



Concord Carlisle High School

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Dear Fall Coaches:

We hope the start of the school year and the fall sports season is going well for our student-athletes and teams. We know that our student-athletes are excited about the upcoming season, and we appreciate your mentorship of the young men and women in our program.

We are writing to remind you about an important community-wide initiative and some guidelines regarding practices that impact our teams and athletic department staff. We appreciate your support in this endeavor.

Two years ago we partnered with the national organization Challenge Success to examine some aspects of our school culture, particularly as they relate to student stress.

The mission of Challenge Success is to provide families and schools with practical, research-based tools to create a more balanced and fulfilling life for students. As a part of this work, we surveyed students and found, not surprisingly, that a high percentage of CCHS students participate in school sports. Many reported finding it difficult to juggle the commitment of a competitive athletic team with their academic and family demands. We understand the invaluable role interscholastic athletics often play in the lives of our students, so we are looking to promote a healthy balance between these competing demands.

To do this, we are asking for the following:

- ❖ All practice sessions (“warm-ups”) will begin no earlier than 3:15 p.m., and, more importantly, practices should not exceed two hours and fifteen minutes (end at 5:30 p.m.).

This will not only allow students to get extra academic help and to participate in clubs and organizations that occur after school and before practice, but it will also afford students the opportunity to meet the required academic demands that exist outside of school without compromising family time.

While we understand the importance of team-building and camaraderie, and the important learning that comes from athletes watching their teammates compete, we also want to

ensure that students have adequate time to complete homework and have time for their families and other obligations in the evenings.

We recognize that the answer to student stress and well-being is multipronged. As a result, in addition to these athletic guidelines, we have solidified homework expectations. Please review our Homework Practices found [here](#), as these provide additional context. We appreciate your support in this work.

As a result, we are requesting the following practices be implemented for all athletic competitions:

- ❖ During home games, students are allowed to leave when their game or match is over, or that they are authorized to show up later if their game does not start right away.
- ❖ During away games, students are encouraged to study and work on homework while they are not competing, including the bus rides.

Finally, in an effort to increase awareness of academic demands being placed on our students and reduce student stress, we ask you to be mindful of the timing of events, including end-of-season banquets. Quarter 1 ends on Friday, October 26 and students frequently have many projects and assessments due. For this reason, we ask that you not schedule any additional events during the week of October 22-26. All efforts should be made to hold banquets on a weekend. If that is not possible, Thursday night is the preferred evening to hold a voluntary, end-of-year celebration, and they should end by 9pm.

We know that our coaches play a vital role in building our CCHS community. We appreciate your continued support of our student-athletes, as well as the commitment and dedication that you have demonstrated to the ideals and core values of our school.

If you have any questions regarding these practices, please do not hesitate to contact us. We look forward to a rewarding and successful 2018-2019 season.