

Union Hill Athletic Handbook 2019-2020

Participation: No student is obligated to take part in athletics nor is participation required for graduation. It is to be stressed that participation in the athletic program is a privilege. The athletic director has the authority to suspend or revoke this privilege whenever a rule, regulation and/or standard of the athletic program is violated, whether it is after a first offense or the last offense. The rules, regulations and standards set forth in this handbook are designed to give each student a road map to success in life. It must be stressed that a student who chooses to enter this program must be committed to the program at all times, both in and out of school, in season and out of season. This means the expectations of the athletic program are in effect for as long as a student is part of the program. ***General guidelines for participation***

1. Athletes must notify the appropriate coach of an absence from any athletic practice that occurs outside the normal school day prior to the beginning of the practice. Failure to do this will result in any form of discipline that the coach of that sport deems appropriate for the individual.

2. Athletes will refrain from the use of alcohol or other abusive substance (drugs and or tobacco products). Athletes that are involved in the consumption of those substances will be subject the punishment set forth in this document. Hearsay is not a valid conviction of wrong doing. An issued ticket from a law enforcement official, admittance of guilt from the athlete, and or a failed school alcohol/drug test is a valid conviction of wrong doing.

3. Student athlete's appearance will be in accordance with local school policy as stated in the Student Handbook. Any additional team dress code rules will be made aware to the team and approved by the athletic director. Violation of dress code will be handled by the coach of that sport in a manner that he/she deems fit.

4. Head coaches of each individual sport may have additional team rules that will be covered with each individual athlete and may be approved by the athletic director. If a team rule is violated and deemed by that team coach as detrimental to the good of the team, to the school, or to the athlete themselves, the head coach will have the discretion to handle it as they see fit (however the consequences must be pre-approved by the Athletic Director prior to the administration of such consequences).

5. Travel to and from games. All athletes are to travel to each athletic contest with the team. However, under certain circumstances alternative means of travel to a game may be approved by the administration, Athletic Director and parent /guardian of that student. Travel home after an athletic contest is recommended to be with the team. However, if the coach of their sport deems it appropriate for an athlete to travel home after a contest separate from the team then the

parent/guardian of that athlete must give a signed written consent to the coach for each contest. Each coach reserves the right to enforce the travel arrangements however he/she sees fit with the understanding that the Athletic Director, administration, and parent/guardian are notified of the expectations prior to departure for that trip.

6. To encourage students to participate in all sports, students will be given a grace period of five days from the start of the first practice to try a sport they may be unfamiliar with. If an athlete quits a sport after the grace period, he/she will not be allowed to play in another sport until the season of the first sport that they quit is finished (unless agreed upon by both coaches). In order to stress the importance of finishing what is started, if an athlete quits a sport after the grace, he/she must run 25 miles in order to start the next sport they wish to participate in. The athletic director has the authority to have a parent meeting and waive any portion of the miles if the reason for quitting is justified.

7. Athletes will be provided with school issued equipment, workout clothing and uniforms. It is the athletes responsibility to care for all school issued equipment, clothing and uniforms. An inventory of all equipment, workout clothing and uniforms will be kept by each individual head coach. Failure of the athlete to turn in their equipment can make them liable for the replacement cost of the equipment. Students that fail to return all of their equipment may have their report card and grades suspended by the principal until payment is made in full.

8. Athletes that miss an athletic contest without medical reasons or extenuating circumstances will be subject to discipline from the coach and will be handled on a per sport basis. Such discipline will not carry forward from one year to the next.

9. Starting a sport late. Unless it is an extenuating circumstances approved by the coach of the sport, an athlete that starts a sport late will be required to run 3 miles per practice day that the athlete misses along with any additional requirements approved by the Athletic Director and coach. Running and/or additional requirements must be completed before the athlete is allowed to represent the school in a sporting contest.

Lettering Policy Athletes may receive from the school only one major award (letter jacket) during their high school career. In order to letter, an athlete must be on a varsity team and satisfy the following requirements of each sport in which they are to letter. Cross country-Run in each meet and contribute to the team point tally at regionals or state. Or advance to state individually Volleyball- Participate in 30 games or two years as a varsity player Football-Participate in at least 50 varsity quarters Basketball-Participate in at least 70 varsity quarters Softball- Participate in 15 games or two years on Varsity Baseball- Participate in 15 games or two years on Varsity Track- Reach a total of 30 points at District Meets or advance to regionals

Procedure for violations of the Drug/Alcohol policy and or local and State laws. Violation can be through local drug testing, law enforcement and or self-admittance by the student athlete.

First Offense

Upon a first offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity, and the student's parking permit shall be suspended, for 30 calendar days following the date the student and parent are notified of the test results. During the period of suspension, the student shall not be permitted to participate in practices.

Second Offense

Upon a second offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity, and the student's parking permit shall be suspended, for 120 calendar days following the date the student and parent are notified of the test results. During the period of suspension, the student shall not be permitted to participate in practices.

Third Offense

Upon a third offense of receiving a confirmed positive drug test, a student shall be suspended from participation in any extracurricular activity, and the student's parking permit shall be suspended for 365 calendar days following the date the student and parent are notified of the test results. During the period of suspension, the student shall not be permitted to participate in practices.

Fourth Offense

Upon a fourth offense of receiving a confirmed positive drug test, a student shall be permanently barred from participation in any extracurricular activity, and the student's parking permit shall be revoked, beginning on the date the student and parent are notified of the test results.

Appeals

A student or parent may appeal a decision made under this policy in accordance with FNG(LOCAL). The student shall be ineligible for participation in extracurricular activities or reinstatement of parking privileges while the appeal is pending.

CITIZENSHIP/SPORTSMANSHIP It is the belief of Union Hill High School that interscholastic activities

are an integral part of our school program and an extension of the classroom. Our school's programs shall try to provide the most worthwhile experiences possible and result in learning situations that contribute to the development of the attributes necessary for good citizenship. Your enthusiasm as a participant or spectator includes a vital responsibility for good sportsmanship. Your habits and reactions determine the quality of sportsmanship, which reflects upon Union Hill High School and our community.

***Expectations of
Students/Parents/Spectators:***

- Express respect for others, displayed through the proper ideals of sportsmanship, ethical conduct, and fair play.
- Respect school property and authority.
- Show respect for players who are injured.
- Stress the values derived from playing the game fairly.
- Show respect for opponents, opposing coaches, fans, and officials.
- Avoid obnoxious behavior.
- Respect the integrity and judgment of sports officials (even if you disagree).
- Respect the judgment and strategy of the coach (even if you disagree).
- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership, use of initiative, and good judgment by players on the teams.
- To recognize that the purpose of athletics is to promote the physical, mental, social, emotional, and spiritual well-being of the individual players.
- Show respect to ALL Union Hill staff at all times.
- Be responsive and alert in the classroom.

Minimal Requirements In order to be admitted into the athletic program, the student must pass the minimal requirements. The student must also have all necessary documents submitted to the Athletic Director. The first three below are in compliance with the University of Interscholastic League website.

1. PRE-PARTICIPATION PHYSICAL EVALUATION HISTORY FORM (PHYSICAL EXAM) - A student may not begin practicing with a team until a physical exam by a doctor is completed and turned into the coach of that sport.

2. Consent to treat form- each student must complete a form granting permission to be treated at the time of injury.

Medical release from injury - a student, who has been injured and has had medical treatment, may not compete again until written permission from the doctor is given.

3. ELIGIBILITY AND AUTHORIZATIONS STATEMENT – Each student must sign and return a copy of this document. This form acknowledges that the student has read and consents to, all that is written within.

Parent Pick-up Policy Please have your ride pick you up as close to the allotted time as possible. Coaches have the responsibility of supervision until ALL athletes have left the premises. Student-athletes habitually left after practice for long periods of time, can be removed from the team at the discretion of the coach with the authorization of the Boys/Girls Coordinator.

CONSEQUENCES FOR ACTIONS It is our hope that all student athletes will conduct themselves as young men and women both on and off of campus. In the event that this does not take place, there will be consequences for the athlete's actions. These consequences are both firm and fair. At no time are they open for negotiation between the child and coach. If a student chooses not to adhere to his consequences, then he/she will be removed from the athletic program immediately. Consequences will be enforced for the following:

- I.S.S.
- Lunch Detention
- Morning Detention
- Write-ups
- Improper display of Affection
- Blatant Disrespect to ANY staff member
- Improper conduct in the community
- Disrespect to Coaches
- Other actions deemed by the Athletic Director

Concluding Remarks

Committing to the program is not a year by year commitment but a commitment for the term of his/her athletic career. Even though we offer the opportunity for learning and growth among our

students we understand the formatted plan is not a perfect plan for every single athlete, family, or coach, but yet a path to help guide our program to accountability for the students actions while still providing them a security net. In short each coach is forwarded the opportunity with approval of Superintendent, Principal, and Athletic Director, to make any additional decisions on a case by case scenario to do what they see in the best interest of the student, school, team, family, and coach, to ensure the best interests of all those involved and reserve the right as a committee to consult and modify this policy as they see fit.

Union Hill Athletics

Daily Athletics Procedure Policies

2019-2020

Daily Athletic Guidelines:

1. No jewelry is to be worn during athletics
 2. You must dress out every day in issued athletic clothing (top and bottom)
 3. You must keep the locker room and your dressing area cleaned at all times
 4. BE ON TIME FOR PRACTICE! This includes the athletic period and after school practice
- *Failure to abide by these rules will result in 100 burpees for the individual and/or team

Sickness, Injuries, and Absences from Athletics/Practice:

1. A **DOCTOR'S NOTE** is required to sit out of practice/the athletic period. Parent notes will not be accepted. Parents should not contact the High School/Jr High Office to grant permission for you to sit out of athletics
2. Upon injury, a **DOCTOR'S RELEASE** is mandatory before you can resume participation.
3. If you are absent from practice, you will not start the following game (This includes absences due to sickness).
4. If you are absent from practice (during the period or after school) you will be responsible for a makeup workout. This workout will include 10 suicides, 30 power squats, 20 pushups, and 30 sit ups (This includes absences due to sickness). This must be completed at the next available practice. Please note that this is not a punishment, but rather a makeup for the activity missed in practice.
5. If you plan to be absent from practice, (after school and/or during the period) you will be responsible for notifying your coach*. Failure to do so will result in a "No-call Halo Mile" in addition to your makeup.
6. Other than unavoidable occasions, absences from games and/or tournaments will result in suspension of a minimum of one game as well as 5 makeup workouts. Specific cases may result in removal from the team and/or athletics, per approval from the Athletic Director.

**See coaches regarding chain of command.*

Union Hill Athletics
Social Media Policy
2019-2020

In this day and age, social media use by teenagers is inevitable. You have the freedom to post pictures, videos, and any thoughts, feelings or opinions you might have in a matter of seconds. You are considered role models; especially to younger students who hope to one day represent Union Hill through Athletics like you have chosen to. Therefore, our coaching staff feels the need to address our expectations with social media (Facebook, Twitter, Instagram, Snapchat, etc.) for the upcoming school year

Be mindful of what you post. Once you post a picture/video/status, it is “out there” and available for the world to see, whether you realize it or not. Many times we assume that because we have our profiles set to “private,” our material is protected from the eyes of those we would not want to see it. You are all smart enough (and definitely tech-savvy enough) to know that a simple screenshot helps bypass this pretty easily. You’d be surprised how many of your friends would turn you in, in a heartbeat.

If you have to ask the question “is this appropriate?”, nine times out of ten, it’s not. Beyond protecting status as an athlete, you must think ahead to your future. Almost all Scholarship Committees, College Recruiters, and Employers check social media accounts when considering an applicant. It would be a shame for a social media post that you thought was “really cool” in the moment to alter your long term goals and damage your future. Examples of this include:

- Hurtful or degrading content about teammates, classmates, coaches, teachers, administration, staff, etc.
- Revealing photos/videos
- **Photos/videos containing drugs/alcohol/parties**

***Keep in mind that evidence of posts of this sort will lead directly to punishment via the Union Hill Athletic 3-strike policy**

Decisions that we make as teenagers can come back and haunt us as adults. As a staff, we want to protect you, not only now, but later on down the road. We will never spend all of our time lurking to find your social media mishaps, but keep in mind that if something inappropriate is brought to our attention, we will handle it accordingly.

I have read and understand the social media policy.

Athlete’s Signature

Date

Union Hill Athletics Handbook & Policies 2019-2020

Behavioral Expectations:

YOU ARE AN ATHLETE! You are held to a higher standard and are expected to conduct yourself as such.

1. You will treat your teammates, coaches, classmates and teachers with respect.
2. You will abide by basic school rules as well as the athletic policy. (This includes dress code)
3. **KEEP YOUR GRADES UP! NO PASS NO PLAY!**

*Failure to abide by these rules will result in a punishment to be determined by the coaches.

THE USE OF DRUGS AND ALCOHOL WILL NOT BE TOLERATED. Violating this standard will result in punishment according to the Union Hill Athletic Handbook

Sport-Specific Guidelines:

1. Athletes must travel on the bus to athletic functions with the team. You may ride home with a parent as long as YOUR PARENT signs you out with your coach. Approval to ride home with ANYONE other than a parent or guardian must be granted prior to the trip.
2. While traveling for athletic functions you are representing your school, so act accordingly.
This includes behavior as well as appropriate dress.
3. Coaches will not discuss practice/game issues or playing time with parents for 24 hours after games. A meeting to discuss these types of issues must be scheduled.
4. All athletes will be treated fairly. This does not mean that every situation is the same.

I understand and agree to follow the rules specified in this policy as well as the Union Hill Athletic Handbook.

Athlete's Signature

Date

Parent's Signature

Date