

# CHESTERFIELD COUNTY ATHLETIC MANUAL FOR PARENTS AND STUDENTS



CHESTERFIELD COUNTY PUBLIC SCHOOLS  
CHESTERFIELD, VIRGINIA

## **Superintendent**

Dr. John Murray, Ed.D.

## **CHESTERFIELD COUNTY PUBLIC SCHOOLS HIGH SCHOOLS**

L. C. Bird High School  
10301 Courthouse Road  
Chesterfield, VA 23832

Principal: Ms. Adrienne Blanton  
Activities Director: Gregory Aiken  
Phone: 804-768-6110

Carver College and Career Academy  
12400 Branders Bridge Rd.  
Chester, VA 23831

Principal: Dr. Steven Hackett  
Activities Director: Mr. Dylan Dehart  
Phone: 804-768-6156

Clover Hill High School  
13301 Kelly Green Lane  
Midlothian, VA 23112

Principal: Mr. David Altizer  
Activities Director: Mr. David Zyglocke  
Phone: 804-639-4940

Cosby High School

Principal: Mr. Ben Snyder

14300 Fox Club Parkway  
Midlothian, VA 23112

Thomas Dale High School  
3626 West Hundred Rd.  
Midlothian, VA 23831

James River High School  
3700 James River Rd.  
Midlothian, VA 23113

Manchester High School  
12601 Bailey Bridge Rd.  
Midlothian, VA 23112

Matoaca High School  
17700 Longhouse Lane  
Midlothian, VA 23838

Midlothian High School  
401 Charter Colony Parkway  
Midlothian, VA 23114

Monacan High School  
11501 Smoketree Dr.  
N. Chesterfield, VA 23236

Activities Director: Mr. Michael Swartz  
Phone: 804-639-8357

Principal: Dr. Anthony McLaurin  
Activities Director: Mr. Richard Talman  
Phone: 804-768-6145

Principal: Dr. Amanda Voelker  
Activities Director: Mr. Bryan  
Phone: 804-639-4940

Principal: Ms. Christin Ellis  
Activities Director: Mr. Gregory Woodle  
Phone: 804-739-6275

Principal: Ms. Elizabeth Baber  
Activities Director: Ms. Tiffany Anglin  
Phone: 804-590-3108

Principal: Mr. Shawn Abel  
Activities Director: Mr. Patrick Steele  
Phone: 804-378-2440

Principal: Mr. Bill Broyles  
Activities Director: Mr. Daniel Parsons  
Phone: 804-378-2480

## **Director of High School Education**

Dr. Belinda Merriman

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## **Cosby High School General Information**

### **Contacts**

Director of Student Activities – Mickey Swartz  
Email: michael\_swartz@ccpsnet.net

**Athletic Department phone: 639-8345      School phone: 639-8340**

### **Quick Facts**

**The Cosby High Athletic Department operates under the auspices of the following:**

Virginia High School League > Class 6 > Region 6A >  
Nickname: Titans      Colors: Columbia Blue, Silver, and Black

## **Athletic Department Staff**

### **Fall Sports**

Varsity Sideline Cheer	Jessica Campbell	Varsity Field Hockey	Emily Hartman
Competition Cheer	Jessica Campbell	JV Field Hockey	Mia King
JV Sideline Cheer	Sarah Kirwan	Boys/Girls' Golf	
Boys' Cross Country	Mark Overstreet	Varsity Boys' Volleyball	Brandon Ayers
Girls' Cross Country		JV Boys' Volleyball	
Varsity Football	Josh Wild	Varsity Girls' Volleyball	Rachael Workman
JV Football	Roger Snyder	JV Girls' Volleyball	

### **Winter Sports**

Boys Basketball	Ron Carr	Boys' Indoor Track	Bryan Still
JV Boys Basketball	James Perry	Girls' Indoor Track	Mike Handy
Girls Basketball	Chris Hartman	Varsity Wrestling	Mike Stefanko
JV Girls Basketball	Sierra Garland	JV Wrestling	Logan Stefanko
Varsity Cheer	Jessica Campbell	JV Cheer	

### **Spring Sports**

Baseball	Tom Nelson	Varsity Softball	Ray Jeter
JV Baseball	Adam Schnarrs	JV Softball	Lorri Taylor
Boys' Soccer	Mike Anderson	Boys' Tennis	Don Love
Boys JV Boys' Soccer		Girls' Tennis	Chris Hartman
Girls Soccer	Madisen Powell	Boys' Track	Karlyn Lowery
JV Girls Soccer	Emily Hartman	Girl's Track	Karlyn Lowery

Athletic Trainer (all seasons) - Bailee Jenkins

## **DOMINION DISTRICT REGULAR SEASON TICKET PRICES**

\*\*Football - \$10 All other sports \$8 \*\*Tournaments set up individually

\*Children under the age of six (6) accompanied by an adult are admitted free. \*\* No re-entry without a new ticket.

## **INTRODUCTION**

The purpose of the Chesterfield County Athletic Manual is to inform the student-athlete and their parents/guardians of the policies set forth governing athletics and individual athletes at each school. In it you will find the regulations of The Virginia High School League (VHSL) that are applicable to all member public schools. The policies that govern all Chesterfield County High School athletic programs are listed as well. Additionally, there is information concerning the expectations of our student-athletes and their parents/guardians as members of your school's Athletic Department.

**Included in this manual is information concerning:**

- **VHSL Eligibility Requirements**
- **County and School Athletic Policies**
- **Sportsmanship Guide**

- **Parent/Coach Communication**
- **Social Media Position Statement**
- **Out-Of-Season Practice Rule**
- **Infectious Disease Control**
- **Heat and Hydration Information**
- **Concussion Information**
- **NCAA Eligibility Information**
- **Team Policy and Sport Specific Information**

Each school traditionally hosts a preseason meeting for parents, which begins with an overview of VHSL, CCPS, and individual high school policies, a description of insurance information, the athletic training program, concussion information, a review of the Athletic Participation/Parental Consent/Physical Examination Form, the VHSL, high school eligibility requirements, and NCAA eligibility information. Additionally, information about each sport and specific team policies are discussed. You should make every effort to attend these meetings.

The Cosby athletic department is committed to assisting our athletes in furthering their athletic and educational endeavors beyond their years as a Titan. With this in mind, there are also other useful sections for the more serious student-athlete. One is designed to assist the student-athlete in the process of choosing a school where he or she may want to compete at the collegiate level while earning a degree. The other is meant to help the student-athlete market his or her athletic talents.

**If you have any questions concerning this manual or the preseason meeting, please contact Mick Swartz at [michael\\_swartz@ccpsnet.net](mailto:michael_swartz@ccpsnet.net)**

### **Frequently Asked Questions**

**Q:** Where can I obtain the VHSL Athletic Participation/Parental Consent/Physical Examination Form?

**A:** This form may be downloaded from the [www.vhsl.org](http://www.vhsl.org) website by looking under information for parents. Also found at the athletic department web page under "Titans HQ - Often Used Forms."

**Q:** What are the valid dates of sport physicals?

**A:** The VHSL calendar runs from **May 1** of the current year to June 30 of the succeeding school year. That means a sports physical examination given on or after May 1 in a given year is good through June 30 of the following year. Please remember that your insurance plans generally operate on a calendar year.

**Q:** How do we find out about tryout dates, contest schedules, cancellations, etc?

**A:** Starting dates for each season, contest schedules, and up-to-date postponements and cancellations can be found by going to the following site: <http://cosbytitanathletics.com/> **\*\*YOU CAN SIGN UP FOR ALERTS TO BE SENT DIRECTLY TO YOUR PHONE/COMPUTER\_**. It can also be found by going directly to [www.dominiondistrictva.org](http://www.dominiondistrictva.org): . You can also contact the Activities Director.

**Q:** How big of a commitment is participating in interscholastic athletics?

**A:** HUGE! Teams will practice or compete each day, including many Saturdays. You can count on a six day a week commitment.

**Q:** If my son or daughter is ill and at home during the day or leaves school early due to illness, can he/she come to school just for practice or a game?

**A:** If a student is too ill to attend school or is too ill to remain at school, then it is not appropriate for him/her to participate in a practice or a competition.

**Q:** If my son or daughter is injured and cannot participate, is he/she expected to be at practice and/or contests?

**A:** Depending upon the injury, yes. The coach and athlete need to work this out. He/she is a part of the team. There is always something to be learned from attending, and though injured, the student has a role and a responsibility with the team. An athlete is not permitted to return to full activity with the team until the doctor treating the student releases him or her in writing.

**Q:** Whom do I contact if I have any questions?

**A:** General questions should be directed to the Activities Director. Please contact the coach for concerns regarding a specific sport.

## Virginia High School League (VHSL)

### Eligibility Requirements

In order to represent Your High School in any VHSL interscholastic contest, a student shall meet the following VHSL requirements:

- **Bona Fide Student Rule** – Must be a student in good standing
- **Grade Rule** – Must be enrolled in one of the last four years of school.
- **Semester Rule** - Eight (8) semesters to complete upon entering the ninth grade
- **Age Rule** – Cannot be 19 years or age on or before August 1<sup>st</sup>.
- **Scholarship Rule** – Must have earned five (5) credits the previous semester and be enrolled in at least five for the current semester. Incoming freshmen are exempted for the first semester, but they must be taking a minimum of five credits. Classes taken a second time for strengthening that have been passed previously do not count in the credit total.
- **Athletic Participation/Parental Consent/Physical Examination Rule** – Must be on file with A.D.
- **Transfer Rule:** The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding move by the parent(s) or guardian(s).
- **Amateur Rule:** The student shall be an amateur.
- **Awards Rule:** The student shall not have accepted any awards other than those such as letters, plaques, trophies, etc., presented or approved by the school.
- **All Star Participation Rule:** The student shall not have participated in any all-star contests.
- **Sportsmanship Rule:** The student shall demonstrate appropriate sportsmanship at all times. Any student who in protest lays hands or attempts to lay hands on an official may be declared ineligible for up to one year. Any student who strikes an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period of time, up to one year, depending on the seriousness of the act.

- **Ejection of a Player:** Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the team's next contest. A player ejected for fighting shall be ineligible for the team's next **three** contests. For **ejection due to profanity directed at a game official, there will be a two game suspension.**
- **Penalty for Giving False Information:** Any student, or his parents, who give false information, either written or verbal, that affects his/her eligibility, shall become ineligible at any VHSL school for a period of one year.
- **Eighth Graders' Participation at the High School Level:** Eighth graders may tryout for the teams at the high school level in sports that are not offered at the middle school and **where high schools have JV and freshman teams.** Eighth graders must tryout at the high school in the zone in which they reside unless an exception is approved by the principals of both high schools.

Questions concerning VHSL rules and eligibility should be directed to your school's Director of Student Activities.

For general information about the VHSL please go to [www.vhsl.org](http://www.vhsl.org)

## CCPS Athletic Policies

### School Attendance

Athletes must be in attendance at school for the minimum portion of the day as outlined by the athletic department of his or her school. In order to practice or play in a contest. Family emergencies and medical appointments must be excused by the Director of Student Activities. Athletes who leave school during the day due to illness will not be allowed to return to practice or compete.

### Transportation

Transportation to and from games may or may not be provided for all sports. When transportation is not provided for a sport, the **CCPS Parental Assumption of Risk** form must be on file for all athletes of that sport. In instances where transportation is provided, team members are expected to ride with his or her team both to and from contests. When approved by the head coach, a team member may ride home with his or her parent as long as the parent or guardian provides **written notification** to the head coach of the team.

### Equipment

Each athlete will be responsible for all equipment that is issued to him/her by the school. No athletic letters or awards will be given to any athlete who fails to turn in equipment. Athletes will be charged the replacement cost for any equipment that is not returned or that is damaged through negligence or abuse.

### Eighth Graders Participating at the High School Level

Eighth graders may try out for the teams at the high school level in sports that are not offered at the middle school and where the high school has a JV or freshman team. Eighth graders must try out at the high school in the zone in which they reside unless an exception is approved by the principals of both high schools.

### Workouts / Open Gyms

Students participating in any workouts including the weight room, open gym or other conditioning programs must have a current VHSL physical on file with the school and must be an enrolled student at the school or from a feeder middle school in the zone. Additionally, all athletes must have a signed CDC Head's Up Concussion form on file.

## Medical Procedures and Warning

School athletic departments attempt to make participation in our athletic programs as safe as possible. Injuries, however, do occur in athletics and **athletes and parents are warned that serious injury may result from participation in our athletic program.** In the event of an injury to an athlete the following procedures will be used:

1. First Aid will be administered to the injured athlete as needed.
2. If the injury is of a serious nature, the parents and, if necessary, the rescue squad will be called.
3. Athletes under a doctor's care must be released by that doctor before returning to competition, and must be cleared by the school's trainer in accordance with protocol set forth by HCA Sports Medicine.

## Standards of Conduct

The following standards of conduct have been established to ensure the athletes that represent CCPS high schools conduct themselves in an appropriate manner. Violation of the following may result in disciplinary action that could include suspensions or dismissal from the team.

1. Illegal use of tobacco, alcohol, or drugs.
2. Unexcused absences from practices or games.
3. Theft or destruction of school property including the property of schools that the team is visiting.
4. Unsportsmanlike or disrespectful conduct toward coaches, school officials, game officials, teammates or opponents.
5. Other actions detrimental to the team including involvement in disciplinary actions within the school.
6. Any student suspended under the Chesterfield County drug and alcohol policy is suspended from all activities for a period of 45 days. **(Chesterfield County School Board Policy)**
7. Any player ejected from a contest will be suspended in accordance with the VHSL Handbook. Unsportsmanlike conduct - one game; for profanity directed at a game official - two games; for fighting - a three game suspension will follow. **(VHSL Policy)**

## Athletes Dismissed from or Who Quit a Team

An athlete who is dismissed from a team or who quits after the season begins may, at the discretion of the activities director, be prohibited from conditioning or trying out with another team. **The athlete may only begin working with another team after being cleared by the athletic department.**

## Cosby High School Athletic Department Policies

The Cosby Athletic Department has established the following standards of conduct to insure that the athletes who represent Cosby High School conduct themselves in an appropriate manner. Violation of the following will result in disciplinary action that may include suspensions, dismissal from the team, or an athlete being placed under an athletic department contract.

## In-school-detention

**Any athlete assigned ISD must immediately report it to the Director of Student Activities. Failure to do so may result in further disciplinary action.**

The reason for assignment to ISD will be discussed by the D.S.A. and the athlete's coach to determine the need for further action by the athletic department. Students assigned to ISD will be suspended from contests on the day(s) of ISD. If no game is scheduled the day(s) of ISD, the athlete will be suspended from the next subsequent contest(s). The action may also be something else deemed suitable by the D.S.A. Athletes cannot practice while serving ISD.

## Out-of-School-Suspension

Students serving out of school suspension during a sports season are automatically suspended from the team; therefore, they are prohibited from attending practice and games or any other school sponsored activity. **Before the athlete can be reinstated to the team, there must be a conference involving the coach, athlete, parent/guardian, and the D.S.A to determine the athlete's status and discuss future conduct.**



## **Athletes who quit or are dismissed from a team**

No participation in conditioning/workouts for another sport season will be allowed until the official VHSL starting date or until the two coaches involved have reached an accord.

## **Athletes Who Drive to School**

Athletes who drive to school must leave their cars in assigned student parking locations until after practice ends. If an athlete returns to school for practice from a Community Service Class or appointment, he/she must still park in the student lot. **No Students are allowed to park in the bus loop / bus parking areas at ANY TIME BEFORE 5:00 PM.**

**\*\*Athletes are not to be dropped off / picked up in front of the stadium ticket booth. Traffic cannot be blocked on the main entrance/exit roads.**

Failure to comply with parking regulations can result in suspension of parking privileges.

## **Violation of team policies**

Coaches may impose other requirements upon students as long as they do not conflict with athletic department policies.

# **CCPS Sportsmanship Guide** **A Guide for Athletes, Coaches, and Parents**

Participation in co-curricular activities is a privilege. As representatives of Chesterfield County Public Schools, student athletes are expected to conduct themselves in a manner that meets the highest standards at all times. It is the goal of Chesterfield County Public Schools to provide all students with opportunities to engage in athletic activities that enrich their education and further develop the core values of respect, responsibility, fairness, trust, and good citizenship.

Engaging in planned instruction teaches good sportsmanship and proper behavior. It is the responsibility of the administration, staff, coaches, parents, and the community at large to create a climate that fosters the development of these behaviors. This is accomplished by encouraging and modeling positive and appropriate behavior within the sporting environment while, at the same time striving for excellence.

Expectations for the behavior of athletes, coaches, and spectators at athletic contests, practices, and events are outlined below:

## **ATHLETES**

**Athletes are required to meet the following expectations:**

- (1) Be courteous to visiting teams and officials.
- (2) Play hard and to the limit of your ability, regardless of discouragement. True athletes do not give up nor do they argue, cheat, or taunt opponents.
- (3) Retain composure at all times and **never leave the bench or enter the playing field/court to engage in a fight.** (2 game suspension - VHSL Policy)
- (4) Be modest when successful and be gracious in defeat. A true competitor does not offer excuses.
- (5) Maintain a high degree of physical fitness by conscientiously observing team and training rules.
- (6) Demonstrate loyalty to the school by maintaining a high scholastic standing and by participating in or supporting other school activities.
- (7) Play for the love and honor of the game.
- (8) Understand and observe the rules of the game and the standards of eligibility.

- (9) Respect the integrity and judgment of officials and accept their decisions without question.
- (10) Respect the facilities of the host school and demonstrate the behavior expected of guests.

## **COACHES**

### **Coaches are required to meet the following expectations:**

- (1) Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
- (2) Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of your players. Make sportsmanship priority #1.
- (3) Emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court.
- (4) Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well-being of individual players and that the most important values of competition are derived from playing the game fairly.
- (5) Be a modest winner and a gracious loser.
- (6) Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
- (7) Cooperate with the school administration in the planning, scheduling, and conduct of sports activities.
- (8) Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership, and judgment.
- (9) Pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of the team.
- (10) Teach athletes that it is better to lose fairly than win unfairly.
- (11) Demonstrate integrity. Do not allow gambling, profanity, abusive language, or similar violations.
- (12) Refuse to criticize an opponent, an official, or others associated with sports activities.
- (13) Properly supervise student athletes under your immediate care and specifically observe a coach's responsibilities during events off school grounds.

## **PARENTS/SPECTATORS**

### **Parent/Spectators are required to meet the following expectations:**

- (1) Realize that **you represent the school and community** and, therefore, have an obligation to be a true sportsman, encouraging through positive behavior the practice of good sportsmanship by
- (2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- (3) Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well-being of the players, victory or defeat are of secondary
- (4) Treat visiting teams **and officials as guests**, extending to them every courtesy.
- (5) Be modest in victory and gracious in defeat.
- (6) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions.

## **The Profile of the Ideal Parent of an Athlete**

- Support your child and attend as many contests as possible.
- Avoid putting pressure on your child to start, score, or be the star of the team.
- Support the coach in public around other parents and fans.
- Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child's hope for improvement in the sport.
- Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school and participation in athletics is a privilege not a right.

- Understand that the goals for the team and the athletic program are more important than the hopes and dreams that you have for your child.
- Serve as a good role model for the students, athletes, and other fans.
- Contribute as members of the boosters club. This means joining and volunteering to help with projects and committees.
- Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.
- Attend the preseason parent's meeting and read the "Student Athletic Handbook."
- Follow the chain of command when you have a concern.
- Express concerns and questions in a courteous manner and do it at the right time and in the proper setting.
- Abide by all the regulations and procedures for our athletic program!

## Parent and Fan Expectations

As a parent and fan, your support of your child at athletic events is important to your child and to the school. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials and other fans. Be sensible, responsible, and keep your priorities in order. Participating on a Virginia High School League team is a wonderful opportunity for your child to grow physically, socially, and emotionally.

## SPECTATOR CONDUCT

The Virginia High School League requires school districts to monitor spectator behavior at all school sponsored activities. Accordingly, **an event supervisor(s) may request any person involved in misconduct to leave the premises and may contact the police for assistance.** The school has the authority to suspend individuals from attending all school sponsored activities for spectator misconduct. Chesterfield County Public Schools appreciates positive support from all spectators.

Please remember that rude and obnoxious behavior cannot be tolerated at any contests. **When it becomes apparent that a spectator is unable to exhibit good sportsmanship, school officials must ask him/her to leave the event.**

*Spectators should:*

- *Cheer enthusiastically for their team. Also, show interest in the contest by applauding the good play or performances of both teams.*
- *Help your child learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose.*
- *Remember that school athletics are learning experiences for students and mistakes are sometimes made.*
- *Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others or be generally obnoxious.*
- *Refrain from booing, stamping the bleachers, or making disrespectful remarks toward players, officials, or coaches.*
- *Show respect for the opposing players, coaches, spectators, and support groups.*
- *Obey officials, school administration, and other faculty supervisors who are responsible for keeping order.*
- *Avoid conflict at the gate by purchasing a ticket for the event rather than attempting to use an unacceptable pass.*
- *Use noisemakers outdoors but know they are not appropriate for indoor events.*
- *Respect public property by not walking in the seats or standing on bleachers that are intended for seating.*
- *Know that school officials reserve the right to refuse attendance to anyone whose conduct is not proper or who may have used or be in possession of a controlled substance.*
- *Resist throwing items onto the playing field.*

***Spectators, please be a fan, not a fanatic!***



***CCPS strives at all times to provide a safe, supportive, and inclusive atmosphere for all students, free of discrimination and harassment.***

## **PARENT/COACH COMMUNICATION**

Chesterfield County Public Schools encourages open communication among athletes, parents, and coaches. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student athletes. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of child's program.

### **Communications You Should Expect from Your Child's Coach**

1. Philosophy of the coach
2. General expectations
3. Locations and times of all practices and contests
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure if your child is injured during participation
6. Team rules, guidelines, and consequences for infractions
7. Lettering criteria
8. Team selection process

### **Communication Coaches Expect From Athletes/Parents**

1. Concerns related to your child's general welfare
2. Notification of any schedule conflicts in advance
3. Notification of illness or injury as soon as possible

### **Appropriate Concerns to Discuss With Coaches**

1. Ways to help your child improve
2. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as your hope. Coaches are professionals. They make decisions based on what they believe to be the best for all student athletes involved. As you have seen from the previous list, certain

things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

- Playing time
- Team Strategy
- Play calling
- Other student athletes

## **CONFLICT RESOLUTION**

Both athletes and parents are urged to discuss their concerns with the coach in the appropriate setting and at the appropriate time. It is desirable for conflicts to be resolved by an athlete with his/her coach. Occasionally, however, situations arise where conflicts are not able to be resolved through this interaction and the assistance of the student activities director and/or principal is needed. These situations may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position.

### **If You Have a Concern to Discuss With a Coach**

- Weigh what your children say; they might slant the truth to their advantage.
- If you as a parent have a concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature usually do not promote positive resolutions.
- Call the coach to set up an appointment.
- If the coach cannot be reached, call the student activities director to help set up the meeting for you.

### **The Next Step**

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and set up an appointment with the student activities coordinator to discuss the situation.
- At this meeting the appropriate next step can be determined.

***\*Please try to adhere to the "24 Hour Rule." Whatever you feel like doing or saying can be done or said 24 hours later; however, in most cases you won't feel like saying or doing it after the emotion has subsided.***

## **CCPS ANTI-HAZING STATEMENT**

The Principals of Chesterfield County High Schools, in an effort to promote a positive atmosphere in all student activities, subscribe to the following anti-hazing statement set forth below. It is the intention of the county principals, as members of the VHSL, that this information be shared with all members of the school community.

**Virginia Code Section 18.2-56:** "It shall be unlawful to haze, or otherwise mistreat so as to cause bodily injury any 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."

### **Hazing Defined**

Initiation rituals or any other type of activity that targets new team members or underclassmen are not allowed. Students who engage in such acts with or without a coach's knowledge are subject to disciplinary action by the school administration. Hazing 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 or to any third party in order for the student to be initiated into, or affiliated with, any school group, club, athletic team, grade level, activity, or organization.

Hazing includes, but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including, for example, paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, or participation in physically dangerous activities.
- Any activity involving the 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 actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme or unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment for the student.
- Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.
- Initiation rituals or any other type of activity that targets new team member or underclassmen will are not allowed. Students who engage in such acts with or without a coach's knowledge are subject to disciplinary action by the school administration. Hazing 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 or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletic team, grade level activity, or organization.

### **Process for the Reporting of Suspected Instances of Hazing**

All incidents of hazing should be reported immediately to school administrators.

### **Social Media Position Statement**

Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as *Twitter*, *Facebook*, Internet forums, weblogs, social blogs, microblogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

Chesterfield County Public Schools recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for CCPS is a privilege, not a right. The student-athlete and coach represent his or her high school, and therefore, they are expected to portray themselves, their team, and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, school division regulations (including those listed below).

#### **Specifically prohibited behaviors include but are not limited to:**

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students and/or school personnel.
- Nude, sexually-oriented, or indecent photos, images or altered pictures.

#### **Also prohibited are all on-campus connections to off-campus violations of the policy.**

- Use of school computers to view off-campus postings.
- Students accessing posts at school on their own devices.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity.

### **Social Media Guidelines for Student-Athletes**

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember - once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.

5. Remember that photos once put on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

### **Out-Of-Season Practice Rule**

**27-7-1 OUT-OF-SEASON PRACTICE RULE** - Effective August 1, 2011 All VHSL member school sponsored athletic teams are restricted from any organized activities during designated "dead periods." Out-of-season dead periods shall be 10-day periods beginning with the first permissible practice date of a sports season as published in the VHSL Calendar. A summer "dead period" for all athletic teams shall be week 1 of the NFHS standardized calendar. During dead periods, no coaching, observing or contact between a coach(s) or player(s) may occur in the VHSL member school sponsored athletic team or activity involved. There may be no VHSL member school sponsored practice, open facilities, weight training/conditioning, out of season league(s) or member school sponsored clinics/camps. Outside of dead periods, all VHSL member school sponsored activities may occur on any day except Sundays. Team vs. team competition may occur only in camps or leagues. Schools, districts and/or regions may impose more restrictive guidelines. VHSL catastrophic insurance is not applicable to any out-of-season activities.

**27-7-3 PENALTY** - Any school adjudged guilty of violating the Out-of-Season Practice Rule shall be subject to a fine as stated in 30-5-1 and such disciplinary action, including ineligibility for district championships, as the appropriate district committee, interdistrict committee or VHSL Executive Director may impose.

Additional District Guidelines:

- No spring football practice with pads/equipment.
- No school to school competition.
- All participants must have a current VHSL physical and all other required forms.
- Only school coaches may work with students during VHSL out-of-season activities (cannot just bring in anyone; must be on the school's coaching list)
- Out-of-season activities CANNOT BE MANDATORY
- Out-of-season activities MUST BE OPEN TO ALL STUDENTS WITH A PHYSICAL AND ALL OTHER NECESSARY FORMS
- Out-of-season activities CANNOT BE CONSIDERED CRITERIA FOR TRY-OUT

DEAD PERIODS.

FALL DEAD PERIOD: First two weeks starting with the commencement of fall sports.



WINTER DEAD PERIOD: First two weeks starting with the commencement of winter sports.

SPRING DEAD PERIOD: First two weeks starting with the commencement of spring sports.

SUMMER DEAD PERIOD: Generally the week of the 4<sup>th</sup> of July

Specific dates will be provided to athletic department staff and published yearly.

National Federation of State  
High School Associations



**Sports Hygiene – Guidelines to Minimize Infectious Diseases**  
**Position Statement and Guidelines**  
**National Federation of State High School Associations (NFHS)**  
**Sports Medicine Advisory Committee**

Preparation for competition in any sport requires proper training and practice. Whether it means preparing your body or maintaining your equipment, proper preparation is necessary. Keeping your body and equipment clean is part of that process. Infectious diseases do propagate and are easily transmitted in the sports environment. Contact sports and those with heavy amounts of equipment are more prone than others, but needless to say, proper hygiene is necessary in all sports to reduce the potential of transmitting these agents. The NFHS Sports Medicine Advisory Committee realizes these issues and has helped establish guidelines to educate the sporting and medical community about their presence and means to reduce transmission of sports related infectious diseases.

**Proper Hygienic Practices**

1. Shower immediately after each practice or competition. Use your own bottled soap and towel and don't share them with others, let alone other toiletries. Studies have shown that transmission of infectious diseases can occur when these items are shared with other athletes.
2. Don't share water bottles. Viruses and bacterial infections can be easily transmitted via a shared bottle.
3. Don't perform cosmetic shaving. Needless shaving of the chest or legs or genital areas has been associated with increased outbreaks of Methicillin-Resistant Staphylococcal aureus (MRSA). Consider cropping or closely trimming the areas if necessary.
4. Wash equipment on a routine basis. Work-out clothing after each practice. Consider washing smaller pads (for knees or elbows) on a weekly basis or if soiled with contaminated material, each day. Larger pads, such as those in Hockey or Football, should be disinfected (1:100 solution of household bleach and water) on a routine basis. More frequently if soiled with blood or bodily fluids. Commercial equipment utilizing detergents or ozone for decontamination could also be considered.
5. Don't let abrasions or open sores go without evaluation by your coach or Certified Athletic Trainer (ATC). Be sure to keep them clean and covered with proper dressings.
6. Inform your coach or ATC about any suspicious lesion at the beginning of practice. Consider withdrawal from practice or competition until the lesion is evaluated by your Health Care Provider (HCP). If it is considered infectious, wait to return to competition until it has cleared by your HCP. Also have other team mates evaluated for such lesions and cared for in the same manner.
7. Don't use a whirlpool or cold tub with any open wounds, scrapes or scratches.
8. Shower before using whirlpools or common tubs.

Following these guidelines will help reduce the occurrences and outbreaks of infectious diseases. This will take an active participation of the coach, parent and athlete. Together this will create a healthy environment that will allow the athlete compete and reduce the risk of being sidelined.

## INFECTIOUS DISEASE POLICY OF THE VHSL

The Virginia High School League Executive Committee adopted these policies on January 27, 1993, upon the recommendation of the Sports Medicine Advisory Committee to the League. Our goal is to minimize the possibility of transmission of any infectious disease from one athlete to another during practice or competition. The development of this policy is in keeping with the commitment of the VHSL to make athletic participation safer for the athletes in the Commonwealth of Virginia by responding to new information that suggests potential risks.

**What Are Infectious Diseases?** Infectious diseases are illnesses that are caused by an organism, usually a virus, bacteria, or fungus. Many of these diseases are contagious, meaning they can be spread from one person to another. For purposes of our athletes we will consider three types of contagious infectious diseases.

1. Usual viral illnesses like colds, intestinal flu viruses, and influenza are generally spread through airborne transmission of the virus or through direct contact. Hand washing and covering sneezes and coughs are considered reasonable techniques for reducing the spread of these types of illnesses. They are actually more likely to be spread in a closed classroom than an open gym or athletic field, except for those sports with close contact like wrestling.
2. Skin lesions such as impetigo (a skin infection), athlete's foot, and non-genital Herpes can also be spread by close contact and should be covered to allow participation. These skin disorders can also be harmful to the individual with skin lesions by serving as a portal of entry of other kinds of infections. Thus, again, they should be covered or participation should not be allowed.
3. The most serious infectious and contagious diseases in question here are the blood-borne pathogens. These are spread through contact with blood (as well as other bodily fluids such as semen and vaginal fluids) and most notably include Hepatitis B and Human Immunodeficiency Virus (HIV). No reports of transmission from sweat or saliva have been reported with HIV infection. To date there have been no substantiated reports of these being transmitted through athletic participation and the risk of this happening is very low, but theoretically it is NOT ZERO. The rest of this policy is designed with HIV and Hepatitis B in mind. Proper handling of injuries where blood is present can even further reduce the very low risk of transmitting these diseases in the school and playing field arena.
4. Hepatitis B is a viral infection of the liver than can vary from mild inflammation to a severe life threatening disease. AIDS is a disease of the immune system caused by the Human Immunodeficiency Virus. The individual may not develop any symptoms of disease for many years after contracting the virus. Both of these disorders are transmitted through sexual contact or exposure to infected blood or blood components.

**Which sports Are Most Likely To Spread AIDS or Hepatitis B?** As stated, neither of these has been reported to have been transmitted through sports. The theoretical risk is low but would be greater where there is greater likelihood of blood and close contact. Thus, football, basketball, lacrosse, ice hockey and wrestling would be most likely to produce this environment. However, any sport could have the potential for blood exposure and thus theoretical risk for exposure.

**Should Athletes All Be Tested For These Disorders?** Mandatory testing has not been advocated by any medical organizations monitoring these disorders. The testing could produce a false sense of security with a negative test during the time between inoculation of

an individual and the ability to recognize the presence of the virus. Thus, an individual could be contagious and still have a negative test. The screening tests are not 100% reliable and false positives and negatives have been reported. Additionally, there is concern about infringement of the individual rights and the question of what to do if a positive test is obtained. Testing is not a feasible approach to prevention, however, athletes and other involved in interscholastic athletes should have available to them information on where they may obtain private and confidential HIV counseling and testing.

**If An Athlete Is Positive, Who Should Be Told and Should He/She Be Prevented From Participating In Sports?** The athlete's HIV or Hepatitis B status is confidential information between patient and physician. No one else, including school officials, can be told without the individual's permission. The athlete with one of these disorders should be encouraged to choose a sport with less contact and opportunity for bleeding than wrestling, for example. The athlete should also be instructed to take proper precautions with skin lesions, bleeding, etc. However, he/she cannot be forbidden from participating in whatever sport he/she desires. The decision concerning participation is a personal medical decision between the athlete and his/her physician. This recommendation could certainly change in the future if any evidence for transmission via sports is documented.

**How Can We Protect Our Athletes, Trainers, and Coaches From Exposure To One Of These Blood-Borne Diseases?** There is an effective and safe vaccine available for Hepatitis B. One of the targeted groups to receive this vaccine would be those where the risk of exposure to blood is increased. Any trainer or coach who frequently deals with an injury with blood is at potential risk. Strong consideration should be given to having these individuals receive this immunization. Blood and other bodily fluids should be handled using "Universal precautions" as is done in all hospitals and most other health care facilities. This procedure is outlined below. This is the safest approach as one uses techniques that would be preventive in all patients whether or not they have a disease.

#### **PROCEDURES TO BE FOLLOWED BY COACHES, TRAINERS AND OFFICIALS**

1. A student-athlete should render first-aid to himself and cover his own wounds whenever possible. This reduces the risk of transmission from blood-borne pathogen from one person to another.
2. If a bleeding wound occurs, the individual's participation should be interrupted until bleeding has been stopped and the wound is both cleansed with antiseptic and covered securely or occluded. If bleeding resumes, the practice or contest must be stopped again until bleeding is stopped and contaminated surfaces are leaned. It is up to the discretion of the official in charge of the competition as to how many times the competition should be stopped due to an athlete's bleeding before disqualification occurs.
3. Skin exposed to blood or other body fluids contaminated with blood should be cleaned as promptly as is practical, preferably with soap and warm water. Skin antiseptics (e.g., alcohol) or moist towelettes may be used if soap and water are not available.
4. Even though good hand-washing is an adequate precaution, water-impervious gloves should be available for staff to use when handling blood or other body fluids. Gloves are especially important to individuals with non-intact skin. Hands should be washed after glove removal. If gloves are not available, a bulky towel may be used to cover the wound until an off-the-field location is reached where gloves can be used during more definitive treatment. Disposable towels should be used in all clean up. Towels, protective gloves and other materials used in cleanup, as well as any cotton used to stem bleeding, should be placed in a container lined with a plastic bag.
5. If blood or blood-contaminated bodily fluids are present on a surface, the object should be cleansed with fresh household bleach solution made for that event by adding one part bleach to 100 parts water (1/4 cup bleach to one gallon water; or one tablespoon bleach to one quart water). Such items as wrestling mats should be cleaned, rinsed and allowed to dry before resuming action. This solution should be made fresh daily when needed.
6. If any blood gets on an opponent's uniform during competition or on a teammate's uniform during practice, it is necessary to clean the uniform at that point by wiping with a disinfectant such as isopropyl alcohol. This should be done whether or not the opponent or teammate has an open cut or unskinned area on his/her body, or whether or not the blood is on part of the uniform which might come in contact with his mucous membranes. If there is a substantial saturation of the uniform with blood such that it is dripping, rubs off easily, or drips if squeezed, the uniform must be changed.
7. All soiled linen such as uniforms and towels should be placed in plastic bags and washed in hot soapy water. Any detergent that contains bleach is appropriate.
8. All coaches, officials and student athletes should practice good hygiene. Towels, cups and water bottles should not be shared. Also, student-athletes should take a shower using a liberal amount of soap and hot water after each practice and competition.

9. It is the responsibility of each school to provide for its respective team members paper towels, appropriate cleaning solutions, plastic bags, gloves and any other first aid materials necessary to comply with these regulations.
10. At this time no cure exists for AIDS which is a preventable fatal disease. In addition to these techniques, education about potential methods of spread of this disorder and emphasis on methods of prevention must be an integral part of our athletic programs for athletes, trainers and coaches.

**FOR MORE INFORMATION, CONTACT:  
SPORTS MEDICINE ADVISORY COMMITTEE  
1642 STATE FARM BOULEVARD  
CHARLOTTESVILLE, VA 22911  
434-977-8475**

**POSITION STATEMENT AND RECOMMENDATIONS  
FOR HYDRATION TO MINIMIZE THE RISK FOR  
DEHYDRATION AND HEAT ILLNESS**

**National Federation of State High School Associations (NFHS)  
Sports Medicine Advisory Committee (SMAC)**

**DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS:**

- Appropriate hydration before, during, and after physical activity is an important ingredient to healthy and successful sports participation.
  - Weight loss during exercise and other physical activity represents primarily a loss of body water. A loss of just 1 to 2% of body weight (1.5 to 3 pounds for a 150-pound athlete) can negatively impact performance. A loss of 3% or more of body weight can significantly increase the risk for exertional heat-related illness. If an athlete is already dehydrated prior to beginning activity, these effects will occur even sooner.
  - Athletes should be weighed (in shorts and T-shirt) before and after warm or hot weather practice sessions and contests to assess their hydration status.
  - Athletes with high body fat percentages can become significantly dehydrated and over-heat faster than athletes with lower body fat percentages while working out under the same environmental conditions.
  - Athletes have different sweating rates and some lose much more salt through their sweat than others. "Salty sweaters" will often have noticeable salt stains on clothing after workouts, and often have a higher risk of developing exertional muscle cramps.
  - Poor heat acclimatization/fitness levels can greatly contribute to an athlete's heat intolerance and heat illness risk.
  - Certain medications, or fever, can negatively affect an athlete's hydration status and temperature regulation, increasing the risk for heat illness.
- Environmental temperature and humidity each independently contribute to dehydration and heat illness risk.
- Clothing that is dark or bulky, as well as protective equipment (such as helmets, shoulder pads, and other padding and coverings), can increase body temperature, sweat loss and subsequent dehydration and heat illness risk.
  - Even naturally dry climates can have high humidity on the field if irrigation systems are scheduled to run prior to early morning practices start. This temporary increase in humidity will continue until the water completely soaks into the ground or evaporates.
  - A heat index chart should be followed to help determine if practices/contests should be modified or canceled. The NOAA National Weather Service's heat index chart can be found at: <http://www.weather.gov/om/heat/index.shtml>

- o On-site wet-bulb temperature should be measured 10-15 minutes before practices or contests. The results should be used with a heat index to determine if practices or contests should be started, modified, or stopped.
- o If wet-bulb temperature measurement is not available, the heat index for your approximate location can be determined by entering your postal zip code: <http://www.osaa.org/heatindex/>

**Example of the effects of relative humidity on the risk for dehydration and heat illness:**

A relative humidity of 40 percent and a temperature of 95 degrees Fahrenheit are associated with a *likely risk* of incurring heat illness if strenuous physical activity is conducted. However, even with a *lower air temperature* of only 85 degrees Fahrenheit, the risk for exertional heat illness could be the *same or greater with a higher relative humidity* of 70 percent.

**WHAT TO DRINK DURING EXERCISE AND OTHER PHYSICAL ACTIVITY:**

- For most exercising athletes, water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost-effective.
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit in the following general situations:
  - o Prolonged continuous or intermittent activity of greater than 45 minutes
  - o Intense, continuous or repeated exertion
  - o Warm-to-hot and humid conditions
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit for the following individual conditions:
  - o Poor hydration prior to participation
  - o A high sweat rate or “salty sweater”
  - o Poor caloric intake prior to participation
  - o Poor acclimatization to heat and humidity
- A 6 to 8% carbohydrate formulation is the maximum that should be utilized in a sports drink. Any greater concentration will slow stomach emptying and potentially cause the athlete to feel bloated. An appropriate sodium concentration (0.4–1.2 grams per liter) will help with fluid retention and distribution and decrease the risk of exertional muscle cramping.

**WHAT NOT TO DRINK DURING EXERCISE:**

- Fruit juices with greater than 8 percent carbohydrate content and carbonated soda can both result in a bloated feeling and abdominal cramping.
- Athletes should be aware that nutritional supplements are not limited to pills and powders as many of the new “energy” drinks contain stimulants such as caffeine and/or ephedrine.
  - o These stimulants may increase the risk of heat illness and/or heart problems with exercise. They can also cause anxiety, jitteriness, nausea, and upset stomach or diarrhea.
  - o Many of these drinks are being produced by traditional water, soft drink and sports drink companies which can cause confusion in the sports community. As is true with other forms of supplements, these “power drinks”, “energy

drinks", or "fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label is not guaranteed.

o Many of these beverages which claim to increase power, energy, and endurance, among other claims, may have additional ingredients that are not listed. Such ingredients may be harmful and may be banned by governing bodies like the NCAA, USOC, or individual state athletic associations.

o See the **NFHS Position Statement and Recommendations for the use of Energy Drinks by Young Athletes** for further information.

#### **HYDRATION TIPS AND FLUID GUIDELINES:**

- Many athletes do not voluntarily drink enough water to prevent significant dehydration during physical activity.
- Drink regularly throughout all physical activities. An athlete cannot always rely on his or her sense of thirst to sufficiently maintain proper hydration.
- Drink before, during, and after practices and games. For example:
  - o Drink 16 ounces of fluid 2 hours before physical activity.
  - o Drink another 8 to 16 ounces 15 minutes before physical activity.
  - o During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely tolerate up to 48 ounces per hour).
  - o After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition.
- The volume and color of your urine is an excellent way of determining if you're well hydrated. Small amounts of dark urine means that you need to drink more, while a "regular" amount of light-colored or nearly clear urine generally means you are well-hydrated. A Urine Color Chart can be accessed at:

<http://at.uwa.edu/admin/UM/urinecolorchart.doc>

- Hyponatremia is a rare, but potentially deadly disorder resulting from the over consumption of water. It is most commonly seen during endurance events, such as marathons, when participants consume large amounts of water over several hours, far exceeding fluid lost through sweating. The opposite of dehydration, hyponatremia is a condition where the sodium content of the blood is diluted to dangerous levels. Affected individuals may exhibit disorientation, altered mental status, headache, lethargy, and seizures. The diagnosis can only be made by testing blood sodium levels. Suspected hyponatremia is a medical emergency and EMS (Emergency Medical Services) must be activated. It is treated by administering intravenous fluids containing high levels of sodium.

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Revised and Approved October 2011

## **CONCUSSION IN SPORTS**

### **Information Sheet for Parents/Guardians**

**Parents/Guardians of Athletes:** In order to help protect the student athletes of CCPS, the Virginia General Assembly in accordance with Senate Bill 652 (Concussion in Student-Athletes) has mandated that all student athletes, parents and coaches follow the CCPS Concussion Policy.

#### **What is a concussion?**

A concussion is a brain injury and all brain injuries are serious. It is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e. a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual. A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long term problems. In rare cases, repeat concussion can result in edema (brain swelling), permanent brain damage, and even death.

#### **What are the signs and symptoms of a concussion?**

**\*Signs observed by teammates, coaches, parents/guardians include:**

1. Appears dazed or stunned
2. Is confused about assignments and positions
3. Forgets instructions and answers questions slowly or inaccurately
4. Is unsure of game, score, or opponent
5. Loss of balance/coordination and moves clumsily
6. Shows mood, behavior, or personality changes
7. Cannot recall events prior to hit or fall
8. Cannot recall events after hit or fall

**\*Symptoms reported by athlete may include one or more of the following:**

1. Headache or “pressure” in head
2. Nausea/vomiting
3. Balance problems or dizziness
4. Sensitivity to light or sound/noise
5. Feeling sluggish, hazy, groggy, or foggy

6. Difficulty with concentration, short-term memory and/or confusion
7. Double vision or changes in vision
8. Irritability
9. Just not “feeling right” or is “feeling down”

\* adapted from CDC

### **How can you help your child prevent a concussion?**

Every sport is different, but there are steps your child can take to protect themselves from concussion:

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they properly wear the right protective equipment that is required for their sport (such as helmets, padding, shin guards, eye and mouth guards).
- Learn the signs and symptoms

### **What should you do if you think your child has a concussion?**

- Seek medical attention right away. A licensed health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a licensed health care professional gives clearance to return. Children who return to play too soon-while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences.



## NEW NCAA REQUIREMENTS FOR THE CLASS OF 2017 AND BEYOND

**Get Ready. Get Set. Go!**

### Grade 9

- Ask your counselor for a list of your high school's [NCAA core courses](#) to make sure you take the right classes.

### Grade 10

- Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).

### Grade 11

- Check with your counselor to make sure you will graduate on time with the required number of [NCAA core courses](#).
- Take the [ACT or SAT](#) and submit your scores to the NCAA using code 9999.
- At the end of the year, ask your counselor to upload your [official transcript](#) to the NCAA Eligibility Center.

### Grade 12

- Finish your last [NCAA core courses](#).
- Take the [ACT or SAT](#) again, if necessary, and submit your scores to the NCAA using code 9999.
- Complete all academic and [amateurism](#) questions in your NCAA Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).
- After you graduate, ask your counselor to submit your final [official transcript](#) with proof of graduation to the NCAA Eligibility Center.

## Division I academic eligibility

To be eligible to compete in NCAA sports during your first year at a Division I school, you must meet academic requirements for your core courses, grade-point average (GPA) and test scores. The requirements are changing for students who enroll full-time at a Division I school after August 1, 2016.

### If you enroll BEFORE August 1, 2016

You must graduate high school and meet **ALL** the following requirements:

- Complete [16 core courses](#):
  - Four years of English
  - Three years of math (Algebra 1 or higher)
  - Two years of natural/physical science (including one year of lab science if your high school offers it)
  - One additional year of English, math or natural/physical science
  - Two years of social science
  - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy

- Earn at least a [2.0 GPA](#) in your core courses.
- Earn an [SAT combined score or ACT sum score](#) matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

### **If you enroll AFTER August 1, 2016**

You must graduate high school and meet **ALL** the following requirements:

- Complete [16 core courses](#):
  - o Four years of English
  - o Three years of math (Algebra 1 or higher)
  - o Two years of natural/physical science (including one year of lab science if your high school offers it)
  - o One additional year of English, math or natural/physical science
  - o Two years of social science
  - o Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 core courses, including seven in English, math or natural/physical science, before your seventh semester. Once you begin your seventh semester, you may not repeat or replace any of those 10 courses to improve your core-course GPA.
- Earn at least a [2.3 GPA](#) in your core courses.
- Earn an [SAT combined score or ACT sum score](#) matching your core-course GPA on the Division I sliding scale, which balances your test score and core-course GPA. If you have a low test score, you need a higher core-course GPA to be eligible. If you have a low core-course GPA, you need a higher test score to be eligible.

### **What if I don't meet the requirements?**

#### **If you enroll BEFORE August 1, 2016**

If you enroll full-time at a Division I school before Aug. 1, 2016, and you have not met all the Division I academic requirements, you may not practice, compete or receive an athletics scholarship in your first year at college.

If you enroll AFTER August 1, 2016

If you enroll full-time at a Division I school after Aug. 1, 2016, and you have not met all the Division I academic requirements, you may not compete in your first year at college. However, if you qualify as an academic redshirt you may practice during your first term in college and receive an athletics scholarship for the entire year. The academic redshirt qualification is only for students who enroll full-time in college after Aug. 1, 2016.

To qualify as an academic redshirt, you must graduate high school and meet **ALL** the following academic requirements:

- Complete 16 [core courses](#):
  - o Four years of English
  - o Three years of math (Algebra 1 or higher)
  - o Two years of natural/physical science (including one year of lab science if your high school offers it)
  - o One additional year of English, math or natural/physical science
  - o Two years of social science
  - o Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Earn at least a [2.0 GPA](#) in your core courses.
- Earn an [SAT combined score or ACT sum score](#) matching your core-course GPA on the Division I sliding scale.

If you are concerned you may not meet the Division I academic requirements, consider taking the following actions:

- Ask for advice and accountability from your high school counselor. Check in with the admissions or compliance office at the college you hope to attend.
- Get tutoring or other study help.
- Graduate on time. Division I schools allow college-bound student-athletes who graduate on-time to take one core course during the year after they graduate high school.
- Avoid quick fixes through credit recovery programs. These courses may not be accepted by the NCAA.
- Keep your coursework. If the NCAA Eligibility Center needs to review your record due to irregularities, you may be asked to provide your coursework.
- Follow your high school's policies. The best thing to do is work within the rules.

**DO YOU WANT TO PLAY SPORTS ON EITHER A DIVISION 1 OR 2 LEVEL IN COLLEGE?**

**NCAA INITIAL ELIGIBILITY REQUIREMENTS**

**WHEN TO APPLY?** AT THE END OF THE STUDENT'S JUNIOR YEAR

**HOW TO APPLY?** VISIT THE WEBSITE: [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

**WHAT COURSE WORK DO I NEED?**

FOR DIVISION I SCHOOLS, A STUDENT MUST HAVE 4 YEARS OF ENGLISH, 3 YEARS OF MATH AT OR ABOVE ALGEBRA 1, 2 YEARS OF SCIENCE, 2 YEARS OF NATURAL/PHYSICAL SCIENCE, 1 YEAR ADDITIONAL OF ENGLISH, MATH, OR NATURAL/PHYSICAL SCIENCE, 2 YEARS OF SOCIAL STUDIES, 4 ADDITIONAL CORE COURSES (4 YEARS OF ADDITIONAL COURSES (FROM ANY AREA ABOVE OR COMPARATIVE RELIGION/PHILOSOPHY). 16 CORE COURSES.

.FOR DIVISION 2, 3 YEARS OF ENGLISH, 2 YEARS OF MATH (ALGEBRA I OR Higher), 2 YEARS OF NATURAL/PHYSICAL SCIENCE, 3 YEARS OF ADDITIONAL ENGLISH, MATHEMATICS, OR NATURAL/PHYSICAL SCIENCE, 2 YEARS OF SOCIAL STUDIES, , 4 YEARS OF ADDITIONAL COURSES (FROM ANY AREA ABOVE OR COMPARATIVE RELIGION/PHILOSOPHYMATH, OR SCIENCE. 14 CORE COURSES ARE REQUIRED.

**HOW DO I FIGURE MY GPA?**

USE ONLY FINAL GRADES FOR THE CORE COURSES AND DROP ANY PLUSSES. THE MINIMUM GPA FOR DIVISION 2 IS 2.30.

**WHAT COURSES ARE ELIGIBLE?**

VISIT THE ELIGIBILITY CENTER WEBSITE. A NEW RULE IS THAT 8<sup>TH</sup> GRADE COURSES FOR HIGH SCHOOL CREDIT CAN COUNT. HONORS AND AP COURSES CARRY HONORS' WEIGHT.

**TESTING**

DIVISION 1 HAS A SLIDING TEST SCALE—SEE YOUR COUNSELOR FOR DETAILS.  
DIVISION 2 HAS A MINIMUM SAT REQUIREMENT OF 820 AND AN ACT SUM SCORE OF 68.

SCORES MUST BE SENT DIRECTLY TO THE NCAA - USE CODE 9999.

## WHAT ABOUT FEE WAIVERS?

FEE WAIVERS ARE AVAILABLE IF THEY WERE USED FOR SAT/ACT TESTING AND REQUIREMENTS WERE MET.

## WHAT IF I WENT TO MORE THAN 1 HIGH SCHOOL?

ORIGINAL TRANSCRIPTS MUST BE SENT FROM EACH HIGH SCHOOL THAT THE STUDENT ATTENDED. NCAA HAS AGREED TO ACCEPT A MANCHESTER TRANSCRIPT IF THE STUDENT PREVIOUSLY ATTENDED ANOTHER CHESTERFIELD COUNTY HIGH SCHOOL.

WHERE CAN I GET MORE INFORMATION? ASK YOUR SCHOOL COUNSELOR.

### STEPS TO MARKET YOUR ATHLETIC TALENTS AND TO SELECTING THE RIGHT COLLEGE

- Discuss with your counselor the range of colleges for which you are academically qualified. Talk to your coach to determine which college would suit you athletically. Be realistic about your ability and chances of being offered a college scholarship.
- Find the name of the coach in your sport at each college on your list (10-15). The *National Directory of College Athletics* can be used for this information.
- Write a personal letter to the coach. Include a resume detailing your athletic and academic achievements and goals, and any evaluations you have received from camps. Send a schedule of your school's games and tournaments. If the coach is unable to see you in action, send him/her a videotape of a game.
- Ask your high school coach to follow up your letter with either a letter or a phone call.
- Make a formal application to the college. Few college coaches will take much interest in you unless you actually apply to the college.
- After applying, remain in touch with the college coaches. Ask about the status of your application and your request for a scholarship or other kinds of financial aid.
- If possible, visit the college and the coach and sell yourself. Remember, college coaches need not only first string players, but backup players.
- Attend summer league, camps, and clinics to attract college recruiters. At the beginning of the camp, you should ask coaches if they would be willing to watch you play in order to write an evaluation at the end of the camp.
- If you do not receive any scholarship offers from the schools that you have contacted, do not give up. Talk to the coach about playing the first year without a scholarship, while gaining the skill and experience necessary to receive an offer the next year.

Remember – Your counselor and coach are here to help you explore alternatives, but they cannot make you a better college candidate and cannot change the facts of grade, rank, and test scores that are a part of your record. You have the ultimate responsibility for the college selection application process and your credentials. This handbook is provided as only a guide to help you with this process.

### SELECTING THE RIGHT COLLEGE

All colleges that adhere to NCAA standards provide the same basic financial assistance. The major difference between “full” scholarships is not the money but the educational value. You should select the school that offers you the best educational

opportunity, which includes athletics. Carefully select your campus, professors, coaches, and courses. You should thoroughly check schools as a visitor before you check it as a student-athlete. You should get answers to as many of the following questions as possible before you pay a visit.

- Is the school fully accredited?
- Does the school offer the major that you want?
- Are your grades adequate for admission? (If you can't get in; you can't play)
- Does your high school guidance counselor believe you can handle the college curriculum?
- Is the scholarship guaranteed for four years or can the school terminate it at any time?
- If you are injured, will you be kept on scholarship?
- How much will your schooling cost in addition to the scholarship?
- If you work to earn extra money, will you get help finding a job?
- Are loans any part of the package of financial aid?
- Will the athletic department pay for a tutor?
- Can you afford to travel home during vacations?
- Can your family afford to travel to the school to see you play?
- Would you like to play for the current coach?
- Do most of the former athletes who played for this coach have their degree?
- Does your high school coach believe that you would fit into the college's program?
- Has anyone attempted to encourage you to accept anything you know to be illegal under NCAA guidelines?
- Has the importance of your being a student and earning a degree been emphasized?
- Remember - One major injury can end your athletic career, but an education lasts a lifetime

Based on your answers to these questions, select your top 10 schools and visit them. Try to be as objective as possible during your visit and keep an open mind. Do not forget that when you sign a letter of intent, it is for the total institution and not just the athletic department. Select the school that offers you the best combination. You want to succeed as a student and as an athlete.

## **INDIVIDUAL TEAM POLICIES AND SPORT SPECIFIC INFORMATION**

Each sport has its own unique requirements and risks. To insure that the parent is informed prior to authorizing a child's participation in interscholastic athletics, the coach of each sport will speak on health risks particular to that sport at the preseason meeting. Instructional methods used to minimize these risks will also be explained. Questions are welcome. In addition to becoming eligible and completing the necessary paperwork, each athlete must follow the specific rules developed by the coach. A clear understanding of these rules makes for a pleasant relationship among the parent, coach, and athlete. At the preseason meeting each coach will discuss his/her policy concerning:

1. School and practice attendance
2. Practice schedule
3. Training rules
4. Citizenship/academic development
5. Sickness/return from injury/emergency care
6. Competition participation criteria
7. Parental involvement
8. Criteria for receiving participation certificates, letters, and other awards
9. Transportation
10. Impact/Concussion Information
11. Other Items