

# Social Circle City Schools

## SCHS ATHLETIC HANDBOOK

### FOR STUDENTS

## 2019-2020



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## **Introduction**

The athletic department is an integral part of the educational environment of the Social Circle City Schools. We believe that athletics has a major role in the overall development of our young people. Participation in the athletic program is a privilege granted to the young men and women of our school in return for compliance with certain rules and regulations. Athletic competition adds to the SCCS spirit and helps all students, participants and spectators to develop pride in their schools and community. Every student athlete, through their public participation, is an ambassador of our schools and community. We expect excellent behavior from all of our athletes both on and off the playing field. All athletes will adhere to the Social Circle *Student Code of Conduct*.

The Athletic Departments at Social Circle provides a comprehensive program of team and individual sports opportunities – including football, basketball, fast-pitch softball, swimming, diving, baseball, soccer, golf, tennis, track, cheerleading, and wrestling.

## **Purpose**

The purpose of the *Social Circle City Schools Athletic Handbook* is to provide coaches, student athletes and parents/guardians with the necessary information to make the athletic experience a rewarding one for all involved. Please take the time to familiarize yourself with the rules and regulations which govern the SCCS Athletic Programs. In addition, each coach and student athlete is responsible for adherence to the rules and regulations of the Georgia High School Association ([www.ghsa.net](http://www.ghsa.net)).

## Profile

The Social Circle City Schools offers athletic opportunities for students in grades 9 through 12 on varsity, junior varsity and C team level.

SCCS currently sponsors the following activities for the fall, winter and spring seasons:

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
<b>Varsity</b>	<b>Varsity</b>	<b>Varsity</b>
Softball Football Competition Cheerleading Cross Country	Basketball (B & G) Cheerleading Swimming (B & G) Wrestling	Baseball Golf (B & G) Soccer (B & G) Tennis (B & G) Track (B & G)
<b>Junior Varsity</b>	<b>Junior Varsity</b>	<b>Junior Varsity</b>
Softball Football Cross Country	Basketball (B & G) Swimming (B & G) Wrestling	Baseball Golf (B & G) Soccer (B & G) Tennis (B & G) Track (B & G)

Teams will be sponsored depending on the interest of student athletes.

## Participation Fee

There will be a \$30 participation fee for all athletes each year at Social Circle High School. The participation fee should be paid to the head coach of the first sport the athlete plays each season and will go into the general athletic fund to help support Social Circle Athletics. The participation fee will be due before the first official game. Students who do not pay the Participation fee will not receive a letter.

## High School Ticket Prices

<b>Sporting Event</b>	<b>Regular Event Prices for Adults &amp; Students</b>	<b>Other Type of Event Prices for Adults &amp; Students</b>
<b>Varsity Football</b>	\$7.00	
<b>JV Football</b>	\$5.00	
<b>JV &amp; Varsity Wrestling</b>	\$5.00	\$7.00 Tournament-all day
<b>JV &amp; Varsity Basketball (Combo)</b>	\$5.00	
<b>JV &amp; Varsity Softball</b>	\$5.00	\$7.00 Double Game
<b>JV Basketball (Only)</b>	\$5.00	
<b>JV &amp; Varsity Soccer</b>	\$5.00	\$5.00 Double Varsity Game
<b>JV &amp; Varsity Baseball</b>	\$5.00	\$7.00 (V)Double Header
<b>Track</b>	\$5.00	

## Student Home Game Pass

Student Pass \$35.00

(All Home Games, excluding Region and State Play-offs. Valued at over \$200.00)

Playoff game prices are set by the GHSA. Playoff ticket prices will be release for the post season. Prices above are regular season only.

NOTE: Ticket prices may increase without notice.

Regions may determine ticket prices.

### Middle School Student-Athletes

To promote athletics to middle school students, students who participate on a middle school team will receive a sport's pass for their sport during that particular season. Pass may be revoked or suspended due to disciplinary issues at the discretion of Athletic Director, Principal, and/or Head Coach.

## **Athletic Behavior Code**

The athletic program is an important and integral part of the total school environment at Social Circle City Schools. It is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy and loyalty to the program. S/he also accepts the training rules, regulations and responsibilities which are unique to an athletic program.

It is our desire that all individuals (athletes, coaches, officials, spectators and supervisors) involved with interscholastic athletics will display behavior that reflects the ideals of sportsmanship, ethical conduct and a sense of fair play. It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players. Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Social Circle athletic departments and other specific coaches' rules for their particular sport. Please remember that most of all, it is the duty of all parties concerned with high school athletics to remember that each individual athletic contest is only a game and should be kept in that perspective.

## **Code of Ethics**

The athlete is expected:

- To conduct themselves in a mature fashion at all times.
- To display a sense of pride and commitment when representing SCCS.
- To respect the facilities of host schools and the trust entailed in being a guest.
- To be a positive role model for other students and athletes in academics, language, dress, behavior - both on and off the playing area. (Remember that athletes assume a leadership role and that younger students emulate their behavior.)
- To be a positive role model to other students and athletes by not attending nightclubs or other places of entertainment, which serve alcohol.
- To be respectful of those in authority.
- To attend school regularly and be punctual to class.
- To always be a good sport and demonstrate self-control and mutual respect at all times.
- To use self-discipline in coping with stressful situations.
- To avoid the use of profanity, abusive language or gestures in dealing with opponents, officials or spectators.
- To abstain from the use of alcohol, drugs and tobacco at all times.

- To accept decisions of officials without question.
- To accept victory with grace and defeat with dignity; poor winners or losers do a disservice to themselves. (A true sportsman does not offer excuses for failures.)
- To avoid displays of self-glorification and always put the team first.
- PLAY FOR THE LOVE OF THE GAME.

Violators of this code are subject to suspension/dismissal from the team.

## **Discipline**

The Social Circle City Schools athletic departments expect excellence in all of our athletes and their behavior both on and off the playing field. We believe that athletics play a major role in the development of our young people. We do not condone the violation of various training rules or the violation of our athletic code of conduct, which each athlete must sign prior to participation. Our expectation is that these rules and conduct codes are followed; however, we do realize that violations may occur both during the season and during the off-season.

The coaching staff reserves the right to administer consequences for misbehavior subversive to good order and discipline on the athletic team. Such behavior may or may not be specified in the preceding written rules.

The statements above are in effect outside the realm of the normal school day which is governed by the school administration and for all times during the student's tenure as an athlete. The offenses listed above would have to be discovered by an administrator, coach, parent/guardian or teacher.

## **Expectation of Spectators**

All Social Circle City school community members are expected to behave responsibly while at school and while participating in the Athletic Programs at Social Circle schools and/or during school events at all campuses. During the season, student athletes must conform to several Athletic Department policies as outlined in this handbook.

The spectator is expected:

- To conform to accepted standards of good sportsmanship and behavior.
- To show respect and positive support for officials, coaches and players, prior, during and after the game.
- To recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
- To participate in cheers that support, encourage and uplift the teams involved.
- To understand that school athletics is an extension of the classroom, offering learning experiences for the student athletes.
- To treat visiting teams and officials as guests, extending every courtesy. (Be modest in victory and gracious in defeat.)
- To understand that schools are responsible for the conduct of their respective spectators whether home or away.

Violators of this code are subject to eviction from the event and possibly being banned from future events at SCSS.

## **Athlete/Parent/Coach Communication Process**

It is our expectation that communication will be encouraged and maintained between and among parents, athletes and coaches. Parents are entitled to answers to legitimate questions regarding their child's performance and/or status. During the season, concerns may arise. Our philosophy at SCCS is that we are student/athlete advocates. The following communication process will be followed:

- Player meets with coach to discuss concerns/issues, if unresolved...
- Player, parent meets with coach for further discussion, if unresolved...
- Player, parent, coach meet with Athletic Director for further discussion, if unresolved as a last resort...
- Player, parent, coach, Athletic Director meet with Building Principal

## **Parent/Coach Communication**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach regarding your child's program.

*Communication you should expect from your child's coach:*

1. Philosophy of the coach
2. Expectations the coach has for your child, as well as all the players on the squad
3. Locations and times of all practices and contests
4. Team requirements, i.e. fees, special equipment, off-season conditioning
5. Procedure should your child be injured during participation
6. Discipline which results in the denial of your child's participation

*Communication coaches expect from parents:*

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations

As your children become involved in the program, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

*Appropriate concerns to discuss with coaches:*

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other topics, such as those listed below, must be left to the discretion of the coach.

*Issues not appropriate to discuss with coaches:*

1. Team strategy
2. Play calling
3. Playing time
4. Team position
5. Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

*If you have a concern to discuss with a coach, the procedure you should follow:*

1. Call to set up an appointment.
2. If the coach cannot be reached, call the School Secretary; he/she will set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

## THE NEXT STEP

*What can a parent do if the meeting with the coach did not provide a satisfactory resolution?*

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curriculum activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits

required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided makes both your child's and your experience with the high school athletic program less stressful and more enjoyable.

## **Attendance Policy for Athletic Participation**

1. A student must be in attendance for at least a half day in order to participate in a practice or game.
2. A student that has been assigned to OSS may not participate in a practice or a game until the OSS has been satisfactorily completed. (Out-of-school suspension is effective from the time the disposition is assessed until the beginning of the first day that the student is back in school). Students assigned to ISS may practice, but will not be allowed to compete in competition/game until ISS is completed. ISS begins the morning of the first day and ends at 3:30 pm on the last school day assigned provided that all work has been satisfactorily completed.
3. A student who goes on a field trip is not considered absent.
4. All athletes are required to attend all scheduled team practices and contests unless specifically excused for medical, religious or other reasons deemed appropriate by the coach and/or athletic director.
5. Athletes should be prepared to practice on Saturdays and during school vacations. Outside commitments that restrict practice attendance on Saturdays and during school vacations are not acceptable. Athletes who miss practice will be subject to discipline by the coach. This policy does not apply to absences for religious reasons.
6. Athletes cannot miss practices or events to attend other extra-curricular activities. This is one of the sacrifices athletes must make and is essential to team building.
7. It is recommended that parents plan vacations so as not to conflict with their son's/daughter's participation on a team.

## **Athletes Going From One Sport To Another / Quitting**

Whenever students enlist in the athletic program by joining or trying-out for a specific team, they assume a responsibility and commitment to that team and coach. Dropping out of a sport is discouraged. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. Dropping a sport and subsequent transferring to another sport shall be governed by the following guidelines:

1. An athlete who wishes to leave a team (and/or transfer to another) may do so provided s/he leaves while in good standing and only after discussing with the coach the reason for leaving. All issued equipment must be returned.

2. No changing of teams will be allowed after the second week of a season or after the final cut has been made on the team being dropped or the team to be joined.
3. The athlete must meet the requirements for the new sport before he/she may participate in an athletic contest.
4. An athlete who is dismissed from a squad for disciplinary reasons (i.e., violation of the code of conduct, insubordination, excessive unexcused absences, etc.) shall not be allowed to participate in another sport for the remainder for the sports season or until the period of suspension expires.
5. If you have lost equipment, you will have to pay for it before you start your new sport. When you are cleared from your previous sport, you can begin your new sport. You may not begin a new sport until you are cleared from your previous sport.
6. If you are new to a sport, you will need to turn in the physical form with all the appropriate information filled out completely before you begin practice. Then, the coach will check your eligibility. This may mean that you do not start immediately in the new sport.
7. A student-athlete that quits a sport or is removed from a team cannot: 1) participate in another sport during the same season (Exception: the student is participating in two sports simultaneously); 2) begin tryouts, conditioning, practice in a sport in the following season until the sport that was quit (at the appropriate level) has concluded its season.

## **Awards/Lettering**

Athletes must successfully complete the athletic season to be eligible for an award/letter including all post-season competition. Attendance at practices and competitions is an essential requirement. Awards/Letters are given by each coach for his/her particular sport. All guidelines for receiving an award and/or lettering are set by each coach with prior approval of the Athletic Director before the season starts. The criteria for awards/letters are made known to the student athlete and parents at the pre-season meeting.

## **Competitive Interscholastic Activities in Grades 9-12**

### **No Pass/No Participate**

To be eligible for high school competition, students must satisfy the following requirements:

1. Rising 9<sup>th</sup> graders must meet Georgia High School Association eligibility status.
2. Rising 10<sup>th</sup> graders must accumulate 2.5 units in the previous grading period and must have passed 5 units in the previous school year.
3. Rising 11<sup>th</sup> graders must accumulate 2.5 units in the previous grading period and must have passed 11 units entering the third year of high school.

4. Rising 12<sup>th</sup> graders must have accumulated 2.5 units in the previous grading period and must have passed 17 units entering the fourth year of high school.

**Note: One unit equals one full class (usually 2 semesters). A half unit equals one semester class. Eligibility is established at the end of each semester.**

## Equipment

It is important to emphasize to all student athletes their responsibility as team members to take good care of school equipment and report any abuses to their coach or Athletic Director. Replacing or repairing equipment is expensive.

1. Equipment issued by the Athletic Department and is to be worn only during practice and interscholastic contests or with the permission of the coach. At no time are student athletes to wear school-issued equipment or uniforms for:
  - a. Physical education classes
  - b. Work or job
  - c. Social events
2. An athletic team member may wear his/her entire uniform, uniform top or game jersey only under the direction of his/her coach.
3. Each athlete is solely responsible for all the equipment and uniform components signed out in his or her name. Lost, stolen or intentionally damaged uniforms or equipment must be replaced at the athlete's expense.
4. Immediately report any loss, theft or damaged equipment or uniform to your coach. Lost, stolen or intentionally damaged uniforms or equipment must be replaced at cost. Cost may include replacing a complete set when items cannot be replaced individually. The athlete is notified in writing of the amount he or she owes.
5. All uniforms and equipment must be returned in good condition, on the date specified by the coach or athletes will be charged the replacement cost. *Compensation is required regardless of whether or not the athlete still has the item! Athletes will not be permitted to practice or tryout for another sport until the school is compensated for all unreturned items.*
6. Each head coach is directly responsible for the care and control of all equipment used in his/her program.
7. Coaches should establish a system to distribute and collect athletic equipment.
8. The head coach, although s/he may delegate the issuing of equipment to assistant coaches, is ultimately responsible for the issuing of equipment to all team personnel. Each coach must have the knowledge to ensure properly fitting equipment.
9. Coaches must instruct players in the proper use, care (cleaning) and maintenance of their equipment at the time of issue.

10. Coaches must periodically inspect and review the equipment issued to the student athletes to ensure safety. Equipment may break or deteriorate and become unsafe during the year. Replace unsafe or defective equipment. Facility hazards should be reported to the Athletic Director immediately.

## **Equity in Sports Act (HB 1308)**

1. The SCHS Principal and/or Athletic Director have been assigned to render decisions regarding complaints relating to gender equity issues.
2. Parents and/or students may contact the Athletic Director to complete the appropriate form for filing a complaint.
3. Once filed with the Athletic Director, a written decision will be made within 30 days.
4. A copy of the decision will be provided to the complainant.
5. A complainant has the right to appeal the decision to the local board of education within 35 days of the date decision.
6. A complainant may appeal a decision of a local board.

## **Insurance**

A student must have adequate health insurance in order to be allowed to participate in school athletics. Any student not covered by an insurance plan must purchase the Student Accident Insurance Plan. Forms are available at the front office and/or the Athletic office.

## **Media**

The head coach is solely responsible to inform the media of their schedules, scores, tournaments, special recognitions, etc. The head coach can also assign another coach and/or a parent representative to be in contact with the media after games, tournaments, etc. Varsity Head Coaches should make arrangements with the media in order to secure proper recognition for team and individual accomplishments.

## **Multiple-Sport Athletes**

All Social Circle City School athletes, parents and coaches should understand the importance of the multiple-sport athlete to our program. We support, encourage and allow students to participate in one, two or three seasons as they so choose. It should also be understood that students who are finishing one athletic season while tryouts are in progress for another season will be given special consideration and an opportunity for a delayed tryout. However, it is the duty of the athletes to discuss this with their coaches well in advance. Injury, illness and other special situations will be taken into consideration as well, but must be authorized by the varsity head coach and Athletic Director. At no time should a coach encourage an athlete to specialize in one or more specific programs. Coaches will support the multiple-sport concept.

## Parent Meeting

Each coach will meet with the parents of his/her team to explain details of the upcoming season and what will be expected of the athletes and what to expect from the coaching staff. Coaches will also outline their philosophy, practice schedule, game schedule, tryouts, making the team, etc.

## Physical Examinations

1. All students who participate in competitive interscholastic athletics and cheerleading shall have an annual physical examination prior to participation in any tryout, practice or conditioning, whichever comes first.
2. The physical examination form shall indicate approval for participation and be signed by a doctor of medicine, a doctor of osteopathy or a physician's assistant.

The physical examination form shall also include the date the exam was performed (month, date and year,) the student's name and the physician's signature. The form must be on file for all athletes in the Athletic Director's office *prior* to participation. Physicals taken after April 1 of the previous year are good for the entire subsequent school year.

## School Colors

To continue and honor our "Schools Pride" all athletic uniforms worn by our student athletes must have the school colors (Red and White) as the predominant colors. Additional colors may be incorporated as accent colors as long as they are pre-approved by the Athletic Director. All uniforms must be approved by the Principal or Athletic Director before ordering.

## Supervision

Coaches are responsible for the athletes under their supervision and should be present and in control of the activities taking place while students are under their care. The coach's responsibility starts at the time the students have been instructed to report for practice, games or meets (home or away) and ends when the last student athlete has left. Since the coaches are required to remain until all student athletes have been picked up, transportation arrangements by parents need to be done in advance. Parents should be on time for pick up after games and practices.

## **Transportation and Travel**

All transportation is the coach's responsibility. It is the coach's responsibility to make sure all rules and regulations of bus transportation are followed. During an away contest the following procedures should be followed:

1. While visiting another school, athletes representing SCCS should dress and act appropriately at all times. Athletes are expected to travel to contests in appropriate attire as dictated by the coach. Coaches inform team members of the appropriate travel attire at a pre-season meeting or on the first day of practice.
2. Athletes are strongly advised not to travel with expensive jewelry, large amounts of cash or other valuable items. An athlete who does so is solely responsible for the safekeeping of these items. SCCS or the host school may not be held responsible for damage, loss or theft.
3. Athletes should bring just enough money to pay for meals required during the trip. Teams are not required to stop for a meal after every away contest. Coaches will consider time (and/or location) when deciding to stop for an after game meal.
4. Transportation to all athletic contests is provided by the school via school bus or commercial coach. All athletes and support personnel must travel to and from the contest on school transportation. Athletes are not permitted to drive themselves, drive other students or ride with other students to athletic contests. Exceptions may be granted for some circumstances and only if a written request is made to the coach by the parent/guardian before the trip. The request for exception will be judged individually and may or may not be granted.
5. Athletes are expected to be ready to board the bus at the time designated by the coach. Coaches are instructed not to wait for tardy athletes. Habitually tardy athletes may face disciplinary action by the coach.
6. Occasionally, a team travels overnight for a contest or tournament. Athletes are held to all school policies for the duration of the trip. Essentially, the athlete will be "on school grounds" for the entire trip and any violation of school policy triggers the appropriate disciplinary action by the school. If an athlete disrupts the team or is a danger to himself or others, the parent or guardian is called and the athlete is sent home.

Each Varsity Head Coach is responsible for arranging transportation to away games for his/her particular sport. At least three weeks prior to the beginning of the season, an Athletic Field Trip Information Form must be completed and turned into the Athletic Department.

Transportation back to the school following away games must be provided by the coach. Written permission from a parent/guardian must be given to the coach in order for their child to return home by transportation other than provided by the Social Circle School System.

## **Tryouts and Team Selection**

Our philosophy of athletics is driven by a desire to see as many students as possible participate in the athletic programs at Social Circle City Schools. We encourage coaches to select as many students as possible without compromising the integrity of their sport. Time, space, facilities, equipment, athletic ability and other factors will place limitations on the most effective squad size for any particular sport. However, when developing procedure in this regard, coaches will strive to maximize the opportunities for student athletes without diluting the quality of the programs. Choosing the members and captains of athletic teams is the sole responsibility of the coach.

Prior to trying out, the coach will provide the following information to all candidates for the team:

- Extent of the tryout period
- Criteria used to select the team
- Number of students to be selected
- Practice commitment for those who make the team
- Game commitments

Sports are competitive and team rosters are limited. All students who try out may not be selected for the team. In all possible situations, athletes will be told by the coach when they have been cut. If circumstances dictate, rosters of the players who made the team may be posted at a location designated by the coach. Keep in mind that making a Junior Varsity or a C team does not automatically mean that you will make a Varsity team in the future. You will have to tryout and earn a spot on a Varsity team.

There may be some overlapping of sports seasons. Students who are participating in a previous season's sport may not quit that sport to practice in another. There is no penalty or disadvantage in the second sport because of this rule.

The goals of the tryout process are as follows:

- To judge the relative ability of the athletes and determine which athletes are likely to contribute the most to the program.
- To select the athletes that will benefit the most from the experience.
- To maintain a roster size that maximizes practice and playing opportunities for participants.
- To maintain a roster size that can be properly uniformed and equipped within the constraints of the athletic department budget.

- A student's prior discipline in school may affect a student's chances of making the team. (The coach reserves the right.)

Georgia High School rules require that, in order to be eligible to participate and/or try-out for an activity, a student must be enrolled at the school seeking eligibility or, in the case of an 8<sup>th</sup> grade student, must be enrolled in a feeder school. Students who are "planning" to move to Social Circle, but who are not yet enrolled in our system, are not eligible to tryout for athletics, cheerleading or other GHSA activities until they are actually enrolled in the school.

## **Weight Training Room**

### Statement of Student Responsibilities for Weight Room Use

1. No loitering.
2. No horse playing.
3. Follow designated work-out, rules and schedule.
4. Only exercises from the approved list of exercises should be used (developed by the strength coach).
5. All injuries should be reported immediately.
6. All free weight exercises should be spotted by a person or persons physically able to assist with the weight. "Do not bang weights."
7. All weight equipment should be checked by the athlete before using, to make sure it is in working order and it is safe to use. Immediately report any equipment malfunctions to a supervisor, attendant or instructor.
8. Clothing appropriate for weight lifting should be worn: athletic shoes, socks, properly fitted shorts, t-shirt. Jewelry and loose fitting clothing are prohibited. Towels are essential for wiping down equipment before use.
9. The athlete should warm-up before attempting lifts with heavy weights.
10. Lifting belts should be worn for any exercise when the back is not supported.
11. All weights should be returned to the racks when they are not in use. Do not remove weights from lifting area.
12. No food or drink is allowed in the weight room.
13. Clamps (collars) must be used on all free weight equipment.
14. No unattended personal equipment (books, book bags, clothing, etc.) should be left in the weight room.
15. No student athletes will be allowed in the weight room without proper adult (school) personnel.

**The use of proper weightlifting techniques is essential for student safety.**

## The Man Who Thinks He Can

*If you think you are beaten, you are  
If you think that you dare not, you don't  
If you'd like to win, but you think you can't, it's almost certain you won't.  
If you think you'll lose, you've lost.  
For out in the world you'll find, success begins with a fellow's will; it's all in the state of mind.  
If you think you are outclassed, you are.  
You've got to think high to rise.  
You've got to be sure of yourself before you can ever win a prize.  
Life's battles don't always go to the stronger or faster man,  
But sooner or later the man who wins  
is the man who thinks he can.*

NOTE: A copy of this inspirational poem hangs on the wall in Arnold Palmer's office. Arnie has made it a practice to read the poem at the start of each day. It serves him as a source of inspiration, courage and motivation that enables him to attack whatever problems and challenges that day might bring. It works for Arnie. It will work for you. Try it.

Arnold Palmer - Champion Professional Golfer

## Social Circle City School System Athletic Handbook Acknowledgment Form

Student Athlete: \_\_\_\_\_

Sport(s): \_\_\_\_\_

As the parent or guardian of this student, I have read and understand the *Social Circle City School System Athletic Handbook*. I recognize that my child must abide by all policies therein in order to remain eligible to participate in the Athletic Program and understand that violating the policies will result in the loss of that privilege. Therefore, I support and accept the policies of the school, including those that prohibit the use of alcohol, drugs and tobacco, while my child is involved in any athletic activity.

\_\_\_\_\_  
Name of Parent/Guardian (printed)

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

As a student participant in the SCSS athletic program, I have read and understand the SCSS Athletic Handbook. I recognize that I must abide by all policies therein in order to remain eligible to participate in the athletic program and understand that violating the policies will result in the loss of that privilege. Therefore, I support and accept the policies of the school, including those that prohibit the use of alcohol, drugs and tobacco, while I am involved in any athletic activity.

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date

The athlete is expected:

- To display a sense of pride and commitment when representing SCSS.
- To be a positive role model for other students and athletes in academics, language, dress and behavior.
- To be respectful of those in authority.
- To attend school regularly and be punctual to class.
- To be a positive role model to other students and athletes by not attending nightclubs or other places of entertainment, which serve alcohol.
- To always be a good sport and demonstrate this in his/her actions.
- To use self-discipline in coping with stressful situations.
- To abstain from the use of alcohol, drugs and tobacco at all times.
- To accept decisions of officials without question.
- To avoid displays of self-glorification and always put the team first.

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent/Guardian (printed)

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

## Social Circle City School System Statement of Student Responsibilities for Weight Room Use

1. No loitering.
2. No horse playing.
3. Follow designated work-out, rules and schedule.
4. Only exercises from the approved list of exercises should be used (developed by the strength coach).
5. All injuries should be reported immediately.
6. All free weight exercises should be spotted by a person or persons physically able to assist with the weight. "Do not bang weights."
7. All weight equipment should be checked by the athlete before using, to make sure it is in working order and it is safe to use. Immediately report any equipment malfunctions to a supervisor, attendant or instructor.
8. Clothing appropriate for weight lifting should be worn: athletic shoes, socks, properly fitted shorts, t-shirt. Jewelry and loose fitting clothing are prohibited. Towels are essential for wiping down equipment before use.
9. The athlete should warm-up before attempting lifts with heavy weights.
10. Lifting belts should be worn for any exercise when the back is not supported.
11. All weights should be returned to the racks when they are not in use. Do not remove weights from lifting area.
12. No food or drink is allowed in the weight room.
13. Clamps (collars) must be used on all free weight equipment.
14. No unattended personal equipment (books, book bags, clothing, etc.) should be left in the weight room.
15. No student athletes will be allowed in the weight room without proper adult (school) personnel.

**The use of proper weightlifting techniques is essential for student safety.**

### STATEMENT OF UNDERSTANDING

I have read, been given an opportunity to ask questions about, had any questions answered and fully understand the student policies for weight room use. Failure to observe these rules will result in suspension of the use privilege of the Weight Room. I hereby voluntarily assume and understand all risks and responsibilities associated with participation of Weight Room activities. I understand that the policies are developed for my safety, however, they cannot prevent all injuries in a weight room. I understand that weightlifting is a dangerous activity and injury can occur.

\_\_\_\_\_  
Name of Student (printed)

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent/Guardian (printed)

\_\_\_\_\_  
Signature of Parent/Guardian Consent

\_\_\_\_\_  
Date