

# TRINITY PRESBYTERIAN SCHOOL ATHLETICS

## Student/Parent Handbook



Trinity Presbyterian School  
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[www.trinitywildcats.com](http://www.trinitywildcats.com)

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## **Athletic Department Contacts**

### **Varsity Head Coaches**

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Administrative Asst.	Megan Smith	334-213-2155 / <a href="mailto:msmith@trinitywildcats.com">msmith@trinitywildcats.com</a>
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Baseball	Jarrood Cook	<a href="mailto:jcook@trinitywildcats.com">jcook@trinitywildcats.com</a>
Basketball - Boys	Matt Arrighi	<a href="mailto:marrighi@trinitywildcats.com">marrighi@trinitywildcats.com</a>
Basketball - Girls	Blake Smith	<a href="mailto:bsmith@trinitywildcats.com">bsmith@trinitywildcats.com</a>
Cheerleading	Heather Snyder	<a href="mailto:hsnyder@trinitywildcats.com">hsnyder@trinitywildcats.com</a>
Cross Country	Jeff McIntyre	<a href="mailto:jmcintyre@trinitywildcats.com">jmcintyre@trinitywildcats.com</a>
Dance	Jenny Letner	<a href="mailto:jletner@trinitywildcats.com">jletner@trinitywildcats.com</a>
Football	Granger Shook	<a href="mailto:gshook@trinitywildcats.com">gshook@trinitywildcats.com</a>
Golf	Tim Bethea	<a href="mailto:tbethea@trinitywildcats.com">tbethea@trinitywildcats.com</a>
Indoor Track/Track & Field	Jeff McIntyre	<a href="mailto:jmcintyre@trinitywildcats.com">jmcintyre@trinitywildcats.com</a>
Soccer - Boys	Dann Cleveland	<a href="mailto:dcleveland@trinitywildcats.com">dcleveland@trinitywildcats.com</a>
Soccer - Girls	Analyn Coker	<a href="mailto:acoker@trinitywildcats.com">acoker@trinitywildcats.com</a>
Softball	Stan Milton	<a href="mailto:smilton@trinitywildcats.com">smilton@trinitywildcats.com</a>
Tennis - Boys	Kelly Treadwell	<a href="mailto:ktreadwell@trinitywildcats.com">ktreadwell@trinitywildcats.com</a>
Tennis - Girls	TBD	
Volleyball	Sarah Dubberley	<a href="mailto:sdubberley@trinitywildcats.com">sdubberley@trinitywildcats.com</a>

## Trinity Athletic Teams Offered

<b>Fall Sports</b>		
<b>Varsity</b>	<b>Junior Varsity</b>	<b>Middle School</b>
Cheerleading	Cheerleading	Cheerleading
Cross Country (Boys & Girls)		Cross Country (Boys & Girls)
Dance	Dance	
Football	Football	Football
Swimming (Boys & Girls)		Swimming (Boys & Girls)
Volleyball	Volleyball	Volleyball
<b>Winter Sports</b>		
<b>Varsity</b>	<b>Junior Varsity</b>	<b>Middle School</b>
Basketball (Boys & Girls)	Basketball (Boys & Girls)	Basketball (Boys & Girls)
Cheerleading	Cheerleading	Cheerleading
Dance	Dance	
Indoor Track (Boys & Girls)		Indoor Track (Boys & Girls)
<b>Spring Sports</b>		
<b>Varsity</b>	<b>Junior Varsity</b>	<b>Middle School</b>
Baseball	Baseball	
Golf Boys	Golf Boys	
Golf Girls		
Soccer (Boys & Girls)	Soccer (Boys & Girls)	
Softball	Softball	
Tennis (Boys & Girls)	Tennis (Boys & Girls)	
Track & Field (Boys & Girls)		Track & Field (Boys & Girls)

### Admission and Fees

All Varsity Sports \$8.00  
 Junior Varsity Sports \$7.00  
 Middle School \$7.00  
 Children 6 and under no charge

Exception: Booster Passes are not accepted at playoff games / tournaments sponsored by the AHSAA.

## Statement of Philosophy

Interscholastic competition is an integral part of a student's total Christian educational experience at Trinity. Athletic competition teaches important life lessons such as Christian character, teamwork, sportsmanship, discipline, commitment, perseverance and fair play. Students have a responsibility to manage their time in order to commit fully to their coaches and teammates and meet the obligations that come with team participation. Our teams must compete in such a way that we honor God, our school, our teammates, and the community before, during, and after competition. We believe that the lessons learned in athletics will make a positive difference in the lives of our students.

The athletic program at Trinity is a vital part of the school's total educational program. Our school's mission statement is "To glorify God by providing for students the highest quality college-preparatory education, training them in the biblical world and life view, thus enabling them to serve God in spirit, mind, and body." One of the goals of our athletic program is to help our students develop into productive citizens through learned acts of sportsmanship. The building of strong character, respect and pride in one's self and school are highly valued at Trinity.

Participation on an interscholastic team is an earned honor and is understood that the team experience is mutually beneficial to the school and the student. Behavior and conduct of a Trinity athlete should always be above reproach, as we expect the highest display of sportsmanship and character in every corner of their lives. *Trinity's athletes are expected to adhere to and promote the alcohol-free and drug-free policies of the school.* On the field and off, win or lose, they should be the example of honor, integrity and respect.

T.E.A.M  
Together: Excellence  
Apart: Mediocrity

## Eligibility Requirements / Athletic Forms

Before a student's name is sent for eligibility approval with the AHSAA, the following items listed below must be completed. The AHSAA uses the DragonFly Max app to complete and store this information. This allows our trainer and coaches to have mobile access to the forms in the event of an emergency. Refer to the Athletic Forms/Handbook page on the Athletic website for detailed instructions.

### AHSAA Required Eligibility Forms

Using DragonFly Max, you will complete or upload the following forms:

Forms which must be resubmitted each year:

- AHSAA Pre-Participation Physical Form
- AHSAA Concussion Form
- AHSAA Participant Agreement, Consent and Release Form

Items which must only be turned in once:

- NFHS Sportsmanship Course
- Copy of Birth Certificate

### Trinity Required Eligibility Form

Trinity requires both the parent and athlete to sign and return the Acknowledgement Sheet for the Student/Parent Athletic Handbook.

### Questions Concerning Eligibility

For additional rules regarding eligibility and participation, please contact the Athletic Director's office or visit the AHSAA website at [www.ahsaa.com](http://www.ahsaa.com).

### Creating DragonFly Max account

You will create your account on the web by visiting [www.dragonflymax.com](http://www.dragonflymax.com)

1. Click on "Login/Sign Up" in the top right corner of the screen.
2. Click "Sign Up for Free"
3. Complete the Sign-Up form as the parent with your information. (You will add your child a little later.)
  - First Name
  - Last Name
  - Email Address or Mobile Number
  - Create a password
  - Check "I'm not a robot" (You may have to pick some pictures to prove it.)
  - Click "Submit" button
4. Once you click submit, you will be sent a verification code. This code will arrive in one of two ways:
  - Text Message (if you used a Mobile Number to sign up)
  - Email (if you used an email to sign up)

5. After entering your verification code, your account is created.
6. Create Your User Profile
  - Select your Role: Parent
  - Connect to your School: GWGDUJ
7. Add Athletes
  - Enter first and last name
  - Enter School Code: GWGDUJ
  - Accept the terms of use
  - Choose the Sports in which your Child plans on participating.
  - Click on “Submit Paperwork”
    - 1) Update Medical & Demographic Info (This information will be used to populate information on remaining forms to reduce input of redundant information.)
      - a. **Skip the Immunization section. This is not necessary.**
    - 2) Electronic Signature Agreement
    - 3) Consent to the Disclosure and Use of Personal Health Information
    - 4) Concussion Form
    - 5) Consent to Participate Form
    - 6) Pre-participation Physical Evaluation Form (This is the 1st page of the printed Pre-participation Physical Form)
    - 7) Physical Examination (This is the 2<sup>nd</sup> page of the printed Pre-participation Form)
      - a. Upload the 2<sup>nd</sup> page of the Pre-participation form that has been signed by a doctor.
    - 8) Birth Certificate (New athletes will need to upload their birth certificate)
    - 9) NFHS Sportsmanship Certificate (New athletes will need to complete and upload)
      - a. Go to: [www.nfhslearn.com/courses](http://www.nfhslearn.com/courses)
      - b. Click on Register
      - c. Complete registration and verify email. **The athlete must register using their own name.** The certificate that is generated at the completion of the course will have the registered name on it.
      - d. Once registered, click on the Courses tab at top of screen.
      - e. Search for Sportsmanship.
      - f. Click on View Course.
      - g. Order the course. (It is free.)
      - h. Select state – Alabama
      - i. Click on Checkout
      - j. The order summary is displayed.
      - k. Click Continue.
      - l. Receipt is displayed.
      - m. Click on “Click Here” to access your course.
      - n. Click on Begin Course. (The first time you log in it makes you click through a tutorial of how site works.)
      - o. Print Certificate at completion and upload to DragonFly Max or return to coach.



## Athletic Lines of Communication

As students become involved in athletics, they will experience some of the most rewarding moments of their lives. It is also important to understand that students may occasionally experience disappointment and frustrations. At these times, student-initiated discussions with the coach are recommended and encouraged. Discussing issues with other parents, teachers, board members or administration is inappropriate and will not result in positive resolution of the situation.

### The Parent/Coach Relationship

Coaches are professionals. They make decisions based on what they believe is best for the team and all student-athletes involved. There are situations that require a conference between the coach and the parent. If a parent has a concern and would like to discuss it, proper protocol is to follow the Matthew 18 Principle. He or she should schedule an appointment with the coach first. However, the judgment and authority of the coach to make decisions regarding playing time must be respected and will not be discussed. Parents should discuss any concerns they may have about their student's emotional or physical status. The parent or the athlete may also request, from the coach, any information about ways the athlete might improve his or her performance. It is not appropriate for a parent to question or challenge a coach's decision regarding play calling or strategy. It is never appropriate for a parent to discuss with a coach the status of another student. **Please do not attempt to communicate with a coach before, during, or after a contest, practice or tryout.** A 24-hour wait period is requested before you contact the coach to set up an appointment. These are emotional times for both the parent and the coach and this period does not promote objective analysis of the situation. If the coach cannot be reached, please call the Athletic Director to arrange a meeting. If a parent has an unresolved concern and would like to discuss it further, he or she should call and schedule an appointment with the Athletic Director and Coach.

When student athletes begin a sport, they must fulfill their obligation to themselves and their teammates by finishing the season. Before a parent decides to remove their child from a team during the season for any length of time due to grades, discipline or any other reason, a conference should be scheduled with the coach and Athletic Director in advance to go over the impact that will be created. Many situations may be avoided if effective communication has taken place prior to removing a child from the team.

**If the student athlete quits or is removed by the parent; please note the parent is still responsible for payment once the spirit pack has been ordered.**

### Parent/Staff Communication Policy

Positive involvement in Athletics requires commitment from students, parents, and coaches. To be successful, all involved must work to ensure effective communication. The following guidelines are intended to aid parents and staff in their interactions.

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

1. Pre-season Parent Meeting (Parent attendance will be noted)
2. Location and time of practices and contests.
3. Description of coach's philosophy.
4. Coach's expectations for all the players on the team.

5. Team requirements (i.e. – spirit packs, special equipment, off-season conditioning).
6. Notification when a student is injured during participation.
7. Notification of disciplinary action resulting in removal of student from participation.
8. Request for support towards the commitment of the program. For example, coaches may ask a parent's help in ensuring that a student is at practice on time or imposing a reasonable curfew.

## Students and Academic Priorities

Students attend Trinity School primarily for a quality education. Nothing should interfere with this objective. Athletics are a part of education, requiring students to use discipline and demonstrate good work habits in organizing a study schedule which will help lead to academic success. There should be no inherent conflict between athletics and academics. One of the fundamental responsibilities of a Coach is to encourage each player to achieve academic success. No athlete shall be penalized for missing practice and or games due to Academic commitments. We will encourage them to be well rounded in all aspects of their life – their Christian Walk, academics, and athletics.

A student's grades should not suffer because of athletics. Participation in athletics requires a great deal of personal commitment from the student. Each student is expected to organize and discipline him/herself so that academic and athletic endeavors do not conflict. Coaches, sponsors, and administrators can determine student participation in all activities based on academic, behavior, and attendance records. Students first have an obligation to perform in the classroom on a daily basis with acceptable academics, exemplary behavior, and consistent attendance.

## Trinity Athletic Code of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. Trinity School and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. Any conduct that results in dishonor to the athlete, the team, or the school is considered to be unacceptable. Acts of unacceptable conduct tarnish the reputation of everyone associated with the athletic program and with Trinity School. Such acts will NOT be tolerated.

1. Team members are expected to be present at all practices, meetings and games. Doctor's appointments or other similar outside activities should be arranged to avoid conflicts with practices or games. The Athletic Department follows the same guidelines as the **Trinity Parent Handbook** in regards to school attendance. Each Coach has the authority to discipline a Student Athlete for missed practices/games for unexcused absences (i.e. missing practice for a concert or non-school related events). This is up to the discretion of each coach and these consequences will be discussed at the Parent Meeting prior to the start of the season.
2. Coaches may determine student participation in athletic events based on practice attendance, skills, effort, team strategy, and understanding of rules.
3. Any serious breach of school policies, both on and/or off campus, could result in suspension of athletic participation and/or removal from the team. A meeting with the Coach and Athletic Director will take place to determine appropriate consequences.

4. Students suspended from school will not be allowed to participate in athletic events while they are on suspension. If a student has to attend an after school detention hall, the student will be required to attend the detention over any athletic activity.
5. Travel attire to away games for students is up to the head coach. Regardless of the specifications, Trinity students should always project a favorable image of the team and the school.
6. Students are expected to maintain high standards of behavior and sportsmanship. Use of profanity and displays of anger toward teammates, coaches, officials, opponents, and fans will not be tolerated. Any infringement could result in disciplinary action.
7. Hazing is intolerable and illegal in any form and will result in disciplinary action.
8. Coaches are not allowed to give private lessons or extra help and receive compensation in any form to student athletes trying out for teams they will be choosing.
9. Cell phones will not be allowed in locker rooms or sidelines of a game/match.
10. Students forfeit their participation privileges if they quit or are dismissed from a team and may not go out for another team until the first team's season is finished (including playoffs). Athletes will be placed on athletic suspension until the season ending date of the sport the student quit or was dismissed from. An appeal may be heard by the Athletic Director if circumstances warrant consideration. Any athlete on school suspension is prohibited from practicing, playing, or traveling with any team. The athlete may not be on the sidelines, in the locker room, or dugout during his or her suspension.
11. All practices/tryouts are closed. Parents are not allowed to attend practice or tryouts. Please refrain from communicating with your child during practices and/or games.
12. **Never** should a parent approach or direct specific derogatory remarks to an official, **opposing coach or player before, during or after** any game. "Under state law, it is a crime to assault sporting event officials in the State of Alabama. Legislation passed in December 2001 makes it a specific crime to harass, menace or assault a sports official in the first, second and/or third degree if the crime is committed against a sports official that is performing official duties at a sports event. Under AHSAA rules, each case is judged on its own merits, but the usual penalty is a monetary fine plus probation, restrictive probation and or suspension for the school. The school may be prohibited from playing contests when the individual (or individuals) responsible for the assault is present."

### **Illegal Actions**

(As specified in the Trinity Upper School Parent/Student Handbook)

Students shall not possess, use, sell, transmit, transport, deliver, or distribute tobacco, marijuana, hallucinogens, narcotics, stimulants, alcoholic beverages or any other controlled, unauthorized, or illegal substances or drug paraphernalia at any time. This rule applies while a student is at school, in any school building, on or off any school premises, attending school-sponsored activities, on or

about school-approved activity, or function or during any period of time when the student's behavior has a direct and immediate effect on maintaining order and discipline and protecting safety and welfare of students and staff. The use of or possession of narcotics, drugs, alcohol or any above-mentioned items or the possession of a weapon on campus or at a school-sponsored activity may result in expulsion. The administration reserves the right to utilize an alcohol or drug detection test for cause or for reasonable suspicion if necessary. Possession or use of alcohol or controlled substances or being under the influence of alcohol or controlled substances on or off campus or at school sponsored activities **may** result in one or more of the following consequences:

1. The parents of the student will be contacted to retrieve the student from the school-sponsored event and have an on-site conference with a school administrator.
2. The student may be suspended
3. The student may be expelled
4. The administration shall have the right to require alcohol/substance abuse counseling at the parents' expense.
5. Appropriate disciplinary action as determined by the Administration.

At times the school administration may take action to correct a situation in which some controlled or non-controlled substance is being used and is impairing the educational process or order of Trinity Presbyterian School. **Additionally, the administration reserves the right to search a student's vehicle at any time if reasonable suspicion exists.**

## **Tryout Policy**

The Trinity Athletic Department is sensitive to the needs of all student-athletes during the tryout period. It is the school's desire to see that as many student-athletes as possible are involved in our athletic programs throughout the school year. Unfortunately, due to limitations in team size for certain sports, cuts must be made.

### **Tryout Procedures**

1. Choosing the member of the various athletic teams is the responsibility of the coach.
2. Before Tryouts begin, coaches will provide team information to all candidates, as well as, the parents or guardians at the team meeting. Such information will include:
  - Length of tryout period
  - Objectives used to select the members of the team
  - Number of team members of the team
  - Criteria involved in selection of team members
  - Distribution of practice and competition schedule
  - Explanation of commitment necessary to be a member of the team
  - Clear notification that tryouts are based on performance during the selection period. Tryouts are not based on summer participation or coaching camps in which the student-athletes participated prior to team selections.
  - Each coach will communicate how teams will be announced.
3. Sub-varsity coaches will follow the criteria for selection that have been established for that

sport. Head coaches will be involved in sub-varsity selections to aid the other coaches.

4. All tryouts are closed.

### **Multi-Sport Participation**

For Trinity to have a successful athletic program, it is of utmost importance that our students participate in as many sports as possible. Therefore, when possible, athletes will be allowed to participate in more than one sport during a season. For this to happen, a spirit of cooperation and shared goals must exist among members of the coaching staff and athletes. Knowing that this can be a very sensitive area, the following guidelines will be in place:

1. Students that wish to participate in more than one sport during an athletic season may do so with consent from both coaches involved. However, he or she must designate their primary and secondary sport. Both Coaches will discuss missed practices and/or games prior to both seasons starting.
2. The Athletic Director will resolve any and all conflicts regarding the sports that the student participates in.
3. Student athletes may participate in activities involved in overlapping sports with the understanding that the in-season sport takes priority over the upcoming sport. Coaches are encouraged to communicate with the student and coaches involved in overlapping seasons to provide the best opportunity for the student to participate in both.

\*\*\*The Spring Season is the most common time for multi-sport participation. There are some areas that are already a known NO for playing two sports at the same time. They are volleyball-cheerleading (at all levels), and basketball-cheerleading.

### **Team Travel Guidelines**

1. Trinity athletic rules require that students travel to and from athletic contests with their team when transportation is provided or arranged by the school. (see guidelines below)
2. All members of an athletic team are expected to travel to out-of-town games on school-provided transportation (when available). This includes games to other Montgomery area high schools on days when school is in session, regardless of time of departure.
3. A student will not be permitted to drive his/her own vehicle or to transport other students to and from his/her athletic contests when school transportation has been provided or arranged.
4. Parents may be asked by the coach to help transport student athletes to away athletic events or practices when school transportation is not provided. Students are not allowed to ride with or transport other student athletes, unless the coach has advanced written approval from parent.

5. Outside the school day, when playing a local Montgomery School, the coach may elect for the team to meet at a designated time at the away school. It is the parents' responsibility to ensure safe transportation to and from the site when school arranged transportation is not provided.

### **Alabama Graduated Driver's License Law**

An Alabama driver with a graduated license (16-year-old drivers, as well as 17-year-old drivers licensed less than six months) may not:

1. Have more than one non-family passenger other than the parent, guardian, or supervising licensed driver at least 21 years of age.
2. Operate a vehicle between 12:00 a.m. and 6:00 a.m., unless:
  - accompanied by a parent or legal guardian.
  - accompanied by a licensed adult 21 years of age or older with parental consent.
  - going to or from their regular place of work.
  - going to or from a school-sponsored event.
  - going to or from a religious-sponsored event.
  - driving due to a medical, fire, or law enforcement emergency.
  - driving to or from hunting/fishing activities in possession of required licenses.
3. Drive while operating any non-essential handheld communication device.  
Violations will result in an extension of the graduated license period and/or suspension of the license.

### **Parent Pickup**

A coach or designated adult will remain with athletes until all are picked up after practices and games. Please respect the time of coaches by picking up students immediately following practices and/or games. If you are not able to transport your student home, please make other arrangements prior to the event. The new gym lobby is the primary pick up point unless your coach tells otherwise.

## **Awards**

### **Jimmy Hitchcock Award**

Each year, all Trinity seniors who are involved in an Alabama High School Athletic Association sponsored interscholastic sport are considered for The Jimmy Hitchcock Memorial Award. This award is for Outstanding Christian Leadership in Athletics. A Committee consisting of the Director of Athletics and all varsity head coaches will meet to select all nominees (senior and 9<sup>th</sup> grade Jimmy Hitchcock recipients). All forms are online.

### **Bryant Jordan Award**

The Alabama Sports Hall of Fame in conjunction with the Alabama High School Athletic Association created the Bryant-Jordan Student Program in 1986. It is supervised by the Board of Directors of the Bryant-Jordan Foundation.

The objectives of the program are:

1. To recognize and honor Alabama students who have by ability and effort achieved a level of excellence in the areas of academics and athletics that is commensurate with their potential.

2. To make aware to not only athletes but all segments of the student population that it is both important and rewarding for them to strive to be the best that they can be. The program motivates and encourages students to achieve this goal.
3. To encourage and promote the involvement and commitment of Alabama corporations and individuals in helping improve the academic levels of all students.

The initial scholarship offered by the Bryant-Jordan Program was the scholar athlete scholarship. In 1989 the Achievement Award was created. This award is designed to reward the student who achieves beyond his/her ability both academically and athletically or who may have overcome some obstacle or hardship to achieve success.

Ninety-six scholarships are awarded annually to deserving high school seniors from schools that are members of the Alabama High School Athletic Association. The program has grown from an \$8,000 award program to an over \$800,000 award program.

### **Preparing for College Athletics**

There are numerous opportunities for young women and young men to continue their athletic careers after high school. Opportunities exist in NCAA Division I, II, and III, NAIA, and NJCAA. The first step for students and parents should be to talk with your varsity head coach about the process.

Trinity Presbyterian School students with plans on participating in Division I or Division II intercollegiate athletics must register through the NCAA Initial Eligibility Clearinghouse in order to proceed in the recruitment process. We recommend that students register at the end of their junior year once final grades are available.

The registration process requires students to print transcript forms that must be given to each high school you attended. Be sure to give the transcript form to your counselor, so that Trinity may mail your transcript to the NCAA Eligibility Center. See Elizabeth Mosley or visit the NCAA Eligibility website if you have any questions.

Check the links found on the Preparing for College Athletics tab of the Athletics page on the Trinity Website for further information.

## Next Level Athletics

### Signing Ceremony

The requirement for a signing ceremony is D1 or D2 monetary athletic scholarship/benefits. Official documentation from the college or university must be submitted to the Director of Athletics for approval. This ceremony will be in the New Gym.

### Commitment Ceremony

The requirement for a commitment ceremony is a Letter of Intent to play or an official invited walk on. Official documentation from the college or university must be submitted to the Director of Athletics for approval. This ceremony will take place in the New Gym.

## Sports Medicine

### Student Accident Coverage

Trinity Presbyterian School provides supplemental Student Accident Coverage for athletes injured while playing an interscholastic sport for Trinity. This policy is meant to help provide coverage for what the athlete's primary insurance does not cover. If an athlete is injured, our Athletic Trainer, Hannah Foether, will document the injury on the secondary insurance form, sign it and give it to the family. Most of the time, the trainer will be aware of an injury and this process will occur seamlessly; however, we realize that some athletes may go to the doctor for an injury without her being aware. If this happens, the parent should notify the trainer of the injury so that the proper paperwork can be initiated.

Once the parents have the form, they will complete the parent/guardian section and then submit the form to Commercial Travelers Insurance within 90 days of the date of the accident. There is a \$100 deductible.

### Trainer

Hannah Foether of Encore is the primary Trinity athletic trainer. Her hours are from 2:00 pm until completion of home games and/or practices. He can be reached by cell (334-868-3589) or by email (hfoether@trinitywildcats.com).

### Doctor Notes

If an athlete has seen a doctor (for injury, illness, or concussion) they are required to bring a note from that doctor stating what they are cleared to do. All doctor notes are final and must be followed even if athlete and parents feel otherwise. They cannot return to any activities (practice, games, PE) until note states they are cleared.

### AHSAA Concussion Policy

Any student athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from the contest and shall not return to play until a medical release is issued by a medical doctor **and 24 hours have passed**. Any health care professional or AHSAA certified coach may identify concussive signs, symptoms or behaviors of a student athlete during any type of athletic activity. Once concussive signs are identified, only a medical doctor can clear an athlete to return to



play. Any school in violation of the AHSAA policy application of the National Federation rule will be subject to sanctions.

### **National Federation Information**

The National Federation's website has information on health issues. Please take a moment to go to: [www.nfhslearn.com](http://www.nfhslearn.com) to learn more about health-related issues with our athletes.

### **Summer Workouts**

The weight room is open during the summer for 7<sup>th</sup> – 12<sup>th</sup> grade athletes and is recommended to all Trinity Athletes by their coaches. A Summer Workout Schedule is listed online.

## Student/Parent Athletic Handbook Acknowledgement Sheet

We have read the Athletic Student/Parent Handbook and agree to abide by the guidelines and policies therein.

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Student's Name (Please print)

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Coach's Name

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Student's Signature

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Parent's Signature

## **Alabama High School Athletic Association**

The Alabama High School Athletic Association, AHSAA, is a self-supporting organization made up of both public and private schools throughout the state of Alabama. The purpose of the AHSAA is to promote pure amateur athletic competition in the high schools of Alabama.

### **Basic Eligibility Rules**

#### **Enrollment Rule**

A student must be enrolled within the first 20 days of a semester as a regular student in the school system where the student will participate. The 20-day requirement may be waived under extenuating circumstances. Note: A regular student is one who is enrolled at the school and is taking six new subjects of work.

#### **Age Rule**

A high school student who has reached his/her 19th birthday before Aug. 1 is ineligible. Any junior high (ninth grade) student who has reached his/her 16th birthday before Aug. 1 is ineligible. Any middle school student who has reached his/her 15th birthday before Aug. 1 is ineligible.

#### **Eight Semester Rule**

A high school student may be eligible only eight semesters in attendance after entering the ninth grade. School attendance of 15 days or more of any semester is counted as a semester. A student can be eligible only four fall semesters and four spring semesters after entering the ninth grade. The last two semesters, the seventh and eighth of a four-year high school and fifth and sixth of a three-year high school, must be consecutive. A junior high student may be eligible only three seasons in any one sport. A middle school student may be eligible only two seasons in any one sport. Participation Rule - No student may participate in any one sport for more than six years (seasons) after entering the seventh grade or for more than three seasons after entering the 10th grade. A student who officially participates in one contest of a sport is credited with one year of participation in that sport.

#### **Athletes Participating in Outside Sports**

A student who is a member of any school athletic team (grades 7–12) may not participate (includes practice) on a non-school team in the same sport during the season of that sport. A student athlete may participate on a team of a different sport during a sports season but the school sport will take priority over any conflicts, which include practices, travel and games. The school athletic program will take priority and is not expected to work around conflicts involving outside sports teams. The head coach of the school team may work with a student athlete: however, conflicts may result in the athlete making a choice of which team to participate.

#### **Outside Participation Rule**

A student who is a member of any school athletic team (grades 7-12) may not participate (includes practice) on a non-school team in the same sport during the school season of that sport. Also, a member of any school athletic team may not participate in an outside sport activity in the same sport during the school season of that sport. Private individual instruction is not considered an outside sports activity. A team's season begins the day of that team's first contest and ends when that team's season has been completed. A student who violates this rule becomes ineligible to compete on that school team or in that school sports activity for the remainder of that school season. Any student

who participates on an outside team after the school sport season begins is ineligible to join that school team for the remainder of the season.

### **Fifty Percent Rule**

Participation (includes practice) during the school year by students from any high school team (varsity and junior varsity/B-team) on a non-school team during the off-season is limited to 50 percent of the number of players required to play the game of that sport (i.e., three in basketball, six in soccer, five in baseball, etc.) A freshman team is considered a junior high team.

The rule does not apply to seniors who have completed their high school eligibility in that sport nor to middle and junior high school students that will not play on any high school team the following season.

### **Independent Rule**

A student who is a member of any school swimming, track, cross country or wrestling team may participate as an independent in two outside activities on non-school days during the season of that sport. The schedule of the school team, including the championship play, takes precedent over any outside participation by an individual. (Members of tennis and golf teams are exempt from this rule.) A member of a school soccer team may participate in one Olympic Development program evaluation period per month as long as there is no loss of school time. The evaluation must be under the guidance of ODP.

### **Amateur Rule**

Only amateurs are eligible. An amateur is one who does not use his/her knowledge or athletics or athletic skill for gain. A student may not receive an award of any kind having a monetary value of more than 50 dollars-other than medals, trophies, plaques or championship rings.

### **Academic Rule**

Students entering the 10th, 11th and 12th grades must have passed during the last two semesters in attendance and summer school, if applicable, at least six new Carnegie units with a minimum composite numerical average of 70 in those six units. Four core courses must be included in those units passed and averaged. English, mathematics, science and social studies are core curriculum courses.

Students entering the 8th and 9th grades must have passed during the last two semesters in attendance and summer school, if applicable, at least five new subjects with a minimum composite numerical average of 70 in those five subjects.

Students entering the 7th grade for the first time are eligible.

Students that transfer to Trinity School (grades 8-12) will be ineligible for one year. Students may regain eligibility at the end of the first semester by meeting the same requirements listed above during their last two semesters in attendance and summer school, if applicable. All first semester work used in regaining eligibility must be completed by the fifth day of the second semester.

### **Transfer Rule**

A student is eligible in the school zone in which his/her parents reside (public, private or parochial

schools). Any student who completes one year's attendance at a school outside his/her home school zone and fulfills all other requirements becomes eligible in that school. (This does not apply to foreign exchange students.)

The approved school zone for Trinity lies within the City Limits of Montgomery. To be eligible immediately, a student transferring to Trinity must live within the city limits of Montgomery or else they will be ineligible to participate in contests for 1 year from the date of enrollment.

A student whose parents make a bona fide move completely out of one school zone into another school zone may transfer all his/her rights and privileges to the member school that serves the area where the parents reside.

The following factors are basic guidelines for determining a bona fide move:

- a. The household furniture of the family must be moved into an unoccupied house or apartment.
- b. All principal members of the family must reside in the new place of residence
- c. The original residence should be closed, rented or disposed of and not used by the family.
- d. Nine months at the new residence will be required to make a move bona fide.

Note: If a family moves into a new school zone and remains there for less than nine months, the move will not be considered bona fide and the family's child who is enrolled in the new school zone becomes ineligible there the day the family leaves the new school zone. The student remains ineligible for a full calendar year from the date the family moved out of the new zone. However, if the student did not participate in athletics, the period of ineligibility will be 12 months from the date of the student's enrollment. Custody or legal guardianship set up with anyone will not establish immediate athletic eligibility.

### **Divorce**

The eligibility of a student whose parents are divorced is determined by the following:

- (a) If there has been a divorce or a legal separation in a family and sole or physical custody has been awarded by the court granting the divorce to one of the parents, the athletic eligibility of the student will be established at the school that serves the area where that parent resides.

Note: If joint custody has been awarded and a transfer is involved, the student must attend the new school for one year before becoming eligible.

- (b) If it becomes necessary at a later date for the student to reside with the other parent, the move will be accepted as a bona fide move if the court that granted the divorce changes the custody to this parent. This type of move will be accepted for immediate athletic eligibility purposes only one time. Therefore, if a student subsequently decides to return and reside with the first parent in a different school zone, the student will be ineligible for a period of one year.

### **Home Rule**

A student attending a member school outside his/her school zone may return to his/her home school (where the parents reside) and be eligible at the beginning of any school year if all other requirements are met.

### **Overlapping School Zones**

A student whose parents reside in an area served by more than one school lives in the zone of each

school, thus in overlapping school zones. A student who changes schools within these overlapping school zones is ineligible for one year at the new school.

### **Practice**

Outside the sports season during the school year (includes the school day), no coach or non-faculty coach from a school's staff in any sport may hold organized practice or competition in that sport for students from his/her school or feeder school(s). The only exceptions are the allowable fall evaluation periods for spring sports and the spring practice periods for football, basketball and volleyball.

### **Fall Evaluation Period**

Fall Evaluation Period for each spring sport is permitted for a maximum five days in a consecutive 10-school day calendar period anytime during the first semester with all students allowed to participate. During the school year, exclusive of allowable dates, a school's gymnasium and other facilities may not be open after school for practice and no balls or equipment of any sport may be used to develop skills.

## **Conduct**

### **AHSAA Sportsmanship Conduct Rule**

Penalties for coaches and players ejected from one or more contests are as follows:

**First Ejection:** Minimum penalty of a \$300 fine

**Second Ejection:** Minimum penalty of a one game suspension and a \$500 fine

**Third Ejection:** Minimum penalty of a suspension for the remainder of the season plus a \$750 fine.

**On first offense:** if the student athlete completes within 10 days of the ejection a designated Sportsmanship Course Online, the fine will be reduced to \$100.

If a student receives a fine due to an ejection, his/her family will be financially responsible for paying the fine to the AHSAA. All Coaches will also be responsible for the fines set forth by the AHSAA for misconduct and displays of poor sportsmanship.