

# THE PHILOSOPHY OF MIDDLE SCHOOL AND HIGH SCHOOL SPORTS



## The Purpose of Middle School Sports

- Learn fundamentals
- Build character and Christ-like behavior
- Learn interests and experiences
- Learn strengths and weaknesses
- Introduce life skills
- Discover the team setting
- Learn healthy physical and emotional habits

## The Purpose of High School Sports

- Expand fundamentals
- Expand your character and Christ-like behavior
- Engage in new experiences
- Build upon strengths and weaknesses
- Instill life skills for the future
- Strive for excellence in your sport and the classroom
- Build community spirit and unity
- Grow team dynamics and culture
- Compete for Championships
- Improve physical and emotional health and well being

## High School Sports: Playing Time at NMCS

1. Without wavering from the COMET COMMITMENT, play and compete to win each game.
  - a. Compete for Conference, District, Regional, and State Championships while maintaining our Christ-centered focus.
2. Without wavering from the COMET COMMITMENT, create a meaningful experience for all.
  - a. Allow secondary players limited, yet intentional, time to enhance their experience and to keep them engaged as part of the greater program.
  - b. Equal playing time in high school sports is not applicable. **However, we strive to create the best possible experience for student athletes at all different skill and grade levels in order to build a whole and healthy program for years to come.**
  - c. Coaches are expected to be extremely intentional when it comes to subbing and playing time.

<u>Youth Sports</u>	<u>Middle School Sports</u>	<u>High School Sports</u>
Equal playing time <ul style="list-style-type: none"> <li>- Equal playing for all to allow for an equal in game experience between all parties.</li> </ul>	Minimally selective playing time <ul style="list-style-type: none"> <li>- Compete for playing time at practice and assess how all student athletes fare in game situations.</li> <li>- Start to identify roles between student athletes and team members.</li> </ul>	Selective playing time <ul style="list-style-type: none"> <li>- Compete for playing time at practice based on character, result, and athletic talent.</li> <li>- Remain intentional about allowing secondary athletes limited yet ample experience in games to allow them to feel part of the greater team.</li> <li>- Clearly define roles amongst student athletes and team members.</li> <li>- Play and compete to win each game.</li> </ul>