

**SPRING VALLEY HIGH SCHOOL**



**VIKING  
ATHLETICS**

**PARENT/ATHLETE  
ATHLETIC POLICY MANUAL  
2008/2009**

# VIKING ATHLETIC HANDBOOK

## **Purpose:**

This handbook is to be used by all parents and athletes of Spring Valley High School as an extension to The Richland School District Two Athletic Staff Manual and the Spring Valley High School Athletic Coaches Policy Manual. The RSD2 Athletic Manual and the SVHS Athletic Coaches Policy Manual will supercede any interpretation of policy listed in this handbook should a conflict occur. This handbook sets policies that will be enforced at Spring Valley High School. Changes and additions to this handbook may occur at anytime. If a question occurs about a said policy, then the parent should contact the Athletic Director for clarification.

## **Philosophy:**

Athletics plays an important part in the life Spring Valley High School. Young people learn a great deal from participation in interscholastic athletics. Such participation is a privilege that carries with it responsibilities to the school, to the sport, to other students, to the community and to the athletes themselves. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are integral parts of our athletic program. Coaching leadership is to be of the highest quality and is to provide athletes examples of exemplary behavior, character, courage and integrity. Spring Valley High School's goal is to be a model for other athletic programs to follow.

## **Objectives:**

- To provide a positive image of school athletics at Spring Valley High School.
- To strive always for playing excellence that will produce winning teams within the bounds of good sportsmanship while enhancing the mental health of student- athletes.
- To ensure growth and development that will increase the number of participants; that will give impetus to increased contest attendance; that will enhance a program of maintenance and improvement of athletic facilities.
- To provide and encourage all athletes to experience a variety of opportunities in different sport venues.
- To work together for the betterment of the overall athletic department.
- To monitor each athlete's academic progress and help to instill an understanding of the value of their educational opportunities.
- To continuously seek ways to improve coaching skills and be able to apply the knowledge learned to the athletes.
- To teach the athletes the fundamentals necessary for that sport in order to give them the best opportunity for success as well as an understanding of safety that accompanies the activity.
- To maintain an open line of communication to the athlete, parent, community and school.

## **THE THREE RESPONSIBILITIES OF A SPRING VALLEY ATHLETE**

**RESPONSIBILITY TO YOURSELF:** The most important of these is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports prepare you for your life as an adult.

**RESPONSIBILITY TO YOUR SCHOOL:** Another responsibility you assume as a squad member is to your school. Spring Valley cannot maintain its position as having an outstanding school unless you do your best in whatever activity you are engaged in. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad. The student body and people of the community know you. Not only are you placed on the stage, but also the spotlight is on you. The student body, the community and other communities judge your school by your conduct and attitudes, both on and off the field or court. Make Spring Valley proud of you and your community proud of your school by accepting this leadership role as a responsibility for you to fulfill.

**RESPONSIBILITY TO OTHERS:** As a squad member you also bear a heavy responsibility to your community and family. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all the training rules, practiced to the best of your ability everyday, and played the game "all out", you can keep your self-respect and your family can be justly proud of you. Also, never forget that the younger students in our district are watching you. They will copy you in many ways. Do not do anything to let them down. You have a responsibility to set good examples for them.

## REQUIREMENTS FOR PARTICIPATION

- A. **Birth Certificate:** Each student must submit a certified state birth certificate to the athletic director. This certificate is copied and the original is given back to the student. This is only required one time in high school.
- B. **Physical Examination:** A yearly physical examination is required. The physical exam form must be completed by a physician and submitted to the coach PRIOR to participation. The physical covers all sports for the entire school year provided the examination occurred on or after April 1<sup>st</sup> of the previous school year.
- C. **Parents Permission:** The reverse side of the physical exam form is a parent's permission form. It includes some of the basic rules of the South Carolina High School League and appropriate boxes for sports you will play. This form must be signed by a parent or guardian and given to the coach for filing.
- D. **Academic Eligibility:** Middle school student (7<sup>th</sup> and 8<sup>th</sup> graders) including first semester 9<sup>th</sup> graders are eligible to participate on high school teams during the first semester if they were promoted academically (not by social promotion). Students in the 7<sup>th</sup> and 8<sup>th</sup> grades must be doing satisfactory work at the end of the first semester in order to be eligible second semester. (Second semester 9<sup>th</sup> graders must meet League and District academic regulations). In order for students in grades 10-12 (including repeat 9<sup>th</sup> graders) to be eligible by High School League regulations in the first semester, they must have passed a minimum of five carnegie units applicable toward a high school diploma during the previous year and achieve an overall passing average. At least two units must have been passed during the second semester or summer school. To be eligible during the second semester the student must meet one of the following conditions. A) If the student met first semester eligibility requirements he/she must pass the equivalent of four 1/2 units during the first semester. B) If the student did not meet first semester eligibility requirements he/she must pass the equivalent of five 1/2 units during the first semester. In addition to the above High School League requirements, all students must meet academic standards set forth by Richland County School District Two which states, "To be eligible to participate in interscholastic activities, the student must achieve an overall 1.5 GPR as a freshman, a 1.75 GPR as a sophomore and a 2.0 GPR ("C" average) as a junior and senior. Academic courses are those courses of instruction for which credit toward high school graduation is given. These may be required or approved electives."
- E. **Athletic Participation Fee:** Each student who participates on a team must pay a \$25 try-out and a \$25 participation fee before being allowed to compete. The fee is paid once each year and covers all teams that a student participates on.
- F. **Parents Acknowledgement of Athletic Policies:** At the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary information for participation in athletics. Each parent or guardian shall read all the enclosed material and certify that they understand the athletic eligibility rules and policies of the school. A form stating this fact shall be signed by the parent/guardian and will be filed in the Athletic Director's office.
- G. **Risk of Participation/Warning:** All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. Spring Valley will use the following safeguards to make every effort to eliminate injury:

⇒ Conduct a mandatory parent-athlete meeting prior to the start of the student's athletic participation to explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.

⇒ Instruct all athletes of the dangers of participation in the particular sport.

## CONDUCT OF ATHLETES

1. **Suspension (in or out of school):** A student cannot participate in any interscholastic sports or extracurricular activities during the suspension. This also includes any practices, meetings, and workouts.
2. **Probation:** Any student who is returned to school on probation following an expulsion hearing in which the hearing officer finds that he/she violated District or school policy shall lose the privilege of participating in interscholastic sports or extra-curricular activities for a minimum period of 30 school days from the return to his/her school. At that time, the Head Coach, the Athletic Director, the Assistant Principal for Student Services, and the Principal will meet to determine to re-instate the athlete or continue the suspension based on the student's progress since his/her return to school.
3. **Team Rules:** The Head Coach is expected to publish and distribute his/her expectations and rules for all team members at the beginning of the season. The Head Coach must have on file a signed document by both the athlete and the parent/guardian stating that they have read, understood, and accepted the rules. The Head Coach and his/her coaching staff should handle the discipline for the violation of these rules.
4. **Quitting a Team:** If a player or parent chooses to remove him/herself from a team in season after the team has been named, then the player will not be eligible to try-out or participate on another team until the team from which he/she has quit has completed its season.
5. **State/Local Law:** Any student-athlete that is charged with any violation of law other than minor traffic violations may be placed on temporary suspension from athletic activities. Additional suspension or penalty may be assessed pending an investigation.
6. **Felony:** Any student-athlete found guilty of a felony will be dismissed from the athletic program and may face possible expulsion from school. The student-athlete that is charged may be placed on temporary suspension from athletic activities during the investigation.
7. **Equipment:** School issued equipment is the responsibility of the student to whom it was issued. The student is expected to keep it clean and in good condition. Loss or damage to any equipment is the athlete's financial obligation.
8. **Travel:** All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department with the exception that an athlete may ride with a parent or guardian if permission is granted by the coach.
9. **College Recruitment:** In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. College recruitment information is available in the Athletic Office.

**10. Substance Abuse:** Any student using or possessing alcohol or tobacco or using, possessing, buying or selling illegal controlled substances may be denied participation in interscholastic athletics or face suspension of games or contests. This rule, which shall be known as the "Substance Abuse Rule," is to be enforced twelve months of the year. It is the overwhelming opinion of health professionals that athletes perform best when they follow intelligent training rules which include abstinence from tobacco, alcohol and any type of mood modifying substances that produce harmful effects on the human body. The coaches at Spring Valley, concerned with the health habits of the student-athletes of this community, are convinced that athletics and the use of these substances are not compatible. Athletes must understand that you cannot compromise athletics with substance abuse.

## **PENALTY FOR SUBSTANCE ABUSE**

- 1. First Violation Penalty:** After confirmation of the first violation, the student will be suspended immediately for a minimum of 20% of the scheduled contests in the sport which the student is a participant. If the penalty is not fully administered during that sport season, the remainder of the penalty will be applied to the next interscholastic sport season in which the athlete participates.
  
- 2. Second Violation Penalty:** After confirmation of the second violation, the student will be suspended immediately for 50% of the scheduled contests in the sport of which the student is a participant. If the penalty is not fully administered during the sport season, the remainder of the penalty will be applied to the next interscholastic sport season in which the athlete participates.
  
- 3. Third Violation Penalty:** After confirmation of the third violation, the student will be suspended from participation in athletics for the remainder of his/her school career.
  
- 4. Individual Coaches Rules:** Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal. The rules and penalties as pertaining to a particular sport must be presented to the team members and explained fully at the start of the season. Penalties for violations of these rules shall be administered by the coach.
  
- 5. Appeal Procedure:** A student may appeal the decision of the Athletic Department to the Principal. A written appeal must be presented to the Principal within five school days of the initial ruling. The Principal shall render a decision within five school days.

# Parent/Athlete/Coach Communication Guide

## Our Philosophy

- Athletic achievement requires sincere commitment from all athletes, parents, coaches and administrators. For all of us to be successful, effective communication must occur.
- The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

## Your Expectations

- A. It is reasonable to expect your child's coach to inform you:
  1. When and where practices and contests are held.
  2. About his/her coaching philosophy.
  3. About the expectations he/she has for all athletes on the squad as well as your individual child.
  4. What is required to be a part of the team, i.e. fees, special equipment, off-season conditioning, lettering requirements, etc.
  5. If your child is injured during participation in a practice or contest.
  6. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest
- B. Typical concerns of parents that are appropriate to discuss with a coach are:
  1. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his/her academic performance).
  2. How you can contribute to your child's skill improvement and development.
  3. Any dramatic changes you detect in your youngster's behavior.

## Our Expectations

- A. It is inappropriate to discuss with a coach:
  1. Playing time.
  2. Team strategy or play calling.
  3. Other student athletes.
- B. Coaches often need parents to tell them:
  1. Any specific health concerns about your son/daughter expressed directly and informally to the head coach at a mutually convenient time.
  2. Notification of any schedule conflicts well in advance.
  3. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way is to be sure your youngster is at practice each day on time and to supervise that your child gets enough rest and nutrition at home.
  4. Strategies that have worked for you in dealing with your son/daughter being successful in the past.

## **PROTOCOL FOR RESOLUTION**

**Parents/Athletes:** In the event that an athlete or his/her parents are unhappy with any fraction of the athletic team or department, the proper process to reach a resolution is as follows:

- A. Athlete to Coach**
- B. Parent to Coach**
- C. Coach to AD**
- D. Parent to AD**
- E. AD to Principal**
- F. Parent to Principal**

- Parents should always schedule an appointment to conduct these meetings. A parent should never approach a coach immediately before, during or after any practices or contests as these are the times that emotions are high and constructive resolutions are not likely to occur.
- Coaches are required to make every effort to schedule a meeting with a parent if the parent requests such a meeting.

## **BOOSTER CLUBS**

Each sport at Spring Valley has the right to establish and maintain its own Booster Club. A Booster Club is a great way to generate additional funds for the individual program as long as it is run properly and adheres to District and school policy. These policies are listed on pages 38-40 in the RSD2 Athletic Staff Manual. In addition to the district policies, each booster club at SV must:

- 1. When Placing an Order:** Billing address cannot be that of Spring Valley High School. SV can be used for the shipping address. Spring Valley High School is not to be included on the account. Example: Viking Track Boosters instead of SVHS Track Boosters. Coaches need to make sure the money is in the booster club account before an order is placed. The practice of "Let's place the order, and we will raise the money later," is not an option.
- 2. Financial Statements:** A financial statement of all receipts and expenditures will be due to the AD by the end of each month starting from two months prior the sports season and extending to one month past the completion of the season.
- 3. Bank Statement:** A copy of a bank statement that shows the designated signators is due to the Athletic Director at the beginning of each school year.
- 4. Meetings:** Meetings are to be held once a month during the school year. The Head Coach or member of the coaching staff should attend each meeting.
- 5. Role:** The role of a booster club is to give monetary assistance to the athletic program it represents. It is not to dictate team, school, or district policies. Members are encouraged to assist the coaches in activities that include field workdays, meals, chaperones, transportation, etc. However, the booster club is not involved in coaching and coaching decisions or philosophies.
- 6. Right:** The Athletic Department at SVHS has the right to dissolve or change a booster club at anytime it deems the booster club is not operating according to policy or is not operating in a positive manner in conjunction with the team.