

Monticello High School Athletic Department Handbook

2018-2019

Home of the Mustangs

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MONTICELLO HIGH SCHOOL ATHLETIC DEPARTMENT

This handbook will provide you with an overview of the athletic programs at Monticello, and hopefully answer any questions you may have concerning our athletic programs.

Participation in student activities is truly a learning experience and an enhancement of the regular school day. The National Federation of State High School Associations (NFHS) studies and research indicate that:

- Participation in athletics and activities promotes citizenship.
- The typical student involved in athletics and activities has a higher grade point average than do non-participants.
- Students involved in student activities have a better school attendance record.
 - Of all students who drop out of school, 96 percent are NOT involved in school activities.
 - The Scholastic Aptitude Testing (SAT) Service says participation in school activities is one of the most accurate predictors of success after college.

Your days at Monticello High School should be among the most enjoyable days of your life. It is important that we remind you that as much as we desire the Monticello athletic teams to experience on-field success, we do not want any of these successes to be at the expense of your education.

We are convinced that student-athletes can achieve a balance by performing well on the playing fields and courts and in the classroom. The secret to success is to take responsibility for your academic commitments just as you do for your athletic competition. Monticello student-athletes are expected to excel in their respective sports and also to achieve and maintain grades comparable to those of non-athletes. This may seem like a difficult challenge at times, but it is one that can be met successfully if the principles of self-discipline, dedication, and responsibility are applied in the academic environment here at Monticello.

We are here to help you and will be glad to see that you gain the assistance necessary to achieve your goals.

Matthew Pearman, Sr.

Director of Athletics
Monticello High School

VIRGINIA HIGH SCHOOL LEAGUE (VHSL)

VIRGINIA HIGH SCHOOL 1642 STATE FARM BLVD.
CHARLOTTESVILLE, VA 22911
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WWW.VHSL.ORG

The Virginia High School League (VHSL) is an organization of public high schools in Virginia. The league seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities. The VHSL was developed in 1913 and is located here in Charlottesville. It publishes annually a code of rules for all VHSL activities in the state.

VIRGINIA HIGH SCHOOL LEAGUE ELIGIBILITY RULES

The Virginia High School League (VHSL) is a member of the National Federation of State High School Associations. All rules and regulations governing interscholastic athletic contests and practices are established by the National Federation of High Schools, the VHSL, the Albemarle County School Board, and the Monticello High School Administration.

To be eligible to represent Monticello High School in any VHSL sponsored interscholastic contest, a student shall meet all VHSL individual eligibility requirements as set forth in the VHSL Handbook.

The VHSL Handbook is available online at www.vhsl.org, and VHSL individual eligibility regulations are outlined on page 1 of the VHSL Physical form.

Please contact the athletics office for any questions regarding VHSL eligibility rules.

GUIDELINES FOR MONTICELLO STUDENT-ATHLETES

Participation in interscholastic athletics is a privilege, NOT A RIGHT, earned by the student who meets eligibility requirements set by the VHSL, Albemarle County Public Schools, and Monticello High School. Questions pertaining to the following guidelines for student-athletes should be directed to the Athletic Director.

1. Academic: Student-athletes shall pass a minimum of five subjects offered for credit and which may be used for graduation the immediately preceding year (for the 1st semester) or the immediately preceding semester (for the 2nd semester).
2. Physicals – Medical Examination: All student-athletes shall have on file in the Athletic Office a completed VHSL Athletic Participation/Parental Consent/Physician’s Certificate Form. No student-athlete may participate in tryouts, practices or games unless he/she has a physical on file which is dated after May 1 of the current year. The form is available online at www.monticellomustangs.org or in the athletics office.
3. Insurance: All student-athletes shall have insurance that will cover any athletic injury. Albemarle County Public Schools/Monticello High School is not responsible for any x-rays, doctor, or hospital bills due to an injury to the participant while he/she is participating with a team involving Monticello High School. Student Accident Insurance plans are available – information is online at www.monticellomustangs.org or in the athletics office.
4. Attendance Requirement: Student-athletes must be in school for at least two full periods/blocks before participating in an athletics contest, practice, or conditioning program that day. Exceptions are excused absences from school.
5. Physical Education Class: All student-athletes must follow the same rules and regulations as all physical education students. Participation in athletics is not an acceptable excuse for non-participation in physical education classes.
6. Out-Of-School Suspension: Any student-athlete given out-of-school suspension will be ineligible during the suspension. In addition, student-athletes receiving school discipline may be disciplined further by the Principal, Athletic Director, or Coach by temporary or permanent suspension from and athletics team.
7. Eighth Grade Participation: Eighth graders may participate in athletics on the junior varsity level if:
 - Attends Burley or Walton Middle School and lives in Monticello’s attendance zone;
 - A completed VHSL Physical form is on file;
 - Meets all applicable school and VHSL eligibility requirements;
 - Understands that they cannot replace 9th-12th graders on any team

8. After-School Detention/Saturday School: Any student-athlete assigned after-school detention or Saturday School will be required to attend the detention. If a detention conflicts with a practice or a game, the student may not participate for that day, unless approved by the assigning principal and/or teacher.
9. School Debts: Student-athletes owing a debt to the athletics department (ex. Missing uniforms or equipment) may be ineligible to participate in athletics until the debt is paid or the missing uniforms/equipment/inventory is returned in satisfactory condition.
10. Equipment Distribution and Return: Once equipment and uniforms are issued, it becomes the total responsibility of the student. If any of these items are lost, stolen or damaged, the athlete is held financially responsible for replacing it. All payments for lost equipment must be made to the athletics office.
11. Dismissal/Quitting Policy: If a student tries out for a sport or other activity and quits (including parent removal from team) or is dismissed because of disciplinary reasons, s/he is ineligible to try out for another sport or activity without approval from the Athletic Director and/or Principal/designee. *(This policy takes effect each season on the date of the first regular season contest by sport.)*
 12. Parking: Students are not allowed to park in the parking lot(s) behind the school nearest the grass practice fields on any regular school days. All students need to park in the front of the school during practice and games.
13. Athletic Lockers: All athletic lockers shall be cleaned out at the end of each season. Items remaining in lockers after the concluding of each sport season may be discarded.
14. Tryouts: The following expectations are in effect for those teams that have to make cuts.
 - Coaches shall provide all students trying out a minimum of two (2) days, provided the student is in attendance with a valid VHSL Physical Form on file by the first day of tryouts.
 - Coaches shall talk to each participant individually about being selected or not selected for a particular team.
 - Coaches shall not post a list of student names or separate students who made the team from students who did not make the team.
15. Multi-Sport Student-Athletes: Monticello High School encourages multi-sport participation. For a student-athlete that wishes to participate in two sports during the same season, the following guidelines shall be followed...
 - The head varsity coach of both sports and the parent(s) should all be in agreement.
 - The student-athlete must designate a primary sport.
 - The head varsity coaches of both sports shall communicate on a mutually agreeable practice and contest/game schedule.
 - Final approval of multi-sport participation in the same season is with the Athletic Director.

Albemarle County Public Schools Athletic Training Rules

HIGH SCHOOL ELIGIBILITY AND CODE OF CONDUCT: ATHLETICS AND OTHER EXTRACURRICULAR ACTIVITIES

Participation in athletics and other extracurricular activities is regarded as an important privilege for students. Participation in such activities supports students' personal growth and achievement and also gives students the opportunity to be representatives of and ambassadors for their school. Albemarle County Public Schools is committed to developing and maintaining a high level of confidence by the student body and the school community. Therefore, students who desire to participate in extracurricular activities are expected to meet standards in three major areas: academics, attendance, and conduct. Failure to meet appropriate standards in any one, or more, of these areas will result in a student losing the privilege of participating in extracurricular activities.

I. Policies related to this regulation

- School Board Policy JFC – Student Conduct
- School Board Policy JGD/JGE – Discipline
- School Board Policy JFCI - Substance Abuse
- School Board Policy JFCH - Possession and/or Use of Tobacco on School Premises

II. Definition of Extracurricular Activities

Extracurricular activities include, but are not limited to: participating in athletics and other competitive activities, event or activity practices, and other student activities; performing in public beyond the class culminating performances. Activities that are a part of a credit bearing class do not constitute extracurricular activities.

III. Introduction

- A. This regulation is in effect from the first day a student begins participation in a high school sport or other extracurricular activity throughout the remainder of the season or other extracurricular activity period.
- B. This regulation establishes a minimum code of conduct for student-athletes and other students who desire to participate in extracurricular activities offered by the Albemarle County Public Schools. This regulation shall be administered by each school through its principal/designee in conjunction with the athletic director, coach(es) or other sponsors. This regulation does not supersede the School Board's student discipline policies.
- C. Prior to participating in a school sport or other extracurricular activity, the student and his/her parents or guardian will be required to sign a statement acknowledging that the student shall comply with and abide by the terms and conditions of this regulation.
- D. This regulation applies to all high school students in grades 9-12 as well as 8th grade students who are permitted to participate in high school sports or other extracurricular programs.

IV. Academic and Behavioral Expectations

A. General Standards, Guidelines and Information

- A student shall be enrolled as a full-time student in good standing under School Division policy and Virginia High School League rules and regulations in order to be eligible to participate in extracurricular activities.
- Students who fail to meet appropriate academic, attendance or behavioral standards may be withheld or dismissed from participation in athletics or other extracurricular activities.
- Any student who is ineligible but participates in a contest/activity while ineligible may cause the team/group to forfeit that contest/performance in accordance with this regulation.
- A specific team membership, athletic position, performance role, leadership position, etc. may or may not be available for the student to resume, upon regaining eligibility.
- Each elementary and middle school may have specific guidelines and requirements for one or more extracurricular activities offered at that school.

B. Students participating in athletics and other extracurricular activities are expected to pass and successfully meet the academic and attendance goals and objectives established by the School Division in order to be eligible. Students are also expected to meet the behavioral standards of their school and School Division. This requirement is in addition to the Virginia High School League rules and regulations.

C. Students are ineligible to participate in practice or in a contest, competition or other activity if they have been placed on suspension. Students must be in school all day in order to participate. Exceptions are prearranged absences, doctor appointments, school-related absences or in other cases as authorized by school administration.

D. If a student tries out for a sport or other activity and quits or is dismissed because of disciplinary reasons, s/he is ineligible to try out for another sport or activity without approval from the athletic director and/or principal/designee.

V. Misbehavior

A. The admission of facts involving student misconduct, whether on-campus or off- campus, which constitute a criminal offense or conviction of a criminal offense, either felony or misdemeanor (excluding minor traffic violations) may result in suspension from athletic or other extracurricular activities for a period of time to be determined by the principal/designee after investigation and consultation with the Division Superintendent/designee.

B. Disciplinary action may result in denial of participation in athletic competition or other extracurricular events.

C. Students who have received out-of-school suspension shall be prohibited from participation in all athletic or other extracurricular or interscholastic practices, events, activities or competitions for the duration of such out-of-school suspension.

VI. Alcohol, Drugs and Tobacco

- A. No student involved in a sport or other extracurricular program shall knowingly possess, use, distribute, transmit or be under the influence of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind (except as prescribed by a medical professional or as otherwise authorized by this regulation) during the athletic season or other extracurricular program.
- B. The unauthorized possession, use, distribution, transmittal or being under the influence of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind (except as prescribed by a medical professional) by a student during the athletic season or other extracurricular program will subject the student to the following consequences (in addition to any school disciplinary and/or other applicable sanctions):
 - 1. First offense in student's high school-level participation:
 - a. A minimum of two (2) weeks suspension from participation in athletics or other extracurricular program, including practice and competition, from the date the knowledge of the possession, use, transmittal, distribution or being under the influence became known to a school official;
 - b. A student who agrees (with parental consent) to participate in a drug/alcohol counseling and/or assessment program offered at school or at a school-approved community agency may be reinstated to the athletic team or other extracurricular program at the end of the two (2) week period. Any student who does not agree to participate in such counseling and/or assessment program shall be suspended from all athletic teams or other extracurricular programs for thirty (30) days of participation or for the remainder of the season or program, whichever is longer.
 - c. Reinstatement of the student to the athletic or other extracurricular program is contingent upon the student complying in all material respects with the recommendations made by an alcohol or other substance abuse counselor or other appropriate person as well as the approval of the principal/designee for reinstatement to the team or program; and
 - d. Successful completion of any recommendations by an alcohol or other substance abuse counselor or other appropriate person will be evaluated by the principal/designee.
 - 2. Second offense in student's high school-level participation:
 - a. A minimum of four (4) weeks suspension from participation in athletics or other extracurricular program, including practice and competition, from the date the knowledge of the possession, use, transmittal, distribution or being under the influence became known to a school official;
 - b. A student who agrees (with parental consent) to participate in a drug/alcohol counseling and/or assessment program offered at school or at a school-approved community agency may be reinstated to the athletic team or other extracurricular program at the end of the four (4) week period. Any student who does not agree to participate in such counseling and/or assessment program shall be suspended from all athletic teams or other extracurricular programs for thirty (30) days of participation or for the remainder of the season or program, whichever is longer.
 - c. Reinstatement of the student to the athletic or other extracurricular program is contingent upon the student complying in all material respects with the recommendations made by an alcohol or other substance abuse counselor or other appropriate person as well as the approval of the principal/designee for reinstatement to the team or program; and

- d. Successful completion of any recommendations by an alcohol or other substance abuse counselor or other appropriate person will be evaluated by the principal/designee.
3. Third or subsequent offense in student's high school level participation:
 - a. Full suspension from all athletic activities and competitions and other extracurricular program for a 365-day period;
 - b. The student may be required to undergo a current drug/alcohol assessment at school or at a community agency offering such assessments. Prior to reinstatement at a future date, the student will follow and comply with all recommendations from the assessment report, including participation in an approved school-based or community alcohol or other drug education program; and
 - c. The student may petition for reinstatement after the end of the 365-day period. The decision whether to reinstate the student shall be at the sole discretion of the principal/designee after consultation with the Division Superintendent/designee.
 4. In cases involving a first or second offense only, students who voluntarily request assistance from school officials in connection with an alcohol, drug or tobacco incident may receive reduced disciplinary consequences under this regulation at the discretion of the principal, provided that the request must come from the student or his/her parents/guardian no later than the first school day after the incident involving the unauthorized use of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind or tobacco.
- C. This regulation shall not be construed to prohibit students from participating in a bona fide religious ritual, ceremony or other religious activity in which alcohol is served under the supervision of their parents or guardians. In such cases, the use or consumption of small amounts of alcohol as part of a bona fide religious ritual, ceremony or activity, such as a Passover Seder, Communion or other religious service or observance, shall not constitute a violation of this regulation.
 - D. This regulation shall not be construed to prohibit parents from providing alcohol to their children in a supervised setting as authorized by Va. Code § 4.1-200(7), as amended, or other applicable law. However, it is the hope and desire of the Albemarle County Public Schools that, notwithstanding the permissive authority given to parents to provide alcohol to their children in such limited, supervised settings, parents will agree not to do so in order that their children may remain free of alcohol use during the school year.
 - E. In accordance with Va. Code § 22.1-276.3, as amended, or other applicable law and Virginia High School League rules and regulations, any student who is a member of a school athletic team shall be deemed ineligible for two school years to compete in interscholastic athletic competition, if it has been determined by the Division Superintendent and principal 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.

Monticello High School Athletic Training Room Taping Policy

Student-athletes must report to the Athletic Trainer prior to practice or immediately after sustaining an injury to be evaluated or referred for further medical treatment. Student-athletes with injuries must report to the Athletic Training Room directly after school before the start of practice for rehabilitation and treatment. Each student-athlete must have a documented injury or need for taping either from the ATC or MD. Prior to practice, each student-athlete with a documented injury will complete a prescribed set of rehabilitation exercises for their injury before being taped.

Rehabilitation is an integral part of healing and returning to activity, therefore, this policy is to ensure each student-athlete is performing the correct exercise to better return them to their sport and avoid future injury. After rehabilitation exercises are completed, student-athletes will be taped and sent to practice/game. If a student-athlete prefers to have preventative taping rather than bracing for ankle, wrist, etc., they will be required to provide their own tape for this treatment.

Individual athletics teams, at the discretion of the Head Coach, may use team funds to purchase athletic tape for preventative taping for their respective sport(s).

Any questions regarding the purchase of tape or braces can be directed to Shannon Snell, ATC, Head Athletic Trainer, at shannonsn@acacpt.com.

Albemarle County Athletic Participation Fee

TO: Albemarle County Public Schools Students and Families

FROM: Albemarle County Public Schools, Department of Secondary Education

SUBJECT: Albemarle County Public Schools Athletic Participation Fee

Albemarle County Schools offers a high quality athletic program to supplement our students' experience at the high school level. In order maintain this program with increased financial constraints; we are assessing an athletic fee beginning in the fall of 2010.

Starting this school year, Albemarle County Public Schools will require that each student pay a non-refundable athletic fee of \$75 for each sport in which he or she is a confirmed member. Fees collected will contribute to the Albemarle County Public Schools budget to assist with coaching salaries, security, field maintenance, transportation costs, and VHSL membership fees.

The maximum athletic fee per family is \$450. Athletes that tryout and become an official team member will be required to pay the \$75 athletic fee **prior to the first official contest** in order to be eligible to compete. There is no relationship between athletic fees and a guarantee of student playing time. Playing time for athletes is the sole discretion of the Head Coach and his/her staff. **The athletic fee is non-refundable and will not be returned to an athlete who leaves his or her team for any reason.**

The fee will be waived for students that **qualified for the free or reduced price meals**. Please contact Albemarle County Schools Child Nutrition Program at 295-0566 if you did not grant permission for your free/reduced status to be shared for this purpose.

If you have questions about the athletic fee, please contact the high school which your son/daughter attends.

MONTICELLO SPORTSMANSHIP AND CODE OF ETHICS

It is the ultimate goal of the Monticello High School Athletic Department that our coaching staff, student-athletes, parents, and spectators exemplify positive sportsmanship behavior at all times. Developing community pride in our athletic programs requires a united effort of dignity and accountability for all of our actions. This responsibility lies with each of us. However, should there be any action on the part of our student-athletes or spectators that counteract our goal, please know that the VHSL, the Monticello High School Athletic Administration, School Administration, and/or coaching staff reserves the right to mandate appropriate consequences to ensure a safe and positive athletic experience for all. As a member of the VHSL and the Monticello High School athletic community, each of us has a responsibility to encourage and insist upon the following actions at all of our athletic events.

1. Be courteous to all: participants, coaches, officials, staff, and fans.
Desirable Behavior: Applause during introductions, shaking hands of opponents, showing concern for an injured player, extending hospitality to visiting players, coaches, cheerleaders, and fans.
2. Know the rules, abide by and respect the officials' decisions.
Desirable Behavior: Utilizing every opportunity to promote understanding of the rules of the contest with the school and community; accept the official's decisions without displays of temper, arguing, or derogatory remarks.
3. Win with character and lose with dignity.
Desirable Behavior: Regardless of outcome, handshakes between opposing players and coaches; treating competition as a game, not a war; applause at end of contest for performance of all players.
4. Exercise self-control and reflect positively upon yourself, your team, and Monticello H.S.
Desirable Behavior: Supporting the activity by displaying TOTAL UNITY as fans; as opposed to boasting or using antics which draw attention to yourself instead of the contest.
5. Permit only positive sportsmanlike behavior to reflect on MHS and our programs.
Desirable Behavior: Positively encourage those around you to display only sportsmanlike conduct; discouraging use of profanity, taunting or other destructive mannerisms.

TO OUR MONTICELLO PARENTS/SUPPORTERS/SPECTATORS:

We appreciate your support and POSITIVE encouragement! We ask that your behavior be for and not against our coaching staff, visiting teams, officials, and, of course, our own student-athletes. Should you have a concern, please be respectful enough to discuss that concern with the coach or athletic administration at the appropriate time and place. (During or immediately after a game is not an appropriate time. Calling the Coach or athletics office the following day to arrange a mutually agreeable time to discuss concerns would be most appropriate.)

TO OUR MONTICELLO STUDENT-ATHLETES:

As a Monticello student-athlete, you are expected to conduct yourself with integrity, sportsmanship, honesty, pride and humility. Your conduct is closely scrutinized as you sit in the classroom, as you travel, and as you compete at home and on the road. You are looked upon as a role model, particularly by your peers and younger children, and it is important that your personal conduct be above reproach at all times. Realize that you are representing yourself, your team, and Monticello High School. Do so with class.

Players and/or coaches who are ejected from a contest, scrimmage, jamboree or Benefit Game for unsportsmanlike conduct are ineligible, at a minimum, for the team's next scheduled contest. Fighting (including throwing punches as an instigator, in retaliation, or intentionally kicking or stomping an opponent), biting or aggressive physical contact shall result in a three-game suspension, at a minimum. Profanity directed at an official, and student-athletes who leave the bench area and become actively involved in an altercation will result in a two-game suspension, at a minimum.

The Monticello High School administration, athletic administration, and/or coaching staff reserves the right to add additional contest suspensions if deemed necessary.

A Monticello High School team and/or coach reserves the right to implement their own specific team rules, regulations, and consequences that may be more, but not less severe than those listed above.

HAZING

Monticello High School student-athletes shall not conduct or engage in any hazing activities of any kind. Hazing may result in suspension and/or removal from the athletics program and possible further discipline by the school administration.

Definition

To recklessly or intentionally endanger the health or safety of a student or students or to inflict bodily injury on a student or students in connection with or for the purpose of initiation, admission into or affiliation with or as a condition for continued membership in a club, organization, association, fraternity, sorority, or student body regardless of whether the student or students so endangered or injured participated voluntarily in the relevant activity.

Expectations

- To never have student-athletes hazing others in any way.
- For coaches to take swift and decisive action to investigate and address hazing if founded and involve the Athletic Director immediately.
- For all to be willing to stand up for the ethical behaviors and conduct what we expect from student-athletes because it's the right thing to do, not just because VHSL specifies rules governing conduct and state law prohibits hazing.

Coaches Expectation

Coaches should ensure that the definition of hazing is reviewed with all members of the coaching staff and all team members, that it is clear that hazing is not tolerated in our athletic programs, and encourage students to report any incident of hazing to a member of the coaching staff or athletic administration immediately.

Academic Support System

The Monticello athletic department stresses the importance of a well balanced athletic and academic program for student athletes and realizes that many hours are given for practice, study and total participation in any athletic activity or endeavor.

Coaches, athletic administration, and/or the guidance department may monitor student academic progress during the course of the sports season. All head coaches and their staffs will be responsible for monitoring the grades of students each nine weeks. The athletic administration will confirm academic progress at the beginning of each new semester for athletic eligibility purposes.

Hail to the Mustangs Fight Song

*Hail to the Mustangs
Marching Onward from Monticello.
Hail, Hail, the thundering herd is coming your way.
Hail to the Mustangs valiant.
Hail to the Blue Ridge Heroes
Hail, Hail to Monticello Leaders of the Way!*

Postseason Awards

Postseason awards which are symbols of achievement, tradition, and school spirit shall be selected for members of athletic teams. Coaches shall consider the fulfillment of the following in recommending and/or selecting a student for an award:

- ❑ Attendance and punctuality at practice;
 - ❑ Observance of training rules as formulated by the coach;
 - ❑ Cooperation in upholding group regulations;
 - ❑ Attitude in and out of the group;
 - ❑ Good school citizenship and team conduct;
 - ❑ Completion of regular and post-season play – unless injured; and
 - ❑ Return of all school equipment, uniform, and materials
1. Certificates will be awarded to all participants successfully completing the season.
 2. A varsity letter is issued the first time a student successfully completes any varsity sport. Should the student-athlete earn a letter in another sport, only the emblem of that sport will be given to be placed on the same letter first earned. The second, third or fourth year the athlete earns a letter in the same sport; he/she will receive a service bar. Captains will receive captain's emblems.
 3. Student Manager's awards are issued as the above, except that Manager's insignias are given.
 4. Student Trainer's insignias will be awarded to the student trainer(s) by the Head Athletic Trainer.
 5. At the end of each season or upon request by the athletics office, coaches shall submit to the Athletic Director and/or designee the list of recommended participants to receive awards.
 6. End of Season Awards Program: The Athletic Department will sponsor a ceremony at which time awards are presented to student-athletes, student managers, student trainers, and/or coaches for their accomplishments during the course of the year. Letters/insignia awards are presented by respective coaches during the end of season awards program. The Athletic Department will publish the site, date, and time of the awards programs. Coaches are encouraged to contact the student and parents of their respective teams with invitations to the awards program.

Senior Student-Athlete Awards

Senior Student-Athlete awards are nominated annually by Head Coaches with selections made from student-athletes nominated by members of the athletics and/or school administrative teams. Senior Student-Athlete awards are presented at the school's Academic Awards Ceremony in May.

Student-Athlete of the Year (1 male, 1 female)

- Student-athlete must play at least two sport seasons
- Student-athlete exhibits athletic excellence in various programs
- Student-athlete exhibits a positive attitude and respect for others involved with the athletic program

Holly Nash Leadership Award

- Student-athlete may be male or female
- Student-athlete must play at least two sport seasons
- Student-athlete must have a minimum 3.0 cumulative GPA
- Student-athlete is an exemplary role model for other student-athletes

Monticello Senior Sportsmanship Award (1 male, 1 female)

- Student-athlete exhibits the values of fair play, honesty, teamwork, and respect for opponents

United States Army Scholar-Athlete Award (1 male, 1 female)

- Student-athlete must have a minimum 3.0 cumulative GPA
- Student-athlete must excel in their sport(s).
- Student-athlete exhibits the Army Values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage (LDRSHIP)

TRANSPORTATION

Transportation is provided via school buses for athletic teams for away trips. Exception may be contests within Albemarle County and/or the City of Charlottesville on non-school days.

Away Contests: Departure times are determined by the Athletic Director. Departure times are set with regards to the start time of the contest as well as minimizing disruptions to the regular school day. Expected return times should be provided by the accompanying coach prior to the trip upon request. Please note that these times are estimated. Several factors can cause the times to change. (overtime, weather, injuries, etc.)

All members of the team are required to utilize school transportation for athletic events. This includes team members, scorekeepers, managers and student trainers. In the event it is necessary to ride home from a contest with anyone other than the school provided transportation or with their own parents, the parent must directly request in writing such permission from the Athletic Director, by writing a letter and/or e-mail.

After Event Transportation

Student-athletes must provide their own transportation home once they return to Monticello High School. Each participant should make arrangements for his/her transportation home so that they can leave the high school property within 30 minutes after arrival. Coaches are responsible for the supervision of students until they have safely left the Monticello High School campus.

Activity Bus: There are activity buses to take students to pre-determined drop-off points near student homes that leave Monticello High School at 6:45pm on each regular school day. It is the responsibility of the student to identify which activity bus they will use and to make their arrangements to home from the drop-off points. Activity Bus information is available on the athletics website and in the athletics office.

Pick Up: For your safety and the safety of our students, all student-athletes should be picked up in the front of the school. **(Not around back)**

BEHAVIOR AND ACCOUNTABILITY:

1. The school has the right to revoke the right of the student-athlete to use the Activity Bus in the event of inappropriate behavior. The consequences may or may not also include suspension from the athletic team.
2. Cleats, clean or dirty, are not permitted to be worn on any school buses.
3. The student is financially responsible for any damage done, intentionally or unintentionally, to a Monticello school bus or charter bus.

