



B4Sports Leadership Academy INC

Athletics Handbook

JustPlay OC

Spirit Academy Athletics



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Welcome Message



Dear Students, Parents, and Coaches,
It is with great excitement that I extend my warmest greetings to each of you.

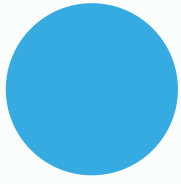
I am committed to fostering an environment where integrity, leadership, and community thrive. Our athletics program is not just about winning; it's about nurturing the whole athlete—mind, body, and spirit. Through dedication, hard work, and the support of our talented coaching staff and dedicated parents, we aim to empower each student-athlete to reach their fullest potential .

As Athletics Director, I am dedicated to ensuring that every student-athlete experiences the transformative power of sports. Together, let us embrace the values of commitment, character, community, courage, and communication that define our program. Let us celebrate each achievement, learn from every challenge, and grow stronger as a team and as individuals.

This handbook serves as a guide to our policies, expectations, and opportunities within our athletics program.

Warm regards,

Dr. Laseanda Wesson
Athletics Director
JustPlay OC, Spirit Academy Athletics



Vision Mission Values

Vision

To cultivate a dynamic program where student-athletes embody integrity, leadership, and community spirit. We envision a future where every athlete grows personally and athletically, supported by a culture of excellence and inclusivity. Our program aims to prepare students not only for success in sports but also as responsible, ethical leaders in their communities.

Mission

To empower student-athletes through holistic development, emphasizing integrity, leadership, and community engagement. We commit to nurturing personal growth, fostering athletic excellence, and cultivating a supportive environment where accountability and service are fundamental.

Values

- Commitment: Dedication to personal and team excellence.
- Character: Upholding ethical standards and integrity.
- Community: Fostering a supportive and inclusive environment.
- Courage: Embracing challenges with resilience and determination.
- Communication: Open and effective interaction among athletes, coaches, and staff.

Program Details

Our athletics program is designed to offer a wide range of sports and training opportunities, ensuring that every student-athlete can find a place to develop their skills, build leadership, and enjoy the benefits of physical activity. We offer both structured classes/clinics and competitive team sports. Charter funds apply only to classes, clinics, and educational sports training. Below, you will find detailed information about the sports we offer and our approach to athlete development.

JustPlay OC is the official athletics program that Spirit Academy utilizes to provide comprehensive sports opportunities for its students. This partnership ensures that all athletes at Spirit Academy have access to high-quality classes, training coaching, training facilities, and competitive play through JustPlay OC.

General Physical Education Program

Classes and Clinics:

- **Program Description:** Our General Physical Education (PE) program provides a comprehensive physical education curriculum designed to improve overall fitness, health, and well-being. These classes focus on a variety of activities including aerobic exercises, strength training, flexibility exercises, and sports fundamentals.
- **Charter Funding:** These classes qualify for charter funds as they are considered educational physical training.
- **Activities Included:** The program provides basic skills for various sports. The goal is to promote a healthy lifestyle and lifelong fitness habits.

Additional Information: The General PE program is suitable for all students and can be taken alongside any of our specific sports programs for a well-rounded physical education experience.

Sports

Basketball

- Classes and Clinics:
 - Our basketball classes and clinics focus on skill development, physical fitness, and strategic understanding of the game. These sessions are structured to cater to various skill levels, from beginners to advanced players, ensuring that every participant can improve their abilities.
 - Charter Funding: These classes and clinics are eligible for charter funds as they are considered educational sports training.

Volleyball

- Classes and Clinics:
 - Program Description: Our volleyball classes and clinics provide a comprehensive introduction to the sport, focusing on fundamental skills, strength, and conditioning. These sessions are designed to help players of all levels develop their abilities in a supportive environment.
 - Charter Funding: These classes and clinics qualify for charter funds, covering the educational and training aspects of the sport.

Baseball

- Classes and Clinics:
 - Program Description: Our baseball classes and clinics are designed to teach the fundamentals of the game, including batting, pitching, fielding, and base running. These sessions focus on skill enhancement and enjoyment of the sport.
 - Charter Funding: These educational training sessions are covered by charter funds.

Strength & Conditioning

- Classes and Clinics:
 - Program Description: Our strength and conditioning program is designed to improve overall athletic performance through targeted exercises and training regimens. These sessions help build strength, endurance, and agility, essential for all sports.
 - Charter Funding: These classes are eligible for charter funds as they focus on physical education and training.

Team Sports

- The sports program includes competitive play with the OC Warriors team/Spirit Academy Athletics team (Elem/Jr. High Only). This program emphasizes teamwork, competitive spirit, and advanced skill application through regular practices and games.
- Participation in team sports is optional and can be done alongside our classes and clinics for a comprehensive experience. Team sports are not eligible for charter funding.

Tournaments and Competitions

- Participation in regional and local tournaments provides our athletes with opportunities to compete at higher levels and gain valuable experience. These tournaments are supplementary to our regular classes and clinics.
- Regularly scheduled tournaments in basketball and volleyball, offering competitive play for various age groups.

Athlete Expectations

Our athletics program is built on the principles of dedication, respect, and personal growth. To ensure a positive and successful experience for everyone involved, we have established the following expectations for our student-athletes. Adherence to these guidelines will help foster a supportive and effective environment for all.

Code of Conduct

Respect: Treat everyone with respect. Demonstrate good sportsmanship and maintain a positive attitude.

Integrity: Uphold honesty and fairness in all athletic activities. Follow the rules, regulations, and guidelines of the sport.

Responsibility: Take responsibility for your actions and decisions. Be accountable for your conduct and performance, and promptly address any issues or concerns with your teachers/coaches.

Attendance Policies

Practice/Classes: Attend all scheduled practices and arrive on time. If you cannot attend due to illness or a legitimate conflict, notify your teacher/coach as soon as possible.

Games/Competitions: Be present for all games and competitions. If you must miss an event, provide advance notice and a valid reason to your coach.

Academic Requirements

Prioritize academic responsibilities and seek help if needed.

Eligibility: Meet all academic requirements and deadlines to remain eligible to participate in athletic activities.

Personal Conduct

Behavior: Exhibit positive behavior and a strong work ethic.

Appearance: Ensure that uniforms and gear are clean and in good condition.

Self-Care: Prioritize your physical and mental well-being by following recommended training, nutrition, and rest practices. Report any injuries or health issues to the teacher/coach immediately.

Substance Use: Avoid any substances that could impair your performance or health.

Communication

Feedback: Provide constructive feedback and be receptive to feedback from others.

Conflict Resolution: Address any conflicts or concerns directly with the involved parties and seek assistance from the teacher/ coach or athletic director if needed.

Coach Expectations

As a valued member of the program, your role is pivotal in shaping the experiences and growth of our student-athletes. Your dedication, professionalism, and commitment to excellence set the standard for our program. Below are the expectations we hold for all coaches within our athletics department.

Code of Conduct

- **Professionalism:** Maintain the highest standards of professionalism both on and off the field/court.
- **Serve as a role model** for student-athletes by demonstrating ethical behavior and integrity.
- **Respect:** Treat all athletes, parents, colleagues, opponents, and officials with respect. Foster an environment of mutual respect and inclusivity.
- **Responsibility:** Be accountable for your actions and decisions. Address any issues or conflicts promptly and constructively.

Communication

- **With Players:** Establish clear lines of communication with your players. Use consistent and appropriate methods (e.g., email, group messaging apps) and ensure players are informed about schedules, expectations, and team updates.
- **With Parents:** Communicate regularly with parents through scheduled chats, emails, and meetings. Set clear expectations and provide avenues for parents to express concerns or seek information.
- **With Administration:** Keep the administration informed about important information, and meetings, and ensure transparency and regular updates.
- **With Other Coaches:** Stay connected with fellow coaches through scheduled meetings and collaborative growth plans. Share responsibilities and maintain a unified approach to coaching.

Athlete Development

- **Skill Development:** Focus on the holistic development of each athlete, including physical skills, mental toughness, and sportsmanship.
- **Academic Support:** Monitor the academic performance of your athletes and support them in meeting their academic requirements. Collaborate with teachers and academic advisors as needed.
- **Health and Safety:** Prioritize the health and safety of athletes by following injury prevention protocols, and concussion guidelines, and ensuring proper rest and nutrition.

Personal Conduct

- Exhibit positive behavior and strong work ethic at all times.
- Maintain a professional appearance and ensure that uniforms and gear are clean and in good condition.
- Use positive and constructive communication.

Professional Development

- Engage in ongoing professional development to enhance your coaching skills and knowledge. Attend workshops, clinics, and courses as appropriate.
- Be open to receiving feedback from athletes, parents, and peers.

Social Media

Post appropriate content that reflects positively. Ensure that posts are timely, respectful, and celebratory.

Parent/Guardian Information

Your support and involvement are crucial to the success and growth of our student-athletes. We believe in a collaborative approach where parents and guardians play an integral role in the education and athletic journey of their children. Below are key points to ensure clear communication and a supportive environment for everyone involved.

Role of Parents/Guardians

- **Support:** Encourage and support your child in balancing academics and athletics. Attend events to show your support.
- **Communication:** Maintain open lines of communication with coaches and administration. Stay informed about schedules, events, and updates.
- **Positive Reinforcement:** Provide positive reinforcement and constructive feedback to your child. Help them navigate both successes and challenges.

Communication Channels

- **Regular Updates:** Stay informed through scheduled chats, emails, and newsletters. Coaches will provide regular updates on schedules, events, and any changes.
- **Contact Methods:** Ensure that your contact information is up to date. Preferred communication methods include email, group messaging apps, and phone calls.
- **Feedback:** If you have any concerns or need information, feel free to contact the coach or the athletic director. We encourage proactive and respectful communication.

Expectations

- **Behavior:** Model respectful behavior towards all athletes, coaches, officials, and other parents. Promote good sportsmanship and ethical conduct.
- **Attendance:** Ensure your child attends all scheduled activities. Notify teachers/coaches in advance if your child cannot attend due to illness or other valid reasons.
- **Health and Safety:** Support your child's health by ensuring they follow proper nutrition, rest, and injury prevention practices. Communicate any health concerns to the teacher/coach promptly.

Volunteer Opportunities

- **Get Involved:** There are numerous ways to get involved, such as helping with team events, fundraising, and other activities. Your involvement enriches the athletic experience for all.
- **Fundraising:** Participate in fundraising activities to support team needs and events. Your contributions make a significant impact on the resources available for our athletes.

Academic Support

- **Monitor Performance:** Keep track of your child's academic progress and ensure they meet the eligibility standards for participation in athletics.
- **Collaboration:** Work with teachers and academic advisors to support your child's academic and athletic balance. Encourage your child to seek help if they face academic challenges.

Grievance Procedures

- **Addressing Concerns:** If you have concerns regarding your child's experience or any aspect of the athletics program, please follow the appropriate channels. Start by discussing with the teacher/coach, and if necessary, escalate to the athletic director.
- **Resolution:** We are committed to resolving issues promptly and fairly, ensuring the best outcome for all parties involved.

Health and Safety Policies

The health and safety of our student-athletes are our top priorities. We are committed to providing a safe environment that promotes physical well-being, mental health, and overall safety for all participants. Below, you will find detailed information about our health and safety policies.

Injury Prevention and Treatment

- Prevention Measures:
 - Warm-Up and Cool-Down: All classes, practices, and games will include appropriate warm-up and cool-down exercises to prevent injuries.
 - Conditioning Programs: We implement strength and conditioning programs designed to reduce the risk of injury by improving flexibility, strength, and endurance.
 - Proper Equipment: Ensure all athletes use proper and well-maintained equipment suitable for their sport.
- Treatment and Response:
 - Coaches and staff are trained in first aid and CPR.
 - Injury Reporting: Any injury, no matter how minor, must be reported to the teacher/coach and athletic trainer immediately. A proper evaluation will be conducted to determine the necessary treatment.

Concussion Protocol

- Education: All athletes, coaches, and parents will be provided with information about the signs and symptoms of concussions.
- If a concussion is suspected, the athlete will be removed from all activities immediately and will not return until cleared by a healthcare professional.
- Athletes diagnosed with a concussion must follow a step-by-step return-to-play protocol, supervised by medical staff, to ensure they are fully recovered before resuming activities.

Hydration and Nutrition

- Athletes are encouraged to stay hydrated before, during, and after activities. Water breaks will be scheduled regularly, and athletes are advised to bring their own water bottles.
- Proper nutrition education is provided to athletes to ensure they understand the importance of a balanced diet in maintaining peak performance and overall health.

Mental Health and Well-Being

- Teachers/Coaches are encouraged to maintain open communication with athletes, promoting a supportive environment where athletes feel comfortable discussing mental health concerns.

Environmental Safety

- Weather Conditions: Practices and games will be adjusted based on weather conditions to prevent heat-related illnesses, hypothermia, and other weather-related health issues.
- All sports facilities will be regularly inspected and maintained to ensure a safe environment for athletes. Any hazards will be promptly addressed.

Health Screenings

- All athletes over the age of 12 participating in team sports must complete a pre-participation physical examination and provide the necessary medical clearance forms before engaging in any athletic activities.

Facilities

We are proud to offer access to a variety of top-notch sports facilities across the region. These facilities provide the perfect environment for training, practice, and competition. Below is a list of the primary locations we use, along with their addresses and a general statement about our facilities use.

Primary Facilities

1. Momentous Sports Center

- Location: 14522 Myford Rd, Irvine, CA 92606
- Description: A state-of-the-art facility offering numerous courts for basketball, volleyball, and other sports. It provides a spacious and modern environment for both training and competitions.

2. Grijalva Park Recreation Center

- Location: 368 N Prospect St, Orange, CA 92869
- Description: This center includes multiple courts and fields, ideal for a variety of sports activities. It's a community hub that supports both our classes and team sports programs.

3. Columbus Tustin Recreation Center

- Location: 17522 Beneta Way, Tustin, CA 92780
- Description: Featuring excellent facilities for basketball and other indoor sports, this recreation center is a key venue for our training sessions and matches.

4. Trinity Gym

- Location: 13922 Prospect Ave, Santa Ana, CA 92705
- Description: A well-equipped gymnasium that hosts our basketball and volleyball practices and games. It offers a supportive environment for our athletes.

5. Pioneer Middle School Gym

- Location: 2700 Pioneer Rd, Tustin, CA 92782
- Description: The gym at Pioneer Middle School is a crucial site for our indoor sports, providing ample space and facilities for effective training.

6. Wintersburg Gym

- Location: 2000 N Fairview St, Santa Ana, CA 92706
- Description: This gym supports a range of our athletic programs, from practices to competitive games, in a community-focused setting.

7. Tustin Sports Park

- Location: 12850 Robinson Dr, Tustin, CA 92782
- Description: A versatile sports park offering fields and courts for various outdoor activities. It's ideal for both practices and competitions in multiple sports.

Other Facilities (As Needed)

- Description: We occasionally utilize additional local facilities to meet the needs of our programs. These facilities are selected based on their suitability for specific sports and events.

General Statement about Facilities Use

We utilize a range of venues that offer high-quality environments for training, practices, and competitions. We work closely with these venues to ensure they meet our high standards for safety, cleanliness, and functionality.

Policies and Procedures

To ensure a safe, organized, and positive experience for all participants, we have established the following policies and procedures. These guidelines help maintain a high standard of conduct and operation within our youth sports program.

Code of Conduct

- Participants are expected to demonstrate respect, sportsmanship, and integrity. This includes respect for teachers/coaches and other participants.
- Teachers and Coaches are expected to model professional behavior, provide positive reinforcement, and uphold the principles of fairness and respect in all interactions.
- Parents/Guardians: Parents and guardians are encouraged to support their children positively and respect all participants and officials. Communication with staff should be constructive and respectful.

Attendance Policies

- Attend all scheduled activities. If a participant cannot attend an activity, they must inform the staff in advance and provide a valid reason.
- Attendance at games and competitions for team sports is mandatory unless excused for a valid reason. Athletes must arrive on time and be prepared to participate.

Academic Requirements (if applicable)

- If applicable, youth athletes must maintain certain academic standards to participate in sports.
- Academic support is available to help youth athletes balance their academic and athletic commitments.

Health and Safety Policies

- Participants must follow all safety guidelines and use the proper equipment. Injuries must be reported immediately to the staff.
- Participants suspected of having a concussion will be removed from play and cannot return until cleared by a healthcare professional.
- Proper hydration and nutrition are essential. Participants are encouraged to bring their own water bottles and maintain a balanced diet.

Apparel Guidelines

- Participants must wear appropriate attire as specified by the staff. This includes proper footwear and safety gear.
- Games/Competitions: Uniforms must be worn as prescribed for all games and competitions. Athletes are responsible for the care and maintenance of their uniforms.

Communication Channels

- Open and effective communication is encouraged. Participants should feel comfortable discussing any concerns or issues with their teacher/coach.
- Regular updates will be provided to parents and guardians through emails, meetings, and newsletters. Concerns should be communicated respectfully to the program director.
- Staff will maintain regular communication with the program's administration regarding the status and needs of the athletics program.

Team Fundraising

- Athletes and parents are encouraged to participate in fundraising activities to support the athletics program.
- All fundraising activities must be approved by the program director and conducted in accordance with organizational policies.

Social Media Policy

Athletes, coaches, and parents must adhere to the program's social media policy. This includes posting respectful and appropriate content that reflects positively on the organization.

Athletics

Administration Contact Information

Director

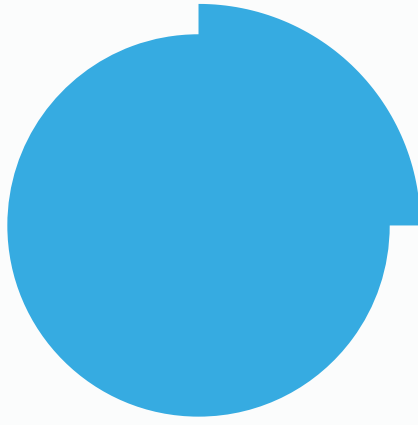
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Coordinators

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Coaches

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Thank You

We are thrilled to have you as part of our vibrant and dynamic community. Our commitment to fostering a positive, inclusive, and enriching environment for all participants is at the heart of everything we do. By joining our program, you contribute to a legacy of excellence, sportsmanship, and personal growth.

We are excited about the future and the many opportunities that lie ahead. Together, we will continue to build a program that not only develops future leaders but also nurtures responsible, respectful, and resilient individuals.

Warm regards,
Laseanda Wesson
Director
JustPlay OC
Spirit Academy Athletics

Contact Us For any questions, concerns, or additional information, please do not hesitate to reach out to us at:

- Email: justplayoc@gmail.com
- Phone: 949-529-0972
- Website: justplayoc.org