

Skyline High School



Student-Athlete Handbook
2009-10

Mission Statement

The Skyline High School Athletic Department exists as an extension of the regular curriculum and to provide the student-athlete the opportunity to develop attributes that will lead towards positive character development.

Objectives of the Athletic Program

The interscholastic program of Skyline High School will strive to provide:

1. Activities that are compatible with the general instructional program of the school.
2. Opportunities for student athletes to learn the value of cooperation, hard work, dedication, sacrifice, and perseverance.
3. Opportunities for student athletes to develop positive leadership qualities.
4. Learning experiences that place team goals above individual goals.
5. Physical, mental, and social growth embodied in the spirit of amateur athletics.
6. Each student athlete the opportunity to explore a variety of activities.
7. A means for students to learn how to manage and budget time wisely.
8. Opportunities for students to develop a positive attitude toward school.
9. Instruction in proper techniques, skills, and regulations of each activity while placing safety of the participant first and foremost. **WARNING:** It should be understood there is an inherent risk of injury and even death while participating in any athletic activity.
10. Instruction that fosters respect for opponents, officials, school property, faculty, and coaches.

Athletic Activity Offerings

Fall: Football, Volleyball, Cross Country, Golf, and Cheer
Winter: Boys Basketball, Cheer, Wrestling, and Girls Basketball
Spring: Track & Field, Soccer, Tennis, Softball, and Baseball

Lettering Policy

1. Each coach is responsible for informing players and parents of their lettering criteria. A copy of these criteria is also to be on file with the Director of Athletics.

Awards

2. All-Academic Awards:
 - a. Any student that maintains a 3.5 GPA or better for the advisory they are in season will receive an All-Academic Award .
3. Participants not lettering:
 - a. Junior Varsity/Freshman: certificate
 - b. Varsity: certificate
4. First Letter:
 - a. Varsity: cloth letter w/emblem, lettering certificate
 - b. Manager: cloth letter w/emblem, lettering certificate

5. Second Letter:
 - a. Varsity: bar, lettering certificate
 - b. Manager: bar, lettering certificate
6. Additional Letter: (in different sport)
 - a. Varsity: emblem, lettering certificates
 - b. Manager: emblem, lettering certificates
7. MVP Award:
 - a. One MVP award plaque will be given.
8. Awards/Recognition:
 - a. All coaches will have an awards program at the end of the season for their athletes. Athletes should be recognized during the same awards presentation to celebrate the team/individuals accomplishments.

Student-Athlete Eligibility Regulations

Students must have:

1. **Current Physical:** Each athlete must have a current physical obtained after May 1st of the preceding school year. This parental consent and physician's certificate must be completed and turned into the coach prior to the first practice.
2. **Emergency Care Card:** Each participate must have an emergency care card on file with the coach prior to the first scrimmage or contest.
3. **Insurance:** All candidates for an athletic team are encouraged to have accident insurance.
4. **Attendance:** In order to participate in an athletic activity or practice on any given day, a student must report to school no later than 20 minutes after the beginning of first block and must remain in school the entire day. Exceptions may be made for Doctor and Dental appointments (note required from doctor, parental notes will not be excepted) or reasons excused by the principal.

VHSL Requirements:

1. **Bona Fide Student Rule:** The student shall be a regular bona fide student in good standing of the school, which he/she represents. (VHSL 28-1-1)
2. **Grade Rule:** The student shall be enrolled in the last four years of high school. (VHSL 28-2-1)
3. **Enrollment Rule:** The student shall have been regularly enrolled in the school, which he/she represents not later than the fifteenth day of the semester. (VHSL 28-3-1)
4. **Scholarship Rule:** The student shall be enrolled in not fewer than five subjects, or their equivalent, offered for credit and shall have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or immediately preceding semester. (VHSL 28-4-1)
5. **Age Rule:** The student shall not have reached the age of 19 on or before the first day of August of the year in which he/she wishes to compete. (VHSL 28-5-1)
6. **Transfer Rule:** The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in residence of his/her parents or guardian. (VHSL 28-6-1)
7. **Semester Rule:** The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in ninth grade. (VHSL 28-7-1)

Minimal Training Rules and Regulations:

1. **Practice Attendance:** Student-athletes are responsible to attend all practices. If an athlete cannot attend, it is his/her responsibility to notify the coach. Unexcused absences may result in disciplinary action. An unexcused absence from school may not count as an excused absence from practice.
2. **Grooming:** Hairstyles should be neat and within guidelines established by the head coach as a matter of health and safety.
3. **Dress:** Student-athletes should take pride in their appearance when representing the school whether during the day at school, traveling to a contest, or at a sports award program. Each sport's head coach sets the dress for the day of contests, team travel, and awards program.
4. **Jewelry:** For safety reasons, no jewelry will be worn during practice or athletic contests.
5. **Transportation:** All student-athletes will travel to and from athletic contests in transportation provided by the school. Any exception to this rule requires a written request from the parent of the athlete to the Director of Athletics. If the request is granted, the parent or guardian will provide the transportation only. Athletes must abide by school bus rules and regulations when being transported to and from athletic contests.
6. **School Attendance:** Student-athletes are responsible for maintaining a good attendance record. In order to participate in an athletic activity or practice on any given day, a student must report to school no later than 20 minutes after the beginning of first block and must remain in school the entire day. Exceptions may be made for Doctor and Dental appointments (note required from doctor, parental notes will not be accepted) or reasons excused by the principal.
7. **Profanity:** Profanity has no place in athletics and will not be tolerated.
8. **Athletic Equipment:** The student-athlete shall accept the responsibility for all athletic equipment issued and will provide for its proper cleaning and care, safe storage, maintenance, and return. An athlete may not participate in any further athletics until he/she has returned or paid for all issued equipment. Issued equipment may be worn at practices, on game day, or at Skyline HS sanctioned events only.
9. **Quitting a Team:** A student-athlete quitting a team without consulting the coach will be suspended immediately from all school-supported athletics and/or off-season conditioning programs for the rest of the season of that sport.
10. **Unexcused Missed Practice:** The coach of that sport will determine punishment for a missed unexcused practice.
11. **Conduct:** Proper conduct is expected of all student-athletes. The athletes must be in good standing with their respective school. Any improper conduct while a member of an athletic team may result in suspension or expulsion from the squad. (VHSL 28-1-3-(2)). In subordination to coaches and/or administration can lead to suspension and/or dismissal from the squad.
12. **Sportsmanship:** Athletes are expected to be courteous to opponents, coaches and officials; modest in victory and gracious in defeat; and be aware their actions often affect crowd reactions. Inciting crowds and bringing attention to oneself, even in celebration, will not be condoned. The VHSL policy regarding an ejected athlete for unsportsmanlike conduct states the athlete will be ineligible for the team's next contest.
13. **Any dual sport participation:** Must first be approved by the Director of Athletics for such situations. parents, coaches, and the student-athlete must sign a contract approved by the Director of Athletics for such situations.
14. **Coach's Meeting/Training Regulations:** All coaches are required to hold a meeting of parents/guardians of student-athletes prior to the start of the season. Student athletes should also attend the meeting. The coaches are required to outline policies, training rules, safety regulations, lettering procedures, and/ or other related items. (Including drugs, tobacco, and alcohol rules)

- 15. Tobacco Products, Alcohol Beverages, and Drugs:** The unlawful purchase, possession, use, or distribution of controlled substances and tobacco, or the misuse of any such substance which would endanger the safety of a student-athlete, will not be permitted. **The first time offender** will be denied participation for a minimum of ten school days plus the offender must successfully complete the intervention cessation program mandated by the school. A meeting with the parent(s), student-athlete, head coach, Director of Athletics and Principal will be held prior to the athlete returning to the squad. A contract of compliance will be signed upon returning to the squad. **The second time offender** will be denied participation for a minimum of fifteen school days plus the offender must successfully complete, a second, intervention cessation program mandated by the school. A meeting with the parent(s), student-athlete, head coach, Director of Athletics and Principal will be held prior to the athlete returning to the squad. A contract of compliance will be signed upon returning to the squad. **The third time offender** will result in a suspension for all athletic participation for the remainder of the school year. **Note:** Refusal of the athlete or his/her parent(s) to participate in the intervention cessation program will preclude further participation in school athletics.
- 16. Ineligibility for Steroid Use:** *Consistent with the Code of Virginia*, a student who is a member of a school athletic team shall be ineligible for two years to compete in interscholastic athletics if it is determined by the school principal and division superintendent that the student used anabolic steroids during the training period immediately preceding or during the sport season of the athletic team, unless such steroid was prescribed by a licensed physician for a medical condition.(VHSL 30-2-2)
- 17. Hazing:** Any form of hazing or other rites of initiation or intimidation are strictly forbidden at any time, on or off school property. Any incident will be referred to administration with a minimum athletic suspension of 10 school days.

Training Room Rules:

1. Student-athletes who are injured during practice or a game must see the school's athletic trainer before returning to play. At no time, may the coach supercede the medical decision of the ATC.
2. All student athletes must sign in on the daily log sheet. Athletes are seen first come first served basis; only exception is an emergency.
3. Student athletes should arrive in the training room with adequate time to wait, receive treatment and make it to practice on time. If athletes arrive with inadequate time they may not receive treatment.
4. Absolutely **NO CLEATS** or **EQUIPMENT** in the training room.
5. The training room is **not for socializing**, if you are not receiving treatment, or speaking with the athletic trainer - you do not belong there.
6. No horse playing in the training room.

NCAA Eligibility Guidelines: See Files & Forms on Athletic Department homepage.

Skyline High School



Hawk Athletic Pledge

As a Skyline High School student-athlete participating voluntarily in interscholastic athletics, I understand that:

1. I will abide by the Warren County Public Schools Student Code of Conduct, the school's Athletic Handbook, the coaches team rules, and the rules of the Virginia High School League.
2. I will conduct myself in an exemplary social manner at all times.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol, or drugs. If I do use any of these substances, am in possession of such substances, or am suspended from school for use or possession of these substances, I will be subject to disciplinary actions as outlined in the Athletic Handbook.
5. I acknowledge that I have been properly advised, cautioned and warned by administrative and coaching personnel of Skyline High School that I am exposing myself to the risk of injury, which could result in a temporary or permanent, partial or complete impairment and/or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
6. I, along with my parents, certify that I have read and understand all of Skyline High School's athletic policies in the Athletic Handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____