



Bainbridge High School Athletes Handbook

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BHS Athletic Department Philosophy

Bainbridge High School coaches and student athletes should project an image of gracious competitors who embrace challenge, enjoy the process, win with humility, handle defeat with dignity, and strive to be positive role models. We believe that athletics is an integral part of the total educational experience of our students. We will strive to make our teams as competitive as possible while instilling skills in our athletes that will help them to be successful in their adult lives. Our focus will be teaching our athletes HOW to win and not just on winning. Through positive reinforcement and teaching, we will show our athletes how to succeed with humility and persevere through setbacks in a productive manner.

Our program places a high value on the power of participation. Within our educational setting, every effort will be made to provide athletic experiences for as many students as possible. We will strive to offer as many teams as can be adequately coached, managed, and supported.

Our coaches will strive to be positive role models who display in-depth knowledge of their sport, an ability to teach, strong leadership, ethical behavior, and an interest in the development of their athletes. Winning championships should transpire as an outgrowth of ethical coaching and healthy competition. Our goal is to not only win championships but to produce CHAMPION people.

Our desired outcome for our student athletes is that they will attain the following traits:

Ability to set and achieve goals	Confidence
Commitment	Accountability
Leadership	Pride
Academic Achievement	Self Discipline
Sportsmanship	Responsibility
Work Ethic	Character
Self- Discipline	Sportsmanship

We hope that during their high school athletic experience, our student athletes will have fun and build life-long relationships. The product of our investment in athletics will be a more productive citizen who will contribute to their community in a positive manner.

Requirements for Participation

Before student athletes can try out and/ or participate in an athletic contest the following criteria must be met:

1. Be in good standing academically and behaviourally.
2. Be enrolled as a full-time student and/or meet the qualifications for dual enrollment.
3. Have passed a minimum of 2.5 Carnegie Units the previous semester and be on track for graduation in accordance with the Georgia High School Association.
4. Have a current physical on file with the Athletic Department. Physicians are asked to use the GHSA form.
5. Have parents complete the BHS Athletic/Emergency Medical Treatment form.
6. Have a parent's signature acknowledging his/her understanding of the insurance offered by the BHS Athletic Department. Parents or guardians may be asked to submit proof of insurance and or sign a waiver understanding that any expense not paid by the combination of insurances is the responsibility of the parent/guardian and not the Decatur County School System.
7. Be in school the day of a contest/practice for no less than 2 blocks.
8. Not be in NBLC or under any school suspension ISS or OSS.
9. Complete all paperwork and return to the head coach or Athletic Director.

Insurance

The BHS Athletic Department does not provide insurance for our athletes. BHS has a contract with National Security Insurance Company that can be purchased by parents who wish to have a **supplemental policy** for their athlete. Should an athlete be injured, he/she should report the injury to his/her coach or our Athletic Trainer immediately. The Athletic Trainer will recommend treatment of the injury, and determine if other professional care is needed. The parent's insurance is primarily responsible for the coverage of any expense. The BHS Athletic Department recommends that parents purchase the **supplemental plan** to offset expenses that may be incurred due to injury. Insurance applications can be picked up from the Athletic Director.

Dress Code

Student Athletes represent not only the school but our community as well. Each coach will establish guidelines for dress code for travel to and from events. All athletes must wear their hair in a manner that is not a safety factor. All jewelry is prohibited in practice and contest.

Activity Away from School

Student Athletes are expected to be positive role models at all times and are to disassociate themselves from possible factors that could cause them to be arrested and prosecuted under local, state, and/or federal law. The BHS Athletic Department, the school Code of Conduct, and the Decatur County Board of Education policies apply to all students, including athletes. In addition to the consequences that may be imposed for behavior outside of school, the Athletic Department in conjunction with the BHS administration has developed further guidelines for reinstatement.

Criminal Allegations, Arrests, and Prosecutions A student athlete is prohibited from participating if he/she is arrested for **any felony** and in some cases misdemeanors. The list below is neither all-inclusive nor exclusive;

1. DUI, possession and/or consumption of alcohol
2. Any drug related offense
3. Assault/battery (physical or sexual)
4. Theft

The following guidelines will be used in addition to any other school imposed consequences for behavior outside of the regular school day as defined in the Student Code of Conduct. If a student athlete is found not guilty by a court of law, it will not have a bearing on any action already taken by the school in conjunction with the Student Code of Conduct.

Misdemeanor charges that result in a decision of guilty:

- Student athlete will complete sentence imposed by the court, in addition to school imposed consequences.
- Student athlete must meet with coach before he/she is allowed to return to the team

Felony Charges that result in a conviction

- Student athlete will serve the sentence imposed, in addition to school consequences
- Student athlete faces a minimum of a one year suspension from participating at BHS

While the BHS Athletic Department does not intend to “police” student athletes 24 hours a day, the Department will uphold its responsibility to invoke the policies, procedures, and rules of this document, the Student Code of Conduct, and civil law when legitimate notification is presented to a member of the BHS Athletic Department. All subsequent violations (misdemeanor and felony) will carry an automatic suspension from the athletic program in addition to any school imposed consequences.

Responsibilities of Athletes

Being a member of a Bearcat athletic team is the fulfillment of an early ambition of many students. The attainment of this goal carries with it certain responsibilities that must be maintained.

In the classroom: Our athletes are expected to be the best student they can be. Being a good Student means trying to do the best with what you have and following all classroom rules.

On the field/floor: Athletes are expected to compete with a desire to win with honor, dedication, pride, and sportsmanship.

In the Community: The conduct of an athlete is closely observed by many and it is important that an athlete’s behavior be above reproach. Appearance, expression, and actions always influence people’s opinions of the athletes as well as the entire program. Once you have accepted the privilege of being a member of a team, you have made a choice to uphold certain standards.

Be proud to be a Bearcat; it is a privilege not a right.

Students choose to be a part of the BHS Athletic Program. Those who choose to join a team also choose to be held to a higher standard. Students who are members have chosen to represent their team, their community, and their school both in and out of the playing arena.

BHS student athletes are expected to:

1. Remain in good standing academically, and behaviorally
2. Represent the community and BHS in a respectful manner and never bringing embarrassment to themselves, the team, the school, or the community.
3. Refrain from associations which may be detrimental to the team.
4. Develop and maintain healthy bodies through a rigorous off and on season conditioning plan outlined by the coaching staff.
5. Be a positive role model, whose character, work ethic, and team spirit are beyond reproach.
6. Keep team first.
7. Remain tobacco, alcohol, and drug free.
8. Refrain from inappropriate use of public web sites such as MySpace, YouTube, Facebook, or any such sites. Any misuse may be investigated and action taken by administration.

College Recruiting

NCAA Eligibility Center

If you want to play a sport at any NCAA Division I or II university as a freshman you must register and be certified by the NCAA Eligibility Center (formerly the Initial-Eligibility Clearinghouse). You should learn about the NCAA Eligibility Center and how it works.

WHAT IS THE ELIGIBILITY CENTER?

The Eligibility Center sets NCAA minimum eligibility standards for incoming freshmen student-athletes and determines whether or not you have met those standards.

To play as a freshman at any NCAA Division I or II university you **MUST** register with the Eligibility Center, meet all Eligibility Center requirements and be certified by the Eligibility Center.

Students interested in playing athletics at the collegiate level should begin tracking their NCAA core course GPA their freshman year. All semesters count towards meeting the NCAA's academic requirements. Students can use **CORECOURSEGPA.COM** to help track college eligibility requirements (fee required). Students also can go to **FREERECRUITINGWEBINAR.ORG** to get more information on the recruiting process.

Responsibilities of Coaches

Coaches are responsible for developing and maintaining a quality team in accordance with the BHS Athletic Department's philosophy. They are charged with and given the authority to develop team rules and expectations, to set practice times, to encourage and discipline student athletes, and select team members of their teams.

Coaches reserve the right to determine appropriate times to talk with parents concerning their child's effort, their work ethic, and performance. Conversations specifically centered on playing time are not appropriate; however, the aforementioned topics are open for discussion and through conversations may provide insight. The coach should handle all communication with parents in a professional and courteous manner and parents must understand that decisions are made on behalf of the team and not necessarily on behalf of the individual athlete.

The following communication process will be followed:

1. Player meets with coach to discuss concerns or issues.
2. If unresolved, player and parent meet with the coach for further discussion.
3. If unresolved, player, parent, and the coach meet with the athletic director.
4. As a last resort, player, parent, coach, athletic director meet with the principal.

Responsibilities of Parents

Parent involvement is very important for success in anything involving student athletes at BHS. The coaching staff needs your support as today's students have more distractions and options than ever before. The administration at BHS has determined that the following guidelines are necessary in building and maintaining a successful program and realize that not all parents can do everything, but everyone can do something. The coaching staff suggests the following:

1. Communicate regularly with your child.
2. Communicate regularly with the coach about progress, effort, and what can be done to assist the child to reach the performance level needed to compete at the AAAAA level.
3. If possible, join the booster club.
4. Attend as many games as possible.
5. If you have questions, request to talk with the coach.
6. Monitor closely your child's academic progress.
7. Parents also can go to FREERECRUITINGWEBINAR.ORG to get more information on the recruiting process. Another great resource is CoreCourseGPA.com.

As a parent, please commit to helping us develop and nurture sportsmanship in our student athletes. You can do this by doing the following things:

- Encourage good sportsmanship by demonstrating support for all athletes, coaches and officials.
- Place the emotional and physical well being of children ahead of any personal desire to win.
- Support coaches, and officials working with my child to provide a positive enjoyable experience for all.
- Do not encourage any behavior or practices that would endanger the health and well being of athletes.
- Treat other players, parents, coaches, fans, and officials with respect and refrain from verbal digs.
- Teach your child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Respect the coaches and officials and their authority during games and will not question, discuss, or confront coaches at a game site.
- If you have concerns to discuss, speak to the coach at an agreed upon time and place.

Letter jacket Policy

Student athletes must have participated in a sport for 2 complete years and lettered at least 1 year or participated in a sport for 3 complete years to be able to purchase a letter jacket. Each coach will determine if the athlete has met the requirements to letter in their sport.

Scholar Athletes

In order to qualify for scholar athlete, a student must have a cumulative grade point average of 90 or above. He/she must have a SAT score of at least 1000 or an ACT score of 22 or above. A scholar athlete patch will be provided by the athletic department at such time that the student athlete becomes eligible to purchase a letter jacket and recognition by certificate will be made at the end of season awards ceremony.

Signing Ceremonies

Only students who have been offered athletic scholarships from D1 or D2 Universities will be celebrated with a National Letter of Intent signing ceremony at BHS Hospitality or Multi-purpose room on one of the following dates:

November 11, 2020 (D1 Basketball Early Signing Date)

December 16, 2020

Feb. 3, 2021

All other student athletes who have been offered athletic scholarships will be recognized by BHS athletics in the Multi-purpose room:

April 14, 2021

The head coach of the student athletes' respective sport must be contacted first with a minimum of 2 weeks in advance of the signing date to confirm scholarship has been offered. The head coach will then contact athletic directors, Marcie Jones, and Dr. Pugh to set up signing day.

Practices

Practices are designed to prepare for upcoming events and do serve as a time to build skills, enhance techniques, and to build the very important team concept. Coaches are encouraged to plan practices in order to maximize the available time that is available to ensure that the student athlete has time for personal and academic pursuits. Practices must be attended in order for the athlete to be prepared to perform.

Holiday Practices and Games

Every attempt will be made to keep scheduled games and practices during school holidays to a minimum. Some games and tournaments occur during or soon after returning from these breaks. Coaches may have to schedule practices or games during these breaks. Missing these practices or games will fall under the regular athletic attendance guidelines.

Dropping a Sport/Quitting a Team

In most circumstances quitting is unacceptable. The Athletic Department realizes that on occasion an athlete may find it necessary to drop a sport prior to the end of the sport's respective season. It is recommended that the following steps be followed if a decision is made to drop a sport.

1. Talk with your parents and coach before quitting.
2. Meet with the Athletic Director and your coach.
3. If cleared to quit a sport, the student athlete will not be allowed to start practicing another sport until the season of the sport they quit is over.
4. Students who choose to return to a sport they previously quit must have the Coach's approval, and other stipulations set forth by athletic policy.
5. An athlete who quits a sport or is dropped from a team for disciplinary reasons will be removed from athletics completely until that season has finished. He/she will return to athletics after the completion of the season upon receiving permission from the head coach, athletic director, and principal.

Academic Expectations

Athletes' academic performance will be monitored during the year. Coaches will receive notices from teachers and counselors when an athlete's performance drops below an acceptable level. Coaches will also review athlete's progress reports when issued.

School Decorum

All athletes are expected to govern their conduct in accordance with the rules and regulations of the Student Handbook. Violation of the student's obligations contained in that handbook may result in punishment through the athletic department, including removal from athletics.

Equipment/Uniforms

School equipment, practice and game uniforms used by an athlete are BHS Athletic Department property and should be Adidas gear.

Care of Equipment and Facilities

- All equipment must be turned in before participation in another sport or within one week following the end of the season.
- An athlete and his/her parents are financially responsible for all equipment, checked out to him/her.
- Missing or abused equipment must be paid for before participating in another sport or in the same sport.
- Any damage to equipment or facilities should be reported to the coaching staff immediately.

Sportsmanship

Athletes are expected to:

1. Be courteous to opponents and officials.
2. Play hard, regardless of the score.
3. Retain their composure at all times so as not to resort to taunting, baiting, physical retaliation, or fighting.
4. Understand and observe the rules of the game and the standards of eligibility.
5. Respect the integrity and judgment of officials as the authorities of the game.
6. Respect the facilities of the opponents and take care of them appropriately.
7. Be humble in victory and gracious in defeat.
8. Respect the game and their opponents and further understand that baiting and taunting will not be tolerated. Behavior such as finger pointing, “pistol shooting” gestures, racial comments, and other derogatory personal comments are not acceptable. Such actions, if they occur will not only bring about a penalty, but will also result in disciplinary action by the coaching staff and possibly the administration.
9. Remain on the bench if an altercation occurs on the playing area. A player who leaves the bench and joins in the altercation is subject to; but not limited to the following:
 - To an automatic ejection from the game and/or
 - To a minimum of a two game suspension
 - Removal from the team
 - Loss of eligibility for the remainder of high school career in all sports
 - Action against the school could result in fines
 - Additional disciplinary action by the BHS administration

Georgia High School Association

The GHSA is the governing body that oversees all extracurricular and interscholastic activities of all public schools in the state of Georgia.

Strength and Conditioning

Today’s student athletes must be in top-notch condition in order to perform at the level necessary to compete at their highest level. Performance is directly linked to a planned program of training.

The BHS athletic staff strongly supports and encourages their athletes to engage in the conditioning program. The benefits of a quality program will help athletes perform at high levels, develop confidence, and assist in the prevention of injuries.

At **No** time does the Athletic Department condone the use of any illegal substance or drug that affects the natural growth through strength and conditioning.

Off Season

The purpose of an off season program is to prepare a student physically and mentally for participation in athletics; therefore, it is in the student's best interest to have completed a conditioning program before participating in a sport. Such programs are at the discretion of the head coach and are highly recommended.

Summer Workouts

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches should inform athletes and their parents of any special workout program to be followed.

Athletic Injuries

- Any injury, large or small, should be reported to the coach in charge or the athletic trainer immediately.
- Any injuries requiring a doctor's care should be noted and a doctor's release required before the athlete is allowed to play or practice.
- Injuries not requiring a doctor's care will be left up to the head coach or trainer to assess the athlete's ability to play or practice.

Hazing

Under no circumstances is any form of hazing allowed.

Complaints

The following procedure should be followed in reporting a complaint. Confer with:

- The coach who had direct supervision of the athlete at the time
- The Head Coach of the sport the athlete is participating in
- The Athletic Director
- The Principal
- The Superintendent
- The Board of Education

Team trips

- The Decatur County School System will provide transportation to events.
- All those who travel to the game on the bus will return on the team bus unless released by the Head Coach to his/her parent or guardian after the game
- Buses will leave at a specified time set by the coach. It is the athlete's responsibility to have his/her necessary equipment for participation in the event on the bus ready to go at the time of departure. If the athlete is not on the bus when the bus leaves for the event, he/she may not be allowed to participate in that event.
- Coaches may designate appropriate team dress for team travel
- Conduct on the bus will be monitored by the coach and will be subject to disciplinary action
- No unauthorized personnel will be allowed to ride the bus

Attendance

- All athletes are required to attend class regularly. Lack of attendance in class may result in failure of academic work, resulting in ineligibility in athletics
- A student must be in school for a minimum of 2 blocks in order to participate in an activity that day. Exceptions could be allowed for emergencies.
- All team members of all sports will be expected to attend all scheduled practices. If circumstances dictate that students cannot attend a practice, game or meeting, the coach should be notified prior to the event.
- The Head Coach of each sport will give the student athletes' disciplinary consequences for missing a team function.
- An athlete missing a team function for any excused or unexcused reason will be expected to make up for the absence upon returning to practice
- After the third unexcused absence in any sport, the student athlete, Head Coach and Athletic Director will meet to discuss possible removal from the team.

Miscellaneous

The coaches reserve the right to develop any rules and administer discipline for any action, which is subversive to good order, and conduct and any other behavior not specified in the preceding rules and regulations.

Bainbridge High School

Permission to Participate Form

Inherent Risk

There is an inherent risk of injury for all sports. You need to be aware of the fact that even the best coaching, the use of the most advanced protective equipment, and strict observance of the rules, will not prevent all injuries. We will take every precaution possible to prevent athletic injuries, but we also realize that they do occur. We always hope for an injury free season for all athletes at Bainbridge High. We assure you that in the event of an injury your son/daughter will be given the best possible treatment, care, and rehabilitation of that injury.

Insurance Coverage

We would like to take this opportunity to explain our Athletic Department's policy on the payment of expenses due to athletic injuries. Should an athlete become injured, he/she should report the injury to a coach or our athletic trainer immediately. Our trainer will recommend treatment of the injury and decide if other professional care is needed. Our trainer will recommend physicians who are familiar with the care of the injury. When medical care is needed, the parents' insurance is **primarily** responsible for the coverage. BHS offers through the National Security Insurance Company, a secondary coverage to offset any remaining charges not covered by the parents' coverage. Applications can be picked up from head coaches or the Athletic Director.

Early Release

From time to time, we must leave school with athletic teams before the school day is completed. Students' names will appear on a non instructional list and are not counted absent. The athlete is responsible for any and all work missed in the classroom.

Arrest Policy

Athletes are expected to abide by behavior above and beyond that of the average student. Those athletes that are arrested will be suspended from athletic participation until the case is dispensed. If a misdemeanor conviction follows, the length of suspension will be determined by the head coach and administration. If a felony conviction follows, the athlete will be suspended for one year and can only return to competition after meeting with the coach and the administration.

I as guardian of _____ understand all of the policies. I agree to allow him/her to participate in interscholastic sports at Bainbridge High School. I understand the inherent risk of injury and that my insurance will be the primary insurance for all expenses. I have the opportunity to purchase a secondary policy through BHS. I understand the arrest policy and will abide by decisions and policies of the Athletic Department.

Parent/Guardian's Signature _____

Date _____

Athletic Fluid Replacement

Purpose: To prevent athletes who have chronic muscle cramps due to fluid loss.

Procedure: Athletes with this condition will be assessed by athletic trainer and team doctor. By orders of team doctor and permission from parent/guardian these athletes will receive fluids administered by school nurse on game day.

- Athletic Trainer to obtain parental permission and explain procedure. If parent/guardian has any questions or concerns about the procedure the team doctor and school nurse can be contacted.
- Athletic Trainer to request supplies needed for IV.
- Booster Club and/or parent to pay or provide all fluids and supplies.
- School Nurse to administer IV.

Results: A hydrated athlete.