

# Student-Athlete Handbook



## ATHLETIC PHILOSOPHY

Our program exists in order to allow and support student-athletes in their desire to have a platform to express themselves both on a team and individually through practice and competition. EL Haynes student-athletes should project an image of being gracious competitors who embrace challenges, win with humility, handle defeat with dignity, and are positive role models.

We believe that the program of interscholastic athletics is an integral component of the total educational structure. While we strive to make our teams as competitive as possible, our primary objective is to help our student-athletes acquire important skills (academics first) that will help them be well rounded individuals and to be successful in their adult lives.

We also want our student-athletes to have fun and build fulfilling and lasting relationships. Our programs will strive to provide an opportunity for our students to release everyday stressors in a healthy manner and instill fitness for life as a core value. The product of our investment in athletics will be healthy adults who contribute to their community in a positive manner.

## PLAYER ELIGIBILITY

1) In order to be eligible, every player must have a current School Physical Exam. The athletic office will verify that each athlete is up to date with their physicals. As mandated by the DCMR, in Chapter 27, Section 2701.4(k), a student shall provide a physician's certification that the student has been examined and found to be physically fit for the sport in which the student seeks to participate.

2) Prior to participating in any pre-season sports conditioning, workout or tryout for a team or in general at EL Haynes, student athletes must have the **Tryout & Conditioning Permission and Emergency Consent form**.

3) Once a team is finalized, students must submit a **Student-Parent Athletics Participation Contract/Parent Permission Form** by your 3rd practice after being named to the team or will be forced to sit out until received. This consent form can be found on our athletic website entitled [www.GoHaynes.org](http://www.GoHaynes.org).

## ATHLETIC BEHAVIOR & CODE OF CONDUCT

All student athletes and team managers at EL Haynes are expected to behave in a manner that is consistent with the schools code of conduct. Many of our students have the privilege to participate in and represent EL Haynes in interscholastic and/or extracurricular programs. The extension of this privilege depends upon adherence to standards of academic and behavior that reflect positively upon the individual as well as the school.

Student athletes, including team managers, who represent E.L. Haynes through the interscholastic sports programs, are expected to demonstrate good citizenship in the school and local communities. These expectations apply to every athlete whether on or off the school premises, regardless of whether school is in session at the time of the conduct. Students who do not demonstrate good citizenship will be held accountable for their behaviors, choices, and decisions. Students who do not adhere to these standards are subject to disciplinary action by the school athletic department, coaches and administration.

Below, you will find a "Refocus and Recovery" and "Detention" (MS) behavior eligibility chart which will take into account behavior and tardiness incidents that take place in school and how it will impact the eligibility of the athlete. The vice principal of restorative discipline and staff will work together with reporting infractions to the Director of Athletics.

"Refocus & Recovery" Eligibility Chart		
Refocus or Recovery	Practices	# of Ineligible Games
1 <sup>st</sup> offense	Cannot participate in the next practice	Athlete is eligible (Ineligible if game is on same day)
2nd offense	Cannot participate in the next practice	Cannot play the next game
3 <sup>rd</sup> offense	Cannot practice until 2 game penalty is served.	Cannot play the next 2 games
4 <sup>th</sup> offense	Cannot practice until 3 game penalty is served.	Cannot play the next 3 games
5 <sup>th</sup> offense	Dismissed from team	Ineligible for the season

(Student athletes can miss up to 6 games, during the regular or post season.)

**Out of School Suspension:** A student who is suspended out of school (O.S.S.) for any reason will not be permitted to attend a practice or game on that day or for the duration of the suspension as a participant or spectator. If the suspension does not fall on a game day, the student will be suspended from participation on the date of the next scheduled game or games. The administration reserves the right to suspend an individual for additional games/activities/meetings if the severity of the offense warrants such a consequence.

#### **ADDITIONAL RULES OF CONDUCT:**

The following rules of conduct are intended to clarify, for the athletes, their obligations as leaders and participants during periods of both participation and non-participation.

- The athlete shall obey all school rules and regulations and all policies.
- The athlete shall not provide, use, and/or be in the possession of illegal drugs, alcohol, or tobacco products.
- The athlete shall avoid an arrest for any illegal activity.
- The athlete shall meet all academic eligibility regulations.
- The athlete shall not exhibit attributes acts of poor sportsmanship.
- The athlete shall adhere to the "game day" dress code.
- The athlete shall not harass or bully others (verbal, technological, physical etc.)
- Shall obey transportation and school rules and regulations on athletic trips.
- Athletes shall remain with the group or team at all times and comply with the requests and direction of the coaching staff.
- The athlete shall turn out for all regular and special practices and meetings, unless excused by the coach and/or school.
- The athlete shall follow the written rules and regulations as established by the head coach.

Our Student-Athletes are a role model for younger students and their peers; therefore it is important that the athlete's behavior remains above question. As a student leader, the athlete must accept the responsibilities and obligations placed by those represented.

### **SPORTSMANSHIP**

Student athletes are expected to display appropriate conduct and sportsmanship at all times throughout the season.

What is Good Sportsmanship? Good sportsmanship is about playing by the rules and having discipline, respect, and self-control. A good sport enjoys playing the game and strives to do their best to win, however they are able to control themselves in case they have to face defeat or other trying circumstances such as a bad referee call, disrespectful behavior of spectators or from their opponent.

Sportsmanship:

1. Show respect to yourself by treating others the way you want to be treated.
2. Respect not only your teammates, but also your opponents.
3. Respect your coaches and the officials of the game.
4. Respect the rules of the game.
5. Always play fair.
6. Accept the judgment calls of the coaches and the officials without argument.
7. Offer encouragement to teammates, especially when they make mistakes.
8. Forgive yourself when you make a mistake and get right back into the game.
9. Lose without pouting.
10. Win without gloating or rubbing it in.

Examples of Poor Sportsmanship: Student athletes, whether participants or spectators, will observe courteous behavior during all sporting events. Booing, whistling, name-calling, obscene gestures, fighting or arguing with the referee, etc. will not be tolerated.

### **Consequences for violations of the Sportsmanship Code:**

1. If a student-athlete is ejected from a game, for unsportsmanlike behavior he or she will be suspended from the next competition.
2. If a student-athlete is ejected from a second game for unsportsmanlike behavior during the same season, he or she will be suspended from the next two competitions.
3. Any player ejected from more than two games for unsportsmanlike behavior during one season will be suspended for the remainder of the season and will lose the opportunity to receive any post-season honors.

\*The Head Coach and/or the Athletic Director can recommend suspending or removing a Student/Athlete from a team if he/she violates any of the behavior standards.

### **Athlete Dress Code**

Student Athletes will dress appropriately for the sport that they are playing and coaching. Their dress, particularly to away contests or travel should be clean and neat in appearance. Dress clothing can be Khaki pants with belts tightened, white, royal or navy polo collared shirts and sneakers. This will be in effect unless wearing team uniforms is warranted. No sagging pants, t-shirts or baseball hats should be worn. Some exceptions will be made for coaches of outdoor sports due to the weather related concerns.

### **ACADEMIC STANDARDS POLICY:**

E.L. Haynes encourages participation in interscholastic athletics by academically qualified students. We believe that the athletic program functions as a critical part of the total academic curriculum. It is the primary concern of the athletic department that each student-athlete fulfill his/her obligation first as a student, and then as an athlete. This academic eligibility policy was created and adopted with the best interest of the student-athletes in mind.

To be eligible to compete on an interscholastic athletic team at EL Haynes and as a member of the PCSAA, students athletes must maintain a cumulative grade point average of 2.0 to participate in athletic programs and must pass all classes.

An athlete who fails to meet the following academic eligibility standards is subject to probation, suspension from competition or even permanent removal from the team for the remainder of the sports season. The academic eligibility policy will be implemented and enforced during the sports seasons throughout the school year.

**How it works:** A report will be generated and provided to the Director of Athletics, Health & Fitness and/or Principal each week during the school year. The report will inform the athletic director and principal of the current standing of current student athletes. After reviewing the report(s), if an athlete is academically on probation or ineligible, the player, coach and parents / guardians will be informed.

1. **FAILING ONE CLASS:** Any athlete failing or receiving a grade in any (one) course of 2.0 or below during any week of the season, which includes pre-season conditioning, practices and post season will be on "probation". The athlete will be informed by the Athletic Director and will be advised to get extra help for the next two weeks **or** until he/ she is in good standing and passing the course within the allotted, two week, time frame.

The athlete will be given an academic compliance form by the Director of Athletics during the two weeks of probation. The form must be signed by the teacher of the class subject that he /she is failing at the end of the two weeks, and returned to the Athletic Director at the end of the two week period. Failure to do so will result in the athlete having to sit out the next contest. If the subject teacher reports that the student athlete is failing but **"trying" the student athlete will be eligible** to participate fully. If the student is failing but **"not trying" the student will be ineligible** and will have to sit out all practices and games until they are passing or trying their best to pass the class in the next two week window of opportunity.

2. **FAILING TWO SUBJECTS:** Any athlete failing two or more subjects during the season will be ruled ineligible from practice or competition for two weeks beginning immediately. During this two week period of ineligibility, the student/athlete will not be allowed practice, travel with the team or participate in any games or competitions. The student athlete, during this period will be advised to seek extra help. After two weeks, if the athlete is still failing two classes, they remain on probation and will begin another two week cycle. If the athlete is passing one class and failing but "trying" in the other class the student athlete will be reinstated to the team fully, but will still be technically on probation and monitored. (See chart on next page)

Failing 1 Class	Athlete on "Probation"	2 weeks to remedy	After 2 weeks	= Trying (as per the subject teacher)	Athlete is eligible to play.
Failing 1 Class	Athlete on "Probation"	2 weeks to remedy	After 2 weeks	= Not Trying (as per the subject teacher)	Athlete ineligible to play until passing.
Failing 2 Classes	Athlete is Ineligible	2 weeks to remedy	After 2 weeks	= Still Failing 2 classes	Athlete ineligible until passing.
				= If now failing 1 class & Trying	Athlete is eligible to play.
				= If now failing 1 class & Not Trying	Athlete is ineligible to play.

**THREE STRIKES:** Any athlete found to be ineligible to play three times, either for a portion or for the entire two week cycle (Up to 6 weeks) during a single sports season will be permanently removed from the team.

In each of the above cases, an email, letter and / or phone call is made to the parents to inform them of the situation.

### OTHER ELIGIBILITY STIPULATIONS

- All incoming high school students (9th Grade) are eligible for the fall high school season.
- Students cannot play on both a varsity and junior varsity team. Once they play Varsity they are a varsity player. Dressing for varsity competition is the same as playing.
- Cannot play varsity for more than four years. (This includes years played at other schools if the athlete is a transfer.)
- A student who has attained the following ages on or before July 1 preceding the following school year shall not be eligible to participate in athletics offered for the grade levels indicated: (1) Grades six (6) through eight (8): fifteen (15) years; and (2) Grades nine (9) through (12): nineteen (19) years. (DCMR 2701.4)
- Each student-athlete may participate in only one sport per season.

**\*The Head Coach, Athletic Director, or Principals can recommend suspending or removing a Student/Athlete from a team if he/she violates any standards, codes of conduct or general school rules and regulations.**

### TEAM ATTENDANCE REGULATIONS

Student-Athlete attendance for all practices, games, and post-season tournaments/meets is mandatory. Failure to meet any of the requirements set forth by the school and/or coaches could result in dismissal from the team. A student may not participate in a practice, or a game, when he/she is serving an in school or out-of-school suspension or if they were absent from school. The student becomes eligible to participate on the next school day following the suspension.

A SUSPENSION OF ANY TYPE WILL RESULT IN AN UNEXCUSED ABSENCE.

- Three (3) unexcused absences from practice may result in immediate removal from a team.
- Students who are absent or arrive at school two hours after the start of school are not eligible to compete or practice on that day unless permission is granted by the Athletic Director or Principal.

### UNIFORMS & EQUIPMENT

EL Haynes will provide uniforms to all Student Athletes that participate in our sports programs. Students are issued a school uniform. If an item is lost, then the student will be billed for its replacement. The student athlete will not be able to participate in the sport the following year until payment is received or the uniform is returned.

- Students are expected to provide their own personal equipment such as cleats, gloves, bats, kneepads etc.
- Essential equipment to play the sports, such as sport specific balls, protective helmets, etc. will be provided by the school.

## TRANSPORTATION GUIDELINES

- Parents, siblings, friends or relatives **are not** permitted to ride on buses to games or contests with the student athlete or team at any time.
- Athletes must travel to/from athletic contests in transportation provided by the or by public transportation with the team. Except, an athlete may travel with their own parent if the parent arranges with the coach (in person) to transport his/her athlete (only) in their own vehicle. At no time are students to ride home with other students other student's parents.
- Student athletes will not be dropped off at any point (bus stop / train station) on their way back to the school, after a game. You must arrange for transportation from the school location to your home.
- Misconduct traveling to and from an away contest will be dealt with according to the behavior code. As athletes you are direct representatives of the school and community and should conduct themselves accordingly.

## AFTER SCHOOL STUDYING & EXITING THE HS

Afterschool and prior to practices students athletes should be in study hall or reporting to the locker rooms for practices and/or games. Student athletes **should not** leave the buildings for **ANY** reason, if they do so, it is school policy that they leave campus and not be allowed back inside the school. Upon making your team, you should ask or be told by the coach, where to report to immediately after school each day. A student athlete should be in only one of the following three locations: **1)** In a monitored study hall with the rest of the team. **2)** In the locker room or bathroom preparing for practice to begin almost immediately or **3)** Meeting with a teacher getting extra help, prior to practice. (With a note to the coach as it pertains to their whereabouts while out of your care.)

All tryouts and practices are closed to siblings of any age, as it is not the coaches' job to manage or monitor them in any way, shape or form. If you have made special arrangements with the coach that is OK. Spectating at practice should not be commonplace however. (More than once a week without approval.)

After practices or games at the High School gymnasium or other area of the school, student-athletes can go to the locker rooms to change or shower however they are not to go into the main part of the building (H.S) unless they have an absolute emergency. All student athletes should exit high school building at the rear of the gymnasium, especially after 6:30pm.

**CREDIT:** You can receive .50 credit for playing a JV or Varsity sport here. In order to obtain this, one time, health and fitness academic credit you must complete the entire season.

## COACH TRANSPORTATION

It is against the athletic policy for the coach to have players ride in his/her personal car anywhere. Call home or ask a relative to pick you up promptly from practices or games if you need a ride.

## PLAYER HEALTH

Participation in High/Middle School athletics is a privilege involving both responsibilities and rights. The athlete's responsibilities are to play fair, to give his/her best, to conduct him/herself graciously and to keep in training in order to have to optimal protection against injury through good and regular conditioning.

## MANDATORY CONDITIONING

For conditioning purposes and preparation for game play, it is required that the Student Athletes that participate in our sports programs participate in at least 5 practices prior to playing in a regular season game.

## WEBSITE:

To find your most updated schedule go to [www.GoHaynes.org](http://www.GoHaynes.org).

## END OF SEASON AWARDS & HS ACADEMIC CREDIT:

Award winners will receive their certificates or Varsity Letter at an Awards Banquet or Awards Assembly, as determined by the school.

I acknowledge that I have received a copy of this Student Athlete Handbook from my coach and or the E.L. Haynes Athletic Department and that I have reviewed and understand that I must comply with all the information that is written in this document or face dismissal from the team. I also plan to share this with my parent(s) or guardian(s) so they are aware of its contents and the expectations that I have as a student athlete here.

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Student Athlete **PRINT NAME**

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Student Athlete **SIGNATURE**

Date: \_\_\_\_\_  
Month / Day / Year