Scheduling

Practices, Games, In- and Out-of-season Workouts

- Practice Scheduling/Sharing Facilities
- Game Scheduling
- Off-Season
- Private Instruction

Practice Scheduling/Sharing Facilities

The athletic department will assist all head coaches in creating practice schedules that allow for teams to share facilities and receive all necessary time and preparation. In order to continue striving for excellence, our teams are expected to practice frequently.

Frequency of Practices
The following parameters should be followed when space is allowed:

- Middle school teams: 3-4 days/week, 1½ -2 hours each practice
- High school teams: 5-6 days/week, 2-2½ hours each practice

*Coaches may see fit to modify (add/subtract) from the above based on upcoming contests

Wednesday and Sunday Events
In respect for the purpose and value of the Lord's Day, MPC teams are not permitted to workout on Sundays in regular season or tournaments. Practices may be held on Sundays only when absolutely necessary and require prior approval from the athletic office and the head of school. Sunday practices, when approved, will be limited to the hours of 2:00-5:00 p.m. GHSA rules prohibit game competitions on Sunday.

Wednesday events must be concluded by 5:30 p.m. to the best of our abilities in order for our student-athletes to attend church services. Competitions should only be scheduled on this day when necessary and must have prior approval of the athletic director.

Game Scheduling

Parameters and Points to Consider

1. All teams playing in leagues with a master schedule must work in advance with their athletic director to determine available days/times to be turned into the league.
2. Varsity head coaches are responsible for creating their schedule and any JV scheduling, as needed. Schedules will be submitted to the athletic office for approval and to avoid conflicts of gym and/or field space.
3. High school schedules will be structured to meet all requirements of GHSA. These schedules should also reflect the maximum number of events (or minus one) allowed by GHSA.
4. Our opponents can be from any classification, but coaches should be cognizant of where their team is in its growth. Schedules for each season should be challenging and competitive but not overwhelming.
5. Distance, traffic, bus availability, and travel expenses should all be considered when creating schedules.
6. Holidays, teacher workdays, and exam days should be avoided whenever possible. The list of *No Play Dates* should always be referred to when creating a game schedule.
7. Middle School and high school programs should do everything possible to minimize excessive early release from classes.

Game Contracts

All high school basketball, football, and baseball games will be put under contract. Head coaches will assist the athletic department in contracting all games to ensure that no errors or conflicts exist.

Off-Season

Our varsity program will use their off-season time and the summer months to improve. While coaches are not allowed to require out-of-season workouts or conditioning for student-athletes *(GHSA White Book p 39-40, By-law 2.69)*, all varsity coaches will schedule open workout times, camps, etc., on a voluntary basis for their respective sport teams. *Note: Coaches may only work with four players at a time in the off-season during the school year. Only in the summer months are coaches allowed to have an off-season workout involving more than four players.*

Private Instruction

Similar to our tutoring policy, MPC coaches are prohibited from receiving pay when working with athletes they are currently coaching. This also includes students who intend to try out for a team in the future. These arrangements may create a perception of favoritism that cannot be tolerated in regards to tryouts, playing time, etc. Coaches may set up open time to work with players on campus throughout the year, with the understanding that this will not positively or negatively impact any student-athlete’s chances of making a team.

Coaches may work for pay with student-athletes from other sport areas, as long as they adhere to the rate of pay set forth in our tutoring guidelines.

Community coaches may offer lessons to athletes for sports they coach. This may be done only with the approval of the head coach.

Coaches who wish to create clinics must first seek approval through the Eagle Sports Academy channels.