



## Dual - Sports Participation Policy:

Student/Athletes tend to be active and engaging individuals. Personal preferences are often hard to make since interests vary. Parental and peer pressure can lead to anxiety about choosing the best activity and performing at the best level for the athlete. This can lead to scheduling difficulties, arguments, and below average performance in activities that should be fun and stress releasing. With that in mind, we would like to provide an easy way for athletes to set priorities and still participate in as many activities as are healthy and fun.

If you are a parent and your student/athlete wants to participate in two or more activities that may have conflicting schedules, discuss the concept of setting priorities and how splitting time and energy between two events can adversely affect their performance in each. Once the priority is set, then discuss the decision with the coaches of each team and discuss whether it is the best interest of the team to have a part-time participant on the team. If everyone agrees, the coach should set expectations about practice time, game time, and set goals for the activity that are reasonable based upon the level of participation.

It is the policy of the AUSC that athletes who want to participate in AUSC activities, (*practices, games, tournaments*), do so with the expectation that they will do so with the mission and philosophy of the club as stated at [addisonunitedvt.com](http://addisonunitedvt.com).

The Board of Directors and the Directors of Coaching & Skills