physical education & athletic programs

MISSION STATEMENT
The mission of WMS Physical Education and Athletic Programs are to encourage our students to develop a lifelong commitment to physical wellbeing, to gain in skills and competence, experience competition and leadership opportunities, and to strengthen resilience, self-esteem, teamwork, and sportsmanship.

STATEMENT OF PURPOSE
The WMS educational philosophy espouses the importance of the development of the body as well as the mind. Athletic activities play an important role in preparing our students physically, morally, psychologically, and socially. The school provides opportunity through sports and other physical activities to prepare and inspire our students in preparation for lifelong physical activity and for continuing sports experiences as they move from WMS to secondary school environments.

Students of all skill levels are encouraged to participate in WMS sports and outdoor activities. Physical education classes for younger students aim to develop skills as part of preparation. We believe that adolescent brain, in particular, is strengthened by opportunities to try new things, taking risks, making mistakes and learning from them in the athletic arena as well as the academic and social.

Key to the WMS athletic philosophy are developing a healthy attitude and comfort level toward competition, correlating the connection between health and fitness, improving self-discipline and habits, and highlighting the link between achieving personal and team goals through cooperative effort in pursuit of a common objective. The program strongly supports the encouragement of younger students by older ones, of less skilled/ experienced students by those who are more skilled/experienced.
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EXPECTATIONS FOR WMS ATHLETIC PROGRAMS: Athletes, Coaches, Parents and Friends

In order to achieve our goals and honor our mission and philosophy, these are our expectations.

ATHLETES

Given our belief that athletics provides a unique opportunity for the development of physical conditioning, athletic skill, and character, we expect every athlete to strive for the following:

COMPETENCE

- Develop the skills necessary to participate competently.
- Demonstrate knowledge of the rules and conventions of the sport.
- Demonstrate knowledge of the strategies of the sport.
- Demonstrate a level of physical conditioning and fitness sufficient to participate competently in the sport.

RESPONSIBILITY

- Be dependable in fulfilling obligations and commitments.
- Accept responsibility for consequences of your actions and not make excuses or blame others.
- Strive to excel.
- Be committed to the team, not just yourself.
- Persevere and do not give up in the face of setbacks.
- Play by the rules of the game.
- Control anger and frustration and refrain from displays of temper and bad language.
- Accept losing and winning graciously. Congratulate opponents.
physical education & athletic programs

EXPECTATIONS FOR WMS ATHLETIC PROGRAMS: Continued

CITIZENSHIP

• Be faithful to the ideals of the game, including sportsmanship.
• Treat all persons respectfully, regardless of individual differences, and show respect for coaches, officials, and others.
• Show team spirit; encourage others and contribute to good morale.
• Actively support teammates, especially those with less skills or experience.
• Put the welfare of the team ahead of your personal goals.
• Set a good example for teammates, younger athletes, fans, and school community.

COACHES

The Athletic Director and coaches are leaders, dedicated to fostering healthy competition and building skills and to developing children socially and morally. As Montessori educators, role models, and guides, coaches and the athletic director will:

• Exemplify the highest level of moral character and respectfulness to all students and adults.
• Work continually to find a good balance of competitiveness, discipline, and enjoyment in practices and games.
• Be modest in victory and gracious in defeat.
• Respect the integrity and judgment of officials.
• Strive to develop the qualities of character and citizenship in every team member valued by WMS in all its programs.
• Provide a safe, challenging and encouraging environment for both practice and competition.
• Recognize the individual worth and reinforce the self-image of each athlete on each side.
  Implicit in this is the understanding that every player plays in every game.
physical education & athletic programs

COACHES: Continued

• Establish realistic goals and expectations for each team and child and communicate those to students and parents.

• Promote personal fitness and good nutrition for athletes. Educate athletes on preventing sports injuries.

• Strive for excellence in coaching skills and techniques through professional improvement.

PARENTS AND FRIENDS

The larger school community has an interest, investment, and value in the success of its athletic program. Parents, in particular, play a vital role in the development of student athletes. Since the adults play a key role reinforcing our mission and philosophy, we expect them to:

• Be positive role models through their own actions.

• Support the entire team – cheer for good play on both teams.

• Reinforce students in their attempt to improve themselves as athletes and people. Show and encourage respect for opposing players, coaches, and spectators.

• Be respectful of all officials’ decisions.

• Gain an understanding and appreciation for the rules of the contest, but leave coaching to the coaches to create less confusion for the players.

• Help students learn that success is experienced in the development of their skills and in teamwork whether the team wins or loses.

• Feel welcome to give feedback, as part of the WMS approach, to coaches, the athletic director, and the head of school. Picking the proper time, place, and manner for conversations is important, particularly in the case of coaches who often have their hands full around the time of an event.