

WILDCAT FAQs

Frequently Asked Questions: School Athletics

1. How many practices does a student-athlete need to be eligible?

Wrestling, Football, and Baseball Pitchers - 10

All other sports - 6

2. If sport seasons overlap due to the postseason, how many practices count towards the next sport?

Sports with six (6) practices required for the individual before the first contest/scrimmage will be allowed to carry over three (3) days. Sports with ten (10) practices required for the individual before the first contest/scrimmage will be allowed to carry over four (4) days.

3. Can I sign my child out to bring them home from an away game?

Yes. The coach will have a sign-out sheet available at the end of the contest. You must sign the sheet prior to taking your child home.

4. Can my child ride home with a different family from a contest?

For a student to ride home from a contest with someone other than their legal guardian, the legal guardian must fill out and sign an *Alternate Transportation Sheet* for each specific date.

- This form must be emailed or turned into the *Athletic Director* at least **24** hours in advance.**
- Once approved, your child must still be signed out by the adult taking responsibility for their transportation.**

6. How to cope with lower-than-expected playing time for your child?

- **Remember our purpose:** to develop character and lifelong lessons. It is hard for young people to experience low playing time, especially when it is new. But all athletes experience this at some point in their athletic career. Especially at the JV level, coming from Modified where everyone plays. It is hard as a parent to see your child struggle.
- **Reframe the role, not the value:** Help your child understand that playing time does not equal worth. Being a reliable teammate, through effort in practice, encouragement on the bench, and readiness when called upon, matters to team success and personal growth.
- **Focus on controllables:** Encourage athletes to invest energy in what they can control: attitude, effort, preparation, and improvement. Parents can reinforce this by praising work ethic and commitment rather than minutes played.
- **Use low playing time as a learning opportunity:** Limited game minutes can create space to observe strategy, learn from teammates, and absorb coaching. Parents can help by asking reflective questions like, "What did you notice from the sideline?" instead of focusing on frustration.
- **Promote healthy communication:** Support your child in respectfully asking coaches what skills or habits they need to improve to earn more opportunities. Parents should guide, not lead, these conversations to build confidence and self-advocacy.
- **Keep perspective and joy in the sport:** Remind athletes that high school sports are about growth, relationships, and resilience. Parents set the tone by modeling calm support, avoiding comparison, and emphasizing long-term development over short-term outcomes. All of us at some point don't get what we want but being a valued member of any team is where the learning is.