

Kihei Charter School Athletics



2021-22 Parent-Athlete Resource Guide

Aloha. The purpose of this Guide is to share the Kihei Charter School Athletic policies and guidelines for the upcoming school year. We ask that you and your student athlete review this document. Once you have completed the review of the document, please print and sign the “Acknowledgement Page”. We ask that this page be returned to the Athletic office. You may scan and email the Acknowledgement page if you wish or your son/daughter may give the document to their coach.

FORWARD

The Kihei Charter School Athletic Resource Guide has been written to serve as a tool to those seeking information concerning our athletic rules and regulations. The purpose of this guide is to share with coaches, students, and parents' important operating procedures for the athletic program of Kihei Charter School. This document will provide the foundation for the efficient organization and operation of our athletic department.

Kihei Charter School has an outstanding program that is committed to excellence in academics and athletics. The Kihei Charter School staff encourages each athlete to develop their individual talents to the fullest within the framework of their respective team. The welfare of each student athlete and the rules of good sportsmanship are of prime concern in the daily administration of our programs.

The specific rules and regulations governing our athletic department are consistent with the policies of the Hawaii High School Athletic Association (HHSAA), the Maui Interscholastic League (MIL), and Kihei Charter School (KCS). **Any conflict between a rule in this Resource Guide and the KCS Student Handbook will always revert to the KCS Student Handbook.**

ATHLETIC COORDINATOR'S PHILOSOPHY

1. Strive for an environment where athletics & academics work together to develop the "whole child".
2. Use athletics to teach "life lessons" & reinforce "positive character traits".
 - o Self-discipline; work ethic; teamwork; setting priorities; self-motivation, sportsmanship; and the importance of "TEAM" rather than focusing on the "I".
3. I feel strongly that a program that focuses on teaching the above skills will ultimately become a winning program.
4. I believe our programs should win with character and lose with honor.
5. Sportsmanship by staff, players and fans is extremely important.
6. Learn your "WHY" and then allow that to motivate you.

ACADEMICS & ATHLETICS

Academics play a major role in the KCS athletic program. All coaches monitor their student-athletes throughout the school year. Students wanting to participate in college athletics are encouraged to take core courses that will count towards NCAA academic eligibility. The NCAA now has a central clearinghouse that will certify athletic eligibility for Division I and II athletics. You must register with the NCAA Academic Eligibility and Clearinghouse in order to be certified to compete your freshman year in college. Students considering athletic participation in college cannot wait until they are seniors to make this decision. It must be made early so that all NCAA requirements can be met. Please meet with your counselor for more information.

PHILOSOPHY OF COACHING AT KCS

Good coaching begins with a clear purpose. That purpose should be embodied in a team's mission statement, vision statement, and core values. The mission statement is the broad purpose of the organization. The vision statement concisely reveals the compelling image of what the team will achieve if successful. The core values provide focal points which assist in the fulfillment of the mission and vision statements. It is the coaches' responsibility to both communicate and develop this three-part purpose to their team throughout the season. Doing so will sustain the team when the going gets rough and will remind athletes why they commit to do both the small and hard tasks (Strecher, 2021).

MISSION STATEMENT

The Kihei Charter School (KCS) Athletics Teams have a joint mission statement. It is *to develop the*
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whole student through athletics with a focus on integrity in all things, respect for all, and the pursuit of excellence. The focus is building not just competitive athletes but successful humans who grow and contribute to the larger community. It requires honesty and respect for both their and its athletes, coaches, and referees. Finally, the mission asks each member to focus his or her full aptitude on each task. The goal is excellence to the best of one's own ability in all endeavors.

VISION STATEMENT

The KCS Tiger Sharks believe that the vision of the team is best accomplished when it accounts for the individual goals and purposes of its members. As such, the team's vision statement desires to make *every athlete a valued and contributing member of a successful and competitive team.* The team trains to win—in all competitions. It also understands that athletes add value outside of winning. The team is purposeful in acknowledging the various ways each athlete contributes to the whole. Every athlete should leave the Tiger Sharks program knowing that they not only belonged but made a positive impact on the team.

CORE VALUES

Be Pono

Being *pono* is the linchpin of KCS athletics. It is Hawaiian for “goodness” and “moral uprightness.” It means doing what is right, whether or not it is easy. To be *pono*, all team members and coaches are responsible for their own actions. They commit to attending practice prepared, regularly, and on-time. In addition, they choose to do right by themselves and others by being kind, honest, and responsible. It also means standing up for others in the face of unfairness and injustice.

Choose to Do Your Best Every Day

Excellence is a moment-by-moment decision. Each day and every practice is filled with many choices. This core value of “choosing to do your best every day,” asks all KCS coaches and athletes to recognize that how one does *anything* is how one does *everything*. The goal, then, is to choose excellence in all tasks, great or small. This value also makes the distinction between “practice” and “perfect practice.” It is easy to do something repeatedly, but if it is done incorrectly, it likely hinders the team or individual. Instead, this core value asks all athletes to focus on “perfect practice” --or getting the drill, strategy, or exercise down to the fullest extent of one's ability.

Ownership

This value of ownership is two-pronged. First, it results from every choice and action each athlete makes. In this sense, ownership is connected to the previous value because success here is a summation of the little things.

Second, each athlete and coach must be able to claim his or her successes and failures honestly. When coaches do this, they gain credibility with their athletes. When athletes do this, they take control of their own lives, ultimately giving them more autonomy in how they respond to demanding situations in the future.

Claiming ownership is simple with success, but much harder with failure. To teach athletes to own failure, the coaches juxtapose two terms: “It fell,” and “I dropped it.” It can be something simple like taking responsibility for being late rather than blaming their parent, or something more complex like owning the fact that they did not study for a test rather than cursing an “unfair teacher.” When athletes can both recognize and claim that they are the ones who “dropped” the ball or did not follow through, then they have learned to take ownership. Coaches and athletes both learn that a lot of growing up happens between “it fell” and “I dropped it.”

Live the Golden Rule

The Golden Rule is a universal moral code that asks that all people treat others as they would like to be treated. This means acting toward all others with respect and dignity, regardless of their talent, beliefs, and background. It means extending grace to and believing in the best of others. Conversely, and this is especially important to adolescents, it requires that they first be kind to themselves.

Coaching Style

We categorize our team leaders as Transformational Coaches. Each year, the coaches and athletes come together to cast a vision and outline team rules. Throughout the season, every teammate takes ownership of that vision and those rules. Each coach also works to empower the athletes to set goals, learn from them, and become better leaders. Kent Noyes captures our intentions to be Transformational Coaches when he states that we should, “seek to be better and to serve those around us rather than leading from the top” (Roberts, 2021).

References

Johnson, N. L. (2004). *The John Wooden Pyramid of Success* (2nd ed.). Los Angeles, CA: Cool Titles.
Martens, R. (2012). *Successful Coaching* (4th ed.). Champaign, IL: Human Kinetics.

Roberts, Travis (2021). *Transactional vs. Transformational Leaders* [Presentation Slides]. Retrieved from <http://resources.cui.edu/courses/mcaa510/modules/2/story.html>

Strecher, Vic (2021). *Finding Purpose and Meaning in Life: Living for What Matters Most* [Presentation Slides]. Retrieved from <https://www.coursera.org/learn/finding-purpose-and-meaning-in-life> Tyson, P., & Binder, D. (2014). *Coaching Cross Country Successfully*. Champaign, IL: Human Kinetics.

GOALS OF KIHEI CHARTER SCHOOL

- Develop a highly innovative and valuable learning environment on Maui, unique in the world for what it offers and how it is implemented.
- Pioneer a curriculum unique in its blend of research and development in new technologies, the arts, the humanities, and the sciences.
- Help establish a grassroots research and development learning environment on Maui by nurturing progress with original creative concepts that spur products, projects, styles, and start up enterprises.
- Educate students in options for their work by providing them with a strong grounding in arts and sciences literacy.
- Culture a creative community by providing a holistic approach that links the concept of valuable, creative, innovative, and culturally enriching work in school with work driven by these goals in the broader community.
- Create a project environment that simultaneously supports research and development, knowledge acquisition, and cultures self-expression, self-development, and self-esteem through all learning environments.
- Create a continuum of development of student projects and skills throughout grade levels to support these goals.
- Nurture and support the continuing education and creative project development of all school staff.
- Consider areas of community and world challenge in order to focus curriculum towards making valuable innovations and developing school-wide threads of enterprise in those areas. (Such as renewable energy courses, environmental studies, new media, modeling and simulation, special needs accommodation, agriculture, learning environments, and telecommunication.)
- Create and maintain a strong relationship with all segments of the community including, but not exclusively, local businesses, legislators, parents, community leaders, teachers, school support staff, public employee unions, state and county officials, qualified non-profit groups, and other educational and community-minded groups and individuals for the continuing goal of improving education and educational opportunities for our community.

The goals of the school will be explicitly used as a template to help organize course and program development, this will steadily prompt the growth of administrative protocols and support mechanisms within the school for accomplishing them.

ATHLETIC DEPARTMENT THEME - KINA'OLE

KINA'OLE means, doing the right thing, in the right way, at the right time, in the right place, for the right reason, with the right feeling... the first time!

ATHLETIC DEPARTMENT CONTACT INFORMATION

Brandy Agüero – Athletic Coordinator (808-49-24775) Email:bagüero@kiheicharter.org

Coaching Staff:

Cross Country - Cassie Kepler (ckepler@kiheicharter.org)

Bowling – Shannon Satovich (ssatovich@kiheicharter.org)

Dive - Bill Sutton (bsutton@kiheicharter.org)

Paddling - Ellen Federoff (efederoff@kiheicharter.org)

Tennis – Tricia Wilstead (twilstead@gmail.com) & Barb Wallace (citanmaui@gmail.com)

Track & Field – Cassie Kepler (ckepler@kiheicharter.org)

Surf - tbd

RESPONSIBILITIES OF KIHEI CHARTER SCHOOL ATHLETIC DEPARTMENT

1. Provide programs and facilities where student athletes can thrive through sports.
2. Communicate and inform all stakeholders about our athletic programs.
3. Promote what KCS has to offer student athletes.
4. Provide support for all our student athletes as well as our coaching staff.
5. Be aware and abide by the rules and regulations of the MIL, HHSAA, and the NFHS.
6. Provide a safe playing environment.
7. Oversee programs to ensure that training expectations are appropriate for the level of competition and in balance with the demands of the academic program.
8. Provide quality training equipment.
9. Provide quality and caring coaches.
10. Recognize student effort and achievement.

RESPONSIBILITIES OF KCS ATHLETES & COACHING STAFF

Being a member of a Kihei Charter athletic team is a privilege which comes with much responsibility. Students and staff are expected to represent themselves, their families and their school admirably as they participate and compete at home, in the community and while traveling. When wearing KCS apparel, you are not only representing KCS, but you are also representing your team, your family and yourself.

USEFUL WEBSITES

- KCS Athletic website - access through the KCS site
- Scoring Live - scoringlive.com
- NFHS - nfhslearn.org
- MIL - milsports.org
- HHSAA - hhsaa.org

ELIGIBILITY INFORMATION

In order to represent KCS in any interscholastic contest, a student shall meet the following requirements:

- Athletes must have a current MIL Participation, Concussion and Consent forms on file. (Form located on website.)
- Athletes must have a current Athletic Guide/Code of Conduct Agreement Form on file in the athletic office prior to participation in KCS athletic programs.

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- MIL Rules – Athletes must be eligible according to the MIL Constitution and By-Laws. These rules are, but are not limited to eligibility, outside participation, transfer and refreshments, as well as the operating procedures for all MIL sports. Copies of these guidelines are on file in the athletic office.
- Class Attendance Policy – A student may participate in an athletic practice or contest if they bring an excuse note to the athletic office stating the reason for their absence.
- Grade Checks – Grade Checks will be run approximately every two weeks. Any student who does not pass the grade check will be allowed to have another Grade Check one week later in order to become eligible again.
- Age Rule— The student shall not have reached the age of 19, prior to September 1, in the School year that he/she wishes to compete.
- MIL Participation Form— Prior to trying out for or beginning practice with any team, the student must have on file a current MIL Athletic Participation Form. The form must attest that the student has been examined by a physician & found physically fit to participate. The student must have a new physical once every (12) twelve months.
- Amateur Rule— The student shall be an amateur. A violation of this rule would be accepting a monetary award in any organized athletic event.
- KCS Rules/Policies— All KCS students who participate in athletic events must abide by KCS rules and policies. These rules and policies are in addition to state and federal law, HHSAA, and MIL rules and guidelines.
- Sportsmanship Rule— The student shall conduct himself/herself in a manner that always exemplifies good sportsmanship. Any student, who in protest lays hands or attempts to lay hands on an official, may be declared ineligible for up to one year. Any student who strikes an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period, up to one year, depending on the seriousness of the act.
- Ejection of a Player— Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for a minimum of one contest following the contest in which the ejection occurred. A player ejected for fighting shall be ineligible for a minimum of two contests following the contest in which the ejection occurred. Subsequent ejections shall carry a longer period of ineligibility and possible dismissal from the team. The school may elect to increase the length of the suspension depending on the circumstances of the ejection.
- Penalty for giving False Information— Any student, parent, or guardian who provides false information, either written or verbal, that affects his/her eligibility, shall become ineligible for a period of one year.
- Social Media – KCS athletes should stay clear of being negative on social media. Remember that once you post something on social media, it is there forever. Today, college coaches, college admission offices, and employers view social media sites during their selection process.

Kihei Charter School Athletic Department - General Information

● Athletic participation

Athletic participation is a privilege and, as such, requires that you adhere to certain rules that may not apply to all students. In addition to HHSAA and MIL rules, you will also be expected to adhere to Kihei Charter School, Kihei Charter School Athletic and team rules. If there is a contradiction between rules, the Kihei Charter School rules and policies will supersede all others when dealing with discipline.

● Tryouts & Team Selection

While we attempt to retain as many athletes as possible, safety does enter the equation when determining the appropriate number of athletes on each team. Coaches that feel that the size of their team needs to be smaller than the number trying out, are expected to communicate this to the athletes and families that are currently trying out for a team. Unfortunately, anyone attempting to join a team following “cuts” will not be able to participate on the active roster until the following Revised August 2020

season.

If a coach is reducing the size of their team from the total number of athletes trying out for the sport, they are expected to share the skills that will be evaluated with the athletes and parents. The evaluation should be kept on a rubric scale in order to assist with the evaluation process. Once the coach has decided on his/her team members, they will notify athletes either by face to face meetings or by telephone. Posting a "cut list" or sending a mass email is not acceptable. Coaches should be able to give an athlete feedback on what skills need to be improved upon in order to have a chance of making the team next year.

When possible, we will attempt to keep non-qualifying athletes on the practice team so that they may be able to work on improving thus improving their chances of making the team the following year.

- **Scheduling Conflicts**

Athletes are responsible for communicating any scheduling conflicts to their coach at the beginning of the season. It is appreciated when parents take into consideration their child's athletic commitments when planning vacations. An athlete's position on the team, as well as the team's standings may be compromised by absences.

- **School Team/Outside Team**

You are expected to attend all practices, games and meetings of your team unless a prior excuse is arranged with your coach. If there is a conflict between practice or games of an outside team and your school team's practice or game, you shall attend the school teams' practice or game unless otherwise approved by the head coach.

- **Transportation**

When possible, KCS will provide transportation to KCS sports practices and contests. However, there may be certain occasions when extenuating circumstances prohibit such service. When approved by the head coach, students may be released to their immediate parents only, in order to ride home from a contest with that parent. All parents must sign-out their child, with their team's coach. If athletes are going to ride home with someone other than their parents, the coach will need a note for the parent granting permission.

- **Use of a Controlled Substance**

The use of tobacco (any form), alcohol, steroids or other illegal drugs are prohibited. KCS discipline will be followed in all cases of controlled substance abuse.

- **Equipment/Uniforms**

Each athlete is responsible for all school equipment/uniforms that have been issued to him/her. No athletic awards or letters will be given to any athlete who has not turned in his/her equipment/uniform. Any athlete who has not turned in equipment/uniform will not be allowed to participate on any other team until this situation has been resolved. Athletes will be charged the replacement cost of any equipment not returned.

- **Cost to the Family**

KCS does not currently have an athletic fee in order to participate in MIL sports. While the school will provide uniforms for most sports, due to hygiene reasons, swimsuits, shoes, and tights purchased as part of the team uniform will become the property of the student and will be purchased by the student/student's family.

- **College Recruitment & NCAA Eligibility Center**

If a student athlete is contacted personally by a college recruiter, please notify your coach and the athletic department.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II athletics, you
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must be certified by the NCAA Eligibility Center. It is each athlete's responsibility to see that the Eligibility Center has the documents it needs for certification. Please view the PowerPoint on the KCS Athletic website for assistance.

● **To register with “The NCAA Eligibility Center”.** This is the arm of the NCAA responsible for determining the academic eligibility and amateurism status for all DI and DII student-athletes. In addition, it also sets the recruiting rules via the NCAA Recruiting Calendars. Previously, this part of the NCAA was called the NCAA Clearinghouse, but now, the NCAA Clearinghouse and NCAA Eligibility Center are the same process.

The most important thing to understand as a prospective student-athlete is that the NCAA is there to determine your Eligibility, not to provide guidance on how to get or maintain your college eligibility. It is the responsibility of the student-athlete to understand the academic and amateurism requirements and make sure they are on track to meet those Requirements with the help of their school counselor. Go to the website: [NCAA Eligibility Center](#)

● **Athletic Awards**

1. Letters & Certificates: Criteria will be up to each individual head coach. The coach will share this information at the parent meeting so that everyone is aware of the criteria.

Junior Varsity Athletes – receive a Certificate.

Varsity Athletes – receive a Varsity letter and a sport pin. A “Varsity” bar will be given for each subsequent year in the same sport.

Other awards will be determined throughout the school year.

Player/Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and can provide a greater benefit to children. When children join our programs, their parents have the right to understand the expectations of student athletes. This begins with clear communication from the coach of your child's program.

This is what you should expect from every coach:

- Philosophy of the coach
- Positive Motivation
- Constructive Criticism
- Expectations
- Locations and times of practices/contest
- Discipline procedures
- Fairness and communication

The following is what coaches should expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts in advance

- Support of son/daughter in all related activities
- Sportsmanship at all contests
- Understanding that there are always two sides to every story

The following are appropriate concerns to discuss with the coaches:

- The treatment of your son/daughter
- Ways to help your son/daughter improve
- Concerns about your son's/daughter's behavior
- Concerns about academics
- Guidance in relationship to possible college scholarships
- Guidance in off-season activities.

Issues not appropriate to discuss with the coaches:

- Playing time of all team members
- Team Strategy
- Play calling
- Other student-athletes on the team

If a conference with a coach is needed:

• 24 HOUR RULE -

– Call to set up an appointment to see the coach – If the coach cannot be reached, contact the AC's office, who will in turn set up a meeting – Son/Daughter may attend the meeting – Everybody be Nice

• If this meeting does not provide a satisfactory resolution

- Call and set up an appointment with the Athletic Coordinator (808-724-4906)
- The discussion will only concern your son/daughter – An appropriate next step will be discussed

KIHEI CHARTER SCHOOL STUDENT ATHLETE CODE OF CONDUCT:

- 1) I understand that it is a privilege to represent KCS as an athlete on and off the field of competition and agree to do so in the best manner possible. I will always display good sportsmanship and behave in an appropriate manner.
- 2) My academic work MUST come first. I will plan my time carefully. When I miss class due to travel, I will notify my teachers in advance and arrange for any make-up work or tests. I understand the procedures concerning academic eligibility attached to the Athletic Code of Conduct.
- 3) If a teacher feels my academic standing will be harmed due to sports travel, the teacher may recommend to the Athletic Coordinator that I not be permitted to miss any class instruction, therefore forfeiting my right to travel.
- 4) I will be punctual and prepared for practices and other team events.
- 5) I will refrain from discrimination and will be accepting of people, especially in regards to race, religion, philosophy, gender and choice of friends.
- 6) I will refrain from bullying in any form. To treat people with respect.
- 7) I will refrain from using profanity, threatening language/gestures or physical violence.
- 8) I will protect myself and others from sexual misconduct by avoiding any inappropriate or illegal written, spoken, visual or physical conduct of a sexual nature.
- 9) I will avoid being associated with any form of hazing. Hazing is "any activity expected of someone joining or participating in a group that humiliates, degrades, abuses or endangers that person regardless of the person's

willingness to participate.”

- 10) I will assume responsibility for my online activity and social media presence. A good practice is if you don't have something nice to say, don't say anything at all.
- 11) I will attend all practices and games. I will make every effort to schedule any appointments outside of scheduled practice times. If I must miss a scheduled practice or game, I will personally notify my coach in a timely fashion. I also understand that missing practices or games may affect my participation in future contests.
- 12) I understand that the use of drugs will not be tolerated and will result in immediate suspension from the team and that I will be referred to the High School Director for further disciplinary action.
- 13) I understand that alcohol consumption and the use of tobacco has an adverse effect on athletic performance and for that reason alone, I will abstain from drinking and using any form of tobacco at the following times:
 - *while on a sports outing, game, or trip(s)
 - *while representing KCS at any athletic or academic event
- 14) I understand any forms or causes of theft, damage of private property and disrespect to our school, will be dealt with severely. This includes keeping all locker rooms clean and neat. This also includes destruction of property while representing KCS in all away contests.

Violation of the Code of Conduct may result in suspension from competition, tournament or team depending on the level of the violation. The level of discipline will be given following a meeting with the High School Director and the Athletic Coordinator.

PARENT CODE OF CONDUCT

1. Exhibit good sportsmanship. Do not yell or curse at any of the coaches, officials, players or game workers. Be positive in your cheering.
2. Ensure your child, win or lose, knows you love him or her.
3. Be realistic about your child's physical capabilities and set realistic goals.
4. Emphasize “improved” performance, not winning.
5. Provide a safe environment for training and competition.
6. Exercise caution to not relive your own athletic past through your child.
7. Exercise discretion and control your emotions at games and other events.
8. Be a “positive cheerleader” for your child and other children on the team.
9. Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
10. Be a positive role model.
11. Follow the “Chain of Command” within the school and athletic department:
 - a. Call the coach to set up a meeting. This meeting should take place away from other athletes and parents. Please do not approach a coach following a contest. We ask you wait until the next day to contact the coach to request a meeting. This time will allow you an opportunity to reflect on your concerns.
 - b. If your meeting with the coach does not provide you with a satisfactory resolution, contact the Athletic Coordinator. The upper administration of KCS (High School Director & Head of School) will consider any request for discussion only if this procedure has been properly followed.

Be sensible, responsible, and maintain your priorities. More is at stake than a winning or a losing record.

Promote sportsmanship and the development of good character and discipline in our student athletes and programs.

Support the MIL as they encourage and promote the following:

SPORTSMANSHIP IS AN EXPECTATION

Please Let the Players Play Let the Coaches Coach Let the Officials Officiate Cheer with Aloha!

MEDICAL PROCEDURES AND AWARENESS

The KCS Athletic department attempts to make participation in our athletic/conditioning programs as safe as possible. However, injuries do occur in athletics. Athletes and parents are cautioned that injury, sometimes serious, may result from participation in our athletic/conditioning programs. In the event of an injury to an athlete, the following procedures will be used.

1. First aid will be administered to the injured athlete.
2. If the injury is of a serious nature, the parents and if necessary, the rescue squad will be called.
3. Athletes under a doctor's care must be released by the doctor before returning to practice.

Concussions:

Hawaii Concussion Awareness Management Program: Hawaii Concussion Awareness and Management Program (HCAMP) is an organization intended to provide Hawaii's physically active community and the medical community with evidence-based research education, support and resources to manage concussions. The link below will direct you to the site. This site is a great place to go to learn about concussions and what to do if you think your son or daughter may have sustained a concussion.

Concussions: <http://www.hawaiiconcussion.com/>

NFHS Free Videos (www.nfhs.earn.org) For Students: Captains Course; Concussion Course; Research Skills; Homework Helper For Parents: Positive Sports Parenting; Social Media; Sudden Cardiac Arrest; Sportsmanship