

# 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

## 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

## 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 should be extremely intentional when it comes to subbing and playing time.

### Youth Sports

#### Equal playing time

- Equal playing for all to allow for an equal in game experience between all parties.

### Middle School Sports

#### Minimally selective playing time

- Compete for playing time at practice and assess how all student athletes fair in game situations.
- Start to identify roles between student athletes and team members.

### High School Sports

#### Selective playing time

- Compete for playing time at practice based on character, result, and athletic talent.
- Remain intentional about allowing secondary athletes limited yet ample experience in games to allow them to feel part of the greater team.
- Clearly define roles amongst student athletes and team members.
- Play and compete to win each game.