

Henniker Athletic Committee Program Guidelines

Practice and Game Guidelines

Practice is important and attendance is required for children wishing to participate in whatever sport they are playing. It is only fair that all participants make an equal commitment to the team and that commitment includes attending practice. We recognize that it is difficult for a player to make it to every practice. If a player needs to miss practice, a prior notice and reasonable excuse are required.

The following guidelines are principles that provide the framework for practices and games in each Henniker athletic program. Please note that there will likely be occasional exceptions to these guidelines. These exceptions require approval by the Henniker Athletic Committee prior to implementation.

Age Group	Practice Objectives	Practice and Game Guidelines
All	<ul style="list-style-type: none"> ▪ Vary by age group (see below) 	<ul style="list-style-type: none"> ▪ On days that <u>school is cancelled</u>, all practices are also <u>cancelled</u>. ▪ Players are expected to <u>attend a specified number of practices per week</u>. This expectation varies by age group (see below). ▪ <u>Mandatory practices should not be scheduled during holiday weekends, school vacations</u>. Any practices scheduled during these times are OPTIONAL. ▪ <u>Sunday practices will NOT be mandatory</u>. It is fair to ask families to commit to a Saturday game but not reasonable to expect families to restrict their plans for an entire weekend on a regular basis. NOTE: On occasion, some teams may require a Sunday practice. In this case, coaches will provide parents and players advanced notice of this need. ▪ <u>Games and make-up games should not be scheduled during holidays or during school vacations</u>, if possible.
Kindergarten – 2 nd Grade	<ul style="list-style-type: none"> ▪ Build enthusiasm for physical activity; have fun. ▪ Begin to develop general, athletic skills that are building blocks for all sports (e.g., running, jumping, throwing, 	<ul style="list-style-type: none"> ▪ Players are expected to <u>attend one practice per week</u>. ▪ Recommended <u>length of practice</u>: 45-60 minutes ▪ Practice will <u>conclude by 6:30pm</u> on school nights. ▪ <u>Scores and/or standings are not kept</u>

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	<p>balance, agility and hand-eye coordination).</p> <ul style="list-style-type: none"> ▪ Begin to practice basic, sport-specific skills ▪ Begin discussion on general purpose/ rules of the game. 	
<p>3rd and 4th Grade</p>	<ul style="list-style-type: none"> ▪ Build enthusiasm for physical activity and athletics; have fun. ▪ Continue to develop general, athletic skills. ▪ Continue to practice basic, sport-specific skills. ▪ Increase understanding of general purpose/rules of the game. 	<ul style="list-style-type: none"> ▪ Players are expected to <u>attend one practice per week</u>. Attendance is optional for practices exceeding this number. ▪ Recommended <u>length of practice</u>: 60 minutes ▪ Practice will <u>conclude by 7pm</u> on school nights. ▪ <u>Scores kept according to league rules</u> but <u>standings deemphasized</u>.
<p>5th and 6th Grade</p>	<ul style="list-style-type: none"> ▪ Generate enthusiasm for the sport and game. ▪ Continue to build sport-specific skills. ▪ Understand game rules and basic game strategies. 	<ul style="list-style-type: none"> ▪ Players are expected to attend <u>two practices per week</u>. Attendance is optional for practices exceeding this number. ▪ Recommended <u>length of practice</u>: 60 minutes ▪ Practice will <u>conclude by 7pm</u> on school nights. ▪ <u>Scores kept according to league rules</u> but <u>standings deemphasized</u>.

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Age Group	Practice Objectives	Practice and Game Guidelines
7 th and 8 th Grade	<ul style="list-style-type: none"> ▪ Generate enthusiasm for the sport and game. ▪ Acquire and demonstrate more advanced sport-specific skills. ▪ Begin to learn advanced game strategies and tactics. 	<ul style="list-style-type: none"> ▪ Players are expected to <u>attend two practices per week</u>. Attendance is optional for practices exceeding this number. ▪ Recommended <u>length of practice</u>: 60 – 90 minutes ▪ Practice will <u>conclude by 8pm</u> on school nights. ▪ <u>Scores kept according to league rules</u> but <u>standings deemphasized</u>.

Facilities

- Facilities should be left in the same condition as they are found for games and practices.
- Use of the facilities outside of authorized athletic programs should be scheduled through the Henniker Athletic Committee, specifically the Director of Fields and Maintenance.