

Nemo Vista Public School

ATHLETIC HANDBOOK



2010-2011 SCHOOL YEAR
BOARD APPROVED

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ATHLETIC CONSENT FORM

Students Name (Printed)

Grade: _____ ☐ **Male** ☐ **Female**

I give my consent for my child to compete in interscholastic sports and related practice sessions, and to go with the coach on trips. I acknowledge that even with the best of coaching, use of the most advanced protective equipment, and strict observance of the rules, injuries are still a possibility. I understand that the District or its employees will not be liable if an accident occurs. I also give my consent, if an injury does occur, for the coach/trainer to secure treatment at the best medical facility available.

The Nemo Vista Athletic Program will hold a meeting for the parents of athletes the first week of school in August. The meeting will be held to inform parents of rules and regulations pertaining to the athletic program and to go over the athletic handbook guidelines. Each parent will be required to sign an athletic consent form stating they have read, understand, and will adhere to athletic guidelines. Athletes will not be able to participate in practices or games until the consent forms have been returned. Student athletes will also be required to present proof of insurance, and pass a physical examination before participation in athletics.

All students are required to have insurance either own their own or buy the district option plan. School does not provide insurance but does offer a plan that you can buy at a minimum rate.

I agree to be responsible for the return in good condition of any athletic equipment issued to the above named student.

I ACKNOWLEDGE THAT WE HAVE READ THE ATHLETIC HANDBOOK AND UNDERSTAND THE INFORMATION CONTAINED IN THE BOOK.

Signature of Parent/Guardian

Signature of Athlete

Date: _____

NOTE: This Handbook must be read and all the forms signed and returned to the coach before an athlete may take part in any athletic sport.

NEMO VISTA ATHLETIC HANDBOOK

This material is presented to you because you have indicated a desire to participate in interscholastic athletics. We believe participation in sports provides a wealth of opportunity and experiences which will assist you in personal adjustment. 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 that is sound in purpose and to further each student's educational maturity. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of individuals within the objective of a team.

We as school officials have committed ourselves to providing: (1) equipment and facilities; (2) trained coaches; (3) trained officials; (4) transportation

We are pleased to share this educational experience with you. It is our goal that every student will develop the skills necessary to become an independent problem solving adult.

UNDERSTANDING OF RULES AND REGULATIONS OF THIS HANDBOOK BY STUDENTS AND PARENTS

We require that the parents and athletes understand the rules and regulations covered in this handbook. If a rule or regulation is broken and dismissal from a team is necessary, then the parent will be notified why the dismissal took place. It should be understood that the coach has the final say and is the final authority regarding dismissal from a team.

Any athlete or family members of an athlete that are kicked-out of an athletic event by an official, police or administrator is subject to suspension from all athletic events for the remainder of that season or that year.

Any fan that disrupts an athletic event is subject to suspension from all athletic events for the remainder of that season or that year.

PHILOSOPHY OF THE NEMO VISTA ATHLETIC DEPARTMENT

The philosophy of the Nemo Vista Athletic Department is to maintain a broad-based program that will afford all students with athletic interest an opportunity for safe participation in the sports of their choice.

The coaches shall deal with the athletes with firmness and fairness in order to establish the leadership they respect and admire. They will create enthusiasm for success and encourage high ideals in the process. Coaches' will establish goals and then create the desire to pay the price to attain these goals. They will also maintain an organization to which it will be an honor to belong.

GOAL OF THE NEMO VISTA ATHLETIC DEPARTMENT

Our goal is that student athletes will develop the skills necessary to become independent problem solving adults.

OBJECTIVES OF THE NEMO VISTA ATHLETIC DEPARTMENT

The Athletic experience shall:

- A. Develop attitudes that must be a part of each individual for success in athletics and life. Specific attitudes are:
 - ❖ Pride in performance
 - ❖ Sacrifice and persevering application
 - ❖ Competition to win – the purpose of athletics is to win, and to dilute the will to win is to destroy the purpose of athletic contest.
 - ❖ Sportsmanship – the good of the team comes before individual glory and desire.
 - ❖ Educational goals – the main reason why boys and girls go to school is to receive an education; athletic participation is secondary
- B. Develop in athletes an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits and cleanliness will be stressed at every opportunity.
- C. Encourage athletes physically, mentally and socially as they develop an appreciation for sports. They should become aware that this will take strength and courage.
- D. Base all teaching and learning situations on a sound progressive educational approach. Successful coaching is teaching at its best.
- E. Include coaches' training. Constant evaluation and improvement of techniques must be evident if the athletic program is to be outstanding.
- F. Develop all programs in such a manner that the end result will be one of unity, harmony and success.
- G. Attempt constantly to motivate athletes to be better students. Coaches should display approval for school life and classroom achievement.
- H. Cultivate in all athletes a strong desire to be a Red Hawk.
- I. Instill in all athletes the desire to represent their school and community in a manner that will make school administrators, teachers, parents and the people in the community proud of them.

- J. Emphasize to athletes, at all levels of competition, the realization that athletic competition is a privilege that carries definite responsibilities with it. Some of the responsibilities are training, loyalty, eligibility, improvement, courage and perseverance.
- K. Bring recognition – to attain success in athletics, the participants must train their minds and bodies to respond instantly and effectively to the multitude of situations that arise during the course of play. This, of course, parallels success in later life.

The competitive world among children as well as adults is neither gentle nor overly kind. In such a world, however, the youngster under wise direction begins to grow toward social maturity by learning to: (1) suffer mild hurts, mental and physical, in silence; (2) control emotional outburst; (3) overcome feelings of fear; (4) restrain the outward expression of sudden impulses; (5) understand and endure delays in getting what he/she wants, and (6) reject being “babied”.

Athletics is an elective; however, due to physical and emotional makeup and for other reasons many youngsters should not participate in competitive athletics and should not be expected to do so. Reasonable efforts should be made to locate and identify students in the elementary and junior high schools who have the interest, desire, ability and the heart to participate.

RULES FOR ATHLETES

PARTICIPATION IN ATHLETIC IS A PRIVILEGE NOT A RIGHT.

REQUIRED PHYSICAL AND PERMISSION SLIPS: All athletes must pass a physical examination and have signed and returned the permission forms in the front of this handbook before being allowed to participate in the athletic programs offered by Nemo Vista Schools.

BEHAVIOR AND CITIZENSHIP

The conduct of an 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. Once you have volunteered to be a member of a squad, you have made the choice to uphold certain standards expected of all athletes in this community. Be proud to be an athlete, for it 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 and fellow students should respect and follow them. Proper dress and appearance will be established by the coach and is a continual process.

Athletes are expected to be good school citizens. Student who are suspended or expelled from school cannot participate in extracurricular activities during the time of their suspension/expulsion, and are not allowed to attend school activities during this time. Students who remain in school, but whose behavior is inappropriate, may be disciplined or removed from extracurricular participation (including practice) at the discretion of the coach, of that sport, or a building administrator.

Any athlete charged with a felony will automatically be suspended from that sport and will not be allowed to try out or practice with another sport, until they have been cleared of all charges. They are not allowed to attend any athletic events.

Prohibited Conduct by student athletes:

- 1) Emotional Outburst on floor/field- athletes will not demonstrate poor sportsmanship including but not limited to: technical fouls, improper gestures, foul language
- 2) Arguing with Officials- student athletes will not address officials unless requested by officials or coaching staff. Confrontation towards an official will not be tolerated
- 3) Undo Attention- no student athlete will purposely bring on any undo attention to themselves, neither, negative not positive during athletic contests.
- 4) Communication During Events- during special sporting events student athletes will limit communication of all type to their coaches and teammates.

Volunteer Coaches- maybe used at the discretion of the head coach. Volunteer coaches must at their own expense meet all requirements set forth by the Arkansas Activities Association and obtain any and all required certification.

Student Athletes who are charged or convicted by appropriate law enforcement officials for any crime will automatically and immediately be suspended indefinitely pending further investigation. A student athlete's reinstatement or length of suspension will depend on the results of the investigation.

HOW TO REPORT A COMPLAINT

The following procedures should be followed in reporting a complaint;

1. Contact the coach who had direct supervision of the athlete at the time. If satisfactory resolution of the complaint is not made, then;
2. Contact the Head Coach of the sport which the athlete was participating in. If satisfactory resolution of the complaint is not made, then;
3. Contact the Athletic Director of the Conway School District. If satisfactory resolution of the complaint is not made, then;

4. Contact the building Principal of the school. If satisfactory resolution of the complaint is not made, then;
5. Contact the Superintendent of Nemo Vista School District.
6. Questions regarding playing time will be directed to coach only.

ATHLETES RESPONSIBILITIES

Being a member of a Nemo Vista athletic team is the fulfillment of an early ambition of many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. Our tradition has been to win with honor, pride and dedication. When an athlete wears the blue and white of our school, we assume that he/she not only understands our traditions but also is willing to assume the responsibilities that go with being a Red Hawk.

1. **In the classroom:** In the academic area, 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 with what you have.
2. **On the field/floor:** The desire to win is the most important factor in achieving success in athletics. Red Hawk athletes are expected to play with a burning desire in order to win with honor, dedication, pride and loyalty to the rules of the game.
3. **Practice & Games:** The athlete is expected to attend regardless of holidays, job commitment, social activities or week-ends.
4. **Absences:** An athlete should consult his/her coach before missing practice. Missing practice or an event without good reason will be dealt with severely. An athlete missing for any reason is expected to make up the practice session.
5. **School Attendance:** Students who miss school or check out on the day of an athletic event will not be allowed to participate, unless they missed for an emergency or the building principal excused their absence or are in attendance for ½ day.
6. **Alternative Classroom:** If an athlete is sent to Alternative Class they may not attend, play or practice in any school extra curricular activity and no coach or school personnel will be allowed to work them out until they have completed their in-house suspension.
7. **Care and Responsibility for Equipment:** Equipment should be turned in within one week following the end of the season. An athlete is financially responsible for all equipment checked out to him/her. The cost of destroyed/lost equipment will be replacement costs. An athlete must treat school equipment as though it were his/her

personal property. It should never be abused. If an athlete is involved in the theft of school equipment he/she could be dismissed from the team.

8. **Attendance at an Athletic Event:** An athlete will get in free to sporting events that he/she participates in.
9. **Proper Conduct:** Proper conduct and good sportsmanship are expected at all times. This includes any public posting of inappropriate comments and or illicit pictures on your cell phone, My Space, Facebook, etc. Athletes should be role models, both in and out of the classroom. Cell phones and text messages should not be sent during school. Athletes could face disciplinary action including removal from the team.
10. **Athletes Pick-up:** All athletes should be picked up from an event in a timely manner.

TEAM RESPONSIBILITY

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

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

GENERAL INFORMATION CONCERNING ATHLETICS

SUMMER WORKOUTS: All athletes are expected to maintain their physical conditioning throughout the summer. Coaches should inform athletes of any special workout programs to be followed. **Weight rooms and gyms will be open as scheduled through the summer.**

TEAM CAMPS: Coaches may enroll their teams in organized team camps during the summer. Athletes are encouraged to attend if possible.

OFF SEASON: The purpose of an off-season is to prepare a student physically and mentally for participation in athletics; therefore, it is in the student's best interest to have completed a conditioning program before participation in a sport. Required participation is left up the discretion of the coach. No athlete shall be required to be involved in an off-season while participating in an "in-season" sport.

TEAM TRIPS: All students must travel to events in transportation provided by Nemo Vista Public Schools. Special arrangements can be made for travel if approved by the building administrator. Sign-out sheets will be provided by the coach, sponsor or teacher for students to go with their parents after the event. **Parents can sign out only their child with the Coach.**

COLLEGE RECRUITING: In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach. Inform your coach of such contact as soon as possible. College recruiting information is available in the counselors' office.

ATHLETIC AWARDS: The requirement for earning an athletic award, in any sport, in Nemo Vista is that the athlete makes the traveling squad for the varsity team for the entire season. Exceptions may be made for the athlete who is injured during the season, who transfers into the season, or who shows marked improvement during the season and earns a place on the varsity traveling squad at the end of the season. All exceptions are at the discretion of the coaching staff.

❖ 1 st Year	Student may purchase a letter jacket
❖ 2 nd Year	Certificate
❖ 3 rd Year	Plaque or Letter with (3) bars
❖ 4 th Year	Plaque (These are sports that you can start in 9 th grade)

PARTICIPATION OF ATHLETES IN DIFFERENT SPORTS:

1. The athletic department's philosophy is that each sport complements the other, both physically and competitively.
2. Students will be encouraged by the coaching staff to participate in all sports.
3. The head coach in each sport has absolute total discretion as to who plays, how long they play and under what circumstances they play or do not play.
4. Try-outs: Sports that are limited to a number of participants will conduct try-outs based on ability and grade level. Selection of the team will be at the discretion of the coach.
5. An athlete must complete his/her season in the sport they are involved in before they can try-out for another sport. They will be allowed to try-out for any team after their season even if the selected team has already had try-outs.

ATHLETIC INJURIES AND INSURANCE POLICY TERMS

The school district has purchased a group accident insurance program covering students while practicing for, and competing in, interscholastic sports and AAA sanctioned events. Students are covered by the accident policy while they are participating in sports and AAA activities that are school scheduled, school supervised and school funded during the regular school term. Participants are also covered while they are traveling as a sponsored group in a

school assigned car, bus or van operated by a licensed driver over the age of 21, to and from the school and a covered event site, and while staying overnight, as a school supervised group, during a covered event held away from the home school. Individual travel or travel in a vehicle that is not owned, assigned or operated by the school is not covered by the policy.

Arkansas schools are not required to buy insurance or pay student medical expenses associated with school injuries. The school purchases the accident insurance policy as a public service to assist parents that may be without insurance or need to supplement their own personal insurance program. The school policy will not provide 100% reimbursement for all medical expenses incurred. The plan has limitations and benefits. The school cannot assume responsibility for payment of medical expenses that are not covered by the accident insurance policy.

If you have other insurance, you must first file a claim with your insurance carrier and obtain benefits from that insurance. This policy is designed to consider payment of the eligible expenses that are not paid by your insurance carrier. A complete description of the policy benefits and limitations will be mailed if we receive an accident claim from you athlete's coach. All billing on an injury must be filed through the parents, not the school.

REPORTING INJURIES

- A. Any injury, large or small, should be reported to the coach immediately.
- B. Any injuries requiring a doctor's care should be noted and a doctor's release required before the athlete is allowed to play or practice.
- C. Injuries not requiring a doctor's care will be assessed by the coach

SPORTS OFFERED IN NEMO VISTA PUBLIC SCHOOL

7th Grade- Basketball

8th Grade- Basketball

9th-12th Grade- Volleyball, Golf, Basketball, Baseball, Softball, and Track

FRESHMAN ELIGIBILITY INFORMATION FOR NCAA CLEARINGHOUSE

High school athletes who wish to participate in Division I or II college sports must be cleared to do so by the NCAA Clearinghouse. Requirements are:

- 1) Graduate from high school
- 2) Complete a minimum of 16 (for Division I) or 14 (for Division II) core courses
- 3) Present the required grade-point average (GPA)
- 4) Present a qualifying test score on either the ACT or SAT
- 5) Complete the amateurism questionnaire and request final amateurism certification

Course requirements and qualifying scores are listed in the Nemo Vista High School Handbook which each student received last spring. All information concerning the NCAA Clearinghouse may be viewed at www.ncaaclearinghouse.net.

Please review the material above, fill out the form below, and return to your student's coach.