ATHLETIC HANDBOOK

A GUIDE FOR PLAYERS AND PARENTS



Dixie Heights Athletics

An interscholastic athletic program as a co-curricular activity is an integral part of the total education and growth experience at Dixie Heights. Student-athletes, coaches and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which positive values can be revealed, tested, and proven relevant both to participants and the entire school community. Through participation in athletics students will mature physically, emotionally, socially, and spiritually. They will learn to take responsibility for personal growth by developing loyalty, pride, integrity, and commitment. Athletics provide the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him/her to apply these skills and knowledge to new situations and a variety of learning formats. Every member of the Dixie Heights community must seek to encourage, instill, and foster such growth and development in all student-athletes.

I. The Role of Athletics at Dixie Heights

The primary goal of athletics at Dixie Heights is the betterment of the student-athlete as an individual. Participation in athletics is a privilege. Actions of student-athletes are expected to bring honor to the team and the school. Actions that bring dishonor to the team will result in negative consequences or dismissal from the team.

- **Responsibilities to Yourself-** The most important of these responsibilities is to broaden one's self and to develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your studies, your participation in other extra-curricular activities as well as sports, prepare you for your life as an adult.
- **Responsibilities to Your School-** Dixie Heights cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on an athletic team. The student body, our community, and other communities judge our school by our conduct and attitudes on and off the field.
- **Responsibilities to Others-** As an athletic team member, you also bear a heavy responsibility to your home. When you know in your heart that you have practiced to the best of your ability every day, and that you have played the game all out, you and your family can be proud. The younger students are watching and learning from you. They will copy you in many ways. Do not do anything to let them down.

II. Conduct of an Athlete

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior is above reproach in all of the following areas:

- **On the Field-** In the area of athletic competition a real athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game. You will be gracious in defeat and modest in victory.
- **In the Classroom-** An athlete cannot be a classroom failure and be an outstanding athlete. If you are lazy in the classroom, you will be lazy on the field. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades. In addition to maintaining good grades, an athlete should show respect to other students and faculty at all times.

III. Team Service Project

In keeping with the Dixie Heights Athletic Mission Statement each student-athlete will participate in an annual team service project. This project will be led and supervised by the Head Coach of each athletic program. It is intended to integrate a meaningful community service with instruction and reflection to enrich the learning experience, encourage a lifelong civic engagement, and strengthen the Dixie Heights community.

IV. Grades and Eligibility

Academics will always come before athletics. Any student who is ineligible academically will be suspended from the team until such ineligibility is reversed. Grades will be run every Monday and ineligible students will be suspended for 1 week, this includes games and practices. After 1 week, student-athletes will be permitted to rejoin their team, as long as they are passing 5 out of 6 classes. Supervising coaches and the athletic director will be responsible for ensuring that ineligible players do not participate in practice or games. On a weekly basis, a student shall be passing at least four hours of instruction as defined by Kentucky Board of Education regulations (of the six hours of instruction required) or the equivalent of four hours of instruction acceptable to graduation in order to participate in athletics during the subsequent week (5 out of 6 classes at Dixie). The athletic director will notify the staff weekly of student-athletes who are not eligible to play. Beginning at the freshman level, high school athletes are permitted to have eight (8) consecutive semesters of eligibility. Two (2) semesters constitute a school year. If a student is academically ineligible for three (3) weeks during a sports season he/she will be dismissed from the team. Student-athletes must be academically eligible to try out for any team.

***** Student-athletes who miss tryouts for academic issues will not be granted an extension.

V. Attendance

Regular attendance is expected of all athletes. Athletes must be in attendance for at least one-half of the school day to participate or compete in a game or practice. Athletes with an excuse from parent(s) may be exempt from school and permitted to practice or compete on a particular day. The Administration reserves the right to review all absences and allow the student athlete to participate if there is, in the administrator's judgment, a valid reason for the absence. Attendance at all games and practices is mandatory unless excused by the coach before the competition or practice. Athletes who are absent from school the day before a non-school day activity, may not participate in following days activity.

VI. The Loss of School Time

Loss of school time disrupts instruction and takes time away from the student's education. Accordingly, lost time will be kept to a minimum. Coaches, in consultation with the athletic director, should schedule practices, scrimmages, and competitions at times that will not interfere with the athlete's classes. Some conflicts, however, may be unavoidable.

VII. Physical Examinations and Consent Forms

All participants in interscholastic sports must provide evidence of a medical examination (pre-participation physical) that certifies that the athlete is physically capable of participating in athletic activities. Please note that the school does not provide funds for pre- participation examinations; this is the family's or participant's responsibility. Pre-participation examinations (PPE) are valid for one year. A complete pre-participation examination shall be done before the athlete enters our competitive sports program.

VIII. Transfers

A student who transfers enrollment to Dixie Heights with or without a corresponding change of residence by his/her parent(s) or legal guardian(s) shall not practice or play until the KHSAA transfer waiver approval process is complete. Transfer students shall meet all the eligibility requirements of the KHSAA and Dixie Heights prior to the participation.

IX. Age Limitation

If a student enrolled in high school turns 19 years of age before August 1 of a given year, the student shall be ineligible to compete in an interscholastic athletic program.

X. Quitting a Team

If an athlete quits or is removed from a team he/she will not be permitted to compete in another activity for the remainder of that sports season and will not receive a letter, bar, or certificate of participation. Exceptions can be made for medical reasons. Those individuals selected to any athletic team shall be considered a member of that team through the regular and post season. All squad members who complete the season shall be invited to participate in an end of the year athletic awards banquet.

XI. Return to Play

If a student-athlete is injured or has other medical issues that may affect his/her participation in an athletic activity that student must be cleared by the Dixie Heights Athletic Trainer and/or the consulting team physician in order to return to play. If a physician has treated the student-athlete, that athlete must have a signed documentation from the physician stating he/she has been evaluated and they are permitted to return to play. The note must stipulate the day the athlete may return to normal activity and any restrictions imposed on the athlete's activities.

XII. Fundraising

Fundraising will be limited to the sport in season. If a student is involved in a school sport he/she will not be asked to fundraise for another sport. All fundraising must be approved by the Principal or Athletic Director and have the proper paperwork completed (KCSD Fundraiser Form).

XIII. Tobacco

The General Assembly of the Commonwealth of Kentucky has deemed that usage by a minor (those under age of 21) of tobacco is illegal. Tobacco includes but not limited to cigarettes, nicotine vapes, and chewing tobacco. Disciplinary action for use of these items will be as follows:

1st Offense- loss of 10% of season (based on the total number of regular season games). Student is permitted to practice.

2nd Offense- loss of 50% of season (based on the total number of regular season games). Student is permitted to practice and will be referred to school guidance office for counseling.

3rd Offense- Student will be dismissed from team for remainder of the season and will not be permitted to participate in any other sport during that school year.

Students may also face disciplinary action from the K.C.B. E. and the Dixie Heights Administration which may include dismissal from team, if warranted.

*Student-athletes who miss tryouts for behavior issues, drug and alcohol violations, skipping school, or code of conduct violations will not be granted an extension and will not be permitted on the team.

XIV. Drugs and Alcohol

The General Assembly of the Commonwealth of Kentucky has deemed that usage by a minor (those under age of 21) of alcohol, and non-prescription narcotics (including vapes that contain THC) is illegal. Disciplinary action for use of these items will be as follows:

1st Offense- loss of 50% of season. The student is not permitted to practice until they meet with a school guidance counselor. Once the student has met with a guidance counselor, they may request reinstatement on the team.

2nd Offense- Student will be dismissed from team for remainder of the season and will not be permitted to participate in any other sport during that school year.

*Students may also face disciplinary action from the K.C.B. E. and the Dixie Heights Administration which may include dismissal from team, if warranted.

*Student-athletes who miss tryouts for behavior issues, drug and alcohol violations, skipping school, or code of conduct violations will not be granted an extension and will not be permitted on the team.

XV. Athletic Lettering

An athlete can only earn one (1) varsity letter during his/her high school career. Criteria for lettering will be at the discretion of the coach.

XVI. Fees/Finances

Athletes are required to pay athletic fees to participate in sports, $40 for each sport the student-athlete participates in. All participation fees, gate admission fees, season pass revenue go directly to the Athletic Department. The Athletic Department will assist in providing financial supports for state and conference registration fees, officials, KHSAA sanctioned entry fees and necessities such as balls, nets, etc.

XVII. NCAA Signing Days

NCAA Signing Days at Dixie Heights High School are designed to recognize the student-athlete who signs a document that constitutes a contract, a commitment on his or her part to play for a specified college or university. Signing Days will take place on the National Letter of Intent dates in February and April and are the responsibility of the Head Coach.

Each year, senior athlete(s), that intend(s) on playing collegiate sports, we will honor our future college athletes on **1** night in the auditorium. This event will take place in early May, which allows spring sport athletes more time to make their college decisions. Head coaches will communicate with the Athletic Director as to which student-athletes will be continuing their athletic careers at the college level. Once you have sent me a list of your future college athletes, the Athletic Director will meet with them individually and send a letter home to the parents, inviting their families to the ceremony. Parents, athletes, and coaches the opportunity to speak on the athlete's behalf the of the student-athlete.

Teams can continue to celebrate their individual athletes, but please understand that it will be the coach's responsibility to set that up and to appropriately inform all parties involved.

XVII. Elastic Clause

It would be impossible for every situation to be cited in this handbook. With this in mind, situations that arise will be dealt with on an individual basis. Coaches may have more stringent rules and policies than the ones that are established in this handbook as long as they have been articulated to their team.

Appendix A

Parent/Coach Communication Policy

Positive involvement in sports requires commitment from students, parents, and coaches. To be successful, everyone involved must work together to ensure effective communication. Positive and effective communication will only strengthen our Athletic Program. The following guidelines are intended to aid parent and coaches in their interactions.

Communication parents can expect from coaches:

1. Parent meeting before start of season.
2. Location and time of practices and games.
3. Coach's expectations and philosophy.
4. Team requirements, i.e. –fees, special equipment, off season conditioning.
5. Notification when a student-athlete is injured during participation.
6. Notification of disciplinary action that results in suspension from team.
7. Request for support towards the commitment of the program. Coaches may ask for parents help ensuring that the student-athlete is at practice on time etc.
8. Awards Banquet at the end of the season.

What are appropriate concerns for parents to discuss with coaches?

1. The treatment of their child, both physically and mentally.
2. Skill improvement and development.
3. Concerns about their child's behavior

What are things not appropriate for parents to discuss with coaches?

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

Communication coaches should expect from parents:

1. Individual concerns expressed directly to the coach.
2. Advance notification of any schedule conflicts

What is the procedure to discuss concerns with the coach?

1. Make an appointment with the coach
2. Contact the athletic director
3. Please do not attempt to confront a coach before, during, or after a contest or practice.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Contact and set up an appointment with the athletic director to discuss the situation.
2. At this meeting, the appropriate next step can be determined

Appendix B

Guidelines for Choosing Student-Athlete for Athletic Teams:

Students may be denied the privilege of participation because a sport prescribes a specific number that may participate. The number of participants in each sport will be determined by the head coach and the athletic director. Some of the criteria that determine the size of the team may include but not limited to:

1. Talent and work ethic of those trying out.
2. Number of individuals trying out
3. Optimum number determined by coach to conduct productive practices
4. Academic eligibility of those trying out.

Guidelines for Cutting Student-Athletes:

Our coaches realize that as difficult as this process is on them, it is much more difficult on the student-athletes. We make every attempt to use this opportunity to let student-athletes know that this is not a personal decision and that we support their efforts to try out in the

future. The following are minimum procedures that coaches will follow when cutting student-athletes:

1. Tryouts will last at least three (3) full practice sessions.
2. Coaches will not use cut lists and will tell each student-athlete why they were not selected.
3. Student-athletes who miss tryouts for behavior issues, drug and alcohol violations, skipping school, or code of conduct violations will not be granted an extension and will not be permitted on the team.

Appendix C

Prohibition of Hazing:

The Athletic Department at Dixie Heights High School supports only those activities which are constructive, educational, inspirational, and that contribute to the personal development of student-athletes. The administration unequivocally opposes any situation created intentionally to produce embarrassment, harassment, or ridicule. Dixie Heights interprets hazing as any act whether physical, emotional, or psychological, which subjects another person, voluntarily, involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate. In addition, any requirements by a member which compels another member to participate in any activity which against high school policy or state/federal law will be defined as hazing.

Appendix D

Athletic Contest Code of Conduct:

Dixie Heights strives to encourage good sportsmanship throughout our entire Athletic Program. We expect all of our players, coaches, and spectators to be respectful of other players, coaches, officials, and spectators. We believe our fans should cheer for our team, not against the other team. We also believe that it is imperative to let the players, coaches, and officials play the game. Dixie Heights will not permit any behavior that distracts from the proper conduct of the game.