

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

Stacey Mitchell 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

Valerie Daratony, V Girls Tennis

Emma Horvath, MS Girls Tennis

Mike Ramel, V Volleyball

TBD, JV Volleyball

Destiny Hicks, MS Volleyball

WINTER

Destiny Hicks, MS Girls Basketball

Kechae Parker, V Girls Basketball

Rod Williams, MS Boys Basketball

Redd Garrettson, JV Boys Basketball

Mike Ramel, V Boys Basketball

Letita Boone, V Cheerleading

Taliah Hargrove, MS Cheerleading

SPRING

Tyler Burleson, V Girls Golf

Katie Taylor, MS Girls Soccer

Alexis Garcia, V Girls Soccer

Andreas Combos, V Girls Tennis

Andreas Combos, MS Girls Tennis

Karma Taylor, V Coed Track & Field

Stacey Mitchell, MS Coed Track & Field



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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

VARSITY & JV	MAX GAMES	COMMON GAME DAYS
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.*

Fall	Number of Teams	Maximum Team Roster
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
Winter	Number of Teams	Maximum Team Roster
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
Spring	Number of Teams	Maximum Team Roster
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. This applies to both student athletes and managers for athletic teams:

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

Eligibility defaults to the previous quarter to determine if a student may participate or not. If a student is not eligible, they may still attend the three day tryouts to determine if they would make the roster. They would not participate in team activities until they were deemed eligible at the conclusion of the next quarter. Their first day with the team would be the first day following conferences, if they gained eligibility.

Example: A varsity basketball player is ineligible at the end of Q1 - they would attend the three day tryout to determine roster placement. If at the end of Q2 they became eligible, they would join the team to practice and play.

Should any student become ineligible at the end of a quarter that falls during their season, they would be removed from the team on the next school day following conferences.

Example: A volleyball player participating on the team in the fall becomes ineligible at the end of Q1. They would continue to practice and play until the Q1 conferences were held. At which point the next school day they would stop attending practices and games.

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



Multiple Extracurricular Activities Policy

At Henderson Collegiate High School, we believe in well rounded students and hope to provide them with opportunities to participate in extracurriculars of their choice. We also believe that in order to thrive in an extracurricular that a student needs to be **fully committed** to that activity. By defining the season for each extracurricular, an attempt has been made to provide balance to the calendar so that students have an opportunity to **compete in a variety of extracurriculars** throughout the school year. The extracurricular season is defined as that period of time which begins with the opening date of practice in accordance with the NCHSAA calendar and goes through the programs final competition for that particular season. Below is the breakdown of our current extracurricular offerings by season.

2024-2025 Extracurricular Offerings by Season:

Season	Extracurricular Offered
Fall	Co-Ed Cross Country, Girls Golf, Girls Tennis, Boys Soccer, Girls Volleyball
Winter	Band, Basketball, Cheerleading
Spring	Co-Ed Track and Field, Boys Golf, Boys Tennis, Girls Soccer

Seasonal Dates for 2025-2026 (Not all dates included - please refer to NCHSAA Calendar):

First Practice: **Fall: 7/30** **Winter: 10/26** **Spring: 2/16**

Students who choose to participate in an extracurricular activity should remain fully committed to that activity. That activity becomes the priority when it is in season. Students will not be permitted to switch between activities once the season has started or start the next season if their current season is not complete. If students choose to participate in multiple activities as they are encouraged to do - any out of season activity would only be allowed if there is not a conflicting schedule. All out of season skill development sessions must be voluntary and open to all students. Out of season participation is also limited to no more than 1.5 hours daily. Out of season activities must also abide by the dead periods prescribed below:

Dead Periods for 25-26: **7/31 - 8/20** **10/30 - 11/19** **2/12 - 3/4**
Last 5 Day of S1, Last 10 Days of S2

Summer 2025 Dead Periods: **6/30 - 7/6** **7/21 - 7/27**



Examples of multiple activity participation:

A student participates in Volleyball and Basketball. In the Fall, when Volleyball is in season, the basketball coach is holding an out of season workout. The student would not be permitted to participate in the Basketball workout if the time conflicts with Volleyball. If there was no Volleyball that day or the times did not conflict - then the student would be permitted to participate in the basketball workout for a maximum of 1.5 hours.

A student participates in Girls Soccer and Band. In the Winter, when Band is in season, the soccer coach is starting out of season strength and conditioning. The student would not be permitted to participate in the strength and conditioning workout if the time conflicts with Band. If there was no Band that day or the times did not conflict - then the student would be permitted to participate in the workout for a maximum of 1.5 hours.

A student participating in Band and Boys Tennis. In the Fall when both activities are out of season, the Band is holding out of season practice while the Tennis coach is holding out of season workouts. The student may choose which activity to participate with no penalty. Neither activity can be required by the Band Director or Coach and it will not be held against them for non-participation since both are out of season. If it was Winter, the student would fully commit to Band and only attend Tennis out of season activity when not in conflict with Band. If it was Spring, the student would participate in Tennis and only attend Band out of season activity when not in conflict with Tennis.

A student participating in Band and Basketball. In the Winter, when both activities are in season, dual participation would only be allowed if there was not a conflicting schedule for **at least 90%** of the season. For example if Band practiced from 3:30-5:30 and Basketball practiced from 5:30-7:30 and neither was in conflict on a daily basis then dual participation would be ok with permission of the Athletic Director, Band Director, and Head Coach. If there was conflict between the practice times and competitions that did not allow the student to be at an **activity for 90%** of the practices and competitions then it would not be allowed.

A student participating in Cross Country and Boys Soccer. In the Fall when both activities are in season, dual participation would only be allowed with permission from the Athletic Director and both Head Coaches. In this scenario, the student would make Soccer the priority sport since it is a cut sport and they earned a roster spot. They would be allowed to attend Cross Country practices or meets when not in direct conflict with Soccer. An example would be there is a Cross Country meet on a Tuesday when there is Soccer practice and the Soccer coach is ok with the student going to the meet. If both sports were out of season, the student would be allowed to participate in any out of season activities of their choice without being required or penalized for non participation. This also assumes they are not in conflict with an in season activity.



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 directions on how to complete this process.

1. Go to 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 **2025-26** 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



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 try out for multiple sports in a season but should communicate with coaches to avoid conflicts. 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 at least half of the school day in order to participate in practice or contests during the same calendar day. If a student-athlete were to arrive late or leave early they would need a doctor's or written note excusing them. If they leave early for a doctor/excused appointment, they must also return in time for the start of the practice or game. If the late arrival or early departure was unexcused they would not participate that day.

Students absent from athletic practice due to illness or injury may need a medical release by a licensed physician returning to 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 / OSS / Sideline / Bench Protocol

Henderson Collegiate fully believes that participation in athletics is a privilege that is earned not a guaranteed right. Student Athletes should uphold and model the standard for behavior not only during the school day but anytime they are representing Pride. If a student athlete faces disciplinary action at school the following chart should be referenced for the additional disciplinary action as it relates to their participation in athletics and status on the team..

	1st Instance	2nd Instance	3rd Instance
ISS – Less than 3 class periods	Coaches discretion on daily participation. May consult with the Dean of Students and Athletic Director for guidance.	Cannot participate in practice or a game. If it is a day off, the consequence falls to the next practice / game.	Follows ISS Full Day Sequence
ISS – More than 3 class periods but was released day of *See Note	Cannot participate in practice or a game. If it is a day off, the consequence falls to the next practice / game.	Follows ISS Full Day Sequence	
ISS - One Full Day	One Day: Cannot participate in that day's practice and cannot play in the next game.	Suspended 1 week (5 days or practice/games)	Suspended 2 weeks (10 days of practice/games)
ISS - Multiple Days	Suspended 1 week (5 days or practice/games)	Suspended 2 weeks (10 days of practice/games)	Suspended for 5 games or ½ of the remainder of the season (whichever is greater).**
OSS - 4 Days or Less	Suspended for 5 games or ½ of the remainder of the season (whichever is greater).**	Removed from the team	NA
OSS - 5 Days or More	Removed from the team	NA	NA

*If the teacher schedule did not allow them to release the student, this may not constitute a full day

**Removal from the team may be warranted based on what the suspension, consult the Athletic Director



Game Day Dress Code

Each program should commit to have all athletes in a consistent dress code on game day. Game day includes any week day Monday through Friday. There are a few options on what this dress code may follow and is of the coach's discretion. The key is 100% commitment and consistency by all team members.

If a student-athlete is out of athletic dress code for that particular day they run the risk of losing playing time depending on the severity of the dress code infraction.

Option 1: Follow the Henderson Collegiate Standard Monday-Friday Dress Code.

Option 2: Professional Dress (Reference the chart below).

Option 3: Designated Team Game Day Attire ('Track Suit' or Sweatpant/Sweatshirt Combination)

Footwear for Option 1 & 3 must be compliant with Henderson Collegiate Standard Dress Code.

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

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.

Early Release & Makeup Work

Student athletes that miss a class because they left early for a practice or competition, are responsible for communicating with teachers in order to receive any missed assignments and completing them on time. There are no exemptions made for assignments missed due to going to a game

Friday Practices

Many teams will choose to practice on Friday's. These practices may not always be right after school. If that is the case, student athletes will have a choice of going home and returning to school on time for practice, or staying after school in an athletics study hall until their practices begin. Students who choose to stay and join the study hall will be expected to be working on homework, classwork, or other academic assignments. If they have completed all of this work, they may read silently.

Extracurricular Commitment

Making a commitment to an extracurricular is a big deal. Your team, coaches, etc. expect you to honor and fulfill your commitment made at the start of the year. This means that going to a game, regular season or playoff, would supersede other commitments that you have, through the school or otherwise. (College trips, end of year trips, other school events). Missing practices or games may result in a suspension of games. Quitting mid season will result in the inability to participate in another extracurricular during that school year or the same extracurricular the following year. Discretion lies with the Coach and Athletic Director.

If there is a major conflict that may need to be discussed, it should be brought to the attention of the Coach and Athletic Director at least 2 weeks prior to the date.



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.

Athletic uniforms and warmups are never to be worn to school or outside of competition even on game day with the exception of a few programs such as a pep rally. Even for these exceptional programs they may be worn during the program but must be changed out of for the remainder of the school day.

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.