

SATSUMA CITY SCHOOLS ATHLETIC HANDBOOK



FOR STUDENT-ATHLETES AND PARENTS

Superintendent

Dr. Tim Guinn

Board of Education

Matt Dial – President

Linda Robbins – Vice-President

James Woosley

Valenda Lankford

Kory Wesley

Updated April 20, 2023

TABLE OF CONTENTS

WELCOME	2
MISSION.....	2
SATSUMA'S ATHLETIC TEAMS.....	2
RESPONSIBILITIES OF A SATSUMA ATHLETE	2
ATTENDANCE	2
DISCIPLINE	3
UNIFORMS & EQUIPMENT	3
CONFLICTS WITH OTHER SCHOOL ACTIVITIES	3
SUBSTANCE AND SUPPLEMENT USE/ABUSE.....	3
SUSPENSION/DISMISSAL FROM THE TEAM	3
PLAYING TIME	3
WELLNESS & SAFETY	3
ATHLETIC TRAINER.....	4
BENEFITS OF WEIGHT TRAINING/CONDITIONING.....	4
GETTING READY TO PLAY.....	4
ELIGIBILITY	4
WHAT DO I NEED TO PARTICIPATE IN COLLEGE ATHLETICS?.....	4
SPECTATOR CODE OF CONDUCT	5
24-HOUR RULE	5
ATHLETIC HANDBOOK ACKNOWLEDGEMENT.....	5

WELCOME

Welcome to Satsuma City School's Athletics. This Handbook is for you as a participant in interscholastic athletics. Parents and student-athletes are encouraged to read the entire Handbook carefully. This booklet contains information that is important throughout a sport's season. Please get in touch with the athletic director if you have any questions or concerns regarding our interscholastic program.

MISSION

The mission of Satsuma City School's Athletic Department is to enrich the capacity of our student-athletes to Think, Act, Learn and Lead with dignity and integrity. We believe this is accomplished through routine and discipline, as well as exposure to teamwork, sportsmanship, and competition.

SATSUMA'S ATHLETIC TEAMS

The following programs are available to Satsuma High School students in grades 7-12 and are sanctioned by the Alabama High School Athletic Association (AHSAA).

Fall	Winter	Spring
Cheerleading Cross Country Football Swimming Volleyball Flag Football (Girls)	Basketball Bowling Indoor Track Wrestling	Baseball Golf Soccer Softball Tennis Track & Field

RESPONSIBILITIES OF A SATSUMA ATHLETE

It is an honor and privilege to represent your school. It is not a right. As an athlete on a Satsuma team, you represent yourself, your family, your school, and your community. Your conduct before, during, and after games will reflect on you and everyone else associated with your school and the school district.

We want our athletic teams to succeed. Many of our athletes have gone on to be successful college athletes, and still, others hold league, section, and state records. But, most of all, Satsuma teams are recognized for competing hard and fairly. Your challenge is to set high standards and achieve them.

Being on an athletic team requires sacrifices. You must choose between all the activities that appeal to you. Please understand that you are committing to your coach and teammates by participating in interscholastic athletics. Attending practices and games is an essential part of that commitment.

You are a student-athlete; your responsibilities as a student come first. You must realize that your primary purpose for attending school is to receive an education (high school diploma). As an athlete, you must plan your schedule to give sufficient time and energy to ensure acceptable grades. Athletes are encouraged to take advantage of tutoring as needed. You must attend class, schedule the appropriate number of classes, and remain in good academic standing in order to participate in interscholastic sports. Maintaining your academic standing is crucial. Your studies, participation in other school activities, and athletics prepare you for your life as an adult. Therefore, you are expected to remain in good academic standing. Student-athletes may be suspended or removed from the team for poor academic performance.

ATTENDANCE

Team members must be present and on time for all scheduled practice sessions and contests. Any athlete present in school but absent or late to the athletic activity without permission from the coach will be subject to appropriate disciplinary action. That action ranges from a warning to a suspension to dismissal from the team. Remember that once you have been placed on a team roster, you are committing to that team for the full season. Games and practices may be rescheduled on short notice, and students are expected to attend. Exceptions for non-attendance at scheduled practice sessions and games are limited to the following:

- Sickness
- Emergency appointments (e.g., doctor, dentist, college visitation)
- Funerals
- Religious obligations
- Special examinations, tests, or overlapping seasons

The student must inform the coach in advance (if possible) before missing a practice or game.

Attendance is essential to achieving and maintaining physical fitness and installing positive values such as good citizenship and sportsmanship. Honoring this commitment also avoids disrupting the team's improvement and success in competitions. School attendance is imperative to the educational process.

The head coach may penalize any student-athlete with unexcused missed practices or games, as well as a failure to complete the full season, including postseason games. If an athlete quits a sport after the first regular season contest, they may not be eligible to participate in another sport during that season.

DISCIPLINE

A student on out-of-school suspension or in alternative school shall be ineligible for any athletic events (including, but not limited to, practice and competitions) during the suspension or alternative period. Misbehavior as an athlete away from school may also result in suspension from school.

UNIFORMS & EQUIPMENT

Uniforms and equipment are essential parts of athletics. They protect you and identify you as a team member. You will be issued uniforms and equipment at the beginning of the season. You must provide any equipment required for your sport and not provided by the school. You must take care of your equipment. Any equipment needing repair must be brought to the coach's attention immediately. You are responsible for all of the equipment issued to you.

You are responsible for returning to the coach all clothing and equipment issued during the season. If you do not do this promptly, you must pay to replace the missing article(s). If you do not pay for the missing articles, you will not be allowed to participate until the obligations are met.

CONFLICTS WITH OTHER SCHOOL ACTIVITIES

Participation in too many activities will undoubtedly create conflicting obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events to minimize conflict. Athletes and parents/guardians must realize that postseason play and facility usage can influence scheduling.

SUBSTANCE AND SUPPLEMENT USE/ABUSE

The use or possession of illegal drugs, performance-enhancing substances, alcoholic beverages, or tobacco products is prohibited. These products are a detriment to sound health and athletic improvement. The use or possession of these substances or any other illegal substance by any student-athlete shall not be tolerated either in or out of school throughout the year.

SUSPENSION/DISMISSAL FROM THE TEAM

Participation on a high school athletic team is a privilege, not a right. For this reason, a student may be suspended or dismissed from a team for reasons including, but not limited to, academics, attendance, or discipline. Dismissal requires that all school-owned equipment, uniforms, and apparel be turned in to the coach immediately. Any fees paid for participation are non-refundable.

PLAYING TIME

As student-athletes move from recreational into competitive ranks, participation directly depends upon how talented, aggressive, or skilled they are, or at least the coach's perceptions of all these. As a parent of a student-athlete, there is nothing more painful to watch than your unhappy child sitting out yet another game on the bench because the coach thinks they are not good enough to play. Almost always, the "solution" to this problem does not lie with the coach as much as it does with you and your child's responses to the situation. Any conversation you have with the coach regarding playing time should always be done at the right time and place. The right time and place are NEVER right before, during, or after a game. (*Playing Time*, Dr. Alan Golderg)

WELLNESS & SAFETY

All Satsuma coaches are certified with current certification in CPR. Each coach is responsible for guiding their student-athletes through practices, scrimmages, and games appropriate to their age and level of play. These activities are conducted so that the participants' physical welfare, health, and safety are protected and fostered.

ATHLETIC TRAINER

The athletic trainer provides emergency services for student-athletes and develops prevention strategies through appropriate training methods and physical conditioning programs. Any student-athlete under treatment by a private physician must have written permission from their physician to return to active status in the sports program.

BENEFITS OF WEIGHT TRAINING/CONDITIONING

The apparent benefit of conditioned athletes is the potential for the team or individual to compete at the highest possible level. A well-conditioned team is usually a successful team. However, the real benefits of conditioning are long-term. We want our student-athletes to maintain a healthy lifestyle. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength, endurance, and flexibility is an important goal for anyone in our athletic program. With this philosophy, one can understand why practice sessions are considered as important, if not more important, than contests.

Student-athletes may be required to enroll in a weight training class. In addition to performance benefits, weight training helps strengthen bones, helps prevent injury, promotes healthy blood pressure and cholesterol levels, and helps maintain a healthy weight. Attention will be given to student-athletes scheduled to compete in school-sanctioned contests to ensure that the weight room does not affect the team's performance; however, in general, all student-athletes enrolled in a weight training class will lift every day.

GETTING READY TO PLAY

Before the start of each season, the coach will conduct a signup meeting. At this time, you must indicate your interest in the sport. Important information will be distributed before the first practice or try-out session at this meeting.

Requirements before participation in interscholastic athletics:

- Birth Certificate
- Sportsmanship Certificate (www.nfhslearn.com)
- AHSAA Release Form
- Emergency Contacts • Health Insurance Declaration • Handbook Acknowledgement *
- Concussion Form
- Pre-participation Physical Examination (signed by an M.D. or D.O)

* Each athlete is required to have medical insurance to participate in athletics.

ELIGIBILITY

Student-athletes must meet several criteria to be eligible to participate in high school athletics. For the latest eligibility information, visit www.ahsaa.com -> Publications/Forms -> By-Laws.

WHAT DO I NEED TO PARTICIPATE IN COLLEGE ATHLETICS?

For the latest information on NCAA eligibility, go to www.eligibilitycenter.org

For the latest information on NAIA eligibility, go to www.playnaia.org

** Please talk to the Athletic Director before competing on ANY non-school athletic team during the school year.*

SPECTATOR CODE OF CONDUCT

Promoting sportsmanship in Satsuma Athletic Programs is essential to the athletic experience. Student-athletes develop physically, socially, and emotionally through athletics. Parents must encourage their children to uphold the values of good sportsmanship. Parents are expected to be models of good sportsmanship by demonstrating fairness, respect, self-control, and, ultimately, leading by example. Parents and fans are also expected to behave in a manner that reflects the mission of the Satsuma Athletics Department, **"to enrich the capacity of our student-athletes to Think, Act, Learn and Lead with dignity and integrity."**

A parent's/fan's inability to conduct themselves in an appropriate manner (in the judgment of the administration) while at SCS athletic events (home or away) could jeopardize their future attendance privileges. Dispositions include, but are not limited to, the following:

- Written warning; NFHS Sportsmanship Certificate (Required)
- Immediate ejection from a contest by a school official
- Written Notice of Temporary Suspension; Suspension from one or more athletic events
- Written Notice of Permanent Suspension; Suspension from all school athletic activities for the remainder of the school year

DON'Ts

- Do not advise or coach your child from the "sidelines" during an event which may put them in a difficult position.
- Do not make negative or demeaning comments from the stands toward students, coaches, or officials; Derogatory comments, taunting, derisive singling out of opponents, arguing, or disputing directed at any participant (players, coaches, officials, and fellow fans) will not be tolerated and will be considered grounds for removal from SCS events.
- NEVER approach an official before, during, or after a sporting event; never ridicule or shout criticism toward officials and referees.
- Do not approach the bench area during a game (including halftime)

D.O.'s

- Make an appointment to discuss a concern with the coach, athletic director, or principal.
- Participate positively and vigorously in cheering for your child and the team.
- Show appreciation for good players and good plays, even if by the opponents.

24-HOUR RULE

Satsuma Athletics's policy is that no player, parent, or player advocate may approach any coach or staff member immediately before, during, or after a contest to discuss a potentially contentious topic. This includes, but is not limited to, playing time, position, or disciplinary action. Please allow 24 hours following a contest and make an appointment with the athletic director to discuss your concerns with the coach.

ATHLETIC HANDBOOK ACKNOWLEDGEMENT

We agree to the terms stated in the Satsuma City School's Athletic Handbook for student-athletes and parents/guardians. We have read and understand the information in the Handbook and will support the Athletic Department in assuring that all rules, procedures, and policies will be followed and upheld.

As a parent/guardian of a Satsuma High School athlete, I agree to accept the responsibility of communicating the exemplary standards of sportsmanship expressed herein with all family and friends who represent and support my child at Satsuma Athletics Events.

Parent Signature

Student Signature

Date

Printed Name

Printed Name