

Athletic Handbook



E.L. HAYNES
HOME OF THE MOUNTAIN LIONS

PreK - Grade 12

ATHLETIC PHILOSOPHY

At E.L. Haynes we believe that participation in extracurricular and interscholastic athletics is an integral component of the total educational structure. While we strive to make all of our individual participants and teams as competitive as possible, our primary objective is to help our student-athletes acquire important skills and tools that will help them to be well rounded individuals.

We strive to serve all of our student athletes by providing them with opportunities to compete on teams or play individually to release stress, have fun, build relationships, help the community, develop teamwork, learn cooperatively and instill fitness for life as a core value. The product of our investment in athletics will be healthy adults who contribute to their community in a positive manner.

PLAYER ELIGIBILITY –

(For Grades PreK - 4)

In order to be eligible, every participant must be a registered student at E.L. Haynes. Each student participant must have a current School Physical Exam on file.

(For Grades 5-12)

In order to be eligible, every player must have a current School Physical Exam. The athletic office will verify that each athlete is up to date with their physicals. As mandated by the DCMR, in Chapter 27, Section 2701.5, a student shall provide a physician's certification that the student has been examined and found to be physically fit for the sport in which the student seeks to participate.

ATHLETIC BEHAVIOR & CODE OF CONDUCT (All Participants)

All student athletes and team managers at E.L. Haynes are expected to behave in a manner that is consistent with the school's code of conduct. Student Athletes have the privilege to participate in and represent E.L. Haynes in interscholastic and/or extracurricular programs. The extension of this privilege depends upon adherence to standards of academic and behavior that reflects positively upon the individual as well as the school.

Student athletes, including team managers, who represent E.L. Haynes through the interscholastic sports programs, are expected to demonstrate good citizenship in the school and local communities. These expectations apply to every athlete whether on or off the school premises, regardless of whether school is in session at the time of the conduct. Students who do not demonstrate good citizenship will be held accountable for their behaviors, choices, and decisions. Students who do not adhere to these standards are subject to disciplinary action by the school athletic department, coaches and administration.

All behavior and tardiness incidents that take place will impact athletic eligibility. The Dean of Culture, coaches and staff will work with the Director of Athletics to help decide on eligibility, which may result in missing practices, game or the entire sports season.

Out of School Suspension: A student who is suspended out of school (O.S.S.) for any reason will not be permitted to attend a practice or game on that day or for the duration of the suspension as a participant or spectator. If the suspension does not fall on a game day, the student will be suspended from participation on the date of the next scheduled game or games. The administration reserves the right to suspend an individual for additional games/activities/meetings if the severity of the offense warrants such a consequence.

ADDITIONAL RULES OF CONDUCT: (All Participants)

The following rules of conduct are intended to clarify, for the athletes, their obligations as leaders and participants during periods of both participation and non-participation.

- The athlete shall obey all school rules and regulations and all policies.
- The athlete shall not provide, use, and/or be in the possession of illegal drugs, alcohol, or tobacco products.
- The athlete shall avoid an arrest for any illegal activity.
- The athlete shall meet all academic eligibility regulations.
- The athlete shall not exhibit attributes acts of poor sportsmanship.
- The athlete shall adhere to the “game day” dress code.
- The athlete shall not harass or bully others (verbal, technological, physical etc.)
- Shall obey transportation and school rules and regulations on athletic trips.
- Athletes shall remain with the group or team at all times and comply with the requests and direction of the coaching staff.
- The athlete shall turn out for all regular and special practices and meetings, unless excused by the coach and/or school.
- The athlete shall follow the written rules and regulations as established by the head coach.

Our Middle and High School Student-Athletes are role models for younger students and their peers; therefore, it is important that the athlete’s behavior remains above question. As a student leader, the athlete must accept the responsibilities and obligations placed by those represented.

Illegal Substances/Alcohol/Tobacco/Steroids/Controlled Substances

Student-athletes shall not use or possess tobacco products, drugs, alcohol or performance enhancing drugs such as steroids, whether it occurs on or off of school property or at an EL Haynes function.

SPORTSMANSHIP (All Participants)

Student athletes and parents / guardians are expected to display appropriate conduct and sportsmanship at all times throughout the season.

What is Good Sportsmanship? Good sportsmanship is about playing by the rules and having discipline, respect, and self-control. A good sport enjoys playing the game and strives to do their best to win, however they are able to control themselves in case they have to face defeat or other trying circumstances such as a bad referee call, disrespectful behavior of spectators or from their opponent.

Sportsmanship:

1. Show respect to yourself by treating others the way you want to be treated.
2. Respect not only your teammates, but also your opponents.

3. Respect your coaches and the officials of the game.
4. Respect the rules of the game.
5. Always play fair.
6. Accept the judgment calls of the coaches and the officials without argument.
7. Offer encouragement to teammates, especially when they make mistakes.
8. Forgive yourself when you make a mistake and get right back into the game.
9. Lose without pouting.
10. Win without gloating or rubbing it in.

Examples of Poor Sportsmanship: Student athletes, whether parent/ guardian, participants or spectators, will observe courteous behavior during all sporting events. Booing, whistling, name-calling, obscene gestures, fighting or arguing with the referee, etc. will not be tolerated. An immediate ejection can be warranted for any of the parties listed for these reasons.

- If a student-athlete is ejected from a game, for unsportsmanlike behavior he or she will be suspended from the next competition.
- If a student-athlete is ejected from a second game for unsportsmanlike behavior during the same season, he or she will be suspended for the remainder of the season and will lose the opportunity to receive any post-season honors.

Athlete Dress Code (Grades 5-12)

Student Athletes will dress appropriately for the sport that they are playing and coaching. Their dress, particularly to away contests or travel should be clean and neat in appearance. Dress clothing can be Khaki pants with belts tightened, white, royal or navy polo collared shirts and sneakers. This will be in effect unless wearing team uniforms is warranted. No sagging pants, t-shirts or baseball hats should be worn. Some exceptions will be made for coaches of outdoor sports due to the weather-related concerns.

ACADEMIC STANDARDS (Grades 5-12)

E.L. Haynes encourages academically qualified students to participate in interscholastic athletics. We believe that the athletic program functions as a critical part of the total academic curriculum. It is the primary concern of the athletic department that each student-athlete fulfill his/her obligation first as a student, and then as an athlete. This academic eligibility policy was created and adopted with the best interest of the student-athletes in mind.

As per league rules, to be eligible to compete on an interscholastic athletic team at EL Haynes. All student athletes must maintain a grade point average of 2.0. Grade Checks will be made intermittently during each school semester. Eligibility is based upon the quarter preceding the season and throughout the season. If a student is ineligible during the pre-season then that student may not try-out, or join, the team.

An athlete who fails to meet the following academic eligibility standards is subject to probation, suspension from competition or even permanent removal from the team for the remainder of the sports season. The academic eligibility policy will be implemented and enforced during the sports seasons throughout the school year

THREE STRIKES: Any athlete found to be ineligible to play three times, either for a portion or for the entire one-week cycle, during a single sports season will receive strong consideration to be permanently removed from the team.

OTHER ELIGIBILITY STIPULATIONS (Grades 5-12)

- All incoming high school students (9th Grade) are eligible for the fall high school season.
- Students cannot play on both a varsity and junior varsity team. Once they play Varsity they are a varsity player. Dressing for varsity competition is the same as playing.
- Cannot play varsity for more than four years. (This includes years played at other schools if the athlete is a transfer.)
- A student who has attained the following ages on or before July 1 preceding the following school year shall not be eligible to participate in athletics offered for the grade levels indicated: (1) Grades six (6) through eight (8): fifteen (15) years; and (2) Grades nine (9) through (12): nineteen (19) years. (DCMR 2701.4)
- Each student-athlete may participate in only one sport per season.

*The Head Coach, Athletic Director, or Principals can recommend suspending or removing a Student/Athlete from a team if he/she violates any standards, codes of conduct or general school rules and regulations.

TEAM ATTENDANCE REGULATIONS (Grades 5-12)

Student-Athlete attendance for all practices, games, and post-season tournaments/meets is mandatory. Failure to meet any of the requirements set forth by the school and/or coaches could result in dismissal from the team. A student may not participate in a practice, or a game, when he/she is serving an in school or out-of-school suspension or if they were absent from school. The student becomes eligible to participate on the next school day following the suspension.

A SUSPENSION OF ANY TYPE WILL RESULT IN AN UNEXCUSED ABSENCE.

-Three (3) unexcused absences from practice may result in immediate removal from a team.

-Students who are absent or arrive at school two hours after the start of school are not eligible to compete or practice on that day unless permission is granted by the Athletic Director or Principal.

STUDENTS WITH DISABILITIES (All Participants)

Students with disabilities may request reasonable modifications and/or aids and services needed to allow them to participate in E.L. Haynes' athletics programs. Upon request, E.L. Haynes will engage in an individualized inquiry to determine if modification to the school's athletics policies are reasonable and necessary to ensure that the student has an equal opportunity to participate.

COMPETING ON OUTSIDE TEAM (Grades 5-12)

A student on a high school team becomes ineligible if that student competes in a contest on an "outside" team in the same sport (same season). A student on a high school team may be suspended or removed from that team if found to be participating on any outside team.

UNIFORMS & EQUIPMENT (All Participants)

EL Haynes will provide uniforms or T-Shirts to all individuals and Student Athletes that participate in our sports programs. Students are issued a school uniform. Uniforms must be returned at the end of the

season unless the player is notified otherwise by their coach. If an item is lost, then the student will be billed for its replacement. The student athlete will not be able to participate in the sport the following year until payment is received or the uniform is returned.

- Students are expected to provide their own personal equipment such as cleats, gloves, bats, kneepads etc.
- Essential equipment to play the sports, such as sport specific balls, protective helmets, etc. will be provided by the school.

TRANSPORTATION GUIDELINES (Grades 5-12)

- Parents, siblings, friends or relatives are not permitted to ride on buses to games or contests with the student athlete or team at any time.
- Athletes must travel to/from athletic contests in transportation provided by the or by public transportation with the team. However, an athlete may travel with their own parent if the parent arranges with the coach (in person) to transport his/her athlete (only) in their own vehicle. At no time are students to ride home with other student's other student's parents.
- Student athletes will not be dropped off at any point (bus stop / train station) on their way back to the school, after a game. You must arrange for transportation from the school location to your home.
- Misconduct traveling to and from an away contest will be dealt with according to the behavior code. As athletes you are direct representatives of the school and community and should conduct themselves accordingly.

AFTER SCHOOL STUDYING & EXITING AT THE HIGH SCHOOL (Grades 5-12)

Afterschool and prior to practices students' athletes should be in study hall or reporting to the locker rooms for practices and/or games. Student athletes should not leave the buildings for ANY reason, if they do so, it is school policy that they leave campus and not be allowed back inside the school. Upon making your team, you should ask or be told by the coach, where to report to immediately after school each day. A student athlete should be in only one of the following three locations: 1) In a monitored study hall with the rest of the team. 2) In the locker room or bathroom preparing for practice to begin almost immediately or 3) Meeting with a teacher getting extra help, prior to practice. (With a note to the coach as it pertains to their whereabouts while out of your care.)

All tryouts and practices are closed to siblings of any age, as it is not the coaches' job to manage or monitor them in any way, shape or form. If you have made special arrangements with the coach that is OK.

After practices or games at the High School gymnasium or other area of the school, student-athletes can go to the locker rooms to change or shower however they are not to go into the main part of the building (H.S) unless they have an absolute emergency. All student athletes should exit high school building at the rear of the high school gymnasium.

CREDIT: High School Student-Athletes can receive .50 credit for playing a JV or Varsity sport here. In order to obtain this, one time, health and fitness academic credit you must complete the entire season. There is no academic credit given to middle school students.

COACH TRANSPORTATION (Grades 5-12)

It is against the athletic policy for the coach to have players ride in his/her personal car anywhere. Call home or ask a relative to pick you up promptly from practices or games if you need a ride.

PLAYER HEALTH (All Participants)

Participation in Elementary, Middle and High School athletics is a privilege involving both responsibilities and rights. The athlete's responsibilities are to play fair, to give his/her best, to conduct him/herself graciously and to keep in training in order to have optimal protection against injury through good and regular conditioning.

MANDATORY CONDITIONING (Grades 5-12)

For conditioning purposes and preparation for game play, it is required that the Student Athletes that participate in our sports programs participate in at least 10 full practices prior to playing in a regular season scrimmage or game.

ASSUMPTION OF RISK (All Participants)

Participation in interscholastic athletic activities or extracurricular activities often includes intense competition and poses the potential for serious, catastrophic, or life-threatening injury. Participants and parents are urged to consider that there are inherent risks and hazards associated with athletic participation. Risks vary from sport-to-sport and can occur under direct supervision and with use of proper safety equipment.

Participation in extracurricular activities or our athletics programs, in many cases, requires middle school and high school student / athletes to walk to practices and games which are held at various locations throughout the area. Additionally, public transportation and private transportation is sometimes used to transport student athletes to and from practices and games.

PARENT / GUARDIAN COMMUNICATION WITH COACHES (All Participants)

Parents should not attempt to address coaches immediately after games and practices. Coaches have many post game/practice responsibilities, including supervision of players. Also, the post-game/practice period is often emotionally charged, and not conducive to productive discussion. If a parent feels a need to communicate a concern, the parent should contact the coach and/or athletic director to arrange a later meeting.

PARENT / GUARDIAN STANDARDS (All Participants)

At a minimum, the following standards are required of all parents, guardians and families of our student-athletes:

1. Exhibit public behavior that will reflect positively on the team, school, and community.
2. Exhibit responsible, respectful, and trustworthy behavior to administrator's, players and the coach.
3. Exhibit appropriate behavior and use of language at all team and school-related activities.
4. Respect and comply with decisions made by the coaching staff and athletic department.
5. Respect calls and decisions made by game officials.

ATHLETICS WEBSITE:

To register and find your most updated schedule go to www.GoHaynes.org.

END OF SEASON AWARDS: Award winners will receive their certificates or Varsity Letter at an Awards Banquet or Awards Assembly, as determined by the school.