate in the Binational Games.

* Alternates.

- A number of alternates (substitutes) is chosen for each team.
- The alternates fulfill the same process as the rest of the team.
- The alternates follow the same 4Ps as those athletes selected for the team. If one of the selected athletes does not meet any of the expectations mentioned in this manual, an alternate will assume his/her position and the selected athlete will move on to the list of alternates.
- From the time the team is announced to the issuance of the final list for the Binational Games, coaches will be updating alternates and notifying athletes and parents of changes made at the end of each school week.
- Alternates may be changed until the final date. (This is typically published a few weeks before the Binational Games begin.)
- Those students who are in the list of alternates on the dates established to give the final list to the Binational Games, will receive a reimbursement of their money.

HIGH SCHOOL BINATIONAL GAMES

* The most valuable sporting event of the year is The Binational Games. There are High School Binational Games in November. Binational Games always take place during the season stage. The following information pertains to the process and expectations for athletes and parents for that tournament.

- **Date:** November of each year.
Location: A city is chosen every year.
Process: Tests or tryouts. Meetings with parents, meetings with students, signing contracts, payments made by parents (installment payments with an amount that depends on the total cost of the trip), 4P tracking and all the rules in this manual.

- **Athletes:**
 - * **Grades:** In order to be eligible for the High School Binational Games, each athlete must pass all subjects in the first quarter. If an athlete fails at least one of the subjects, he/she may not participate in the Binational Games.

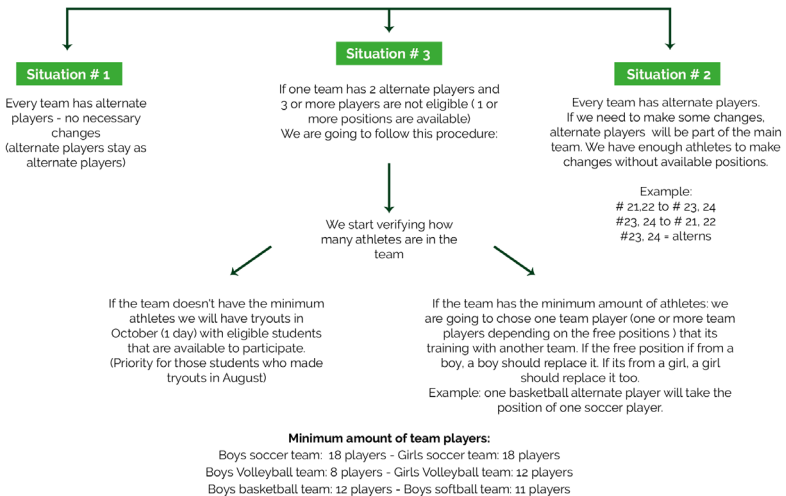
 - * **Behavior:** As stated above, students must have good behavior at school as well as during extracurricular activities. The behavior will be reviewed every week and decisions will be made if necessary. Those students who receive one (1) detention on Saturday will have a meeting with the coach, the athletic director and the person in charge of the discipline in order to analyze the current situation. Two (2) Saturday detentions will result in an automatic suspension from the team. This suspension implies not playing for the rest of the period and the athletic director will decide whether the suspension continues or not for the next quarter (they may practice). As a result, there is a possibility that an athlete may not participate in the Binational Games. A direct suspension due to faults committed by the student, results in 2 detentions on Saturdays and the fact that the student may not participate in the games nor tournaments held in that quarter.

* Alternates:

- A number of alternates is chosen for each team.
- The alternates fulfill (carry out) the same process as the rest of the starting team.
- The alternates follow the same 4Ps as those athletes who are selected for the team. If an athlete who is on the team does not meet one of the expectations of the 4Ps and / or Binational Games mentioned in this manual, an alternate will move into his/her position in the team and the other student goes on to be an alternate.
- From the time the team is announced to the final list for the Binational Games, coaches will be updating the alternates at the end of each school week and notifying athletes, as well as parents of the changes made.
- Alternates may be subject to change until the final date. (typically a few weeks before the Binational Games begin).
- Those students who are on the alternate list for the final delivery date of the final list to the Binational Games will be reimbursed their money.

KCP ATHLETIC

HIGH SCHOOL BINATIONAL ALTERNATE PLAYERS PROCESS



TO SEEK VICTORY WITH HONOR

*Promoting victory with honor is the fundamental component of sports activities and of an athlete's experience. Its importance exceeds that of triumph. KCP Athletics follows and promotes the values of Victory with Honor and the seven ethical pillars of Character Counts. Athletes who show bad sportsmanship and character, will face disciplinary consequences on and off the court. The penalty will be determined by the coach, athletic director, and the person in charge of the discipline at KCP. In addition, athletes who show an altruistic sports spirit will be recognized and honored for their work.

Before practices / games

- Shake hands with opposing athletes.
- Refrain from using inappropriate language.
- Arrive at the time of practice or the game agreed by the coach.
- Sleep at the time agreed by the coach or athletic director in the hotels when participating outside the city.
- Communicate positively and work together with his/her teammates.
- Refrain from arguing and criticizing.
- Listen to the instructions of the coach and the referees before, during and after the practice or the match.
- Keep the place where we are clean.

During practices / games

- Refrain from using inappropriate language.
- Respect the coach, the referee, teammates, and opposing players.
- Be supportive of people who need help.
- Teamwork.
- Refrain from arguing and criticizing others.

After the practices / games

- Shake hands and show respect for opposing athletes.
- Refrain from using vulgar and inappropriate language.
- Maintain positive comments about the game.
- Refrain from discussing, offending and / or criticizing others.
- Listen to the coach's instructions in the post-game talk.

- Keep the places of stay and the dressing rooms clean after practice or play.
- Sleep at the time agreed by the coach or athletic director in the hotels when participating outside the city.

Between games/watching games

- Respect all the persons involved in the event.
- Keep the environment neat and clean after practice or game.
- Refrain from using inappropriate language.
- Comply with the rules at all times, in the bus, at the hotel and school.

KCP Athletics will not tolerate harassment, intimidation nor aggression against other athletes, coaches, or attendees involved in a sports event.

SECTION II - NUTRITION

* Nutrition plays a very important role in our lives. For an athlete to be successful in sports, he/she needs adequate nutrition, not only in thinking about the days of the games, or about the days of practice, our mission must comply with this aspect every day. Listed below are a list of suggestions for athletes to have balanced nutrition.

Nutrition for game days

It is recommended and expected that athletes do the following:

- Have a healthy and satisfying breakfast.
- Eat a full lunch during his/her time in the school.
- Maintain good hydration during the day in order to stay fit for the sports activity.
- Eat a healthy snack before playing.
- Have a healthy dinner after the game.

Nutrition on days without games

Students are urged to follow the following recommendations:

- Eat a healthy and satisfying breakfast.
- Take a full lunch during his/her time at school.
- Maintain a hydration during the day in order to remain optimal for training. Eat a healthy snack before practice.

- Have a healthy dinner after each practice.

* Students are not allowed to eat fast food nor junk food nor unhealthy foods without nutritional value, before a practice or game. They are also not allowed to drink unhealthy drinks such as soda. If the recommendations are not adhered to, the student will be sanctioned with less play time or even without any play time.

SECTION III SUPERFANS

* During the school year students will have the opportunity to support their classmates during sporting events. The sense of belonging and sportsmanship can be expressed by students and parents who wish to encourage and positively support players and coaches. The evidence is clear: when athletes are supported their performance on the court improves and they feel more motivated. We encourage students to attend competitions that occur after school. There will be some competitions during school hours, and students can go to support our teams.

In order for students to be eligible to be a Superfan, they must follow the following guidelines:

- They must be in the games area, encouraging teams.
- Students who would like to be part of the Superfan group of followers, who are failing one or more subjects have to attend classes during game days if one or more teachers request it.
- Students may not share nor sell their Superfan shirt to others.
- All Superfans must attend their classroom in the first period, where they will call roll and receive instructions. Superfans must arrive at school on time. Students who are late cannot be Superfans.
- Superfans with a negative attitude, or those who are not in the right place in sports settings, may be sent back to class for the rest of the day.
- Superfans do not bother nor interact with the teams that are playing against, they do not make comments to nor shout at the referees, and there should be no Superfans in the technical area of the teams. The Superfans collaborate with the cleaning, picking up garbage if there is any and putting it in the bin. Superfans show pride in

- keeping the school clean.
- They accept the philosophy of supporting their team, and they do not attack nor offend the opposing team.
 - They accept all the decisions of the referees of the game.
 - They show solidarity for an injured player regardless of what team he/she is from.
 - They support the coaches in teaching the sports spirit and they thank the coaches for their time and help.
 - To recognize that attending matches as a Superfan is a privilege.
 - To refrain from verbally harassing players, coaches, referees and the opposing team.
 - To refrain from entering the court (field) without authorization.
 - To respect teams, coaches, and referees after the game regardless of the outcome.

KCP Athletics is proud to execute programs with integrity. This includes players, coaches, parents, fans, administrative staff and all those who support KCP Athletics. For not following the aforementioned guidelines, the following consequences will be taken into account:

1. Loss of attendance privileges for one or more games.
2. To not be allowed to attend games nor contests when KCP teams are playing.

SECTION IV- PARENTS

** Parents play an important role in KCP in order to achieve a successful athletic program. Parents are invited to positively support their athletes as much as possible. To attend games and tournaments, talk about practices and games, and discuss important issues, teamwork and specific information of the sport are all welcome. The following information describes the value and the fundamental role that parents play with respect to each athlete and the success of the team.*

Communication with the coaches

The entire technical staff (coaches) are invited to keep the lines of communication open with our athletes and their families. We will always

do our best to provide you with all the essential information you will need in order to successfully manage your time and commitment to the sports program. Many times, parents will have questions and will feel the need to meet with their child's coach. Our coaches are professionals, they make decisions based on what is best for the entire team, taking into account each team member.

Coaches work extremely hard. They train because they love working with children and realize the positive benefit of participation in the sport. Parents are expected to respect the coach at all times.

Parents are invited to discuss the following:

- The progress of their children and provide them with the tools for them to improve.
- Concerns regarding their child's behavior.
- The coach's philosophy.
- Coaches' expectations and their child's role in the team.
- Team rules and policies.
- Disciplinary action incurred by his/her child.
- Ways they can help the team (booster parents).

Parents should NOT encourage discussions about:

- Their child's play time in a match.
- The training strategies used by the coach.
- The systems used by the coach in a game.
- The decisions made by the coach in a training or game (match).
- Matters, both sports or personal, that involve a student other than his/her child.

Communication Procedure:

1. The student contacts the coach or the coach contacts the student in order to discuss a nonconformity situation that has happened.
2. If an agreement is not reached, the athlete or coach must contact the sports director.
3. In the event that the nonconformity persists, the parent should contact the high school office and request an official meeting with the coach and athletic director.
4. If the disagreement (nonconformity) continues, the athletic director

must notify the - Secondary (High School) Principal and request a meeting with the parent.

5. If the situation continues, a meeting will be arranged between the parent, the coach, the sports director, the Secondary Principal's Office and the school principal.

24 hour Rule:

Communication with coaches is more productive when an appointment can be made in order to talk about a specific topic. Parents who have any disagreement on any issue related to sports should request an appointment taking into account the previous protocol in order to find a solution or clarify any situation, it should be taken into account that any problem cannot be solved in 5 minutes, either before or after the game. This is the most emotional moment for all parties involved and it is not the time for a meeting about specific problems with an athlete. Please respect the coaches and their need to concentrate on game days. We recommend and we expect all parents to follow the 24-hour rule. Give coaches 24 hours after a game, before asking about any decision they deem appropriate. Please respect the "emotional factor" and keep that in mind when you feel the need to discuss anything with any coach.

The "IDEAL" sports parent

- Attends sporting events and positively support his/her athlete.
- Attends parent meetings of the sports program.
- Understands the rules of games and practices.
- Advises and supports his/her child after losing a game.
- Goes beyond winning and losing, and values his/her child's performance and experience.
- Believes in his/her children but is also realistic about where they are and how far they may get in the future.
- Gives his/her children the ownership and responsibility within his/her sport by allowing them to be heard and considers his/her child's opinion and thoughts.
- Takes into account the big picture and understands why they are investing in his/her children's sport and all the benefits his/her child can get from it.

For more information / Contact KCP Athletics

- Visit kcparrish.edu.co in the sports section you will find the

following information:

- * Contact information of the athletic director and coaches.
- * Calendar of events.
- * Practice schedules / practice cancellation.
- * Social media.

SECTION V- TO BE AN ATHLETE AT KCP

* Being an athlete at KCP is something our students should be proud of. To represent the KCP community at all times, to play for your community is something that should be taken very seriously. Emotion, energy and passion for what you do every day is something you should find within yourself. You should not only support and enthuse your own teammates, but also those who are in other KCP teams. The memories that you accumulate now will be the ones you will talk about with your loved ones for many years.

Captains

- The coach will be the person in charge of deciding the selection process.
- The number of captains for each team will be determined by the coach.
- The captains must be positive leaders in their teams.
- Their behavior should be exemplary: to arrive on time for practices and games, work hard, respect all people and motivate others to improve and commit themselves to the intended purposes and goals.
- If the chosen captain does not meet the established expectations, the coach may change him/her.
- The captain must meet periodically with the Athletic Director.

Teammates

- To support each individual regardless of his/her age, ability and personality.
- To work hard in order to improve not only their abilities, but also to encourage others in his/her team to improve theirs.

- To encourage respect and responsibility of his/her teammates, questioning their absences and inviting reflection on the consequences of their absences or lack of commitment to improve.
- To promote a warm and familiar environment among team participants, socializing and respecting each other on and off the field.
- To recognize the performance of teammates when they do something positive or when they succeed.
- To offer assistance, support and advice to classmates in order to prevent them from making correct and positive decisions.
- To establish a strong work and study relationship, so that this may translate into academic achievements and so this may extend to the fields.