

Mattituck-Cutchogue Union Free School District

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics in the Mattituck-Cutchogue School District is a component of the health and physical education program and therefore is an integral part of the districts total educational program. Athletics should be a broadening experience in which harmony of mind-body functions is created through striving for physical and mental excellence. This value-building experience should be offered to as many students as possible. A well-coordinated program is vitally important to the morale of the school and our community.

Everyone involved in the delivery of athletics possesses a unique opportunity to teach positive life skills and values. Therefore, this educational experience demands highly qualified coaches. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletics. Making such a commitment helps to nurture integrity, pride, loyalty, and overall character. The final outcome is a better citizenry carrying these values throughout their life.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season's success. Guiding the team to attain maximum potential is the ultimate goal. To this end the coaching staff must teach student/athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.