



Fuqua School

Athletic Handbook

Affiliations:

Virginia Independent Schools Athletic Association (VISAA)

Virginia Colonial Conference (VCC)

Fuqua School

Chance Reynolds, Head of School

605 Fuqua Drive

Farmville, VA 23901

Fuqua School
Athletic Department
Student Athletic Handbook

Fuqua School would like to welcome you to our athletic program. We have an outstanding program that is committed to excellence in academics and athletics. The Fuqua staff seeks to provide each athlete the opportunity to develop his / her individual talents to the fullest within the framework of the team. The welfare of each student-athlete and the rules of good sportsmanship are of prime concern in the daily conduct of our program.

This handbook is to provide you with some of the major rules and regulations under which we operate and provide you with other information concerning your participation in the athletic program.

The signature page must be signed by both the athlete and parent.

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Frequently Asked Questions

- Q: Where can I obtain the VHSL Athletic Participation/Parent Consent/Physical Form?
A: This form is available in the Athletic Director's office, or it may be downloaded from the <https://www.vhsl.org/> website by looking under information for parents. The physical form may also be found on the school website under athletics.
- Q: What are the valid dates of sports physicals?
A: The VHSL calendar runs from May 1st of the current year to June 30th of the succeeding school year. That means a sports physical examination given on or after May 1 is valid through June 30 of the current school year. Please remember that your insurance plans generally operate on a calendar year.
- Q: How do we find out about tryout dates, contest schedules, cancellations, etc?
A: Starting dates for each season, contest schedules, and up-to-date postponements and cancellations can be found by going to the Fuqua School website.
- Q: If my son or daughter is ill and at home during the day or leaves school early due to illness, can he/she come to school just for practice or a competition?
A: If a student is too ill to attend school or is too ill to remain at school, then it is not appropriate for him/her to participate in a practice or competition.
- Q: If my son or daughter is injured and cannot participate, is he/she expected to be at practice and/or contest?
A: Depending upon the injury, yes. The coach and athlete will need to work this out. He/she is a part of the team. There is always something to be learned from attending, and though injured, the student has a role and a responsibility with the team. An athlete is not permitted to return to full activity with the team until the doctor treating the student releases him or her in writing.
- Q: Whom do I contact if I have any questions?
A: General questions should be directed to the Athletic Director. Please contact the coach for concerns regarding a specific sport.

Fuqua School Ticket and Yearly and Season Pass Prices

General Admission \$5.00

**** No re-entry without a new ticket**

Student Yearly Pass \$50

Adult Yearly Pass \$75

Family Season Pass \$75 (Up to 5 Members) Family Yearly Pass \$175 (Up to 5 Members)

**FOR INFORMATION ABOUT ALL ACTIVITIES
AT FUQUA SCHOOL
AND FOR
GAME SCHEDULES
GO TO:**

www.fuquaschool.com

<https://as2.rschooltoday.com/public/genie/1021/school/7/>

Fuqua Athletic Department

Regulations and Policies

School Attendance

Athletes must be in attendance for a full school day in order to practice or play in a contest. Family emergencies and medical appointments must be excused by the Athletic Director.

Transportation

Transportation provided by the school must be ridden both to and from contests. When approved by the Head Coach, students may ride home with a parent. Parents must sign out their child with their team's coach.

Equipment

Each athlete is responsible for all school equipment that is issued to him/her. All equipment must be returned by the next school day. No athletic awards or letters will be given to any athlete with outstanding equipment. Athletes will be charged the replacement cost of any equipment not returned.

Eighth Graders Participating at the High School Level

Eighth graders may try out for the teams at Fuqua School in sports that are not offered at the middle school and where Fuqua has a JV or freshman team (i.e., football, lacrosse, baseball, softball, volleyball and basketball).

Workouts / Open Gyms

Students participating in any workouts, including the weight room, open gym or conditioning programs, must have a current VHSL physical on file with the school. The student must also be an enrolled student at Fuqua School.

Medical Procedures and Warning

The Fuqua Athletic Department attempts to make participation in our athletic programs as safe as possible. However, injuries do occur in athletics and **athletes and parents are warned that serious injury may result from participation in our athletic program.** In the event of an injury to an athlete the following procedures will be used:

1. First Aid will be administered to the injured athlete.
2. If the injury is of a serious nature, the parents, and if necessary, the rescue squad will be called.
3. Athletes under a doctor's care must be released by the doctor before returning to competition.

Fuqua School Rules and Regulations

Rules and regulations governing the interscholastic athletic program at Fuqua School come from the Virginia Independent Schools Athletic Association (VISAA), the Virginia High School League (VHSL) and the Fuqua School Athletic Department and apply to all students participating on athletic teams.

1. Full-time student: An athlete must be enrolled at Fuqua school as a full-time student and in regular attendance.
2. Eligibility age: An athlete must not reach his/her 19th birthday on or before August 1 of the academic year.
3. Permission to play, documentation: Prior to try-outs, each athlete must present to the Athletic Director a written parental permission to play, a certificate signed by a licensed physician that the athlete is physically fit (dated after May 1st), and documentation of health insurance. Health insurance must be carried on the student throughout the season.
4. Athletic contract: All students who participate on an athletic team are required to sign and abide by the Fuqua School Student Athletic Contract. The contract must also be signed by the athlete's parent. The contract can be found on the Fuqua School website.
5. Upper School academic eligibility: To be eligible academically to try out for an athletic team, the student's GPA for the 9 weeks grading period prior to the season must be at least 2.5. Once selected for participation on an athletic team, he/she must maintain a 2.5 GPA. If his/her GPA drops below a 2.5, he/she will become ineligible to play. Grades earned in summer school may be applied in determining the GPA for the 4th grading period.

Students who are ineligible to play at the beginning of a season due to grades may try out for a team if their interim progress report suggests they will qualify academically at the end of the nine weeks grading period. Decisions regarding the student's eligibility to try out will be made by the division head. If the student makes the team, he/she may practice with the team but may not dress out or compete until the nine weeks grades are posted and a 2.5 GPA is earned. If a student chooses to practice with the team, this choice reflects a commitment to attend practices on a regular basis. Failure to attend practices will terminate the possibility of full team participation for the remainder of the seasons.

If a student has an incomplete for any class at the end of the grading period (without extenuating circumstances approved by the division head), he/she will not be permitted to participate on a team until the incomplete has been removed and the student's GPA is computed to be at least a 2.5.

A student who is ineligible to participate in athletics during a portion of a season due to academics may participate in athletic awards ceremonies held at the end of each season and can letter if he/she was on the team for at least half of the season and if team requirements for lettering were met; however, he/she will not be eligible to earn team awards.

6. Middle School academic eligibility: To be eligible academically to try out for an athletic team, the student must earn at least a 2.5 GPA in the four core subjects (English, math, science, social studies). Once selected for participation on an athletic team, he/she must maintain a 2.5 GPA in the core subjects. If his/her GPA drops below a 2.5, he/she will become ineligible to play. Grades earned in summer school may be applied in determining the GPA for the 4th grading period.

Students who are ineligible to play at the beginning of a season due to grades may try out for a team if their interim progress report suggests they will qualify academically at the end of the nine weeks grading period. Decisions regarding the student's eligibility to try out will be made by the division head. If the student makes the team, he/she may practice with the team but may not dress out or compete until the nine weeks grades are posted and a 2.5 GPA in the four core courses is earned. If a student chooses to practice with the team, this choice reflects a commitment to attend practices on a regular basis. Failure to attend practices will terminate the possibility of full team participation for the remainder of the season.

If a student has an incomplete for any class at the end of the grading period (without extenuating circumstances approved by the division head), he/she will not be permitted to participate on a team until the incomplete has been removed and the student's GPA is computed to be at least a 2.5.

A student who is ineligible to participate in athletics during a portion of a season due to academics may participate in athletic awards ceremonies held at the end of the season and can letter if he/she was on the team for at least half of the season and if team requirements for lettering were met; however, he/she will not be eligible to earn team awards.

7. Upper and Middle School behavior eligibility: A student on behavior probation will not be permitted to participate in athletics during the probation period if a) his/her total number of referral points includes two or more Level III behavior violations or one Level IV violation, or b) the admissions committee judges that his/her behavior has continually disrupted the learning process or has resulted in another student being bullied.

A student on behavior probation who is ineligible to participate in athletics may try out for a team and practice with the team during the probation period but will not be issued a game uniform, may not travel with the team, and may not play in any game or be on the sidelines/bench during a competition until he/she is released from probation. If a student chooses to practice with the team, this choice reflects a commitment to attend practices on a regular basis.

Failure to attend practices will terminate the possibility of full team participation for the remainder of the season.

Students who commit a Level III or Level IV behavior will not be permitted to participate in athletics during the suspension period (excluding tryouts). This includes practice as well as games/competitions.

A student on behavior probation who becomes ineligible to participate in athletics during a season but who has been a member of a team for at least half of that season may attend the athletic awards ceremonies held at the end of each season but will not be eligible to receive team awards.

8. Newly enrolled students: Newly enrolled students may try out for a team in mid-season with the approval of the coach and athletic director.
9. Sportsmanship: Athletes shall demonstrate good sportsmanship and positive behavior on and off the playing field.
10. Attendance during the school day: Students must be in attendance for the full academic day in order to practice or participate in an athletic event unless otherwise approved by the division head (see athletic contract). In cases where special approval is granted by the division head, the student may be required to complete extra assignments in the class(es) missed.

Students must be in attendance the full day on the day following an athletic event in which they participate.

11. Attendance at team-related activities: Team members are expected to attend all team-related activities unless prior approval is obtained for such absences by the head coach and athletic director. Unexcused absences from practices, games, or related events may result in make-up conditioning and/or loss of playing time. Excused absences include illness, injury, death in the family, remedial academic tutoring, and approved participation in other school functions.
12. Loss of athletic privileges due to inappropriate behavior during school day: A coach may apply consequences to an athlete whose behavior during the school day has warranted a referral. Decisions regarding consequences will be made in consultation with the athletic director.
13. Loss of athletic privileges due to behavior probation: A student on behavior probation will not be permitted to participate in athletics during the probation period if a) his/her total number of referral points includes two or more Level III behavior violations or one Level IV violation, or b) the admissions committee judges that his/her behavior has continually disrupted the learning process or has resulted in another student being bullied.

A student on probation who is ineligible to participate in athletics may try out for a team and practice with a team during the probation period but will not be issued a game uniform, may not travel with the team, and may not play in any game or be on the sidelines/bench during a competition until he/she is released for probation. If the student opts to practice with the team, he/she must participate on a regular basis.

A student on behavior probation who becomes ineligible to participate in athletics during a season but who has been a member of a team for at least half of that season may attend the athletic awards night and can letter if he/she meets team requirements for lettering. He/She will not be eligible to receive team awards.

14. Removal from a team: A coach may dismiss a student from a team for disciplinary reasons with the approval of the athletic director and the division head. A student who is dismissed from the team is no longer a member of that team for the remainder of the season and is ineligible to letter, receive a team award, or attend the awards ceremony.
15. Participation in two sports in one season: Upper School students who are proficient in both an individual sport and a team sport during the same season may participate on both teams. The team sport will be considered the primary activity and take precedence over the individual sport regarding practice time and games/matches that fall on the same day. Middle school students may participate in two sports in the same season only with permission from the division head.

A student who is cut from one sport may go out for another sport during the same season with permission from that sport's head coach.

A student who quits a sport after being selected as a team member may not play a different sport during the same season.

16. Junior Varsity players participating on a Varsity team: If a varsity team is unable to dress out a sufficient number of players for competition, junior varsity players may participate on the varsity team.

In cases where the varsity football season extends beyond that of the junior varsity, junior varsity players may be permitted to participate with the varsity team for the final games of the season; however, players who are members of the marching band are expected to participate with the band during home football games.

17. Dressing for the game: Team members will be allowed to dress for an athletic event only after they are excused from class for the event.
18. Dress expectations: On game days, athletes are required to follow the school's dress requirements for athletes. Athletes are expected to refrain from wearing revealing clothing (short shorts, low-cut tops) on campus during or following practices.
19. Non-players on team buses: Non-players are not permitted to ride the team bus with players to or from games without special permission of the athletic director.

20. Athletic managers and scorekeepers: Athletic managers and scorekeepers must abide by the same rules for participation as athletes.
21. Communication with athletes/parents: Coaches will communicate with athletes and/or parents through the school's RenWeb communication system and not through social media outlets.

Virginia High School League Eligibility Rules

In order to represent Fuqua in any VHSL interscholastic contest a student shall meet the following VHSL requirements:

Bona Fide Student Rule – The student must be a regular bona fide student in good standing at Fuqua School. Any student under penalty of suspension, or whose character or conduct is such as to reflect discredit upon Fuqua, is not considered in good standing.

Grade Rule – The student is eligible for eight consecutive semesters from the date that they enter the ninth grade for the first time. The eight semesters count whether the student is enrolled in school or not.

Age Rule – The student shall not have reached the age of 19 on or before the first day of August of the school year that he/she wishes to compete.

Scholarship Rule – The student shall have passed five subjects offered for credit and which may be used for graduation for the immediately preceding semester and shall be enrolled in five credit subjects for the current semester.

- Multiple credit classes count as multiple subjects (Ex. Voc. Tech)
- Classes taken over that the student has previously passed may not be used as credit subject.

Athletic Participation/Parent Consent/Physical Examination Rule – Prior to trying out for or beginning practice with any team, the student must turn in a completely filled in and properly signed VHSL (white) Parental Consent/Physical Form. The form must attest that the student has been examined by a physician and found physically fit to participate and that they consent to his/her participation. The student must have a new physical (dated after May 1) for each school year.

Transfer Rule – The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding move on the part of his/her parent(s) or guardian.

Amateur Rule – The student shall be an amateur.

Awards Rule – The student shall not have accepted any awards other than those such as letters, plaques, trophies, etc., presented or approved by the school.

All-Star Participation Rule – The student shall not have participated in any all-star contest.

Sportsmanship Rule – The student shall conduct themselves in a sportsman-like manner at all times. Any student who in protest lay hands or attempts to lay hands on an official may be declared ineligible for up to one year. Any student who strikes an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period of time, up to one year, depending on the seriousness of the act.

Ejection of a Player – Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the team’s next contest. A player ejected for fighting shall be ineligible for the team’s next two contests.

Penalty for Giving False Information – Any student, or his parents, who gives false information, either written or verbal that affects his/her eligibility, shall become ineligible at any VHSL school for a period of one year.

Questions concerning VHSL rules and eligibility should be directed to the athletic director.

VHSL Sportsmanship

All Athletes at Fuqua School Are Expected To Abide by The VHSL Sportsmanship Code at All Times.

Be Courteous to All

Know the Rules, Abide by and Respect the Official Decisions

Win With Character, Lose With Dignity

Display Appreciation for Good Performance Regardless of Team

Exercise Self-Control

Permit Only Positive Behavior

Parent and Fan Expectations

As a parent and fan of Fuqua Athletics, your support of your child at athletic events is important to your child and the school. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials, and other fans. Rude and obnoxious behavior will not be tolerated at any Fuqua contests. If it becomes apparent that you are unable to exhibit good sportsmanship, you will be asked to leave the contest.

Do you want to play sports at the Division 1 or 2 level in college?

NCAA Initial Eligibility Requirements


When to apply?

At the end of the student's junior year

How to apply?

Visit the website www.ncaaclearinghouse.net

What course work?



The image shows a slide titled "NCAA Initial-Eligibility Requirements" with a table of course requirements for Division I and Division II. The table has three columns: Courses, Division I, and Division II. The rows list various course categories and their required credit hours for each division. A total row at the bottom shows 16 credits required for both divisions. The NCAA Eligibility Center logo is visible at the bottom of the slide.

<u>Courses</u>	<u>Division I</u>	<u>Division II</u>
English	4	3
Math	3	2
Science	2	2
Social Science	2	2
English, Math or Science	1	3
Other Core	4	4
<u>Total</u>	<u>16</u>	<u>16</u>

How do I figure my GPA?

Use only final grades for these courses and drop any pluses. The min GPA for Division 2 is 2.0.

Testing

Division 1 has a sliding test scale – see your counselor for details. Division 2 has a minimum SAT requirement of 820 and an ACT sum score of 68. Scores must be sent directly to the NCAA – use code 9999.

What about fee waivers?

Fee waivers are available if they were used for SAT/ACT testing and requirements were met.

What if I went to more than 1 high school?

Original transcripts must be sent from each high school that the student attended.

Where do I get more information?

Ask your school counselor.

Fuqua School Athletic Department Information for Parents and Students

Concussions

A **concussion** is a brain injury characterized by an onset of cognitive and/or physical functioning, and is caused by a blow to the head, face, neck, or a blow to the body that causes a sudden jarring of the head (i.e, a helmet to the head, being knocked to the ground). A concussion can be difficult to diagnose, and failing to recognize the signs and symptoms in a timely fashion can have dire consequences.

Most athletes who experience a concussion can recover completely as long as they do not return to play prematurely. The effects of repeated concussions can be cumulative, and after a concussion, there is a period in which the brain is particularly vulnerable to further injury. If an athlete sustains a second concussion during this period, the risk of permanent brain injury increases significantly and the consequences of a seemingly mild second concussion can be very severe, and even result in death (i.e, “second impact syndrome”).

Decisions regarding return to play must be made by an appropriate licensed health care provider. This includes a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia State Board of Nursing. **Return to play** means to participate in non-medically supervised practice or athletic competition as defined by the Virginia Board of Education Guidelines for Policies on Concussions in Student Athletes.

Short and Long-Term Effects of Concussions

Traumatic brain injury can, and often does, lead to brain damage. Also, concussions can lead to serious physical, emotional, and cognitive symptoms. Recent research suggests that the detrimental effects of even one concussion may linger for 30 years or longer in a person’s life. The implications from repeated concussions are even more serious. The following are the short-term and long-term consequences of a concussion:

Short-term concussive effects (last in a few hours to a few weeks and may appear immediately after the blow/trauma leading to the concussion or may appear after a few days or weeks) include:

Physical

- Headaches
- Vertigo
- Change in sleep patterns
- Lightheadedness
- Tinnitus (ringing in ears)
- Coma
- blurred vision/seeing stars
- being dazed
- nausea/vomiting
- difficulty with mobility or coordination
- loss of consciousness

Emotional

- Depression frustration
- Mood swings, change in personality overarching anxiety
- Fear of future harm guilt
- Feeling helpless to protect self, family feeling easily overwhelmed

Cognitive

- Partial or total memory loss slow reaction time
- Loss of concentration difficulty talking and communicating

Long-term concussive effects (symptoms that last a few months to many years) include

- Long-term memory loss depression
- Emotional distress increased possibility of suicide attempts
- Slowing of some types of movements

Concussions are cumulative. Each time a concussion occurs, it is easier to get another concussion in the future, and the short and long-term effects of each repeated concussions become more severe. Most concussions, however, are not too serious, but even one can lead to serious short and long-term consequences.

Further information on concussions can be found through the Center for Disease control at www.cdc.gov/TraumaticBrainInjury/.

Social Media Position Statement

Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, TikTok, Snapchat, Facebook, Instagram, Internet forums, weblogs, social blogs, microblogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

Fuqua School recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for Fuqua School is a privilege, not a right. The student-athlete and coach represent his or her school, and therefore, they are expected to portray themselves, their team, and their school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, school division regulations (including those listed below).

Specifically prohibited behaviors include but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions
- Derogatory language regarding school personnel or other students
- Comments designed to harass or bully students and/or school personnel
- Nude, sexually-oriented, or indecent photos, images or altered pictures

Also prohibited are all on-campus connections to off-campus violations of the policy.

- Use of school computers to view off-campus postings
- Students accessing posts at school on their own devices
- Distribution of hard copies of posts on school property
- Re-communication on campus of the content of the posts

Social Media Guidelines for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember – once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say or do whatever you want without repercussions.
5. Remember that photos once put on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. Our students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

Fuqua School Concussion Policy

Fuqua School recognizes that the cornerstone of concussion management is physical and cognitive rest until symptoms resolve and a gradual program of exertion prior to medical clearance and return to play. The school understands that resulting impairments can be multifaceted and can include cognitive, behavioral, and/or physical deficits. Impairments can be mild or severe, temporary, or permanent, resulting in partial or total loss of function. Because concussions are so varied and unpredictable, it is difficult to forecast the recovery for a student with a brain concussion.

Any Fuqua School student athlete suspected by his/her coach, trainer, or licensed health care provider of sustaining a concussion or brain injury in a practice or game will be removed from play immediately.

Any student athlete who has been removed from play due to a suspected concussion or brain injury, will not return to play the same day of the injury nor until evaluated by an appropriate licensed health care provider and approved by the health care provided to return to play. Approval must be in writing.

Following return to play, coaches will monitor the injured student athlete closely to check for symptoms. If symptoms are observed, the parent will be notified, and the student will be required to be evaluated by an approved health care provided before returning to play.

ALL student athletes will be advised of the symptoms and dangers of concussions, including the potential dangers of getting a concussion when a prior concussion has not properly healed. They will also be informed regarding what to do if they notice behavior in another player symptomatic of a concussion.

ALL Fuqua School coaches will be trained in how to recognize the signs and symptoms of a concussion, strategies to reduce the risk of concussions, and Fuqua School's Concussion Policy.

At the beginning of each sports season, parents of the student athletes will be provided information regarding concussions and the school's concussion policy.

Sign below acknowledging you have received this information and have reviewed it with your child. Please return this to the coach.

Parent's Signature

Date

Student Athlete Sportsmanship Expectation Form

(From Virginia High School League Handbook)

The Athlete Should:

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up nor does he/she quarrel, cheat, bet or grandstand.
3. Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
4. Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failure.
5. Maintain a high degree of physical fitness by observing team and training rules conscientiously.
6. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
7. Play for the love of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Set a high standard of personal cleanliness.
10. Respect the integrity and judgement of officials and accept their decisions without question.
11. Respect the facilities of host schools and the trust entailed in being a guest.

My signature affirms that as a student athlete representing a Fuqua School team, I have read and understand the sportsmanship expectations listed above. Further, I agree, at all times, to abide and practice these behaviors understanding the failure to do so may result in consequences including, but not limited to, sanctions from the Virginia High School League (VHSL) and the school pertaining to continued or future participation in any VHSL activity.

Student Name (Please Print): _____

Student Signature: _____

Date: _____

[This form will remain on file in the office of the Athletic Director]

Fuqua School
Student Athletic Contract

Participation in Fuqua School athletics is an honor and privilege earned through both academic achievement and physical competence. As an athlete, I understand the following responsibilities and agree to

- Notify teachers in advance when I will be away from class or will leave early,
- Get assignments prior to leaving for games,
- Be prepared for class and turn in all assignments to the teacher prior to leaving for games,
- Study ahead when games will prevent studying the eve of a test,
- Use travel time or pre-game time for study or review when necessary,
- Be in attendance for the full day in order to practice or participate in a game,
- Attend school on time and for the full day after a sporting event,
- Make up tests promptly (if possible before/after school or during lunch),
- Notify the coach when make-up testing or tutoring is scheduled after school and verify times,
- Accept consequences for unacceptable behavior or academic performance.

I also accept the following team responsibilities and will

- Arrive promptly for all practices and games unless ill or excused by the coach,
- Follow the coach's team policies,
- Develop my game skills and increase my physical stamina,
- Learn and play by the rules of the game,
- Encourage teammates to excel academically,
- Refrain from unsportsmanlike conduct with any official, coach, player or spectator,
- Resolve conflicts without hostility or violence,
- Remain free from drugs, alcohol and tobacco,
- Put the team above my personal desires or ego.

I have read and agree to the contract and to the athletic regulations in the Fuqua School Student-Parent Handbook (pages 45-49)

Student Signature

Date

Parent Contract

As the parent of a Fuqua School athlete, I accept the terms of this contract and will abide by its enforcement. I also agree to

- Encourage good sportsmanship,
- Demonstrate positive support for coaches, officials and players
- Never confront, discuss or question coaches or officials at the game field or on the court
- Promote the well-being of the whole team over personal desires for my child
- Demand a drug free environment
- Refrain from the use of drugs, alcohol, or tobacco at all sporting events
- Monitor my child's attendance, academic progress, and behavior on a regular basis

I have read the student and parent contract as well as the athletic rules and regulations in the Fuqua School Student-Parent handbook, and I agree to the stated terms.

Parent Signature

Date

Insurance

Fuqua School strongly recommends that all participants in our athletic program be covered by a private medical-accident insurance policy or purchase the student accident insurance that is offered through the school. **Adequate insurance coverage for each athlete is the responsibility of the parent or guardian.**

School accident insurance is offered to the students during the first week of school and is handled by First Service Insurance. If you need to purchase the insurance for fall sports (prior to the opening of school) please see the coach of the team or the director of student activities for the insurance enrollment application and explanation of benefits. School accident insurance will cover athletes in all sports and activities except varsity football. A separate policy for varsity football is available for purchase.

Fuqua School Athletic Insurance Form

Name of Student _____ Grade _____

I hereby certify that the student named above is covered by the medical-accident insurance listed below and that I accept the responsibility for the medical costs of this student.

_____ Student covered by school accident insurance

Date purchased ___/___/___

_____ Student covered by the following insurance policy.

_____ Insurance Company _____ Policy Number _____

_____ **Student not covered by insurance. I accept full responsibility for the medical expenses of the student listed above.**

Parent Signature

Date

Fuqua School
Athletic Department

Handbook Signature

Name of Athlete _____

Grade _____

I have read the Fuqua Student Athletic Handbook and reviewed the regulations and policies under which the athletic department operates.

Signature of Athlete _____

Date of Signature _____

Signature of Parent or Guardian _____

Date of Signature _____

Please sign and return.

Must be attached to physical form.