

Kingsport City Schools Athletic Handbook 2019-2020



Information, Policies, and Procedures
For Parents & Student-Athletes

1 Tribe Way
Kingsport, TN 37660
www.dbhs.k12k.com

Mission of the Kingsport City Schools Athletic Department

The Kingsport City Schools Athletic Department is committed to excellence in co-curricular activities while supporting the educational mission of Kingsport City Schools.

Core Values of Kingsport City Schools Athletic Department

Tradition

Relentless

Integrity

Bold

Educational Excellence

What makes Kingsport City Schools a Special Place?

Passionate community and fan base with high expectations

Rare combination of excellence in athletics, academics, and performing arts

Invested administration, faculty, staff, and stakeholders

Dedicated student-athletes striving to be great

Excellence is in our DNA!

The “Indian Way”

1. Appreciation of the unrivaled history of excellence in academics, athletics, and performing arts.
2. Relentless pursuit of continuous improvement is an institutional habit.
3. The complete development of the student-athlete is paramount.
4. Honest, respectful, and frequent communication eliminates conflict and keeps the spirit clean.
5. Represent the Kingsport City School System and the community with class in everything we do.

Value of Education Based Athletics/Activities

1. Enhance the academic mission of the school
2. Instill a sense of pride in the community
3. Activities are inherently educational: Persistence, Patience, and Practice
4. Lifelong lessons of teamwork, self-discipline, time-management, and handling success and failure
5. Participation in co-curricular activities foster success later in life

Three Questions for Kingsport City Schools Student-Athletes

1. Can we trust you?
2. Do you care?
3. Are you committed to excellence?

2019-2020 Kingsport City Schools Athletic Code of Conduct

The Kingsport City School's administration, coaches, and staff believe that students who are selected for the privilege of membership on athletic teams should conduct themselves as responsible representatives of the schools. Since athletic membership on our sports teams is a **privilege and not a right**, those who choose to participate will be expected to follow the Code of Conduct established by the administration, the Kingsport City Schools Student Code of Conduct, and other policies established by the Head Coach of their sport. As recognized representatives of our schools, members are expected to exhibit appropriate behavior during the season or out of season, in uniform or out of uniform, and on campus or off campus. The principal, athletic director, and head coaches shall enforce all rules and regulations as described in the Athletic Code of Conduct.

The Kingsport City Schools interscholastic athletic program is a member of and governed by the Tennessee Secondary Schools Athletic Association (TSSAA). The TSSAA and TMSAA (middle school) handbooks can be found at <http://tssaa.org/tssaa-bylaws-constitution/> and <http://tssaa.org/tmsaa-constitution-and-bylaws/>. Additional policies and procedures for student-athletes and parents can be found in these handbooks.

"Athlete" defined

An athlete is defined as any Kingsport City Schools' student who is a member of an interscholastic team sponsored by Kingsport City Schools. This includes team members, managers, student trainers, dance teams, cheerleaders, statisticians, etc.

Alcohol and Drug Use:

Any student who uses or possesses alcohol and/or illegal drugs (including marijuana) on or off school property shall be suspended from athletic participation.

The possession, use, consumption, distribution, purchase, sale or manufacture of, or any other improper or unlawful involvement of any kind or description with illegal drugs, controlled substances, alcohol or alcoholic beverages, anabolic or androgenic steroids, drug facsimiles or "look- alike" drugs, drug paraphernalia, or substances or products that mask or tamper with any of these, is strictly prohibited. Also prohibited is the distribution, abuse or misuse of over the counter medications or prescription drugs, or other chemicals or substances.

- a) 1st offense- Loss of 20% of contests. Loss of contests can be carried over into next sport or next season. Athletes must continue to practice, but cannot dress out for contests
 - 2nd offense- Loss of athletic participation for one calendar year.
 - 3rd offense- Loss of athletic participation for career.
 - **The Head Coach may add other disciplinary action, such as loss of team captain, conditioning drills, or community service.
- b) The District believes that they have the responsibility to detect, deter and prevent drug, alcohol and tobacco use. The District reserves the right to adopt a random testing program for District athletes.

- c) Any student-athlete convicted of selling, or with intent to distribute drugs will be permanently banned from athletics.

Prohibited Behaviors:

A student-athlete who commits the following offenses shall be disciplined. The discipline may include, but not limited to, suspension or permanent dismissal from the team.

- a) Use of tobacco
- b) Theft
- c) Fighting
- d) Acting in an unsportsmanlike manner when representing the school
- e) Any act at school, or away from school, which results in any discipline by school administration
- f) Any act at school, or away from school, which in the opinion of the coaches and administration, reflects in a negative manner on the school or athletic program

Hazing:

Hazing is strictly prohibited. Kingsport City Schools does not condone bullying or hazing among its students. Hazing includes, but is not limited to:

- Any gesture, written, verbal, or physical act that a reasonable person under the circumstances should know will have the effect of harming a student or placing a student in reasonable fear of harm to his or her person, or damage to his or her property
- Any type of physical force, harm or injury inflicted on athletes on their team members such as whipping, beating, striking, branding, or placing an unwanted substance on the student's body
- Any coerced or involuntary activity by athletes on their team members that subject the athletes to an unreasonable risk of harm or that adversely affects their mental or physical health, safety, or welfare

In addition, student-athletes are expected and required to report suspected violations of this rule. Athletes may be disciplined for failure to report known hazing violations or for falsely denying knowledge of known hazing activities.

Social Media:

Student-athletes are responsible for information contained in written or electronic transmission (email) and any information posted on a public domain (internet, chat room, blogs, Facebook, You Tube, Twitter, Instagram, VSCO, Snap Chat, etc.). Inappropriate, threatening, or embarrassing information or pictures should not be posted in any public domain. A violation of this rule may result in game suspensions or dismissal from team.

Cell Phone Use:

Cell phones and cameras may not be used inside a locker room for any purpose by a student-athlete. This means no texting, no calling, and no pictures. Should an athlete receive a call or text after school hours while in the locker room, he or she must take the phone (still in backpack, gym bag, etc) out to the hall or outside the building before use. Cameras and cell phones may not be in use or out in view in the locker room for any reason. A violation of this rule may result in game suspensions or dismissal from the team.

Equipment:

A student-athlete who loses their equipment or fails to return equipment or uniforms to their coach must financially repay for the respective loss. The student-athlete is not allowed to participate in another sport until all debts are cleared.

Out-of-School Suspension:

A student-athlete who is placed in out-of-school suspension cannot participate in or attend any games or practices during the suspension.

Transportation:

All team members must travel and return from away contests with the team except with prior approval of the athletic director and coach. If it is necessary for an athlete not to ride the bus home with the team, he/she must complete the athletic travel release form (with parent/guardian signature) in advance of the trip. Students will never be allowed to ride to or from an event with another student.

Leaving a Team:

A student-athlete who quits a team, or is removed from the team, once it has begun official practices, cannot begin another sports season or practices until the sports season ends from the team that he/she quit. If there is a mutual decision by the coach and player to discontinue a player's participation on a team, then the player can begin practice with another sport without penalty.

Attendance:

Student-athletes who miss over half of the school day due to illness will not be able to play in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate.

Reporting an Injury:

All injuries that occur while participating in athletics should be reported to the trainers and coaches immediately.

Statement of Risk of Participation:

Parents and student-athletes should fully understand and appreciate the risk of serious personal injury associated with participation in the sports programs provided by Kingsport City Schools. Participation in school athletics involves flying objects, swift movement of bodies, and unavoidable collisions. Taking part in such activities is calculated risk-taking on the part of the student-athlete and parents. Reducing injuries to a minimum is a continuous goal of our coaching staff and administrative staff.

Club/Non-School Participation:

After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the same season. Students participating in golf, tennis, and bowling are exempt from this policy. The first obligation and responsibility of the athlete is to Kingsport City Schools' academic and athletic programs.

Scheduling Conflicts:

Despite all scheduling efforts by the administration, conflicts will occur between athletic and non-athletic activities and events. The following guidelines shall apply to students who experience conflicts between KCS school-related activities:

- a) When a conflict occurs between two scheduled activities the student's first duty is to notify both coach/sponsors as early as possible. The coach/sponsors will attempt to resolve the conflict to best allow the student to participate in as many activities as possible. The student will then be advised of the recommended solution to the conflict. It is expected that the student will follow the recommendation OR propose an equally acceptable alternative.
- b) When a conflict occurs between a competition/performance and a scheduled practice, students will be expected to attend the competition/performance (without loss of group membership or standing in the other activity).
- c) When a conflict occurs between scheduled practices, the students will be expected to participate in one (without loss of group membership in the other activity). Frequently missing practice sessions may jeopardize a student's standing within his/her group or team. Frequent conflicts will be balanced to the extent possible so that the student attends both activities equally.
- d) When a conflict occurs between competitions/performances, students may participate in one activity without loss of group membership or standing in the other activity.
- e) There may be times when students may simultaneously participate in multiple KCS activities/events by prior arrangement with the sponsors/coaches.

Individual Sport Policies:

Each coach of a student-athlete has the prerogative to establish additional rules pertaining to the activity supervised. These rules may include attendance at practices, curfew, dress, locker room cleanliness, horseplay, being on time, and general conduct on buses or at off-campus activities.

Appeal Process:

A student-athlete and his or her parents may appeal a decision in writing to the Athletic Director and school principal within three days of the disciplinary decision. The principal and the Athletic Director will hear both sides of the appeal and will take action upon which they consider to be in the best interests of the student-athlete, the team, and the school.

Scope of Code of Conduct:

As stated, the athlete is under the Athletic Code effective the date it is signed and turned in to the proper administrative office. The Code is in effect for 12 calendar months from the date of signature, including during the summer months.

PARENT/GUARDIAN COMMUNICATION

The Athletic Department of Kingsport City Schools strives to keep open lines of communication between athletes, parents, coaches and the general public. Much of the information needed to keep current with the events and policies of the various Kingsport sports teams can be accessed by using the athletic website, www.k12k.com

Parental Support:

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we strive to be able to better accept the actions of the other for the benefit of the student- athlete. As parents, when your child becomes involved in our program, you have a right to understand what expectations are placed upon your child. This begins with clear communication from the coach of your child's program.

It is essential that parents and athletes demonstrate respect for coaches. The coach has been appointed to a leadership and decision-making position. His/her responsibility is to the individual participant, the team, and the school system. As a result, all coaches have been instructed to make the best decisions they can and not to bow to parent or fan pressure relative to athletic and/or coaching decisions. In all instances, an environment of mutual respect and civility should prevail and the appropriate steps for a solution should be followed.

Communication Your Child Can Expect From Coaches

1. Philosophy of the coach
2. Expectations the coach has for your child as well as the players on the team
3. Locations and times of all practices and contests
4. Team requirements; i.e., fees, special equipment, off-season conditioning
5. Procedures should your child be injured during participation
6. Discipline that results in the denial of your child's participation
7. The availability of the coach to speak with you about your child if you should have a concern

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance (planned vacations)
3. Specific concerns with regard to a coach's philosophy and/or expectations

As your children become involved in programs in Kingsport City Schools, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times respectful discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

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

It is difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all

students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

Issues not Appropriate to Discuss with Coaches

1. Playing time
2. Team strategies
3. Game play-calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, please follow the steps outlined in the Chain of Communication, to help promote a resolution to the issue of concern.

Solving Conflicts-Chain of Communication

- Athlete and Coach
- Athlete, Parent, and Coach
- Athlete, Parent, Coach, and Athletic Director
- Athlete, Parent, Coach, Athletic Director, and Principal

The correct procedure to contact a coach is to email him/her or by telephone. Parents are urged to contact the coach directly at the phone numbers distributed at the pre-season orientation meeting. Please do not contact the coach at home unless requested to do so. Please do not attempt to confront a coach before or after a contest, a practice, or event. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. If the coach does not respond to your phone call, contact the Athletic Department, and they will contact the coach on your behalf.

Kingsport City Schools Sportsmanship Plan for Athletics

Kingsport City Schools believes that sports programs serve educational purposes in the lives of the students. One of these purposes is the development of good sportsmanship. The primary focus of the challenge of achieving good sportsmanship is on the student-athlete, but others are involved.

Administrators and coaches shall practice good sportsmanship. Student-athletes will be taught good sportsmanship and be held accountable for their actions. Spectators will be reminded and encouraged to be appropriate role models for young people. Kingsport City Schools will support staff and administrators who enforce sportsmanship rules at athletic and other competitive events, including evicting students or adults who violate school system policy.

Expectations

Individuals who are involved in athletic activities that represent Kingsport City Schools should make every effort to meet the following expectations:

School Administration

- ✓ Provide appropriate supervisory personnel for athletic events
- ✓ Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches, and fans
- ✓ Show commitment to students and school activities by regular attendance at school events
- ✓ Apply sportsmanship policies and rule equitably
- ✓ Be prepared to address fan and participant behavior at both home and away events

Coaches

- ✓ Accept decisions of officials
- ✓ Avoid offensive gestures and language
- ✓ Display modesty in victory and graciousness in defeat
- ✓ Avoid public criticism of game officials
- ✓ Lead by example, respect the rules, the officials, and opponents and teach my student-athletes to do the same

Student-Athletes

- ✓ Show respect at all times for coaches, opponents, and game officials
- ✓ Accept the decisions of contest officials
- ✓ Avoid offensive gestures or language
- ✓ Display modesty in victory and graciousness in defeat
- ✓ Show respect for public property and equipment
- ✓ Remember that as a participant for Kingsport City Schools that you represent the school

Spectators

- ✓ Avoid criticism and harassment of game officials and coaches
- ✓ Appreciate good performances by opposing players and teams
- ✓ Respect and show appreciation for coaches
- ✓ Stay off the playing area

- ✓ Show respect for public property and equipment
- ✓ Take part in cheers with the cheerleaders
- ✓ Work cooperatively with school officials and supervisors in keeping order

Cheerleaders and Band

- ✓ Know the contest rules and perform at the proper times
- ✓ Encourage support for any injured player
- ✓ Show respect for opposing players and cheerleaders, game officials, and spectators
- ✓ Lead positive cheers and praise for your team
- ✓ Show respect for public property and equipment

Appropriate Behaviors

- ✓ Applause during introduction of athletes, coaches, game officials
- ✓ Handshakes between participants and coaches at end of contest
- ✓ Applause at end of contest for performances of all participants
- ✓ Everyone showing concern for an injured athlete
- ✓ Showing respect for another school's logos, banners, Alma Mater, etc.
- ✓ Spirit leaders leading fans in positive manner

Unacceptable Behaviors

- ✓ Using disrespectful, taunting, or derogatory yells, chants, songs, or gestures or any cheers that gloat in victory
- ✓ Singling out individuals on an opposing team for derogatory or insensitive treatment
- ✓ Doing own yells instead of following lead of cheerleaders
- ✓ Using hand-held signs containing derogatory language or pictures
- ✓ Throwing of any objects onto or near the field of play
- ✓ Displays of temper with an official's call
- ✓ Using yells to antagonize opponents
- ✓ Refusing to shake hands or to give recognition for good performance
- ✓ Unauthorized visiting of other school's rooting section
- ✓ Using profanity or displays of anger that draws attention away from the game

Promotion of Sportsmanship

1. Sportsmanship Plan presented to every student-athlete at a pre-season team meeting by the head coach.
2. Pre-season Parents Meeting in each sport where the Sportsmanship Plan is explained and expectations are listed
3. Game programs will contain language reminding all involved with the event to practice good sportsmanship
4. Sportsmanship Plan explained and expectations listed at boosters club meetings
5. Codes of Conduct signed by players and parents
6. Pre-game messages by PA announcer promoting good sportsmanship
7. Sportsmanship plaques may be presented to a deserving student-athlete at each sports awards program.
8. Instances of failure to meet expectations will result in disciplinary action and failure to correct negative behavior could result in possible suspension from athletic events

KINGSPORT CITY SCHOOLS ATHLETICS SOCIAL MEDIA POLICY & GUIDELINES FOR STUDENT-ATHLETES

Student-athletes of Kingsport City Schools are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your family, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team. Instagram, Facebook, Twitter, Vine, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here in Kingsport City Schools in one form or another. Student-athletes should be aware that third parties, including the media, faculty, future employers and NCAA universities and coaches, could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, our athletic program and Kingsport City Schools.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Content online that would constitute a violation of TSSAA rules.
- Information that is sensitive or personal in nature or is proprietary to the athletic program or Kingsport City Schools, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

Please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the athletic program and your school. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or your school.

As the Parent/Guardian:

- I will encourage my child to focus on daily and weekly improvement, not wins and losses.
- I will inspire my child to work through disappointments and failures, and that quitting or giving up are seldom the correct choices.
- I commit to helping my child with his fund-raising responsibilities and with his community service opportunities.
- I will notify my child’s coach of any schedule conflicts well in advance, if at all possible.
- I pledge to communicate with my child’s coach in a professional manner when issues arise, and that I will never approach my child’s coach during or after a contest or practice. I acknowledge that I must request an office appointment with my child’s coach to discuss any concerns.
- I understand that appropriate concerns to discuss with the coach are: the treatment of my child mentally and physically, ways to help my child improve, and concerns about my child’s behavior.
- I understand that issues not appropriate to discuss with the coach are: playing time, team strategy, play calling, other student-athletes.
- I will express my concerns directly to the coach.
- I will contribute to the goal of a “family” environment within Kingsport City School Athletics by promoting good sportsmanship, by celebrating team accomplishments, and by giving value to my child’s opportunity to be a part of a team.

My signature acknowledges that I have read the Athletic Code of Conduct and agree to abide by all rules and regulations contained herewith.

My signature releases Kingsport City Schools to post on athletic department websites and social media my child’s name and picture.

In addition, you affirm that you understand the Kingsport City Schools Athletic Department’s Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as a Kingsport City Schools student-athlete. Also, you affirm that failure to adhere to this policy and guidelines will subject you to disciplinary action, which may include suspension or permanent removal from the team.

Player Signature

Parent/Guardian Signature

Date

Print Player Name

Print Parent Name