

Covington High School

**606 South Lexington Avenue
Covington, Virginia 24426**



Cougar Student-Athlete Handbook

2018-2019

Covington High School
COUGAR ATHLETIC HANDBOOK 2018 - 2019

This Athletic Handbook was created to inform parents, coaches, and athletes of all procedures, policies, rules, and expectations for all athletic programs at Covington High School. All parents and student-athletes must sign the form below acknowledging that you have received, understand, and will abide by all regulations set forth in this handbook. All handbook procedures become effective on the first day of tryouts and remain effective thereafter.

To try to reduce paper usage in the athletic department, we encourage everyone to download the handbook from our athletic webpage www.covington.k12.va.us. Return the signed form (page 2) to your coach. If you don't have access to the student athletic handbook online, please contact the athletic department to receive a hard copy.

By signing below, I am acknowledging that I have read, understand, and agree to abide by all terms and conditions of the Covington High School Cougar Athletic Handbook for the 2018 - 2019 school year.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Date Signed _____

Athlete Name (Print) _____

Athlete Signature _____

Date Signed _____

CHS ATHLETICS ADMINISTRATION

Derek Cantrell, Principal

Chris Jones, Assistant Principal

Garland Jefferson, Co-Athletic Director

Charity Hale, Co-Athletic Director

Welcome to our Covington High School Athletic Family!

Covington High School offers students the opportunity to participate in various interscholastic and school-sponsored activities during the school year. It is important that you and your child understand the goals of our program and agree to abide by the rules established by Covington High School and the Virginia High School League (VHSL) for the benefit of those who participate both as students and athletes. We are glad that your child has expressed a desire to participate; school is more meaningful and enjoyable when a student becomes involved in extracurricular activities.

As a member of a Cougar team, each participant will be encouraged to learn teamwork, to practice good sportsmanship, to improve skills, to develop positive personal health habits, to enjoy activities, and to strive for success. The Covington High School staff stresses the importance of a well-balanced activities program for students and realizes that many hours are given for study, practice, and participation in any athletic or activity endeavor. Additionally, we encourage parent and community support of students for their achievements, as these activities are instrumental in developing great community interest and pride.

As coaches and sponsors of VHSL activities at CHS, it is our philosophy that we strive to teach students the skills and strategies needed to be successful in our activities and also to help students prepare to be competitive in the "game of life." We feel that rules and policies for participation in VHSL activities are an important key to achieving this goal. Self-discipline, responsibility, commitment, attendance in school, success in academics, decision making, and dealing with consequences, can build character and self-esteem. It is our hope that not only will this help our student participants to be successful during their high school years, but also this will help our student participants leave with a sense of pride and confidence that will contribute to their being successful, productive adults. As always, we appreciate your on-going support of Covington High School and our programs.

Finally, we are proud of our successful and excellent tradition in interscholastic competitions. The support of our student body, parents and guardians, faculty and staff, and the community has been greatly appreciated. All students are encouraged to get involved in the CHS interscholastic program. We encourage and challenge each of you to be Covington High School's finest---Let us strive to be in a class by ourselves! We encourage both parents and athletes to review this handbook thoroughly. Should you have any questions, please feel free to call CHS at 965-1410.

**VHSL Interscholastic Activities Offered at
Covington High School by Season**

Fall Season

Cross Country	JV & Varsity Volleyball
JV & Varsity Football	8th Grade Volleyball
Golf	JV & Varsity Cheerleading

Winter Season

JV & Varsity Boys' & Girls' Basketball	Wrestling
Boys' 8 th Grade Basketball	JV & Varsity Cheerleading
Indoor Track	Scholastic Bowl

Spring Season

JV & Varsity Baseball	JV & Varsity Softball
Outdoor Track	JV & Varsity Soccer

Athletic Ticket Prices

Admission prices charged for athletic events at Covington High School are set according to the policies established by the Pioneer District. There is only one general admission price for adults and students in the Pioneer District; each school may have their own student admission price. For district tournaments, admission prices will increase.

Covington High School students (8-12) are allowed free admission to all home contests IF in the "Cougar PRIDE" positive school-wide discipline program. Otherwise, students will pay regular admission prices.

Covington City Public School employees are admitted at no charge to home contests with proper identification.

Covington City residents 60 years of age or older, may obtain a "gold card". This pass will provide free admission for the bearer at all Covington High School home activities. These passes may be obtained at the School Board Office from 9:00 a.m. to 4:00 p.m. on school days. This pass must be presented with identification at athletic events.

A **SEASON PASS** is available for \$75.00 for the entire year and is good for ALL athletic events. (Contact CHS at 540-965-1410.)

Tickets for all regular season athletic events (8th grade, JV, and Varsity) will be \$6.00. Certain varsity contests (cross country, golf) will have no admission fee. Tournament ticket prices will be announced before the event.

VHSL Participant Awards:

Participants should receive only those awards sanctioned by the Virginia High School League (VHSL), rule 28-12-1, and approved by the school. Awards, which are symbols of achievement, tradition, and school spirit, shall be made to members of VHSL teams, team managers, cheerleaders, statisticians, and student athletic training assistants. The coach shall consider the following requirements in recommending a student for an award:

- ❖ Attendance and punctuality at practice;
- ❖ Observance of training rules;
- ❖ Cooperation in upholding team rules;
- ❖ Attitude as a member of the team;
- ❖ Good sportsmanship and conduct;
- ❖ Completion of regular and post-season play;
- ❖ Return of all school equipment, uniforms, and materials.

A varsity letter will be issued the first time a student meets the criteria for any varsity sport. Should the participant earn a letter in another varsity sport, only the emblem of that sport will be given to be placed on the letter. All student participants must complete the season to be eligible for school sponsored awards unless there is a medical excuse. A varsity letter for a team manager, statistician, and student athletic training assistant will be awarded using the same procedure described for varsity letters and varsity emblems.

At the beginning of each season, the coach will discuss how a student obtains a letter or pin at the end of that sport season. Before receiving a letter or pin, the student athlete must return all school equipment that was issued to him/her.

Participants for the following sports are eligible to receive a varsity letter or pin: baseball, basketball, cheerleading, cross-country, football, golf, softball, track, volleyball, and soccer.

**Athletic/Activity Policies and Rules
of VHSL Activities**

Student athletes are athletes all year and are responsible for their actions 365 days a year.

Definitions:

Student/Athlete –Any 7th-12th grader established as an athlete at the middle school, junior varsity or varsity level. An established athlete is one who is on a middle school roster or high school Master Eligibility List (MEL) until the next roster or MEL for that sport.

Off School Premises –Applies to non-school hours and non-school events.

Regular Season –The scheduled number of contests for a sport season exclusive of scrimmages and post-season play.

Attendance:

VHSL participants are expected to maintain their daily schedule on a regular basis. Repeated absences or early dismissals will affect participation and ultimately membership on the team. A participant must be present in school for at least half the school day (i.e. 2 full blocks) to practice or participate in any school activity unless approved by the school administration (excused absence such as a dental appointment, doctor appointment, court excuse).

Out-Of-School Suspension:

Any VHSL participant suspended out-of-school, will be ineligible for participation in practice sessions and athletic contests during the assigned period. An athletic panel of head coaches and administration will meet when any VHSL participant is suspended from school. The individual case will be reviewed by the panel and the Administration to determine if the participant will be allowed to remain in the activity or on the team.

Practice Information:

Practice sessions for athletic teams are scheduled after school to prevent conflict with the regular school day and may also be scheduled on Saturday at the discretion of the coach. ***No team meetings or practices may be scheduled on Sunday.*** VHSL participants need to have a completed physical form on file in the Athletic Office/Training Office prior to participation in a tryout and/or practice session. A physical must be completed after May 1 and will expire June 30 of each athletic calendar year. Additionally, all participants must submit a signed (by parent or legal guardian) concussion waiver form and a parent/legal guardian must read the concussion handout (online or in print format) annually.

https://www.nfhs.org/media/1014739/parents_guardians_guide_to_concussion_final_2016.pdf

A VHSL participant is expected to be present at every practice session unless he/she is absent from school or has received prior approval from the coach. Coaches must be notified in advance if a VHSL participant will miss practice because of academic work, appointments, vacations, etc. Any VHSL participant who misses a practice without prior approval will be subject to disciplinary action by the coach/coaches. A VHSL participant should be dismissed from the team for excessive absences from practices, games, or violations of established team rules. **Parents will receive a practice schedule via their student athlete. These schedules are always subject to change at the coach's discretion.**

An athlete who is cut from one team during the tryout period may try out for another team that season if time permits. Also, if an athlete decides to quit or is released from a team before the completion of the season, then he or she may or may not be allowed to participate in open gym, open mat, or weight room until the season is over (depending on the circumstances and at administrator's discretion).

Coaches:

In addition to the *VHSL Activity Handbook*, coaches may implement additional team rules approved by the Athletic Director.

Uniforms:

Uniforms will be worn at all times during and after all contests until the player returns to the locker room or dressing area. Athletes are not to wear their uniform after the game. The student-athlete is responsible for the care and protection of the uniform and will be held responsible financially if the uniform is damaged or lost at any point in time.

Transportation:

Transportation is provided for away activities. The athletic director will set departure times. Team dismissal may interfere with regular class attendance but every effort will be made to avoid early releases from academics. Student participants will be allowed to leave class at the time scheduled by the athletic director. Student participants are responsible for work missed. Only team members, coaches, scorekeepers, managers, and student athletic trainers will be permitted to ride the bus to and from a contest. Players must be notified prior to a contest if the bus plans on stopping for dinner so parents are aware of the stop. A student will be required to ride the team bus to and from an activity UNLESS a pre-arrangement has been approved (in writing) by the coach. Parents should make sure their child has a ride home after returning to Covington from an athletic activity. They should be prompt in picking up their child after all contests or practice sessions.

If a coach must transport students in a school or personal vehicle, each student must have written permission from a parent stating that he/she is allowed to ride with the coach/school official.

Health and Safety of Athletes:

All VHSL participants will be required to have a current VHSL physical form and receipt of annual concussion education form on file in the athletic training office prior to any team tryout period. The coach will teach conditioning for each sport and proper fundamentals. Coaches will abide by the Virginia High School League rules regarding the number of practice sessions required before an athlete is allowed to compete in an athletic contest. In the event of an injury, the athletic trainer or coach will provide first aid. Follow-up treatment may be necessary on subsequent days in the athletic training room. If a physician or Certified Athletic Trainer treats a participant, the participant will not be allowed to practice or play in any VHSL contest unless the physician or ATC provides written approval for return to play to the coach/ATC. The CHS Certified Athletic Trainer will cover all home and away Varsity football games and home athletic events/practices for all other sports. The ATC may travel with a team at his/her discretion based on the risk of injury associated with the sport. Coaches will be certified in First Aid/CPR/AED in order to promote the utmost health and safety of Cougar athletes.

Insurance:

Most students have insurance provided through a personal policy or through the student insurance program. Parents or guardians of a student participating in sports may purchase the student insurance plan provided through the school, if their son/daughter is not covered under a personal family plan. The student insurance plan may be purchased at the beginning of the school year. The student insurance program does not normally provide coverage for an athlete participating in varsity football. A special rider will need to be purchased to provide this coverage.

Athletic Equipment and Uniforms:

Athletic equipment and uniforms will be issued to team members by the coach at the beginning of a season. Equipment and uniforms are for use by Covington High School athletic participants only. They should not be used by anyone at anytime other than VHSL participants, in-season during scheduled contests and practice sessions. Damaged equipment should be returned to the head coach immediately for replacement or repair. Equipment and uniforms will be checked in at the conclusion of a season. Participants will be held responsible for lost equipment and uniforms, as well as items showing (excessive wear) abuse.

All practice and contest uniforms or other attire should be worn in a prescribed manner. All VHSL participants are expected to dress as prescribed for all contests.

VHSL participants must turn in all equipment and uniforms within one week after the last game. Failure

to return equipment will result in payment of replacement costs and probation from activities until resolved. All equipment and uniforms must be turned in before a participant is eligible for post-season awards or the next sports season participation.

Responsibilities of VHSL Participants:

CHS athletes and VHSL participants inherit a tradition of excellence. All VHSL participants' actions are a reflection upon our school and community. Upon becoming a member of a Covington High School team, a VHSL participant accepts the responsibility to develop himself/herself to be prepared to perform at a high level. Thus he/she must learn self-discipline and always practice the high ideals of good sportsmanship and fair play. Additionally, a VHSL participant must work hard to develop his/her talents to make the best contribution possible to the activity. As a result, a participant will gain many skills and knowledge that will help him/her become a productive, life long learner. A VHSL participant accepts the responsibility of becoming a good student both in his/her academic work and overall school conduct. Studies show that a student involved in school programs has better grades, attendance, behavior, and enjoys school more. A VHSL participant accepts the responsibility of becoming a school and community leader. A participant contributes greatly to school spirit and community pride.

Junior Varsity Teams:

The purpose of Junior Varsity teams is to develop future athletes for varsity teams and to introduce as many students as possible to the athletic program at Covington High School. In keeping with these standards, the coaches of junior varsity teams will enforce the following procedures and rules:

- ❖ The coach will make every effort to encourage as many students as possible to try out for a team. The number of participants on a junior varsity team will be determined by the nature of each sport. Eighth grade students may participate on a junior varsity team if the coaches feel this participant can play at the J.V. level.
- ❖ Fundamentals and skills will be taught and emphasized to all members of a JV team.
- ❖ We will strive to provide for every member of a junior varsity team (in good standing), meaningful playing time in each contest when possible. This approach can affect the outcome of the contest. We hope participants and parents/guardians understand the liberal substitution strategy of junior varsity coaches based on an effort to use as many participants as is reasonable in each contest.

Student Managers:

A student interested in becoming a student manager for a team should contact the coach or sponsor of that team. A student manager will be expected to be at practice sessions and/or games during the season of the activity. The manager will need to complete an emergency permission form and must meet all the eligibility requirements for a VHSL participant at CHS. The manager will not be required to have a physical according to the VHSL rules, and therefore, will not be covered under the VHSL catastrophe insurance plan. A student manager will need to be covered by a personal health insurance plan or by the student insurance policy. A student manager will be expected to abide by the policies and rules for VHSL participants at CHS.

A student manager can be assigned the following duties:

- ❖ Assist the coach/sponsor in issuing, caring for, and receiving all equipment;
- ❖ Record, compile, and maintain records deemed necessary by the coach/sponsor;
- ❖ Be used as an official scorekeeper or timekeeper and help prepare the activity area.

Participant Discipline Policy:

ALL VHSL PARTICIPANTS MUST BE IN GOOD STANDING WITH SCHOOL ADMINISTRATION AND ALL OTHER SCHOOL PERSONNEL TO PARTICIPATE IN VHSL ACTIVITIES. COACHES WILL DEVELOP RULES AND PROCEDURES FOR HIS OR HER SPORT. PARTICIPANTS WILL FOLLOW THE RULES AND PROCEDURES; OTHERWISE, CONSEQUENCES WILL RESULT AS STATED.

Inappropriate VHSL Participant Behavior:

Any VHSL Participant demonstrating inappropriate behaviors, verbally or physically, outside the contents of the rules of the game could meet with the coach and Athletic Director, and could result in minimized playing time or team dismissal. A parent/guardian may be requested to be present at the meeting. Also, according to Virginia School Law students are subject to corrective action for any misconduct that occurs off school property, when the acts lead to: (1) an adjudication of delinquency pursuant to Va. Code 16.1-305.1 or a conviction for an offense listed in Va. Code 16.1-260 or (2) a charge that would be a felony if committed by an adult. Additionally, any student for whom the superintendent has received a report pursuant to Va. Code 16.1-305.1 of an adjudication of delinquency or a conviction for an offense listed in subsection G of Va. Code 16.1-260 may be suspended or expelled.

Student-athletes are expected to continually strive for excellence and represent Covington High School Athletics in only a positive light. Any misconduct that involves tobacco/drugs/alcohol, criminal activity or misbehavior that reflects poorly on Covington High School Athletics may be suspended or removed from any team at any time.

Disrespect during Practice:

Removal from practice---This behavior will not be tolerated, and any further occurrences of this behavior may result in a meeting with player, parent/guardian, coach(es), administrator(s), and/or Athletic Directors. This may result in dismissal from the team and could carry over to each sport season that school calendar year.

Participation in more than one Sport during the Same Season:

VHSL participants may compete in two activities during the same season if approved by the coaches involved and the Athletic Director. The coaches involved would need to agree, and would have to choose which is his/her primary activity. This participant is committed to the primary activity and will practice and play in the secondary activity only if there are no conflicts in the primary activity. Examples of primary activities are football, volleyball, basketball, baseball, and softball.

Additionally, if a student chooses to participate in cheerleading and another sport during the same season (i.e. volleyball and cheerleading, or basketball and cheerleading), the student will participate in the primary sport (volleyball or basketball) first. Also, if two games are held on the same night, the student will participate in the primary sport. Additionally, the student will not leave the primary sport practice early to participate in the other sport.

Vandalism or Theft:

Any VHSL participant who vandalizes and/or steals school property will be dismissed from the team immediately.

Out-of-School Suspensions (OSS):

An athletic panel of head coaches and school administrators will meet when any VHSL participant is suspended from school. The individual case will be reviewed to determine if the participant will be allowed to remain in the activity or on the team. If the athletic panel agrees that the participant will remain on the team, then the following actions will be taken:

Any VHSL participant suspended from school one-four days will have: one activity/game suspension upon his/her return from suspension and will make-up all conditioning.

Any VHSL participant suspended from school five-eight days or more will have: a two activity/game suspension upon his/her return from suspension and will make-up all conditioning.

Any VHSL participant suspended (OSS) twice during any activity season will automatically be dismissed from the team.

Participants late or leaving practice:

Student-athletes will make-up conditioning and all activities missed. (Please refer to attendance rule on page 5.)

Participants absent from practice:

The coach has the authority to excuse or un-excuse absences.

VHSL participants will need to make-up conditioning missed due to absence(s).
Any athlete who misses more than 30 minutes of a practice will be considered as absent.

Participants leaving school early or checking in late:

Student athlete must inform coach and be pre-approved from the administration. *Only physician, dentist, and court notes will be approved as excusable absences from school on the day of an athletic event or contest.*

Inclement Weather Policy for Athletics/After-School Activities:

Whenever school is cancelled due to inclement weather or special circumstances, all athletic events including practices and games will be postponed until a different date. No games or practices will be held on days when school is cancelled due to weather or other similar circumstances. In the event our team is to travel to a school division that is closed for inclement weather, we will not be traveling to that school division to play. In special cases where games must take place before a certain date due to district, region, or state deadlines, the administration and/or superintendent will have the final decision-making privileges regarding athletic events.

Disclaimer:

Any areas or situations not listed or overlooked in this handbook or the CHS student handbook will be addressed by a meeting with player, parent/guardian, coach(es), Athletic Director, and/or administration. Consequences will be established and an addendum may be made to the handbook. Any VHSL participant who is ejected from a game or activity could be dismissed from the activity in which he/she is participating.

Responsibilities of the athlete

- Physicals – All athletes must have a completed VHSL Athletic Participation/Parental Consent/Physician's Certificate Form on file at the school before they may participate. A physical must be dated after May 1 to be used for any sport during the next school year. One physical dated after May 1st is good for the entire school year until June 30. Athletes must also have an annual concussion education form on file in the Athletic Training office along with the VHSL physical form.
- B. Insurance - It is recommended that all athletes have primary insurance coverage (school or private) as noted on the VHSL Physical Exam Form.
- C. **Grade requirements - The VHSL and Covington High School requires an athlete to pass 3 out of 4 block classes each semester to be eligible to participate in any sport.** (PM 28A-5-1 SCHOLARSHIP RULE/Block Scheduling (5-94)-When a school offers four classes each semester (block scheduling), students must pass three of these four classes to be eligible the following semester. There is no yearly eligibility option i.e. combine first and second semester passing grades, since this block scheduling is on a "stand alone" semester grade basis.)
- D. Class Attendance - It is the responsibility of the athlete to attend school on a regular basis. An athlete must be in attendance for at least half the school day (2 full blocks for each school day) in order to participate in practice, conditioning programs or a game (unless the absence has been pre-arranged through the attendance office or the office of the athletic directors – i.e. court, doctor, and dental appointment).
- E. Dress – Athletes are encouraged to dress in an appropriate manner whenever they represent Covington High School.
- F. Equipment and Uniforms – Once equipment and/or uniforms are issued it becomes the responsibility of the athlete. If any of these items are lost, destroyed, or not returned by the

athlete, he/she will be held financially responsible for replacing it. All payments for this equipment must be made at the end of the season to the Coach or Athletic Directors.

- G. Athletes must return or pay for all equipment from a previous season before participating in any other sports or sports seasons.
- H. An athlete who begins practice in one sport and is released from the team for any reason other than injury or being "cut" or a circumstance beyond the student's control may NOT participate in any other after school activity - including scorekeeper, student manager, etc. during that same season.

I. Social Media Guidelines:

- Participating in athletics at Covington High School is a privilege for student-athletes and should be regarded as such.
- Inappropriate use of social media outlets such as Facebook, Twitter, Instagram, Snapchat, and other social media sites will not be tolerated.
- Student-athletes will not be allowed to use negative or condescending comments on social media.
- Student-athletes should not have contact with other student-athletes from any other school via social media regarding or relating to athletics or their school systems.
- Any inappropriate behavior regarding social media will be handled immediately by administrative personnel.

Virginia High School League

The Virginia High School League (VHSL) is an organization of public high schools in Virginia. The League seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities. The VHSL was developed in 1913 in Charlottesville, Virginia. It published annually a code of rules for all VHSL activities in the state. These rules are from the Eligibility Regulations, Section 28, of the Virginia High School League Handbook. The VHSL is a member of the National Federation of State High School Associations. All rules and regulations governing secondary school boys' and girls' interscholastic athletic contests and practices are established by the VHSL, the Covington City School Board, and The Covington High School Administration.

Covington High School is a member of Region C of the Virginia High School League (VHSL). The VHSL is an organization of public high schools in Virginia, which join together with the approval of the local school boards to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities. We are one of 7 (Bath County, Covington, Craig County, Eastern Montgomery, Highland County, Narrows, and Parry McCluer) area public high schools competing in the Pioneer District. We anticipate another exciting and competitive year of interscholastic play.

To be eligible to represent Covington High School in any VHSL sponsored interscholastic contest, a student shall meet the following VHSL requirements:

28-1-1 Bona Fide Student Rule – The student shall be a regular bona fide student in good standing of the school which he/she represents.

28A-2-3 (2) Any student who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon his/her school, is *not* considered in good standing.

28-2-1 Grade Rule – The student shall be enrolled in the last four years of high school.

28-3-1 Enrollment Rule – The student shall have been regularly enrolled in the school which he/she represents not later than the fifteenth (15) day of the semester.

28-4-1 Scholarship Rule – The student shall:

1. Be currently enrolled in no fewer than five (5) courses offered for credit and which may be used for graduation.
2. Have passed 5 courses offered for credit or their equivalent and which may be used for graduation in the immediately preceding semester.
3. Have passed all portions of the Literacy Passport Test to be eligible for participation.

(Note: Virginia State Law requires that any student participating in VHSL activities must pass all parts of the Literacy Passport Test. Testing will be conducted in the months of October and February).

PM 28A-5-1 SCHOLARSHIP RULE/Block Scheduling (5-94)- When a school offers four classes each semester (block scheduling), students must pass three of these four classes to be eligible the following semester. There is no yearly eligibility option (combine first and second semester passing grades), since this block scheduling is on a "stand alone" semester grade basis.

28-5-1-Age Rule – The student shall not have reached the age 19 before the first day of August of the school year in which he/she wishes to compete.

28-6-1 Transfer Rule – The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his parents, parent, or guardian.

28-7-1 Semester Rule – The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continually from that point, regardless of whether or not he/she remains continuously enrolled in school.

27-13-1 Sportsmanship Rule

Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship.

27-13-2 Failure to provide for proper control of spectators at a contest constitutes a violation of the Sportsmanship Rule. Incidents where spectators during or after the contest engage in verbal or physical altercations with players, coaches, officials or other spectators which disrupt the normal flow or a contest or endanger the safety of a player, official, coach or other spectators should be reported.

27-13-4 Harassment of game officials... such related actions when exhibited in aggravated form are evidence of poor sportsmanship.

27-13-5 Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff and officials the values of sportsmanship in the preparation for, and the conduct and management of interscholastic contests and the importance of observing published or accepted rules governing coaches, competitors or spectators relating to the conduct of competition.

27-13-8 The Spectator should realize that he/she represents the school just as definitely as does the member of a team and, therefore, has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others. Also, the spectator should recognize that since the primary purpose of interscholastic athletics

is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.

Penalty: Any athlete who in protest lays hands on or attempts to lay his/her hands on an official may be declared ineligible by the League or by his/her principal for up to one year. Any athlete who strikes an opponent, a coach, or a spectator during or following an athletic event may be declared ineligible by the league or his/her principal for a specified period of time up to one year depending on the seriousness of the offense. The basis for this policy statement is that a member school shall not be represented by any student whose conduct reflects discredit upon his school.

30-5-1 Ejection of a Player: see "Sportsmanship" section of the VHSL handbook.

27-11-2 Contest Limitation Rule: No member school may permit its athletes to compete in more than the total number of regular season interscholastic contests as specified in the VHSL handbook. No athletes may participate on the varsity and sub varsity levels in any sport on the same day.

In addition to the aforementioned VHSL rules and policies, *Sportsmanship* is important in all capacities. We ask that your behavior be for and not against the coaching staff, visiting teams, officials and, of course, our student-athletes. All incidents of conduct that are violations of the Sportsmanship Rule must be reported to the Virginia High School League.

In conjunction with the Virginia High School League, Covington High School expects all spectators to represent the school just as the member of a team and, therefore, have an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.

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.

- We will not tolerate taunting, trash talk, or intimidating behavior toward anyone including coaches, players, and officials.
- Your admission ticket allows you to watch the performance of highly impressionable student athletes; not a license to abuse coaches, players, officials, or other spectators.

Finally, the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.

LIST OF REQUIREMENTS FOR ATHLETES/MANAGERS

Participation in interscholastic athletics is a privilege, **NOT A RIGHT**, earned by the student who meets eligibility requirements set by the VHSL, the District, and the School Board. Questions pertaining to the following additional requirements should be directed to the athletic director.

1. Academics: All participants shall exhibit good citizenship as well as maintain the VHSL scholastic requirement of passing 5 subjects (or 3 out of 4 on block scheduling each semester), in addition to any further standards prescribed by the Athletic Department.
2. Physicals-medical Examination: All athletes shall have on file at CHS a completed VHSL Athletic Participation/Parental Consent/ Physician's Certificate Form. No student may participate in practices or games unless he/she has a physical on file, which is dated after **May 1st** of the current school year.
3. Insurance: All participants, including managers and student athletic trainers, must be protected by school insurance or have personal insurance that will cover any athletic injury. The participant's parent(s) must sign the last page of the VHSL form stating that they have primary insurance coverage and that Covington City Public Schools is not responsible for

4. any X-rays, doctor, or hospital bills due to an injury to the participant while he/she is participating with a team involving Covington High School.
5. **Attendance Requirement: All participants must be in school for at least four full periods before being permitted to participate in an interscholastic contest, practice, or conditioning program that day or evening.** Exceptions are few but will be considered by the athletic directors and/or coaches and **must be approved by the CHS administration. The only excuses accepted for absence from school after 2 full blocks will be: physician, dentist, or court note.**
6. All participants must have on file, a concussion waiver from (signed by parent/legal guardian). Also, each participant's parent/legal guardian must attend a concussion meeting at CHS or complete the online concussion course.
7. **Any student that is academically ineligible for the winter sports tryout period will remain ineligible for the entire winter sports season.**

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult roles. By establishing each role, we are better able to understand and accept each other's actions, and together provide a great atmosphere for our children. When your child becomes a part of the Covington High School Athletic Department, you have the right to understand what expectations will be placed on your child.

Any concerns should be expressed DIRECTLY to the head coach of the team in the presence of the Athletic Director. Please call CHS and schedule a meeting (540-965-1410). This meeting should not occur after a game and/or contest but should be scheduled for a specific time.

It is appropriate to discuss treatment of your child, ways to help your child improve, and concerns about your child's behavior. However, it is inappropriate to discuss playing time, team strategy (i.e. play calling), and other student-athletes. It is very difficult to accept your child not playing as much as you hope. Coaches are professionals and they make judgment decisions based on what they believe to be best for all athletes involved. Therefore, no Coach will be directed to discuss playing time, it is at the discretion of the coach.

College Preparation

Selecting a college and making career plans are two of the most important decisions to be made by a high school student and his/her parents or guardians. While the student and his/her parents or guardians are the most important part of this process, guidance counselors, teachers, and coaches can help. A total team effort of these individuals will achieve the best results.

If you think you might want to play a sport in college or even pursue an athletic scholarship start your preparation early. The following information can serve as a guide in the process of selecting a college or university and preparing for college athletic participation. For more information, a student and his/her parents or guardians should meet with the school guidance counselor. A student athlete interested in attending college and participating in a sport should obtain a copy of *Making Sure You Are Eligible to Participate in College Sports* from the guidance office.

Grade 9 and 10

- ❖ Develop a sports resume of athletic achievements including news clippings
- ❖ Attend sports camps to increase exposure, improve skills, and to gain contest experience
- ❖ Participate on high school teams year round if possible to gain a wider perspective and a more impressive resume

Grade 11

- ❖ Develop a list of perspective schools with the help of your guidance counselor and coach

- ❖ Take a strong academic load that is not only challenging, but also meets the NCAA requirements
- ❖ Make your best effort in school and get the highest grade point average (GPA) possible
- ❖ Continue to develop your athletic resume
- ❖ Obtain literature and visit colleges you may be interested in attending
- ❖ Work with your coach to evaluate your athletic skills to determine a realistic level of competition
- ❖ Attend sports camps during the summer
- ❖ Meet with your guidance counselor regarding your interests and the recruitment process
- ❖ Attend financial aid seminars and fill out appropriate financial aid forms.

Grade 12

- ❖ Request and return college applications as early as possible. Pay attention to application deadlines. Work closely with school guidance counselor to be familiar with the application process
- ❖ Complete and return financial aid forms paying close attention to deadlines
- ❖ Continue to keep your athletic resume updated
- ❖ Re-take SAT or ACT tests if necessary
- ❖ Contact college coaches to express interest in their school athletic program. Include your athletic resume and other pertinent information
- ❖ Request your high school coach to write letters of recommendations to the colleges you have applied to and be familiar with the NCAA Clearinghouse/eligibility requirements.

NCAA Clearinghouse

If a student athlete is planning to enroll in a college as a freshman and wishes to participate in Division I or Division II athletics, the NCAA Initial Eligibility Clearinghouse must certify him/her. To be certified by the Clearinghouse, you must:

- ❖ Graduate from high school
- ❖ Earn a grade point average of at least 2.4 (on a 4.0 scale) in a core curriculum of at least 14 academic courses which were successfully completed during grades 9 through 12
- ❖ Earn a sum of scores of at least 68 on the ACT or a combined score of at least 860 on the re-centered SAT (or 700 on the non-re-centered SAT) on national test date). (For Division I: the minimum grade point average in the 14 core courses and required ACT or SAT score vary according to the Initial Eligibility Index. This information is available from your school guidance counselor.)
- ❖ More information can be found at the following webpage: <http://www.ncaa.org/student-athletes/future>

We ask that the student athlete and his/her parent(s)/legal guardian(s) carefully read this document before signing on page 2. Even if the aforementioned parties choose not to sign this document, the student athlete still remains subject to all rules and policies.

****Please return this form (page 2) to your coach or sponsor even if you choose not to sign it.**

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