



Nandua High School Athletic Handbook

Table of Contents

Individual VHSL Eligibility Rules	3
Bon-a-Fide-Student	4
ACPS	4
Sportsmanship.....	4
Physical and Health	5
Attendance.....	5
Conduct By Team	6
Hazing/Bulling/	6
Social	7
Team	8
Overnight	8
Behavior of	8
Supervision of Students and	9
After Practice and Departure	9
Uniforms	9
.....	

VHSL INDIVIDUAL ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic contest, you

◆ Must be a regular bona fide student in good standing of the school you represent.

◆ Must be enrolled in the last four years of high school (8th graders are eligible for JV).

◆ Must have enrolled not later than the fifteenth day of the current semester.

◆ For the first semester must be currently enrolled in not fewer than three subjects, or

their equivalent, offered for credit and which may be used for graduation and have

passed three subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for school that certify credits on a semester basis. (Check with your principal for equivalent requirements). May not repeat courses for eligibility purposes for which credit has been previously awarded.

◆ For the second semester must be enrolled in not fewer than three subjects, or their

equivalent, offered for credit which may be used for graduation the immediately preceding year.

◆ Must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with principal for exceptions).

◆ Must not have reached your nineteenth birthday on or before the first day of August of the current school year.

◆ Must not, after entering the ninth grade for the first time, have enrolled in or been

eligible for enrollment in high school more than eight consecutive semesters. For this

student, the eight consecutive semesters shall be counted continuously beginning with

his/her first semester in the ninth grade or the first semester in which he/she becomes

“un-graded”, whichever comes first.

◆ Must have submitted to your principal before any kind of participation, including

tryouts or practice as a member of any school athletic or cheerleading team, an athletic

participation/parent consent/ physical examination form, completely filled in and properly signed attesting that you have been examined during this school year and

found to be physically fit for athletic competition and that your parents’ consent to

your participation.

◆ Must not be in violation of the VHSL amateur, awards, all-star or college team rules.

Eligibility to participate in interscholastic athletics/activities is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school.

If you have questions regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, check with your principal for interpretations and exceptions provided under League rules.

Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. When allowing their son/daughter to join a VHSL team, parents also give their consent and approval for his/her picture and name to be printed in any high school or VHSL athletic program, publication or video. Local school divisions and VHSL districts may require additional standards to those listed above.

BONA FIDE STUDENT RULE

The student shall be a regular bona fide student in good standing in the school that he/she represents:

- 1. A “regular” student is considered a full time student who is in regular attendance and is carrying a schedule of subjects that, if successfully completed, will render him/her scholastically eligible for league participation the ensuing semester.**
- 2. Any student who is under penalty of suspension, or whose character is such as to reflect discredit upon his/her school, is not considered in good standing.**

Accomack County Athletic Waiver Policy

Per Accomack County Policy, students may be granted a one-time, one-semester probationary period waiver from the GPA requirement. To receive a waiver the following requirements must be met: (a) approval by a GPA Waiver Committee consisting of the student's coach, principal, guidance counselor, and a member of the central office staff, and (b) implementation of an overall improvement plan, which could include attendance, counseling, behavior, etc. This plan requires tutoring.

SPORTSMANSHIP

Good sportsmanship is an area of special emphasis at NANDUA HIGH SCHOOL. The VHSL Handbook states that the athlete as well as participants in other VHSL activities should:

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of his/her ability, regardless of discouragement. A true athlete does not give up nor does he/she quarrel, cheat, bet or grandstand.
3. Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
4. Be modest when successful and gracious in defeat. A true sportsman does not offer excuses for failures.
5. Maintain a high degree of physical fitness by observing team and training rules conscientiously.
6. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
7. Play for the love of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Set a high standard of personal cleanliness.
10. Respect the integrity and judgment of officials and accept their decisions without question.
11. Respect the facilities of host schools and the trust entailed in being a guest.
12. Serve as a role model as a representative of NANDUA HIGH SCHOOL.
13. Treat fellow teammates with dignity and respect.

If a player is ejected for un-sportsmanlike conduct, that player becomes ineligible to participate in the next contest. (This does not apply to basketball players who must leave the game after five personal fouls.) Major infractions of sportsmanship

rules including ejections, will be reported to the VHSL and violations are subject to disciplinary action by the league and sanctions against member schools. Individual coaches/schools may also have additional penalties for students who are ejected from a contest. The completion of a school approved educational component is also required prior to further participation.

PHYSICALS AND HEALTH INSURANCE

All athletes must have an annual physical prior to trying out or participating in VHSL activities. Physicals completed after May 1 are acceptable for the following school year's eligibility. Athletes must have medical insurance through their family or purchase student medical insurance through the school. Note: Basic school insurance does not cover Varsity Football; an additional policy must be purchased for this coverage.

ATTENDANCE REQUIREMENTS

In order to participate in practice and/or events, a team member must attend school for the half day. Exceptions to full day school attendance include Doctor/Dentist appointments and death in family events. Exceptions require official written note upon return and prior to participation.

Athletes are expected to be at all team practice sessions. Any athlete missing a scheduled practice needs to contact the coach to explain absence. A coach, athletic director, or administrator may discipline an athlete for unexcused absences from practices or games. Excused absences must be pre-approved by coaches. Any athlete that is absent from school due to an illness should still contact the coach.

If, in the judgment of the administration, an athlete begins to miss an unacceptable amount of academic instruction, a meeting will be held involving the athlete, the head coach and an administrator. If academic time continues to be neglected, the administration will implement a period of suspension for the athlete. Further absences during or after the suspension period will result in the athlete being removed from the team and possibly subsequent seasons.

Students who are assigned out-of-school suspension (OSS) or all day in-school suspension (ISS) may NOT participate in athletic or other school related activities on the day they serve the suspension. Continued suspensions by student athletes may result in that athlete forfeiting future athletic competitions/games at the discretion of the administration.

It is the student's responsibility to inform their coach of any disciplinary action imposed upon them prior to participating in any practice, contest or team organized event. Failure of that student to inform their coaches of any pending disciplinary consequences will result in that student athlete missing additional athletic competition/games/practices.

CONDUCT BY TEAM MEMBERS

PARTICIPATION IN ATHLETICS AND STUDENT EXTRACURRICULAR ACTIVITIES IS A PRIVILEGE, NOT A RIGHT. THIS PRIVILEGE MAY BE REVOKED BY THE COACH, ATHLETIC DIRECTOR OR PRINCIPAL FOR UNSATISFACTORY CONDUCT

OR BEHAVIOR. STUDENT ATHLETES ARE EXPECTED TO BE ROLE MODELS AND CONDUCT THEMSELVES IN A MANNER THAT POSITIVELY REPRESENTS NANDUA HIGH SCHOOL.

Individual coaches may also establish rules for their sport and season that are specific to the sport. The team rules may vary from sport to sport depending on the intent or safety requirements of the sport. Coaches will distribute specific team rules early in the season to be clear about expectations. Athletes are required to abide by all school rules as set forth in the student handbook as well as additional rules set forth by the coach. Student athletes are expected to abide by all Nandua High Schools' policies.

HAZING/BULLYING/HARASSING

Hazing/Bullying/Harassing by a student athletic and activities participants is strictly prohibited!

Hazing/Bullying/Harassing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student (physical or mental) or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity, or organization. Hazing/Bullying/Harassing includes but is not limited to:

- ◆ Any activity involving risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body and participation in physically dangerous activities.
- ◆ Any activity involving consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- ◆ Any activity involving touching or actions of a sexual nature or the simulation of actions of a sexual nature.
- ◆ Any activity that subjects a student to embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment for the student to include social media.

SOCIAL MEDIA NETWORKS

Athletes need to understand that pictures, messages, or anything that is posted on a social media network that is deemed in violation of a school or athletic policy can result in dismissal or suspension from athletic teams. Anything brought to the attention of the administration or coaching staff can be investigated.

Nandua recognizes and supports its student athletic/activities participants' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student athlete and must remember that playing and competing is a privilege, not a right. As a student athlete/activities participant or, you represent the high school and are expected to portray yourself, your team, and the high school in a positive manner at all times.

Any online postings must therefore be consistent with federal and State laws, and team, department, school, Nandua and VHSL rules and policies (including the Guidelines listed below).

If you participate on a social networking site, you must keep the following guidance in mind:

- ◆ Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, comments, and posters) may be accessible even after it is removed.
- ◆ Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
- ◆ What you post may affect your future. Many employers and school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- ◆ You are representing your family, your school, and your school division.

Nandua and the Department of athletics will not tolerate:

- ◆ Comments made in person that are disrespectful and behavior online, such as: derogatory, defamatory, or vulgar language.
- ◆ Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person.
- ◆ Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct, including violating the Nandu policy on prohibited harassment and discrimination.
- ◆ Comments or photos that do not represent Nandua High School in a positive manner.

TEAM TRAVEL

Student athletic/activities participants are expected to travel as a team using school provided transportation to and from contest sites. It is the philosophy of the coaching staff that camaraderie and esprit de corps is cultivated by equal treatment and spending time together as a group. In extenuating circumstances, a parent can pre-arrange to have their child signed out by another adult, but this can only be done with prior written permission from the athletes' parents and the athletic director or school administrator. This permission must be acquired prior to leaving for the contest.

Overnight Stay Supervision Notification

Due to the location and/or schedule of some events, it may be necessary for participants to stay overnight. During this time there will be a clearly defined time of "lights out" when all students will be expected to be in, and stay in, their designated room. Room checks will be made at this time to assure all students are in their designated room. A morning expectation time of awakening will also be given to the students. Between these times, students are expected to remain in their designated room. Students are reminded they are to conduct themselves as leaders and role models of our team, our school and our community. The location of the supervisor's rooms will be made clear to all students so they may make contact in the event of an emergency or if other needs arise during the night time hours.

BEHAVIOR OF PARENTS

Parents are reminded the practice of good sportsmanship is expected towards not only opposing teams, fans, officials, but also towards the Nandua coaching staff and administration. Parents that behave inappropriately towards members of the coaching staff, administration, other schools, officials, etc. may be removed from the athletic contest and can be banned from all athletic contests. Parents are asked to keep their distance during all practice sessions. Practices are all "CLOSED" practices, unless otherwise specified by the Coach.

Parents are NOT to approach a member of the coaching staff immediately before, during, or after a contest. Contests bring out the competitor in all of us and we all need time to cool down after the contest. If you need to discuss something with the coach, please call the office to set up a meeting with the coach and administrative team.

Playing time WILL NOT be discussed with parents. If an athlete is not getting playing time he or she thinks they deserve, the athlete needs to approach the coach and find out what he or she needs to do to receive more playing time.

SUPERVISION OF STUDENTS AND PARKING

Students may not be on school property before 7:25 a.m. or after 2:25 p.m. during the instructional day or any time school is not in session unless they are supervised in an activity. A coach or approved school staff member must supervise the activity. Students may only use the weight room if a coach or school weight trainer is supervising. Students should not stay after school for a game or activity unless directly supervised by a coach. Once on school property, students must enter the building or practice area promptly. Sitting in vehicles or standing in the parking lot is prohibited.

AFTER PRACTICE DEPARTURE

Students are expected to be picked up after practice/game at a reasonable time from the designated pick-up location. Repeated infractions for late pick-up could result in activities or privileges being revoked.

UNIFORMS

Team uniforms, travel bags, and equipment are the property of the school. These items are expensive. The schools (and often Booster Club) have spent a great deal of time and money to ensure that our teams have uniforms that will last and which are in presentable condition. All issued uniforms, travel bags, and equipment must be returned promptly within one week of the final competition. Athletes or participants not turning in all equipment which belongs to the school will not be allowed to try-out, play or practice in any other sport or participate in other school activities such as dances and graduation until items are returned or replaced.

Quitting

A Student may quit a sport during the try-out period and go to another sport. If a student has made a team and decides to quit, a student may not go play another sport/weightlift during that season.