

**2024-2025**  
**Henderson Collegiate Athletics**  
**Parent & Student Handbook**





## **HENDERSON COLLEGIATE ADMINISTRATION**

Eric Sanchez, CEO

Taro Shigenobu, High School Principal

Melanie Johnson, Middle School Principal

## **ATHLETIC ADMINISTRATION**

Mike Ramel, Athletic Director

Kechae Parker, Assistant Athletic Director

## **HEAD COACHES**

### **FALL**

Lamont Whitaker, V Coed Cross Country

Stacey Mitchell, MS Coed Cross Country

Tyler Burleson, V Girls Golf

Alexis Garcia, V Boys Soccer

Katie Taylor, MS Boys Soccer

Andreas Combos, V Girls Tennis

Andreas Combos, MS Girls Tennis

Lauren Dennis, V Volleyball

Jaimi Jones, JV Volleyball

Colleen Haasmann, MS Volleyball

### **WINTER**

Maria Allen, MS Girls Basketball

Stacey Mitchell, V Girls Basketball

Cornelius Nile, MS Boys Basketball

Jake Silvey, JV Boys Basketball

Lamont Whitaker, V Boys Basketball

Kianna Daye, V Cheerleading

Letita Boone, MS Cheerleading

### **SPRING**

Tyler Burleson, V Girls Golf

Katie Taylor, MS Girls Soccer

Alexis Garcia, V Girls Soccer

Andreas Combos, V Girls Tennis

TBD, MS Girls Tennis

Paul White, V Coed Track & Field

TBD, MS Coed Track & Field



## Table of Contents

<b>Section</b>	<b>Contents</b>	<b>Page Numbers</b>
The HC Way	Mission & Goal	4
<u>Program Overview</u>	Sports Offered Expectation by Level	5
<u>Seasonal Details</u>	Seasons and Calendars Contest Limits and Playing Dates Number of Teams & Roster Limits	6
<u>Participation</u>	Academic Eligibility Required Documentation	7
<u>Dragonfly</u>	Register for Dragonfly	8
<u>Tryouts</u>	Procedures and Regulations Injured Athlete Tryout Policy	9
<u>Parent Coach Communication</u>	Coaching Staff to Parents Parents to Coaching Staff Appropriate Concerns	10
<u>Core Understandings</u>	Attendance Playing Time ISS/Bench Protocol Game Day Dress Code Travel and Transportation Student Drivers Game Conduct After Game Dining (Away)	11-14
<u>Uniforms &amp; Equipment</u>	Uniforms & Equipment Issuance Restitution Policy Team Specific Fundraising	18-19
Athletic Awards	Criteria & Requirements	21-22
<u>Out of Season</u>	Out of Season Activities Dead Periods Summer Skill Development	10
NCAA Eligibility Center	Eligibility Timeline	23
S.A.L.T.	Student Athlete Leadership Training	20



## The HC Way

### Mission

The mission of Henderson Collegiate athletics is to instill within our student-athletes the character traits necessary to attend and graduate from the college of their choice and change the world. In conjunction with academic studies, athletes serve as a way to build humility, consistency, teamwork, and perseverance. While each of these characteristics are necessary on the athletic playing field, they are more necessary in the classroom, as Henderson Collegiate believes that academic achievement comes before any athletic outcome.

### Pillars

The goals of the Henderson Collegiate Athletic Department is built on three pillars that align with the organizational model. These Pillars should be taken into account in how we approach each situation and the aim in developing student athletes.

**Humble:** Student Athletes should learn to approach athletics with a growth mindset. They should be aware of where they are in the process and understand where they want to go. They should be gracious in defeat just as they are in victory. Student Athletes should understand they are a representation of the greater Henderson Collegiate community and make sure they are representing that to the best of their ability. Coaches should facilitate an environment that mirrors this expectation. They should model the process and behaviors that are expected from all involved in the program.

**Hungry:** Student Athletes should learn and understand what it means to compete and not be fearful of competition. They should learn how to put forth their best effort each and every day. They should learn how to commit and have a desire to improve. Coaches should be facilitators of this pillar and hold student athletes accountable while encouraging them through thoughtful modeling of competition. They should help student athletes unlock their potential and encourage them to want to be the best they can.

**Smart:** Academics is the very core of Henderson Collegiate. Student Athletes should understand they are students first and foremost and athletes second. Athletics should complement what they are doing in the classroom. Academic achievement is held in high regard over athletic performance. Student Athletes and Coaches should also become students of their game. They should view the court and field as a classroom where they can wonder about every facet of the game and celebrate their success and learn from failure.



# Program Overview

## Sports Offered

The sports offered by Henderson Collegiate for the 2024-2025 academic year at both the middle and high school levels are shown in the table below:

Fall (August-October)	Winter (October-February)	Spring (February-May)
V & MS Volleyball (Girls) V & MS Soccer (Boys) V & MS Cross Country (Co-Ed) V & MS Tennis (Girls) V Golf (Girls)	V & MS Basketball (Girls) V, JV, & MS Basketball (Boys) V & MS Track & Field (Co-Ed) V & MS Cheerleading (Co-Ed)	V & MS Soccer (Girls) V & MS Track & Field (Co-Ed) V & MS Tennis (Boys) V Golf (Boys)

Offered sports are based on student-athlete interest and staff supervision (coaching). Should any student want to start a new sport at Henderson Collegiate, they would need to submit a written proposal to the Athletic Director for initial review. While adding any new sport would be challenging, the proposals would be reviewed by the athletic director, school principal, and additional administrators.

## Middle School

Middle School athletic teams are composed of students in 6th through 8th grades and are considered to be an introductory level of interscholastic competition. Emphasis is placed on skill development, individual improvement, self-confidence, and teamwork, with the ultimate goal being continued progress toward junior varsity and varsity competition. A selection process is utilized by coaches during the designated tryout period. Coaches are encouraged to give every team member meaningful playing time in each game.

## Junior Varsity

Junior varsity teams are considered the transitional level between middle school and varsity athletics. Coaches will continue to refine individual skills, develop strategies, self- esteem, and sportsmanship, as well as require a greater commitment to the game, the team, and winning.

The JV teams that are offered are composed of primarily 9th and 10th grade students with the occasional 11th grade student being selected based on program needs and coaches discretion. A selection process is utilized by coaches during the designated tryout period. Coaches are encouraged to give every team member meaningful playing time during the course of the season, however playing time is not guaranteed to be equal.

## Varsity

Varsity athletics is the highest level of interscholastic competition. Henderson Collegiate is committed to fielding the best possible athletic teams for competition at this level. Coaches will continue to strive for high levels of skill, positive self- esteem, sportsmanship, and team play. While it will be the goal of the varsity-level program to encourage student-athlete participation, playing time in games will be at the coaches discretion.



## Seasonal Details

### Seasons and Calendars

The following dates have been established by the NCHSAA for the upcoming 2024-25 season:

	<u>First Practice</u>	<u>First Contest</u>	<u>Middle School Starts</u>
Fall 2024:	July 31st	August 12th	August 5th
Winter 24-25:	October 23rd	November 8th	October 28th
Spring 2025:	February 12th	February 24th	February 17th

### Maximum Number of Games/Contest/Playing Dates

<b>VARSITY &amp; JV</b>	<b>MAX GAMES</b>	<b>COMMON GAME DAYS</b>
Basketball	24 or 30 if before 11/14	Tuesday & Friday
Soccer	24 + TNAC & NCHSAA	Tuesday & Thursday
Volleyball	22 + Tournaments	Tuesday & Thursday
XC & T&F	2 Meets per week	Tuesday & Saturday

### MIDDLE SCHOOL

The max number of games/contests is 14 for each sport.

**Scrimmages** - NCHSAA states that all sports at the high school level are permitted two preseason varsity scrimmages, and this competition can be between two schools or multiple schools. Two scrimmages may be held in the same preseason week, and the preseason scrimmages must be conducted as events open to the public (no closed scrimmages allowed). Scrimmages must be held prior to the first contest and students must be certified as eligible prior to participation in a scrimmage.

### Number of Teams & Roster Limits

We offer 14 different sports and have 29 various teams throughout the year for boys and girls at the Middle School, Junior Varsity and Varsity levels. *Roster limits are subject to periodic re-evaluation.*

<b>Fall</b>	<b>Number of Teams</b>	<b>Maximum Team Roster</b>
Volleyball (Girls)	(3)	(V) 12 (JV) 12 (MS) 12
Soccer (Boys)	(2)	(V) 20 (MS) 20
Golf (Girls)	(1)	(V) 10
Tennis (Girls)	(2)	(V) 12 (MS) 12
Cross Country (Coed)	(2)	(V) Unlimited (MS) Unlimited
<b>Winter</b>	<b>Number of Teams</b>	<b>Maximum Team Roster</b>
Basketball (Girls)	(2)	(V) 12 (MS) 12
Basketball (Boys)	(3)	(V) 12 (JV) 12 (MS) 12
Cheerleading	(2)	(V) 16 (MS) 16
Track & Field (Coed)	(2)	(V) Unlimited (MS) Unlimited
<b>Spring</b>	<b>Number of Teams</b>	<b>Maximum Team Roster</b>
Soccer (Girls)	(2)	(V) 20 (MS) 20
Track & Field (Coed)	(2)	(V) Unlimited (MS) Unlimited



# Participation

Participation in athletics is a privilege and not a right. All students, grades 6-12 are eligible to try-out and participate for athletic teams at Henderson Collegiate. Middle school teams shall consist of 6th - 8th graders, junior varsity teams will consist of predominantly 9th and 10th graders with some 11th graders, while varsity teams will consist of 9th -12th graders.

## Academic Eligibility

The standards for academic eligibility by grade level are shown in the table below:

Grade	GPA Requirement (Minimum)
6th	3.0
7th-12th	2.5

Should any student be ineligible at the end of a quarter, they would not be able to try out for an upcoming athletic team and would be immediately removed from any current team with which they were participating.

**Example:** A varsity basketball player’s season typically runs from the end of October to the end of February. In order to play at the beginning of the season they must have a Q1 GPA of 2.5+. If they are eligible to start the season, but become ineligible at the end of Q2 (GPA below 2.5) they would be ruled ineligible and would no longer be allowed to practice or play with the team.

## Required Documentation

In accordance with the NCHSAA and NCDPI, students wishing to participate in athletics must have several documents on file at Henderson Collegiate each school year. All documents will be uploaded and kept on file on the DragonFly website. Parents should register and create an account on DragonFly in order to upload and review all documents for each of their student athletes.

Students will not be eligible to tryout or participate for any athletic team without submitting the following documents:

- NCHSAA Student-Athlete Preparticipation Physical Evaluation (PPE):
  - PPE History Form completed and signed by the parent or legal guardian
  - PPE Physical Examination Form signed and dated by the Licensed Medical Professional who performed the examination
  - PPE Medical Eligibility Form also signed and dated by the Licensed Medical Professional
- Gfeller-Waller Concussion Statement Form
- NCHSAA Eligibility, Consent to Participate and Release Form
- Henderson Collegiate Student-Athlete/Fan Conduct Agreement



## Dragonfly Max

### THIS REGISTRATION NEEDS TO BE COMPLETED BY A PARENT/GUARDIAN

DragonFly is an online and app based program which we utilize to collect and manage all compliance and clearance documentation. It is also used in the registration process for each athletic season. All student athletes must be registered on DragonFly and have 100% clearance in order to participate in athletics during the school year. Below are the step by step direction on how to complete this process.

1. Go to [www.dragonflymax.com](http://www.dragonflymax.com) - or download the App!
2. Click on "Login/Sign Up" in the top right corner of the screen.
3. Click "Sign Up for Free"
4. Complete the Sign-Up form **as the parent**. - You will add your child later.
5. Once you click submit, you will be sent a verification code to your email.
6. Enter your verification code and hit accept on the terms of service.
7. Click the blue 'Get Started' button to connect your profile to Henderson Collegiate
  - Select your Role: **Parent**
  - Select **North Carolina**
  - Search for and Select: **Henderson Collegiate - QP8A8Y**
8. Click the blue 'Add a Child' button
  - Enter First and Last Name
  - Select **North Carolina**
  - Search for and Select: **Henderson Collegiate - QP8A8Y**
  - Select **2024-25** and **Sports your child plans on participating in**
  - \*\* These can be added or modified later**
9. Click 'View Details' and then the red 'Needs Update' button.
  - Be sure to fill out all of the profile information completely including
  - Graduation Year, Contact Information, Relationship to Child, and Address
  - Upload a copy of any medical insurance the child is covered under
10. Click the red 'Get Started' button for the 2024-25 Eligibility
  - Confirm and update the sports they are planning on participating in
  - Digital Forms:
    - Student Athlete & Parent Pledge Handbook
    - NCHSAA PPE Health History Form
    - NCHSAA Gfeller-Waller Concussion Sheet
  - Forms to be Uploaded
    - Paper Copies filled out by Physician
    - Take photos or scan to upload
    - NCHSAA Physical Exam Form
    - NCHSAA Medical Eligibility Form
11. If your Athlete Eligibility says 100% for 2024-2025 you are all set!

Need help? Visit '<https://www.dragonflymax.com/parents-academy>'

Still need help? Email Mike Ramel [mmamel@hendersoncollegiate.org](mailto:mmamel@hendersoncollegiate.org)





## Tryouts

### ***Tryouts Procedures and Regulations***

There will be tryouts for each sport in both middle school and high school. Roster sizes have been determined by the athletics department and any variance from this must be approved by the athletic department. Each tryout period will be a minimum of 3 days and each student must be in attendance for each session to be deemed eligible to make a team.

Athletes may only try out for one sport at a time. An athlete who does not make a team may try out for another sport provided that the tryout for that sport has not already been completed or that the coach of that team allows the student-athlete to participate.

Athletes are allowed to play only one sport at a time during a season, unless approval is granted by the Athletic Director. Students who wish to participate in the Pride of Sound or other school sponsored activities must also seek Athletic Director and Head Coach approval in order to do so.

### ***Student-Athletes Cut from Teams***

Athletes who have been cut from athletic teams with roster limits have the option of immediately joining a team with unlimited roster numbers. Athletes who earn a spot on a roster where cuts are made may not move to a different sport within that season without approval from the Athletic Director.

### ***Injured Student-Athlete Tryout Policy***

#### ***Non-Varsity Teams:***

Injured athletes unable to try out for a team with limited roster spaces will have thirty (30) days following the conclusion of the team's tryout period in which to make the team. Should the athlete be selected for the team, the roster will be expanded to accommodate the addition of that player. The student-athlete should attend all practices and games while injured to help facilitate an easier transition to the team should they earn a spot on the roster.

#### ***Varsity Teams:***

The Athletic Director and Principal will determine the eligibility of the injured player. The student-athlete should attend all practices and games while injured to help facilitate an easier transition to the team should they earn a spot on the roster.

#### ***Managers:***

Team manager is an opportunity for students not making the team to participate in an athletic season. Managers must meet the same eligibility guidelines as rostered players. Managers are not on the official roster and will not play in any interscholastic games. Managers also will not be provided team uniforms, but may dress out with the team per dress code regulations. Responsibilities will vary by sport, but may range from running a score clock, retrieving balls, setting up/breaking down, filling water coolers, packing equipment, etc. Managers may also be asked by the coach to fulfill any other game specific duty as needed. Managers are able to participate in team drills and practices when the opportunity arises. The number of managers per team will be determined at the discretion of the coach and based on the needs of the team, and approval of the Athletic Director.



## Parent-Coach Communication

Athletic achievement requires sincere commitment from all student-athletes, parents, coaches, and athletic administrators. For everyone to be successful, effective communication must occur. As parents, when your child becomes involved in Henderson Collegiate athletics, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### ***Communication from the Coaching Staff to the Parents***

1. Program's coaching philosophy.
2. Individual and team expectations.
3. Location and times of all practices and contests.
4. Team requirements, special equipment, off-season conditioning or activities.
5. The procedure followed should your child be injured during practice or games.
6. Any discipline or behavior that may result in denial of your child's participation on the team.

### ***Communication from the Parents to the Coaching Staff***

1. Concerns expressed directly to coaches.
2. Notification of practice conflicts well in advance and game conflicts at the start of tryouts.
3. Specific concerns with regard to coaching philosophy and/or expectations.
4. Support for the program, and dedication, commitment, and responsibility that are essential ingredients for success and excellence.

As your children become involved in the programs offered by Henderson Collegiate, they will experience some of the most rewarding moments of their lives. It is important to understand there also may be times when things do not go the way you or your child wishes. At these times, discussions with the coach are encouraged.

### ***Appropriate Concerns to Discuss with Coaches***

1. The treatment of your child mentally and physically.
2. Ways to help your child improve and develop in a sport.
3. Concerns about your child's behavior.

It is sometimes very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. There are aspects to our programs that are the sole responsibility of the coach and should not be part of any discussion.

### ***Issues Not Appropriate to Discuss with Coaches***

1. Playing time.
2. Team strategy or play calling.
3. Other student-athletes.

### ***Discussions with Coaches***

1. Encourage your child to speak with the coach. Intervention by a parent should be a last resort.
2. Call to set up an appointment. Never approach the coach after a game unless the coach requests it.
3. If a coach cannot be reached, call the Athletic Director to assist in connecting with the coach.
4. Please do not attempt to confront a coach before, during, or following a practice or contest. These can be busy and emotional times for the parent, student-athlete, and coach, and this period does not promote objective analysis of the situation. **Wait to talk to the coach for at least 24 hours!**

The Next Step: if a meeting with the coach does not provide a satisfactory resolution, call and schedule an appointment with the athletic director to discuss the situation.



## **Core Understandings**

### ***School Attendance Requirements for Athletics***

Student-athletes must be marked present for the school day in order to participate in practice or contests during the same day or evening. If a student-athlete were to arrive after this time they would need documentation for the reason they arrived after that time.

Students absent from athletic practice for five or more days due to illness or injury must receive a medical release by a physician licensed to practice medicine before being readmitted for either practice or contests. That document must be submitted to the athletic director prior to return to competition.

### ***Practice and Game Attendance***

Students are expected to be in attendance at all practices, games or contests during the season. If a student is not in attendance due to illness, injury or other required school or family commitment, the student should make prior arrangements with the coach for an excused absence. It is the expectation of the coach and athletic department that the student will notify the coach at least 2 weeks prior to the excused absence.

Varsity teams may have scheduled practices and/or contests during regular school vacation periods. If a Student Athlete has a conflict with these, they must let the Head Coach know at least 2 weeks in advance and have the Athletic Director approve these absences.

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

Excused absences may also affect a student athlete's playing time. This is at the discretion of each team's head coach, and is supported by the athletic director.

### ***Playing Time***

One of the most emotional issues surrounding a student-athlete's involvement in athletics is playing time. Although attendance, attitude, commitment, effort and ability all play a role in determining playing time, it is ultimately the coach's decision. It is the responsibility of each coach to decide who starts a contest, what position the athletes play and how long they should play. All students, parents and community members are asked to respect this model and the coach's decision.

Playing time expectations vary at each level as part of Henderson Collegiate Athletics. The expectation for each level placed on the coaching staff is the following:

Middle School sports are considered developmental and therefore the expectation is that all student athletes participate in each game or contest. While the goal is equal playing time, coaches may use discretion based on the opponent and game situations in deciding playing time that puts the teams best interest into consideration.

JV level sports are an extension of development to help prepare athletes for the jump to the varsity level. Coaches will also do their best to get each athlete into a game or contest however not all playing time will be awarded equally.

Playing time at the Varsity level is at the coaches discretion and not guaranteed for any student athlete.



### ISS/ Bench Protocol

	1 <sup>st</sup> Instance	2 <sup>nd</sup> Instance	3 <sup>rd</sup> Instance
<b>ISS – Less than a day</b>	Cannot participate in practice or a game. If it is a day off, the consequence is implemented the next day on which practice or a game is held.	Follows ISS Sequence	
<b>ISS - Full day</b>	One day: Cannot participate in that day's practice and cannot play in the next game.  More than one day: Suspended one week (5 days) from the sport.	Suspended for 2 weeks	Suspended for ½ of the remainder of the season, or 5 games; whichever is greater. Or Removed from the team
<b>OSS</b>	5 days or more: Removal from the team Under 5 days Suspended for ½ of the remainder of the season or 5 games; whichever is greater.	Removed from the team	NA

### Game Day Dress Code

On Monday through Thursday game days, student-athletes must wear professional attire in an effort to represent themselves, their teammates, and Henderson Collegiate professionally. Examples, by gender, for professional attire are shown below:

Okay		Not Okay
Boys	Girls	
<ul style="list-style-type: none"> <li>• Dress slacks</li> <li>• Belt</li> <li>• Button down shirt with tie or bow tie</li> <li>• Button down shirt WITH a tie and sweater or sweater vest</li> <li>• Suit</li> <li>• Professional shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Skirts/Dresses <u>past the knee</u> (even if there are tights or leggings underneath)</li> <li>• Professional appropriately fitting pants with and top</li> <li>• Professional shoes or uniform shoes (sandals or appropriate height heels are acceptable)</li> </ul>	<ul style="list-style-type: none"> <li>• Skirts or dresses above the knee</li> <li>• Capri pants/shorts</li> <li>• High heels over 1 inch</li> <li>• Sleeveless tops or sleeveless dresses without a cardigan or sweater over the dress</li> <li>• Button down shirt WITHOUT a tie</li> <li>• Timberland Boots (or anything similar), Uggs, Sneakers, or Vans</li> <li>• Leggings or tights in place of pants</li> <li>• Athletic Uniform</li> </ul>

On Fridays, coaches have the discretion to allow players to wear designated team or program spirit wear or other attire related to the Pride. Athletic uniforms and warmups are never to be worn to school the day of a game. If a student-athlete is out of athletic dress code for that particular day they run the risk of losing talk time on the bus to away games, or losing playing time depending on the severity of the dress code infraction.



### ***Game Conduct (Players, Coaches, and Fans)***

Henderson Collegiate believes that respect and humility are essential parts of athletic competition. As such, opposing players, families, and game officials should be treated with respect. If a student-athlete or fan at any athletic event did not abide by these expectations they would be subject to removal from the event or further suspension from attending games. For this reason, all student-athletes and their families are required to sign a Student-Athlete/Fan Conduct Agreement prior to the start of each season.

Should a student-athlete be ejected from an athletic event for whatever reason, they will be required to complete the online Sportsmanship course and be suspended for two games per the NCHSAA handbook. This applies to both high school and middle school student-athletes. Additionally, depending on the nature of the action taken that led to the ejection, the student-athlete would be subject to additional consequences determined by the Athletic Director, Principal, and Dean of Students at the corresponding school.

### ***Before and After Game Dining***

Henderson Collegiate understands the rigorous nature of the athletic events our student-athletes participate in. During away games, students may stop for food on their way to or from games. Student Athletes are expected to follow all Henderson Collegiate behavior protocols and listen to the coaching staff for specific directions during the stop.

Student-athletes are responsible for 100% of their food, trash, and money on the bus, and families are responsible for providing money for their child to eat when stopping.

Students are not allowed to leave campus and purchase food nor order food delivery to the school before home events.

### ***Transfers***

Henderson Collegiate acknowledges that every year there will be new students and, potentially, new student-athletes enrolled in our school. As a public charter school we have no knowledge of whether or not a student applies to our school with the intention of participating in athletics prior to their first day of tryouts for a specific sport.

However, Henderson Collegiate will also strictly abide by the transfer policies set forth by the NCHSAA, in which an online document must be submitted on behalf of the new student to the previous school to demonstrate that the transfer was made for academic purposes. In the event that the NCHSAA rules that the transfer was made for athletic reasons, the student will sit out of athletic competition for either 365 days or two consecutive semesters (whichever is shorter), per the NCHSAA handbook.

Students applying as rising ninth graders or who are applying from independent or private schools (ninth through eleventh grade) are not subject to the same transfer policies above, and will be ruled eligible for athletic competition based on Henderson Collegiate's academic eligibility requirements and their submission of the required physical documentation.



## Transportation

### **Bus Transportation**

It is the goal of Henderson Collegiate to provide transportation via school bus to as many home and away games as possible. Whenever that is not possible, the head coach will make families aware 48 hours in advance of the game so that families can plan accordingly. While Henderson Collegiate will be able to provide transportation to practices frequently, parents will always be responsible for picking up their child on time from the designated practice location. Failure to do so repeatedly could result in the child's removal from the team.

At Henderson Collegiate, we believe that positive team culture can be built at any time, and trips to and from games on the bus are an example. All players are required to ride the bus with the team to the game. If a player wishes to leave with their family following the game the head coach and athletic director must be contacted 24 hours prior to the event taking place.

When using school transportation, student-athletes and coaches will treat the school bus with respect. This means the following actions will be taken:

- Start each bus ride silently (at zero voice level) to prepare mentally for the game
- Follow all directions given by coaches while on the bus
- Split male and female riders when teams are traveling together
  - Separated by coaches sitting between the two
- Use professional language and calm tones
- Cell phone use is permitted for high school student-athletes but is NOT for middle school student-athletes
  - If a coach sees a middle school student-athlete with a cell phone their phone could be taken per the Henderson Collegiate Technology Policy
- Remove all trash from the bus at the completion of a trip

Failure to adhere to any of these expectations could result in consequences deemed appropriate by the head coach and AD.

Once the bus is about 30 minutes away from campus they will contact families and give them a time to be at the school for pickup. It is the responsibility of the family to be on time to pick up their child after away games. If there are repeated concerns about timeliness, the child's spot on the team could come into question.

### **Student Drivers**

Student drivers do not leave campus on game day unless it is a home game and they are driving directly to the site of the game. Student drivers may only transport themselves and family members, or those who are on the approved rider list that is approved and registered with Henderson Collegiate. They are not allowed to transport other team members or students. No other authorizations or arrangements can be made to override this policy.



## **Uniforms & Equipment**

### ***Uniforms & Equipment Issuance***

Uniforms will be issued to each student athlete at the beginning of each season. It is the expectation that uniforms are washed and cleaned regularly per the uniform supplier specifications. Students should report any uniform issues immediately to the coaching staff to be addressed. Student athletes are responsible for returning uniforms in a timely fashion at the conclusion of each season. If a uniform is not returned or damaged beyond use, it will fall on the responsibility of the student athlete to pay for a replacement uniform. A student will not be able to participate in another sport until the uniform is returned or replaced.

### ***Restitution Policy***

Henderson Collegiate will not reimburse or make restitution to families or athletes for personal equipment that is damaged during the course of the season. Any purchases made by a family prior to the season, regardless of whether or not a child earned the athletic team, would be the sole responsibility of the family, regardless of final roster decisions.

### ***Spirit Wear / Team Stores***

While uniforms and equipment will be provided by Henderson Collegiate, additional team specific gear and apparel may be required of each Student Athlete. Typically these items will be offered through a team store. Efforts should be made to minimize required or expected items and all items should be provided at a reasonable economic cost.

Families are welcomed and encouraged to help their students team with fundraising opportunities to assist in purchasing these items. All fundraising opportunities should be pre-approved by the Athletic Director. The fundraising should support all Student Athletes in the program and not be directed toward any individual.





## Athletic Awards

Following the conclusion of each sport season, an athletic awards ceremony for varsity athletes and their families will be held at Henderson Collegiate. At this program, varsity coaches introduce their team, recap their season, and present awards and recognitions including Most Valuable or Most Outstanding Player, Most Improved Player, and the Coach's Award. Student-Athletes selected for All-Conference and All-State honors may also be recognized at that time. Immediately following the event, teams meet briefly to present lettering awards.

Junior varsity and middle school teams are recognized at an assembly held during the academic day. The format is similar in that coaches will introduce their team, recap their season, and present one player with the Sportsmanship Award. Teams meet briefly at the conclusion of the assembly to receive their participation certificate.

### **Lettering Criteria**

Varsity student-athletes have the opportunity to earn a Varsity Letter. Emblematic recognition of athletic achievement is traditional. Awards should be considered as mementos or recognition for participation in athletics, not something to which a student-athlete is entitled because of services rendered. The criteria for earning a letter have been established by the Athletic Department, and it is the coach's responsibility to communicate these requirements to the student-athletes. Each Varsity student-athlete who does not letter, as well as all JV and Middle School student-athletes, will receive a certificate of participation at the conclusion of each season.

### **General Requirements:**

1. The student-athlete must complete the season as a member of the team in good standing - remaining academically eligible and with no ejections or suspensions. In the event of an injury, season-ending or otherwise, the student-athlete is required to remain a part of the team for the duration of the season by assisting the coach in whatever manner the Coach sees fit.
2. The student-athlete must attend all practices as outlined by the coach.
3. The student-athlete must conform to all training rules established by the coach of that sport.
4. The student-athlete must display sportsmanship and conduct which exemplify the school to his/her opponent, spectators, teammates, and officials and must conform to practice and game rules and regulations as established by the coach of that sport, the school, and the NCHSAA.
5. The student-athlete must be in good standing with the school at the time of the presentation.
6. All equipment must be returned and/or paid for by the conclusion of the season.
7. A student-manager may letter following two years of successful service to the same varsity sport.
8. Lettering in the previous year does not guarantee the recipient of a letter in the following year.
9. Exceptions may be granted or letters withheld due to extenuating/special circumstances after review by the respective coach and Athletic Director.

Chenille letter and a sports specific pin will be given one time only during their High School sports career. Athletes that play recurring years on the same team will receive a bar for each additional year.





### ***Special Awards***

Additionally, special end-of-the-year athletic awards will be presented at the High School Awards Ceremony:

#### ***Sportsmanship Award***

This award honors the student-athlete who is considered by the coaching staff to have done the most to promote school spirit and good sportsmanship.

#### ***Scholar-Athlete Award***

This award is given to seniors who have lettered in at least two Varsity sports both their junior and senior years and maintained at least a 3.5-grade point average.

#### ***Athletic Achievement Awards***

These two awards honor the senior boy and girl who are considered by the coaching staff to have evidenced outstanding contribution to Henderson Collegiate through participation in athletics. This participation includes more than prowess as a winner. It encompasses physical agility, stamina, and strength, but also exemplary attitudes in leadership and sportsmanship.

#### ***Triple Play Athlete***

Senior athletes who participated in three different varsity sports in both the 11th and 12th grades and have lettered in ALL three sports will be awarded a special certificate to be presented at the Spring Awards Banquet. Doubling in two sports during the same season will not count as two and support personnel (i.e. managers, stats and student athletic trainers) will not be considered.

#### ***The Pride Award***

This award is given to the student-athlete who letters all 4 years in a given sport

#### ***The Silver Pride Award***

This award is given to the student-athlete who earns 8 varsity letters in their career.

#### ***The Golden Pride Award***

This award is given to the student-athlete who earns 10 or more varsity letters in their career.



## Out of Season Activities

### *Out of Season Activities*

Out of season activities are allowed, but are subject to the following:

### *Dead Periods*

Only apply to sports not in season.

Out of Season activities are not allowed during the following periods:

Season	Period
Annually	Last 5 days of the 1st semester, Last 10 days of the 2nd semester
Fall	July 31st through August 20th
Winter	October 30th through November 19th
Spring	February 12th through March 4th
Summer	July 1st through 7th July 15th through 21st

All activities must be voluntary and open to all students with a current and valid physical examination.

In-Season Athletes are not allowed to participate in workouts or practices of out of season sports.

At no time may a coach require off-season activities as a measure of continued participation on a team.

Any coach who promotes the idea that taking part in off-season activities is required is out of compliance with the intent and purpose of this rule.

Activities are not restricted in the number of participants on a daily basis.

There is no restriction on the number of coaches who may work with the athletes.

Activities are open only to students enrolled at that school.

On a given day, an athlete is limited to 1.5 hours of activities during the academic school year calendar, inclusive of all weekends, holidays, work days, etc. activities are not to exceed 1.5 hours in duration including flex time (stretching), meetings, video review, and breaks.

Facilities may be used for out-of-season activities on a strictly voluntary basis, open to all students and required of none.

For safety purposes, school administrators or other school personnel should be present as supervisors during any activities session.

### *Summer Practice and Skill Development*

During the summer, coaches are permitted to work with individuals or an entire team as long as:

- This is not a requirement of participation on that team.
- Attendance is voluntary and open.

Ethical Statement - Any coach who promotes the idea that participating in summer practice is required is out of compliance with the intent, spirit, and purpose of these rules.



## NCAA Eligibility Center

If you are planning to enroll in college as a freshman and wish to participate in Division I or Division II athletics, you must be certified by the NCAA Eligibility Center. It is the responsibility of the student athlete to set up an account and provide the center with the proper documentation to ensure eligibility.

Henderson Collegiate's Athletic Department provides the following suggested guidelines for student athletes interested in playing at Division I or II levels:

### ***NCAA Eligibility Timeline***

Below is a basic timeline for the steps a student-athlete should follow to be eligible for intercollegiate sports at Division I or II levels. To find the exact requirements, more detailed information, and to register at the appropriate time (near the end of junior year), click on the following link:

[NCAA Eligibility Center](#)

#### Freshmen and Sophomores:

- Start planning early - and understand that the grades you earn now count.
- Take classes that match the School's list of NCAA approved courses. The NCAA Eligibility Center will use only approved core courses to figure your core GPA and certify your initial eligibility.

#### Juniors:

- By the end of your junior year, you should complete your online registration at:
  - [NCAA Eligibility Center](#)
- Register to take the ACT, SAT, or both and use the NCAA Eligibility Center code "9999" as a score recipient. Doing so sends your official score directly to the NCAA Eligibility Center.
- Once you register, work with College Counseling to send your transcript at the end of your Junior year as the Initial Eligibility Center asks. While some college coaches will tell a student-athlete to send it earlier, there is NO need to do so. The Eligibility Center does not begin to review a candidate's record until he/she has completed six semesters (ie. through their junior year).
- If you have attended more than one high school, the NCAA Eligibility Center will need official transcripts from all high schools attended--the NCAA Eligibility Center does NOT accept faxed transcripts or test scores--so you will have to go to the previous school and have them send it to the Center not to Henderson Collegiate--they need official transcripts from the school.
- Before registering for classes for your senior year, check with your high school counselor to make sure that all your core course requirements will be met by the end of your senior year.

#### Seniors:

- Take the ACT and/or SAT again, if necessary, and have them sent to the Eligibility Center. The NCAA Eligibility Center will use the best scores from each section of the ACT or SAT to determine your best cumulative score.
- If you registered in your junior year as you should have, your final transcript will be sent to the NCAA Eligibility Center as proof of graduation.

### ***NCAA Eligibility and Recruiting Links***

[NCAA Eligibility Center](#)

[NCAA Recruiting Facts](#)

[NCAA Frequently Asked Questions](#)



## **S.A.L.T.**

### ***Student-Athlete Leadership Training***

The Student-Athlete Leadership Training (SALT) program is designed to develop the leadership skills of our student-athletes and will be facilitated by Henderson Collegiate administrators and coaches. The competencies of Leading Self, Leading with Others, and Changing Your World are the core of the leadership model.

#### ***Goals:***

1. Within a student-athlete community, leaders will learn baseline concepts, skills, and tools to help lead their teams.
2. Provide opportunities for student-athlete leaders to hear from role model leaders.
3. Catalyze good leadership for each athletic team at Henderson Collegiate.

#### ***Requirements***

Student Athletes are nominated by their respective head coaches and must be either a junior or senior representing a varsity team.

They must be in good standing both academically and athletically.

They will be required to attend monthly S.A.L.T. meetings for the entire school year.