



West Ashley  
Athletic Department Handbook

2023-2024

West Ashley  
Athletic Department

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**Athletic Department Handbook**

**Table of Contents**

I.	Philosophy, Mission & Culture Statements.....	5-7
II.	Guiding Principles of Athletic Eligibility.....	8-11
III.	State and Conference Affiliations .....	11-12
IV.	Official practice Dates.....	11-14
V.	Sportsmanship Code .....	14-16
VI.	Code of Conduct .....	16-21
VII.	Levels of Competition.....	21-22
VIII.	Try-out/Cut Policy.....	22
IX.	Coaches Responsibilities .....	22-26
X.	Expectations of Student-Athletes & Parents .....	26-27
XI.	Scheduling.....	28
XII.	Physicals, Birth Certificates, Rosters .....	28-29
XIII.	Dual Sport Policy .....	29
XIV.	Inclement weather/Lightning Policy .....	29-31
XV.	Uniforms, Facilities, and Equipment .....	31
XVI.	Transportation .....	31-32
XVII.	Overnight Trips .....	32
XVIII.	Sports Camps/Outside Leagues .....	33

XIX.	Coaches Professional Development.....	33
XX.	Open Gym or Field.....	33
XXI.	Recruiting.....	34
XXII.	Team Pictures.....	34
XXIII.	Additional Team Expenses.....	34-35
XXIV.	Awards.....	35
XXV.	Summary.....	35
XXVI.	West Ashley HS - The Definite Dozens.....	36-37
XXVII	West Ashley HS Athletic Department Code of Conduct.....	38

## I. PHILOSOPHY

### West Ashley Mission Statement

The West Ashley High School mission is to encourage, educate, and empower every student to become a confident, self-directed, and lifelong learner who values diversity and possesses the tools for academic, social, and personal achievement.

West Ashley Athletics has adopted a Culture Statement beginning in 2020. That culture statement is:

#### *Relentless Commitment to the Process*

The process consists of:

- Positive attitude and Effort
- Taking Care of Each Other
- Intentional Preparation
- Mental and Physical Toughness
- Competitive Excellence
- Sportsmanship (Respect)

The West Ashley High School Athletic Department will develop and maintain a comprehensive Athletic Program based on the philosophy of the West Ashley High School Mission Statement. We want to educate and empower our athletes and coaches to develop the tools necessary for facing challenges and competition on and off of the playing arenas.. That includes nurturing relationships, embracing growth and development (both personal and collective), intentional preparation, effort, positive attitude, commitment, teamwork, and sportsmanship. While we want to promote a winning attitude, we must keep in mind that our primary goal is to inspire in our athletes the importance of embracing athletics through West Ashley's School core values. It is our hope that West Ashley Athletics is a valuable part of the students' education that supports development of skills and character in preparation for a lifetime of success and happiness.

## **Statement from the Athletics Department**

Participation in athletics offers unique opportunities to be part of something bigger than one's self. Sports require athletes to plan and prepare as well as adapt at a moment's notice. Success and failure are both equally abundant and valuable in the development of any athlete. The process of preparation, or "the grind," as we like to refer to it, requires commitment, effort, passion, accountability, and trust because of how far it pushes an athlete beyond his or her comfort zone. However, withstanding the grind with teammates and coaches who are equally committed is an experience like none other.

West Ashley Athletics is not just about the thrill of victory and the agony of defeat. We strive to honor and celebrate the hours and hours of hard work that go into making ourselves better, making our teammates better, and making our teams better. We emphasize competing together, taking care of each other, playing the game the right way, and having fun!

Student-athletes at West Ashley are fortunate to play for coaches who are well respected within our community, our conference as well as across the state. Our coaches have a deep understanding of their sport, can clearly communicate strategy and game plan, and more importantly, are fully invested in the lives of their student-athletes

We encourage you to get involved in West Ashley Athletics as a student-athlete, volunteer, or simply as a fan! We look forward to seeing you throughout the year as we all work together in making West Ashley Athletics the best it can be.

Joseph Quigley  
*Director of Athletics*

Douglas O'Donald  
*Assistant Director of Athletics*

### **Student-Athlete Advocacy (the role of coaches, athletes, and parents)**

Participation in athletics is among the most memorable experiences of our lives. An important part of athletic participation and a student's education is teaching them when and how to advocate for themselves. Knowing how to advocate for yourself carries a student athlete well beyond their high school career. When athletes have a concern about their participation on a team, they are encouraged to approach the coach or coaching staff in private, about those concerns. We teach the student-athlete to have these conversations as opposed to the parents. *Students are encouraged to ask the Athletic Director if they would like help with how to approach their coach.*

If further action is necessary, parents should request a conference with the head coach and Athletic Director. Please refrain from approaching the head coach publicly and especially following a competition event when emotions may already be elevated. Email is not ideal for communicating detailed concerns since tone cannot be accurately conveyed in writing. Communication via phone or in person is recommended.

Some example issues that are appropriate for parents to discuss with coaches include:

- Emotional or physical development of their child.
- Avenues by which their child might improve their skills.
- Grades, attitude, behavior of their child.
- College prospects

Some example issues that are not appropriate for parents to discuss with coaches include:

- Play time
- Team strategy
- Other players or coaches

If the issue has not been resolved after discussions between the athlete and the coach, and the parent and the coach, then the student-athlete and/or the parent should bring the issue to the attention of the athletic director.

## II. West Ashley Athletics - GUIDING PRINCIPLES

True Integration of Core Values in Athletics

### ATHLETIC ELIGIBILITY

#### High School

High School athletes are expected to maintain solid academic standing. Student athletes who enter the academic coaching protocol and don't make satisfactory progress in that program are subject to being declared athletically ineligible at the discretion of the high school principal, the athletic director, or the coaching staff.

1. Athletes will be expected to follow all attendance policies of the athletic department and the appropriate coach.
2. Athletes will conduct themselves in a manner that is of the highest standards.
3. Students serving in-school suspension or out-of-school suspensions are not allowed to participate in athletics on those particular days.
4. The athletic director and administration maintain the right to suspend or remove an athlete from the team if any other reason, not listed above, is sufficient enough for such action.
5. A sports physical, concussion form, and parent/student pledge form are required for all athletes to become eligible to practice or play in games.

#### Middle School

Athletes must be meeting academic standards in every class (not more than one grade of "D" or any grade of "F" in any class) in order to be eligible to participate on a West Ashley High School athletic team. Based on the discretion of the Middle School Principal, in accordance with these rules, athletes may not be able to participate in any way while ineligible. Typically, a learning plan will be put in place for a student in academic trouble. From there, they will have an opportunity to be reinstated. As an academic institution, and in preparation for the rigorous program in high school, student-athletes' schoolwork must take precedence over athletic involvement.

*The Athletic Director and school administration maintain the right to suspend or remove an athlete from the team if necessary.*



Athletes will be expected to be **STUDENT ATHLETES**.

To participate in interscholastic activities, student athletes in grades nine through twelve must achieve an overall passing average and either:

1. Pass at least four academic courses, including each unit the student takes that is required for graduation. The required courses are as followed:
  - *English/Language Arts 4 Units.*
  - *U.S. History and Constitution 1 Unit.*
  - *Economics (1/2 Unit), Government (1/2 Unit) 1 Unit.*
  - *Other Social Studies 1 Unit.*
  - *Mathematics 4 Units.*
  - *Science 3 Units.*
  - *Physical Education or ROTC 1 Unit.*
  - *Computer Science (Including Keyboarding) 1 Unit.*
  - *Foreign Language/CATE 1 Unit.*

OR,

2. *Pass a total of five academic courses.*

*Students must satisfy these conditions in the semester preceding participation in the interscholastic activity, if the interscholastic activity occurs completely within one semester or in the semester preceding the first semester of participation in an interscholastic activity if the interscholastic activity occurs over two consecutive semesters and is under the jurisdiction of the South Carolina High School League.*

**West Ashley High School will have: Two Academic Coaches** to monitor student progress throughout the year. Grades will be sent to coaches and the Athletic Director every Monday for review. Students will be offered study hall sessions 2 times weekly, monitored by an academic coach, in order to maintain their grades. In the event a student-athlete does not use this support to maintain their grades, their eligibility to play may be compromised and miss athletic contests until grades are acceptable.

## **West Ashley High School Core Values for the Student Athlete**

Along with academic monitoring, West Ashley High School will have a set of CORE VALUES for the Student Athletes.

Consistent communication of core values

### **Incorporation and teaching of core values in the athletic arena**

- Consistent communication of core values
- Respectful treatment and interactions with opponents, guests, officials and fans
- Spirited competition within the rules
- Vertical Articulation in each Spot
- MS-JV-Varsity programs are interrelated in philosophical and practical ways
- Varsity head coach as head of the program
- Mentoring of new coaches in program
- Defined goals and skill development for each level
- program and player assessment

#### **Balance**

- Maintaining the proper relationship between academics, athletics, and family
- Relationship between competition, participation, & development at various levels
- Support and development of every player on the team
- Discernment in scheduling of contests and practice time
- Out of season conditioning and training policy

#### **Teamwork**

- Athletic department, athletic director, and coaching staff collaboration
- Communicating and working with school divisions and fine arts
- Coaching staff is unified on out of season conditioning and multi-sport participation
- Sharing of people, space, and resources
- Partnering with parents

### **Adaptive Expertise in Practice**

- Developing and fostering a growth mindset
- Flexibility, preparedness, and willingness to change as needed
- Professional development
- Assessment and evaluation
- Recognizing that today's excellence is tomorrow's starting point (constant quest to make ourselves, our teammates, and our team better)

### **III. STATE AND CONFERENCE AFFILIATIONS**

West Ashley High School participates in athletics as a member of the South Carolina High School League (SCHSL [www.schsl.org](http://www.schsl.org)). The SCHSL is a group of secondary schools that share a belief that athletic interaction through statewide activities should be a positive experience for students. The SCHSL works to promote and administrate a variety of educationally sound athletic programs leading to state championships.

West Ashley High School Varsity teams will compete as a member of the South Carolina High School League (SCHSL) in Region 7-AAAAA. The following schools are in Region 7-AAAAA.

#### Region 7-AAAAA Members

West Ashley High School  
Ashley Ridge High School  
Fort Dorchester High School  
R.B. Stall High School  
Summerville High School

### **IV. OFFICIAL PRACTICE DATES**

Fall Sports: Begins on the last Friday in July or after that date as determined by the coach of each sport). Varsity football always begins the Monday of the week of August 1<sup>st</sup>.  
Ends with the finish of the state tournament in each sport

Winter Sports: Begins on Monday of the week containing the first day in Nov.  
Ends with the finish of the state tournament in each sport.

Spring Sports: Begins on the first Monday in February. Ends with the finish of the state tournament in each sport.

*The following is the SCHSL Policy on practice (see [www.SCHSL.org/for\\_more\\_details](http://www.SCHSL.org/for_more_details)):*

Organizational meetings, for the purpose of discussing policies or academics, distributing equipment or paperwork prior to the beginning date of practice or after the official season is over are allowed, but no sport instruction is permitted on those days. If a school wishes to participate in a postseason tournament not affiliated with the SCHSL, that school must get permission from the Executive Director.

Skill Development/Restricted Number (See grid below) Off-season Practice Sessions with school coaches are permissible AS LONG AS

1. They are not a requirement for participation on that team,
2. Attendance is voluntary and open,
3. They are not held during published "dead" periods, per the SCHSL Handbook,
4. No more than the allowable number (See chart below) of athletes may participate in a skill development session or sessions in any location or locations no matter how many coaches are present,
5. Multiple skill development sessions are allowed each day provided that no student participates in more than one session per day.
6. Any SCHSL coach may not coach a practice or a game for a non-school team. (such as but not limited to : select/challenge, AAU, USVBA, fall baseball, etc.) that has more than the allotted number of athletes from his/her school. All officially employed or volunteer coaches at an SCHSL school abide by these rules.

## **OPEN GYM/OPEN FIELDS**

During any season informal pick-up games with a school representative present - in any sport - are permitted except during the published "dead" periods, per the SCHSL Handbook.

During the off-season or "unofficial" practice, a coach may not play and may not give verbal or physical instruction of any kind in the open gym or open field arena.

## **SUMMER PRACTICE**

*Summer will be defined as the season beginning on the Monday after the last spring tournament and ending on the Monday of the week containing August 1.*

During the summer coaches are permitted to work with individuals or an entire team *AS LONG AS*

1. This is not a requirement of participation on that team,
2. Attendance is voluntary and open.

Ethical Statement: Any coach who promotes the idea that participating in summer practice is required is out of compliance with the intent, spirit, and purpose of these rules.

Heads of schools and directors of athletics are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception. Enforcement of all SCHSL rules is the responsibility of each school, each conference, the SCHSL Board of Directors and the Executive Director.

When the season begins, student-athletes have three days to try out for a sport. The exception will be for fall sports when athletes who are new to the school will be allowed to try out up to 3 days after the first day of school. Athletes participating in play off games when a new season begins will be given 7 days after completion of previous sport to try out for the next season.

Once an athlete begins the in-season-training period of a sport, they should not quit while that

sport is in season. If an athlete quits a sport they will be withheld from participation until that season is over (includes playoffs). In the event an athlete quits a sport, a grace period of 3 days will be allowed. It is the coach's decision if an athlete can return to the team. If an athlete does not return within 3 days they will be ineligible to play another sport until that season is complete. Each coach has their own policy on how they select the team. Coaches will explain their policy to candidates before the season practice begins.

There shall be no athletic practice/workouts during the school day. Practice may begin after 3:00 pm during the regular school day and on workdays. The duration of practice (court or field) should not exceed two and one-half hours (2.5)

## **V. SCHSL SPORTSMANSHIP CODE**

The State Athletic Administration Association has joined with the South Carolina High School League's Executive Committee in continuing to emphasize the urgent need for impeccable sportsmanship by all of our players, coaches, and fans.

The SCHSL recognizes that interscholastic athletic events must be conducted in such a manner that good sportsmanship prevails at all times. It is necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event. These steps must include the provision of safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre-game and post-game activities. Every effort must be made to promote a climate of wholesome competition. While the SCHSL governs varsity play, JV teams and middle schools are expected to honor the SCHSL code of sportsmanship.

In the spirit of best practices in sportsmanship, the SCHSL endorses the following initiatives.

Failure to comply with any SCHSL rules or regulations may result in players, coaches, or schools

- a) forfeiting an event,
- b) losing state tournament privilege
- c) being fined by the SCHSL Executive Director as defined by the SCHSL bylaws

## **Sportsmanship of Players and Fans**

West Ashley High School values the participation of parents and the community in the activities of the school and encourages adults to serve as role models for students. The school welcomes visitors to the campus for any public sporting event.

While visitors are welcome on campus, the paramount concern of the high school is to provide a safe and orderly atmosphere. The following requirements apply:

- Spectators at events open to the public are expected to conduct themselves as a model of good sportsmanship and citizenship. This applies to student spectators as well as adult spectators.
- Spectators shall not **harass, degrade or heckle players, participants or referees.**
- Spectators shall not throw anything on the playing surface or come onto the floor field, mat and/or track before, during or after a contest without being beckoned by the head coach or administration.
- Spectators shall not approach the coach of either team before, during, or after the game.
- If you need to talk to a coach, there is a 24 hour rule where you cannot talk to a coach about the game. Please email or call the coach after 24 hours and set up a meeting.
- Student spectators who violate this policy are also in violation of the Code of Conduct and will be disciplined accordingly.

Any visitor to a school event who violates this policy will be asked to leave (no refund or readmission) and may lose the privilege of coming on campus and/or attending school events in the future.

### **Students and spectators should...**

- Realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraged through behavior and the practice of good sportsmanship.
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
- Remember that the primary purpose of interscholastic athletics is to promote physical, mental, moral, social, and emotional well being of the players, through the medium of the contest.
- Be modest in victory and gracious in defeat.
- Respect the judgment and integrity of officials
- Fulfill the pledge you sign before each sport season.

### **Ejection Policy:**

Anyone ejected from a contest if observed...

- fighting (throwing a punch)
- biting
- taunting, baiting, or spitting toward an opponent
- use of profanity
- use of obscene gestures
- disrespectfully addressing or contacting an official

...shall be suspended by the South Carolina High School League and may be suspended from West Ashley High School for further games.. Parents **could be** suspended for all home games if they do not demonstrate good sportsmanship and may be ejected from a game by an official.

### **Wildcat Athletes, Wildcat Coaches and Wildcat Fans are expected to:**

- exemplify high morals, good character and fellowship
- respect the integrity of others
- abide by the rules of the game in spirit and intent
- demonstrate a continuing interest in personal improvement
- display good sportsmanship
- respect the rights and possessions of teammates, coaches, administrators and officials

## **VI. CODE OF CONDUCT**

A firm policy of enforcement is necessary to uphold the regulations and standards of the athletic programs through the School District of Charleston County. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the students is our major consideration and transcends any other consideration. Another consideration is the instilling of honor, duty, loyalty, and values within the students that participate in athletics.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. **Any conduct that results in dishonor to the athlete, the team or the school while in season, out of season, on campus or off campus, will not be tolerated. *Acts of unacceptable conduct such as, but not limited to,***



*theft, vandalism, disrespect, immorality, hazing, sexual harassment, or violations of law; tarnish the reputation of everyone associated with the athletic program.* This rule shall be known as the “**Unacceptable Conduct Rule**” and **will be in force twelve months of the year.**

**Penalty of Unacceptable Conduct:** Due to the serious nature of this rule, the coach, the Athletic Director, and the principal shall meet and determine the penalty according to the degree of the infraction. The penalty shall range from a minimum of one game suspension in the season or succeeding season to a maximum of permanent denial of participation.

**Definition of terms for unacceptable conduct:**

- Theft – stealing, borrowing without permission, or taking of personal property that belongs to another person, school, team, or organization.
- Vandalism – willful or malicious breaking, destruction, or defacement of public or private property.
- Disrespect – actions that show or express a lack of high regard or reverence for others (your fellow students, opponents, and especially those who have earned a position of honor (teacher, coach, official, administrator, parent, or adult). This includes the use of unacceptable language \*cursing) in addressing others. Profanity will not be tolerated!!
- Immorality – any action that shows or expresses a disregard of right and wrong. • Hazing – any action that humiliates, degrades, abuses, or endangers another person, regardless of that person’s willingness to participate. These actions may include initiation rituals into a team or club.
- Sexual Harassment – actions, comments, threats, verbalization, coercion, jokes, teasing, or intimidation that is of sexual nature and is unwelcome by those exposed to them, whether they are staff members, visitors, or other students.
- **Inappropriate use of social media- to include all items under “Unacceptable Conduct Rule”.**

**NOTE:** Students should realize that violations of the “Unacceptable Conduct Rule” may also be severe enough to include breaking the criminal laws of our city, county, state or nation.

**Violations of the “Unacceptable Conduct Rule” that involves breaking criminal law will be handled as follows:**

- **Any student-athlete that is charged or cited with any violation of the law other than minor traffic violations will be placed on suspension from athletic activities until further investigation and confirmation. Additional suspension or penalty may be assessed pending the guilt or innocence of the student.**
- **Any student-athlete that is found guilty of a felony will be dismissed from the athletic program.**

**NOTE: Suspension means that the student-athlete is not allowed to dress out, participate or practice. Dismissal means that the student-athlete is no longer part of the team. The athlete's uniform and equipment will be taken up, and his or her name will be removed from the team roster.**

### **Attendance**

It is the responsibility of all athletes to attend school on a regular basis. They should set an example for all other students. Athletes cannot participate (dress out) in practice or a game unless they are in attendance at school.

- All athletes must attend or have West Ashley High School/Middle School as their base school .
  - Athletes should be present in ALL classes during the school day unless excused by parents, faculty or administration. Athletes will be expected to practice unless excused by the coach. **A student-athlete shall not participate in athletics (game or practice) on the day he or she has been absent for more than a half a day without just reason. Just reason is anything beyond the control of the student, with the exception of illness. Doctor/dental appointments and Charleston County School's lawful absences are just reasons; however, confirmation notes will be required by the Athletic Director or coach. An athlete who leaves school early due to an illness is considered too ill to participate in athletics. An athlete who arrives at school late because of sickness must arrive before 11:30 AM to be granted permission to compete.**
- If a team is traveling to a state athletic contest, athletes must attend school from the first period to the time of departure.
  - Athletes must comply with the minimum attendance requirements in all classes to remain eligible.
  - Athletes who are failing class due to attendance must remedy their failure before participating in contests.

### **Substance Abuse**

The South Carolina High School League and West Ashley High School emphatically oppose the use of tobacco, alcohol and other drugs by student-athletes, coaches, and officials. The use of alcohol, tobacco, vaping, performance enhancing substances, and illegal drugs is prohibited. Medical research clearly substantiates the fact that the uses of these or any mood modifying substances produce harmful effects on the human organism.

**The student** who wishes to experiment with such substances should remove himself or herself from the team before he or she jeopardizes team performance, team reputation, team success, and physical harm to themselves or their teammates.

Tobacco, vaping (in all forms): research emphasizes that the use of tobacco is physically harmful to young adults. The harm caused by this substance is not only a health problem. The community follows the progress of young athletes and any deviation from accepted training rules marks one as unwilling to “pay the price”. If one squad member breaks the rules, the whole team is branded.

**Alcohol:** There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking session will be the first to criticize them if they do not produce in game situations.

**Drugs:** Simply stated, drug abuse is the possession or consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers. In order to minimize health and safety risks, school personnel and coaches should never knowingly supply, recommend or permit the use of any drug, medication, performance enhancing substances, or food supplements solely for performance enhancing purposes.

**FIRST OFFENSE in Athletes career:** Enrollment in an approved substance abuse program and suspension for 25% of contests. The athlete will practice but will not participate in any contest or scrimmage. Reinstatement is contingent upon the athlete complying with recommendations made by the coach and the administration.

**SECOND OFFENSE in Athletes career:** No athletic participation for one (1) calendar year.

**THIRD OFFENSE in Athletes career:** Full suspension from all athletic programs for the remainder of the athlete’s high school career.

**Note: A substance abuse violation may be severe enough to necessitate invoking the “Unacceptable Conduct Rule.” Students should realize that a substance abuse violation might also be a criminal act and result in legal charges.**

**Violations of the substance abuse policy are cumulative during a student’s four years in high school.**

All students must work to their academic potential in the classroom. They must also display good school conduct at all times. Disciplinary action taken by the administration may be supplemental by additional disciplinary action by the Athletic Department.

## **Special Note:**

### **In School Suspension (ISS)**

Any Level 1 offense, following the CCSD Progressive Discipline Plan, in which ISS is given to a student, the following plan will be used after the student has received 2 ISS and is given a 3rd ISS for a Level 1 offense.

Any athlete placed in ISS a third time in a semester, the athlete will be suspended from participating in one contest. Any athlete placed in ISS a fourth time in a semester will be suspended from participating in three contests. Any athlete placed in ISS a fifth time in a semester will be suspended for the remainder of the season. If allowed to attend practice, the suspended athlete may be assigned extra duties before, during, or after practice.

### **Out of School Suspension (OSS)**

Any Level 2 or 3 offense, following the CCSD Progressive Discipline Plan, in which OSS is given to a student, the following plan will be used after the student has been suspended from school.

Any athlete on OSS status will not be allowed to practice or participate in contests during the suspension. Any athlete suspended on a level 2 or 3 offense according to the West Ashley High Athletic handbook will miss all contests during the suspension. The second OSS offense will result in suspension for the remainder of the season and the third offense will result in suspension for the school year. Students should be aware that offenses that lead to OSS might be severe enough to necessitate invoking the "Unacceptable Conduct Rule".

**Students and coaches should be aware that students on OSS are not allowed to be on campus or attend any school function.**

### **Individual Coach's Rules:**

Coaches may establish additional rules and regulations with approval of the athletic director and principal for their respective sports. The additional rules need to include specific discipline for ISS. These 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 the rules shall be in writing and shall be administered by the coach.

When serving an athletic suspension the athlete is expected to demonstrate support for his or her teammates. Failure to adhere to these expectations may extend his or her suspension and/or affect his or her recognition at the conclusion of the season.

## **Dress**

Athletes are encouraged to dress in an appropriate manner whenever they represent West Ashley High School. This includes appropriate dress during the school day, at practice and for all games.

### **Athletic Banquets:**

- Coaches and Students will dress respectively for their athletic banquets. This would include coaching attire and guidelines of the student dress code.

## **Letter Requirements and Awards**

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and the observance of athletic policies. If an athlete completes the season in good standing, he or she will receive a letter or participation certificate. The head coach of each sport sets the letter requirements for each sport. Awards shall be held if the student-athlete is not in good standing (debt owed).

**Initial Varsity Experience for each sport of participation:** will receive a team Letter

**Additional Varsity Experience:** will receive a pin

## **Team Selection**

Athletes at West Ashley High School are encouraged to participate in as many sports seasons as he or she can. Our hope is that all our athletes play 2 or 3 seasons, as studies show athletes who do become better all round athletes. 92% of college athletes played 2 or more sports in High School.

## **VII LEVELS OF COMPETITION**

### **Varsity**

Varsity teams consist of students from the High School (grades 9-12). The varsity level is the highest level of interscholastic athletics. West Ashley is committed to fielding the best possible athletic teams for this level.

### **Junior Varsity (JV)**

The JV program is considered the transition step between Middle School and Varsity athletics. Students in grades 9 - 11 may play on the JV team (exception is basketball - only 9<sup>th</sup> and 10<sup>th</sup> grade students can play JV basketball). Players may participate on both JV and varsity teams during the same season at the discretion of the coaches of each of those teams and not play more than what the SCHSL says they can play..

### **Middle School**

Middle School teams are for students in 7<sup>th</sup> and 8<sup>th</sup> grades. MS athletics is considered the introductory level of interscholastic competition for West Ashley students. There is a strong emphasis on skill development, individual/team improvement and the building of self-confidence.

## **VIII TRY-OUT/CUT POLICY**

In sports that have limits on the number of participants involved, coaches will conduct try-outs that will last no more than one week. After the try-out period, the Head Coach will select the individuals he/she feels meets the criteria for his/her team. The criteria will be based on an athlete's ability, commitment level, and overall attitude. Athletes who get cut will have the opportunity to join another sport that season.

## **IX COACHES RESPONSIBILITIES**

1. Each coach must at ALL TIMES conduct him/herself as a professional. Coaches must be positive role models in terms of sportsmanship and fair play and set a flawless example regarding the tobacco, drug, and alcohol policy.
2. Coaches must dress appropriately for practice and games.
3. Each coach should have a good understanding of the rules and policies of the SCHSL.
4. Coaches are expected to communicate regularly and overwhelmingly positively with parents and athletes via email. This type of communication will serve to maintain harmony and cohesiveness to the team.
5. Communication could include:
  - a. Practice schedules for the upcoming week or two.
  - b. The coach's assessment of the current state of the team (recent games, practices, what the team is doing well, what the team is working on, what they are struggling with, areas of targeted improvement, areas in which coaches are proud of the team, etc.)
6. The Head Coach is responsible for all aspects of their team's program and must be in communication with the Athletic Director and fellow coaches.

7. Coaches are expected to:

- a. Know the rules and regulations of their sport.
- b. Make sure players and parents are aware of this Athletic Handbook and abide by all regulations during athletic contests and practices.
- c. Keep abreast of rules, equipment requirements and care, arranging for managers and team scorers, if necessary.
- d. At the end of each season, see that all equipment and uniforms issued are returned and checked for serviceability. It is recommended that all uniforms be turned in to the Head Coach at the conclusion of the last contest to maintain accurate inventory counts.

The following behaviors are unacceptable from any West Ashley High School coach:

- e. Profanity-Coaches will refrain from the use of profanity and insist that their athletes do the same.
- f. Physical or verbal abuse of athletes.
- g. Use of tobacco products on the practice/game field or any other time they are in the presence of their team or team members.
- h. Use of alcohol prior to or during practice or games.

8. Coaches are expected to maintain self-control at all times, accepting adverse decisions without exaggerated public displays of emotion or dissatisfaction with the officials.

9. We want to discourage athletes from quitting. An athlete may not quit UNLESS he/she has met with the coach and Athletic Director, and it is deemed to be to the benefit of the athlete, coach, and team.

10. Each coach should arrange for a Team Manager if needed. Managers are a part of the team and should be treated as so. Managers can be the most important students on a team if you delegate and require them to perform specific duties. They are responsible to you and should be at all team activities unless excused by you.

11. Coaches are expected to be aware of the players' academic performance, and should emphasize to the team the expectation that players are showing proper attendance and conduct in class.

12. It is the coach's responsibility to have organized and structured practices. Practices must be carried out with passion, enthusiasm, efficiency, positive competition, organization, and intensity. Coaches are expected to be overwhelmingly positive and encouraging to athletes as much as possible. If you treat practice time with professionalism your athletes will respond positively. Your primary role is to be a teacher, and your practice area is

your classroom. Athletics are important to the overall curriculum; it is an extension of the school day.

13. The (Head or Assistant) coach should be the last person to leave the practice/game area, as the athletes should be supervised by a staff member. DO NOT leave athletes alone on campus after practices or games. You must stay until the last athlete has been picked up from campus.
14. Before departing to an away contest, be sure to check the appearance of team members. No player should be permitted on a bus to travel with a West Ashley School team unless they are properly dressed according to the West Ashley High School and/or Athletic Department dress code.
15. Always be sure that players conduct themselves with poise, dignity, and in a respectful manner, whether at home or away. The coach is responsible for the conduct of his or her team, which is a direct reflection of the school.
16. Set clear behavioral expectations for your players in matters of punctuality, conduct, dress (on/off the field ), academic progress, etc. and communicate this with players and parents before the start of the regular season.
17. Provide the Athletic Office with rosters, travel itineraries, practice schedules, uniform/equipment requests, award recipients, scores, etc. in a timely manner.
18. Oversee the safety conditions of the facility or area in which your sport is being conducted. This includes locker rooms, especially those locker rooms designated as individual team use for the season (football, lacrosse, basketball, and volleyball).
19. Keep abreast of new ideas and techniques by attending clinics, workshops, etc. in your sport
20. All coaches (MS, JV, and varsity) are required to hold a post season banquet to recognize individual and team accomplishments. There is no overall awards ceremony each season.
21. Middle School practices begin at 4:00 each day. The MS athletic season includes each day up until the following season begins. MS student-athletes are dismissed from school each day at 2:45 during the season. This includes game days as well as practice days. Middle School Coaches are responsible for their athletes from 2:45 until practice or game days. If coaches are not on campus they must consult their head coaches and let



them know they need help monitoring the middle school athletes. Coaches should consult the Athletic Department if they need help with this policy.

### **Additional Expectations for Varsity Head Coaches**

- I. Understand, support and model the school's Mission Statement, the Athletics Department Culture Statement, and school Core Values.
2. Serve as a director for your sport (Middle School, JV, and Varsity) by communicating with the Athletic Director and coaching staff on matters pertaining to:
  - a. Budget
  - b. Purchase /collection of uniforms and equipment
  - c. Input in hiring of coaches for your sport
  - d. Professional development of coaching staff
  - e. Evaluating the effectiveness of coaches in your sport
  - f. Scheduling of practices and games for all levels in your sport
  - g. Facility development/usage
  - h. Travel arrangements and Itineraries
  - i. Cooperation and partnership with other programs and other coaches
  - j. Athletic Guiding Principles
3. Coaches are responsible for most game day/practice set up and break down as needed (i.e., setting up nets, putting away chairs, water coolers, etc.)
4. Serve as a role model to coaches in your program. Include them in your planning and evaluation process.
5. Keep parents informed of your practice, travel, and any optional off season workouts. This will help you to develop and maintain positive parental support.
6. Promote your sport through positive public relations within the school and the community.
7. Help provide your athletes with the opportunity to compete at the collegiate level if desired. Help guide student-athletes and parents in the recruitment process. See the Athletic Director and/or School Counseling Department if necessary.
8. Maintain team and individual statistics.

9. All varsity coaches must attend all SCHSL Meetings as required by their sport for rules, seeding and all conference selection.

## **X EXPECTATIONS OF STUDENT-ATHLETES AND PARENTS**

1. Student-athletes must know that practice and game attendance are mandatory. Student athletes are required to attend practices or games that might be scheduled on weekends, holidays, or breaks. Outside club teams, AAU, leagues, etc. are secondary to West Ashley sports teams. Athletes may not miss practice/games for outside programs unless agreed upon by the head coach.
2. Student-athletes are responsible for punctuality and preparedness for practice and games. Unexcused tardiness or absences will not be tolerated and should be dealt with by the head coach and/or athletic director at their discretion. It is expected that student-athletes communicate with the coaching staff prior to missing practice including seeking academic help or makeup work. Student-athletes who are injured should still attend practice unless otherwise notified or cleared by their head coach.
3. West Ashley High School student-athletes, parents, and spectators alike are expected to exhibit the highest level of sportsmanship at all athletic events (home and away)
4. No athletic jerseys will be worn to school without approval from the appropriate administrator.
5. High School Athletes and Middle School Athletes should be in attendance for at least three periods of the school day in order to participate in a sporting event (practice or game) that afternoon.
6. Varsity Athletes: This is a Varsity sport and the objective is to play to win within the guiding principles of commitment, effort, skill, teamwork, respect for coaches and teammates, and attitude. Items 7-17 below outline precisely those guiding principles.

Middle School and JV Athletes: We have two goals: (1) to teach and inspire our athletes to compete and (2) to develop our athletes of all talent/skill levels. While the scoreboard is not as important in MS or JV sports as it is in varsity sports, playing time will be determined by the guiding principles of commitment, effort, skill, teamwork, respect for coaches and teammates, and attitude. Items 7-17 below outline precisely those guiding principles.

7. Coaches should not be expected to discuss playing time or positions with parents. We will discuss with players in private, but not during practice or game times. Come to practice early or stay late to have these discussions with a Coach. There is a 24 hour rule, where coaches will not talk to parents after a game until the next day. If a parent wishes to talk to the parent, please call the school and set up an appointment with the coach.
8. Playing time is determined by performance, attitude, and commitment. Holding a starting position, or even playing, is not an inherent right. It is earned. "Why didn't I start?" or "Why didn't I play?" are not legitimate questions. "What can I do to earn more playing time?" is definitely a legitimate question. After getting that answer, "Coach, will you help me with my (*insert skill here*) before or after practice?" is also a great question. Also, commitment on your own time practicing the skills to improve those things is also critical.
9. If players expect to get better, they should be playing and practicing other than during the school season.
10. (example here is baseball or softball) The team has more than 9 players. Only 9 players can play at one time. Coaches will give every player opportunities at various times. Performance, commitment, and attitude earn more play time.
11. Players are expected to support their teammates enthusiastically at all times.
12. Coaches should work hard at all times. Players are expected to do the same. Not sometimes. Not most of the time. AT ALL TIMES.
13. This is a game. It's supposed to be fun.
14. Players are expected to take coaches' comments constructively. They are coaches. They are supposed to coach. Sometimes that means we tell players that they are doing things incorrectly or unacceptably.
15. Players are expected to take coaches' comments respectfully and work to improve.
16. Players are expected to take care of and manage equipment, facilities, and locker rooms.
17. Players are expected to express concerns or questions they may have to coaches in one-on-one discussions. Negative discussions about the team ultimately serve to have negative results on the performance of the team.
18. Coaches do not want to see player's cell phones anywhere on the field or in the dugouts or on the track or on the course.

*West Ashley athletic teams will have the right to appoint game day dress options (coach's decision):*

## IX. SCHEDULING

Season schedules will be established by the Athletic Director and the Assistant Athletic Director. League contests will be set at SCHSL and Region 7-AAAAA meetings after which additional contests may be added.

Head coaches are closely involved with scheduling, but ultimate decisions are made by the Athletic Director and Assistant Athletic Director

The athletic department strives not to schedule any additional contests after the first week of try-outs except in special circumstances.

JV and Middle School schedules will be based on varsity contests due to concerns regarding facility planning, usage and transportation.

As a class 5A school, it is imperative that our teams compete against traditionally strong athletic programs and teams. As coaches, we must concern ourselves with the preparation necessary to compete with teams that may have more physical talent and experience than we do, while our athletes need to make the necessary adjustments in preparation, work ethic, and attitude.

Efforts will be made to limit the number of times that a West Ashley team plays three contests in a week, as well as back to back away overnight weekends. Student-athletes are expected to plan ahead for major academic requirements.

Every effort will be made to schedule around standardized testing, major holidays, religious observances, and exams, as well as other Middle School and High School programs. There will be occasions where this is not possible.

## XII PHYSICALS, FORMS AND ROSTERS

The Athletic Department and athletic training staff will confirm each player has an updated physical, concussion and all required signature forms uploaded correctly to PlanetHS. **Physicals should be dated after April 1st of that competitive year. Physicals for the current playing season are voided June 1st.** No student may participate in any athletic activities without an updated/current physical exam and signed forms.

Each coach must submit a potential roster before the start of each season to the Athletic Director. The complete roster is due 24 hours after the completion of tryouts, unless you are awaiting the end of another sport. In that case, your complete roster is due one week

from the time of the last arriving player from another sport. Rosters must be submitted with grade level for students and uniform number.

### **XIII DUAL SPORT POLICY**

Participation of two sports in the same season must be approved by the athletic director, as well as by the head coaches of each of the two respective teams. Such an arrangement is highly likely to be approved by the athletic director. Special cases may allow for dual sport participation. Sample criteria that would be involved in this decision include an agreement on practice participation on each team, specific game attendance details (since there will likely be games missed by one or both teams), an extensive consideration of the time constraints of the student-athlete, and the overall physical and academic demands required for the student-athlete to successfully participate on both teams. In general, the athlete cannot be expected to participate at an overall level that would exceed that of any other athlete participating on just one team.

### **XIX INCLEMENT WEATHER/LIGHTNING POLICY**

On days when the weather does not allow West Ashley High School to open, there will be NO practices or games unless there is special clearance from the Athletic Director, Athletic Trainer or Administration. For teams that practice or play outside, the Athletic Director, Athletic Trainer or Administration will make the final decision on whether a game or event will take place due to inclement weather. This decision will be made as early as possible to allow student-athletes the opportunity to communicate with their parents. If the Athletic Director is not available, the Assistant Athletic Director will make this decision. If neither the AD nor the Assistant AD is available, the head coach will consult with the Athletic Trainer in determining the final decision.

West Ashley High School follows district policies for lightning and heat. We monitor weather using the PerryWeather monitoring systems.

#### **Heat Stress Policy**

Heat Stress in direct sunlight will determine the activity level of the outdoor sport. Monitoring heat stress is a preventative measure to limit exertional heat illnesses. Below is the chart used by CCSD to determine heat stress using the wet globe bulb thermometer.

**Table 5. Example of Wet-Bulb Globe Temperature (WBGT) Guidelines\***

WBGT Reading	Activity Guidelines and Rest-Break Guidelines
Under 82.0°F (27.8°C)	Normal activities: provide ≥3 separate rest breaks/h of minimum duration 3 min each during workout.
82.0–86.9°F (27.8°C–30.5°C)	Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide ≥3 separate rest breaks/h of minimum duration 4 min each.
87.0°F–89.9°F (30.5°C–32.2°C)	Maximum practice time = 2 h. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: provide ≥4 separate rest breaks/h of minimum duration 4 min each.
90.0–92.0°F (32.2°C–33.3°C)	Maximum length of practice = 1 h. No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 min of rest breaks provided during the hour of practice.
Over 92.1°F (33.4°C)	No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.

**Guidelines for hydration and rest breaks**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
2. For football, helmets should be removed during rest time.
3. The site of the rest time should be a “cooling zone” and not in direct sunlight.
4. When the WBGT reading is greater than 86°F (30°C):
  - a. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
  - b. Cold-immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

WBGT measure heat stress in direct sunlight by collecting ambient temperature, humidity, wind speed, sun angle and cloud cover

**Lighting Policy.**

Play will be suspended once lightning strikes have crossed the 8 mile radius. At that time all athletes, coaches, support staff should leave the field and enter a structure designated safe from lightning strikes. Play can be resumed once 30 minutes have passed with no lightning in the 8 mile radius.

Thunderstorms have been known to pop up at any time. The safety of student-athletes is the direct responsibility of the individual head coach, athletic trainer, and administrators in charge. It is their responsibility to notify visiting teams of our lightning policy and inform them where to seek shelter should there be threatening weather. Teams on the front practice field should enter the locker room or cafeteria building through the outdoor patio area. Teams on the track, or backfields should enter into the Varsity locker rooms while teams on the tennis court should seek coverage in the fine arts building. Athletes, coaches and spectators will not be allowed back outside until an "All Clear" signal has been given from the Athletic Trainer, Athletic Director or head coach.

All spectators return to your cars until the all clear has been given and then you will be allowed to return to your seats. Any student without a car to seek shelter in, report to the concession area to be given safe shelter.

**Designated Safe Structures for Lightning**

Men’s and Women’s Fieldhouse Locker Rooms

Outdoor Pursuit Trailer  
Baseball/Softball Tower  
Bus  
Any grounded, enclosed four wall structure

Please consult [www.schsl.org](http://www.schsl.org) for further Health and Safety regulations that we follow. Lightning, Heat Acclimatization, and Concussions are issues that the Athletic Department (administrators, coaches, and athletic training staff) take very seriously and make every effort to maintain current standards and procedures.

The Athletic Director, in consultation with the Athletic Trainer, will make the final determination regarding West Ashley teams exercising/practicing in the heat. The athletic training staff has the authority to make this determination

## **XV UNIFORMS, FACILITIES, AND EQUIPMENT**

1. Each coach is responsible to see that uniforms are issued and collected from each team member. The Athletic Department, with the assistance of the Head Coach, will issue uniforms to the athletes.
2. If a uniform or piece of equipment is lost or stolen from the team, please notify the Athletic Department immediately.
3. The coach is responsible for maintaining the cleanliness, function, and safety standards of the equipment.
4. Coaches are responsible for the security and the clean-up of facilities; meetings, practices, games, field, gym, classrooms, weight room, buses, etc.
5. Any equipment or uniform needs should be requested well in advance of the season.
6. The Athletic Trainer will issue coolers to each team. It will be the responsibility of the coach and players to make sure it is returned following practices/games.

## **XVI TRANSPORTATION**

A valid Commercial Driver's License is needed in order to drive the school buses. Obtaining this must be coordinated through the Athletic Director and coaches who drive will be compensated. The Athletic Department highly encourages coaches to obtain a CDL and will help them with the cost of doing so.

1. If you have any questions or concerns regarding transportation contact the Athletic Director. ALL transportation requests will be handled through the Athletic Director.
2. Players and managers MUST go to and from a contest with the team. A player is not permitted to drive him/herself or any other players to and from games unless approved by the appropriate administrator and the Athletic Director. Players are permitted to ride home with their parents provided the coach is informed by the player and/or parent. Parents must give permission for their child to ride with other parents. West Ashley High School will not be liable for violation of this rule.
3. Before leaving the school parking lot with a school bus look for anything out of the ordinary (oil leaks, low tires, warning gauges, tail lights out, dents, etc.)
4. It is the coach's responsibility to make sure that each bus is cleaned after an away game. Leave the bus in the condition that represents your team well. If you stop to get something to eat with your team, make sure the bus is cleaned.
5. The HEAD Coach is responsible for the conduct of the athletes while they are on the bus and the condition of the bus upon its return to school.
6. If you are traveling and come back to school late, it is your responsibility to see that all of your athletes have been picked up or have transportation home.

## XVII OVERNIGHT TRIPS

If Coaches are interested in taking an overnight regular season trip please see the Athletic Director for approval and to help coordinate the trip. *Only varsity teams will be permitted to schedule overnight trips for athletic contests.*

On teams with both male and female athletes, (ie. Cross Country, Track and Field) it may be deemed necessary by the athletic administration to have male and female adult chaperones. No West Ashley High School Athletic Team will be permitted to participate in an overnight trip without the appropriate number of chaperones and approval of the Athletic Director.

Please provide parents with information pertaining to departure and return, meal money, and other expenses needed for the trip.

Be sure that athletes understand expectations, curfews, and that all West Ashley High School rules are in place for the entire trip. Close supervision at the hotel site is required.



## XVIII SPORTS CAMPS/OUTSIDE LEAGUES

1. No student is to be required to attend a summer team/individual camp to be a member of a West Ashley team.
2. The Athletic Department must be notified regarding any summer/off-season camps your teams will be attending.
3. If a team is attending an off-campus camp, the coach of that team **MUST** accompany the team to camp.

## XIX COACHES' PROFESSIONAL DEVELOPMENT

Coaches are strongly encouraged to attend coaching clinics aimed at improving individual coaching techniques and skills. The Athletic Department may cover the registration cost of requested clinics that coaches wish to attend. Coaches may request and apply *in advance* for assistance for travel cost and any lodging expenses.

## XX OPEN GYM OR FIELD

- a. Open gym or field must be scheduled through the Athletic Office.
- b. Coaches are encouraged to provide opportunities for their athletes to continue developing their skills through open gyms and skill sessions. They should also encourage athletes to attend Strength & Conditioning workouts regularly. Coaches should also encourage athletes to participate in summer athletic activities (i.e.; clinics, camps, leagues, etc.) and provide necessary contact information for athletes and parents.
- c. While we all recognize that improving requires significant off-season skill work and *S/C* work, at no time should participation in off-season skill development sessions be a *requirement* for continued participation on a school team; a practice environment should not be created in these off-season skill development sessions. All students in grades 7-12 are considered potential varsity participants and therefore are required to follow these guidelines. Any coach who promotes the idea that participating in off season skill development sessions as required is out of compliance with the intent, spirit, and purpose of this rule. Organizational meetings for the purpose of discussing policies or academics, distributing equipment or paperwork prior to the beginning date of practice are allowed, but no sports instruction is permitted on those days.
- d. Skill development sessions are restricted based on the number of athletes constituting a team and are limited to the numbers shown in the table in section V for each sport on any given date.

## XXI. RECRUITING

Coaches are prohibited from engaging in acts that could be interpreted as unethical athletic recruitment. Recruitment of students is handled through the Office of Admissions. Please encourage potential student athletes and his/her parents to contact the Office of Admissions for more information.

*The following is the SCHSL policy on recruiting:*

- The recruiting or proselytizing of student athletes shall be considered a violation of the spirit and philosophy of the rules and regulations governing high school athletics.
- A student may not be subjected to undue influence or any special inducement by any person, or group, in any attempt to entice him/her to transfer for athletic purposes. Some examples of undue influence are:
  1. Asked by a member of the school faculty or member of a "booster organization" of a school to transfer from one school to another.
  2. Financial aid for transportation, room, board or clothing.
  3. Promise of a job for the student and/or parent or guardian.
  4. Special privileges given to parents such as employment, free or reduced rent, etc.
  5. Promise of help in securing a college scholarship.
  6. Other privileges or considerations made to induce or influence the student to transfer from one school to another because of his/her athletic ability.
  7. Given any consideration not afforded other students.
- Any student transferring as a result of recruiting or undue influence may be declared ineligible for a period of one calendar year from the date of the determination of the violation. Any school adjudged guilty of being part of such undue influence shall be subjected to disciplinary action by the League.

## XXII TEAM PICTURES

A photo day will be scheduled for each team. The Director of Athletics will set up each team's day and time. Athletes will have the opportunity to order and purchase the team photo.

## XXIII. ADDITIONAL TEAM EXPENSES

In cases where team members are given the opportunity or required to purchase equipment (bags, t-shirts, etc.) through West Ashley High School, no cash or checks are to be collected by West Ashley Coaches. Coaches must have prior approval from the Athletic Director to offer additional equipment, etc. to players via a team store set up through BSN Athletics. In addition, NO cash/checks will be collected by coaches for overnight trips. Please contact the Athletic Office for

information on parent permission forms and student billing process.

#### **XXIV. AWARDS**

In varsity sports, the individual varsity team coaches determine if an athlete earns a varsity letter or a certificate. The criteria depends on the sport. First year letter winners will receive a letter. Athletes receive pins for additional years spent on varsity teams.

Coaches from each JV and varsity team will determine three awards for their players at the end of their respective seasons. The awards vary but examples include:

{Most Valuable Player, Most Improved Player, and Coaches Award}  
{Offensive MVP, Defensive MVP, Coaches Award}

These awards will be distributed at the end of the season to each player, preferably at a team banquet organized by the coaches or parents of the team. There will NOT be an all-team Awards Ceremony each season.

#### **XXV SUMMARY**

This handbook is intended to inform athletes and parents of state and local regulations governing interscholastic athletics. It is hoped that by being aware of rules, regulations, and expectations, unfortunate situations due to lack of knowledge can be avoided. Please understand that this handbook is not all inclusive. There are many rules and regulations that are not included and, of course, each coach has the right to make reasonable rules that are more stringent than those outlined in this document.

The importance of adherence to all regulations in this book should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of the regulations. The community, school administrators, coaching staff, and athletic director feel strongly that high standards of conduct and citizenship are essential in maintaining a solid program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and the orderly conduct of sports. We do not wish to establish arbitrary personal preferences to ensure absolute uniformity. The welfare of the student is our major consideration. Hopefully, their welfare transcends any other consideration.

In the event that an athlete fails to comply with these standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete will be denied the privilege of participation until such time as they can prove this desire. The precise period of suspension will depend on the violation(s) and the attitude of the athlete. Generally, a minimum of one week will be necessary to prove the desire to participate and to comply with all standards, which have been established for the benefit of the athlete and the athletic program as determined by a consensus of the athlete's coaches, and school administration.

## **West Ashley High School**

### **The Definite Dozen of Wildcat Athletics**

#### **TO STAY INVOLVED**

BE COMMITTED TO YOUR ACADEMICS - Know your goals.-make a plan...get a diploma. Be on time- Sit up front Take good notes. Do all extra work possible. Plan ahead and talk to teachers when you are having a problem. Get extra help when needed.

BE COMMITTED TO CLASS Treat teachers, trainers, support staff, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, to say please, thank you, yes sir, and yes ma'am and give the people the benefit of the doubt,

BE COMMITTED TO DOING THE RIGHT THING - we have plenty of team and school rules. .Know them. Realize if you just try to do the right thing you will be OK. Try to do the next thing right and you are as close to perfect as any person can be.

BE COMMITTED TO THE PROGRAM - we realize that our players are in a fish bowl at North Myrtle Beach High School, Every word and action will be watched. We must be committed in building traditions in our program starting today and respect those that have gone before us and paid the price,

#### **TO PLAY HERE:**

BE COMMITTED TO HARD WORK — our program is built on the concept that hard work pays off. We believe that we work harder than anyone else, and because of that we always deserve to win. There is a reason we are going to become the best. We work

BE COMMITTED TO BECOMING A SMARTER PLAYER - our players must be ready to learn. We believe we work smarter than anyone else... We must develop players who understand the game. Or players must be good listeners and learn by watching. We must make good decisions; we must play with poise. Prepare mentally for practice and games.

BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT - we must have players who believe in team concept. Our program is built on the concept that the team/program is bigger than any one player... We need unselfish players.

COMMIT YOURSELF TO A WINNING ATTITUDE — our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we elevate ourselves on reaching our potential. The test for our team is to play against the game and not just our opponent. We never quit, we are always looking for a way to win.

#### **TO WIN HERE:**

BELIEVE IN OUR SYSTEM — Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role, then accept your role and do it the best you can.

BELIEVE IN YOURSELF — Play with confidence...think positive. Realize you are a great player in a great program. Don't get down when you play poorly. Visualize you were chosen to be here. Be a leader. Lead by

example,

**BELIEVE IN YOUR TEAMMATES** - Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We understand we are all different and be tolerant of teammates and others.

**BELIEVE IN YOUR COACHES** - Understand that your coaches are trying to help make you better people and players. Ask questions... Don't whine and complain. Learn to take tough coaching. You must believe that coaches are doing what they think is right for the team and you.



## West Ashley Athletic Department

### Athletic Code of Conduct

**Directions:** This form must be completed by the Student-Athlete and their parent or legal Guardian. The signed form must be given to the coach of the sport you wish to participate in prior to the first contest date. If you do not return the completed form on time, you will not be allowed to participate .

If you have previously completed and submitted this form for participation in another sport during the current school year, you will need to submit a form for every sport your child participates in during the current school year.

**Student-Athlete Agreement:** I have read the West Ashley Athletic Handbook and the Athletic Code of Conduct for the West Ashley Athletic Department and fully understand that I will be governed under these guidelines.

_____	_____
Student-athlete name - please print	Grade
_____	_____
Student-athlete signature	Date
_____	_____
Sport of Participation	Male / Female

**Parental Agreement:** I have read the Athletic Handbook and Code of Conduct for West Ashley Athletic Department and fully understand that my student -athlete will be governed under these guidelines.

_____	_____
Parent /Guardian signature	Date

