

AMELIA COUNTY PUBLIC SCHOOLS Amelia County High School

BUILDING TOMORROW'S LEADERS STARTING TODAY



Student Athletic Handbook

2024-2025

Introduction

Amelia County Public Schools

Amelia County Public Schools believe the essential foundation of character building is embodied in the concept of the sportsmanship core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We expect coaches to model appropriate behavior, demonstrate dedication, scholarship, and integrity, and reflect the values and ideals of our school system. The purpose of a coach is to educate students through participation in competitive sports. Coaches have a responsibility to assure that their sports program promotes important life skills and the development of good character. The coach will be aware of the tremendous influence he/she has on student-athletes and will never place winning above the value of instilling the highest desirable ideals of character. All coaches of Amelia County Public Schools must be committed to the ideal of pursuing victory with honor.

Amelia County High School

Amelia County High School would like to welcome you to our athletic program. We have an outstanding program that is committed to excellence in academics, as well as athletics and we seek to provide an appropriate balance between both. We recognize that aspiring for excellence in athletics must coincide with excellence in the classroom. Amelia County High School encourages all students to achieve greatness in all endeavors including academics and athletics.

Successfully fulfilling the dual roles of a student-athlete is not easy. A student who chooses to participate in athletics is voluntarily electing a path of self-discipline and sacrifice. This concept is balanced by our responsibility to honor the rights of the individuals while maintaining the goals of the team. To be successful, students must apply themselves and work hard.

Amelia County High School consistently maintains a strong and competitive athletic program. The athletic department seeks to provide each athlete with the opportunity to develop his/her talents to the fullest within the framework of the team. The welfare of each student-athlete and the principles of good sportsmanship are of the utmost importance in the daily conduct of our program. Traditionally, our athletic programs have been a source of pride for our students, school, and community. Providing a meaningful and competitive athletic program is an essential element of Amelia County High School. Ultimately, Amelia County High School seeks to provide student-athletes with meaningful experiences that align with our school's mission statement.

Raider Athletic Philosophy

- Athletic achievement requires 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 understands the focus and direction of the program.
- The Athletic Department will strive to employ coaches with knowledge in their field who will teach individual and group skills. More importantly, all coaches should encourage participation in all sports and instill a love for competition. In addition, all coaches will work hard to field the best possible team, with keeping the safety and welfare of the student-athlete first.
- Participation in Amelia County High School's sports program is not a requirement for graduation. Therefore, no student is required to take part in athletics. Being a member of a team is a privilege that all student-athletes must recognize. Participating student-athletes will be held to a high standard. **When student-athletes fail to comply with those standards, their privilege will be revoked.**

Amelia County Public Schools Mission Statement

To inspire lifelong learners, provide varied educational experiences, foster continuous growth by creating new and empowering connections, and develop 21st century skills for all students, teachers, and employees.

Vision Statement

All learners will be exemplary citizens, forward thinking, spurred to innovate, and future ready.

Amelia County High School Mission Statement

Amelia County High School, with the help of parents and community, will provide educational opportunities in a safe environment for all students to acquire knowledge, skills, and attitudes to enable them to live, learn, and work in a global society.

Equal Educational Opportunities/Nondiscrimination

Equal educational opportunities shall be available for all students, without regard to race, national origin, gender, ethnicity, religion, disability, or marital or parental status. Educational programs shall be designed to meet the varying needs of all students. Any student who believes that he or she has been the victim of prohibited discrimination should follow the complaint procedures outlined in Section J of the Amelia County School Board Policy Manual.

Amelia County Public School Athletic Departments

Mission Statement

The mission of the Amelia County Public School's athletic department is to provide athletic programs that help develop the whole student-athlete through competition, to stimulate sportsmanship, integrity, leadership, and social responsibility, to insure

equal opportunity for all student-athletes, and to make the athletic program an enduring source of pride for student-athletes, alumni, and community.

Vision Statement

The vision of the Amelia County Public School's athletic department is to provide student-athletes an environment that promotes academic, athletic, and personal success, to utilize highly qualified coaches and administrative personnel to help individuals become better students, athletes, and citizens.

Amelia County High School Athletic Department

The Amelia County High School Athletic Department adheres to the rules of the Virginia High School League, the James River District, Class 2-Region A, and the policies of the Amelia County School Board. The purpose of this handbook is to provide participants an overview of the rules, regulations, and policies of our program. In addition, other important information will be provided regarding participation in the Raider athletic program. **Please read this handbook carefully and return the signature page. (Note: The signature page must be signed by both the student athlete and parent/guardian.)**

Contact Information

Amelia County High School

8700 Otterburn Road Amelia, VA 23002

Phone: (804) 561-2101 Fax: (804) 561-4567

Principal: Dr. John Ringstaff email ringstaffj@ameliaschools.com

Assistant Principal:

Katelyn Jamrozy-Hamby email: jamrozyhambyk@ameliaschools.com

Athletic Director:

Wayne Hawkins *email* hawkinsw@ameliaschools.com



Athletic Programs

Season	Sport/Coach
Fall	Cheerleading – Katheryn Parrish Cross Country Mindy Lavecchia Football – Clarence Howard Golf – Ben Bowman Volleyball – Kevin Rather
Winter	Basketball (Boys) – Kevin Rather Basketball (Girls) – Robin Gary Cheerleading – TBA Scholastic Bowl – Jonathan Krause Wrestling – Sherry Green
Spring	Baseball – Allen Swearengin Soccer – Ben Bowman Softball – Robin Gary Track & Field – Wayne Hawkins

Amelia County High School Eligibility Requirements and Code of Conduct

Student Athletes

Amelia County High School provides all student-athletes with the opportunity to participate on a variety of inter-scholastic teams. Membership to a team is a privilege that brings tremendous responsibilities. As an Amelia County High School student-athlete, you represent yourself, family, teammates, school, and community. Therefore, all athletes must:

- Display loyalty to his/her team and school by maintaining a satisfactory scholastic standing.
- Be courteous to visiting teams and officials.
- Demonstrate sportsmanship at all times.
- Understand the rules of the game.
- Keep his/her composure at all times, and never leave the bench to engage in an altercation.
- Respect the judgment of officials and accept their decisions without question.
- Respect the facilities of host schools.

Eligibility Requirements*:

*Individual coaches will have additional team rules that will be distributed to the student-athletes at the beginning of each season.

Student in Good Standing

In order to participate on an interscholastic team, the student-athlete must be a full-time student in good standing at Amelia County High School. A student-athlete is considered a full-time student in good standing if he/she:

- is enrolled in grades 9-12
- has not reached his/her 19th birthday on or before August 1 of the current school year

Academic Eligibility

Student-athletes must pass five (5) subjects the preceding semester. Students must carry a schedule of subjects which, if successfully completed, will render him/her scholastically eligible for VHSL participation the following semester.

VHSL Sports Physical

In order to be eligible to try out for or participate in any school-sponsored interscholastic athletic program, the student-athlete must submit the Virginia High School League's Athletic Participation/Parental Consent/Physical Examination Form. The physical exam must be conducted after May 1 for participation in athletics for the subsequent school year and must be completed before the student will be allowed to participate in any manner.

Attendance Zone

A student must legally reside in the school's attendance zone with a parent or legal guardian. Any student obtaining a new guardian within the past 12 months must see the athletic director prior to trying out for the team. All students must be in compliance with the VHSL's attendance zone eligibility requirements. Any questions about residency must be referred to the school's athletic director.

School Attendance

Athletes must be in attendance for a minimum of four (4) periods per day in order to participate or practice. Family emergencies and medical appointments must be excused by the Athletic Director.

Off Season Workouts

Students participating in any off season workouts, including the weight room, open gym, or conditioning program, must have a current VHSL physical on file with the school. The student must also be enrolled at Amelia County High School or Amelia County Middle School. (Workouts are not mandatory)

Eighth Graders Participating at Amelia County High School

Eighth grade students can try out for a Junior Varsity team at Amelia County High School. If the athlete is selected as a member of a JV team, he/she must adhere to all Amelia County High School discipline policies.

Parental Expectations

Coaches are professionals. They make judgments based on what they believe to be best for all student-athletes in their program. There are situations that may require a conference between the coach and parent. The aforementioned conferences are encouraged. Amelia County High School recognizes that it is important for both parties involved to have a clear understanding of each other's position. Therefore, to understand each position the subsequent guidelines will be followed:

A. It is inappropriate to discuss with a coach:

- Student-Athlete's playing time
- Team strategy or play calling
- Other team members or other athletes

B. Chain of communication:

It is the responsibility of all Amelia County High School coaches to communicate and inform all stakeholders involved in their program about factors relevant to their team. It is the responsibility of the athlete and their parents to support the coach's decisions. If there is a situation that exists, that is not understood by the athlete and/or the parents, the following "chain of communication" must be followed:

1. Athlete talks to the coach

Often the problem is solved at this level.

This conversation should occur during a practice session.

2. Parent talks to the coach*

*Please make an appointment to meet with the coach.

Do not approach the coach before, during, or after a practice or game. This may be a poignant time for both the parent and coach. Consequently, this period does not promote objective analysis of the situation.

Our coaches have been instructed not to interact with parents/spectators after sporting events if a negative tone is possible.

3. Parent talks to the Athletic Director

Please, call to set up a meeting with the coach and athletic director. It is strongly suggested that the student also attend the meeting.

C. Communicate with the coach:

- Any specific health concerns about their son/daughter.
- Notification of any schedule conflicts well in advance.
- Your commitment to the program, and how you plan to make a contribution to the success of the program.
- Strategies to promote your student-athlete's success.

Parent Responsibilities

Parents have the responsibility to:

- Make every effort to provide for the physical needs of their child, including well-balanced meals and plenty of sleep.
- Keep informed of school policies, administrative decisions, and academic requirements of any school program.
- Discuss work assignments, grades, and report cards with their child.
- Exhibit self-control and promote sportsmanlike behavior when attending games and practices, whether winning or losing.

- 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.

Coach Responsibilities

Coaches have the responsibility to:

- A. It is reasonable to expect your child's coach to inform you about:
 1. Location and time practices and events are held
 2. His/her coaching philosophy
 3. The expectations he/she has for all athletes on the team as well as your individual child
 4. Requirements for membership to the team
 5. Injuries to your child from participation in practice or a game
 6. Disciplinary action that result in your child being denied participation in a practice or game
- 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 or athletic performance.
 2. Parents may offer suggestions regarding how a coach can contribute to their child's skill improvement and development.

Amelia County High School Athletic Department Regulations and Policies

Each athlete must comply with all policies and rules that have been set forth by the Amelia County School Board. Failure to do so may lead to the removal of the athlete from a team and possibly from the athletic program.

Practice and Game Attendance

It is imperative the student-athlete attend all practices and games. During a season, if an athlete has three (3) or more unexcused absences to practices or games, he/she may be ineligible for the remainder of the season.

Violation of Team Rules

Head coaches may suspend student-athletes who are in violation of team rules. The suspension may include practices, games, or the team. A parent has the right to appeal the suspension through a written request to the athletic director. A team consisting of the coach, athletic director, and principal will consider the appeal. However, the principal will determine the final decision for the appeal.

Player Ejection

If any student-athlete is ejected from an event, he/she will comply with the VHSL suspension period **and** will complete the NFHS “sportsmanship” course before returning to competition.

1. Student-athletes who are ejected by a game official for unsportsmanlike conduct will be ineligible for the team’s next game, and a report must be submitted by the school to the VHSL.
2. Engaging in a fight shall result in the student-athlete being ineligible for the team’s next three (3) scheduled games.
3. Profanity towards a game official will result in a two (2) game suspension.
4. Student-athletes who leave the bench area and engage in an altercation will receive a two (2) game suspension.

5. Any student-athlete that receives two (2) technical fouls will be ineligible for the team's next scheduled game.

Voluntary and Involuntary Separation of Athlete and Team

Any student-athlete that is dismissed from a team after the season begins **may not practice or workout with another team until that season has ended.** The Athletic Director and Principal may approve exceptions to this rule.

Suspension(s):

A suspension from school will result in the suspended athlete being declared ineligible for practice or participation in athletics or in any school function for the duration of the suspension.

In School Suspension

Athletes assigned to "In School Suspension" (ISS), **will not** be allowed to participate in games or practices during the assigned period. The athlete will be allowed to attend games but will be restricted from participating in the game. If a game does not occur during the "In School Suspension" period, then the athlete **will not** be allowed to participate in the next scheduled game. If an athlete is assigned to In School Suspension on three (3) separate occasions during the same season, that athlete will be declared ineligible for the remainder of that season or activity season.

Out of School Suspension

If an athlete receives "out of school suspension" (OSS), the following consequences will apply:

Number of OSS Days	Consequences
1	1-game suspension
2	2-game suspensions
3	3-game suspensions
4	4-game suspensions

Transportation

1. All student athletes are expected to travel with their team to and from away events. It is at the coach's discretion to require the entire team to travel back to the school on the bus.
2. Student athletes may not drive themselves or other athletes to "away" athletic events under any circumstances. Student athletes may not drive home from "away" events unless they have been released by the coach into the custody of their parent/guardian.
3. Privately owned cars may only be used in extenuating circumstances when a parent or guardian must provide transportation for his/her own child(ren) to an athletic event. The parent/guardian must secure prior approval of a building administrator.
4. After home activities and after the return to school from away events, student athletes must have their own transportation home. A coach or designee should remain with the student athletes until all students have secured a ride and left the campus.
5. Student athletes are expected to abide by the regular school bus behavior regulations while on athletic trips.

Equipment

Each athlete is responsible for all school equipment that is issued to him/her during each season. Athletes will be charged the replacement cost of any equipment not returned. An athlete will not be allowed to participate in another sport until all equipment has been returned from a previous sport and may be withheld from other school activities. Personal safety equipment will not be allowed, such as helmets, shoulder pads, catching gear. The athlete must use the safety equipment provided by the Amelia County High School.

Drugs

Participation in the athlete program at Amelia County High School is a privilege. The use or possession of tobacco, alcohol, or other illegal drugs is prohibited. The use or possession of tobacco, alcohol, or other illegal drugs by student-athletes will affect their participation in the athletic program.

Acknowledgement

Amelia County High School Year 2023-2024

I have received a copy of the Student-Athlete Handbook and will abide by its provisions to include the Student-Athlete Substance abuse policy. I agree to participate in random drug testing pursuant to Amelia School Board Drug Testing of Student-Athletes Policy, and understand the consequences of any violation. Additionally, I understand I will be participating in activities governed by the Virginia High School League (VHSL) and/or Amelia County Public Schools.

Date: _____

Student Name (Print): _____

Student Signature: _____

Parent/Guardian Name(Print): _____

Parent/Guardian Signature: _____

Amelia County Public Schools

Student-Athlete & Parent/Guardian Concussion /Sudden Death Cardiac information

Student Athlete (Print): _____

Sport(s) Participating In: _____

I am a student athlete participating in the above-mentioned sport(s). I have received and read the “Heads Up: Concussion in High School Sports: A Fact Sheet for Athletes”. I understand the nature and risk of concussion and head injury to student athlete, including the risk of continuing to play after concussion or head injury.

(Signature of Student-Athlete)

(Date)

I, as the parent or legal guardian of the above named student, have received and read the “Heads Up: Concussion in High School Sports: A Fact Sheet for Parents”. I understand the nature and risk of concussion and head injury to student athletes, including the risk of continuing to play after concussion or head injury.

(Signature of Parent/Guardian)

(Date)

(Parent/Guardian - PLEASE PRINT)

Acknowledgement

Amelia County High School Year 2023-2024

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Date: _____

Student Name (Print): _____

Student Signature: _____

Parent/Guardian Name(Print): _____

Parent/Guardian Signature: _____

Amelia County Public Schools Student-Athlete & Parent/Guardian Concussion Statement

Student Athlete (Print): _____

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(Signature of Parent/Guardian)

(Date)

(Parent/Guardian - PLEASE PRINT)

Please turn over page: