

JAMES MONROE HIGH SCHOOL

STUDENT ATHLETE HANDBOOK

2022-2023





The James Monroe High School Athletic Mission Statement

The mission of the James Monroe High School Athletic Department is to provide an athletic and extra-curricular program that instills strong values of discipline, sportsmanship, integrity, leadership, and social responsibility; to promote ethnic and cultural diversity within our athletic and extracurricular programs; and to make our programs an enduring source of pride for students, alumni, and the community.

No student shall be denied equal access to programs, activities, services, or benefits or be limited in the exercise of any right, privilege or advantage or be denied equal access to educational and extracurricular programs and activities.



July 2022

Dear JM Students & Parents:

Welcome to interscholastic sports at James Monroe High School. Attached to this letter is a copy of the student-athlete's handbook. Please read this handbook carefully and share it with your parents. In it you will find all the rules, regulations, and expectations we have for our student-athletes. If you have any questions please contact Mr. Griffin, the AD, for clarification.

As with any organization, everyone involved needs to know the required rules and regulations. Knowledge of this information will strengthen our athletic program and allow for sound competitive play by our athletes. All lines of communication are open. It is imperative for athletes to communicate with their coaches and parents.

Coaches will review the rules and regulations with athletes during practices. Student-athletes must understand that infractions of the rules can result in their suspension from their team. Student-athletes must remain focused on the game and on their academic performance. Failing to maintain the required grades will result in dismissal from the team. All student-athletes must pass five classes the previous year and

We hope each student-athlete will make a solid commitment to their respective team. There will be opportunities for exciting competition, to build team spirit, and to develop the individual skills required to play competitively. We aspire to bring out the best in each player, and to demonstrate to our opponents that we have mastered the concept of good sportsmanship.

I am excited to start our sports programs with more of a "normal" approach this season. I appreciate all the students and parents who sacrificed so much in these last couple of school years to play sports and participate in activities here at JM. It truly took a village to put together a safe environment for everyone at JMHS.

Thank you for wanting to be a part of the athletic program at James Monroe High School. We look forward to another exciting year of competition.

Sincerely,

Kenton Griffin
Athletic Director
kgriffin@cityschools.com

James Monroe Athletics Informational Page

Website: <http://www.jmhsathletics.bigteams.com>

Twitter: @JMHS_Athletics

Facebook: James Monroe High School Athletics

Instagram: @jmhsathletics

State Classification: 3

Region: B

District: Battlefield

JMHS Sports Offerings & Practice Start Dates for 2022-2023

Fall Sports – Tryouts begin July 28, 2022 for Football, Golf & Cheer; August 1 for other fall sports

- Competition Cheer/Sideline Cheer
- Football
- Cross Country
- Field Hockey
- Volleyball
- Golf

Winter Sports - Tryouts begin November 7, 2022

- Boys & Girls Basketball
- Sideline Cheer
- Indoor Track
- Swim

Spring Sports - Tryouts begin on February 20, 2023

- Baseball
- Softball
- Boys & Girls Soccer
- Boys & Girls Tennis
- Boys & Girls Lacrosse
- Track & Field

Academic Activities

- Theatre
- Scholastic Bowl

Grades/Eligibility for 2022-2023

For athletic & activity eligibility, the Virginia High School League (VHSL) requires all students:

(a) For the first semester, 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 year or the immediately preceding semester for schools that certify credit on a semester basis; and

(b) For the second semester, 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.

If a JMHS Student-Athlete does not meet these VHSL requirements, they will be ineligible for athletics and activities. The Activities Director will check grades at each quarter to determine if a student-athlete will be removed from the team/activity due to failure to maintain eligibility throughout the quarter and/or semester.

ELECTRONIC PARENT FORMS (MUST BE TURNED IN)

Please find below the student athlete and parent forms for JMHS Athletics. These forms **MUST** be completed before your first practice. The information collected in these forms will be distributed to each student athlete's head coach and athletic administration.

(THESE FORMS ARE ALSO IN PAPER FORM ON PAGES 15-18)

Website: <https://bit.ly/jmhs22forms>



If you have any questions, please contact the AD Office at JMHS.

Kenton Griffin - AD - kgriffin@cityschools.com

Tracey Young – Assist. AD – tlyoung@cityschools.com

Sportsmanship Regulations

Each participant in an extracurricular activity—coaches, students, and spectators—should always display the highest level of sportsmanship. Consequences for acts of poor sportsmanship are as follows:

PARTICIPANTS: Each participant's behavior reflects on the school's reputation and each participant who does not display good sportsmanship must accept the responsibility and consequences for poor behavior. Any participant ejected from a contest for poor sportsmanship will be ineligible for the next two (2) contests. A second ejection will cause the player to be ineligible for the next four (4) contests and may result in dismissal from the team. Penalties for any ejection in the last game will carry over to the next season.

Participants who are not ejected but receive unsportsmanlike conduct penalties may, as determined by the Principal and Student Activities Director, be penalized for that behavior. Please be mindful that any act committed during the school day, while participating in a school related activity, or practicing/ competing at home or away that damages the reputation of the school may result in penalties or sanctions.

COACHES: Coaches should always educate participants in all aspects of good sportsmanship and model the highest levels of good behavior. The failure of a coach to do so may result in a game suspension, practice suspension, or removal from the coaching staff at James Monroe High School.

SPECTATORS: Spectators will be expected to display good sportsmanship at every event. Unsportsmanlike behavior may result in removal from the event or exclusion from all extracurricular events.

Assessment of behavior will be made by the Principal and Athletic Director of James Monroe High School, and consequences will be applied immediately. Appeals may be made to the Superintendent or the Superintendent's designee.

POINTS TO REMEMBER

- ⇒ Student-athletes should always demonstrate good sportsmanship. Even when games are tough and the *calls* are not fair, remember you are a team player. Do the best you can for the team.
- ⇒ Work with the coaches. Talk about the game and discuss how the team can improve. Keep the lines of communication open.
- ⇒ Always give credit to the other team if they have played well.
- ⇒ Learn the sport you are playing and know the rules. The better you know a sport, the more successful your game will be.
- ⇒ Check with your coach about the availability of summer camps for your sport and attend if possible.
- ⇒ Believe in the coaches, the team, and yourself as a player. Listen to what the coach is trying to teach you, as there is always room for improvement.
- ⇒ Learn from your loss in a game. You will not always win and remember that everyone wants to win. Be prepared for anything, but never lose focus on the game.
- ⇒ As a member of a James Monroe High School athletic team, be proud and hold your head high.
- ⇒ Student-athletes cannot turn 19 years old before August 1st and must live within the city boundaries unless they are an official tuition student. Student-athletes are allowed only four (4) years (8 semesters) towards eligibility according to VHSL rules.

REQUIRED FORMS

VHSL Physical Forms—Each athlete must submit a completed physical form before being allowed to practice. The forms are available in the main office and online at www.vhsl.org.

The following forms must be read, signed, and submitted to the head coach by the third day of practice:

- Rules and Regulations Form—This form is located at the end of this booklet.
- Athlete Code of Conduct Form—This form is located at the end of this booklet.
- Coach's Rules and Regulations Form—Individual coaches may set additional guidelines for their student-athletes. These guidelines have received prior approval from the athletic director.
- Emergency Medical Form (Parent Contact Information)—Kept on file, copies taken to all games.
- The Physical Form must be filled out, including insurance information, and parental permission.

CARE OF EQUIPMENT AND FIELDS

Student-athletes are responsible for their uniforms. Any uniform or piece of school issued equipment that has been lost or stolen must be paid for by the student-athlete. All uniforms must be re- turned clean to the head coach within three days of the last game played. No student-athlete will be allowed to play in the next season's sport until his/her uniform and equipment from the prior season has been returned or paid for. Names of students with outstanding obligations will be placed on the school's debt list.

Student-athletes are expected to take care of their playing arena. Do not hang on nets, rims, or damage school equipment in any way. Broken equipment must be reported to the head coach immediately. Do not play with damaged equipment.

GAME DAY PROCEDURES

- Early dismissals for the teams are requested by the head coach through the Student Activities Director. No student-athlete should request an early dismissal on a game day. Students are not allowed to leave school grounds to get food, etc.
- All student-athletes MUST ride the team bus to a sporting activity. Driving to a game or home from a game is not permitted unless special permission is given by the administration. Student-athletes may leave a game with their parent/guardian ONLY if a note from the parent/guardian has been signed by an administrator. This note must be given to the head coach prior to leaving school for the game. A note may be emailed to the athletic director at kggriffin@cityschools.com.
- Student-athletes must have written permission from their parent and prior approval of an administrator before being allowed to leave a game early.
- Cancellations due to inclement weather will be announced before the end of the school day. Student-athletes must attend at least two classes to play in the day's game. The student must submit documentation to excuse any class periods missed on a game day. An unexcused tardy or absence will result in the student being ineligible to play on that day.
- School Board Policy states that a student-athlete may not compete in a game on a day when he/she is assigned to serve ISS or OSS. If there is no game scheduled for the day a suspension is served, the student will be ineligible to play the next scheduled game.
- All coaches and players want their team to win. At the high school level, the goal is to win as well as develop well-rounded student-athletes. When a game is close, and the team can win, a coach will play the first team members. Second and third team players are there to support the team in play and spirit and may not have the opportunity to play in every game. Coaches will play their second and third team players at all opportune times, such as when the team is winning or losing by a considerable margin.

SAFETY

- No student-athlete may participate before submitting a complete VHSL physical form.
- If a student is injured and under a doctor's care, the doctor must provide a medical release before he/she can return to play. **All medical notes must be given to the Athletic Trainer before resuming practice.**
- All equipment must be in good, working order. Report any equipment, uniforms, or playing fields which are not in acceptable condition. If a student uses his/her own equipment, it must be approved by the head coach prior to a game.
- VHSL rules must always be followed. Shirts must be tucked in, no jewelry or hair accessories are allowed, and only safety glasses may be worn during play.

AWARDS AND RECOGNITIONS

At the conclusion of each sport season, an awards assembly will be held, and all players will receive a certificate. Parents are encouraged to attend this special occasion. At this time, each varsity team will recognize their MVP, Incentive Award, and Coaches' Award winners. The MVP is given to the player who contributed the most to the team and exemplified team play, helped to build morale, and consistently played well. The Incentive Award is given to the underclassman player who has shown the most improvement throughout the season, has a good attitude, and who exhibits good work habits. The Coaches' Award is given to the athlete who exhibits leadership, loyalty, good work habits, attends practice daily, and maintains good grades.

Athletic letters are awarded to student-athletes who have played in more than half of the scheduled varsity games in a sports season. Any senior on the varsity team for two or more years will receive a varsity letter even if he/she has not played in more than half of the scheduled games. In addition, if a team qualifies for participating in the regional or state playoffs, the head coach has the option of awarding a letter to all student-athletes on the team.

FUND RAISING

A student-athlete participating in a fund-raising activity is responsible for the items he/she has agreed to sell. Unsold items, and all monies collected must be submitted to the head coach. A student may be dismissed from a team if his/her debts are not cleared by the last day of the fund-raising activity.

PICTURES

Team and individual athletic pictures will be taken each season. The head coach will distribute packets from Lifetouch Photography with directions for purchasing pictures and tell athletes the date and time that pictures will be taken. It is the athlete's responsibility to be dressed and present at the scheduled time.

TRANSPORTATION

A student-athletes must have written permission from his/her parent/guardian to be transported by a JMHS coach to a school sanctioned event or private event.

TEAM COMMITMENT

A student-athlete must be committed to the team. Practices are mandatory. If you must miss a practice, communicate the reason to your coach. Unexcused absences can be detrimental to a team and morale. Excessive unexcused absences warrant dismissal from the team. Individual coaches set the guidelines for the number of permissible unexcused absences.

No student will be allowed to play in the next season's sport if he/she quits a team or is dismissed for disciplinary reasons after the first game has been played. All student-athletes are expected to complete the sport season. If a student is dismissed for academic reasons, he/she may play in the next season if his/her grades meet the eligibility requirements. The Student Activities Director will check each student-athlete's grades each grading period.

If a student-athlete quits or is removed from a team, all school issued equipment must be turned in or the student will be billed for the replacement cost. Any student who quits a team may not participate on another team without the approval of the Athletic Administration.

TWO SPORT ATHLETES

Athletes wishing to participate in two sports in one season must get approval from both coaches and the Student Activities Director. If approved, a practice schedule must be set by both coaches and must be followed by the student-athlete. Failure to adhere to the practice schedule may result in the Student Activities Director deciding whether the student-athlete will be allowed to continue playing both sports.

CONDITIONING

All student-athletes are expected to stay in good physical condition during the season and the off season. The weight room is open throughout the year, contact the Student Activities Director for times. Student-athletes are only allowed to attend off-season workouts with their respective teams. There will be no co-ed workouts, training, or practices. The exception to this rule is when both coaching staffs agree on group training and coaches from both teams are present.

LOCKERS and LOCKER ROOMS

Student-athletes will be issued a locker in the team locker room for their sports season only. Do not share locker combinations with anyone. The school is not responsible for items lost or stolen. Always keep all electronic valuables locked up.

Team locker rooms are to be kept clean. Clothes and towels should be picked up after each game and given to the head coach for laundering. Horseplay is not allowed in the locker rooms.

STATE PLAYOFF GAMES

A chartered coach bus will be provided by the athletic department when the travel time to a VHSL State playoff game site is three (3) or more hours away.

Grading Scale & Three-Tiered Grading System

James Monroe High School operates on a ten-point grading scale and will continue with the three-tiered (Level I, Level II, and Level III) course system with Level I Courses earning the highest-grade quality points. Transcripts include a legend that describes the grading scale and include the letter and numerical grade for each course. Listed below is the ten-point grading scale and three-tiered course system:

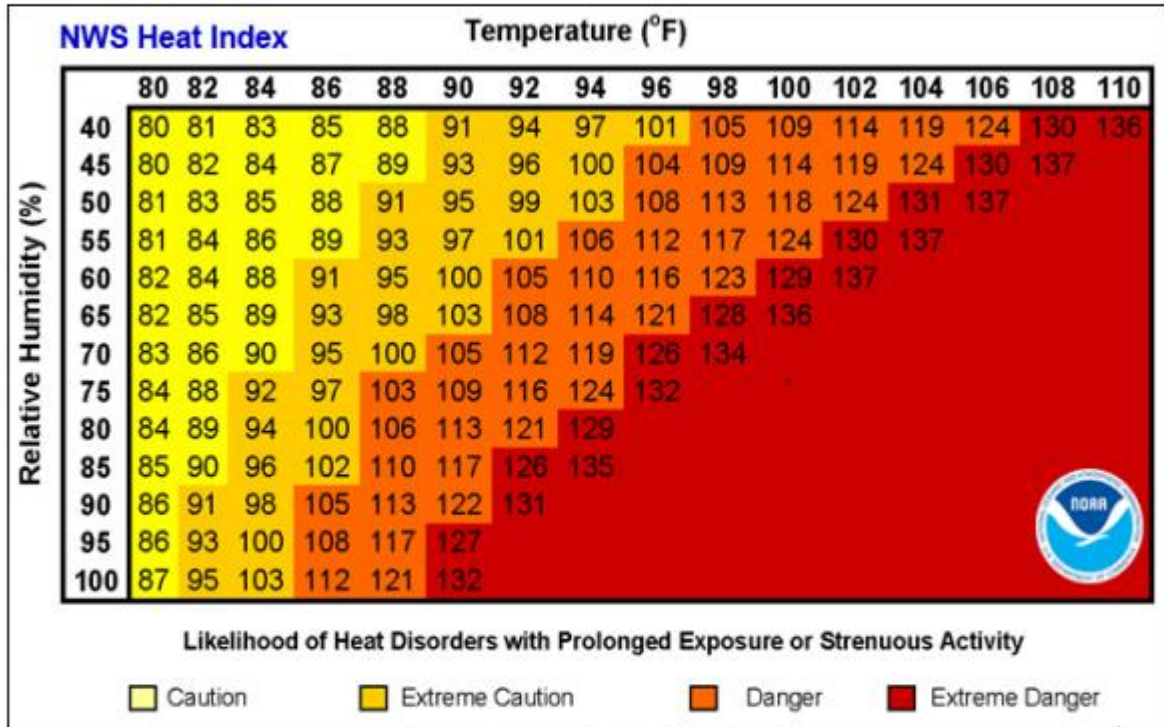
GRADING SYSTEM

| | | | | |
|-----------|-----------|-----------|-----------|--------|
| A+=100-97 | B+=89-87 | C+=79-77 | D+=69-67 | F > 60 |
| A =96-94 | B =86-84 | C =76-74 | D =66-64 | |
| A- =93-90 | B- =83-80 | C- =73-70 | D- =63-60 | |

Three-Tiered Course System

| Level I Courses | Level II Courses | Level III Courses |
|-----------------|------------------|-------------------|
| A+ = 5.25 | A+ = 4.75 | A+ = 4.25 |
| A = 5.0 | A = 4.50 | A = 4.0 |
| A- = 4.75 | A- = 4.25 | A - = 3.75 |
| B+ = 4.25 | B+ = 3.75 | B+ = 3.25 |
| B = 4.0 | B = 3.50 | B = 3.0 |
| B- = 3.75 | B- = 3.25 | B- = 2.75 |
| C+ = 3.25 | C+ = 2.75 | C+ = 2.25 |
| C = 3.0 | C = 2.50 | C = 2.0 |
| C- = 2.75 | C- = 2.25 | C- = 1.75 |
| D+ = 2.25 | D+ = 1.75 | D+ = 1.25 |
| D = 2.0 | D = 1.50 | D = 1.0 |
| D- = 1.75 | D- = 1.25 | D- = 0.75 |
| F = 0 | F = 0 | F = 0 |

HEAT INDEX PARTICIPATION RECOMMENDATIONS



http://www.nws.noaa.gov/om/heat/heat_index.shtml

| Heat Index | Recommendations |
|-------------|---|
| 105° and up | No outdoor activities |
| 95° to 104° | No equipment (helmets, shoulder pads, etc.) during activity |
| 90° to 94° | Equipment removed as often as possible (during rest breaks, while on sideline, etc.). Careful monitoring for signs of heat illness. |
| Below 89° | Unrestricted access to water during all practices and competitions; breaks every 20 to 30 minutes. |



VHSL LIGHTNING GUIDELINES



Lightning Can Kill!

Lightning is one of the most consistent causes of weather-related deaths and injury in the U.S. According to the National Severe Storms Laboratory, there are approximately 100 lightning-related deaths and over 1000 injuries yearly. **Risk is present WHENEVER lightning can be seen or thunder can be heard.** As soon as lightning is seen or thunder is heard, practice and competition should be suspended immediately.

- When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
- Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.

Lightning Safety Tips

- ◆ Lightning can strike outside of the rain area or thunderstorm cloud. In extreme cases, "bolts from the blue" can strike 10-15 miles from the thunderstorm. Don't wait for rain to take shelter and don't leave shelter just because the rain has let up.
- ◆ Stay away from the tallest trees or lone objects (such as light poles or flagpoles), metal objects (such as metal fences or metal bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field, and **DO NOT** take shelter under a single, tall tree. Do not remain in a boat, or swim in the open water. Pay much more attention to the lightning threat than to the rain. Lightning can strike far from the rain shaft.
- ◆ If there is no safe shelter within a reasonable distance away, crouch in a thick grove of small trees surrounded by taller trees, or in a dry ditch. Assume a crouched position on the ground with only the balls of your feet touching the ground, wrap your arms around your knees and lower your head. Minimize your body's surface area, and minimize contact with the ground. **DO NOT LIE FLAT!**
- ◆ If a person feels his or her hair stand on end, or their skin tingle, immediately crouch, as described above
- ◆ If someone is struck by lightning:
 1. Immediate medical attention is needed. Activate EMS and retrieve an AED if available.
 2. Victims **DO NOT** carry an electrical charge and can be touched. In many cases, the victim's heart and/or breathing may stop and rescue breathing and/or CPR or an AED may be needed.
 3. Monitor the victim until medical help arrives; heart and/or respiratory problems could persist, or the victim could go into shock. If possible, move the victim to a safer place away from the threat of another lightning strike.

The Athlete's Code

- ♦ Be courteous to visiting teams and officials.
- ♦ Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up, nor does he/she quarrel, cheat, bet, or grandstand.
- ♦ Always retain his/her composure and never leave the bench or enter the playing field/court to engage in a fight.
- ♦ Be modest when successful and gracious in defeat. A true sportsman does not offer excuses for failures.
- ♦ Maintain a high degree of physical fitness by observing team and training rules conscientiously.
- ♦ Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in and/or supporting other school activities.
- ♦ Play for the love of the game.
- ♦ Understand and observe the rules of the game and standards of eligibility.
- ♦ Set a high standard of personal cleanliness.
- ♦ Respect the integrity and judgment of officials and accept their decisions without questions.
- ♦ Respect the facilities of host schools, and the trust entailed in being a guest.
- ♦ Maintain the highest level of *excellent behavior* on and off the field.

Athlete's Code of Conduct

The James Monroe Athletic Code of Conduct is a commitment by the student-athlete to exercise good judgment in all endeavors, and to represent self, school, family, and community in a positive manner always. Students engaged in interscholastic athletics are leaders in the school community and are expected to represent themselves in a positive light. Athletic participation is an avenue for acquiring and modeling good citizenship, promoting character development, and developing other important life skills including commitment, discipline, teamwork, and physical fitness. It is a privilege and not a right to be a student-athlete at James Monroe High School.

James Monroe expects its student-athletes to demonstrate academic integrity and accomplishment, train and strive for their highest degree of athletic excellence and sportsmanship, and to conduct themselves responsibly as student-athletes of the school and community.

Social Media

Using any form of social media to taunt, bully, harass, intimidate, post inappropriate pictures and/or content will **not** be tolerated. Incidences should be reported to the School Administration and Student Activities Director immediately. School Administration will determine whether there will be a period of probation, suspension or team removal for offenses of this nature.

Hazing

Hazing is an attempt to spotlight and humiliate certain team members using physical or emotional tactics. Hazing by any athletic team members is expressly forbidden and should be reported to your coach, student activities director or administration immediately. School Administration action will determine whether there will be a period of probation, suspension, or team removal for offense of this nature.

Violence

James Monroe High School is committed to creating and maintaining a student-athlete community that is free from all forms of harassment, exploitation, intimidation, and violence. Student-athletes are prohibited from engaging in violent acts including assault on a person or property, hate crimes, hazing, stalking, sexual violence, bullying, or any other conduct prohibited by school policy or law. School Administration will determine whether there will be a period of probation, suspension, or team removal for offenses of this nature.

Altercations

Any altercation that occurs during a James Monroe High School sponsored athletic event or at any summer camp will be reviewed by the coach, Student Activities Director, and the School Administration. The School Administration will determine whether

there will be a period of probation, suspension, or removal from the team for offenses of this nature.

Sportsmanship

Sportsmanship shall be defined in accordance with the standards of the Virginia High School League and the James Monroe High School Athletic Department. A student-athlete is one who can take a loss or defeat without complaint, a victory without gloating, and who treats opponents with fairness and courtesy. Sportsmanship is respect for oneself, teammates, coaches, officials, opponents, and property.

Sportsmanship also requires maintaining self-control. All student-athletes are obligated to represent themselves, the team, the coaches, the school, the athletic department, their families, and their communities with the highest level of sportsmanship.

Student-athletes are held accountable to a high standard of ethical conduct in all activities affecting the athletic program. Unsportsmanlike conduct will be reviewed by the coach, student activities director and the administration. School Administration will determine whether there will be a period of probation, suspension, or team removal for unsportsmanlike conduct.

PARENT AND STUDENT-ATHLETE ACKNOWLEDGEMENT

The rules governing school behavior and athletes as stated above have been thoroughly explained to me. I understand that it is my responsibility as a student-athlete of the James Monroe athletic department to fully adhere to these rules and guidelines as stated.

STUDENT SIGNATURE _____ **DATE** _____

PARENTAL ACKNOWLEDGEMENT OF STUDENT'S SIGNATURE

James Monroe High School

Student Emergency Medical Form

Sport Head Coach

Player's Name SSN

Date of Birth

Family Physician Phone #

Insurance Company Policy #

Known Allergies

1st Contact Relationship to Student

Home Phone Work Phone Cell Phone

2nd Contact Relationship to Student

Home Phone Work Phone Cell Phone

3rd Contact Relationship to Student

Home Phone Work Phone Cell Phone

I give permission for the head coach of my son/daughter's team to secure the necessary medical treatment for my child, _____, in case of an emergency.

Other pertinent information:

Parent/Guardian's Name _____ (Please print)

Signature of Parent/Guardian _____ Date _____

RULES GOVERNING SCHOOL BEHAVIOR AND ATHLETES

A James Monroe High School athlete represents himself, family, team, coach, school, and community as a participant in our athletic program. We believe athletes should be good leaders. Our expectation is that they respond accordingly in the classroom, at school activities, and while participating in community activities. The rules each athlete is expected to abide by are listed below. After reading these specific rules, please sign the acknowledgement located at the bottom of this page. These rules and regulations apply to all students participating in a VHSL sanctioned activity.

Any discipline report or other administrative action that results in a *detention* will cause the student-athlete to:

- Attend and stay for the entire detention.
- Report to his/her coach immediately after the detention

Any administrative action that imposes an *In-School Suspension* (ISS) of a student-athlete will result in:

- The athlete will not be allowed to participate in the next contest during the period of suspension (one contest per suspension).
- The athlete will not be allowed to practice the day of the ISS assignment. Game attendance is allowed only by the approval of the athletic directors.
- The athlete being required to make up all running they missed. The student will be warned by the coach of the severity of the consequences of continued poor behavior.
- If an athlete receives a second ISS assignment, he/she must sit out another game and the Student Activities Director will determine if the violation merits a two-game suspension. The student may be dismissed from the team.
- A third ISS assignment will result in a long-term suspension from the team, or immediate dismissal. The parent will be contacted, and a letter of dismissal may be sent home.

Any administrative action that imposes an *Out of School Suspension* (OSS) of a student may result in:

- Immediate suspension or removal from the team which is determined by the administration and athletic director. The student will not participate in practices or games, and the student may not travel with his/her team until administration decides if student will be allowed to continue with the sport and/or activity.
- The possession of or being under the influence of any alcoholic beverage and/or illegal drug while attending any school event will result in a suspension from all athletic participation for the remainder of the school year and additional school discipline so deemed appropriate by the administration.
- OFFSEASON RULE: All student-athletes are expected to maintain behavioral standards in their respective off seasons. Any student-athlete with three (3) or more referrals related to poor behavior or instances of excessive absenteeism or tardiness will be subject to not being able to participate in the next season. JMHS Administration and Athletic Director will determine eligibility on a case-by-case basis.

For the student-athlete to participate in any contest, the athlete must attend on the day of the contest two of the four class periods. Exceptions to this rule must have administrative approval, and include excused absences for funerals, court appearances, doctor's appointments, etc.

If an athletic contest is held on a day when school is not in session, the athlete must be in school on the last day before the contest. If he/she has not attended on this day, a doctor's note or administrative excuse will have to be provided for the student-athlete to play.

On the day following a contest, all athletes are expected to be in regular attendance for the first period class. Any inexcusable tardiness or absence will require an administrative excuse for the athlete to play in the next contest.

If a student is charged with an on or off school property offense, they will be suspended from his/her team pending an administrative and/or police investigation.

The conviction of any student-athlete of a criminal act, on or off school property, shall be cause for immediate dismissal from all athletic teams.

All rules and guidelines stated in the student-athlete's handbook will be strictly adhered to.

PARENT AND STUDENT-ATHLETE ACKNOWLEDGEMENT

The Rules Governing School Behavior and Athletes as stated above have been thoroughly explained to me. I understand that it is my responsibility as a representative of the James Monroe athletic program to fully adhere to these rules and guidelines as stated.

STUDENT SIGNATURE _____ **DATE** _____

PARENTAL ACKNOWLEDGEMENT OF STUDENT'S SIGNATURE _____

