

PHILOSOPHY OF ATHLETICS AND CO-CURRICULAR ACTIVITIES

- 1.0 The Board recognizes the value of athletics and co-curricular activities as an integral part of the educational program. The Board believes that athletic competition should be a healthful, positive and safe experience for everyone involved, conducted in an environment that teaches values and ethics, strengthens the community, promotes competition without conflict and enriches the lives of athletes. Participants should learn to handle success with grace and losing with dignity.
- 2.0 The Board believes that participation in athletic and co-curricular activities provides a significant learning experience and opportunity for personal growth. Learning in these activities is closely related to learning in the classroom, supporting the Guiding Principles of Maine's System of Learning Results. In these activities, student participants are provided opportunities to learn skills, strategies, relationships, leadership, self-discipline and responsibility. They also are provided opportunities to learn the importance of setting goals for themselves and the team or group, and planning how to achieve those goals.
- 3.0 The Board also believes that participation in athletic and co-curricular activities should be related to physical and emotional health and fitness. Athletic and co-curricular activities provide the incentive for developing and maintaining healthy bodies and active minds. Participation in athletic activities promotes habits of exercise and good nutrition that can last a lifetime. Participation in athletic and co-curricular activities provides the opportunity to build self-confidence and a sense of personal responsibility for making healthy lifestyle choices. Being part of a team or activity should create a feeling of belonging and offers a supportive network that contributes to emotional well-being.
- 4.0 Based on these beliefs, it is the Board's intent that the school department offer students the opportunity to experience developmentally sound athletic and co-curricular programs.
 - 4.1 At the high school level, interscholastic athletic programs will be designed to serve the needs of students who have shown that they are developmentally ready for more intense competitive experiences. At this level, the purpose of athletic programs is to promote healthy competition, sportsmanship, cooperation, integrity and citizenship. Whenever feasible, sub-varsity programs will be available to students. The Board also supports intramural sports as a way to involve students who are not competing in interscholastic activities. Co-curricular activities will be designed to enhance the classroom experience and learning opportunities, while promoting cooperation, building relationships, and a healthy competitive environment.
 - 4.2 At the middle school level, the school's athletic programs will be designed to meet the developmental needs of students through appropriate intramural and interscholastic activities. At this level, athletic programs will emphasize exploration of various sports, the strengthening of fundamental skills, teamwork, sportsmanship, and health and safety. It is the Board's intent that the programs promote opportunities for involvement of all team members in practices and play. The Board supports intramural activities for students not participating in interscholastic activities or when

financial, staffing or other concerns require the school to limit the number of students participating in interscholastic activities. Co-curricular activities will be designed to enhance the classroom experience and learning opportunities, while promoting cooperation, building relationships, and a healthy competitive environment.

Cross Reference: JJIB—Sponsorship and Evaluation of Athletic Programs
JJIBA—Hiring and Evaluation of Coaches
JJIBB—Sportsmanship
JJIBC—Relations with Booster Groups (or alternative code KJA)

Replaces: JEGA

Adopted: December 4, 2008