



Team Policies

The following policies and procedures have been established in order to provide for the best possible sports experience for Seattle Adaptive Sports' (SAS) participants, parents, volunteers and coaches. SAS's main goal is to encourage individual independence within a team environment.

1. Membership and Payment for travel:

- a. A Participation fee is due at the beginning of each season, September – August of \$50.
- b. At the beginning of each sports season, the athlete will register with their National Governing Body(NGB). Proof of membership to the Team Manager, required.
 - o Wheelchair basketball athletes will pay a \$50 fee to SAS and register online with NWBA www.nwba.org
 - o Sled hockey athletes will become a member of USA Hockey by registering online at www.usahockey.com First year membership is FREE – fill out the USA Hockey form and give to Team Manager to for SAS to submit to USA Hockey.
 - o Power Soccer athletes will become a member of Power Soccer USA
 - o Wheelchair Tennis athletes will become a member of the US Tennis Association
 - o Track and Field athletes will become a member of Adaptive Sports USA by registering online at <https://adaptivesportsusa.org>, as well a member to US Track & Field may be required.
 - o Other sports, see Program Director.
- c. Athletes are responsible for any and all travel expenses unless it has been agreed upon in advance that SAS will help cover costs. SAS continually attempts to find funding to offset team travel costs. If funds are available, financial help to athletes will be based on necessity, player volunteerism, and family participation in fundraisers.
- d. Payment to SAS for travel is due in full 45 days prior to the travel date.
- e. Equipment is limited and available on a first come, first serve basis. There is a \$100 (\$50 sled) fee to rent the piece of equipment provided for your use, per season. The athlete is additionally responsible to properly maintain the equipment, per the Equipment Loan Policy. A check in the amount of \$250 is held as a deposit and returned when equipment is received in the same condition at the end of the season. SAS will help in the effort to find grants to fund equipment for individuals.

2. Lodging during traveling to away games:

A large element of the SAS program is the experience of traveling. The experience provides camaraderie for building of team spirit, as well independence.

- a. Coaches do not stay in rooms with minor athletes.
- b. Athletes that have attendant care needs must have arrangements made in advance. Parents/guardians must arrange for personal attendants outside of SAS. **Junior athletes (teenagers) must be able to manage personal care issues on their own.**
- c. Junior athletes (teenagers) will room together with teammates and not with their parents/guardians or other family members. Prep age (7-13) athletes may room with their parents with prior permission of the trip leaders.
- d. Athletes must respect all curfews and quiet hours, both for their own teammates and for other hotel guests. Failure to comply, will affect your playing status on your team.

3. Competition:

- a. Athletes on a youth (7-13 yo) team are guaranteed playing time in each game. At the teenage through Adult divisions of team sports, there is no such guarantee.
- b. Parents/guardians, family, or friends who are not on a trip in an official capacity will not sit on the team bench during a game, or try to coach the athletes during the game, per NGB policies and procedures. Athletes need to interact with their teammates and coaches at these times.

4. Behavior:

- a. Athletes, volunteers, and family members must comply with their Code of Conduct at all times.
- b. Athletes are expected to act with respect and courtesy at all times during SAS activities.
- c. Athletes are expected to follow all rules established by team leaders and coaches during SAS travel.
- d. Failure to comply with a, b, and/or c above may result in an athlete's loss of participation with SAS. Parents/guardians and athletes are responsible for any and all additional expenses incurred as a result of this action.
- e. Parents/guardians are strongly encouraged to speak with athletes regarding health, safety, behavior issues and personal hygiene before sending them on trips alone.
- f. Parents/guardians and athletes are responsible for any damage to persons or property caused by their children/themselves.

5. Fundraising

- a. Fundraising on behalf of the team is required. The travel/competition budget is extensive. Anything that you can raise for the team is a big help. 10% of fundraising goes to Administrative and Programming expenses, the remaining is distributed to your team for direct cost to be competitive.
- b. This packet includes a Sponsorship form and is MANDATORY for all athletes. Participation in the fundraisers itself is mandatory.
- c. Please check to see if your company has an employee matching program and/or volunteer hour's donation. These contributions double your efforts for the team.
- d. United Way, Combined Fund Drives or Employee Giving are ways to support SAS through payroll deductions. This is a great way to get friends and family to support SAS. See the SAS website Donate Today page for information needed.
- e. SAS hosts tournaments and meets in an effort to offer competition for our teams, provide opportunities for awareness to family, friends and the community, and offer our local sponsors participation with our programs. SAS will seek support to help offset cost for these tournaments by finding individuals and companies interested in sponsorship opportunities to cover costs for things such as: gym rental, T-shirts, food, officials, etc. If you, your company or someone you know who would be interested in this exposure and support, please notify the Program Director or your coach.
- f. Please make yourselves available for assistance in any ongoing fundraising efforts already established, or feel free to propose a new one. Any fundraising idea an athlete/family may have, first needs SAS approval of the Board. No athlete or family may solicit an individual or company using SAS as a non-profit to benefit them self. Please see the Executive Director of SAS for clarification.
- g. ABC Home Medical: If your child uses urological supplies (catheters), PLEASE sign up with ABC Home Medical, as it is a major sponsor of adaptive sport events around the country and your team. ABC Home Medical's sponsorship is based on the number of local athletes and clients signed up for their service. Sign up and spread the word. The local Northwest Rep is Meg Paulsen, see her with questions megpaulsen@hotmail.com

Practice Policies

The following policies and procedures have been established by SAS in order to provide for the best possible practice environment for SAS's participants, parents/families, volunteers and coaches. Our practices are designed as a learning environment. Therefore, it is critical that the focus of the athletes' attention be on the coaches and the information that is being presented. We have VERY little time to get our information across. Practicing once a week is, in reality, just not enough to teach a skill, practice each skill, and eventually repeat the skill to the point that it becomes second nature. It is strongly recommend that SAS athletes practice outside of regular practices. Yet PLEASE, practice the skills the way your coach has instructed.

1. Attendance:

- a. As a team sport, we rely on each other. We simply cannot practice TEAM concepts and strategies without the WHOLE TEAM present.
- b. All TEAM members are expected to be on time, preferably 15 minutes early.
- c. Athletes that are late and/or miss practice will be subject to playing restrictions.
- d. If the athlete cannot make it to practice, he/she MUST get in contact with one of the coaches prior to practice. The website lists all coach contact information.
- e. Repeated absences or tardiness will result in REDUCED PLAYING TIME OR DISMISSAL FROM THE TEAM.

2. Closed Practice Time:

- a. Parents/family are welcome to watch specific portions of practices. You are asked to not interfere with the athlete's time with their team.
 - i. Exceptions can be made for personal care issues. Please have the athlete inform their coach of the need. Coaches may deny the request if it is determined not to be in the teams' best interests. Independence is a strong building block of our programs and athletes are encouraged to develop independent skills.
- b. Athletes are not allowed to leave the practice area alone during practice times. Please understand that we are trying to run drills and scrimmages with a TEAM concept in mind. We do not want to have to spend unnecessary time tracking down athletes. Athletes that continue to leave the area will not be allowed to continue participating. As well, this can be a safety concern when away from the team.

3. Attitude

- a. Attitude is everything in sports. Athletes are expected to attend all SAS practices, games, functions and events with a positive attitude and not be a burden on their teammates. We understand that everyone has a bad day now and then, however, this cannot interfere with the focus of the program (practice, game, function or event)

Together Everyone Achieves More

I/we have read the Team Policies of Seattle Adaptive Sports and agree as an athlete and parent (minors) to make a commitment to the organization by abiding with the above.

Print Athlete's Name _____

Athlete Signature _____ **Date** _____

IF Minor: Parent(s) Signature _____ **Date** _____