

Raymond School District Policy - IOF

ATHLETIC PROGRAM

The Raymond Athletic Program should be guided by three objectives:

1. Physical Fitness

Each athlete should be provided with the necessary knowledge and training to develop optimum flexibility, muscular strength, and cardiovascular health. The aim should be two-fold:

- a. To minimize the chance of injury during play, and
- b. To form habits of exercise and nutrition that will promote physical health throughout the athlete's life.

2. Psychological Maturity

Athletics provide an excellent opportunity for the participant to set and work toward goals in a mature manner. The problems encountered in athletics such as anxiety, conflict, and frustration, are parallel to those met in life. By dealing with difficulties in practice and in competition, the athlete learns ways of handling adversity that are transferable to his/her life in general.

3. Social Maturity

Team sports are social activities. Consequently, these offer the athlete the chance to develop interpersonal skills required of effective societal members. By means of teamwork, he/she learns to subordinate personal desires for the greater group aims. By means of play versus opponents, he/she learns to compete in the spirit of sportsmanship whereby "fair play, courtesy, generosity, self-control, and friendly feelings for the opposing team shall not be sacrificed in the desire to win." Excellence of performance and proper social behavior need not be incompatible.

In summary, co-curricular activities in the District should be viewed as a vehicle toward physical, mental, and social health. It is the duty of the Principal, Athletic Director, and coaches to see that athletics are kept in this proper perspective.

It is the policy of the District that inter-scholastic athletics will be completely voluntary programs. Participation is not required for graduation. However, because inter-scholastics are voluntary and because those participating do represent the study body, it is mandatory that to qualify, the standards must be the highest with regard to academic requirements, school citizenship, and sportsmanship.

The Parent/Student Handbook contains additional information on the Athletic Program.

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R/R: 7/18/85

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