

**HUNTSVILLE/ST. PAUL**

**PARENT/ATHLETE HANDBOOK**

## **EAGLE/SAINT PARENT/ATHLETE HANDBOOK**

**This material is presented to you because you have indicated a desire to participate in interscholastic athletics. We believe participation in sports provides a wealth of opportunity and experience which will assist you in personal adjustment. We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program meets the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program sound in purpose and to further each student's educational maturity. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of individuals within the objects of a team.**

**We as school officials have committed ourselves to providing: (1)equipment and facilities; (2)trained coaches; (3) trained officials; (4) transportation; and (5) secondary insurance.**

**We are pleased to share this educational experience with you. It is our goal that every student will develop the skills necessary to become an independent problem solving adult.**

### **PHILOSOPHY OF THE HUNTSVILLE/ST.PAUL ATHLETIC DEPARTMENT**

**The philosophy of the Huntsville/St. Paul Athletic Department is to maintain a broad based program that will afford all students with athletic interest an opportunity for safe participation in the sports of their choice.**

**The coaches shall deal with the athletes with firmness and fairness in order to establish the leadership they respect and admire. They will create enthusiasm for success and encourage high ideals in the process. Coaches will establish goals and then create the desire to pay the price to attain these goals. They will also maintain an organization to which it will be an honor to belong.**

### **GOAL OF THE HUNTSVILLE/ST. PAUL ATHLETIC DEPARTMENT**

**Our goal is that student athletes will develop the skills necessary to become independent problem solving adults.**

### **OBJECTIVES OF THE HUNTSVILLE/ST. PAUL ATHLETIC DEPARTMENT**

**The athletic experience shall:**

- A. Develop attitudes that must be a part of each individual for success in athletics and life. Specific attitudes are:**
  - 1. Pride in performance**
  - 2. Sacrifice and persevering application**
  - 3. Competition to win – the purpose of athletics is to win, and to dilute the will to win is to destroy the purpose of athletic contests.**
  - 4. Sportsmanship –the good of the team comes before individual glory and honor**

5. Educational goals – the main reason why boys and girls go to school is to receive an education; athletic participation is second.
- B. Develop in athletes an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits and cleanliness will be stressed at every opportunity.
- C. Encourage athletes physically, mentally and socially as they develop an appreciation for sports. They should become aware that this will take strength and courage.
- D. Base all teaching and learning situations on a sound progressive educational approach. Successful coaching is teaching at its best.
- E. Include coaches' training. Constant evaluation and improvement of techniques must be evident if the athletic program is to be outstanding.
- F. Develop all programs in such a manner that the end result will be one of unity, harmony and success.
- G. Attempt constantly to motivate athletes to be better students. Coaches should display approval for school life and classroom achievement.
- H. Cultivate in all athletes a strong desire to be an Eagle/Lady Eagle or Saint/Lady Saint.
- I. Instill in all athletes the desire to represent their school and community in a manner that will make school administrators, teachers, parents and townspeople proud of them.
- J. Emphasize to athletes, at all levels of competition, the realization that athletic competition is a privilege that carries definite responsibilities with it. Some of the responsibilities are: training, loyalty, eligibility, improvement, courage and perseverance.
- K. Bring recognition – to attain success in athletics, the participants must train their minds and bodies to respond instantly and effectively to the multitude of situations that arise during the course of play. This, of course, parallels success in later life.

The competitive world – among children as well as adults- is neither gentle nor overly kind. In such a world, however, the youngster under wise directions begins to grow toward social maturity by learning to: (1) suffer mild hurts, mental and physical, in silence; (2) control emotional outbursts; (3) overcome feelings of fear; (4) restrain the outward expression of sudden impulses; (5) understand and endure delays in getting what he/she wants, and (6) reject being babied.

Athletics is an elective; however, due to physical and emotional makeups and for other reasons many youngsters should not participate in competitive athletics and should not be expected to do so. Reasonable efforts should be made to locate and identify students in the elementary and middle school who have the interest, desire, ability and the heart to participate.

#### **WARNING, PHYSICAL AND PERMISSION SLIPS**

All athletes must pass a physical examination and have signed and returned all permission forms before being allowed to participate in the athletic programs of the Huntsville/St. Paul Public Schools.

## **BEHAVIOR AND CITIZENSHIP**

The conduct of an athlete is closely observed by many and it is important that an athlete's behavior be above reproach. Appearance, expression and actions always influence people's opinions of the athletes as well as the sport. Once you have volunteered to be a member of a squad, you have made the choice to uphold certain standards expected of all athletes for it is a privilege....not a right.

The way an athlete acts and looks is of great importance; thus proper dress, appearance, grooming and personal cleanliness are expected. Athletes should be leaders and fellow students should respect and follow them. Proper dress and appearance will be established by the coach and is a continual process.

## **COMPLAINTS**

The following procedures should be followed in reporting a complaint:

- A. Contact the coach who had direct supervision of the athlete at the time. If satisfactory resolution of the complaint is not made, then –
- B. Contact the head coach of the sport in which the athlete was participating. If satisfactory resolution of the complaint is not made, then-
- C. Contact the athletic director of the Huntsville/St. Paul School District. If satisfactory resolution of the complaint is not made, then –
- D. Contact the Superintendent of the Huntsville/St. Paul School District.

## **COLLEGE RECRUITING**

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach. Inform your coach of such contact as soon as possible. College recruiting information is available in the counselor's and athletic director's offices.

## **TRAINING RULES**

Athletes should never use tobacco, alcohol or drugs. It has been proven that athletes that refrain from the use of these substances have a better performance level than those that feel the need to use them. Research clearly states that the use of tobacco, alcohol and any type of mood modifying substance produces harmful effects on the human organism. If you wish to be an Eagle athlete, you have to pay the price to be a fine competitor.

**NOTE:** Offenders will be subject to disciplinary action determined by the coaching staff, which could but not limited to dismissal from the team. Appeals from the decision of the coaching staff can be taken by following the steps listed under COMPLAINT above.

## **ATHLETE RESPONSIBILITY**

Being a member of a Huntsville/St. Paul athletic team is the fulfillment of an early ambition of many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. Our tradition has been to win with honor, pride and dedication and to lose with dignity.

When an athlete wears the schools' colors, we assume that he/she not only understands our traditions but also is willing to assume the responsibilities that go along with being an Eagle/Saint.

1. **In the classroom:** In the academic area, the athlete is expected to become a good student. A good student does not mean all "A's". A good student means trying to do the best with what you have.
2. **On the field/floor:** The desire to win is the most important factor in achieving success in athletics. Eagle/Saint athletes are expected to play with a burning desire in order to win with honor, dedication, pride and loyalty to the rules of the game. An Eagle/Saint athlete must understand that less than our best is failure.
3. **Practice and Games:** The athlete is expected to attend regardless of holidays, job commitment, social activities or weekends.

## **TEAM RESPONSIBILITY**

- A. Common goals and group loyalties.
- B. Subordination of self-interest to team values.
- C. Self-discipline and personal sacrifice for team goals

The coach and athletic director are primarily responsible for implementing these goals and standards. No student is obligated to take part in athletics. **ATHLETICS IS PRIVILEGE, NOT A RIGHT.** Since it is a privilege, the coach has the authority to revoke the privilege, when rules are broken. Each athlete will realize that the school wishes the athlete to reach his/her very best achievement level, both in life and interscholastic athletics .

## **CARE OF EQUIPMENT**

- A. Equipment should be turned in within one week following the end of the season.
- B. An athlete is financially responsible for all equipment checked out to him/her. The cost of destroyed/lost equipment will be the replacement costs.
- C. An athlete must treat school equipment as though it were his/her personal property. It should never be abused.
- D. If an athlete is involved in the theft of school equipment, he/she could face dismissal from the team.

## **OFF SEASON**

The purpose of an off-season is to prepare a student physically and mentally for participation in athletics; therefore, it is in the student's best interest to have completed a conditioning program before participation in a sport. Required participation is left up to the discretion of the coach.

## **ATHLETIC INJURIES**

The school district has purchased a group accident insurance program covering students while practicing for, and competing in, interscholastic sports and AAA sanctioned events. Students are covered by the accident policy while they are participating in sports and AAA activities that are school scheduled, school supervised and school funded during the regular school term. Participants are also covered while they are traveling as a sponsored group in a school assigned car, bus or van operated by a licensed driver over the age of 21 to and from the school and a covered event site, and while staying overnight, as a school supervised group, during a covered event held away from the home school. Individual travel or travel in a vehicle that is not owned, assigned or operated by the school is not covered by the policy.

Arkansas schools are not required to buy insurance or pay student medical expenses associated with school injuries. The school purchases the accident insurance policy as a public service to assist parents that may be without insurance or need to supplement their own personal insurance program. The school policy will not provide 100% reimbursement for all medical expenses incurred. The plan has limitations and benefits. The school cannot assume responsibility for payment of medical expenses that are not covered by the accident insurance policy.

If you have other insurance, you must first file a claim with your insurance carrier and obtain benefits from that insurance. This policy is designed to consider payment of the eligible expenses that are not paid by your insurance carrier. A complete description of the policy benefits and limitations will be mailed if we receive an accident claim from your athlete's coach. A billing on an injury must be filed through the parents, not the school.

- A. Any injury, large or small, should be reported to the coach in charge.
- B. Any injuries requiring a doctor's care should be noted and a doctor's release required before the athlete is allowed to play or practice. Any athlete not having a doctor's release will not be allowed to play or practice unless the parent or guardian contacts the coach in charge or athletic director and signs a release form.
- C. Injuries not requiring a doctor's care will be assessed by the coach/trainer in charge in order to determine the athlete's ability to play or practice.
- D. If injuries are not reported within three days, the school's secondary athletic insurance will not be filed.

## **TEAM TRIPS**

All athletes must travel to and from athletic contests in transportation provided by the athletic department. There can be special arrangements made for travel if approved by the coach in charge.

## **PARTICIPATION OF ATHLETES IN DIFFERENT SPORTS**

- A. The athletic department's philosophy is that each sport complements the other, both physically and competitively.
- B. Students will be encouraged by the coaching staff to participate in all sports.
- C. The head coach in each sport has absolute total discretion as to who plays, how long they play and under what circumstances they play or do not play.
- D. Try-outs: Sports that are limited to a number of participants will conduct try-outs based on ability and grade level. Selection of the team will be at the discretion of the coach.
- E. The month of June will be considered "Boys and Girls Basketball Month. If there is a conflict in a scheduled event concerning these two sports and i.e. volleyball or football, the multiple sport athlete will participate in the function pertaining to the "in-month sport" first. The in-month sports will always receive precedence.
- F. The month of July will be reserved for Volleyball and Football. The multi-sport athlete will be expected to participate in the "in-month sport" activities first.
- G. In the case of non-school sport activities verses in-school sport activities, the athlete will be expected to participate in the in-school activities first.

## **DROPPING AND TRANSFERRING SPORTS**

An athlete who is participating in a sport is not allowed to quit that sport, while in season, and take up another sport without the consent of both coaches involved.

## **SPRING SPORTS FOR NINTH GRADE ATHLETES**

A ninth grade athlete may compete in spring sports on the high school level if the following criteria is met:

- 1. A particular sport is not offered at the Junior High.
- 2. An athlete is too old to compete on the Junior High level.

## **ACADEMIC CREDIT FOR ATHLETICS**

A letter grade and credit is to given for participation in athletics. Participation in athletics is not to take the place of Physical Education. It will be treated as an elective.

## **ATHLETIC AWARDS**

At the end of each season, each sport will host an awards ceremony. Individual certificates will be awarded for lettering in a sport. The lettering process will be determined by the head coach of each sport. Awards will also be given for individual accomplishments in each sport determined by the coaching staff of each sport.

## **SUMMER WORKOUTS**

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches should inform athletes of any special workout programs to be followed. Weight rooms and gyms will be open as scheduled throughout the summer. Arkansas Activities Association mandatory "dead weeks" will be strictly adhered to by all Eagle/Saint coaches and athletes.

## **TEAM CAMPS**

Coaches may enroll their teams in organized team camps during the summer. Athletes are encouraged to attend if possible.

## **FALL SPORTS PRE-SEASON**

Fall sports (Cheerleading, Cross Country, Football, Golf and Volleyball) begin their pre-season workouts during the summer as per Arkansas Activities Association guidelines. Athletes should keep an eye on the media as to the starting dates of practice or get in contact with their coaches. If conflicts arise, athletes should contact their coaches to resolve these conflicts.

## **ELIGIBILITY GUIDELINES**

The athletic department encourages the academic excellence of all athletes. The eligibility requirements are those set forth by the Arkansas Activities Association and the State Department of Education.

## **FUND RAISERS**

Every athlete will be expected to take part in all fund-raising efforts generated by the athletic department.

## **ABSENCES**

An athlete should consult his/her coach before missing practice. Missing a practice or an event without good reason will be dealt with firmly. Coaches will handle the disciplinary actions for missing practice.

## **UNDERSTANDING OF RULES AND REGULATIONS**

We hope that the parents and athletes understand the rules and regulations covered in this handbook. If a rule or regulation is broken and dismissal from a team is necessary, then the parent



**will be notified by the coach as to why the dismissal took place. It should be understood that the coach has the final say and is the final authority regarding dismissal from a team.**

**PLEASE SIGN AND RETURN TO THE COACH AFTER YOU AND YOUR PARENTS/GUARDIANS HAVE READ THIS BOOKLET.**

**I have read the Huntsville/St. Paul Parent/Athlete Handbook and do hereby agree to comply and follow the guidelines set forth in order to become a Huntsville/St. Paul Athlete.**

**Prospective athlete's signature \_\_\_\_\_**

**Athlete's parent/guardian signature \_\_\_\_\_**