



## 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. An SAS Membership Fee of \$75 is due at the beginning of each season (season is defined as September through August).
- b. At the beginning of each sports season, participants will register with their sport's respective National Governing Body (NGB). Proof of membership to be made available to the Team Manager.
  - o Wheelchair basketball participants to register online with NWBA at [www.nwba.org](http://www.nwba.org)
  - o Sled hockey participants to register online with USA Hockey at [www.usahockey.com](http://www.usahockey.com)
  - o Power Soccer participants to register online with Power Soccer USA at [www.powersoccerusa.org/](http://www.powersoccerusa.org/)
  - o Goalball participants to register online with U.S. Association of Blind Athletes at [www.usaba.org/](http://www.usaba.org/)
- c. Athletes are responsible for any and all travel expenses unless it has been agreed upon in advance that SAS will help cover costs. Fundraising is continually pursued in attempts to offset team travel costs. If funds are available, financial assistance to athletes will be based on necessity, player volunteerism, and family participation in fundraisers.
- d. For approved reimbursements, athletes are required to supply receipts when requesting reimbursements post event. Lodging reimbursements are only applicable for team lodging locations. Rental reimbursements are only applicable when a vehicle accommodates transporting fellow athletes/equipment.
- e. Equipment is limited and available on a first come, first served basis. There is a \$100 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. SAS will help in the efforts to find grants to fund equipment for participants.

### 2. Lodging during traveling to away games

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

- a. Coaches do not stay in rooms with minor participants.
- b. Athletes that have attendant care needs must have arrangements made in advance. Parents/guardians must arrange for personal attendants outside of SAS.
- c. Junior athletes (teenagers) must be able to manage personal care issues on their own.
- d. Athletes must respect all curfews and quiet hours. Failure to comply will affect their standing on their team.

### **3. Competition**

- a. Athletes on a Prep (7-13 yo) team are guaranteed playing time in each game. At the teenage through adult level 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.

### **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. Safety**

- a. All athletes who wish to participate in tournaments must complete SafeSport ([www.uscenterforsafesport.org/](http://www.uscenterforsafesport.org/)) and keep it current. This is an annual certification.
- b. All participants will respect members of their team/fellow participants, other teams, staff, coaches, volunteers, spectators, and officials. Participants will NOT engage in any form of discriminatory behavior or any form of verbal, physical, or sexual harassment or abuse.
- c. Athletes presenting unsportsmanlike conduct will be removed from practice or tournament per the coach's discretion.
- d. All participants will inform program staff immediately of any injury or aggravating condition that occurs during an SAS activity.
- e. Any participant who is removed from an activity due to injury must get medical clearance to return to SAS activities.
- f. Safety is a collective responsibility. All participants will report any problems or concerns with another participant (this includes coaches, staff, athletes, volunteers, or others). Problems or concerns can include any situation that endangers the health, safety, or well-being of yourself or fellow participants and any violation of the SAS Policies or Code of Conduct.

### **6. Fundraising**

- a. Fundraising on behalf of the team is required. The travel/competition cost is extensive. Anything raised for the team is a big help. 10% of fundraising goes to Administrative and Programming expenses, the remaining is distributed to the respective team to help mitigate these costs.
- b. Please check to see if your company has an employee matching program for donations and/or volunteer hours. These contributions double your efforts for the team.

- c. 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.
- d. SAS hosts tournaments and games 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 costs 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 your Team Manager.
- e. Be available to assist with ongoing fundraising efforts, or feel free to propose a new one. Any fundraising idea first needs SAS Board approval No athlete or family may solicit an individual or company, using SAS as a Non-Profit, to benefit themselves.

## **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 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 recommended that SAS athletes practice outside of regular practice times, as per their coach's instruction.

### **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.

### **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.
- b. 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.
- c. Athletes are not allowed to leave the practice area without first notifying their coach or team manager. Time cannot be spent tracking down athletes. This can also be a safety concern.

### **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 a participant or parent (if participant is a minor) to make a commitment to the organization by abiding with the above.

**Print Participants Name** \_\_\_\_\_

**Participant's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**IF Minor: Parent/Guardian(s) Signature** \_\_\_\_\_ **Date** \_\_\_\_\_