

Philip Simmons High School



**Student/Parent
Athletic Handbook**

Mission

The mission of the Philip Simmons High School Athletics Program is to provide safe, comprehensive, equitable and high quality sports opportunities and experiences for all students through student-centered coaches, competitive sports programs and diverse community partnerships, while functioning as an integral part of the total curriculum.

Vision

Students at Philip Simmons will be given the opportunity to meet the requirements for athletic participation which will promote good citizenship, teamwork, sportsmanship, character development, maximum individual achievement and practices for healthy living.

Objectives

1. To provide opportunities for participation in a wide variety of sports and life-long recreational activities.
2. To provide opportunities for high levels of skill development and competitive success.
3. To provide facilities and equipment that meets the health and safety codes and standards for all participants.
4. To provide quality coaches who are excellent role models and who have positive influence on students.
5. To foster a spirit of sportsmanship, teamwork, and fair play among all participants and spectators.
6. To operate an athletic program that is based on sound educational principles and is an integral part of the total curriculum.
7. To develop collaborative efforts which are mutually beneficial to the school and the community.

CODE OF ETHICS

It is the DUTY of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play
2. To eliminate all possibilities which tend to destroy the best values of the game
3. To stress the values derived from playing the game fairly
4. To show cordial courtesy to visiting teams and officials
5. To establish a happy, respectful relationship between visitors and hosts.
6. To respect the integrity and judgment of sport officials
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility
8. To encourage leadership, use of initiative and good judgment by players on the team
9. To recognize the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players
10. To remember that an athletic contest is only a game----- not a matter of life or death for player, coach, school, official, fan, community, state or nation.

ELIGIBILITY

To be eligible in the first semester, a student must pass a minimum of five Carnegie units applicable toward a high school diploma during the previous year. At least two units must have been passed during the second semester or summer school.

To be eligible during the second semester, the student must meet one of the following conditions:

1. If the student met first semester eligibility requirements, then he or she must pass the equivalent of four $\frac{1}{2}$ units during the first semester.
2. If the student did not meet first semester eligibility requirements, then he or she must pass the equivalent of five $\frac{1}{2}$ units during the first semester.

NOTE: In most cases on a traditional or AB block schedule, the following example would apply:

If eligible first semester, must pass four subjects.

If not eligible first semester, must pass five subjects.

In a 4X4 block schedule where units or $\frac{1}{2}$ units are granted at the end of the first semester, the following will apply:

If eligible first semester, must earn 2 units.

If not eligible first semester, must earn 2 $\frac{1}{2}$ units.

Remember that as an athlete you are not eligible to participate in any sport until the following items have been completed.

- A. **Physical exam**, consent to medical treatment form and concussion form completed and on file in the Athletic Director's office;
- B. **Parent permission** form signed and on file in the Athletic Director's office;
- C. **Birth certificate** must be on file in Athletic Director's office. (Birth certificate must be a city, county, or state certificate with a seal and file number on the certificate. Hospital birth certificates are not acceptable);
- D. **All academic requirements met**; and good standing with athletic department.
- E. Signature form from each athlete and guardian for **Concussion** recognition and acknowledgement of each athlete must be on file in Athletic Director's office.

AWARDS

Awards shall be made to members of athletic teams, and team managers as symbols of achievement, tradition, and school spirit. This practice shall be educationally justifiable through the learning process that is connected with receiving an award properly and humbly.

LETTERS

The combination scheme of letter and certificate award shall be used. The first year an athlete wins a letter in any sport he/she is awarded that letter, and a pin. The athletes are responsible for purchasing jackets. The following year/years, if he/she again earns a letter, he/she is given a bar. An athlete can only receive one letter. Managers shall be awarded letters upon successful completion of their duties. The coach and the athletic director must agree that any manager's work has been satisfactory. A coach will turn in to the athletic department the basis for which letters are awarded. This must be with subjective evaluation of the coach.

AWARDS/TROPHIES

Athletes receiving awards in the form of plaques shall have been recommended by either the players of their teams or the coach of the sport.

ATTENDANCE AND TARDINESS AT PRACTICE OF TEAM MEMBERS

Each team member is expected to be present at every practice session, unless absent from school or personally excused by the coach. In either case, the player must notify his coach before practice begins on the day of his/her absence. Failure to notify the coach properly shall warrant some degree of consequence; his/her coach shall determine the consequence. Tardiness will not be tolerated and is subject to severe disciplinary action.

A player must be in attendance $\frac{1}{2}$ the school day of competition to be permitted to participate in a game or match. In extreme circumstances, the principal or his designee can act on absences.

EXTRACURRICULAR ELIGIBILITY

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

1. Students have a responsibility to do everything they can to conflicts with extra curricular activities. Student-Athletes will need to notify the faculty sponsors/coaches involved immediately when a conflict does arise.

2. When a conflict does arise, the sponsors/coaches will work out a solution to resolve the conflict. If a solution cannot be found, the principal will make the decision based on the following:

- A. The relative importance of each event to the school.
- B. The importance of each event to the student.
- C. The relative contribution the student can make.
- D. How long each event has been scheduled.
- E. The opinion of the parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

PLAYER REMOVED FROM A TEAM OR QUITTING

If a player quits or is removed from a team for any reason, he or she will not be allowed to participate with any other team in any season until the season of the team he or she was a part of has concluded. This includes but is not limited to weight training, conditioning, out of season practices.

DISCIPLINE

An athlete must work to his/her academic potential in his/her academic subjects as established by the guidance department and administration. He/she must also display good school citizenship at all times. Disciplinary action taken by the Administration may be supplemented by additional disciplinary action by individual coaches and the Athletic Department.

DISCIPLINE PROCEDURE

The coach or athletic director may immediately suspend a player from contests or practices for up to five consecutive school days or two contests depending on the schedule.

A meeting of the athlete's coach and the Athletic Director shall determine any suspension period of more than five school days. The following will be required.

1. A written statement of violation by the Coach and notification to the Athletic Director.
2. Consultation with the parent or guardian or the representative, preferably by a meeting; and
3. Consultation with the student athlete.
4. No athlete will be immediately dismissed from a team. While this may be a result the athlete will not be dismissed until all procedures have been carried out.

APPEAL PROCEDURE

The parent or guardian of the student athlete may appeal the decision of the coach or athletic director to the Executive Committee. This executive committee shall be made up of the Principal, an Assistant Principal, the Athletic Director, and a neutral coach. The appeal will require the following:

1. The written appeal must be presented to the Athletic Director within five days of the initial ruling.
2. The student and parent/guardian shall have the privilege of attendance.
3. The appeals committee shall render a decision within five school days, in writing, to the student and his/her parent or guardian.

Drug and Tobacco Violation

We cannot compromise participation in interscholastic activities with substance abuse. The student-athlete who uses tobacco, alcohol, illegal drugs, or any type of mood altering substance found in legal over-the-counter products, jeopardizes team morale, team reputation, and team success and does physical harm to himself/herself. Students have to decide for themselves whether or not they want to participate in our interscholastic program. **If you wish to participate, you must make a commitment. A big part of this commitment is following a simple set of training rules which the school system believes to be fair.**

1. **Use of Tobacco** – Research emphasizes that the use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young competitors, and any deviation from accepted training rules marks one as unwilling to pay the price of competition and commitment. If one squad member breaks the rule, the whole team's reputation is damaged. **This rule means no use of tobacco all year, in or out of season.**
2. **Use of Alcoholic Beverages** – There is no way to justify a competitor's use of alcoholic beverages, even though social pressure may be hard to resist. This includes at school or out of school. **This rule means no use of alcoholic beverages all year, in or out of season.**
3. **Use of Illegal Drugs or Mood Altering Substances** – Simply stated, drug abuse will not be tolerated. The use or misuse of drugs or chemicals is a social problem. Students with a strong sense of purpose have no need for mood modifiers. **The rule for drugs/chemical abuse is in effect all year, in or out of season.**

C. Penalties for Violation of Training Rules

- These offense penalties will start when the athlete goes out for his or her next sport season, or their current season.

1. **Tobacco Violations:**

1st offense: Forfeiture of playing in 20% of the scheduled regular season contests and all pre-season scrimmages and tournaments. Student must attend a counseling program run by an agency designated by the district.

2nd offense: Athlete will be suspended from the team for the remainder of the season.

3rd offense: Athlete is suspended for the remainder of the current season and the sports season after that.

4th offense: Exclusion from all athletic activities for the remainder of their high school career.

2. **Drugs/Alcohol Violations:**

1st offense: Forfeiture of playing in 20% of the scheduled regular season contests and all pre-season scrimmages and tournaments. Student must attend a drug/alcohol program run by an agency designated by the district.

2nd offense: Athlete is suspended from the team for the season.

3rd offense: Athlete is suspended for the remainder of the season and sports season after that.

4th offense: Exclusion from all athletic activities for the remainder of their high school career.

3. **Appeal:**

The student found in violation for a 4th offense has the right to an appeal after one calendar year from the determination of guilt. The appeal for reinstatement is contingent upon substantial proof of rehabilitation and will be made to the principal, athletic director, and the head coach.

Student Statisticians/Managers

These individuals are considered participants of the sporting event and should follow the same guidelines as players and cheerleaders for their sport.

Game Day Participation

In order to participate in a school-day practice or contest, a student athlete must be in attendance four periods of the school day. Field trips, Alternate Learning Experiences, concurrent enrollment, medical/dental appointments, special family situations, and others may be excused by an administrator.

DISCIPLINARY MEASURES

Misbehavior by an athlete of Philip Simmons will **NOT** be tolerated. He/she must conduct himself/herself in a manner that exemplifies good citizenship and self-control while attending school. Exceptions of personal rules of the coach are not covered in this code of conduct. If a coach has additional rules, they must be written, handed out to each of his/her players and

MUST also be given to the athletic director. Of particular note to athletes is the attendance rule. If a student athlete is OSS they are not allowed to practice/games.

Athletic Tutoring

Starting in the fall of 2020, Philip Simmons High School will be offering tutoring services for all of our athletes that are currently in their respective seasons. The tutoring sessions will be lead by Ms. Mallory Bendig. All athletes who are in season and currently have a D or F in any class will have mandatory study hall for an hour right after school before going out to practice to work on school work from that class or classes. **If a student has a F when their game or match starts in any class, they will not be allowed to participate in that game or match.**

The purpose of this is to continue to show the importance of academics in a student-athletes life. Our goal in this program is to allow all students when they leave Philip Simmons High School to be academically eligible in any post high school athletic plans that they may have. Ms. Bendig will help be the liaison between the athletes and the teachers, and help coordinate assignments, however, the athlete will be ultimately responsible for understanding what they need to work on.

Ms. Bendig will check the students' grades on Monday Morning, and identify to their respective coaches about their athletes that will be with her. Athletes will report to her right after school on designated days. They will then scan a QR code outside of study hall when they enter and when they leave. Coches will have full access to the spreadsheet and check times of their athletes.

Once an athlete has a C or better in all of his or her classes, they will be released from study hall, however, if the grade dips below, they will be placed back in study hall.



Please sign and return only to your head coach

Student/Parent Handbook for Athletics Signature Page I have read the entire Student/Parent Handbook for Athletics, and I understand what is expected of me as a student-athlete. I agree to follow all policies in this handbook, and I promise to always represent my school in a positive manner. I understand that any violation of this handbook will result in consequences. I understand that any violation of the handbook could result in suspension from athletics. I also understand that this handbook is in effect 24 hours a day, 7 days a week, 12 months a year, both inside and outside of school and/or school related activities.

Student Name (Print): _____ Grade: ____

Student Signature: _____ Date: _____

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____ Date: _____