



*Ashley High School*

[www.ashleyathletics.com](http://www.ashleyathletics.com)

*Parent-Student Athletic Handbook*

**2019-20**

## Ashley High School

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In compliance with federal laws, NHCS administers all educational programs, employment activities and admissions without discrimination because of race, religion, national or ethnic origin, color, age, military service, disability or gender, except where exemption is appropriate and allowed by law. All NHCS facilities, both educational and athletic, are tobacco free learning environments.

The Ashley Administration will provide the leadership to ensure a wholesome, equitable setting so student-athletes in our programs can enjoy the many positive benefits of participation in interscholastic activities. The Administration supports the values of sportsmanship, ethics and integrity.

## **Welcome to the Ashley High School Athletic Program!**

Welcome to the Athletic Program at Ashley High School! Now in our 19<sup>th</sup> year, all of us have created a program that has set the groundwork for tradition and write our AHS athletic history of achievement, honor and service. Our student-athletes will be held to a higher standard and encouraged to continue in developing our AHS reputation that is highly regarded in educational based athletics. We hope your involvement in this program will provide you with many rewarding and worthwhile experiences, and that perhaps you too, can make a contribution that will further enhance the reputation of Ashley and its athletic program.

The Interscholastic Athletics program of the New Hanover Schools System is an integral part of the total school program, and as such is designed to help our students become better school, community, state and national citizens.

**The mission statement of Ashley High School Athletics is to guide our student-athletes to become better people in both athletics and academics with the goal of enhancing their leadership and critical thinking skills.**

This experience will provide student-athletes the ability to develop their leadership potential, exhibit good sportsmanship, show respect for others and display exemplary character at all times. We believe that high level competitiveness is a byproduct of strong leadership, focused discipline and a commitment to pursue excellence.

### **Ashley Athletics Vision Statement**

Ashley Athletics will be recognized as a model program and as a source of campus and community pride and respect by inspiring every athlete to pursue excellence.

To achieve this vision we are committed to building traditions and our reputation through the creation of an environment and culture characterized by:

**Student first, athlete second-** high student performance (GPA), high graduation rates (100%), and academic honors.

**Culture of excellence, integrity and character-** adherence to NHCS, NCHSAA and NFHS regulations

**Eagle pride and respect-** all stakeholders model appropriate behaviors

**Nationally Certified coaches and staff-** lifelong learners, teachers, role models and mentors

**Quality Facilities and Equipment-** continue to maintain and improve facilities and equipment

### **Statement of Core Values**

Using similar methodology, we developed the following statement of Core Values for Ashley Athletics that we will never compromise.

### **Core Values of Athletics**

- **Excellence-** We are committed to the pursuit of excellence and inspiring others. We will create and maintain an environment that is fair, embracing, caring, open and accessible to all people. Our most important asset is our student-athletes and we will never compromise their health, safety or welfare.
- **Achievement-** We are committed to academic achievement by using educational based athletics as an extension of the classroom and creating educational partnerships (Student athlete, faculty, staff and parents)
- **Honor-** We are committed to and intentional about our expectations of always showing Screaming Eagle pride and respect for opponents, officials, teammates, coaching staff, fans and themselves. Athletes feel a sense of honor and value the work of the team and themselves.
- **Service-** "First to serve, last to be served." Interdependent coaches, athletes, parents and stakeholders share their gifts and talents to benefit others. Selflessly putting the best interests and needs of others first.

## EXTRA CURRICULAR ACTIVITIES

**Expectations:** Our expectation for the extracurricular activities program is that it will match the expectations that Ashley High School has for its academic program. Extracurricular activities will be considered an asset to the academic mission of the schools and will enhance all aspects of school life. We envision a program that offers quality facilities that are student and people friendly and quality coaching for its administration. Ultimately, we envision an extracurricular program that all of its participants, students, parents, coaches and administrators, can be proud of and one that promotes lifelong personal and community wellness and contributing, productive citizens.

### **Athletic Goals:**

The goal of the Ashley athletic department is to provide opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline, acceptable personal and social behavior, and character. Members of teams and organizations must always serve as exemplars of high moral character and must demonstrate appropriate academic commitment, which is expected of all students.

**Participation in high school athletics at Ashley is “a privilege, not a right”.** The athletic program at Ashley High School is designed to produce well-rounded citizens who can take their place in a community and in a democratic society. The program is intended to develop leadership skills, a sense of responsibility and accountability, and sportsmanlike attitudes of the student population.

One of the main goals of the athletic department is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, teammates, officials, coaches, administrators and spectators. Winning is a product of discipline and hard work, but winning at any cost is not the goal.

Emotional balance promotes consistency in the lives of athletes that affects everything they do. Everyone wins, especially the athletes, who move comfortably from one responsibility and relationship to another, benefiting themselves as well as their parents, teachers, and coaches.

The goals of the athletic department will mirror the mission statement of Ashley High School Athletics.

### **OBJECTIVES:**

- To provide our participants with the best possible administration, supervision and instruction available.
- To provide our participants with quality facilities and equipment that is both safe and people and student friendly.
- To provide our participants with safe, quality transportation to and from all competitions and activities.
- To provide our participants with proper funding to meet all of there needs in the extracurricular arena.

### **Conduct**

Participation in extracurricular activities, including athletics, is a privilege, not a right. The NHCS Board of Education expects all students who represent their school through participation in extracurricular activities to be good representatives of their school community. Students should dress, act and conduct themselves in a way that reflects positively on their school. Each student is expected to display good citizenship at all times. Taunting is expressly prohibited. Taunting includes actions or comments which are intended to bait, anger, embarrass, ridicule or demean others. Any student who fails to conduct himself or herself appropriately may have the privilege of participation limited or revoked.

### **Eligibility to Participate**

A student who is suspended from school is not eligible to practice, play or attend any meeting during the time of suspension. If the suspension includes the last day of school before a vacation or weekend, the student becomes eligible the next calendar day after the last day of the suspension.

A student who is absent from school will not be allowed to practice or attend any meeting of the team or group on the day of the absence. Exceptions such as funerals, field trips, college visitations must be approved by the principal in advance.

## **Travel**

All students will be required to travel to and from events with the coach or sponsor and the team (see Transportation section).

## **Forward**

This handbook is designed to inform the student-athlete and his/her parent(s) of the rules, regulations and policies of the Athletic Department. The coaching staff at Ashley High School believes that success in athletics is established and maintained through adherence to the principles outlined in this handbook. Participation on Ashley High School athletic teams is strictly on a voluntary basis. Athletics are extra-curricular activities conducted after the regular school day. No recruiting of any kind is permitted. The athlete must earn the privilege of participation through dedication, desire and discipline. Because participation is voluntary, certain basic requirements are necessary in order to make the athletic program a wholesome, successful and meaningful experience.

The requirements have been kept to a minimum, but important items are listed below in order that the athlete must fully understand before making the decision to participate. All students at Ashley High School will adhere to the NHCS Code of Conduct Handbook, and the uniform consequences for violations. However, the Athletic Department may also discipline athletes, because of their high visibility and their place as leaders of the school. The Ashley Athletic department will enforce the rules and regulations as described in this handbook.

Misconduct includes inappropriate behavior while you are involved in any way with an athletic department program, including practice, games, and travel. Insubordination or other examples of defiance toward coaches, officials, bus drivers or others in authority or who have responsibility for your safety are examples of misconduct. **If a student-athlete is suspended from school or a team, such suspensions could impact participation in the current and/or following season.**

Such behavior will not be tolerated.

Specific disciplinary actions cannot be listed since varying circumstances, the severity of the infraction, and the athlete's reaction to being corrected provides too many variables. Coaches and/or the Athletic Director will handle individual instances in a manner that seems best suited to the situation but athletes should note that appropriate responses by coaches or the Athletic Director could range anywhere from a verbal reprimand to suspension or expulsion from the team.

## **Ashley Athletic Information**

### **Health Screenings**

All athletes must have a completed Athletic Participation/Parent Consent/Health Screenings and be marked approved in Arbiter Athlete before they practice. The physical is valid for 13 months and must be current until the end of a specific sport season.

### **Academics**

Coaches are expected to monitor student-athlete academic progress.

### **Class Time**

Athletes WILL be dismissed early from school on a regular basis due to the end time of 3:30pm and the distances our teams have to travel. This also includes NCHSAA playoff events. Class time is valuable instructional time and every effort should be made to ensure that the loss of class time is minimal. Student-athletes are responsible for any work they miss during their absence.

### **Transportation**

The athletic department will provide transportation to and from athletic events. All student-athletes, managers, trainers, scorekeepers, statisticians, and other personal are required to travel with the team on a certified school bus to and from athletic events. NHCS transportation waivers must be completed in Arbiter Athlete.

### **Informed Consent**

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate

all risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules and warnings, report physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

### **Athletic Training**

The athletic department will provide a certified Athletic Trainer to provide the possible care for our athletes. Athletes are offered a wide variety of services (prevention and treatment) to help meet the demands of athletic competition.

#### **The following are guidelines to follow when using the athletic training room:**

1. Do not enter without an athletic trainer, coach or athletic training student aid
2. Only athletes being treated are allowed in athletic training room
3. Do not attempt to treat yourself
4. Wear appropriate clothing to and from the athletic training room
5. Do not use or remove any supplies without permission

### **Hot Weather**

According to NHCS, Warm Weather memos may be disseminated in the fall concerning practices, realizing that no practices may occur before the end of the regular teacher workday.

### **Inclement Weather**

On the first day schools are closed due to inclement weather conditions, all school activities shall be suspended. This rule applies to all games, practices, rehearsals, etc.

### **Dressing/Locker Rooms**

**Only IN-SEASON teams are allowed to use the Athletic Lockers.** Coaches will supervise their dressing facilities. Custodians are expected to clean dressing rooms daily, but are not expected to pick-up equipment and clothing left behind by athletes. **DO NOT**, under any circumstances wear cleats inside the buildings or walk across the gym floor. Athletes are encouraged to secure all valuables. The athletic department will not be responsible for lost or stolen personal belongings.

### **Attendance**

It is the responsibility of all athletes to attend school on a regular basis. They should set an example for all other students. Athletes cannot participate (dress out) in practice or a game unless they are in attendance at school.

- All athletes will attend Ashley High School on a daily basis.
- Athletes should be present in **ALL** classes during the school day unless excused by parents, faculty or administration.
- If he/she attends school he/she will be expected to practice unless excused by the coach.

### **Dress**

Athletes are encouraged to dress in an appropriate manner whenever they represent Ashley High School

- Must dress appropriately during the school day (refer to AHS Student Handbook), at practice and for all games.

### **Obligations**

All athletes are required to replace lost uniforms or damaged equipment either by payment or with the equivalent of the lost article. Athletes are responsible for clearing all obligations with their coaches before participating or practicing with another sport (good standing). If an athlete fails to take care of his/her financial responsibilities to the athletic department he/she will be ruled ineligible.

### **Meals**

The athletic department may provide funds to purchase pre-game meals, post-game meals, or overnight accommodations unless covered by the NCHSAA or prior approval from AD and principal.

Team Parents can be organized to help with pre-game meals for season.

### **College**

The coaching staff will work to qualify as many student-athletes as possible. Information about re-centered SAT scores and NCAA Eligibility Center registration is available upon request. In the event that a college

recruiter contacts an athlete personally he/she has an obligation to notify his/her coach, guidance counselor, and the athletic department. Ashley High School will abide by the rules of the NCCA. Information about college recruiting and the Internet scouting service is available on request. Students can also create and account at Core Course GPA.com. See your coach for more information.

## Sport Offerings

### Fall

Cheerleading  
Cross Country- M/W  
Football  
Gymnastics- women's  
Golf- women's  
Soccer- men's  
Tennis- women's  
Volleyball- women's

### Winter

Basketball- M/W  
Cheerleading

Swim/Dive- M/W  
Wrestling

### Spring

Baseball  
Golf- men's

Lacrosse- M/W  
Soccer- women's  
Softball  
Tennis- men's  
Track- M/W

## Team Selection

Athletes at Ashley High School are encouraged to participate in as many sports as he/she can. Student athletes may participate in more than one sport during a season with the approval of the coaches and the athletic director. Once an athlete begins the in-season-training period of a sport, he/she should not quit while that sport is in season. If an athlete quits a sport they will be withheld from participation until that season is over (includes playoffs). Each coach has his/her own policy on how he/she selects the team. Coaches will explain their policy to candidates before the season/practice begins. Skill Development sessions and open facilities (open to all, required for none) are allowed, but shall not be held during any tryout period of an in-season sport, during mid-term exams, and the last 5 days of 1st semester and last 10 days of 2<sup>nd</sup> semester. All skill development sessions must be voluntary and open to all athletically eligible students. Student insurance and current physical are required for all those involved in skill development and off-season sessions.

**There shall be no athletic practice during the school day or on Sunday. If NHCS Teacher workday, cannot begin until after 3:30pm. Practice may begin after 3:30pm during the regular school day.**

### SPORT SEASON

FALL  
WINTER  
SPRING

### EARLIEST FIRST PRACTICE DATE

August 1  
October 30  
February 12

### First Contest Date

August 19  
November 18  
March 2

## Schedules

We compete in the Mideastern 3/4A Conference, which includes Ashley, Hoggard, Laney, New Hanover, North Brunswick, South Brunswick, Topsail and West Brunswick. We will continue to schedule and compete against established programs whenever possible.

Schedules for all sports are generally completed three months in advance of the season and are available from the athletic director. To receive the current schedule information go to the Website:

**[www.asheyathletics.com](http://www.asheyathletics.com)**

## Admission Prices:

Admission to all contests is \$6.00 for adults and \$4.00 for students.

Season Passes are available from the Ashley High School Athletic Department.

## Substance Abuse

The **NCHSAA, NHCS and AHS** emphatically oppose the use of tobacco, alcohol and other drugs by student-athletes, coaches and officials. The use of alcohol, tobacco, and illegal drugs is prohibited. Medical research clearly substantiates the fact that the uses of these or any mood modifying substances produce harmful effects on the human organism.

**The student** who wishes to experiment with such substances should remove himself from the team before he/she jeopardizes team performance, team reputation, team success, and physical harm to himself/herself or teammates.

**Tobacco (In all forms):** research emphasizes that the use of tobacco, including electronic cigarette devices is physically harmful to young adults. The harm caused by this substance is not only a health problem. The community follows the progress of young athletes and any deviation from accepted training rules marks one as unwilling to “pay the price” If one squad member breaks the rules, the whole team is affected adversely.

**Alcohol:** There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking session will be the first to criticize them if they do not produce in game situations.

**Drugs:** Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers.

All athletes must work to their academic potential in the classroom. They must also display good school conduct at all times. Disciplinary action taken by the Administration may be supplemented by additional disciplinary action by the Athletic Department.

## **VIOLATIONS**

Please refer to the NHCS Code of Ethics found on the website or Arbiter Athlete that outlines the consequences for alcohol and drug use among athletes.

### **SPECIAL NOTE:**

When serving a **school imposed suspension (ISS or OSS)** the student-athlete will be **ineligible** for all contests, tryouts, and practices during the suspension period. This means they cannot participate (dress out or attend) during the suspension.

When serving an **athletic suspension**, the athlete is expected to demonstrate support for HIS/HER teammates. Failure to adhere to these expectations may extend his suspension and/or affect his recognition at the conclusion of the season.

### **Discipline**

The coach may immediately suspend a player for inappropriate behavior detrimental to the team and school. Any suspension period of more than one week shall be determined by a meeting of the athlete’s coach or coaches, and the Athletic Director.

### **Parent/Coach Communication Plan**

As your student-athletes become involved in the athletic program at Ashley High School, they will experience some of the most rewarding times of their lives. Possibly the most important ingredient to achieve this outcome is to ensure that lines of communication are developed to allow for free and easy resolution of questions before they become conflicts. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times a short discussion with the coach is encouraged.

#### **Communication you should expect from your child’s coach:**

- Philosophy
- Expectations the coach has for your child and teammates
- Locations and times of all practices and contests
- Team requirements, i.e., practices, special equipment, off-season conditioning, etc.
- Emergency procedures in case of injury
- Code of conduct and/or discipline plan
- Changes in schedule due to weather etc.

#### **Communication coaches expect from parents:**

- Concerns expressed directly to coach
- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach’s philosophy and/or expectations

#### **Appropriate concerns to discuss with the coach:**

- The treatment of your child, mentally and/or physically

- Ways the parent(s) can help the student-athlete improve
- Concerns about your child's behavior or performance

It is very difficult to accept your child's not playing as much as you or they may like. Coaches are professionals. They make judgement decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

**Issues not appropriate to discuss with the coach:**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

There are situations that may require a conference between the coach and parent. These are encouraged if necessary. It is important that both parties involved have a clear understanding of the others position. When a conference is necessary, the following procedure should be followed to help resolve the issue or concern.

**If you have a concern to discuss with a coach and/or athletic administrator, call 910-790-2360 to set up an appointment. Do not attempt to confront the coach before or after a contest or practice (24 hour rule). Meetings of this nature do not promote resolutions; it may even exacerbate the issue.**

If the meeting with the coach does not provide a satisfactory resolution: Call 910-790-2360 and set up an appointment with the Athletic Director to discuss the situation.

Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this handbook helps to make the Ashley Athletic program as enjoyable as possible for you and your child.

**NCHSAA Eligibility Regulations**

**BEFORE PRACTICING WITH ANY TEAM, THE FOLLOWING MUST BE COMPLETE:**

1. MEET ALL NCHSAA REQUIREMENTS
2. BE APPROVED IN ARBITER ATHLETE

**BEFORE PARTICIPATING WITH ANY TEAM THE FOLLOWING MUST BE COMPLETE:**

1. BE APPROVED IN ARBITER ATHLETE

**BEFORE PARTICIPATING WITH ANY TEAM THE FOLLOWING MUST BE CHECKED:**

- Must be properly enrolled as a student at the time they participate.
- Must not have exceeded eight consecutive semesters of attendance or have participated more than four seasons in any sport since entering the ninth grade
- No student may participate on an athletic team if his/her 19th birthday comes on or before August 31.
- Must live with parents or legal custodian within the school district (exceptions must be approved by the principal and the NCHSAA).
- Must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester and must have at least a 2.0 GPA. Students must also meet local promotion standards set by the LEA.
- Must have received a medical examination by a licensed physician within the last 13 months. Students absent from athletic practice for five or more days due to illness or injury shall receive a medical release before readmittance to practice or contests. Players and coaches are encouraged to carry adequate medical and accident insurance.
- Must not have been convicted of a felony, or an offense that would have been a felony if committed by an adult.
- Must not participate in unsanctioned All-star or Bowl games.
- Must not be guilty of Unsportsmanlike conduct, or ejected from the previous contest

- Must not play more than three games in one sport per week, and no more than one contest per day (exception baseball, softball and volleyball).

## **Sportsmanship**

The following policy statement from the North Carolina High School Athletic Association (NCHSAA) expresses the concept of sportsmanship as follows: Ethics, integrity, and respect are important values in our daily lives. In the playing arena, they are translated into the word sportsmanship. Good sportsmanship is a vital part of high school athletics and must be reflected in a commitment to emphasize those positive lifetime values taught by interscholastic athletics.

### **Students and spectators should....**

- Realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through behavior the practice of good sportsmanship
- Recognize that 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
- Remember that 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 the contest
- Be modest in victory and gracious in defeat
- Respect the judgment and integrity of officials
- Fulfill the pledge you sign before each sport season

### **Athletes are expected to:**

- Exemplify high morals, good character and fellowship
- Respect the integrity of others
- Abide by the rules of the game in spirit and intent
- Demonstrate a continuing interest in personal improvement
- Display good sportsmanship
- Respect the rights and possessions of teammates, coaches, administrators and officials.

## **Ejection Policy**

Anyone ejected from a contest or observed:

- fighting (throwing a punch)
- biting
- taunting, baiting, or spitting toward an opponent
- use of profanity
- use of obscene gestures
- disrespectfully addressing or contacting an official

**Shall be suspended by NCHSAA** and may be subject to administrative discipline as well. Ashley supports good sportsmanship. Must complete NFHS Sportsmanship Course online.

## **SUMMARY**

The importance of adherence to all regulations in this book should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of the regulations. The community, school administrators, coaching staff, and athletic director feel strongly that high standards of conduct and citizenship are essential in maintaining a solid program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and the orderly conduct of sports. We do not wish to establish arbitrary personal preferences to insure absolute uniformity. The welfare of the student is our major consideration. Hopefully, their welfare transcends any other consideration.

In the event that an athlete fails to comply with these standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete will be denied the privilege of participating until such time as they can prove this desire. Any suspension period of more than one week shall be determined by a consensus of the athlete's coach or coaches, and the administration.

# **GO SCREAMING EAGLES!!**