

Hopewell High School Blue Devils

# Student Athlete Handbook

A Guide for the Student-Athletes and Their Parents

## MISSION STATEMENT

Good sportsmanship is the mission of Hopewell City Public Schools Athletics. The purpose of Hopewell Athletics is to promote an interest in a variety of sports while providing a structured environment to develop life skills and personal growth in the educational setting. Our athletes will gain fun and worthwhile experiences in:

- **Teamwork**
- **Leadership**
- **Commitment**
- **Respect**
- **Integrity**
- **Perseverance**
- **Humility**

2019-2020

"Pursuing Victory with Honor"

trustworthiness respect responsibility fairness caring citizenship

VHSL AAA Conference 26 3A East Region  
**HOPEWELL ATHLETIC HANDBOOK**

A guide for Hopewell student-athletes and their parents

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Each Hopewell Student-athlete and parent/guardian must sign off with their coach, confirming they have read and fully understand and agree to abide by the contents of this handbook.

# **Welcome to the Hopewell Athletic Department**

## **INTRODUCTION**

The purpose of this handbook is to give student-athletes and other interested persons a guide to the operation of the interscholastic athletic program at Hopewell High School and Hopewell City Public Schools. A student who has elected to participate in athletics is voluntarily making a choice of self-discipline and sacrifice. This concept of self-discipline and sacrifice is tempered by accepting the responsibility to follow the rules, regulations, policies and procedures established by the Hopewell school board and the Hopewell coaching staff. In turn, our coaching staff has the responsibility to positively lead in a manner that promotes and models personal development, fosters teamwork and teaches important life skills. Successfully meeting these conditions requires responsible behavior, open communication and personal accountability from each of us: student-athletes, coaches, and parents.

## **ATHLETIC GOALS OF HOPEWELL HIGH SCHOOL**

The Hopewell Athletic Department considers athletics an integral part of the school's educational program. Our goal is to provide positive experiences that will enhance and challenge our student-athletes physically, mentally, socially, and emotionally. We strive to develop a high level of competition without losing sight of sportsmanship, personal responsibility, academic success and leadership while appreciating all of the values that come with being a member of your team.

## **CLOSING COMMENTS**

This is a special time in your life and your high school years will pass by quickly. Parents, athletes, coaches, teachers, and administrators are on the same team together. We each play a role in making the Hopewell Athletic experience a positive one filled with wonderful memories and lifelong friendships. It is imperative that we work openly and positively together, whether we are faced with problem solving or celebrating success. The strength of this relationship is the anchor in making our athletic department stronger and your experience more fulfilling.

Thank you for your support and commitment in assisting each of us to be our best! It is our hope that you will always be proud to be a Hopewell Blue Devil.

Sincerely yours,

Kerry Gray  
Hopewell High Activities Director

<b>SPORTSMANSHIP SELF-TEST</b>			
1	It is normal to complain about officials' calls.	Agree	Disagree
2	Yelling at an official is okay IF (s)he makes a very questionable call or one with which you don't agree.	Agree	Disagree
3	Taunting is just part of the game. It's part of the gamesmanship that goes on and is no big deal.	Agree	Disagree
4	Ignoring a negative comment by an opponent or fan is the thing to do in a heated contest.	Agree	Disagree
5	When an opponent reacts to a great play or score by a teammate, you do not react; you stay calm.	Agree	Disagree
6	Sincerely congratulating an opponent on a good play or victory is the way it should be in sports.	Agree	Disagree
7	Cheering should be done for your team, not against your opponent.	Agree	Disagree
8	Both participants and fans should walk away from confrontations or potential fights.	Agree	Disagree
9	During or after a contest, if you can't say something nice positive, you shouldn't really say anything at all.	Agree	Disagree
10	If a player from either team is injured, you should be supportive and cheer when (s)he recovers.	Agree	Disagree
11	Inappropriate language during a contest is natural because of the intensity and emotion involved.	Agree	Disagree
12	This push for sportsmanship is important for high school athletics.	Agree	Disagree
13	It's important to exhibit good sportsmanship, even when your opponents and their fans do not.	Agree	Disagree
14	If pushed, provoked, or attacked, one should retaliate. It is always important to stand up for your rights.	Agree	Disagree
15	It's okay to gain the edge in a game anyway you can.	Agree	Disagree
See next page to determine your score.			

## Sportsmanship Self-test Results

Award one point for agreeing on questions 4-10, 12-13, and on point for disagreeing on questions 1-3, 11, 14-15. Deduct a point for each wrong answer.

11-15: Excellent. You are on the right track.

6-10: Mediocre. There's some work to do, but you probably understand what sportsmanship is all about.

1-5: Poor. A massive effort will be needed. Seek advice and help immediately to improve your understanding of sportsmanship.

# Hopewell Blue Devil Pride

## ...get on board

The Hopewell Athletic Department believes in “Pursuing Victory with Honor” and all that represents. We take the responsibility of promoting and enforcing positive sportsmanship very seriously. It is our goal to create a climate that is fun, safe and healthy for all who attend and participate.

Please be reminded that it is a privilege, not a right, to be a Hopewell student-athlete, a Hopewell coach or a parent of a Hopewell student-athlete. Each of us have a responsibility to represent our school and our families with class and respectfulness. Your choice of language, actions and interactions with our own team, our opponents, our guests and officials are a reflection of that commitment. This requires positive role modeling characterized by self-control, accountability and ethical conduct.

### HIGH 5'S for:



1. Positive school yells and cheers in a respectful manner.
2. Encouraging those fans around you to join in displaying sportsmanlike conduct.
3. Applaud during the introduction of players, coaches and officials and at the end of a contest for all performances from all participants.
4. Respectfully responding to the decision of officials.
5. Shaking hands with all participants and coaches at the end of the contest, regardless of the outcome.

### THUMBS DOWN for:



1. Booing or heckling an official, coach, player or cheerleader.
2. Blaming the loss of a game on officials, coaches and participants.
3. Using profanity or displaying anger that draws attention away from the game.
4. Yelling in a disrespectful manner or to antagonize opponents or officials.
5. Refusing to shake hands or give recognition for good performances.

**THANK YOU for being on board with OUR important mission.**

# Parent/Athlete/Coach Communication

When your child becomes a part of the Hopewell Athletic Department, you have the right to understand what expectations will be placed on your child and what expectations we place on our coaches. This begins with clear communication from the coach, your program, and a commitment from you to take your concerns directly to your coach when you are looking to solve problems and address concerns.

## **COMMUNICATIONS YOU should EXPECT FROM YOUR CHILD'S COACH:**

- Coach's Philosophy, expectations and goals the coach has for your child as well as for the team/season
- Team requirements, special equipment needs, strength and conditioning programs
- Procedure to be followed if your child is injured during participation
- Game/practice schedule and updates
- Team rules, guidelines and consequences for infractions
- Lettering criteria (if applicable)
- Team selection process      • Coach's telephone number and email address
- Steps to take should they have a concern

## **COMMUNICATIONS COACHES should EXPECT FROM ATHLETES/PARENTS:**

- Any concerns should be expressed DIRECTLY to the coach.
- Advance notification of any schedule conflicts
- Advance notification of illness and injury - when possible

It is important to understand that there may be times when things do not go the way everyone would wish. When this occurs, discussion with the coach is imperative. While we encourage the initial dialogue to be between the coach and the athlete, we recognize that sometimes that is uncomfortable. Direct contact with the coach is the first and most integral step to understanding and finding resolution.

## **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:**

- Treatment of your child                      • Ways to help your child improve
- Concerns about your child's behavior, safety and welfare
- Future strategy or plan on how you can better work/communicate with them

## **INAPPROPRIATE TOPICS TO DISCUSS WITH COACHES:**

- Other student-athletes      • Team strategy      • Play calling      • Playing time

## **If you have a concern to discuss with a coach, follow these steps:**

1. Set up an appointment with the coach.
  2. If the coach cannot be reached, contact the Athletic Director, and ask for a meeting.
- Please, do NOT confront a coach immediately before or after a contest or immediately before practice. These can be emotional times for both the athlete, parent and coach.

If meeting with the coach does not provide a satisfactory resolution, set up an appointment for a meeting with the AD, during which the appropriate next step can be determined.

# Sportsmanship

We encourage all stakeholders to always exhibit good sportsmanship by:

1. Respecting others and the environment
2. Promoting positive school spirit (Applaud teams, participate in cheers, etc)
3. Displaying appropriate behavior
  - a. Not using profanity or anger that draws attention away from the contest.
  - b. Remaining in designated seating areas
  - c. Respecting officials, players, and coaches for both teams
  - d. Avoiding blaming a loss on officials, coaches or participants
  - e. Do not throw objects onto the playing surface or at people
  - f. Following all sportsmanship rules under the Virginia High School League (VHSL) Handbook

#### ATHLETE:

Athletes are the spokesperson for the school when the athlete represents the school in athletic competition. Family and friends, opposing fans, the local community, and the media view the athlete's actions. The display of good sportsmanship will show the most positive thing about the athlete and the school; and, hopefully, remind everyone that in the end, sports are meant to be fun, the athlete should:

- Develop a sense of dignity under all circumstances.
- View athletic participation as a potentially beneficial learning experience, whether win or lose.
- Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a physical altercation.
- Demonstrate loyalty to the school by maintaining a satisfactory standing and by participating in or supporting other school activities.

**Major infractions of the Sportsmanship Rule (27-13-1) will be reported to the VHSL and violations are subject to disciplinary action by the league against member schools. Individual coaches and administrators may also have penalties for students who are ejected from a contest.**

## So You Want to Play in College?

Remember:

**Good athletics may be about winning at competition in games, but GOOD ACADEMICS combined with athletics is about winning in life.**

**KEEP EDUCATION your TOP PRIORITY or there is NO college athletics, no matter how good you are.**

Continuing your athletic participation in college is a wonderful aspiration. Please keep in mind that less than 1% of high school athletes receive a full athletic scholarship. The recruiting and the selection process can be complicated and will require work. Your coach and guidance counselor can assist you, but ultimately, it is your responsibility to be prepared academically and to know what steps are necessary to be NCAA/NAIA academically eligible. This includes, but is not limited to: required Core Courses (9-12), Grade point average, SAT/ACT tests, NCAA Clearinghouse, and special conditions.

It's never too early to begin evaluating your wide range of college choices. Get all the information you need on how to choose a college wisely. NCAA and NAIA institutions range from small schools to large universities, with varying commitments to financial aid and to athletics. The NCAA puts out a "Guide for the College-Bound Student-Athlete" that will lead you through a number of important topics. Listed below are places to contact that may prove to be helpful in your pursuit of being a collegiate student-athlete.

### **VALUABLE WEBSITES and other information**

NCAA (National Collegiate Athletic Association)

[www.ncaa.org](http://www.ncaa.org)

### **Clearinghouse Contact Information**

[www.ncaaclearhouse.net](http://www.ncaaclearhouse.net)

NAIA (National Association of Intercollegiate Athletics)

[www.naia.org](http://www.naia.org)

# **Hopewell High School Athletic Unsportsmanlike Conduct Questionnaire**

Complete, sign and return this questionnaire to your Athletic Director. You are required to attend a meeting with your coach and coach AD before you are permitted to resume participation

1. Why were you ejected from the contest?
2. Why do you think it is against VHSL regulations to behave in such an unsportsmanlike manners as you did?
3. Why is it important for you to set a good example?
4. What did you accomplish by your behavior; other than being ejected from the contest?
5. Indicate a plan that will assist you in improving your behavior.

Name: \_\_\_\_\_ Sport: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## HHS Athletic Transportation

When transportation is provided by the school district, athletes are required to ride on this transportation to and from these scheduled practices/events held away from the HCPS campus. Exceptions to this policy may make for sufficient reason if prior arrangement is made in writing through the office of the Athletic Director. Coaches may waive the policy only for a valid emergency reasons which arise at a time when the Athletic Director is not available.

When transportation is not provided by the school district, the following should be considered regarding private transportation. Hopewell City Public Schools does not accept financial liability or responsibility for volunteer drivers transporting athletes to practices/events. Parents need to assess the risk and benefits of their child either driving themselves/other athletes, or riding with a volunteer driver. Hopewell City Public Schools does not screen these private driving arrangements. The driver's insurance is to provide primary coverage in case of an accident.

### **Away Contest**

**Departure times** are determined by the Head Coach and Athletic Director with final approval by the Principal. Departure times are set so that it does not interfere with the regular school day, unless absolutely necessary.

**Expected return times** should be provided by the accompanying coach prior to the trip. Please note that these times are estimated. Several factors can cause the times to change. (overtime, weather, injuries, etc.)

### **Behavior and Accountability:**

1. The student is financially responsible for any damage done, intentionally or unintentionally, to Hopewell High school bus.
2. During away events, students will treat transportation vehicles and drivers with respect and appreciation.

## Athletic Training- Sports & Injuries

**Hopewell High School is fortunate to have a certified athletic trainers.**

**Please know that the school will look to them to determine whether your child is healthy to play.**

1. ALL injuries must be reported to the Hopewell High School athletic trainer immediately.
2. If you have an injury or illness that will keep you out of practice or a game, the athletic trainer must be notified as soon as possible.

3. If you have an injury or illness where you were not allowed to practice or compete, you **may not return to practice or competition** until the Hopewell Certified trainer **releases you to return.** An Hopewell coach or parent may **not** issue this release. If a doctor has given you a note to return, this note must be shown to the Hopewell certified trainer **BEFORE** you may return.
4. If you see a **DOCTOR**, for **any** reason, **A NOTE FROM THE PHYSICIAN** is required before you may return to activity.
5. ALL STUDENT-ATHLETES are **REQUIRED** to complete and turn in the **BLUE EMERGENCY CARDS.**
6. If you have an injury which requires daily taping, rehabilitation is part of your daily treatment program. You must complete rehab exercises in order to be taped. Taping for games only is not permitted, if you are injured, you are injured and need daily treatments.

#### **7. INSURANCE:**

All participants, including managers and students trainers, must be protected by school insurance or have personal insurance that will cover any athletic injury. The participant's parent(s) must sign the insurance Confirmation Form designating that the participant has proper accident insurance coverage. Hopewell City Public Schools is **not responsible** for any x-rays, doctor or hospital bills due to an injury to the participant while he/she is participating with a team involving Hopewell City Public Schools.

#### **INJURIES OCCURRING ON THE PLAYING SITE**

1. **ATTENTION PARENTS:** If your child is injured during a contest, the best way that can help is to remain on the sidelines. We ask that **you do not enter the playing area.** The HHS trainer will update you with any pertinent information once your child has been treated. They are more than willing to address any questions once the situation is under control.
2. Please know that the certified athletic trainer on duty is in charge of any injury scene. Any doctor that enters the playing area will be asked to identify themselves and remain only as a resource to the Hopewell High School certified trainer.

**SAMPLE INFO on BLUE EMERGENCY FORM- MUST BE COMPLETED BY ALL STUDENT ATHLETES ONE SIDE OF CARD.**

Athlete's Full Name \_\_\_\_\_  
 Athlete's Address \_\_\_\_\_  
 Athlete's Phone \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
 Mother's Work # \_\_\_\_\_

Insurance Co \_\_\_\_\_  
 Policy Holder's Number \_\_\_\_\_  
 Policy Number \_\_\_\_\_  
 Athlete's Date of Birth \_\_\_\_\_  
 Father's Work # \_\_\_\_\_

**OTHER SIDE OF CARD**

Medical Conditions \_\_\_\_\_  
 Current Medications \_\_\_\_\_  
 Family Physician \_\_\_\_\_

Medical Allergies \_\_\_\_\_  
 Preferred Hospital \_\_\_\_\_  
 Physician's # \_\_\_\_\_

I, \_\_\_\_\_, give permission for the HHS athletic training staff to treat my child for injuries and illnesses. I also give permission for the athletic training, coaching or athletic department to provide emergency medical treatment for my child. This may include transporting my child to an emergency room or by ambulance if necessary.

## Athletic Ticket Prices

### Regular Season Ticket Prices

Varsity Football & Varsity Basketball	\$7.00
Tennis & Field Hockey	Free
All other sports	\$5.00

### Post Season Ticket Prices

These prices are dictated by conference 26, AAA East Region and the VHSL. Traditionally, postseason prices increase by \$1.00 to the regular season ticket prices.

Passes?

## Awards

+Varsity letters and season trophies are awarded by criteria set by head coaches per individual sports

+The format for letterman awards is as follows:

- Varsity Letter: Awarded when lettering for the first time in a sport.
- Sports emblem pin: After qualifying for a letter in that sport each athlete will receive one for each sport in which he or she has lettered.
- Star: Awarded each additional time an athlete letters in a sport.



## VHSL Eligibility Rules

The Virginia High school league ( VHSL) is member of the National federation of state High School Associations.All rules and regulations governing secondary school boys' and girls interscholastic athletic contests and practices are established by the VHSL,the Hopewell City School Board, and the Hopewell High School Administration.

**To be eligible to represent Hopewell High School in any VHSL sponsored interscholastic contest a student shall meet the following requirements:**

**28-1-1 Bona Fide Student Rule:** - the student shall be a regular bona fide student in good standing of school which he/ she represents.

(2) - any student who is under penalty of suspension , or whose character or conduct is such as to reflect or discredit upon his/her school, is not considered in good standing.

**28-2-1 Grade Rule-** the student shall be enrolled in the last four years of school.

(2) - eighth-grade students who passed five 8th grade subjects the past school year and reached the age of fifteen on and before the first day of August may compete on the varsity level.

**28-3-1 Enrollment Rule-** the student shall have been regularly enrolled in the school which he/she represents no later than the fifteen school day of the semester.

**28-4-1 Scholarship Rule-** the student shall:

- (a) for the first semester be currently enrolled in not fewer than three subjects, or their equivalent, offered for credit and which may be used for graduation have passed three subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.
- (b) For the second semester be currently enrolled in not fewer than three subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

**28-5-1 Age Rule-** the student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to compete.

**28-6-1-** the student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian.

**28-7-1 Transfer Rule-** the student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from the first enrollment point, regardless of whether or not he/she remains continuously enrolled in school.

**28-8-1 Amateur Rule-**the student shall be an amateur. An amateur is an athlete who engages in VHSL athletics solely for the educational, physical, mental, and social benefits he/she derives therefrom, and to whom VHSL athletics are nothing more than an avocation.

**28-9-1 Athletic participation/Parental Consent/Physical Examination Rule-** The student shall have submitted to the principal or designated representative or his /her school/ prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents consent to his/her participation.

**28-10-1 Awards Rule-** The student shall not have accepted from any source whatsoever, in recognition of or as a reward for his/her athletic skill, any award other than letters, medals, charms, cups, plaques, letter sweaters, or similar trophies, or any award of value other than intrinsic value. These listed awards may be accepted only when presented or approved by his/her school, or when earned in a VHSL sanctioned meets or tournaments.

**28-11-1 Independent Team Rule-** During the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports, become a member of or participate with an organized team in the same sport which is independent of the school's control **as long as such participation does not conflict with the schedules activities of the school squad or team.**

**27-9-1 All-Star Participation Rule-** the student shall not have participated in an all-star contest.

**27-13-1 Sportsmanship Rule-** (ALSO see “Sportsmanship” section of this handbook)

Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship.

**27-13-4 harassment of game officials**

**27-13-5 failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff and officials the values of sportsmanship in the preparation for, and the conduct and management of interscholastic contests.**

**PENALTY:** Athlete - any athlete who in protest lays hands or attempts to lay hands on an official may be declared ineligible by the League or by his/her principal for up to one year. Any athlete who strikes an opponent, a coach, or a spectator during or following an athletic event may be declared ineligible by the League or his/her principal for a specified period of time up to one year depending on the seriousness of the act. The basis for this policy statement is that a member school shall not be represented by any student whose conduct reflects discredit upon his school.

**27-13-6 Ejection of a Player or Coach From a Contest-** The VHSL and the Hopewell Athletic Department support and mandate the following consequences:

Players and coaches who are ejected from a contest for unsportsmanlike conduct are ineligible for the team's next contest. If the ejection takes place in the final contest of the season, the penalty shall carry over to the next sports season for seniors or to the next school year for underclassmen.

**27-11-2 Contest Limitation Rule-** No member school may permit its athletes to compete in more than the total number of regular season interscholastic contests as specified in the VHSL Handbook. No Athletes may participate on the varsity and sub varsity levels in any sport on the same day.

**Hazing Law- Virginia Code 18.2-56**

This law has serious implications for secondary school athletic teams and clubs. Embarrassing, humiliating and dangerous acts of “initiation” of any kind could be considered acts of hazing. Should one result in injury to a student, charges could be brought under this law. Anyone found guilty of hazing will not only be removed from the team, potentially face legal charges, but could also be expelled from school.

- Hazing is unlawful; civil and criminal liability; duty of school, officials, etc. It shall be unlawful to haze or to otherwise mistreat so as to cause bodily injury to a student at any school, college or university.
- Any person found guilty thereof shall be guilty of a Class I misdemeanor, unless the injury would be such as to constitute a felony, and in that event the punishment shall be inflicted as is otherwise provided by law for the punishment of such felony.

## Additional Requirements for Student-Athletes

Participation in interscholastic athletics is a privilege, **NOT A RIGHT**, earned by the student who meets eligibility requirements set by the VHSL, the Commonwealth District, the Hopewell City School Board, and Hopewell City Public Schools. Questions pertaining to the following additional requirements should be directed to the Athletic Director/Principal:

1. **Academics:** All participants shall exhibit good citizenship as well as maintain the scholastic requirement of “take 5-pass 5.” Each student’s grades are checked on the computer at the end of each season.
2. **PHYSICALS-Medical examination:** All athletes shall have on file in the Athletic Office a completed VHSL Athletic Participation/Parental Consent/Physician’s Certificate Form. **No student may participate in practices or games unless he/she has a physical on file which is dated after May 1 of the current school year.**
3. **Insurance:** All participants, including managers and student trainers, must be protected by school insurance or have personal insurance that will cover any athletic injury. The participant’s parent(s) and/or guardian(s) must sign the Insurance Confirmation Form designating that the participant has proper accident insurance coverage and that Hopewell

City Public Schools is not responsible for any x-rays, doctor, or hospital bills due to an injury to the participant while he/she is participating with a team involving HCPS.

4. **Attendance Requirement:** All participants must be in school for at least **3 full blocks** before being permitted to participate in an interscholastic contest, practice, or conditioning program that day or evening. Exceptions are few but will be considered by the Athletic Director and must be approved by the principal. All student-athletes must be on time for their first block class regardless of how late they may return home from an athletic trip that day or evening.
5. **Physical Education Class:** All athletes must follow the same rules and regulations as physical education students. Their experience and skills may be utilized for demonstration and assisting the Instructor. Limited activity should be considered by the Instructor if students are going to be participating in an athletic event that day or evening.
6. **Out-of-school Suspension:** Any participant given out-of-school suspension will be ineligible during the assigned suspension period. In addition, they may be disciplined further by the Principal, Athletic Director, or the Coach by temporary or permanent suspension from the team.
7. **After-school Detention:** Any participant assigned after-school detention will be required to attend the detention. If a detention conflicts with a practice or a game, the student may not participate for that day, unless approved by the assigning administrator.
8. **In-school Suspension:** Any participant assigned to in-school suspension will be ineligible until the first day they attend "regular" classes. For each day that a student-athlete is in ISS, they are NOT eligible for practice or competition.
9. **Eighth Grade Participation:** Eighth graders may participate in athletics on the sub varsity level if:
  - Approved by their middle and high school principals
  - Completed VHSL Physical Form/Training Rules on file
  - Meets all school, Commonwealth District, and VHSL requirements
10. **School Debts:** Students owing a debt to the school will be ineligible to participate in athletics until the debt is paid.
11. **Equipment distribution and return:** Once equipment and uniforms are issued, it becomes the total responsibility of the student. If any of these items are lost, stolen, or damaged, the athlete is held financially responsible for replacing it. All payments for lost equipment must be made at the end of the season to the school's Bookkeeper.
12. **Dismissal/quitting Policy:** If a student is removed from, or quits a team without **mutual release** from the coach, he/she is ineligible to try out for a team for the next 2 consecutive seasons. In the event that the student is not **mutually released**, the coach **must report the cases within 48 hours** to the Athletic Director. This must be in writing, stating the student has been removed or quit. Should the student wish to appeal, they must notify the Athletic Director in writing within 10 days of notification. Three neutral coaches will be

set up by the Athletic Director for the student to appeal the decision and they will decide the consequences.

## Hopewell Training Rules and Pledge Card

*The Training Rule Pledge Card must be signed by the student-athlete and parent/guardian prior to each participating season. The student-athlete will not be permitted to complete until the card is signed and submitted to the coach.*

**Rule: No student involved in a sport or other extracurricular program shall knowingly possess, use, distribute, transmit or be under the influence of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind (except as prescribed by a medical professional/other authorized by this regulation) during the participating season.**

**CONSEQUENCES:** The unauthorized possession, use, distribution, transmittal or being under the influence of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind (except as prescribed by a medical professional) by a student during the athletic season or other extracurricular program will subject the student to the following consequences (in addition to any school disciplinary and/or other applicable sanctions):

**\*FIRST OFFENSE IN STUDENT'S HIGH SCHOOL CAREER:**

- A. A minimum of two (2) weeks suspension from participation in athletics or other extracurricular program, including practice and competition, from the date the knowledge of possession, use, transmittal, distribution or being under the influence became known to a school official.
- B. A student who agrees (with parental consent) to participate in a drug/alcohol counseling assessment program at a school-approved community agency may be reinstated to the athletic team or other extracurricular program at the end of the two (2) week period. Any student who does not agree to participate in such counseling and/or assessment program shall be suspended from participation from the athletic team or other program for thirty (30) days or for the remainder of the season or program, whichever is longer.
- C. Reinstatement of the student to the athletic or other extracurricular program is contingent upon the student complying in all material respects with the recommendations made by an alcohol or other substance abuse counselor or other appropriate person as well as the approval of the athletic director and principal/designee for reinstatement to the team or program; and
- D. Successful completion of any recommendations by an alcohol or other substance abuse counselor or other appropriate person will be evaluated by the athletic director and principal/designee.

**\* SECOND OFFENSE IN STUDENT'S HIGH SCHOOL CAREER:**

- A. A minimum of four (4) weeks suspension from participation in athletics or other extracurricular program, including practice and competition, from the date the knowledge of possession, use, transmittal, distribution or being under the influence became known to a school official;
- B. A student who agrees (with parental consent) to participate in a drug/alcohol counseling and/or assessment program at a school approved community agency may be reinstated to the athletic team or other extracurricular program at the end of the four (4) week period. Any student who does not agree to participate in such a counseling and/or assessment program shall be suspended from participation from the athletic team or other program for thirty (30) days or for the remainder of the season or program, whichever is longer.
- C. Reinstatement of the student to the athletic or other extracurricular program is contingent upon the student complying in all material respects with the recommendations made by an alcohol or other substance abuse counselor or other appropriate person as well as the approval of the athletic director and principal/designee for reinstatement to the team or program; and
- D. Successful completion of any recommendations by an alcohol or other substance abuse counselor or other appropriate person will be evaluated by the athletic director and principal/designee.

**\*NOTE:**

*In cases involving a first or second offense only, students who voluntarily request assistance from school officials in connection with alcohol, drug, or tobacco incident may avoid full*

*disciplinary consequences under this regulation at the discretion of the principal, provided that the request comes from the student or his/her parents/guardians no later than the first school day after the incident involving the unauthorized use of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind or tobacco.*

**\*THIRD OFFENSE IN STUDENT'S HIGH SCHOOL CAREER:**

- A. Full suspension from all athletic activities and competitions and other extracurricular programs for a 365-day period.
- B. The student may be required to undergo a current drug/alcohol assessment at a community agency offering such assessments. Prior to reinstatement at a future date, the student will follow and comply with all recommendations from the assessment report, including participation in an approved community alcohol or other drug education program; and
- C. The student may petition for reinstatement after the end of the 365-day period. The decision whether to reinstate the student shall be at the sole discretion of the athletic director and principal/designee, after consultation with the Division Superintendent/designee.