

6310	Athletic & Academic Competition Policy
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Audience:	Students, Families

Athletic Eligibility Requirements

While all students are encouraged to pursue athletics, Pine Lake Preparatory has a set of conditions that need to be met in order for a student to be eligible to participate. These conditions form the basis of Eligibility Requirements, and are meant to ensure all Students, Parents, Coaches, Athletic Directors, and school community enjoy consistent access to, and expectations from, the athletic programs offered.

The conditions under which students are considered eligible to participate in athletic programs offered are as follows:

1. Physical Examinations

A student must have a physical examination completed by a physician certifying the student is fully able to compete in athletics. The physicals will be valid for 365 days. The student athlete must submit the physical form to the Coach, Athletic Director or athletic administrative assistant.

The student SHALL NOT PARTICIPATE in any TRYOUT, practice session or contests until the completed form has been turned into the team Coach, Athletic Director, or athletic administrative assistant.

2. Athletic Handbook Forms/IMPACT Test/Pay for Play

Prior to any student participating in any tryout, they must also docusign the athletic forms along with taking the IMPACT test (7th and 9th graders). Finally, each student must have his pay for participation fee taken care of as he/she will not receive their game uniform prior to payment

3. Concussion Awareness

On June 16th, 2011 the Gfeller-Whaller Concussion Awareness Act was signed in an attempt to educate student athletes, parents, coaches and first responders on the symptoms and expectations related to concussions. In order to meet these and NCHSAA regulations, Middle and Upper school student athlete as well as their parent/guardian are required to read and sign the *Concussion: Information for Student-Athletes & Parents/Legal Custodians* document included in this packet. The document is meant to help educate families on the symptoms and obligations associated with concussions.

4. Permission to Treat

Pine Lake Preparatory contracts the services of certified Athletic Trainers (ATC) to serve our student athletes. The *Permission to Treat* document must be signed and on file before the ATC may treat the student athlete, and this document must

be resigned annually.

5. Tryouts

There may be tryouts for each sport in both Middle School and Upper School. Roster sizes will be dictated by state and conference rules in addition to the coach's personal preference. If tryouts are held, students are strongly encouraged to be at each tryout session and must be in attendance for AT LEAST one tryout session to be deemed eligible to make a team. Only students with a doctor's note will be permitted to tryout after the tryout deadline (within 7 school days of the missed tryout).

Athletes may only tryout for one sport at a time. An athlete who does not make a team may try out for another sport provided that the tryout for that sport has not already been completed.

Only students who are currently enrolled at Pine Lake may attend tryouts.

6. Academic Eligibility

Pine Lake Preparatory is dedicated to the academic success of our student athletes as well as preparing them for post-secondary education. The following guidelines will be followed for students to be eligible for extracurricular athletic activities:

A student must have passed a minimum load of work and carry a 2.5 GPA during the preceding semester to be eligible at any time during the current semester. Semesters at Pine Lake will be considered half of the academic year, consequently semester 1 will include August – December (Term 1-2) and semester 2 will include January until June (Term 3-4).

A minimum load is defined as five courses and the GPA considered will be weighted.

A student, upon first entering grade seven and nine, is academically eligible for competition on Middle and Upper School teams respectively.

A student who is not academically eligible at the beginning of the semester is not eligible at any time during the semester. Likewise, a student who is academically eligible at the beginning of a semester remains academically eligible throughout the semester. Summer school work used to make up part of the minimum load will be applied to the most recent preceding semester. Students who are identified as ineligible are not permitted to tryout, attend practices, attend team meetings or sit on the team benches during contests.

Although athletic eligibility will be semester based, the academic progress of student athletes will be monitored on 9 week terms. All students with a D or an F in any of their classes will be placed on academic probation. Any student on academic probation who wishes to remain on the team will be required to attend to 2 study sessions a week for the remainder of that term.

Extenuating circumstances will be decided collaboratively by the Athletic Director and appropriate Principal, and Head of Schools.

7. Attendance at Athletic Practice Sessions and Contests

Students are expected to be in attendance during both contests and practice sessions. If a student is not in attendance due to illness, injury or other required school or family commitment, the student should make prior arrangements with the coach for an excused absence.

Students will be expected to attend all practices which can include Saturdays and school vacation periods that may be occurring during the specific sport season. These practices will be addressed at the beginning of the sports season with the students and will be held to a duration of no longer than 2 ½ hours.

A participant who fails to attend a regularly scheduled practice session or contest and receives an unexcused absence, may be withheld from the next scheduled contest. If an additional unexcused absence occurs, the participant may be dismissed from the team for the remainder of the sport season.

Excused absences may also affect a student athlete's playing time as new plays, stunts and formations may have been missed.

The game and practice schedules (including expectations for potential playoff schedules) will be communicated to athletes and families prior to the tryout period if tryouts exist, or prior to the first practice if tryouts do not exist.

8. Student School Attendance Required for Athletics

Students must be in school attendance at least one half of the school day (3 period classes) in order to participate in practice or contests during the same day or evening.

Students absent from athletic practice for five or more days due to illness or injury must receive a medical release by a physician licensed to practice medicine before being readmitted for either practice or contests.

9. NCHSAA Transfer Policy

In accordance with North Carolina High School Athletic Association (NCHSAA) policy, any upper school student transferring from a NCHSAA member school to another NCHSAA member school (without a bona fide change of residence) must sit out 365 days for athletic participation. As a member of the NCHSAA, Pine Lake Preparatory students will be affected by this policy.

All students are eligible at any school upon initial entry into ninth grade. After initial entry into ninth grade, the above mentioned transfer criteria will apply. Please contact the Athletic Director for more information regarding an appeal to the NCHSAA if you think an exception to this rule may apply.