

# *East Mecklenburg HIGH SCHOOL*

## *Parent-Student Athletic Handbook*

# 2014-2015

### **Welcome to the East Mecklenburg Athletic Program!**

Welcome to the Athletic Program at East Mecklenburg High School! We have created a program that has set tradition and history of achievement and excellence. Our student-athletes are held to a higher standard and encouraged to continue in developing our East Meck reputation that is highly regarded in high school 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 East Mecklenburg and its athletic program.

The Interscholastic Athletics program of the Charlotte-Mecklenburg 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.

While the academic area is the primary focus of our school system, we believe participation in an athletic program affords opportunities, training and experiences not ordinarily available in the regular curriculum.

## EXTRA CURRICULAR ACTIVITIES

**Expectations:** Our expectation for the extracurricular activities program is that it will match the expectations the East Mecklenburg 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 East Mecklenburg 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 East Mecklenburg is “a privilege, not a right”.** The athletic program at East Mecklenburg 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.

### **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 CMS 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 East Mecklenburg High School believes that success in athletics is established and maintained through adherence to the principles outlined in this handbook. Participation on East Mecklenburg 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 East Mecklenburg High School will adhere to the CMS Parent-Student 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 East Mecklenburg Athletic department will enforce the rules and regulations as described in this handbook. Parents and athletes are asked to sign an acknowledgment document, stating that they have read and understand the information included 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.

## **East Mecklenburg Athletic Information**

### **Health Screenings**

All athletes must have a completed Athletic Participation/Parent Consent/Health Screenings on file with the athletic trainer at school before they practice. The physical is valid for one calendar year.

### **Class Time**

Athletes WILL NOT be dismissed early from school for any contests except NCHSAA Playoffs. The Athletic Director and Principal (Designee) shall approve the time athletes may be excused from class for NCHSAA Playoffs. 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. Parents can transport athletes home from away games with permission of the head coach. **Under no circumstances will athletes be allowed to travel with student drivers or non-parent/guardians.**

## **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 CMS Athletics Department, 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.

## **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 East Mecklenburg High School on a daily basis. Each student **MUST** attend at least half of the school day.
- 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 East Mecklenburg High School

- Must dress appropriately during the school day (refer to EMHS Student Handbook), at practice and for all games.
- **GAMEDAY ATTIRE: Determined by the coach!**

## **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 will not provide funds to purchase pre-game meals, post-game meals, or overnight accommodations unless covered by the NCHSAA.

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. East Mecklenburg High School will abide by the rules of the NCCA and the NCHSASA. Information about college recruiting and the Internet scouting service is available on request.

### Team Selection

Athletes at East Mecklenburg 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 (8/1- 9/1, the month of November, 2/14 - 3/15, during mid-term exams, and the last 5 days of each semester). All skill development sessions must be voluntary and open to all athletically eligible students. Student insurance is 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 CMS Teacher workday, cannot begin until after 2:30pm. Practice may begin after 2:15pm during the regular school day.**

SPORT SEASON	EARLIEST FIRST PRACTICE DATE	First Contest Date
FALL	Aug 1	August 19
WINTER	Nov 1	Nov 19
SPRING	February 13	February 27

### Schedules

We compete in the Southwestern 4A Conference, which includes Butler, Garinger, Independence, Myers Park, Porter Ridge, and Rocky River. 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.viewmyschedule.com](http://www.viewmyschedule.com). Click North Carolina, then click East Mecklenburg.

### Admission Prices: (6 years and under/ 60 years and older are admitted free)

Varsity Football	\$5.00 + \$1 CMS surcharge
JV Football	\$4.00 + \$1 CMS surcharge
Soccer	\$4.00 + \$1 CMS surcharge
Volleyball	\$4.00 + \$1 CMS surcharge
Basketball	\$5.00 + \$1 CMS surcharge
Wrestling	\$4.00 + \$1 CMS surcharge
Baseball	\$4.00 + \$1 CMS surcharge
Softball	\$4.00 + \$1 CMS surcharge
Swimming	\$4.00+ \$1 CMS surcharge
Track & Field	\$4.00 + \$1 CMS surcharge

Season Passes/Booster memberships are available from the East Mecklenburg High School Booster Club (Form Included)

### Substance Abuse

The **NCHSAA, CMS and EMHS** 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 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 (effective beginning 2<sup>nd</sup> semester, January 23, 2008)**

If occurred in season or out of season, with substantiated evidence, admission or criminal conviction (24/7):

Process: Coach will contact the student-athlete and hold a conference discussing actual facts of violation. If found to be substantiated, the coach will hold conference with student-athlete, parent and Athletic Director (if needed).

**FIRST OFFENSE in Athlete's Career:** Suspension for 10% of contests (in season and/or when next sports season begins). The athlete will practice but will not participate in any contest or scrimmage. Reinstatement is contingent upon the athlete complying with written parameters as defined by Head Coach and Administration.

**SECOND OFFENSE in Athlete's Career:** Suspension from athletics for the remainder of that sport season and following sport season. Reinstatement is contingent upon the athlete complying with written parameters as defined by Coach and Administration. If entering senior year, the student must also complete 20 hours of community service with reinstatement contingent upon the athlete complying with written parameters as defined by Head Coach and Administration.

**THIRD OFFENSE in Athlete's Career:** Full suspension from all athletic programs for the remainder of the athlete's high school career at East Mecklenburg.

### **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 that the student-athlete 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.

### **NCHSAA Eligibility Regulations**

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

- 1. MEET ALL NCHSAA REQUIREMENTS**
- 2. HAVE A CURRENT MEDICAL EXAM**

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

- 1. TURN IN SIGNED PARENTAL/ATHLETIC PARTICIPATION PACKET FORMS**

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

- Must be properly enrolled as a student at the time they participate.
- Must have been in attendance for at least 85% of the previous semester.
- 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 October 16.
- Must live with parents or legal custodian within the school district (exceptions must be approved by the principal and the NCHSAA).
- Transfer students must sit out 365 days from date of transfer unless approved by CMS Athletics Director due to medical/welfare of child circumstances.
- Must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester (3 of 4 or 6 out of 8 blocks in two-day schedule). Students must also meet local promotion standards set by the LEA.
- Must have received a medical examination by a licensed physician within the last 365 days. 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 provide two (2) forms of residency and completed CMS Athletic Eligibility Certification Form.**
- 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. East Mecklenburg supports good sportsmanship and will double the minimum sit-out contests requirements if coach/student-athlete is ejected. Must complete Star Sportsmanship online information-\$7.00

## 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.

I have read and understand the East Mecklenburg High School Parent/Student Athlete Handbook and will abide by all rules and regulations accordingly.

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**Parent Signature**

**Print**

**Date**

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**Student Signature**

**Print**

**Date**

**GO Eagles!**