

## PHILOSOPHY OF ACA ATHLETICS:

Jr. High: Athletics in Jr. High emphasizes participation and basic skill development. Emphasis is not placed on winning as much as it is placed on the development of the athlete. Playing time is divided up as equally as possible, extra time will be given to the athletes that display a good attitude and effort on and off the court/field. Both 7<sup>th</sup> and 8<sup>th</sup> grade games will be scheduled to allow the athlete to be able to have adequate playing time. On some occasions it will be necessary to have combined games; these games will allow both the 7<sup>th</sup> and 8<sup>th</sup> grade teams to play together as one team.

Junior Varsity Athletics: Athletics in JV teams will try and strike a balance between competition and participation. This level of play will allow athletes to gain experience, and to hone their skills in the upper level of competition, allowing an easier transition to varsity athletics. JV teams are primarily made up of younger high school athletes and high school students who are less experienced in the sport. Playing time will try to be as equal as possible with extra time going to the athlete that displays a good attitude and effort on and off the court/field. JV teams will play to win the match or game, but not at the expense of non-participation of an athlete.

Varsity Athletics: Athletics in Varsity teams will emphasize team building and competition. At this level the athletes with the highest skill level in the sport will be playing. Not all playing time will be equal. Playing time can be affected by attitude and effort on and off the court. The varsity teams will play to win the match/game.