

## CO-CURRICULAR AND EXTRA-CURRICULAR PROGRAMS

### Philosophy

The Wells-Ogunquit C.S.D. believes that extra-curricular activities are an integral part of a public school education. A solid balance between academic and extra-curricular commitment enhances the total student. Participation in activities at all levels can provide the opportunity for students to develop strength of character and distinct qualities which will serve them throughout their lives.

Recognizing the diversity of all students, a well-defined extra-curricular program encourages sportsmanship, self-esteem, and a lifelong commitment to physical and mental fitness. It provides activities, athletic and co-curricular, to complement the academic offerings and to offer a broad variety of opportunities for all students to expand their academic and artistic horizons. It also fosters a sense of teamwork, enjoyment, cooperation and competition. The primary focus is to provide an atmosphere which promotes positive feelings of self-worth for every child.

Extra-curricular activities may include the following:

#### Non-competitive activities:

- ❖ Non-competitive activities such as special interest clubs, yearbook, newspaper staff, and others offer the student the opportunity to get together with other students with similar interests and to expand their knowledge or expertise in a particular area of interest.

#### The junior high school and high school intramural programs:

- ❖ The principal purpose of an intramural program at this level is to provide recreational opportunities for all interested students. The emphasis should be more on maximum participation than on competition. The major goal in this program is to encourage the pursuit of lifelong physical activity and recreational involvement, as well as to promote good sportsmanship, self-esteem, and positive interpersonal relationships.

#### The junior high interscholastic athletic program:

- ❖ This program is often the athlete's first experience with interscholastic competition. At this level, participation still remains a major priority. The intramural, youth league, and recreation enthusiast of elementary grades will be encouraged to evolve into a more dedicated athlete who now begins to make more substantive commitments to teammates, coaches, and school.
- ❖ Team members are encouraged to attend all scheduled practices and contests in order to develop their individual and team skills and strategies, and to become actively involved in positive team building.
- ❖ The junior high school years involve significant changes in maturation and growth for young athletes. They must be provided with sensitive encouragement by coaches, teachers, and parents.

#### The sub-varsity interscholastic high school athletic program:

- ❖ The interscholastic sub-varsity program is an important adjunct to the varsity athletic program which serves as a bridge for young athletes moving from the middle school experience into the more competitive arena of high school varsity athletics. As activities at this level are still introductory, team and individual goals are not as vigorously pursued as they are at the varsity level. Emphasis remains focused on skill development and participation. There is a gradual increase in commitment and personal sacrifice as the

goals and successes of the team become more important than those of the individual. Student athletes must begin to realize their strengths and weaknesses and how each determines his/her role on this team as well as in future varsity athletic endeavors.

The varsity interscholastic high school athletic program:

- ❖ The varsity interscholastic high school athletic program is the most competitive level of athletics for student athletes. At this level, athletes have demonstrated an advanced degree of competence in their sport, the emotional maturity to cope with the pressures of a competitive program, and the willingness to make the sacrifices necessary for total personal and team development.
- ❖ Varsity athletes have had the opportunity to develop refined skills at the middle and/or sub-varsity levels as well as through non-interscholastic offerings. The major emphasis at this level is to maximize realistic team goals. Varsity athletes are expected to demonstrate the highest level of responsibility and commitment. Attendance at all practices and games is expected, as is rigorous training, a high level of integrity, and mental preparedness.
- ❖ Because the goal of any varsity team is to maximize its potential, it is not realistic for every team member to expect significant or even any playing time in a particular contest. It is, therefore, essential that each athlete understands his/her role on the team, and that varsity coaches and parents foster a mature acceptance of and appreciation for each role.

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