



Middle School Athletics Philosophy

Recognizing the unique developmental needs of the middle level student, Red Rock School promotes activities that build student success through active **participation**, increased **skill building**, and **positive sportsmanship**.

Participation

- Emphasize participation over win/loss records
- Provide opportunities for everyone to participate
- Balance competition with cooperation
- Encourage lifelong participation in activities
- Emphasize having fun

Skill Building

- Develop age appropriate skills
- Focus on fundamentals
- Develop skills as a foundation for improvement

Sportsmanship

- Develop a positive team attitude
- Encourage, cooperate, and collaborate with peers
- Present positive adult role models that demonstrate self-control and (mutual) respect

Middle School Coaches Shall Understand

- Students have varying levels of ability, and coaches need to present a developmentally appropriate program for students
- Positive encouragement is the strongest tool for learning
- Coaches should provide a safe environment for kids to experiment and grow
- Activities should be meaningful and fun
- Fundamentals and practice are the building blocks for a successful athlete
- Coaches are a key role model
- Every team member's responsibility is to encourage one another
- The importance of commitment and responsibility