

**AMERICAN LEADERSHIP**  

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**ACADEMY**



**Parent/Student  
Athletic Handbook**

**2024-2025**

ALA Lexington Athletics  
2024-2025  
South Carolina High School League

Athletic Director: Ray Canady ([ray.canady@alalexington.org](mailto:ray.canady@alalexington.org))  
Athletic Admin Asst: Jennifer Gooding ([jennifer.gooding@alalexington.org](mailto:jennifer.gooding@alalexington.org))

**Fall Sports**

Cheerleading  
Cross Country (boys/girls)  
Football  
Golf (girls)  
Swimming (boys/girls)  
Tennis (girls)  
Volleyball

**Winter Sports**

Basketball (boys/girls)  
Wrestling

**Spring Sports**

Baseball  
Golf (boys)  
Soccer (boys/girls)  
Softball  
Tennis (boys)  
Track (boys/girls)

## PARTICIPATION CLEARANCE PROCEDURE

The athletic office must clear students prior to participating in any sport.

The following guidelines will be enforced.

- Athletic fee paid via EduTrack upon selection for a team.
  - One time only yearly non-refundable participation fee - \$100
- Physical (Must be dated on or after April 1<sup>st</sup> of the upcoming school year.  
Example: April 1<sup>st</sup>, 2024 for the 2024-2025 school year.)
- BigTeams - registration completed and all required documents uploaded to the website. ([BigTeams website](#))

### Equipment/Uniforms

Students are responsible for all equipment and uniforms signed out to them for the season. Students will be charged for any equipment/uniforms not turned back in or damaged beyond normal use during season.

### Awards/Lettering

All students who have fulfilled the requirements of the athletic letter may receive a letter certificate. An athlete will receive a certificate for each sport in which they letter. However, they will only receive one chenille letter. Athletes are required to hand in all equipment and uniforms before receiving awards.

### Commitment

Once a student has tried out and officially made a team or committed to a sport, the student is not permitted to quit unless forced to do so. For example injury, illness, etc. If the student does quit, he/she then becomes ineligible to participate in any ALA extracurricular group or team during that current season. Commitment as a team player is vital to the success of our sports program and to the other members of the team.

### Detention/Suspension

Students with discipline issues resulting in detention or suspension will be expected to serve punishment within the allotted time given by the administration - even if this means missing practice or game time. Failure to serve will result in additional punishment. If the student misses school and/or practice time due to suspension or after-school detention, additional disciplinary action may be assigned per individual sport by the coach.

## Athletic Activity Eligibility

### Eligibility Criterion

- Student must maintain a cumulative GPA of 2.0 or better with no failing grades.
- Student may not have received any "Red" discipline cards the week of and the week prior to game/activity day.

### Eligibility Duration and Deadlines

- An eligibility report will be pulled every two weeks using the school's student information system. If a student's cumulative GPA is below 2.0 OR they have earned a failing grade, in any subject, they will be academically ineligible for a two-week period. If there was an inaccuracy in the eligibility report due to teacher input of grades, a student may be determined eligible with a signed statement from the teacher indicating the circumstances leading to the error. The Athletic Director has final say in any eligibility dispute.
- The eligibility report will be pulled every other Friday and enforced for a two-week period starting the following Monday of the report. (First semester grade pulls will start in September and second semester grade pulls will start in January.)

### Academic Ineligibility Consequences

- Student will attend game/activity.
- Student will not dress-out for the game/activity.
- Student may not participate in the game/activity.
- Student may participate in game day team attire/game day activity.

### Behavioral Ineligibility Consequences:

#### Red Card

(\*severe offenses may lead to dismissal from the team as determined by administration)

- Student may participate in game day team attire/game day activity.
- Student may not practice on day(s) of out of school suspension.
- Student may not dress out for or play a minimum of one game/activity following suspension.

## School Attendance

Students are required to be at school on the day of the competition for at least half of the day. Failure to be in school for the appropriate amount of time may result in the student-athlete not being able to participate in the athletic activity that day.

## Athlete Expectations

- Each athlete will be treated as an individual regarding any disciplinary situation. However, any athlete who demonstrates poor behavior not conducive to the spirit of good sportsmanship and citizenship, or is in violation of American Leadership Academy policies, may be subject to disciplinary action, including possible expulsion or suspension from the program.
- While on campus, team members will abide by all school rules and display conduct as a representative of ALA. He/she shall demonstrate the utmost respect to administrators, teachers, coaches, and staff always.
- Any obscene or vulgar language will not be tolerated.
- Any player ejected from a game will serve a suspension determined by the SCHSL and be required to meet with administration prior to rejoining the team.

## Alcohol, Tobacco, Steroids, and Controlled Substances

Members of an ALA athletic team shall not use or attempt to use, have in their possession, or aid and abet anyone else to use tobacco, alcoholic beverages, steroids, or any form of narcotics or controlled substances unless prescribed by a physician. Possession means having any knowledge of, or any control over, an item. Control includes, but is not limited to, having access to an item in a school locker, personal effects, a vehicle, or any other place where the item may be located. It is not necessary that a student intends to control the item. A student may acquire knowledge of an item visually, by being told about the item, or through other sensory perceptions. A student's knowledge will be based on the surrounding circumstances, not just the student's statements. For example, "forgetting" that an item is in one's locker, personal effects, or vehicle does not constitute a lack of knowledge. Other disciplinary action, as deemed appropriate by the coach or the administration, may be taken.

## Roles and Responsibilities

### Players

- Be committed to the team. Be prepared. Attend all practices, games, fundraisers, and activities with a positive attitude.
- Embrace whatever your role on the team may be. If you are in a reserve role, take your responsibility seriously, pushing your teammates to be the best they can be. Encourage and cheer on your teammates, whether you participate in the game or not.
- Be a good student. **Meet your academic requirements to stay eligible.**

### Parents

- Honor your child's commitment to the team. Do not plan activities that would make him/her break that commitment.
- Practices are closed to parents. However, parents are encouraged to come to as many games as possible to cheer on your child AND the rest of the team.
- Do not make comparisons between your child and another player. Realize you may not see the whole picture. Trust the coaches.
- Be a good example of positive dialogue regarding your child's teammates, coaches, opponents, and referees.
- If your child has questions regarding playing time or any other issue, encourage them to talk to the coach directly. We love to see the students take responsibility in addressing concerns, as they develop the leadership qualities taught at ALA.
- If you as a parent have an issue that needs attention, **please contact the coach and set up a time to meet.** DO NOT approach a coach before or after a game/practice.
- Parents, **NO coaching from the sidelines** - it is distracting. Please cheer but refrain from coaching and trying to get a player's attention during the game.

## Parent/Coach Communication

### Communication expected from athletes' coach

- Philosophy of the coach
- Expectations the coach has for your athlete, as well as all the other players
- Location and times of all practices and games
- Team requirements, i.e. fees, special equipment, fundraising, off-season conditioning, camp/clinics
- Discipline that will result in the denial of your athlete's participation
- The procedure to follow in event of an injury while under the coach's supervision

### Communication coaches expect from parents

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns regarding a coach's philosophy and/or expectations

### Appropriate to discuss with coaches

- Mental and physical treatment of your athlete
- Ways to help your athlete improve
- Concerns about your athlete's behavior

### NOT appropriate to discuss with coaches

- Playing time
- Team strategies
- Play calling
- Other athletes

## Parent Code of Conduct

Parents, fans and coaches who follow this simple code of conduct can help reinforce what athletics are all about and will make the sporting experience a GREAT one for all involved.

- I will not force my child to participate in sports.
- I will remember that the game is for the athletes involved - not the parents.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the game and the policies of the league.
- I (and my guests) will be a positive role model for my child by demonstrating good sportsmanship. I will show respect, courtesy and positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I will not encourage any behaviors or practices that would endanger the health or well-being of the athletes.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect, regardless of race, creed, color, sex or ability.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- I will praise my child for competing fairly and trying hard.
- I will refrain from ridiculing or yelling at my child or any other participant, for making a mistake, or losing a competition.
- I will always respect the officials.
- I will not question, discuss, or confront a coach at an event. I will take time to speak with the coach at an appropriate time and place.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the "official" coaches.

I also agree that if I fail to abide by the rules and guidelines, I will be subject to disciplinary actions that could include, but are not limited to, the following.

- Verbal warning by official, head coach or administration
- Written warning
- Parental game suspension
- Parental season suspension



## Student Code of Conduct

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor in accordance with the ALA R.A.I.S.E. core principles: Respect, Accountability, Integrity, Service, Excellence.

*I understand that to participate in ALA athletics, I must act in accordance with the following:*

### Respect

- Live and play with class, be a good sport, be gracious in victory and accept defeat with dignity, give fallen opponents help, compliment extraordinary performance, show sincere respect in pre-and post-game rituals.
- Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Treat contest officials with respect; don't complain about or argue with officials' calls during or after an athletic event.

### Accountability

- Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Safeguard health; don't use any illegal or unhealthy substance including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Protect the integrity of the game; don't gamble. Play the game according to the rules.

### Integrity

- Live up to high ideals of ethics and do what's right even when it's unpopular or personally costly.
- Live and compete honorably, don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Fulfill commitments; do what I say I will do; be on time to practices and games.
- Be loyal to my school and team; put the team above personal glory.

## Service

- Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
- Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.
- Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

## Excellence

- Be a student first and commit to getting the best education I can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education.
- Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coaches, and teammates with honor, both on and off the field.
- I will consistently exhibit good character and conduct myself as a positive role model.