



CUTHBERTSON HIGH SCHOOL

Student Athletic Handbook

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INTRODUCTIONS:

To the Parent--This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic activities. Cuthbertson High School believes that participation in sports and other interscholastic activities provides opportunities and experiences that will assist students in personal growth and development.

We feel that a properly controlled, well-organized interscholastic activity program meets the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound and will further each student's educational maturity.

Students who elect to participate in the interscholastic program are voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such emphasis on good training habits. Failure to comply with the rules of training and conduct means exclusion from participation. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team or activity. There is no place in high school interscholastic competition for students who will not discipline their minds and bodies for rigorous competition. We strive for excellence and do not want our students to accept mediocrity.

When your son/daughter enlisted in one of our interscholastic programs, he/she committed our staff to certain responsibilities and obligations, which are:

- 1) To provide adequate equipment and facilities
- 2) To provide well-trained coaches
- 3) To provide schedules with qualified officials as directed by the North Carolina High School Athletic Association.

Likewise, we feel that you have committed to certain responsibilities and obligations. We encourage you to join our Booster Club(s) to help provide the financial support essential to our program, and we would like to take this opportunity to acquaint you with the specific policies that are necessary for a well-organized program.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad base of community support, which is achieved only through communication with the parent. We hope to accomplish this objective through this publication for students and parents.

To the Student Participant--Being a member of a Cuthbertson interscholastic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great competitive tradition is not built overnight; it takes the hard work from many people over many years. As a member of an interscholastic team, you will be faced with either the task of maintaining an already successful tradition or the task of establishing a successful tradition.

It is not easy to build a great tradition in interscholastic competition in either athletics or other activities. When you represent your school, we assume that you not only understand our goals and traditions, but also are willing to assume the responsibilities that go with them. We hope that the contributions you make are a satisfying accomplishment for you and your family.

1) **RESPONSIBILITIES TO YOURSELF**: The most important of these responsibilities is to broaden character. You owe it to yourself to get the greatest possible "good" from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, will prepare you for life.

2) **RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility that you assume as a participant is to your school. Your school cannot build or maintain an outstanding school unless you do your best in whatever activity you wish to engage. By participating in interscholastic completion, you are contributing to the reputation of your school.

You assume a leadership role if you are on an interscholastic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both in and out of school. Because of your leadership role, you can contribute to school spirit and community pride. Make your school and your community proud of you and your ideals.

3) **RESPONSIBILITIES TO OTHERS:** As a team member, you have a responsibility to your home. You should never give your family anything to be ashamed of. When you know that you have lived up to all of the training rules, to the best of your ability everyday, and that you have played the game “all out”, you can maintain self-respect. Your family can be proud of you and your accomplishments.

Also, remember that students are watching you and will copy you in many ways. Do not do anything to let them down. Set a good example for them.

INTERSCHOLASTIC COMPETITION PHILOSOPHY:

Statement of Philosophy--The Cuthbertson Interscholastic Activity Program should provide a variety of experiences to aid in the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The Interscholastic Activity Program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost”. It discourages any and all pressures, which neglect good sportsmanship and/or good mental health. At all times, the Interscholastic Activity Program must be conducted to justify it as an educational activity.

Athletic Goals and Objectives

GOAL: The student participant shall become a more effective citizen in a democratic society.

OBJECTIVES: The student participant shall learn:

To work with others—in a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.

To be successful—our society is very competitive. We do not always win, but we succeed when we continually strive to do our best. You can learn to accept defeat only by striving to win with dedication. Develop a desire to excel.

To develop sportsmanship—to accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others the way we would have them treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.

To improve—continual improvement is essential to good citizenship. As a participant, you must establish goals and you must continually try to reach those goals. Try to better yourself in the skills involved and those characteristics set forth as being desirable in your chosen activity.

To enjoy participation—it is necessary for students to enjoy participation, to acknowledge all of the personal rewards to be derived from participation, and to give sufficiently in order to preserve and improve the program.

To develop desirable personal health habits—to be an active, contributing citizen, it is important to develop the desire to maintain physical fitness through exercise and good health habits, and to maintain this level of physical fitness after formal competition has been completed.

GOVERNANCES:

The Board of Education--The Board of Education is the ruling agency for the Cuthbertson High School system. Its responsibilities include:

- 1) Interpreting the needs of the community.
- 2) Developing policies in accordance with state statutes and mandates and in accordance with educational needs and wishes of the people of Cuthbertson.
- 3) Approving means by which professional staff may make these policies effective.
- 4) Evaluating the interscholastic athletic program in terms of its value to the community.

The Region--Cuthbertson High School is a voluntary member of the North Carolina High School Athletic Association Rocky River 1A/2A Conference. The Conference was established for the purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort. Conference membership facilitates the arranging of schedule, equalizing competition, and conducting Conference meets/tournaments/playoffs, and determining Conference championships. The Conference provides each school the opportunity for competition without excessive travel and with schools of similar size. Membership requires abiding by Conference schedules, rules, and regulations.

The North Carolina High School Athletic Association--All schools are voluntary members of the North Carolina High School Athletic Association and compete only with member schools or out-of-state schools that are approved by the NCHSAA. As a member school system, the secondary schools of Union County agree to abide by and enforce all rules and regulations set forth by the NCHSAA.

The primary role of the North Carolina High School Athletic Association, which is empowered by the North Carolina State Board of Education, is to maintain rules and regulations that ensure equity in competition for the students and a balance with other educational programs. The NCHSAA solicits input and responds to requests for modification of rules from member schools, appointed committees, and coaches' associations.

REQUIREMENTS FOR PARTICIPATION:

Physical Examination--A yearly physical examination is required. The physical must be completed by a medical doctor and submitted to the coach prior to participation. The physical covers all sports for one calendar year. The form will be kept on file in the high school athletic office.

Risk of Participation--All athletes and parent(s)/guardian(s) must realize the risk of serious injury which may be a result of athletic participation. Cuthbertson High requires "Risk of Participation" forms be signed by the athlete and parent(s)/guardian(s).

Emergency Medical Authorization--Each athlete's parent(s)/guardian(s) shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s)/guardian(s) are not available. The form will be kept by the athletic department

Insurance--The school district does provide an opportunity to purchase insurance to cover student athletic injuries. Parent(s)/guardian(s) are required to sign a form stating that they either have purchased the necessary school insurance or possess a family insurance plan that covers athletic injury. If a family insurance plan is used, the family must provide the school with the name of the insurance company and the policy number on the appropriate form.

Parental Acknowledgment of Athletic Policies--Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics. Each parent(s)/guardian(s) shall read all of the enclosed materials and certify that they understand the athletic eligibility rules and policies of the school system. The signed document will be filed in the athletic office.

Scholastic Eligibility--In order to participate in an interscholastic activity, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

- 1) Students entering the 9th grade must have been promoted from their middle school.
- 2) The following pertains to all other students:
 - Overall passing average
 - See Eligibility (p.11)

Other NCHSAA Eligibility Rules—

- 1) A student who turns 19 on or prior to October 16 cannot participate in that year.
- 2) Once a student enters the 9th grade, he/she will have four successive years in which to participate provided he/she does not exceed the age requirement. This is referred to as the "8 semester rule" in the NCHSAA Constitution and By-laws.
- 3) Transfer students must comply with the NCHSAA transfer rule. If you are a transfer student, contact your coach so that he/she can determine if you are in compliance.

ATHLETIC CODES OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department and school. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the student is our major consideration and transcends any other consideration. All students shall abide by a code of ethics that will earn them honor and respect that participation and competition in the interscholastic activity program affords. Any conduct that results in dishonor to the athlete, the team, the school, or the community will not be tolerated.

Ethics Rule--Acts of unacceptable conduct, such as, but not limited to, disruption of school, theft, vandalism, disrespect, immorality, or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate coach, the athletic director, and the principal shall meet and determine the penalty according to the degree of the infraction.

Training Rules and Regulations--We cannot compromise participation in interscholastic activities with substance abuse. The student who uses tobacco, alcohol, illegal drugs, or any type of mood altering substance found in legal over-the-counter products jeopardizes team morale, team reputation and team success and does physical harm to himself/herself. Students have to decide for themselves whether or not they want to participate in our interscholastic program. If you wish to participate, you must make a commitment. A big part of this commitment is following a simple set of training rules that the school system believes to be fair.

- 1) Use of Tobacco—Research emphasizes that use of tobacco is physically harmful to young adults. The harm done is not only a health problem. The community follows the progress of young competitors, and any deviation from accepted training rules marks one as unwilling to pay the price of competition and commitment. If one squad member breaks the rule, the whole team’s reputation is damaged. ***This rule means no use of tobacco all year, in or out of season.***
- 2) Use of Alcoholic Beverages—There is no way to justify competitors’ use of alcoholic beverages, even though social pressure may be hard to resist. ***This rule means no use of alcoholic beverages all year, in or out of season.***
- 3) Use of Illegal Drugs or Mood-Altering Substances—Simply stated, drug abuse will not be tolerated. The use or misuse of drugs or chemicals is a social problem. Students with a strong sense of purpose have no need for mood modifiers. ***The rule for drugs/chemical abuse is in effect all year.***

Penalties for Violation of Training Rules--

1) Tobacco Violations:

- 1st offense: If in season, a “minimum” forfeiture of the next contest. Further discipline is the discretion of the head coach. If out of season, the athlete will be placed on probation for 365 days and encouraged to seek assistance in dealing with the tobacco habit.
- 2nd offense: In or out of season, a “minimum” forfeiture of one calendar year of participation in all interscholastic activities.
- 3rd offense: In or out of season, exclusion from all interscholastic activities for the remainder of their high school career.

2) Drugs/Alcohol Violations:

- 1st offense: If in season, a “minimum” forfeiture of playing in 20% of the scheduled contests or 10% of the contests if the student voluntarily participates in the Adolescent Services Program. Further discipline is the discretion of the head coach. If out of season, eight hours of school service and completion of the Adolescent Services Program.
- 2nd offense: In or out of season, a “minimum” forfeiture of one calendar year of participation in all interscholastic activities.

- 3rd offense: In or out of season, exclusion from all interscholastic activities for the remainder of the student's high school career.
- 3) DUI—1st offense: forfeit one calendar year of participation in all interscholastic activities.
 - 4) If less than 20% (or 10% if participating in Adolescent Services Program) of the contests remain, there will be a carryover into the next activity including the following year, if necessary, so that the total exclusion is served.
 - 5) During the exclusion period, the student will not participate in team activities unless approved by the coach or athletic director.
 - 6) The student found in violation for a third offense has the right to an appeal after one calendar year from the determination of guilt. The appeal for reinstatement is contingent upon substantial proof of rehabilitation and will be made to the principal, athletic director, and the head coach.
 - 7) An athlete arrested, under investigation, on probation, etc., will be suspended from competition until cleared by the principal. (Excluding minor violations, such as traffic violations).

Individual Coaches' Rules--Coaches may establish rules and regulations with the approval of the athletic director and principal for their respective activities. These rules, as pertaining to a particular activity, must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic office.

BASIC INTERSCHOLASTIC PARTICIPATION POLICIES:

Participation--A student may participate in only one sport per season unless two coaches/sponsors agree to the student's competing in both activities and priorities are set to settle conflicts before the season.

Dropping or Transferring Sports

- 1) Quitting is an intolerable habit. A quitter may lose the privilege of participating in the interscholastic program. On occasion, however, a student may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:
 - Consult with immediate coach and then the head coach
 - The coach will report the situation to the athletic director
 - Check in all equipment issued to you
- 2) If the student wishes to change activities during a season, he/she shall consult with both coaches concerned and the athletic director. If both coaches fail to agree, the student cannot begin a new sport until he/she completes the regular season of the sport in which he/she is currently involved. This procedure assures a smooth transfer, which is in the best interest of all involved.

Equipment--School equipment issued to the student/athlete is the student's responsibility. Loss of any equipment is the athlete's financial obligation, and failure to meet that obligation can result in the denial of participation in our program.

Missing Practice--A student should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with at the discretion of the coach.

College Recruitment Policy--In the event that a college recruiter should contact a student athlete personally, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of the contact as soon as possible. College recruitment information is available in the athletic office or counseling office.

Conflicts in Extracurricular Activities--An individual student who attempts to participate in several extracurricular activities will be in a position of a conflict of obligations.

- 1) The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and will attempt to schedule events in a manner that minimize conflicts.
- 2) Students have a responsibility to do everything they can to avoid conflicts. This would include being cautious about belonging to too many activities where conflicts happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.
- 3) When a conflict does arise, the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:
 - The relative importance of each event
 - The importance of each event to the student
 - The relative contribution the student can make
 - How long each event has been scheduled
 - Talk with parents

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by either sponsor/coach. If it becomes obvious that a student cannot fulfill the obligations of a school activity, he/she should withdraw from that activity.

Attendance--Students who miss over half of the school day due to illness will not be able to play in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the principal. Students absent from school on the day prior to a non-school day will be eligible to participate the day after the absence.

In-school and Out-of school Suspension--Students will not be allowed to participate until they have served their suspension. There should be no adjustments made in the assignment of suspension days to allow a student to participate in any activities. During the season, the student must forfeit a minimum of one game after an out-of-school suspension.

Release from Class--It is the responsibility of the student to see his/her teacher(s) the day before he/she is to be released to participate in an interscholastic activity. All work shall be made up at the convenience of the teacher.

Squad Selection--In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the interscholastic program while at our school, we encourage coaches to keep as many students as they can without compromising the integrity of their program. Time, space, facilities, equipment,

and other factors will place limitations on the most effective squad size for any particular activity. Choosing the members of athletic squads is the responsibility of the coaches.

Reporting of Injury--All injuries that occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once a physician treats a student, the athlete must obtain written permission from the doctor to return to the activity.

ATHLETIC AWARDS POLICY:

- 1) The varsity award shall be presented to an athlete who satisfies the participation requirements as set forth by the head coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)
- 2) Junior Varsity and freshman awards are given on the recommendation of the coach to all athletes who complete the season. Certificates are given for both first and second year awards.
- 3) Managers, trainers, and statisticians are included in the awards system if they manage for the entire season.
- 4) All members of a varsity team that wins a region or state championship will receive a chenille patch that will indicate the championship.

SUSPENSION/APPEALS PROCEDURE:

The following regulations shall be observed in the administration of the extracurricular activity program:

General

- 1) General sets of rules shall be developed for all athletic teams and athletes who are under the direction of the NCHSAA. In addition to these general rules, each coach may develop additional rules for his/her particular group or team. These rules must be on file in the athletic director's office. Students are to be notified in writing of both general rules and the group's specific rules by the coach.
- 2) The team's coach must administer reasonable disciplinary action for violation of these rules including suspension from the activity for a temporary period or removal from the activity altogether.
- 3) Violation of these rules may result in suspension or removal from the group by the coach. In these violations, the coach must follow the procedures as outlined below (Temporary Denial/Permanent Denial).
- 4) Violation of the coach's specific rules may result in suspension from the team only; however, before denying participation in the activity, the coach should communicate with parents, discuss the situation with the student and administer appropriate disciplinary action.

Temporary Denial of Participation

- 1) Temporary denial is defined as any suspension less than a permanent denial of participation.

- 2) When a coach denies participation of a student in an activity group, the student must be informed of the action. It is then the responsibility of the coach to discuss the situation with the student and then determine whether or not to deny the student participation.

Permanent Denial of Participation

If a student is to be permanently denied participation in an activity, the coach shall notify the student in writing after discussing the student with the athletic director.

ELIGIBILITY:

To be eligible in the first semester, a student must pass a minimum of three out of four Carnegie units for schools on the block schedule, be present at least 85% of the previous semester, and be promoted to the next grade level. (Students must pass English in order to be promoted)

To be eligible in the second semester, a student must pass a minimum of three out of four Carnegie units for schools on the block schedule, and be present 85% of the previous semester.

**Any summer school work used to make-up part of the minimum load must be applied to the most recent semester.