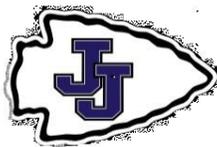


## John Jay High School

Department of Athletics



## **JOHN JAY ATHLETIC PHILOSOPHY**

Interscholastic Athletic program provides a competitive experience in a culture that maximizes development, teaches important life lessons, and promotes individual growth within a safe and healthy environment. These experiences will become memories that will last a lifetime. It is an objective of our athletic experience to develop a healthy lifestyle that will influence the student/athlete throughout his/her life. The key initiatives that fuel our philosophy are “[Pursuing Victory Honor](#),” and the “[Player Development Model](#).”

The Katonah-Lewisboro School District offers 60+ interscholastic teams at the modified, freshman, junior varsity and varsity levels.

### **Varsity Program**

Varsity competition is the culmination of each sport’s program. Normally, seniors and juniors make up the majority of the varsity roster. Gifted sophomores and, occasionally, freshman may be included. It is also possible for 8<sup>th</sup> graders, who are eligible for the [Athletic Placement Process](#), to be included on a varsity roster; as per the Katonah-Lewisboro Board of Education Resolution. Roster size at the varsity level is limited and the number of participants on any given team will vary based on the sport.

At the varsity level, outcomes of contents are considered and teams are eligible to participate in the NYSPHSAA sectional, regional, and state championships.

Sportsmanship, work ethic, commitment, attitude, and advanced level of skill set are prerequisites for a position on a varsity team. It is vital that each team member understand his/her role in pursuit of team goals. While contest participation over the course of a season is desirable, playing time at the varsity level is never guaranteed and must be earned.

Student athletes and parents should understand the realization that varsity sports require a six-day-a-week commitment, which often extends into vacation periods.

## **Junior Varsity**

The Junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshman occupy the majority of the roster positions. In an effort to appropriately place and maximize individual student growth, juniors may be considered for JV participation. It is also possible for 8<sup>th</sup> graders, who are eligible for the [Athletic Placement Process](#), to be included on a junior varsity roster; as per the Katonah-Lewisboro Board of Education Resolution.

At this level, increased emphasis is placed upon elements and strategies of team play, physical conditioning, refinement of fundamental skills, sportsmanship, and socio-emotional development. Although the outcome of the contests becomes a consideration at this level, team records, statistics, etc. do not supersede the importance of overall player development. At the Junior varsity level we do **not** recognize or participate in league championships, sectional playoffs, or regional and state competitions.

An attempt will be made to play all participants over the course of the season, however, equal playing time is never guaranteed and all opportunities must be earned. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication is expected and requires a six-day-a-week commitment.

## **Freshman**

This program is available to students in grade 9. It is also possible for 8<sup>th</sup> graders, who are eligible for the [Athletic Placement Process](#), to be included on a Freshman roster; as per the Katonah-Lewisboro Board of Education Resolution.

At this level, the focus is on skill development, proficiency of game rules, an expansion on the fundamentals of team play, continued socio-emotional growth, and healthy competition in an effort to appropriately prepare student athletes for success at the Junior Varsity level.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The NYSPHAA publishes regulations for which practice sessions are governed. The freshman program requires a five-day-a-week commitment with practices and/or contests occasionally scheduled for Saturdays. An attempt will be made to ensure that playing time is equitable; however, playing time opportunities must still be earned.

### **Modified**

This program is available to all students in seventh and eighth grades. The level of student interest, availability of appropriate competition, cost, and the relationship to the high school program are the key components to determine sport activities offered. At this level, the focus is on developing the foundation for skill sets, game rules, fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

At the modified level, our preference is to include all students who wish to play. However, if the number of students trying out for a team creates a situation that poses a safety concern, limits the ability to organize a productive practice session, and reduces the opportunity for athletes to utilize what was learned in practice and apply to a game situation then restricting roster size will be necessary.

In order for the desired development of the adolescent athlete and team to occur, practice sessions are vital. The modified program requires a five-day-a-week commitment. Opportunities for meaningful participation for each team member will exist in each game and over the course of the season, however, equal playing time is never guaranteed and all opportunities must be earned.