

HOKE COUNTY HIGH SCHOOL ATHLETICS



GO BUCKS!!!

Parent/Student-Athlete Handbook

Revised July 2020

Table of Contents

INTRODUCTION.....3

MISSION STATEMENT & PURPOSE.....4

ATHLETIC ELIGIBILITY/TICKET TO PLAY.....5

ATHLETIC OPPORTUNITIES.....6

STUDENT-ATHLETE CODE OF CONDUCT.....7

ATHLETIC EXPECTATIONS, PRACTICES, & POLICIES.....8

PARTICIPATION & INSURANCE.....8

FELONY, EQUIPMENT, & LOCKER ROOM.....9

EJECTION POLICY & PENALTIES.....10-11

STEALING & OTHER BEHAVIORAL ACTIONS.....11

TEAM SELECTION, TRAVEL, & INJURY REPORTING.....12

COMMUNICATION & 24-HOUR RULE.....13

AWARDS, AMATEUR, ALL-STAR, & NCAA RECRUITMENT.....14

Dear Parents and Student-Athletes,

We would like to welcome you to the Hoke County High School Athletic Program! We believe that participation in sports provides a wealth of opportunities and experiences, which assists students in personal adjustments.

The Hoke County High School Athletic Handbook is a reference guide for student-athletes and parents, concerning the policies that govern interscholastic athletics at Hoke County High School. The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at Hoke County High School.

We believe in the development of young men and women through athletics on and off the campus of Hoke County High School. We feel a properly controlled, well-organized sports program meets student's needs for self-expression, mental alertness, and physical growth during this time in their lives. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

Interscholastic athletics is a voluntary program. Students are not obligated to participate, thus, participation in school athletics is a **PRIVILEGE** and not a right. Accompanying this privilege is the responsibility to adhere to standards established for Hoke County High Athletics. This privilege may be revoked if the athlete fails or refuses to comply with the rules. It should be carefully noted that the policies and procedures detailed in this handbook are reflective of official action by Hoke County Schools, Hoke High/Sand Hoke Early College Administration, & Staff.

It is the role of the department of athletics to make rules that govern the student-athlete's spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent and/or guardian of our student athletes. It is our hope to accomplish this objective through this athletic publication for students and parents.

Thank you very much for taking the time to read this athletic handbook. We hope this explains and details our views and values of our athletic department. It will not only allow you to become familiar with our policies and procedures, it will also allow for a smooth transition for you as a new or returning member of the Hoke County High Athletic Program.

If you have any questions or concerns, please feel free to contact any member of the Hoke County High School Athletic Department.

We look forward to your support in our upcoming athletic seasons and in our surrounding communities!

GO BUCKS!!!

“Winning at the professional level is required.

Winning at the collegiate level has become expected.

Winning at the interscholastic level should be a pleasant by-product to what you’re really supposed to be doing, which is developing young people into productive citizens.”

- Robert Kanaby, NFHS, NIAAA

MISSION STATEMENT

The mission of Hoke County High Athletics is to provide governance and leadership for our interscholastic athletic programs and support the educational experience of our student-athletes. Hoke County Athletics will aid in the academic, emotional, and physical development of our student-athletes through the promotion and uplifting of teamwork, sportsmanship, and athletic competition. This mission is to prepare our student-athletes with tools and skills to be college and career ready as they embark on their athletic journey at the next level.

PURPOSE

Through participation in interscholastic activities, Hoke County High Athletics will:

- I.** Provide a source of high expectations for the student-athlete in the classroom in society, and in athletics
- II.** Help develop the concept of team play and the traits which go with team play such as loyalty, cooperation, fair play, and commitment to a group
- III.** Provide for a worthy use of leisure time in latter life, either as a participant or spectator
- IV.** Strive for playing excellence that will produce a winning team
- V.** Provide a focus of interests for the student body, faculty, and community that will generate a feeling of unity
- VI.** Provide a means for the students to develop a healthy self-concept, a healthy body, a healthy school spirit and pride in the school and community

ATHLETIC ELIGIBILITY

In order to participate on any an athletic team, a student must be both academically and medically eligible. These standards are established by the North Carolina High School Athletic Association and Hoke County Public School policies. For more details on eligibility, please refer to the NCHSAA Handbook online at <https://www.nchsaa.org/students-and-parents/rules-and-regulations>. Reference numbers are located beside the policies below.

Academic Eligibility

- I. **Initial Entry** – A student may participate in athletics at any member school upon initial entry into ninth grade provided they meet applicable NCHSAA and local Board of Education eligibility requirements. **(Reference 1.2.1)**
- II. **Age** – Athlete must be under 19 years of age on or before August 31, 2020. **(Reference 1.2.3)**
- III. **Attendance** – Must have been in attendance for at least **85%** of the previous semester at an approved school (No more than 13.5 days of absence from school). **(Reference 1.2.5)**
- IV. **Scholastics** – A student must have passed the minimum course load of work during the preceding semester in order to be deemed eligible at any time during the present semester. All students must also meet local promotion standards, set by the LEA and/or local school. (Ex. Hoke or SandHoke 3/4 passed; if additional courses are taken (i.e. college courses), minimum course load of work passed may change (4/5, 5/6, etc.). **(Reference 1.2.6)**
- V. **Eight Semester Rule** – No student may be eligible to participate at the high school level for a period lasting longer than eight (8) consecutive semesters, beginning with the student’s first entry into ninth (9th) grade or an overaged seventh (7th) or eighth (8th) grade student’s participation on a high school team, whichever occurs first. **(Reference 1.2.7)**

TICKET TO PLAY

Student-Athletes & Parents must complete online registration w/ Final Forms via Athletics Website. ALL forms will be verified for completion by Athletic Trainer & Athletic Director.

- i. Valid/Current Pre-Participation Physical Exam
- ii. Concussion Agreement Forms
- iii. Assumption of Risk/Medical Treatment Release
- iv. Student-Athlete & Parent Pledge Signatures

ATHLETIC OPPORTUNITIES OFFERED

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Men’s & Women’s Cross Country	Men’s & Women’s Basketball (JV & Varsity)	Baseball (JV & Varsity)
Football (JV & Varsity)	Men’s & Women’s Indoor Track	Softball (JV & Varsity)
Men’s Soccer (JV & Varsity)	Men’s & Women’s Swimming	Women’s Soccer (JV & Varsity)
Women’s Tennis	Men’s & Women’s Wrestling	Men’s Golf
Women’s Golf	Men’s & Women’s Bowling	Men’s Tennis
Cheerleading (JV & Varsity)	Cheerleading (JV & Varsity)	Men’s & Women’s Outdoor Track
Volleyball (JV & Varsity)		

WHY ATHLETICS?

Research shows that students involved in extracurricular activities have a greater chance at being successful into adulthood.

Interscholastic Athletics Promote Teaching and Learning

- Higher Graduation Rates
- Teaches Sportsmanship
- Build School Spirit
- Encourages Teamwork
- Improves Self-Esteem
- Better Attendance
- Increases Self-Discipline
- Instills a Sense of Pride

STUDENT-ATHLETE CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student-athletes is our major consideration and transcends any other consideration.

All student-athletes **SHALL** abide by the code of the ethics which will earn them the honor and respect that participation and competition in this interscholastic program affords. Any conduct that results in dishonor to the athlete, the team, or the school will **NOT** be tolerated. Acts of unacceptable conduct, such as, but not limited to, stealing (theft), vandalism, disrespect, violations of the law, and hazing that tarnishes the reputation of everyone associated with the athletic program will not be tolerated.

Students-Athletes of Hoke County High/Sand Hoke Early College **SHALL NOT** possess, use, sell, distribute, or otherwise transmit, or be under the influence of any drug, or counterfeit drug, the possession of which is prohibited by law. This includes narcotics, hallucinogenic drugs, alcohol, amphetamines, anabolic steroids (any performance enhancement drug), cocaine, or intoxicants of any kind. The use or possession of any tobacco (including e-cigarettes) or other substances is also prohibited and will not be tolerated on the campus of Hoke County High School.

Any student-athlete guilty of possession of drugs (of any type) with intent to distribute or selling will be banned from athletic participation during their tenure at Hoke County High School/Sand Hoke Early College

This policy will be subject to enforcement and/or disciplinary action by the Athletic Department and Administration during a student-athlete's participation in athletics at the high school level.

Notwithstanding the consequences for violation of the Athletic Code of Conduct which follows, the Athletic Director or other person designated by the Principal may exclude the student-athlete from all athletic participation for a violation which involves the selling or distributing of any quantity of illegal drugs, counterfeit drugs, or other controlled substances.

ATHLETIC DEPARTMENT EXPECTATIONS, PRACTICES, & POLICIES

Definitions:

- i. **Athletic Probation** – An athlete is placed on probation as a violation of athletic program policies. The athlete may continue to practice and participate in athletic contest (at the discretion of the head coach). Probation is ONLY for the sports season in which the violation occurred and may not be extended beyond the last regular season/playoff contest.
- ii. **Athletic Suspension** – A student placed on suspension cannot play in any game while on suspension. The student may or may not be required to attend practice while on suspension. Suspension may/will carry over from the one season to the next.
- iii. **Dual Participation** – A student may participate on more than one athletic team during the same sports season as long as a “Dual Participation Form” is completed and on file that states the “primary & secondary sports” they will be partaking (Ex. Men’s Soccer & Football)
- iv. **End of Season** – The end of a sports season occurs after the last regular season game and/or playoff game has concluded

Student-Athletes:

A. PARTICIPATION

All students of Hoke County High & SandHoke Early College are strongly encouraged to participate in as many sports per athletic year as they choose. Every athletic coach may have Team Rules & Regulations that should be adhered to by ALL participants.

B. INSURANCE

Hoke County Schools provides catastrophic insurance coverage for all middle and high school students participating as a team member in any interscholastic competition sanctioned by the NC High School Athletic Association (NCHSAA), including practices, game related activities, and related travel. Coverage provided for related to medical expenses in excess of \$25,000 up to \$1 million.

C. FELONY POLICY

Any student who: **(Reference 1.2.12)**

- i. Is convicted of a crime classified as a felony under North Carolina or federal law; or is adjudicated delinquent for an offense that would be a felony if committed by an adult, is not eligible to participate in the North Carolina High School Athletic Association sports program.
- ii. Athlete will be placed on **athletic suspension (no participation in practice or contest)** during due process for pending charges

D. EQUIPMENT

Uniforms – In several sports, athletes may be required to purchase a portion of the game uniform (shoes, cleats, socks, etc.), which will become their property after being worn. All uniform apparel NOT purchased by the students-athlete and issued by the coaching staff, should be returned in good condition at the end of the season or will be subject to financial penalty of a replacement cost.

Equipment – All students are responsible for the proper care and security of equipment issued to them by the coaching staff. School supplied equipment (helmets, shoulder pads, bats, rackets, balls, etc.) is to be worn and used only for school sanctioned contests and practices.

E. LOCKER ROOM REGULATIONS

Students security and safety in the locker rooms is priority for the coaching staff. Each student-athlete is responsible for assisting the team in keeping the locker room areas clean, safe, and secure.

- i. Rough-housing and throwing towels or other objects are not allowed
- ii. Hazing of other players is not allowed
- iii. All showers must be turned off
- iv. No one expect the coaches and assigned players are allowing in the locker rooms
- v. Report any missing items to your coach or administrator immediately

F. EJECTION POLICY

Hoke County High Athletics will be in conjunction of the NCHSAA Ejection Policy. The following examples include behavior and/or conduct which will result in an ejection from a contest:

- A. Fighting (2 Games or 2 weeks – whichever is longer)**, which includes, but is not limited to, combative acts such as:
 - i.** An altercation between 2 or more parties that includes swinging, hitting, punching, and/or kicking
 - ii.** An attempt to strike an opponent with a fist, hands, arms, legs, feet, or equipment
 - iii.** An attempt to punch or kick an opponent, regardless of whether or not contact is made
 - iv.** An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate
 - v.** Leaving the bench area and coming onto the playing area during a fight (whether or not they participate in the fight)
- B.** Leaving the bench area -- coming on to the playing area when there is not a fight
- C. Flagrant contact**, which includes, but is not limited to, combative acts such as:
 - i.** Maliciously running over the catcher/fielder without attempt to avoid contact
 - ii.** Excessive contact out-of-bounds or away from playing action than is unwarranted and extreme in nature
 - iii.** Tackling/taking down a player dangerously in a malicious manner
 - iv.** Illegally hitting or cross-checking an opponent in an excessive manner with the stick in lacrosse
- D.** Biting observed or determined by an official
- E.** Taunting, baiting, or spitting toward an opponent or official
- F.** Profanity of any kind, inappropriate language, racial or ethnic slurs, sexist or homophobic language (**Zero-Tolerance**)
- G.** Obscene gestures, including gesturing in such a manner as to intimidate
- H.** Disrespectfully addressing an official (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career).

Athletic Penalties (other than fighting)

- **1st Offense:** One-game or one-week suspension, whichever longer & completion of “Sportsmanship” Course on NFHS Learn
- **2nd Offense:** Suspension from the athletic team for the remainder of the sports season
- **3rd Offense:** Permanent suspension from Hoke County High Athletics

If any of these actions occur **prior to or after** an athletic event, Hoke County High Athletic Department will treat the student-athlete as if he/she had been ejected from the game.

- The coach may impose other less severe penalties if an official disqualifies a student from a game. **A disqualification is not an ejection.**

G. STEALING

Any student-athlete subject that has removed objects that are **NOT** of their personal belonging from another student-athlete’s locker or baggage are subject to the following:

- **1st Offense:** 2 Contests Suspension & Athletic Probation
- **2nd Offense:** Loss of athletic eligibility for remainder of calendar year

H. OTHER BEHAVIORAL ACTIONS

I. Absence from School

- ❖ Athlete may **NOT** participate in practice or contest unless he/she has attended school for a **minimum** of one-half of school day (**Attendance for 2-Block Periods**)

II. Forgery – attempting to sign or initial any documents or medical documents as the supervising adult under false pretenses

- ❖ **1st Offense:** Loss of eligibility for remainder of the school year

III. Suspensions from Academic Setting

- ❖ **ISS** – student-athlete may participate in practice or contest, but may **NOT** be released for any games requiring early dismissal (**Student MUST serve all time specified by Administration**)
- ❖ **OSS – Athletic Suspension** begins the moment the student-athlete is informed and ends the beginning of the next school day **AFTER** the suspension; may include transition period to Turlington Alternative School.

I. TEAM SELECTION

In accordance with our mission of athletics and our desire to see as many students as possible participate in the athletic program while at Hoke County High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preferences, and other factors will place limitations on the most effective team for any particular sport. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- i. Extent of try-out period
- ii. Criteria used to select the team
- iii. Number to be selected
- iv. Practice commitments
- v. Game commitments

CHOOSING THE MEMBERS OF ATHLETIC TEAMS IS THE SOLE RESPONSIBILITY OF THE COACHES

Parents:

A. TRAVEL FOR ATHLETICS

All athletes must travel to and from athletic contests in transportation provided by the athletic department and school system **UNLESS** prior arrangements have been made by the parents.

- i. Athletes will remain with their team and under the supervision of the coach when attending an away contest
- ii. All regular school bus rules will be applied and followed by all passengers
- iii. Dress appropriately – to and from the athletic contest

B. REPORTING AN INJURY

All injuries which occur while participating in athletics should be reported to the **Athletic Trainer & Coach**. If the injury requires medical attention by a Doctor or Treatment Center, the athlete or parent is to return to campus with documentation of the nature of the injury suffered and any treatments needed.

Once athlete(s) is treated by physician, the athlete must obtain the physician and/or Athletic Trainer's permission and clearance to return to activity

C. COMMUNICATING WITH COACHES

Hoke County High’s Athletic Department strives to have an open line of communication between parents and coaching staff. We do ask that any parental concerns be handled and addressed in an appropriate manner. Below are guidelines and protocol that should be followed if you have a concern:

- i. **When there is a concern**, the student-athletes are encouraged to speak with coach directly
- ii. **If coach and student-athlete are unable to resolve conflict**, then parents may contact the coach professionally
- iii. **If issue is still unresolved**, parents and coaches may contact the Athletic Director to discuss situation further.

Appropriate Concerns to Discuss with Coaches

- ❖ Treatment of your student-athlete
- ❖ Ways to help your student-athlete
- ❖ Concerns about your student-athlete’s behavior
- ❖ Concerns about your student-athlete’s academic performance

Concerns NOT Appropriate to Discuss with Coaches

- ❖ Playing time
- ❖ Play calling & game strategy
- ❖ Other student-athletes

D. 24-HOUR RULE

An upset parent should wait **AT LEAST 24 Hours** before approaching a coach or parent after an athletic event. **Please do not approach a coach immediately before, during, or after a practice or a game.** Taking this time to reflect on the situation, as well as honest and respect communication should allow for more effective dialogue ensuring a more successful experience for everyone.

E. ATHLETIC AWARDS POLICY

If a student-athlete quits a sports team prior to the end of the athletic season or placed on athletic probation or suspension, he/she will NOT be allowed to receive any awards or attend the athletic department.

- ❖ Students may receive rewards such as:
 - ❖ Various Team Award(s)
 - ❖ Scholar Athlete Award
 - ❖ All-Conference Award
 - ❖ Male & Female Athlete of the Year – voted on by Coaching Staff

F. AMATEUR RULE

Under no circumstance may an individual or team: **(Reference 1.2.15)**

- ❖ Accept money
- ❖ Accept items by virtue of being on a “free list” or “loan list”
- ❖ Compete under a false name

G. ALL-STAR, BOWL, OR BENEFIT GAMES

NO student shall be permitted to participate in an All-Star or Bowl game unless he/she has completed their high school eligibility **(Reference 1.2.16)**

- ❖ Participation in activities or events sanctioned by a national governing body is permissible at any time. See NCHSAA website for list of national governing bodies

H. NCAA RECRUITMENT

All student-athletes interested in participating in collegiate athletics at the Division I or II level must be registered with the NCAA Initial – Eligibility Center. Visit the NCAA Eligibility Center website at www.ncaa.org. It is also important to speak to your guidance counselor to make sure your child is on the correct track for eligibility.