

# CLARKE COUNTY HIGH SCHOOL

2016 - 2017

## ATHLETIC HANDBOOK

“HOME OF CHAMPIONS”

# CLARKE COUNTY HIGH SCHOOL

## ATHLETIC HANDBOOK

2016 - 2017

This Athletic Handbook was created to inform parents, coaches, and athletes of all procedures, policies, rules, and expectations for all athletic programs at Clarke County High School.

All parents and athletes must sign the form below acknowledging that you have received, understand, and will abide by all regulations set forth in this handbook. All handbook procedures become effective on the first day of tryouts.

To try to reduce paper usage in the athletic department, we encourage everyone to download the handbook from our athletic webpage [www.clarkecountyathletics.org](http://www.clarkecountyathletics.org).

Return the signed form to your coach. If you don't have access to the student athletic handbook online, please contact the athletic department to receive a hard copy.

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I have read, understand and agree to abide by the terms and conditions of the Clarke County High School Athletic Handbook for the 2016 - 2017 school year.

Parent Name (Print) \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date Signed \_\_\_\_\_

Athlete Name (Print) \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date Signed \_\_\_\_\_

# Clarke County High School Athletic Department

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## **Introduction:**

The Department of Athletics of Clarke County High School has, as its primary goal, the task of establishing and maintaining an outstanding program of interscholastic athletics for the students it serves. The major objective of the program is to provide wholesome opportunities for students to develop positive attitudes, favorable work and health habits, and rewarding experiences through individual and teamwork.

It is the responsibility of our coaches to be good teachers, both in the classroom and on the playing field. Coaching is a special type of teaching. The staff is committed to providing the very best in equipment and facilities that is available.

Students who enlist in our sports programs must make choices and commitments to certain responsibilities, self-discipline, and prescribed training habits. To remain on the squad, all student-athletes are expected to comply with the rules of training and conduct to discipline their minds and bodies for rigorous competition.

Freshmen and junior varsity athletics provide the opportunity for students to prepare for participation on varsity teams. Learning and refining skills, sportsmanship, strategy, teamwork, competition, conditioning and maturity are necessary for athletes to advance to higher levels of competition. Although participation by students is highly desirable, there are no guarantees that all athletes will participate in all games. Playing time for athletes is at the sole discretion of the Head coach and his/her staff. Coaches are encouraged to give each student the opportunity to participate in as many contests as practical.

The varsity athletic program in Clarke County encourages each team to represent itself at the highest possible standard at every level of competition. The varsity program is intended to provide those students possessing a high degree of skill and talent in sports the opportunity to perform in the sport of their choice.

By communicating to you and team members the specific policies necessary for a well organized sports program, the members of the athletic department ask you to join in a community for support for all athletic programs at Clarke County High School.

With these ideas in mind, this handbook has been compiled to assist you, the student-athlete. It will be to you and your parents' advantage to become completely familiar with the contents of this handbook. Should you have questions, please contact the athletic director for clarification.

# Clarke County High School Athletics: Overview

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## Profile

Clarke County High School is a voluntary member of the Virginia High School League and competes with member schools. As a member school, Clarke County High School agrees to abide by and enforce all rules and regulations instituted by the league. The primary role of the Virginia High School League is to maintain rules and regulations that ensure equity in competition for student athletes and a balance with other educational programs.

Clarke County High School (CCHS) offers athletic opportunities for students in grades 8-12 on varsity, junior varsity, and freshmen teams. The following athletic & academic activities are offered:

<b><u>FALL</u></b>	<b><u>GRADE LEVELS</u></b>
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Varsity Football	9 - 10 - 11 - 12
JV Football	9 - 10 - 11
Freshman Football	8 - 9
Boys/Girls Cross Country	9 - 10 - 11 - 12
Varsity Girls Volleyball	9 - 10 - 11 - 12
JV Girls Volleyball	9 - 10
Varsity Cheerleader	9 - 10 - 11 - 12
JV Cheerleader	9 - 10
Golf	9 - 10 - 11 - 12

## **WINTER**

Varsity Boys Basketball	9 - 10 - 11 - 12
JV Boys Basketball	9 - 10
Freshman Boys Basketball	9
Varsity Girls Basketball	9 - 10 - 11 - 12
JV Girls Basketball	9 - 10
Freshman Girls Basketball	9
Varsity Cheerleader	9 - 10 - 11 - 12
JV Cheerleader	9 - 10
Indoor Track Boys/Girls	9 - 10 - 11 - 12
Boys/Girls Swimming	9 - 10 - 11 - 12
Wrestling	9 - 10 - 11 - 12

## **SPRING**

Varsity Baseball	9 - 10 - 11 - 12
JV Baseball	8 - 9 - 10
Varsity Softball	9 - 10 - 11 - 12
JV Softball	8 - 9 - 10
Boys/Girls Track & Field	9 - 10 - 11 - 12
Boys/Girls Tennis	9 - 10 - 11 - 12
Boys Soccer	9 - 10 - 11 - 12
JV Boys Soccer	8 - 9 - 10
Girls Soccer	9 - 10 - 11 - 12
JV Girls Soccer	8 - 9 - 10

Scholastic Bowl, Forensics, Theatre	9 - 10 - 11 - 12
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CCHS is a member of the Bull Run District.

**Bull Run District**

Clarke County  
George Mason  
Madison County  
Manassas Park High School  
Rappahannock County High School  
Strasburg High School  
Warren County  
William Monroe

**Philosophy of Athletics:**

The coaching staff of Clarke County High School has dedicated itself to the development of the total student-athlete. Both the physical and psychological growth of each person is conscientiously considered when planning and implementing our athletic program.

Our professional staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team. Students will be given the opportunity to improve their athletic skills and to develop as well rounded individuals.

In line with the mission of Clarke County Schools our goals are to:

1. Promote the student's physical growth through athletic development and competition.
2. Promote sportsmanship and good citizenship.
3. Help our student-athletes be successful academically.
4. Establish an expectation of excellence for our student-athletes and teams.
5. Encourage community support for our school and school programs.

**Conflict Resolution**

If there is a problem or disagreement between a coach and player or parent, the following steps must be followed to resolve the problem:

1. The student-athlete or parent should talk to the coach about the issue or concern.
2. If the issue is not resolved, the student-athlete or parent should contact the athletic director.
3. If necessary, student-athlete or parent requests a joint meeting with the coach and the athletic director.
4. If necessary, student-athlete or parent informs the principal of the situation in writing, and the principal may call together all parties for a meeting.

**Pre-season Parent Meetings:**

At the beginning of each season, each individual team will have a parent information meeting. Information at this meeting will cover the following: team rules, transportation policy, practice schedules, standards of conduct through athletics and any other information pertinent to that particular sport.



# Clarke County High School Athletics: Basic Requirements

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## VHSL Eligibility Requirements

### STUDENT ELIGIBILITY REQUIREMENTS:

1. **Bona Fide Student Rule** – You must be enrolled in and in good standing in the school you represent.
2. **Grade Rule** – You must be enrolled in the last four years of high school.
3. **Scholarship Rule** – You must have passed at least five credit subjects, or the equivalent, at the end of the previous semester and be enrolled in and remain continuously enrolled in at least five credit subjects, or the equivalent, during the current semester. Under most 4X4 block plans, one block is the equivalent of two traditional credits and a student who takes/passes three is taking/passing the equivalent of six.
4. **Age Rule** – You must not have reached your 19th birthday on or before the first day of August of the current school year.
5. **Transfer Rule** – You must sit out of VHSL activities for 365 calendar days following a transfer to the school unless the transfer corresponded with a family move into the school attendance zone. Eighth and ninth graders are automatically eligible wherever they enroll at the beginning of the year. Please check with your principal or athletic/activities director for exceptions.
6. **Semester Rule** – You may participate for no more than eight consecutive semesters following your initial enrollment in the ninth grade, whether or not you have remained continuously enrolled.
7. **Amateur Rule** – You must be an amateur who participates only for the educational, physical, mental and social benefits derived from the activity.
8. **Awards Rule** – You must not accept in recognition of athletic ability any award not approved by your school or the Virginia High School League.
9. **All-Star Rule** – Only seniors who have completed their eligibility in a sport may participate in one all-star game in that sports season.
10. **Consent Form/Physical** – You must have submitted a complete copy of a current Athletic Participation/Parental Consent/Physical Examination Form, including the required physical by a doctor, prior to practice, tryouts or membership on any school athletic team, including cheer.

You must earn the privilege to participate in interscholastic athletics and activities by meeting these standards, plus any other requirements established by either the school or the League. The standards listed here are a summary of the rules, many of which have detailed exceptions or interpretations. If you have any questions about your eligibility or about how specific activities might affect that eligibility, please check with your principal or athletic/activities director. By meeting the intent and spirit of League standards, you will prevent yourself, your team, your school and your League from being penalized.

Parents and students may request a copy of the complete rules sections from the athletic director or by consulting the VHSL website at [www.vhsl.org](http://www.vhsl.org)

### Forms:

**NO STUDENT-ATHLETE WILL BE ALLOWED TO PRACTICE UNTIL ALL OF THE FOLLOWING FORMS HAVE BEEN TURNED INTO THE COACH OR ATHLETIC DEPARTMENT.**

1. Physical Form
2. Code of Conduct/Rules Form
3. Emergency Care Information Form
4. Drug Screening Consent Form
5. Concussion
6. Insurance Waiver

A copy of all these forms can be found on our athletic website [www.clarkecountyathletics.org](http://www.clarkecountyathletics.org) under the files and links page. Forms are also located in the athletic office.

### Tryouts:

To try out for a sport each student must meet all eligibility requirements of the VHSL and CCHS. Because there is no guarantee that a student will make the team, CCHS does not reimburse a student for any expense associated with trying out. This includes the cost of the athletic physical and or any equipment purchased.

The dates, times, and procedures will be posted by each head coach and/or the athletic director on the schools athletic website [www.clarkecountyathletics.org](http://www.clarkecountyathletics.org). Announcements and signs will be posted around school to help as well.

All athletes must follow the team tryout procedures set by each head coach. Absences from tryouts for any reason may hinder a student's chances of making the team. Athletes should discuss all matters of this type with the head coach before the tryout period begins. The tryout period will be at least a "3 day period".

After the third day of tryouts, those not making the team will be notified personally by the coach along with a letter. Trying out for a second sport during the same sports season is only allowed at the athletic director and coaches' discretion.

There are some special circumstances for tryouts due to some overlapping of sports seasons. Students who are participating in a previous season's sport may not quit that sport to practice another one. Furthermore, an athlete may not tryout for the next season's sport until their previous season is complete. There is no penalty to the athlete who is playing a previous sport when it comes to the new season.

The tryout procedure **will** be extended for an athlete if an athlete is playing another sport from a previous season.

The tryout procedure **may** be extended for an athlete for the following reasons:

1. The number of participants is below what is required to play.
2. The athlete is returning from a significant injury.
3. The athlete was not enrolled in CCHS at the time of the tryout period.



### **CHANGING SPORTS AFTER SEASON START**

From the time that team cuts have been made and the final roster decided, a student-athlete cannot join or compete in another sport until the end of the first sport's season, unless previously approved to be in the dual sports program

If a student-athlete is dismissed or voluntarily leaves the team, such athlete will not be allowed to join another team until the schedule of the first team has been completed

## **Clarke County High School Athletics: Rules and Regulations**

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### **Training rules (practice)**

Each student-athlete is required to attend all games. Because of the importance of proper preparation prior to competition any absence (excused or unexcused) from practice may result in a loss in the amount of playing time. The amount of time is determined by the reason of the absence by each individual coach. Each individual sport has their own team rules which will explain unexcused absences. (Excused = doctor's note, illness from school, or arrangement by coach and athlete). The Athletic Department supports student-athlete participation in co-curricular activities, however, it is the responsibility of the student-athlete to notify their respective coach, well in advance, of their intent to participate in any activity that would interfere with practice or cause an absence from a game (games).

Student-athletes who find it necessary to miss practice must make arrangements personally with their respective coaches. This should always be done **before**, not after, missing practice. Illness may be an exception. In case of illness, the student-athlete should notify his /her coach by phone, or in person, **prior** to practice time.

## ATHLETE RANDOM DRUG TESTING PROGRAM (ARDTP)

### Mission Statement

In keeping with the mission of the Clarke County Public Schools, the purpose-of the Athlete Random Drug Testing Program (ARDTP) is to protect student health, safety and welfare and to strengthen partnerships among faculty, administrators, coaches, parents, and students in order to reduce drug related barriers and hazards to academic, athletic and personal development and success.

The Principal of Clarke County High School is hereby designated as the school division administrator in charge of the ARDTP.

In this context, our mission is to anticipate, plan for and respond to the needs of a diverse and changing student body by providing services that:

1. Protect the health, safety and welfare of the student.
2. Create supportive environments in which students are empowered to make responsible and healthy lifestyle choices.
3. Promote non-use behavior.
4. Recognize that substance abuse is a national, state, and regional problem.
5. Communicate realities, misperceptions, and secondary effects of drug abuse.
6. Employ strategies that will improve the school environment as well as individual attitudes towards responsible behavior.
7. Provide policies that emphasize the use of drugs will not be tolerated.
8. Provide educational programs.

### Definitions

Drug	Any substance considered illegal by Virginia or Federal law or any substance which is controlled by the Food and Drug Administration.
Athlete	Any student participating in high school interscholastic athletic programs sponsored by Clarke County High School and sanctioned by the Virginia High School League (VHSL). The Virginia High School League (VHSL) is an alliance of Virginia's 312 public high schools providing quality student activities.

### Athlete Random Drug Testing Guidelines

All students who participate in high school interscholastic athletic programs sponsored by Clarke county High School are subject to the ARDTP. The ARDTP is not intended to be academically punitive but is intended to assure the student's health and safety while participating in athletics. The ARDTP seeks to deter drug use and help students live drug – free lives. The key features and requirements of the ARDTP are as follows:

1. Approximately 10% of the active student athletes will be randomly selected for drug tests during the season.
2. Students will not be notified in advance of any drug test. Students will be escorted to the school testing site by a school official.
3. Students will remain under school supervision until an adequate sample ~~is~~ has been provided per the testing protocol. If the selected student does not provide an adequate sample by the end of the student school day, the student will be ineligible to participate in athletics until a negative sample is provided at the next random test. Students will have access to their school materials (e.g. textbooks, reading materials, calculators, etc.).
4. If the lab technician suspects tampering has occurred, the sample will be rejected and another sample must be provided. If tampering occurs in an attempt by the student not to circumvent the policy or testing, the student will be dismissed from the team.
5. Students will be asked to empty their pockets and remove jackets before beginning the testing protocol. Any student who refuses to follow testing and collection protocols, as directed by the supervising school official, will be dismissed from the team for the remainder of the season.

### Consent

Before any student will be permitted to try-out for or participate on any school-sponsored athletic team, the student and his/her parent(s) or guardian(s) must sign a consent form agreeing to participate in and be subject to the ARDTP. The consent will be valid for the current school year and must be provided on an annual basis. If the athlete *or* his/her parent(s) or guardian(s) refuse to sign the consent form, or seek to rescind consent previously given, the athlete will not be permitted to continue to participate in athletics. Also, if during any season the athlete refuses to be tested or attempts to tamper with or assists others in tampering or attempting to tamper with a testing sample, the athlete will be dismissed from the team.

### Positive Test Results

For purpose of determining the consequences of a positive test result, each positive test results will be cumulatively counted over a athlete's entire high school career within the Clarke County Public Schools. In the event of a positive test result, the testing agency will notify the school division administrator in charge of the program. The following steps will then occur:

1. The Principal or designated Assistant Principal will notify in writing the parent(s)/guardian(s), the athlete, and coach and will advise the parent(s)/guardian(s) of the opportunity to respond to a positive test. The Principal shall maintain a record of such written notice. The Principal or designated Assistant Principal *shall* schedule a meeting with a substance abuse educator, the parent(s)/guardian(s), the athlete, and athlete's physician, if requested, to develop a plan of assistance for the athlete.
2. Progressive actions following positive test results:
  - a. First Positive Test Result

The athletes will be dismissed from the team for the remainder of the season during which she/he has tested positive and placed on a six month suspension from participation in any interscholastic athletics. The athlete shall be required to participate in a substance abuse education/intervention program identified by the division. The athlete may appeal the suspension after three months, provided the athlete has completed the requirements of the mandated substance abuse education intervention program identified by the division.

b. Second Positive Test Result

The athlete will be ineligible to participate in any athletic practice and/or competition for 365 days from the date of the positive test result reported by the testing laboratory. The athlete will become eligible for athletic participation following the 365 – day suspension period and provided he/she successfully completes a substance abuse education/intervention program. Once the athlete resumes athletic participation at the expiration of the suspension period, he/she shall undergo monthly drug testing, at the expense of the parent(s)/guardian(s) or athlete, and such required monthly drug testing shall continue for as long as the athlete is a member of any athletic team.

c. Third Positive Test Result

The athlete will be ineligible to participate in any interscholastic athletics for the remainder of his/her high school career.

Appeal of Test Results

The parent(s)/guardian(s), or athlete if over the age of eighteen, may initiate an appeal within seven (7) calendar days of the **date they are provided written notice of a positive test**. The appeal must be filed in writing with the Athletic Eligibility Committee (AEC). The AEC will consist of the Clarke County High School Principal, one Clarke County High School Assistant Principal, and the Clarke County High School Athletic Director. The appellants' shall provide the AEC with any additional information they wish for the AEC to consider and any reasons why the appellants' believe consequences should not be imposed as set forth in this ARDTP.

Upon request and at the expense of the Parent(s)/Guardian(s) or Athlete, the original sample will be retested by the original testing laboratory. The athlete may not practice or compete until the appeals process has been completed and then only if the AEC acts favorably on the appeal

Reinstatement

If an appeal is acted on favorably, and the suspension term commuted, the athlete will agree to submit to up to six (6) unscheduled drug tests at the expense of the parent(s)/guardian(s) or athlete for the remainder of the six-month suspension period..

The Committee shall report their decision to the division Superintendent who, in turn, shall inform the School Board.

### Confidentiality

The division shall take all reasonable steps to maintain the confidentiality of test results and those results shall only be shared with those administrators with a need to know to include the superintendent, the principal, the assistant principal, the athletic director, the coach, and the school board. Test results shall not be maintained in the athlete's scholastic records but shall be maintained in records kept by the school division administrator in charge of the ARDTP. A positive test pursuant to this policy shall not result in any penalties or restrictions on an athlete's participation in any other non-athletic activities, shall not result in any disciplinary action except as explicitly provided for in this policy, and shall not be reported to law enforcement.

The principal will be responsible for conducting annual meetings with his/her faculty and staff to ensure confidentiality and fairness to all athletes. The policy and procedures are to be carefully explained to all staff members.

### Reasonable Suspicion Drug Testing

- Nothing in this ARDTP shall be construed to replace or supplant the existing or future guidelines for student searches and student conduct policies. Any drug testing of an athlete based on reasonable suspicion, and the consequences imposed by a positive test under such circumstances, shall be governed by existing policy, student conduct guidelines and/or law and not by the terms of this Policy §9-4B.

Revised: August 7, 2013  
Adopted: August 16, 1999

Legal Refs: Code of Virginia, 1950, as amended, §§ 22.1 – 78, 22.1 – 79  
JFCF Drugs in School



## **Non-Compliance**

If the student athlete, his/her parents or guardians refuse to sign the consent form, the student athlete will not be permitted to be a member of a team. Also, if during the season the student athlete refuses to be tested or attempts to tamper with or assist others in tampering with the sample, the student athlete will be dropped from the team.

**Possession of Alcohol/ Illegal Substances:** Any student athlete in possession of an illegal substance will be removed from their athletic team immediately. The student athlete will have to meet with the Principal and Athletic Director to participate on any sports team again.

**Tobacco products:** Any student-athlete who is apprehended by a school official for having on their person smoking, dipping, and/or chewing tobacco products will be removed from the team for the remainder of the season. This includes e-cigarettes and other similar devices.

**School law enforcement referral:** Any student-athlete referred to law enforcement authorities by school officials for school rule violations may be denied the privilege of participation in all athletic activities for a period determined by the Athletic Director and Principal.

**Social-Media:** Student athletes are held to the student use policy and rules of good sportsmanship regarding other teams, schools, officials, etc. as it applies to all social media postings. Those that do not adhere to the rule may face team and/or school consequences.

Any student-athlete that behaves in a way that violates community standards, including violations of the law or illegal activity may be denied the privilege of participation in all athletic activities for a period determined by the Athletic Director and Principal.

### **Academic Requirements:**

Clarke County High School Athletic Program will use the VHSL standards for academic eligibility. This rule falls under the category of the "semester rule". For the first semester, a student must be enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. For the second semester a student must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

### **School Attendance:**

Regular attendance in school is mandatory in order to participate in athletics. It is expected that student athletes be in attendance at school the ENTIRE school day to be eligible to participate in practice and/or athletic contests; the only exception is a doctor and/or court note, and must be approved by administration.

### **Vacation Policy:**

It is the expectation of the athletic department that athletes make a commitment to a team when they tryout. Vacations by athletic team members during a sport season are discouraged. Athletes are



required to attend all practices/games unless prior approval has been given by the head coach or athletic director.

### **Dual Sport Information:**

Participation in dual sports must be applied for and approved by the athletic director and coaches prior to try outs for each season.

### **Equipment and Uniforms:**

- Each student will be issued athletic equipment for his or her sport.
- Each student athlete is solely responsible for all his or her equipment that is issued
- All lost, stolen, or damaged equipment must be paid for at replacement cost
- A student-athlete will not receive any awards until his/her equipment has been turned in or paid for.
- Student-athletes that are still delinquent on their equipment at the end of the school year will be turned over to the administration. Any student-athlete who returns next school year with a delinquency will not be allowed to participate until it is settled.
- No student-athlete is to wear school athletic equipment other than at practices or games. Game jerseys may be worn on game days only if the coach permits it.
- Athletes playing consecutive sports seasons must have their equipment from the previous season turned in by the first play date of the next season. Failure to do so will result in suspension from that team until the equipment is turned in or paid for.

### **Post Season Eligibility:**

Athletes on a JV team may be moved up to the varsity team for all post season tournaments as approved by the athletic director.

### **Locker Room:**

Roughhousing and throwing towels or other objects is not allowed in the locker room. Team members may be assigned a locker and are responsible for the care of that locker. It is **HIGHLY RECOMMENDED** that locks be used on your locker. **YOU** are responsible for stolen items. Any student-athlete that is caught stealing will be removed from the team. All lockers must be cleaned out within one week after the conclusion of the season. Any materials in lockers after this one-week period will be **REMOVED** and **DISCARDED**.

### **Travel:**

Players are requested to wear proper attire as specified by the coach. Dress should be neat and representative of the school. Players are to exhibit proper conduct to and from the contest. Student-athletes are representing Clarke County High School and must conduct themselves within the guidelines of the student handbook. Players and managers must return from an athletic contest on the team bus. Exception:

An athlete, manager or any member of the team who travels with the team may return with his/her parents or another athlete's parents, provided the parents give notification by note and phone call to

the coach. A violation of BUS or TRAVEL rules will result in a one game suspension. A second violation will result in dismissal from the team.

**Overnight Travel:**

There could be an overnight trip for a contest or tournament. All athletes are held to all school policies for the duration of the trip. The athlete is considered “on school grounds” for the entire trip and any violation of school policy will be dealt with the appropriate disciplinary action of the school. If an athlete disrupts the team or is in danger to him/her or others, the parent or guardian is called and the athlete is sent home.

**Meal Money:**

Meal money paid for by the school is guaranteed only for overnight trips for regional or state play-off or tournament participation.

**Injuries:**

It is the responsibility of all athletes to immediately notify coaching and training staff of any and all injuries that occur during competition, practice, or outside of school hours. This includes pre-season existing injuries. All diagnosis and treatment plans from doctors must be communicated in writing to the coaching and training staff.

**VHSL Fines:**

Any student-athlete whose actions cause Clarke County High School to be fined by the VHSL is responsible for reimbursing the school for such fines. Actions that may result in the school being fined include, but are not limited to, providing false information; unsportsmanlike conduct before, during or after a game; leaving the bench area during an altercation; fighting; or damage to school or facility property. The fines range from \$100-300 per incident.

**VHSL Sportsmanship Code:**

Comments directed at an opposing player, coach or official from a spectator may result in immediate dismissal from that contest and may result in a suspension from attendance to any CCHS athletic events for a period of time.

# Clarke County High School Athletics: Enforcement of Rules

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## CODE OF CONDUCT:

1. It is a privilege, not a right, to participate on an interscholastic team. Therefore, this privilege can be revoked for improper conduct of a student at school or in the community. Any appeal of the revocation of this privilege may be made through the Athletic Director's office.
2. The student-athlete shall be a regular bona-fide student in good standing of the school, which he/she represents.
3. A student-athlete who is apprehended by a school official for having on their person smoking, dipping, and/or chewing tobacco products will be removed from the team for the remainder of the season. This includes e-cigarettes and other similar devices.
4. On the student-athlete's first offense, a student-athlete who is caught stealing will be dismissed from the team for the remainder of the athletic season.
5. It is understood that being found in possession of drugs/alcohol and testing positive on the drug test are different events and carry different penalties or conditions.
  - *THE CODE OF VIRGINIA STATES THAT POSSESSION OF ALCOHOL OR ILLEGAL DRUGS MAY RESULT IN EXPULSION FROM SCHOOL. ANY STUDENT FOUND IN POSSESSION OR USE OF ALCOHOL OR ILLEGAL SUBSTANCES, ON OR OFF SCHOOL PROPERTY, WILL BE DISMISSED FROM THE TEAM. THAT STUDENT MUST MEET WITH THE PRINCIPAL AND ATHLETIC DIRECTOR BEFORE THEY ARE ELIGIBLE TO PLAY ANOTHER SPORT. ANY STUDENT INVOLVED IN THE SALE OR DISTRIBUTION OF ALCOHOL OR DRUGS ON SCHOOL PROPERTY OR AT A SCHOOL SPONSORED ACTIVITY WILL BE RECOMMENDED TO THE SCHOOL BOARD FOR DISCIPLINARY ACTIONS UP TO AND INCLUDING EXPULSION.*
6. In order to be eligible to try out for or to participate in any school-sponsored interscholastic athletic program, the student-athlete must agree to submit to a physical examination and random drug analysis. The physical exam must be conducted after May 1 for participation in athletics for the upcoming school year and must be completed before the student will be allowed to participate in any manner. All student-athletes must agree to the random drug testing throughout the season; a parent or guardian must also signify agreement with this policy in writing.
7. Every student-athlete will be encouraged to maintain a grade letter of "C" or better in every class during the season.
8. A student-athlete who is suspended to site(F&M Building) will receive the following consequences:
  - First Offense – A conference with the parent/guardian, coach and athletic director. The student-athlete will also receive a one game suspension upon return to the high school.
  - Second Offense – The student-athlete will be dismissed from the team. In order for the student-athlete to be eligible for another sport he/she must have a conference with the athletic director.
9. Student-athletes must obey all team rules as well as policies and regulations of both the school and school division, including local, state and federal law. Student-athletes are accountable for their actions during contests, at school or away from school, 7 days per week, 24 hours per day, while in their athletic season.
10. If a student-athlete is ejected from a contest by an official, the player will not participate in the next contest unless successfully appealed. Then the situation will be reviewed by the coach, the player, the athletic director, and the school administration prior to final action being taken by the administration. Action could range from no additional restrictions to suspension for the rest of the season.
11. Social-Media: Student athletes are held to the student use policy and rules of good sportsmanship regarding other teams, schools, officials, etc. as it applies to all social media postings. Those that do not adhere to the rule may face team and/or school consequences.
12. Attendance criteria: It is expected that student athletes be in attendance at school the ENTIRE school day to be eligible to participate in practice and/or athletic contests; the only exception is a doctor and/or court note, and must be approved by administration.

13. NO STUDENT-ATHLETE WILL BE ALLOWED TO TRY OUT FOR A TEAM UNTIL OUTSTANDING OBLIGATIONS ARE MET AND REQUIRED ATHLETIC FORMS ARE COMPLETED (CODE OF CONDUCT, DRUG TESTING, PHYSICAL EXAMINATION FORM, INSURANCE RELEASE, AND EMERGENCY RELEASE.)

#### **Individual Coaches Rules:**

Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal for their respective sports. Rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violations of rules must be in writing and administered by the coach. All team rules must be on file in the Athletic Director's office.

#### **Disciplinary Report during the Sport Season:**

Each head coach, in each season, must document disciplinary actions taken on each athlete during the course of a season. The purpose of this documentation is to provide the athletic director with times, dates, and the nature of the problems. This data can be used as supporting documentation should it become necessary to recommend an athlete's suspension or dismissal.

At any point during the course of a sports season when a student athlete's behavior reaches a point of formal discipline, the coach **must make telephone contact** with the parent and notify the athletic director. If contact can't be made by phone, a letter must be sent to the parent with a copy to the athletic director.

In the event that a student athlete is dismissed from a team the following procedures are to be followed:

- The coach will communicate with the athletic director to give the reason for recommending the athlete's dismissal from the team, with the exception of the training rules and school enforced rules which will be investigated directly by the athletic director or school administration
- The athletic director will inform the athlete, explain the violations, and hear the student's response to the issues. A written statement will be taken from the athlete at this time.
- The athletic director or his designee will make contact with the parent.
- The athletic director will then make a decision. If the athlete is to be dismissed, the student and the parents of the athlete will be notified in writing.
- The parent/guardian of the student may ask for a review of the decision of the athletic department to the principal within five (5) business days. The request for review requires that:
  - A. A written request be presented to the principal within five (5) business days of the initial ruling;
  - B. The principal render a decision in writing within five (5) business days to the student and his/her parents.

#### **Hazing/Bullying:**

Clarke County High School forbids hazing/bullying of any kind. Athletes determined to be a part of any hazing activity will be removed from the team and face additional disciplinary action by the school. The following are examples of conduct which constitutes hazing; this list not meant to exhaustive or to limit the school's ability to discipline any conduct which it determines to be inappropriate:

- Subtle hazing/bullying includes initiations and the like which manipulate, coerce, or in other respects seek to deny the rights of the individuals;
- Harassment hazing/bullying involves actions which cause mental anguish or physical discomfort;
- Hazardous hazing/bullying includes actions which endangers life or mental health, which have the potential of causing bodily harm, or which subject a person to severe mental stress.

The following list is provided for the purposes of clarifying what actions constitute an act of hazing/bullying, includes, but is not limited to, the following:

- Assigning pranks such as stealing, painting objects, harassing another group or club.
- Modifying one's appearance such as partial or total haircuts, shaving of eyebrows, tattoos, and drawing on skin with magic markers.
- Engaging in public stunts and buffoonery.
- Consumption of undesired food or liquids.
- Apparel which embarrasses or which is lewd.
- Agreeing to do demeaning tasks for others (servitude).

## Clarke County High School Athletics: Letters and Awards

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### Criteria for Varsity Letters:

A student-athlete must maintain a 2.0 nine weeks grade point average. Fall sports will use the end of the first nine weeks. Winter sports will use the end of the second nine weeks. Spring sports will use the end of the third nine weeks.

A student-athlete must participate in 50% of all games or matches.

A student-athlete must attend 95% of all practices.

A student-athlete cannot be in violation of the Athletic Conduct Policy, school or school division policy and regulations; or local, state or federal law.

Coaches will document all of the above at the end of season reports. The **COACH** has the final decision on awarding monograms. That decision is based on the athlete's commitment, dedication and attitude.

Student managers must complete two seasons with the same sport. The coach's approval is the determining factor for student managers to receive letters.

All letter winners must be present at the Awards Banquet to receive their letters unless prior arrangements are made with their coach. **Failure to attend will result in forfeiture of your letter.**



## Senior Awards:

**CHARLES E. LUTMAN AWARD**—this plaque will be awarded to a senior male and female athlete who has made a significant contribution to their sport and has significant achievements in their sport.

**CHARLES “BUD”MILEY DEDICATION AWARD**—this plaque will be awarded to a senior male and female athlete who has participated in the athletic program throughout his/her four years and has made a unique contribution to the athletic program through spirit, commitment, and attitude exhibited.

**BILL BOWERMAN UNSUNG HERO AWARD**—this plaque will be awarded to the senior boy or girl who lettered at least once during his/her varsity career and made a significant contribution to the athletic program.

**SPORTSMANSHIP AWARD**—this plaque is presented annually to the senior boy or girl who best exemplifies sportsmanship and dedication to the Clarke County High School athletic program. The athlete must have lettered in at least one sport and have been a leader.

**H.B. “HAMMER” PIERCE OUTSTANDING SENIOR FEMALE ATHLETE AWARD**—this plaque will be awarded to a senior girl. The athlete must have lettered in two varsity sports her senior year and earned five varsity letters as a participating athlete during her high school career. She also must have demonstrated outstanding leadership, sportsmanship, and athletic achievements throughout her high school career.

**HARDESTY-DENT OUTSTANDING SENIOR MALE ATHLETE**-- this plaque will be awarded to a senior boy. The athlete must have lettered in two varsity sports his senior year and earned five varsity letters as a participating athlete during his high school career. He also must have demonstrated outstanding leadership, sportsmanship, and athletic achievements throughout his high school career.

**\*\*Varsity head coaches nominate deserving athletes for the senior awards. The coaches vote on each award. The athletic director serves as a tie breaker.\*\***

## Recognition Nights:

At the end of each sport season, the athletic department will host an awards night to honor the varsity and junior varsity teams and athletes and those who supported them throughout the season. The major awards for each sport will be given out at this time along with the varsity letters and participation awards.

Revised: June 15, 2016