

# KUNA HIGH SCHOOL ATHLETIC PROGRAM

## Welcome to the Kuna High School Athletic Program

### Philosophy

The Athletic program and the parents of our student athletes are a team working together to accomplish what is best for our student athletes. Our athletes are students first and will be encouraged to reach their full potential in all classes. Coaches help students develop characteristics that will enable them to be successful in future endeavors. As a team we must be united in our efforts to make athletics an enjoyable experience for everyone. It will take a large commitment and much dedication by all coaches, students, and parents to make sure the outcome of our time is positive and identifiable. Sportsmanship, discipline, teamwork, sacrifice, responsibility, physical and mental fitness are just some of the qualities our program will see as a result of Kuna High Athletics.

### Program objectives

#### **ACADEMICS-**

1. Participation in athletics at Kuna High School is a privilege, not a right. Our students will know that academics come before athletics.

#### **PHYSICAL FITNESS-**

2. Our student athletes will understand the importance of physical fitness.

#### **RESPECT-**

3. Our student athletes will demonstrate courtesy and respect toward all students, teachers, sport officials, opponents, and the general public.

#### **DISCIPLINE-**

4. Participation in sports offers an experience in discipline. This will not be made so difficult as to drive students away, but it should present challenges and require commitment. Our student athletes will demonstrate self-discipline in all situations.

#### **SELF-ESTEEM-**

5. There are many opportunities in sports to enhance the development of a positive self-esteem, regardless of skill level. Our student athletes will feel good about what they are able to accomplish.

#### **RESPONSIBILITY-**

6. Our student athletes will recognize their responsibility to fellow team members, coaches, the school and school district, in the case of equipment, facilities, uniforms, and the image they portray to other schools and communities.

#### **TEAMWORK-**

7. Even in sports where participants compete as individuals, athletes need to support and work with each other. Our student athletes will understand the importance of overall success as opposed to personal glory.

### Responsibilities

#### **Be positive**

- ◆ Take the opportunity to build self-esteem; we have a responsibility of nurturing our students.
- ◆ Help student athletes to accept their role on the team.
- ◆ Make sure our students know that there is no guarantee of playing time.
- ◆ Listen with an open mind to all program members.
- ◆ Demonstrate positive reinforcement.

#### **Be supportive**

- ◆ Offer suggestions that can benefit the majority.
- ◆ Support the rules of all program members.
- ◆ Support the regulations and guidelines of the Idaho High School Activities Association.
- ◆ Teach the lessons of life from winning and losing.
- ◆ Reach out to new parents and make them feel welcome to our program.

#### **Be a good sport**

- ◆ Be a fan with a smile, not a fanatic with a frown.
- ◆ To not embarrass the team that is playing, let's practice what we teach.
- ◆ Congratulate all members of the team.
- ◆ Remember that we are all humans trying to do the best job possible; this includes OFFICIALS.
- ◆ Realize that athletics are for the students.

**KHS STUDENT ATHLETES – PARENTS & GUARDIANS – KHS COACHES & TEACHERS –  
KSD ADMINISTRATION – KUNA PATRONS**

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## Students

- ◆ Focus on academics, attendance in all classes, and good behavior on and off the playing fields.
- ◆ Take pride in your school.
- ◆ Be positive leaders. Remember your teachers, your classmates, middle school and elementary students, the community members, etc. are watching.
- ◆ Put the goals of your team ahead of your personal ones.
- ◆ Be realistic about your skills and abilities.
- ◆ Ask your coach what you need to do to get better.
- ◆ Develop a mutual level of respect with coaches.
- ◆ Have fun!

## Parents

- ◆ Be in attendance and point out positives.
- ◆ Be realistic about your son or daughter's skills and abilities.
- ◆ Understand and listen. Allow your student athlete to vent their frustration.
- ◆ Keep lines of communication open.
- ◆ Emphasize academics, attendance in all classes, and good behavior on and off the playing fields.
- ◆ Remember ten positives are needed to equal one negative.
- ◆ **Never** approach the coach before, during, or after a game with your concerns. Schedule a more appropriate time to meet.
- ◆ Get involved. Volunteer to run scoreboard or take tickets at sub-varsity games, "host" the visiting team, join the BOOSTER CLUB!

## Coaches

- ◆ Lead by example; "Actions speak louder than words."
- ◆ Be honest with your athletes concerning playing time and talent.
- ◆ Constantly provide feedback to you athletes so that they know what they need to do to improve.
- ◆ Communicate clearly all your expectations to your players.
- ◆ Provide a quality experience for all players.
- ◆ Develop a mutual level of respect with your players.
- ◆ Emphasize academics, attendance in all classes, and good behavior on and off the playing fields.

## Administration

- ◆ Be supportive of community, parents, coaches, and student athletes.
- ◆ Provide a safe environment for all activities.
- ◆ Have an open line of communication with community, parents, coaches, and student athletes.
- ◆ Resolve all grievances.
- ◆ Be responsible for the qualities of the athletic program.
- ◆ Emphasize academics, attendance in all classes, and good behavior on and off the playing fields.