

PLEASANT VALLEY HIGH SCHOOL
ATHLETIC HANDBOOK
for
STUDENT ATHLETES and COACHES
2025-26



Principal - Crystal Sparks

Assistant Principal - Hollie Sewell

Compliance Officer- Jonathan Nix

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Athletic Department Contacts

Varsity Coaches

Jr High Coaches

Compliance Officer - Jonathan Nix

Volleyball - Rhonda Duncan

Football - Jonathan Nix

Football - Marcus Herbert

Wrestling - Jonathan Nix

Cheerleading - Brooklyn Howard

Boys Basketball - Darren Parker

Volleyball - Jennifer Mann

Girls Basketball-Maggie Boles

Boy's Basketball - Marcus Herbert

Softball - Maggie Boles

Girl's Basketball - Blake Muncher

Baseball - Scotty Ward

Cross Country - Chris Youngman

Softball - David Bryant

Baseball - Dalton Turner

Track - Marcus Herbert & Jameson Thacker

Dalton Turner - Football/Baseball

Golf - Nathan Gilbert

Core Values of PVHS Athletics

1. Excellence

Expectation:

Strive for greatness in all aspects—on the field, in the classroom, and in personal growth. PVHS athletes are expected to give their best effort at all times, pursue continual improvement, and maintain high standards of performance. Excellence is not merely about winning, but about pushing personal limits, embracing challenges, and demonstrating commitment to skill development and academic achievement.

Athletes will:

- **Prepare thoroughly for practices and competitions.**
 - **Maintain academic eligibility and pursue scholastic success.**
 - **Set and pursue goals with discipline and resilience.**
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2. Integrity

Expectation:

Act with honesty and strong moral principles at all times. Integrity forms the foundation of trust within a team and the broader school community. PVHS athletes are expected to make choices that reflect honor and accountability, even when no one is watching.

Athletes will:

- **Follow all school and team rules honestly.**
 - **Own their actions and learn from their mistakes.**
 - **Compete fairly and uphold the spirit of the game.**
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3. Attitude

Expectation:

Maintain a positive, coachable, and respectful mindset. Athletes represent PVHS in every interaction—whether in competition, school, or the community—and are expected to do so with enthusiasm, humility, and sportsmanship. A strong attitude includes perseverance, encouragement of teammates, and the ability to handle adversity with grace.

Athletes will:

- **Demonstrate respect for coaches, officials, opponents, and teammates.**
 - **Accept feedback constructively and remain eager to learn.**
 - **Exhibit pride in representing PVHS Athletics with dignity.**
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4. Community

Expectation:

Contribute to a culture of support, inclusion, and pride within PVHS and the broader Pleasant Valley community. Athletics is a powerful vehicle for uniting people, and athletes are expected to act as ambassadors of school spirit and positive citizenship.

Athletes will:

- **Support fellow students and athletes across all activities.**
- **Engage in service and leadership opportunities.**
- **Promote teamwork, inclusivity, and a sense of belonging.**

Sportsmanship for Parents

Being the parent of a student-athlete can be a great experience. Parental support is very important to the athletes, the school, and the community. To ensure a rewarding experience, we offer the following suggestions on being a supportive parent.

- Attend games when possible. Your presence is important to your child. Having first hand knowledge of the event offers an opportunity for sharing with your student-athlete.
- Be positive. Being on a school team is an accomplishment. Do not let playing time dictate the athlete's happiness. Be positive and supportive.
- Be supportive of the coaching staff in the presence of your student-athlete. Nothing can damage teamwork faster than athletes doubting the capabilities of their coaches. If you have concerns, contact the coach or athletic director at the appropriate time.
- Be part of a parent network. Be positive with each other and remind one another about being positive at all times.
- If a person is ejected from a contest or approaches an official, this person will be issued a no trespass order through the county school board which will be in effect for one full calendar year prohibiting the attendance of that person at ANY SCHOOL EVENT.
- **NEVER** should a parent or guardian approach or direct specific derogatory remarks to an official **before, during, and/or after** any contest. "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 sporting 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 from the school. The school may be prohibited from playing contests when the individual(s) responsible for the assault is present."

Student Athletes and Academic Priorities

Student-athletes attend Pleasant Valley High School primarily for a quality education. Nothing should interfere with this objective. Athletics is part of education, requiring student-athletes to use discipline and demonstrate good work habits in organizing a study schedule which will help lead to academic success. A student's academic performance should not suffer because of athletics. However, academic difficulties can occur because of a student's inability to organize his/her workload adequately. Participation in athletics requires a great deal of personal commitment from the student-athlete. Each student-athlete is expected to organize and discipline him/herself so that the academic and athletic endeavors do not conflict.

Student-Athlete Code of Conduct

1. Team members are expected to be present at all practices, meetings, games/matches, and team activities. Doctor's appointments or other similar outside activities should be arranged to avoid conflicts with practices or games.
2. Coaches may determine student participation in athletic events based on practice attendance, skills, effort, team strategy, and understanding of rules. Playing time is earned, not given. Playing time will be earned by the athletes, regardless of grade level, that are performing at the highest level to provide the best opportunity for TEAM success. Seniors do not automatically start nor receive playing time because of their seniority - they must earn playing time as any other athlete on the team.
3. Any branch of school policies, both on and/or off campus, could result in suspension of athletic participation and/or removal from the team. The AHSAA set of rules and guidelines, the county schools guidelines set forth in the county student handbook, the PVHS student handbook and drug policy, the PVHS athletic handbook, and the specific team guidelines for each sport must ALL be followed.
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 an athletic event.

5. Attendance in academic classes is mandatory on a game day. Students must be in attendance for a minimum of half the school day in order to participate in the contest.
6. Team uniforms and equipment are the property of the school and should be worn during athletic competition. Uniforms and equipment should be returned to the coach according to the specific sport's guidelines. Lost uniforms and equipment are the responsibility of the athlete. If an athlete loses or damages (other than the normal wear and tear) these items, he/she is responsible for reimbursing the school for the replacement of the uniform and equipment.
7. Travel attire to be worn to away games will be decided by the head coach of each sport. Regardless of the specifications, PVHS athletes should always project a favorable image of the team and school.
8. Student-athletes are expected to complete all school work and remain in good standing academically. Tutoring at assigned times may be necessary to remain in good standing.
9. Student-athletes are expected to maintain high standards of behaviors and sportsmanship. Use of profanity and displays of anger toward teammates, coaches, officials, opponents, and spectators will not be tolerated and disciplinary action will be taken.
10. Hazing is intolerable in any form and will result in disciplinary action.
11. 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 selecting.
12. In no case will athletic rules circumvent or take the place of AHSAA, county, or school guideline rules.
13. ALL student-athletes will be subject to random drug testing. If the notification form for drug testing is not returned on the date requested, signed by both the parent and athlete, participation in athletics will not be allowed until the form is signed by both without any restrictions.
14. The athletic handbook will be provided to each athlete and the signature form must be signed by both parent and athlete before participation in a sport is allowed. Participation in athletics will not be allowed until the form is signed by both without any restrictions and returned.

Athletic Code of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. Pleasant Valley High 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 Pleasant Valley High School. Such acts will NOT be tolerated.

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 competition and govern the athletic programs in the high schools of Alabama. The following items are some of the basic rules set by the AHSAA.

Basic AHSAA Eligibility Rules

ENROLLMENT RULE

In order to be eligible, a student must be enrolled within the first 20 days of the 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: The student becomes eligible immediately at the member school that serves the area in which the student's parents reside if all other requirements are met.

AGE RULE

A student is ineligible to participate in high school interscholastic athletics if he/she reaches his/her 19th birthday prior to August 1 of the current school year. If he/she reaches his/her 19th birthday on or after August 1, he/she shall be eligible for the entire school year as far as the Age Rule is concerned. A student is ineligible to participate in junior high interscholastic athletics if he/she reaches his/her 16th birthday prior to August 1 of the current school year. A student is ineligible to participate on

a team, or in a game, composed only of seventh grade students if he/she reaches his/her 14th birthday prior to August 1 of the current school year.

EIGHT SEMESTER RULE

A student may be eligible only eight consecutive semesters after entering the ninth grade. School attendance of 15 days or more of any semester is counted as a semester.

INDIVIDUAL PARTICIPATION RULE

No student may participate in any one sport for more than six years (seasons) after entering the seventh grade or more than three years (seasons) after entering the 10th grade. A student who officially participates in one contest of sport is credited with one year of participation in that sport.

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. A student who is a member of any high school athletic team may not participate in an outside sport activity in the same sport during the school season of that sport. Note: Olympic Development programs are exempted from the Outside Participation Rule. One evaluation per month has been approved by the AHSAA. Note: Private individual instruction is not considered an outside sports activity. Private individual instruction is not considered an outside sports activity. Private individual is one-on-one instruction between one athlete and one instructor and cannot be instruction with another player or groups of players. 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 that season. A team's season begins the day of that team's first contest and ends when that team's season has been completed. An ineligible student cannot participate with an outside team after the school team's season starts and then join the school team upon becoming eligible.

INDEPENDENT RULE

A student who is a member of any school track, cross country or wrestling team may participate as an independent in two outside activities during the season of a sport with the permission of the school principal. The schedule of the school team, including its championship play, takes

precedence over any outside participation of an individual. (Members of tennis, golf, and swimming teams are not limited to the number of outside events).

Note: An outside event is one that is not sanctioned by the AHSAA.

FIFTY PERCENT RULE

Participation (includes practice) during the school year on a non-school team outside the school season by the students that will play the following season on the same high school varsity or junior varsity/B-Team (grades 7-12) is limited to 50 percent of the number of players required to play the game (i.e. three in basketball, six in soccer, five in baseball, etc). Note: The school year ends the day school is dismissed for the summer and the new school year may be placed on the same high school roster the following season. Those students cannot be interchanged on the school team or non-school team rosters. A freshman team at a high school is considered a junior high team just like a 9th grade team at a junior high school. This rule does not apply to seniors who have completed their high school eligibility requirements in that sport or to the middle and junior high school students who will not play on a high school team the following season. This rule applies to students attending individual camps during the summer where their coach works at the camp with them.

AMATEUR RULE

Only amateurs are eligible. An amateur is one who does not use his/her knowledge of athletics or athletic skill for gain. Amateur standing shall be further determined by the AHSAA standards in their bylaws.

ACADEMIC RULE-

Requirements: 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. (1) Four core curriculum courses must be included in those units passed and averaged. (english, mathematics, science, and social studies are core curriculum courses. Any combination of these courses is accepted). Option B students must pass electives that count towards Math and Science CORE in 11th and 12th grade(2) Any student that accumulates more than four core courses during the next school year and is eligible as long as the student remains on track for graduation with his/her class. (b) 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 and must have been promoted to the next grade.

(c) Students entering the 7th grade for the first time are eligible. (d) Students in high school must complete a STAR Sportsmanship online interactive course one time during their high school careers. Middle/Junior High school students must take the Advanced Middle/Junior High STAR component. Students taking the Advanced Middle/Junior High component will not have to take another component in high school. A certificate of completion must be kept on file in the school principal's office along with other eligibility items. Cheerleaders must also complete the course one time during their high school years.

OUT-OF-STATE TRANSFER

A student that transfers from an out-of-state school must have been eligible academically at that school in order to be declared eligible at an AHSAA member school for the remainder of the school year.

TRANSFER RULE

A student that enrolls in one school and later transfers to, or enrolls in, another school shall not be eligible immediately to represent the latter school in any athletic contest. Note: For eligibility purposes, a student is normally considered enrolled when the student has attended school for two days. A student that transfers from any non-member school to a member school he/she is zoned to attend shall be eligible at the beginning of the next semester (first or second) if they meet all other requirements.

BONA FIDE MOVE

A student whose parents make a bona fide move completely out of the school zone into another may transfer his/her rights and privileges to the member school that serves the area where his/her parents reside. If the change of school precedes the bona fide move on part of the parents, the student is ineligible until the parents make a bona fide move.

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 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 the 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 the 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 resides with the first parent in a different school zone, the student will be ineligible for a period of one year. Note: (1) If a student transfers to another school zone to live with an appointed guardian without a bona fide move into that school zone by the parents, that student would be ineligible under the Transfer Rule. (2) If a student has been declared a "dependent of the state" and placed by the Department of Human Resources (DHR), that student would meet the Transfer Rule requirement in the school zone where the student has been placed.

HOME RULE

If a student attends a member school that does not serve the area where the student's parents reside, the student may return to his/her home school 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 school zone of each school, thus overlapping school zones. A student who changes schools within these overlapping school zones is ineligible for one year at the new school.

PHYSICAL EXAMS

In order for a student to be eligible for interscholastic athletics, there must be on file in the superintendent's or principal's office a current physician's statement certifying that the student has passed a physical examination, and that in the opinion of the examining physician (M.D. or D.O.) the student is fully able to participate in interscholastic athletics (grades 7-12). The AHSAA Pre-Participation Physical Evaluation Form (form 5) must be used. Note: A physical examination will satisfy the requirements for one calendar year as long as the physical is completed within the same calendar month each year from the date of the exam. Example: Physicals given any day in the month of May in the current year will satisfy the requirement through the last day of the following year.

UNSPORTSMANLIKE CONDUCT

A student or coach who has been found guilty of unsportsmanlike conduct in an interscholastic contest, or who has been penalized for a serious offense or rule violation by expulsion from a contest because of unsportsmanlike conduct may be disqualified for the remainder of the season. Note: Destruction of any host facility or part of a host facility during an AHSAA contest or event shall be considered flagrant unsportsmanlike conduct.

CONDUCT RULE/EJECTION PENALTIES

Penalties for coaches and players ejected from one or more contests are as follows: First Ejection-A \$300.00 fine (an athlete's fine can be reduced to \$100 if the athlete being ejected takes the online STAR Behavioral Mode and payment is made within 10 days of the date of ejection.) Second Ejection-A one-game suspension, a \$500.00 fine. Third Ejection-Minimum penalty of a suspension for the remainder of the season plus a \$750.00 fine. Note: If any of the ejections occur during the last contest of the season, a monetary fine will be placed on the school. Note: All fines are due within 30 days and are to be paid personally by the coach, student, or parent. If a student-athlete receives a fine, his/her family will be financially responsible for paying the fine to the AHSAA. All coaches will be responsible for any fine set forth by the AHSAA for the misconduct and displays of poor sportsmanship.

LEAVING THE BENCH EJECTION

If players come off the bench onto the court or field and are ejected under National Federation rules, they will also be suspended for 20 percent of the team's total number of regular season contests. A tournament would count as one contest except in championship play where the suspension would be in effect by contest.

ONLINE SPORTSMANSHIP REQUIREMENT

Students in high school must complete a STAR Sportsmanship online interactive course one time in their high school careers. Middle/Junior High School students must take the Advanced Middle/Junior High STAR component, which will satisfy once-during-high-school requirements. A certificate of completion must be kept on file in the school principal's office along with other eligibility items. Cheerleaders must also complete the course one time during their high school years.

AHSAA Eligibility Requirements

Before a student's name was submitted to Dragonfly for approval, the following items **MUST BE COMPLETED AND RETURNED**:

1. Birth Certificate: State issued certificate-not a hospital certificate.
2. Physical
3. STAR Sportsmanship Course
4. AHSAA Concussion Form-Mandated by state legislation
5. AHSAA Participation, Consent, and Release Form
6. Emergency Contact Information/Proof of Insurance

Multi-Sport Participation

- For Pleasant Valley High School to have a successful athletic program, it is of the utmost importance that our student-athletes participate in as many sports as possible throughout the school year. In regards to sports within the same season coaches can give insight and recommendations to help students and parents make informed decisions regarding the expectation of the sports that are within the same season. Please note it is extremely difficult to meet the needs of two sports in one season and in the event this is chosen often conflict within playdates, practice, and team exercise may happen. In the rare event (student and parent) decide to do this the coaches should work together to meet the needs of the student. Therefore, if decided, athletes will be allowed to participate in more than one sport during a season per parent request.
- 1. Student-athletes that wish to participate in more than one sport during an athletic season may do so. However, he/she must designate their primary and secondary sport. *Cheer and band are not sanctioned by the AHSAA and should not be considered primary. Coaches will use good judgement in regards to what is best for the team and student in each situation. Students should not be "punished" for missed events of the other athletic event, however, they should understand playing spot or playing time may be affected due missed events and/or practice.
 2. The principal will resolve any and all conflicts regarding the sports in which the student-athlete participates.
 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 season. The in-season sport must be completed before participation (except for a tryout) in the upcoming season may occur.

4. Coaches are encouraged to communicate with the student-athlete and coaches involved in the overlapping seasons to provide the best opportunity for the student to participate in both. Practice times should be discussed among the coaches to ensure the best outcomes for all involved.

Encouraging athletes to participate in things throughout the school year helps all programs, as well as the high school athletic experience for our student-athletes. Coaches should always use good judgment and have a shared vision for our athletic department success.

Social Media

Pleasant Valley High School supports students' use of social media in ways that have a positive impact on the learning and athletic environments. Student misuse of social media, whether on or off school grounds, when it creates a hostile, disruptive, or unsafe learning environment, is unacceptable. Therefore, it is the practice of PVHS to address misuse of social media activity and utilize the information for the safety and security of all students and staff.

The contents of this policy, while extensive, will not address each and every issue that may arise or the type of media used during the course of any given school year. When such occasions arise, administrators will address the issue and render decisions that are fair and in the best interests of the student and the school.

In accordance with the school's mission statement and core values the commitment and expectation surrounding the use of social media is intentionally high. Protection of the student's safety and reputation in addition to protection of the school's reputation is the rationale for requiring appropriate communication via social media. Students, parents, and faculty represent PVHS in these venues. Those who engage in the various interactions of social media are subject to the same behavioral standards, expectations, and discipline set forth in the Student Handbook. PVHS administration occasionally receives social media network images and/or texts from concerned parents, students, or other individuals. For sites beyond our school's networks, the practice of PVHS to forward these to parents, Calhoun County Schools administration, and law enforcement

who may not otherwise be aware of what may be questionable content will occur. Individuals are responsible for the content they post. PVHS reserves the right to amend this policy at any time due to changes in law, Calhoun County Schools, or PVHS standards.

Student-athletes will face discipline/dismissal for violation of team, athletic department policies, and/or Calhoun County Schools policies.

These guidelines are intended to provide a framework for students to conduct themselves safely and responsibly in an online environment.

Guidelines for acceptable social media use:

- Exercise care when participating in use of social media within the Pleasant Valley community.
- Consider everything communicated via social media as public even if there is limited access to the site. This includes texts, images, video, and audio.
- Consider once a post of any kind has been published it may become the property of that social networking site. These sites are often searchable even after content has been removed or deleted.
- Colleges, universities, and employers are now reviewing Individuals on social networking sites as part of their overall evaluation of applicants.
- Exercise caution in every social media post. Remember that text and images do not carry tone or context. What may be an innocent comment or image in your opinion and is posted in jest may not be perceived that way by others.
- Exercise great care in posting any sort of personal information including names, phone numbers, and locations.

Examples of unacceptable social media use:

- Publishing or posting disparaging, harassing, threatening, illegal, obscene or hostile remarks or images about PVHS faculty, staff, or students.
- Exercise great care in posting any sort of personal information including names, phone numbers, and locations.

Examples of unacceptable social media use:

- Publishing or posting disparaging, harassing, threatening, illegal, obscene hostile remarks or images about PVHS faculty, staff, or students.
- Publishing or posting disparaging, harassing, threatening, illegal, obscene or hostile remarks or images about students, parents, teachers, coaches, administrators, teams, or individuals of our school or other schools.
- Posting or publishing confidential or personal information about any person other than oneself.
- Posting or publishing comments or materials representing oneself as someone else.
- Creating, posting, and/or publishing any digital recordings of PVHS faculty, staff, students, or parents without the consent and permission of the school administration and those depicted in the recording.
- Remember that photos once put on a social networking site's server become their property and public record. You may delete the photo from your profile but it still stays on 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.

Actions Students Should Avoid While Using Social Media

- Derogatory language or remarks about our students, teammates, school personnel and our community at-large; as well as, teachers or coaches; student-athletes, administrators or representatives of other schools.
- Demeaning statements about or threats to any third party (including support of demeaning statements and threats). Don't respond to these.
- Distribution and possessions of unauthorized videos and photos or statements depicting violence; hazing; sexual harassment and content; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of unreported felonies, crimes, thefts, or damage to property or unethical behavior.

- Indicating knowledge of an unreported school or team violation, regardless if the violation was unintentional or intentional. One of the biggest lessons social network users can learn is that anything you post online enters the public record.
- PVHS reserves the right to enforce appropriate disciplinary action for any district, local school or athletic/extracurricular social media violation.

Extracurricular Ineligibility and Removal

Students should be aware that they are responsible for images that depict them engaging in objectionable, scandalous, or illegal behavior. Students may be considered ineligible for or removed from PVHS extracurricular activities if there is documented proof that they have engaged in activities that violate the code of conduct required for participants. Participation is a privilege, not a right.

Quitting or Dismissal

Student-athletes forfeit their participation in athletic/extracurricular privileges if they quit a team. Athletes will be placed on athletic suspension for the remaining part of the season or 30 calendar days from the ending date of the sport the student-athlete quit after the parent meeting. Any athlete on this suspension is prohibited from practicing, traveling, or playing with any school team. The athlete may not be on the sidelines, in the locker room, or dugout during his or her suspension. Students who accept an invitation to participate on a higher level of a sport must complete the season of that level. Second time quitting will be 6 months and third time quitting will be a calendar year.

If an athlete tries out for a sport and decides within the first week of practice of the season (the date starts with first official practice as set by AHSAA) that he or she does not want to participate in the sport, they may be released without penalty. However if a player comes out for spring or summer and the coaches orders spirit packs there must be a meeting to sign a quit letter. Dues/Fees must be updated before playing another school sport.

Dismissal from an athletic team due to a hardship or injury discussed among parent(s) and administration may be necessary and allowed. Dismissal from an athletic team due to discipline issues within the sport, within the school, county, or AHSAA guidelines, or with any issue other

than hardship approved through the administration will result in loss of eligibility for the remaining season or a minimum of 30 days.

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 the sport. A student-athlete may participate on a team of a different sport during another sport's season, but the school sport will take priority over any conflicts with practice, travel, and games between the two sports. The school athletic program will take priority and WILL NOT work around conflicts involving outside sports teams. The head coach of the school team will attempt to work with a student-athlete; however, conflicts may result in the athlete making a choice of which team to participate.

Team Travel Guidelines

1. Pleasant Valley High School athletic rules and Calhoun County Policy require that student-athletes travel to and from athletic contests with their team when transportation is provided and arranged by the school.
2. In the event of an athletic contest containing one or more events in a single day (ex: girl's JV/Varsity basketball; MS/JV/V volleyball; MS/JV/V softball; etc.) parent(s) or legal guardian(s) will be allowed to take their OWN child only home after signing them out and/or notifying the head coach. The parent(s) or legal guardian(s) must be present at the contest in order to sign them out.
3. No parent may transport another student-athlete to or from the contest.
4. If alternate plans of travel are necessary, the proper field trip requests must be completed by the coach of the sport and submitted for approval to the central office.

Student Pickup by Parents

A coach or designated adult will remain with all athletes until all are picked up after practices and games. Please respect the time of our coaches by picking your student-athlete immediately following practices, games, and/or activities. If you are not able to transport your student-athlete home, please make arrangements prior to the event.

Parent/Coach Relationship

Parents should discuss any concerns they may have about their student-athlete's emotional or physical status. Parents should also request from the coach any information about ways the athlete might improve his/her performance. *At no point will coaches discuss playing time.*

Coaches are professionals. They make decisions based on what they believe is best for the team and athletes involved. Sometimes this decision is hard to accept that a student is not playing as much as he or she or the parent desires. However, the judgment and authority of the coach to make decisions regarding playing time must be respected. It IS NOT appropriate for a parent to question a coach's decision regarding play calling or strategy or team decisions. Only conversations about a parent's own child will be discussed. Under no circumstances will a coach discuss a student-athlete with someone other than his/her own parent(s).

There are situations that require a conference between the coach and parent. These meetings are encouraged when needed. If a parent has a concern and would like to discuss the issue, he or she should call to schedule an appointment with the coach. If the coach cannot be reached, please feel free to call the athletic director to arrange a meeting for you. If a parent has an unresolved problem or concern and would like to discuss further, he or she should call to schedule an appointment with the athletic director.

The following steps should be followed when issues do occur:

1. First talk to the coach of the specific sport and/or level about the concern by making an appointment with the coach. All appointments must be 24 hrs after asking for the conference. NEVER approach the coach immediately after a game, practice, or activity. No athlete or his/her parents should approach the coach at the side of the

- contest on the sidelines, in a locker room, on a court, or in a dugout for discussion of any issues that may occur.
2. If this meeting does not solve the issue, contact the sport department head.
 3. If no remedy of issue occurs at this point, contact the athletic director.
 4. If further clarification is needed, contact the school's principal.

Insurance

Student athletes are required to be covered under medical insurance provided by the family. All student-athletes will be required to complete a parent contact sheet that will have the insurance policy number as well as emergency contact information. Each coach will keep a folder/notebook with them at all times with all of these forms so that in the event of an emergency, we can give the best possible care to your child.

Coaches

At Pleasant Valley High School, our number one goal is to provide our student-athletes with the very best athletic experience possible. Our coaches tirelessly give of their time and efforts to reach this goal. We hold our athletes to very high levels of behavioral and performance expectations, and we also expect our coaches to conduct themselves with the highest level of moral character, professionalism, and honor. To that end, the following is a list of requirements that are set forth by the Pleasant Valley High School Athletic Department, Calhoun County Schools, and the AHSAA, for our coaches.

1. **Professional Development:** Each coach is expected to further themselves in their specific sport(s) through attending at least one clinic during the offseason. This is to ensure that we are providing the most beneficial and current instruction possible to our athletes. The AHSAA requires an annual coaching clinic in the summer which consists of first aid and safety, specific sport information, rules of the sport, and knowledgeable speakers for specific sports.
2. **Communication:** We provide open lines, but structured and professional of all involved, of communication between coaches and parents. This is completed through parent

meetings, parent contacts, season calendars, and other needed information. Coaches will communicate with other coaches and assist those coaches and teams in order to promote the total athletic program at PVHS.

3. **Intensity:** All coaches are expected to be intense and genuinely dedicated to their specific sport and the PVHS athletic program.
4. **Media:** Each coach will be responsible for maintaining a positive relationship with the media to report scores for both losses and wins, setting up interview opportunities with the local newspaper, and being accessible for local reporters.
5. **Professionalism:** Coaches will conduct themselves with professionalism and high moral characters at all times. If a coach behaves in a manner that is in conflict with Pleasant Valley High School or Calhoun County Schools employee standards, they will be subject to disciplinary measures.
6. **Level of Instruction:** Coaches will provide our student athletes with the highest level of instruction possible. In addition to professional development, this objective will be reached by generating daily practice, season, and yearly plans for each sport.
7. **Summer Strength and Conditioning:** Coaches will provide parents with a summer calendar with dates and times complete with scheduled weight lifting/conditioning, play dates, open gyms, and camps.
8. **Supervision/Security:** All athletes must be supervised at any time they are in a coaches' care. Each sport is required to have appropriate supervision and/or security for all home athletic events. This person should be actively supervising the event for which he/she is assigned.
9. **REQUIRED Annual Parent/Coach Expectations Meeting:** BEFORE each season begins, each coach is required to hold a parent/coach expectation meeting to introduce and present the requirements of the sport. The team's coach(es)', and parent(s)' expectations will be reviewed during this meeting. A parent or guardian and the athlete are required to attend this meeting.

Volunteer Coaches

All volunteer coaches must complete the following eight items in order to coach on a varsity or junior high team at Pleasant Valley.

- 1. Background check**
- 2. Written Justification of why you want to coach.**
- 3. Coaching Resume**
- 4. Meeting with the Principal, AD, and the head coach of that sport.**
- 5. All paperwork for AHSAA and uploaded to dragonfly**
- 6. Guideline sheet reviewed and signature on dragonfly**
- 7. The head coach must sign off on the understanding of all rules and regulations for the volunteer.**

College Recruiting

The ultimate goal of our athletic program is to provide opportunities part of athletics at the next level after high school. To that end, coaches will establish a network of contacts among Division I, II, and III, Junior Colleges, NAIA, and other available secondary schools. Any athlete that wishes to play at the next level will need to meet with their coach and develop a plan of action to open the recruiting door. The student-athlete is responsible for many aspects of the recruiting process-not just the coaches.

The PVHS administration and counselor will be available to guide student-athletes through the NCAA ClearingHouse process, setting up ACT test dates, and filling out FAFSA. The parent and student-athlete must take an active role in this process.

Fundraisers

In an effort to provide our athletes with the best facilities and equipment possible it is necessary for us to engage in fundraising activities. Each sport team will be limited to two sales each year and other activities

approved by the administration. Many fundraisers are used for the cost of spirit packs and camps for your student-athletes and others are used to pay for officials, transportation, and needed supplies for the teams.

Coaches will follow CCBOE guidelines for fundraising, accounting, receiving money, budgeting, and PO's.

Athletic Alcohol, Tobacco, and Drug Testing/Prevention Guidelines

Principles and Philosophies: The policy is designed to help students and parents cope with drug, alcohol, and tobacco use. Therefore, the policy is in place to provide guidelines for each student/family to receive assistance as needed.

- Participation in athletics is a privilege, not a right. Students are in a highly visible setting of leadership and/or competition/performance. Therefore, students will be held to a higher accountability of conduct and behavior than the student who chooses neither to participate nor to represent Pleasant Valley High School.
- The responsibility of an athlete to his/her fellow athletes is a year-round commitment and does not end with the season. Therefore, this policy is in effect for all four years of a student's high school career or all years of a student's middle school career and is enforced all twelve months of the year.

The expectations and consequences are in effect and will be enforced for twelve (12) months of the year and may carry over to the next season of participation. Consequences will be cumulative during middle school years and then high school years. (High school begins the day after completion of the middle school year.)

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The policy is designed to help students and parents cope with drug, alcohol and tobacco use. Therefore, the policy is in place to provide guidelines for each student/family to receive assistance as needed.

- Participation in athletics is a privilege, not a right. Students are in a highly visible setting of leadership and/or competition/performance. Therefore, students will be held to a higher accountability of conduct and behavior than the student who chooses neither to participate nor to represent Munford High School.
- The responsibility of an athlete to his/her fellow athletes is a year-round commitment and does not end with the season. Therefore, this policy is in effect for all four years of a student's high school career or all years of a student's middle school career and is enforced all twelve months of the year.

The expectations and consequences are in effect and will be enforced for twelve (12) months of the year and may carry over to the next season of participation. Consequences will be cumulative during middle school years and then high school years. (High school begins the day after completion of the middle school year.)

Random Drug Testing of Pleasant Valley High School Students participating in Interscholastic Sports

Overview

The procedure for initial and random drug testing of athletes is accomplished in conjunction with an independent drug testing vendor selected by the Principal. The vendor is provided by the principal a list of eligible student athletes and in turn randomly selects these students for drug testing. The vendor will send qualified collectors to the school who will oversee the collection of all specimens or will provide training for the school nurse to conduct the testing procedures. Results are reported to the building principal/designee and, if positive, parents/guardians are notified by the testing company. If the sample is positive, the consequences as defined in this handbook are imposed and the student is offered options of participation in a drug assistance program. Additionally, the student must provide a negative drug test (at their own expense), and will remain in the drug testing pool for all future drug test administration.

Procedures

1. Procedures for Students

At the beginning of each school year or prior to an athlete's first sport season of participation in a school year, students and parents or guardians will complete and sign the Pleasant Valley High School Athletic Department Handbook Agreement Form. No student may participate in practice or competition until this form is properly executed and on file with the principal.

2. Sample Collection

Any eligible student athlete selected randomly for drug testing who is not in school on the day of testing will be tested at the next available testing time. Any student unable to produce an adequate specimen during the collection period, after consulting with Vendors and their guidelines, will be suspected of not cooperating with the testing 20 program and will not be allowed to practice or compete in any scheduled competitions until the required testing is completed.

3. Confidentiality of Results

All drug test results are considered confidential information and will be handled accordingly.

4. Procedures in the Event of a Positive Result

- Whenever a student athlete's test result indicates the presence of illegal drugs or banned substances, the athlete submits or attempts to submit a false sample, or the testing vendor rules the specimen adulterated, the following will occur:
 - a. Within 24 hours of school notification, the principal or designee will notify the parent or guardian first, then the student, athletic director, of any positive results. The building principal may keep all test results for a period up to one year.
 - b. The student will be notified and be required to submit a negative result prior to any further athletic involvement.

First Positive Result (any illegal or banned substances):

1. Loss of any leadership position in athletic activities for one calendar year from the date of the offense. Future leadership positions are at the discretion of the head coach.

2. The athlete will be denied the privilege of participating on the team for twenty percent (20%) of the regular season in which the team engages for the entire season. Participation denotes competing in events against outside competition at all levels (varsity, junior varsity, and middle school levels), including dressing for contests. The athlete may practice with the team and shall attend all contests for which he or she is suspended (once a negative test has been produced by the athlete). The denial of the privilege to compete will begin with the last contest in which the athlete has been eligible to compete or the date on which a violation of the substance abuse policy has been determined. Should the season end before suspension days have been completed, then those days will carry over to the next sport and be applied towards those competition days.

3. The parent or guardian is responsible for all expenses related to the retesting of a student athlete and any subsequent drug rehabilitation/education program.

4. For infractions involving alcohol and controlled substances/mood-altering chemicals, the denial period may be reduced to ten percent (10%) of the scheduled contest if the athlete participates in a drug rehab/education program.

Second Positive Result will result in denial of the privilege to participate in athletics for ½ calendar year from the date of suspension (i.e. 90 days), and must produce a negative test result prior to participation (on the date that administration requests - i.e. within two days of physical activity).

Third Positive Result will result in denial of the privilege to participate in athletics for 1 calendar year from the date of suspension (i.e. 90 days).

All positive test results will be reviewed by the administration. Administration will review each case and make sure the proper discipline action has been taken.

It is the head coach's responsibility to know the rules in your sports and follow them. Remember rules are always being updated. Here are the links to get the most updated rules in your sport.

<https://www.ahsaa.com/portals/0/e-books/2024-2025%20Sportsbook/mobile/index.html>

<https://www.ahsaa.com/School-Parent-Resources/AHSAA/Information/AHSAA-Publications-and-Forms>

https://www.ahsaa.com/Portals/0/Publications/2024-2025/114031%20textv6.pdf?ver=DAFtDLjkqX_sv2-KhBrENQ%3d%3d×tamp=1721843974642

PLEASANT VALLEY HIGH SCHOOL
ATHLETICS HANDBOOK 2024-2025
PARENT & STUDENT SIGNATURE AGREEMENT SHEET

Student Name (Print) _____

Sport(s): FB - VB - CH - XC - WR- BBK - TR - TE - GO - SB - BB

Note your primary sport for each season:

FALL: _____ WINTER: _____

SPRING: _____ SUMMER EVENTS: _____

I understand that:

- ALL items contained in this handbook must be followed, but realize other issues may occur that require addressing.
- A 24 hour waiting period must pass before contact of any kind is made to a coach to discuss any issue(s) that occur.
- Entry (other than by coaches or school representatives) to dugouts, sidelines, competition areas for any reason is NOT allowed.
- If an athlete is on one level and is invited to play another level and he/she accepts this invitation, the athlete must complete the season of the next level.
- Profanity is not allowed at any sport related event.
- Excessive absences and tardies are not acceptable.
- If an athlete quits or is dismissed, he/she is ineligible for that sport's season (for a minimum of 30 days if it is at the end of the season).
- If a player quits, the player is responsible for ALL fees incurred for that sport before the student can play another sport.
- Playing time will not be discussed-only what can be done by the athlete to improve his/her level of play will be discussed and is not guaranteed for any reason. For example, if your child is a senior, he/she must earn playing time.
- Sportsmanship toward administration, coaches, players, officials, and/or other fans must always be positive and that any resulting fines by AHSAA must be paid personally by the athlete and/or parents and/or coaches. Athletes will not participate further until all fines are cleared.
- Summer Strength and Conditioning expectations must be met.
- An athlete and a parent/guardian must attend the mandatory team meeting held before the season begins by each coach.
- ALL PRACTICES ARE CLOSED TO THE PUBLIC-including outdoor sports. You will be asked to leave by the coach or PVHS representative. (Unless the head coach has approved it.)
- ALL INDIVIDUALS - athletes, parents, coaches, and administration should strive to improve and uphold the ideals of being a productive, hardworking part of our Raider athletic programs to aid in its success and be a positive role model in all aspects of the program. Our goals should be to promote our entire athletic program and to its continuing success.

I understand that any violation of the above guidelines may result in immediate dismissal from athletic teams at Pleasant Valley High School.

Student Name (print) _____

Student Signature _____ Date _____

Parent Name (print) _____

Parent Signature _____ Date _____

PLEASANT VALLEY HIGH SCHOOL
ATHLETIC HANDBOOK 2024-2025
COACH AGREEMENT SIGNATURE SHEET

_____ Coach Name (Print) _____

Sport(s): FB - VB - CH - XC - WR- BBK - TR - TE - GO - SB - BB

I understand that:

- ALL coaches should work with one another to schedule events, especially playoff events, to enable all athletes every opportunity to succeed and take part. This is vitally important for those sports/activities that occur in the same season.
- A 24 hour waiting period must pass before contact of any kind is made to a coach to discuss any issue(s) that may occur.
- Entry other than by coaches or school representatives to dugouts, sidelines, or competition areas for any reason IS NOT allowed.
- If an athlete is on one level and is invited to play another level and he/she accepts the invitation, the athlete must complete that season of the next level.
- Profanity is not allowed at any sport related events.
- Excessive absences and tardies are not acceptable.
- Dismissal from an athletic team due to discipline issues within the sport, within the school, county, or AHSAA guidelines, or with any issue other than hardship approved through the administration will result in loss of eligibility for 30 days..
- Playing time will not be discussed-only what can be done by the athlete to improve his/her level of play will be discussed and is not guaranteed for any reason. For example, if a child is a senior, he/she must earn playing time.
- Sportsmanship toward administration, coaches, players, officials, and/or other fans must always be positive and that any resulting fines to a coach by AHSAA must be paid personally by the coach.
- Summer Strength and Conditioning expectations must be enforced by coaches.
- ALL items contained in this handbook must be followed, but realize other issues may occur that will require addressing.
- An athlete and a parent/guardian must attend the mandatory team meeting held before the season begins by each coach.
- Activities cannot be scheduled on the A+ College Ready Student Study Sessions or on prohibited testing dates set by the county school board.
- Strive for the PVHS athletic program to improve and uphold the ideals of being a productive, hardworking part of our Raider athletic programs to aid in its success and be a positive role model in all aspects of the program. Our goals should be to promote our entire athletic program and to its continuing success.
- It is the coaches responsibility to know the rules and regulations in your sport.

- Each head coach must make sure all dragonfly accounts in your sport are correct and updated before games are played.
- Coaches are responsible for working with boosters, parents, and community to raise money and follow guidelines for fundraising and expenditures.

I have read and understand the handbook, understand the above guidelines, and promote the TOTAL athletic program at Pleasant Valley High School.

COACH SIGNATURE _____ DATE _____