

SAND LIZARD
STUDENT ATHLETIC HANDBOOK
2019-2020

This material is presented to you because you have indicated the desire to participate in interscholastic athletics in representation of the Dardanelle Public Schools. We believe participation in sports provides a wealth of opportunities and experiences which will assist you in your academic success and personal adjustments. We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well organized sports program meets the student's needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program sound in purpose and to further each student's educational maturity.

As school officials, we have committed ourselves to: provide well-trained and qualified coaches; provide competitive equipment and facilities; provide skilled officials; provide transportation; and provide adequate supplemental insurance in the case of injury.

ATHLETIC MISSION STATEMENT

The Dardanelle School District believes that a dynamic program of athletic activities is vital to the educational and personal development of the student, functioning as an important part of the total curriculum.

This philosophy is illustrated through the development of favorable characteristics such as sportsmanship, teamwork, competitive spirit, and character and shall be developed through the offering of a variety of experiences to prepare our students for a productive life in a democratic society.

ATHLETIC GOALS

1. All students of the Dardanelle School District, eligible to participate, will be encouraged to be part of a team.
2. The Dardanelle Athletic Program will create an atmosphere in which every athlete is treated with respect and dignity.
3. Fundamentals will be stressed to all athletes at all levels. The head coach of each sport will establish standards of participation that will be expected to be maintained in order to be a participant under their leadership. The athletic director will be informed of all standards prior to implementation.
4. Participation of all athletes will be a high priority of the Dardanelle Athletic Department.
5. Since extra resources are provided to athletic programs; participants will be held to a high standard of behavior and academic achievement. These standards are expected while playing, in school and within the community.

ATHLETIC OBJECTIVES

The athletic experience shall:

- a. Develop attitudes that must be a part of each individual for success in athletics and life:
 1. Pride in performance
 2. Sacrifice and persevering application
 3. Competition to win---the purpose of competing is to win and to dilute the will to win is to destroy the purpose of athletic contests. Winning at all cost is not a goal.
 4. Sportsmanship---the good of the team comes before individual glory and desire. Conduct toward officials and opponents must be exhibited with high personal characteristics.
 5. Educational goals---the main reason we have school is to receive an education; athletic participation is a part of that education. Both go hand in hand.
- b. Athletes should develop an appreciation for optimum health and physical fitness. The importance of proper rest, good nutrition and cleanliness will be stressed at every opportunity.
- c. Encourage athletes physically, mentally and socially to develop an appreciation for the benefits of sports.
- d. Base all teaching and learning situations on a sound progressive educational approach. Coaching is teaching at its best.
- e. Constant evaluation and improvement of techniques and fundamentals must be Evident if the athletic department is to be successful.
- f. Development of all programs in such a manner that the end result will be one of unity, harmony and success. Participation of all athletes is to be emphasized and expected below the varsity levels and during practice at all levels.
- g. Attempt constantly to motivate athletes to become better students. Coaches should display approval for school life and classroom achievements.
- h. Instill in all athletes, at all levels of competition, the expectation of representing their school and community in a positive manner.
- i. Emphasize that athletics is a privilege and carries with it certain responsibilities. By choosing to participate you agree to abide with all rules and regulations.
- j. Paralleling success in life, to attain success in athletics, athletes must train their minds and bodies to respond instantly and effectively to the multitude of situations that arise during the course of play. 2

Athletics is an elective; however, due to physical and emotional make-ups some students do not and should not choose to participate in competitive athletics and they should not be expected to do so. Reasonable efforts on the part of the athletic staff should be made to locate and identify students in the elementary, middle school and high school who have the interest, desire, ability and the heart to participate.

WARNING, PHYSICAL AND PERMISSION SLIPS

All athletes must pass a physical examination and have a signed parental warning/permission form turned in to the head coach before they are allowed to participate in any athletic program of the Dardanelle Public Schools.

BEHAVIOR AND CITIZENSHIP

The conduct of the student athlete is closely observed by many and it is important that an athlete's behavior be above reproach. Appearance, expression and actions always influence people's opinions of the athletes as well as the sport and the school. Once you have volunteered to be a member of a squad, you have made the choice to uphold the standards expected of all athletes in this community. Being an athlete is a privilege, not a right.

The way an athlete acts and looks is of great importance thus proper dress, appearance, grooming and personal cleanliness are expected. Athletes should be leaders that fellow students can respect and follow as an example. Proper dress and appearance will be established by the head coach and is an ongoing process.

If you are arrested, charged with a serious felony or other crime you will be subject to discipline by the DAC (Disciplinary Action Committee) or possibly the Dardanelle School Board.

ELIGIBILITY RULES

Any student who meets the eligibility requirements is welcome to participate on an interscholastic team. Students must meet the eligibility requirements set forth by the Arkansas State Department of Education and administered by the Arkansas Activities Association. A copy of the scholarship rule is attached to this booklet; please read these rules and if further explanation is needed contact the athletic director. The final determination of eligibility rests with the Dardanelle Public Schools.

PARENT / ATHLETE CONCERNS OR COMPLAINTS

The following order should be followed in reporting a complaint or expressing a concern: Request a conference with.....

1. the Coach that has direct supervision of the athlete
2. the Head Coach of the sport
3. the Athletic Director of the Dardanelle Public Schools
4. the Principal of the grade level involved
5. the Superintendent of the Dardanelle Public Schools
6. the Board of Education of the Dardanelle Public Schools

TRAINING RULES

It is the overwhelming opinion of health educators and coaches that athletic performance is best when athletes follow intelligent training rules with restriction on tobacco, alcohol, and drugs. Medical research clearly states that the use of tobacco, alcohol and any type of mood modifying substance produces harmful effects on the human body. If you wish to be a Sand Lizard athlete you have to dedicate yourself to become a quality competitor, therefore you must adhere to the following rules:

Training rule number one: THE TEAM COMES FIRST.

Other rules are as follows:

1. TOBACCO / VAPING Absolutely will not be tolerated if you are planning to participate in Dardanelle athletics, there is to be no smoking or chewing at any time.
 - a. First Offense---extra work supervised by the head coach of that sport.
 - b. Second Offense---appearance before a disciplinary action committee with possible suspension from participation.

The DAC (Disciplinary Action Committee) shall consist of:

- a. Head coach of the particular sport
- b. Athletic Director
- c. Principal or assistant principal of the particular school

Modes of Punishment open to the DAC are:

- a. Suspension from games and/or practices
- b. Extra work before or after practice supervised by the head coach
- c. Dismissal from the team for the remainder of the current season

2. DRINKING: Absolutely no drinking of alcoholic beverages (In season or out of season).

- a. First Offense---one (1) game suspension with extra work supervised by the head coach.

- b. Second Offense---appearance before the DAC.

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3. USE OF DRUGS: Absolute NO use of drugs in any form without a doctor's Permission slip presented to the head coach (In season or out of season).
 - a. First Offense---appearance before the DAC.

NOTE: Out of season offenders will be subject to disciplinary action to be determined by the DAC. Other rules pertinent to a particular sport may be set by the head coach after clearing them with the athletic director. These rules are to be given to team members both orally and in writing.

ATHLETE RESPONSIBILITY

When an athlete wears the red and white of our school it is assumed that he / she understands that there are certain responsibilities that go along with being a Sand Lizard:

1. In the Classroom---the athlete is expected to become a good student. A good student does not mean all A's. A good student means trying to do the best you can and maintaining eligibility in order to participate in athletics.
2. On the field / floor---you must have a burning desire to win, doing so with honor, pride, dedication, sportsmanship and loyalty.

TEAM RESPONSIBILITY

1. Common goals and group loyalties
2. Subordination of self-interest to team values
3. Self-discipline and personal sacrifice for team goals

The coaching staff and athletic director are primarily responsible for implementing these goals and standards. No student is obligated to take part in athletics. It is a privilege, not a right. Since it is a privilege, the coach should have the right to revoke privilege when rules are broken. Each athlete will realize that the school wishes the athlete to reach his / her very best achievement level in academics, in athletics and in life.

CARE OF EQUIPMENT

1. Equipment should be turned in within one week following the end of the season.
2. An athlete is financially responsible for all equipment checked out to him / her. The cost of the destroyed / lost equipment will be at the replacement cost.
3. School equipment checked out to an athlete must be signed for by the athlete who is responsible for the equipment.
4. An athlete must treat school equipment as though it were his / her personal property and never abuse it.

5. If an athlete is involved in the theft of school equipment, he / she will appear before the DAC and / or run the risk of being arrested for the offense.

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IMPROVEMENT SEASON

The purpose of the improvement season is to develop a student physically and mentally for participation in athletics; therefore, it is in the best interest of the athlete to complete a conditioning program before participation in a sport. It is the responsibility of the head coaches to implement such a program and see that the athletes are involved.

ATHLETIC INJURIES

An injury, large or small, should be reported immediately to the coach in charge. Injuries requiring a doctor's care should be noted and a doctor's release is required before an athlete is allowed to return to play or practice. Any athlete not having a doctor's release will not be allowed to play or practice. Injuries not requiring a doctor's care should be left up to the head coach of that sport to assess the athlete's ability to play or practice.

Injuries that occur away from the school athletic venue should be reported to your coach immediately. This includes anything that is non-school related. Understand that injuries which do not occur while under direct supervision of a coach will not be covered under any type of school insurance plan.

For insurance purposes all injuries are to be reported directly and immediately to the athletic director by the head coach. An accident form will be completed and filed in the principal's office. Failure to report injuries may cause problems with insurance claims.

ATHLETIC TRIPS

All athletes must travel to an athletic contest in transportation provided by the Dardanelle School District. Athletes will be allowed to travel home from a contest with their parents or legal guardian only. Brothers, sisters, aunts, uncles, grandparents, etc. do not qualify as parents or guardians and may not sign an athlete out. In order to ride home the parent must sign a release form with the head coach at the conclusion of the activity.

In emergency situations an exception to the above criteria may be granted by the building principal and/or the athletic director.

At the head coaches discretion, athletes may be required to ride the bus home at the conclusion of a game.

PARTICIPATION IN A VARIETY OF SPORTS

The athletic department's philosophy is that each sport compliments the others. Students will be encouraged to participate in all sports by the entire coaching staff. Our staff will not encourage students to specialize in any particular sport. They understand that sharing of athlete's in all sports is vital to the success of the overall athletic program.

When an athlete declares the intent to participate in a sport in the Dardanelle schools, they understand that participation in sports outside the realm of the school activity becomes secondary. You will not be excused from a school event to participate in a sporting activity not associated with Dardanelle schools.

DROPPING AND TRANSFERRING SPORTS

An athlete who is participating in a sport is not allowed to quit that sport, while in season and take up another sport without the consent of both coaches involved and the athletic director.

ABSENT FROM SCHOOL

Athletes must be present for the entire school day in order to participate in practice or contests. Exceptions may be made for extenuating circumstances. These exceptions must be arranged with the building principal.

If an athlete misses a single class period during a regular school day they are ineligible to compete in a scheduled activity on the same day that they missed the class.

All medical appointments (other than emergencies) should be scheduled on a day when there is not a scheduled athletic contest. Please check the athletic schedule prior to making routine medical appointments. Remember missing a class period of school will cause you to miss an athletic contest if on the same day.

Athletes involved in any form of major misconduct that results in suspension from school cannot expect to participate in games or practice during the time of their suspension.

CONCUSSION GUIDELINES AND HEAT ILLNESS

Information pertaining to concussions, heat illness has been attached as a supplement to this handbook. Please read each attachment very carefully. The coaching staff has been trained to handle emergencies of this nature and will take all safety precautions to prevent such injuries from happening. However, in the event that we are faced with a possible concussion or heat related injury our athletic staff is ready to take immediate action.

ATHLETIC SCHOLARSHIP OFFERS AND SIGNINGS

If an athlete has been offered an athletic scholarship by a four (4) or two (2) year institution we will have Only a single signing day for the year. That day will occur ONLY on National Signing Day which will be a corresponding date of February 5, 2020. We will dismiss all of our athletes, grades 9-12, both boys and girls during advisory to gather in the gymnasium for the signing. We will invite family members and the media to attend.

DRUG TESTING: All students who wish to participate in athletics must agree to adhere to a random drug testing policy as established by the Dardanelle School District. The policy will be distributed by the high school office at the beginning of each school year and a signed copy must be returned and it will be kept of file in the high school office. Failure to do this will result in immediate dismissal from athletics.