

Union Hill  
Athletic Handbook  
2015-2016

***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. If an athlete quits a sport, 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, he/she must run 50 miles in order to start the next sport. 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 athlete's 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 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 circumstance 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.*

1) Upon each violation of policy the Coach needs to meet with the student and parent/guardian to discuss the violation and growth plan to help the student.

2) Discipline for 1<sup>st</sup> offense, 2<sup>nd</sup> offense, and 3<sup>rd</sup> 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 15 school 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.

Upon the 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 30 school 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.

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.

### ***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 Girls/Boys Coordinator. 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, but are not limited to, 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

### ***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.

