

Eastern Alamance High School

Eagles

Student-Parent Handbook

4040 Mebane Rogers Rd.

Mebane, NC 27302

(919)563-5991

<http://eah.abss.k12.nc.us>

August 2013

GENERAL EXPECTATIONS

Any student who competes as a member of an athletic squad must remember that he/she represents Eastern Alamance and that it is his/her duty to represent it properly at all times. Many schools are known for their actions (positive and/or negative) at athletic contests. Everyone wants to win, but sportsmanship is also important. The expectation is that our teams will give their best and demonstrate good sportsmanship. The same is expected by all of those who follow and support our teams. Your cooperation with this is appreciated.

Eastern Alamance Code for Athletics:

Know and follow the extracurricular code of the school system.

Meet all attendance and academic requirements.

Be loyal to all teams that compete for Eastern Alamance.

Adhere to all policies regarding conduct, doing so as a duty to school, team, and self.

Be receptive to coaching.

Practice and play fairly. Give your best effort in all circumstances.

Accept victory and defeat graciously.

Demonstrate respect for opponents and officials before, during and after contests.

Put the team's priorities ahead of any individual's.

Participation in extracurricular activities is a student's privilege, not a right.

ADMISSION

Varsity football is \$6.00 and every other event (including doubleheaders) is \$5.00. You are encouraged to buy Season Passes, which are good only at Eastern Alamance. Passes are not valid for endowment contests, away contests, conference tournaments, Christmas Tournaments, or playoffs. Cost for passes is: Student- \$60.00, Individual \$120.00, Family of 4 or less \$230.00 and a family of 5 or more \$260.00.

Senior Citizen

Any person 65 or older can apply in person for a senior citizen pass. This pass will allow you to enter all Eastern Alamance regular season games free of charge. The senior citizen pass cannot be used during away contest, conference tournaments, Christmas tournaments at EA or NCHSAA playoffs. The only thing needed for a senior pass is a valid ID.

All Sports Foundation

The Athletic Department encourages you to join the All Sports Foundation. This organization helps with the needs of all our athletic teams. The foundation meets the 4th Monday of each month in the School media Center. These meetings will begin at 7:00

CHAIN OF COMMAND

Coach, Athletic Director, Principal, Central Office

COMMUNICATION

You are encouraged to communicate with your child's head coach.

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 that your child is not getting as much playing time as you desire. Coaches are professionals. They make judgment decisions based on what they think is best for all of the students involved. While there are certain things which can and should be discussed with your child's coach, there are other things which must be left to the discretion of the coach.

Communication continued.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Strategy
3. Play calling
4. Other student athletes

If you have a concern to discuss with a coach, call the high school (919) 563-5991 to set up an appointment with the coach. If the coach can not be reached, call the athletic director. Arrangements will be made for the coach to meet with you. **Please do NOT confront a coach before or after a contest or practice.** These can be emotional times for all involved. The results from these are usually not beneficial.

Call the athletic director if further discussion is needed. Note the athletic director should not and will not change decisions such as who starts or who gets the most playing time. At this meeting the appropriate next step can be determined.

CONFERENCE

Our conference is the Mid-State 3A. The other members in our conference are Western Alamance, Eastern Guilford, McMichael, Morehead, Northeast Guilford, Northern Guilford, Rockingham County, and Williams. The phone number, fax number, and address for each of these schools are listed on our website.

CONSEQUENCES

Specific punishments for each violation can not be listed since there are so many variables that come in to play. Coaches and/or the athletic director will handle such violations in a manner that seems best suited to the situation. This could range anywhere from a verbal reprimand to expulsion from the team.

A coach has the right to suspend a player for any actions detrimental to the team. Any suspension period of more than one week shall be agreed upon by the coach and the athletic director. Repeat or flagrant violators may result in total suspension from the athletic program.

DUAL SPORT PARTICIPATION

If an athlete chooses to participate in two sports during the same season, then the athlete needs permission from both coaches and the athlete's parent/guardian must approve. The athlete should designate a primary sport. The athlete should participate in that primary sport when there is a conflict unless there is an agreement between both head coaches.

ELIGIBILITY RULES

Age: No student may participate if his/her 19th birthday comes on or before August 31, 2013. There are no appeals for this rule. As individuals are promoted to high school they are automatically eligible and remain eligible throughout the first semester. Eligibility is checked using the data from the preceding semester. To be eligible for second semester an athlete must pass a minimum load (**3 credits**), be in attendance at least **85%** of the time, and live in our district with their legal guardian(s). Note: office assistant, teacher assistant, or laboratory assistant may not count toward eligibility. An individual that is academically ineligible at the beginning of a semester is not eligible at any time during that semester. (Exception: an incomplete is removed). Ineligible players are **NOT** allowed to participate in practice, either in season or out of season workouts, but this does not apply to summer workouts. **There is a 365 day suspension from eligibility for any student-athlete who has utilized falsified information.**

To be able to participate during a particular school day one must be in attendance at least half of that school day. This includes the days after final exams for the first semester.

Eligibility Continued..

The head coach and the athletic director shall be notified if there is an extenuating circumstance for a particular day. Any individual in ISS or suspended out of school will **NOT** be allowed to participate.

Athletes do **NOT** need to be at school on teacher workdays, vacation days, or holidays in order to participate on those days. There should be **NO** practices during school hours on teacher workdays. This includes off campus practices.

EMERGENCY ACTION PLAN

The Emergency Action Plan should be posted at all home events. In case of an emergency we will follow the posted plan.

EQUIPMENT

Each athlete is responsible for turning in his/her equipment at the end of the participating season. If any equipment is not returned, it is the responsibility of the athlete to pay for the missing items. The athlete will **NOT** be allowed to participate in the next sport season (or graduate) if equipment is not turned in or paid for. It is the responsibility of coaches to keep records of their equipment and report any names to the athletic director if an athlete violates this policy.

FELONY

Anyone convicted of a crime as a felony under North Carolina law is not eligible

FORMS

- 1. Physical form: A completed physical is required for athletic participation. Physicals are good for one year.
- 2. Extracurricular code of conduct form: ABSS form that is required for all athletes.
- 3. Drug testing form: ABSS form that is required for all athletes.
- 4. Medical release form: Coaches should check to be sure the parent/guardian have completed and signed the form. It is the coach’s duty to have these forms throughout the season in case of an emergency
- 5. Parental Permission Form: This form is given to parents when attending pre-season meeting with the athletic director.

INJURIES/INSURANCE

If your child is injured while participating in athletics for Eastern Alamance and medical treatment is needed, then you should file your paperwork with your insurance company (primary). Request a school insurance form from the coach and file appropriately (secondary). **A note from a certified doctor clearing your child to play will be needed any time medical attention is needed, your child misses five or more days due to injury, or if the coach deems this appropriate due to inactivity from an injury.**

PRACTICE TIMES

There shall be no athletic practice during the regular school day. This includes workdays. Never practice on Sunday! Each coach has the discretion to practice on a Saturday but NEVER on a Sunday. Practices may occur before 3pm on vacation days and holidays.

<u>SPORT SEASON</u>	<u>FIRST PRACTICE/TRYOUT DATE</u>
FALL	August 1, 2013
WINTER	October 30, 2013
SPRING	February 12, 2014

PRESEASON MEETING- PARENTS

There will be a parent meeting at the beginning of each sport season. All in season coaches should attend the athletic director's meeting and hold their own team meeting on this date. There are two parts: the athletic director's meeting and the coach's meeting. Each parent should attend that meeting with the athletic director and then the team coach. Note: Once a parent attends a meeting held by the athletic director, that parent will not be required to attend another athletic director's meeting. However, those parents should attend the individual coach's meeting for that team. The coach's meeting should be approximately 30 minutes following the athletic director's meeting.

QUITTING

If an individual quits during the season, then the coach should inform the parents and the athletic director immediately. In obvious situations where the parent is already aware of the player quitting, the coach will not call. Any athlete that quits a sport may not join another athletic team until the original team completes its season.

SPECTATOR SPORTSMANSHIP

Spectators must demonstrate good sportsmanship at all athletic contests. This includes meetings, practices, games, and any other team functions. Each spectator is responsible for controlling negative thoughts, including anger, the temptation to embarrass an official, coach, player, or another spectator. By controlling your emotions you are helping the team and preventing embarrassing yourself. Any spectator at a Eastern Alamance High School athletic event could be asked to leave if poor sportsmanship is displayed. Failure to leave when asked may result with law enforcement officers escorting you off the premises. Any type of removal for poor sportsmanship may result in being prohibited from attending future athletic events.

SPECTATOR COMMITMENTS

Cheer for Eastern Alamance and not against the opponent

Demonstrate respect for opponents and officials before, during and after contests

No vulgar or inappropriate language

No taunting or trash talking

Sportsmanship Continued..

Never enter the field or court during a contest

Never approach an official, coach, or player to question a call or action

Obey and respect property and regulations established by each school

Spectators who use (or are under the influence of) alcohol or use illegal drugs will be asked to leave. Also see TOBACCO. Spectators who fight or encourage a fight will be asked to leave. Charges that stem from any of these actions will be determined by law enforcement officers.

AT AWAY CONTESTS, PLEASE REPRESENT THE EAGLES WITH CLASS.

SQUAD SELECTION

This is determined by the head coach of that team. Assistant coaches may help select the team but the head coach has the final word. Assistant coaches should support and follow all policies established by the head coach of that program, which include selecting team members.

All potential team members should have the chance to be made aware of the tryout period. Unforeseen factors may cause the period to be extended or shortened.

If an athlete is cut, the coach will inform him/her personally as to the reason for the cut.

This is a time to discuss skills that the individual can work on for next season. There will be NO posting of lists. Each person cut should have had the opportunity to compete during the tryout period. This includes participating in a scrimmage situation (if possible). The expectation is that all who are trying out will be at tryouts or provide a written statement to the coach in advance for missing the tryout period due to an extenuating circumstance. If permission is granted for an alternative tryout, the individual must go through similar workouts as the other team members.

TOBACCO

Alamance-Burlington Schools are tobacco-free campuses. Please do not use any form of tobacco while on ABSS grounds. Students who use or are in possession of tobacco products will face disciplinary action and will be asked to leave the premises.

TRANSPORTATION

When traveling to an away game, students should ride the activity bus. Appropriate plans can be made with proper notification. If a student-athlete does not ride the bus their parent must drive the student-athlete to the contest. The parent must meet the coach at the contest at the coach's convenience. If this does not happen, then the student-athlete should NOT participate in the contest. Student-athletes must not drive themselves to a contest without prior consent. If you want your child to ride home with you, please inform the coach personally. **Note:** some coaches require players to ride the bus to and from the game. Do not expect a coach to allow your child to ride back with another person without prior consent or seeing you personally (on site).

WEATHER

If the school is closed for any reason due to weather, then ALL athletic events (meetings, practices, or games) will be canceled for that day.

If practice has already begun and the weather becomes questionable, coaches have been instructed to stay alert to what is happening, to use good judgment when dealing with the weather, and to not take chances with lightning. There should be a thirty minute waiting period between the last lightning strike and the restart of practice.

WEBSITES

All athletic information is on the school's website. Click on Athletic Homepage, and then click on the appropriate season. All schedules are listed on this page. Other announcements/updates will be listed above the schedules. <http://eah.abss.k12.nc.us>
NCHSAA website: This site can be found by going to the school's website. Click on Athletics, and then click on NCHSAA. The official website is www.nchsaa.org.

Dead Periods

A dead period is the times in which athletes may not work out as part of a squad under ANY circumstance. Open facility and/or skill development sessions are not allowed during the following dead periods:

From the start of fall sports practice to September 1

From the start of winter sports practice to December 1

From the start of spring sports practice to March 15

The week of the 4th of July

The week of July 22nd

The last five student days of each semester

The weight room must also be closed during the last five student days of each semester. Eighth graders are NOT permitted to participate in open facility or skill development sessions during the school year.