

CLARKE CENTRAL HIGH SCHOOL ATHLETIC DEPARTMENT

Dear Colleagues:

The information in this manual should serve as a guide to assist in broadening your understanding of the guidelines, policy and procedures of the Clarke Central High School Athletic Department. The information has been carefully selected and organized for your reference; however, do not hesitate to contact me if a question arises.

The student-athletes at Clarke Central must be asked to make a commitment to the school and the athletic program. Your role as an athletic coach will afford you an opportunity to have a tremendous influence on our young people. You must always conduct and present yourself in a manner that is beyond reproach and exemplifies those qualities of success we expect from our student-athletes.

It is essential that you encourage our student-athletes to strive to increase their academic and athletic performance through hard work, dedication, and sacrifice. Moreover, make it a point to instill in them the concept of teamwork and the importance of always striving for excellence. In doing so, you will be assisting the development of these student-athletes into fine young men and women.

As an athletic coach you must communicate to parents the importance of their support base for the success of the program. Parents are a vital aspect of what we do and we must always remember that they are entrusting us with their most prized possession – their child. There is a fine line between parent involvement and parent intrusion, but open lines of communication will assist you in allowing our parents to become a vital part of the Clarke Central athletic program.

It is expected that you are knowledgeable of your sport and set examples of adhering to rules and regulations. Stay abreast of new techniques and concepts. Remember the title of coach carries with it many other titles: teacher, counselor, role model and disciplinarian. Have a desire to be among the best in your profession.

It is the role of the Clarke Central Athletic Department to create an environment in which coaches, student-athletes, parents, and supporters can fully realize their respective potential and achieve great success on and off the field/court of competition. I am certain that 2023-2024 will be a terrific year to be a Gladiator.

GO GLADIATORS!

Jon Ward, Athletic Director

PURPOSE OF CLARKE CENTRAL ATHLETIC DEPARTMENT

High School athletics offers a unique learning opportunity as an extracurricular activity. The student-athlete is required to spend many long hard hours of preparation physically and mentally for his/her activity. This preparation is reflected in his/her performance, and his/her performance is critiqued by the community in every athletic contest in which he/she participates.

The student-athlete is asked to sacrifice his/her own self-serving interest for team goals. Through this sacrifice he/she helps establish unity, he/she learns to work toward established common goals of a group and develops good work ethics.

High school athletics provides the student-athlete opportunities to meet with success and failure and learn how to deal with both. It provides the opportunity to enhance the character traits of honesty, faithfulness, trust and loyalty.

The student-athlete will establish friendships and have experiences he/she will remember all of his/her life. Therefore, the athletic program at Clarke Central High School is provided to complement and enhance the academic program and to provide a means for student self-expression, development and recognition.

The Gladiator athletic department is intended to:

- Promote, develop, direct, protect and regulate interscholastic athletic relationships within the department and between other schools
- Stimulate fair play, friendly rivalry, good sportsmanship among contestants, schools and communities
- Promote academic excellence among members of the athletic program

**CLARKE CENTRAL ATHLETICS
HEAD COACHES DIRECTORY
2023-2024**

TITLE	NAME	PHONE	EMAIL
Principal	Dr. Swade Huff	706-254-7355	huffs@clarke.k12.ga.us
Athletic Director	Dr. Jon Ward	706-207-0876	wardjo@clare.k12.ga.us
Head Football	David Perno	706-540-3838	pernod@clarke.k12.ga.us
Head Fastpitch Softball	Will Lance	706-202-1383	lancew@clarke.k12.ga.us
Head Volleyball	Stacey Scott	706-338-0631	scottst@clarke.k12.ga.us
Head Girls Cross Country	Erica Mandell-Cascio	954-592-9467	cascioe@clarke.k12.ga.us
Head Boys Cross Country	Erica Mandell-Cascio	954-592-9467	cascioe@clarke.k12.ga.us
Head Football Cheerleading	Sophia Campbell	706-540-9087	campbells2@clarke.k12.ga.us
Head Girls Basketball	Carla Johnson	706-338-5744	johnsoncar@clarke.k12.ga.us
Head Boys Basketball	Stefan Smith	706-296-4665	smiths@clarke.k12.ga.us
Head Wrestling	Shane McCord	706-436-3094	mccords@clarke.k12.ga.us
Head Swim/Dive	Emily Hulse	706-224-7581	hulsee@clarke.k12.ga.us
Head Basketball Cheerleading	LaVerne Fortson	706-207-0076	fortsond@clarke.k12.ga.us
Head Baseball	Jerry Boatner	601-513-6114	boatnerj@clarke.k12.ga.us
Head Girls Track	Alexis Hunter-Lonon	706-308-9767	hunterlonona@clarke.k12.ga.us
Head Boys Track	Alexis Hunter-Lonon	706-308-9767	hunterlonona@clarke.k12.ga.us
Head Girls Soccer	Jacob Baxley	770-510-8586	baxleyj@clarke.k12.ga.us
Head Boys Soccer	Chris Aiken	404-771-9247	aikenc@clarke.k12.ga.us
Head Girls Tennis	Elliot Slane	205-910-0535	slanee@clarke.k12.ga.us
Head Boys Tennis	Elliot Slane	205-910-0535	slanee@clarke.k12.ga.us
Head Girls Golf	Stephen Howard	706-267-4919	howardst@clarke.k12.ga.us
Head Boys Golf	Stephen Howard	706-267-4919	howardst@clarke.k12.ga.us
One Act Play	Kayla Griffin	706-203-0554	griffink2@clarke.k12.ga.us
E-Sports	Sean Simpson	706-424-1200	simpsons@clarke.k12.ga.us
Bass Fishing	Christian Barner	706-202-3016	barnerc@clarke.k12.ga.us
Athletic Trainer	Taylor Cherwinski	505-470-0006	cherwinski@clarke.k12.ga.us
Strength Coordinator	Josh Dawson	404-895-0629	dawsonj@clarke.k12.ga.us
Play It Smart Coordinator	Tommy Glenn	706-202-5899	glennt@clarke.k12.ga.us

CCHS Athletic Department Line of Authority

Board of Education



Superintendent



Principal



Athletic Director



Head Coach



Assistant Coach

It is imperative that the line of authority be followed to insure an efficient operation of the athletic department.

ADMINISTRATIVE AUTHORITY OF ATHLETIC DEPARTMENT

The Board of Education has ultimate responsibility for the operation of this school; therefore, it has ultimate control over every related aspect, the Athletic Department included. The Board of Education establishes policy and empowers the Superintendent to implement said policies.

The Principal is charged with the education administration of the program in the high school. Therefore, it is his/her responsibility to carry out the policies of the Board of Education as directed by the Superintendent. With that in mind the Principal has ultimate jurisdiction in the administration of the athletic program.

The Athletic Director is under the direct supervision of the Principal. The Athletic Director shall administer the athletic program in keeping with the general established goals of the school and be responsible for the work of the persons assigned to the athletic staff.

The Athletic Director shall support the Principal, Staff, Faculty, and Board of Education in all facets of the continued development and involvement of the Athletic Department.

The Athletic Director is the head of the Athletic Department and is responsible for carrying out the policies of the Principal and the Board of Education.

ATHLETIC DIRECTOR

Coaches are expected to be responsible and to attend all meetings called by the Athletic Director and to receive advanced approval to miss the meeting.

The Athletic Director will assist in coordination of all athletic activities for the high school. However, head coaches are responsible for the successful implementation of their respective programs.

The Athletic Director is directly responsible for conducting the business of the Athletic Department. To perform this duty the AD needs to be able to call upon all members of the department. Therefore all coaches should be ready and willing to assist in any way possible if called upon by the AD.

ASSISTANT ATHLETIC DIRECTOR

Assist the athletic director in the administration duties of all athletic activities (seasonal) at the high school. These include supervision, financial, processing, and any other function deemed necessary by the athletic director for the successful operation of the athletic program. The assistant athletic director reports to the athletic director.

HEAD ATHLETIC COACH JOB DESCRIPTION

TITLE: Head Athletic Coach

QUALIFICATIONS:

1. Valid Georgia teacher certification.
2. Employed as a teacher in the Clarke County School District.
3. Has the ability to organize and supervise a total sports program.
4. Has previous successful coaching experience in assigned sport.
5. The Head Coach must have substantial knowledge of the technical aspects of the sport and at the same time must continue to examine new theories and procedures pertinent to the sport.

REPORTS TO:

The Athletic Director who provides overall objectives and final evaluation in conjunction with the high school principal.

SUPERVISES:

In several instances the Head Coach must advise, coordinate and support a staff of high school assistant coaches and middle school coaches in conjunction with the Athletic Director and respective principal.

JOB GOAL:

To instruct athletes in the fundamental skills, strategy and physical training necessary for them to realize a degree of individual and team success. At the same time, the student shall receive instruction that will lead to the formulation of moral values, pride of accomplishment, acceptable social behavior, self-discipline and self-confidence.

GENERAL:

1. The success of athletic programs has a strong influence on the community's image of the entire system. Public exposure is a considerable responsibility and community/parent pressure for winning performance is taxing, but must not override the objectives of good sportsmanship and good mental health.
2. The position includes other unusual aspects such as extended time, risk injury factor and due process predicaments.
3. It is the express intent of this job description to give sufficient guidance to function. In cases not specifically covered, it shall be assumed that a coach shall exercise common sense and good judgment.

DUTIES & RESPONSIBILITIES:

1. Has a thorough knowledge of all the athletic policies approved by the Clarke County Board of Education and CCHS is responsible for its implementation by the entire staff of the sports program.
2. Has knowledge of existing system, state and league regulations; implements the same consistently and interprets them for staff.
3. Understands the proper administrative line of command, refers to all requests or grievances through proper channels. Is aware of all public/staff/departmental meetings that require attendance.

STAFF RESPONSIBILITIES:

1. Establishes the fundamental philosophy, skills and techniques to be taught by staff. Designs conferences, clinics and staff meetings to insure staff awareness of the overall program.
2. Trains and informs staff, encourages professional growth by encouraging clinic attendance according to local clinic policy.
3. Delegates specific duties, supervises implementation, and at season's end, analyses staff effectiveness and evaluates all assistants.
4. Maintains discipline, adjusts grievances and works to increase morale and cooperation.
5. Performs such other duties which may be assigned by the Athletic Director/Principal.

ADMINISTRATIVE DUTIES:

1. Assists the Athletic Director in scheduling, providing transportation, and requirements for tournament and special sport events.
2. Assists in the necessary preparation to hold scheduled events or practices and adheres to scheduled facility times. Coordinates program with security, custodians and other school personnel.
3. Provides documentation to fulfill state and system requirements concerning physical examinations, parental consent and eligibility.
4. Provides proper safeguards for maintenance and protection of assigned equipment sites.
5. Advises the Athletic Director and recommends policy, method or procedural changes.

STUDENT RESPONSIBILITIES:

1. Provides training rules and any other unique regulations of the sport to each athlete who is considered a participant.
2. Gives constant attention to a student athlete's grades and conduct.
3. Provides assistance, guidance and safeguards for each participant by his/her presence at all practices, games and while traveling.
4. Initiates programs and policies concerning injuries, medical attention and emergencies.
5. Completes paperwork on all athletic injuries on proper forms and submits to the athletic office within 24 hours.
6. Directs student managers, assistants and statisticians.
7. Determines discipline, delineates procedures concerning due process when the enforcement of discipline is necessary and contacts parents when a student is dropped or becomes ineligible.
8. Assists students in their college or advanced educational selection.

FINANCE AND EQUIPMENT

1. Participates in the budgeting function with the Athletic Director by establishing requirements for equipment/uniform needs for the next season.
2. Recommends equipment/uniforms guidelines as to type, style, color or technical specifications. Is responsible for operating within budget appropriations.
3. Is accountable for all equipment/uniforms and collects the cost of any equipment lost or not returned. Arranges for issuing, storing and reconditioning of equipment lost or not returned. Arranges for issuing, storing and reconditioning of equipment and submits annual inventory and current records concerning the same.
4. Properly marks and identifies all equipment before issuing or storing.
5. Monitors equipment rooms and coaches' offices, authorizes who may enter, issue or requisition equipment.
6. Permits the athletes to only be in authorized areas of the building at the appropriate times.
7. Examines locker rooms before and after practices and games, ensuring that the behavior in the locker rooms is appropriate at all times.
8. Responsible for cleanliness and maintenance of locker rooms, facility, uniforms, and equipment.
9. Secures all doors, lights, windows and locks before leaving the building if custodians are not on duty.
10. Instills in each player a respect for equipment and school property, its care and proper use.

PUBLIC RELATIONS

1. Organizes parents and supporters to Booster Club.
2. Promotes the sport within the school through recruiting athletes that are not in another same season sports program and promotes the sport outside the school through news media, youth league programs, or in any other feasible manner.
3. Responsible for the quality, effectiveness and validity of any oral or written release to local media.
4. Responsible for maintaining good public relations with the news media, booster club, parents, officials, volunteers and fans and presents information to news media concerning schedules, tournaments and results.

ASSISTANT ATHLETIC COACH JOB DESCRIPTION

TITLE: Assistant Coach

QUALIFICATIONS:

1. Valid Georgia teacher certification and employed as a teacher or teaching assistant in the Clarke County School District.
2. OR registered GHSA Community with required information on file with the CCSD.
3. Coaching experience in assigned sport is desirable.
4. Knowledge and background in assigned sport is desirable.

REPORTS TO:

The Head Coach, in conjunction with the Athletic Director and respective Principal.

SUPERVISES:

Athletes and team assigned to him and assumes supervisory control over all athletes in the program when such control is needed.

JOB GOAL:

To carry out the aims and objectives of the sport program as outlined by the Head Coach. To instruct athletes in individual and team fundamentals, strategy and physical training necessary for them to realize a degree of individual and team success.

DUTIES AND RESPONSIBILITIES:

1. Has a thorough knowledge of all the athletic policy approved by CCHS and the Clarke County Board of Education and is responsible for its implementation.
2. Has knowledge of existing systems, state and league regulations, implements the same consistently.
3. Understands the proper administrative line of command and refers all student and parental requests or grievances through proper channels. Is aware of all public/staff/departmental meetings that require attendance.
4. Maintains discipline and works to increase morale and cooperation within the school sports program.

ADMINISTRATIVE DUTIES:

1. Assists the head coach in scheduling, providing transportation, and requirements for tournament and special sport events.
2. Assists in the necessary preparation to hold scheduled events or practices and adheres to scheduled facility times. Coordinates program and maintenance and school employees.
3. Provides documentation to fulfill state and system requirements concerning physical examinations, parental consent and eligibility.
4. Provides proper safeguards for maintenance and protection of assigned equipment sites.

STUDENT RESPONSIBILITIES:

1. Provides training rules and any other unique regulations of the sport to each athlete who is considered a participant.
2. By his/her presence at all practices, games and while traveling, provides assistance, guidance and safeguards for each participant.
3. Directs student managers, assistants, and statisticians.
4. Determines discipline, delineates procedures concerning due process when the enforcement of discipline is necessary and contacts parents when a student is dropped or becomes ineligible.

FACILITIES AND EQUIPMENT:

1. Is accountable to the head coach for all equipment. Collects the cost of any equipment lost or not returned. Arranges for issuing, storing and reconditioning of equipment and submits annual inventory and current records concerning the same.
2. Recommends to the head coach budgetary items for next year in his/her area of the program.
3. Monitors equipment rooms and coaches' offices, authorizes who may enter.
4. Permits the athletes to only be in the authorized areas of the building at the appropriate times.
5. Examines locker rooms before and after practices and games, ensuring that the behavior in the locker rooms is appropriate at all times.
6. Responsible for cleanliness and maintenance of locker rooms, facility, uniforms, and equipment.
7. Secures all doors, lights, windows and locks before leaving the building if custodians are not on duty.
8. Instills in each player a respect for equipment and school property, its care and proper use.

PROGRAM RESPONSIBILITIES:

1. Assist the head coach in carrying out his/her responsibilities.
2. Makes press releases and school announcements.
3. Instructs team members to change in the rules and teaches fundamentals of the sport as outlined by the head coach.
4. Maintains a record of the team statistics and requirements for lettering. (For both head coach and Athletic Director.)
5. Works within the basic framework and philosophy of the head coach of that sport.
6. Attends all staff meetings and carries out scouting assignments as outlined by the head coach.
7. Arrives early enough before practice, contest and meetings to adequately prepare and remain long enough afterwards to help players with problems or to become involved in staff discussions.
8. Helps in the planning and implementation of both in-season and out-of-season conditioning and weight programs.
9. Never criticizes, admonishes or argues with the head coach or any staff member within ears or eyes of players or parents.
10. Strives to improve skill by attending clinics and using resources made available by the head coach.
11. Attends most of the contests, when possible, of other teams in the program.
12. Performs such other duties that are consistent with the nature of the position and that may be requested by the head coach.

ATHLETIC PLANNING

PROGRAM PLANNING

1. The Athletic Director is responsible for annually planning programs and special events sponsored by the Athletic Department. He sets dates for starting practices and concluding seasons in accordance with GHSA By-Laws and Directives.
2. Head coaches plan practice dates, places, and times subject to approval by the Athletic Director. They also make practice schedules, assist as needed with special events, and make strategy for game plans.
3. Assistant coaches, if available, assist with planning appropriate drills for practice, assist as needed with special events, assist in developing strategy for game plans, and determine game tactics.

COORDINATED PLANNING

1. The Athletic Director coordinates athletic events with the Principal and Head Coaches.
2. Coaches are responsible for notifying the Athletic Director of their plans, especially those that might require coordination with other groups of individuals, such as team fundraisers, rained out practices or contests, and team camps.
3. The Athletic Director serves the student body, faculty, booster clubs and community by assisting with plans where coordination could be a problem.

MASTER PLANNING

The Principal and Athletic Director should agree with and be knowledgeable of necessary plans for the upcoming school year and should have a general understanding and agreement for the athletic program's goals for the next several years. These plans should be presented to the Board of Education at the appropriate time.

ATHLETIC YEARLY GOALS

1. Based on the recommendations provided by Head Coaches on the program evaluations at the end of each season and the long range plans for the athletic program, the Athletic Director shall formulate upcoming yearly goals in the spring of each year.
2. Coaches shall meet to assist with establishing priorities for yearly goals.

ATHLETIC STAFF RELATIONS TO OTHERS

BOARD OF EDUCATION

1. The support of the Board of Education for the athletic policies and procedures is necessary if the program is to be continuously successful. It is also necessary that the line of authority (Board of Education, Principal, Athletic Director, Head Coach Assistant Coaches) be followed in both directions.
2. It must also be remembered that, in the final analysis, it is the Board of Education who has legal authority over the school including all of its instructional and extracurricular activities, and they through the proper channels – have a right to know “What’s going on?”. All persons within the system must be prepared at all times to answer for their actions on behalf of the school.

ADMINISTRATORS

1. The Administrative Staff is directly responsible for conducting the normal business of the school. To perform this duty they need to be able to call on all the resources of the school. Therefore, all coaches should be ready and willing to assist in any way possible if called upon by an administrator.

COACHES

1. Coaches will set proper examples and maintain professional attitudes toward fellow coaches and athletic game officials. Complaints or potential problems are to be forwarded through proper channels.
2. Athletic staff meetings will be held periodically. These meetings will include planning for upcoming activities, reviewing policies and procedures, discussing problems, determining letter awards, setting goals, providing information, assisting students, and enjoying fellowship with each other.

FACULTY

1. Coaches must aggressively establish and maintain their identities as members of the faculty by accepting the duties and responsibilities usually expected of the school staff.
2. Coaches must continuously demonstrate their dedication to excellence in all areas of the total school program, especially the academic area. When the individual student-athlete comes first the activities themselves can easily be coordinated.
3. Coaches who also have classroom teaching responsibilities should strive to provide the same level of excellence of instruction as they provide to the athletic program.
4. Coaches are to attend school faculty meetings, PTA meetings, in-service training and student counseling sessions as expected. Whenever these meetings conflict with practices or games, the Principal will determine priorities if necessary.

SUPPORT STAFF

There should be wholesome working relations with the custodial staff, security staff, transportation employees, lunchroom personnel, maintenance, teacher aides, special instructors and with any other person, paid or volunteer, who works to help the students of this school.

STUDENTS

1. The athletic program and the coach need a strong bond with the student body. The base for this relationship lies in the coach's ability to work effectively with individual student-athletes on and off the field, the classroom students, and other student groups on and off campus,
2. Students have emotional needs which must be met at every level possible. The ability of coaches to serve as confidants to students is limited only by their planning for the time in their busy schedule. Coaches are to be alert to opportunities to aid all students.
3. Cooperation between the coach and the other teachers must be apparent to students if it is to be valuable. Coaches are to continuously encourage students to do their best in everything they do – especially academics.
4. Good citizenship by students and faculty is usually initiated by example. Coaches will display exemplary actions at all times when associated with students.

BOOSTER CLUBS

The purpose of booster clubs is to promote interest in the respective sport, to lend financial support to all phases of the program, and to cooperate in all possible ways with the coaches and staff of Clarke Central High School. Coaches are encouraged to be strong leaders in their booster clubs and attend all meetings. Coaches should communicate to their booster club all requests for equipment or funds, and establish a level of cooperation that provides the very best for their athletes. Coaches should also keep the Athletic Director informed of projects and fundraising proposed by their booster club.

Coaches are to keep on file with the athletic director a list of their current booster club officers and the previous year's financial statement.

MEDIA

1. Full coverage of sports news and cooperation of sports editors are essential for the success of the athletic program. Coaches will make whatever efforts necessary to acquire favorable publicity for their teams.
2. Coaches are encourage to coordinate with Chris Aiken and utilize our Athletic Social Media Platforms to promote their program and provide results/achievements.
3. Head coaches will ensure that properly prepared releases of publicity are prepared for the newspaper.
4. If an incident arises which should not be a matter of public information (especially involving any confidential information about an athlete), coaches are to refer new media persons to the Athletic Director. He will assure responsibility for the observance of ethical procedures in all relationships.

PARENTS

1. All complaints will be received in a professional manner. If the complaint is a result of lack of information, coaches are authorized to further provide all relevant facts, except those of a confidential nature. If the complaint involves an athletic department policy or procedure, coaches are to politely refer the person to the Athletic Director. Complaints involving judgment of a coach are to be processed diplomatically, but coaches should not compromise their ethics or the school's philosophy.

ATHLETIC DEPARTMENT POLICIES

GENERAL POLICIES

1. It will be the responsibility of each coach to become thoroughly familiar with the rules and regulations pertaining to athletics in general and the specific sport of responsibility as stated by the State, Region, and Local By-Laws and Rules and Regulations.
2. The beginning practice dates for each sport will be set by the Georgia High School Association
3. Liquidation of worn out or obsolete materials may occur only by the approval of the Athletic Director.
4. No uniform or articles of equipment are to be given or sold to any student, unless approved by the Athletic Director.
5. Each coach is responsible for keeping the facility and equipment in use clean and orderly.
6. The maintenance and preparation of athletic grounds, gyms, and other areas is the responsibility of the Head Coach of that particular activity. Head Coaches are responsible for notifying the athletic field maintenance crew and/or custodial staff of services needed; and all coaches should work with, but not leave it up to the athletic maintenance crew or custodial staff to clean facilities, move equipment, etc. Whenever practical, students should assist coaches with maintenance in order to gain an appreciation for keeping their school clean and beautiful (i.e. sweep the floor, empty trash, and pick up paper).
7. Coaches are to assist as needed to insure that athletes are participating in clean and sanitary conditions.
8. Coaches are to report any areas, equipment, etc. that are unsafe to the Athletic Director.
9. Coaches are to submit a work order request to the Athletic Director for any repair or maintenance work needed.
10. Coaches must ensure the safety of participants at all times.
11. Equipment is to be kept off the floor and fields and stored properly after games and practices
12. Coaches are to make certain that those areas or buildings for which they are responsible are secure before leaving.
13. All requests from persons to use school property for other than school sanctioned athletic events or practices must be approved by the Athletic Director.
14. Any time that the services of a doctor are rendered to an injured player, the physician will be the final authority as to whether or not a player may participate in a game or practice after an injury. This applies to any physician in attendance either home or away. A coach has no right to disagree with the judgment of the physician and the instructions of the physician must be followed: this is both ethically and legally necessary for your protection in case of any legal aspects of liability involved.
15. Coaches will insist that there will be no animosity between team members, other teams and groups.
16. Coaches will insure their program is compliant with Title IX and Gender Equity policies and guidelines. All questions, concerns, and issues are to be reported immediately to the Athletic Director.

SPORTSMANSHIP

Clarke Central High School and the GHSA have made a commitment to promote good sportsmanship by student-athletes at all GHSA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials, coaches, or competitors will not be tolerated. Those removed from contest due to unsportsmanlike behavior will be subject to GHSA and Clarke Central suspensions and fines and will not be allowed to return to competition until all obligations are met.

STUDENT ACADEMICS

1. Athletes are to be held accountable in class work the same as other students.
2. Practices should not be of such length and intensity that they hinder the student's ability to maintain academic pursuits.
3. Coaches are required to submit to the Athletic Director at least one days before the event a list of all students that will miss class time due to leaving early for an athletic contest. The list must be approved and emailed to the CCHS faculty/staff.
4. When a student missed a class because of an athletics trip, the teacher may use his/her own discretion as to how the class work missed is to be made up.
5. Mr. Tommy Glenn is our Play It Smart coordinators. Please contact them for assistance in promoting and maintaining academic performance.
6. After-school tutoring is provided at Clarke Central High School. Additional tutoring may be provided if necessary.

COACH'S RULES AND REQUIREMENTS

Subject to approval by the Athletic Director, the Head Coach may establish rules for team members provided they meet the following standards:

1. They are clearly defined;
2. Reasons and necessity for such rules are well established and explained to team members;
3. They are not arbitrary or capricious;
4. They are adopted for valid reasons related to the objectives of the athletes and sports;
5. They are reasonable and justifiable;
6. They are applied consistently.

PARTICIPANTS

1. Any student who is under disciplinary action by the Principal may be ruled ineligible for participation until such action is removed.
2. The Principal has the prerogative to weigh the discipline process with the advantages or disadvantages of participation, and thus make a final determination regarding eligibility.
3. Participants are to be counted present for at least half the school day to participate in athletics activities that day. There are exceptions that the head coach and/or athletic directors can allow.
4. Team members are to present appearances indicating good grooming habits in accordance with school policies as established by the Administration.
5. Team dress rules may be set by the Head Coach provided are applied consistently without discrimination. Game day dress/Travel dress should represent CCHS in a positive manner. This includes properly worn game jerseys/warm-ups, shirt and tie, travel shirt, etc.
6. Participants should attend all regularly scheduled practice sessions.
7. An athlete should always consult his/her coach before missing practice. Missing practice or a game without a valid reason will be dealt with severely. Sudden illness or some other emergency would be valid reasons for missing practice or a game. Participation on non-school sponsored teams is not considered a valid reason for missing a practice or game.
8. Participants are to be responsible for all school equipment issued. Lost equipment will be his/her expense.
9. Participants should understand that the Head Coach will have the final authority in determining positions, starters, playing time, and any other team requirements that may become necessary.

PRACTICE AND PARTICIPATION

1. Practice is defined as an activity, whether individual or team, which is required, directed, or supervised by the coach for the purpose of improving the skills unique to a particular sport.
2. Coaches may conduct only conditioning sessions prior to the official starting date (weight lifting, agilities, running and similar activities). Conditioning sessions must preclude use of equipment unique to a particular sport.
3. Coaches must understand and adhere to the guidelines of the GHSA Concussion and Extreme Heat Practice Policies.
4. Practice sessions shall comply with GHSA Starting and Ending Dates. Practice sessions/meetings should be made as convenient as possible for participants and their families. The physical endurance ability, need for study time, and social needs of the students should be considered when planning meetings or the length of practice sessions. No regular school day time may be used for practice.
5. GHSA establishes the practice season for each sport. Any workout or training outside the GHSA time frame is strictly voluntary for the student-athlete.
6. Practice sessions shall be conducted in a manner that exemplifies high standards of conduct, sportsmanship, and coaching ethics.
7. The head coach of each team is in complete charge of the practice session.
8. Tryouts and practices are at the discretion of the coach or sponsor. Parents are welcome at practices: however, coaches do have the authority to close practices if it is deemed necessary.
9. Students are encouraged to participate in as many activities as the student and parents desire.
10. Coaches will not prohibit or discourage participation in another school sponsored activity.

11. Students will not be required to participate in one sport in order to be eligible to participate in another sport.
12. A student-athlete can compete in two sports in one season only if: 1) there is a mutual agreement between the two coaches concerning practice and game times; 2) the student-athlete and his/her parent/guardian and the two head coaches meet with the athletic director to discuss the details of the arrangement.
13. A student-athlete will not be permitted to practice or compete in a sport for an upcoming season when he/she is still involved in a sport during the present season unless there is agreement between the two head coaches and approval by the Athletic Director.. Voluntary fundamental workouts are permissible.
14. A student-athlete that quits a sport or is removed from a team cannot tryout, practice, participate, etc. in another sport during the same season unless the student-athlete is participating in two sports simultaneously.
15. A student-athlete that quits a sport or is removed from a team cannot tryout, practice, participate, in another sport in the subsequent season until the season ends for the sports he/she quit or was removed from unless approved by the Athletic Director and two Head Coaches.
16. Any player on a Clarke Central athletic team may register as a member of any team established outside of the school; however, the student-athlete should not be allowed to participate in any competitive activity until the school's team has concluded tryouts, practices, and/or contests. The student-athlete has the responsibility to inform the supplemental team of his/her obligation to the Clarke Central athletic team.
17. NIL: High school athletes are not permitted to enter into any Name, Image, or Likeness agreement. Doing so will forfeit the athlete's eligibility to compete in high school sports.
18. Gender Identification. The GHSA require that athletes compete based on gender assigned at birth, effectively banning transgender athletes from participating based on gender identification.
19. Home School Students may participate on Clarke Central athletic teams per the Dexter Mosley Act (SB42). Participants must meet GHSA and CCSD criteria. Coaches are to notify the Athletic Director if a homeschool student is interested in participating on a school team.

MIDDLE SCHOOL PARTICIPATION AT HIGH SCHOOL

1. Eighth graders from BHL and CMS are allowed to participate on a JV or Freshman team at Clarke Central for sports not offered at the middle school. These sports are softball, wrestling, baseball, swimming/diving, golf, and tennis. The student can participate in the maximum number of games allowed for Junior Varsity competition by the GHSA.
2. Eighth graders from BHL and CMS will play on the Clarke Central Freshmen Football Team. The players will travel to CCHS for practice and play home games in Billy Henderson Stadium.
3. Seventh and Eighth graders from BHL and CMS will comprise the Clarke Central Middle School Baseball Team and the Clarke Central Middle School Wrestling Team.
4. Seventh and Eighth graders from BHL and CMS must participate on their respective cross country, volleyball, basketball, soccer, and track teams. Eighth grade student-athletes participating in these sports may be allowed to participate on Clarke Central's JV or freshman teams after their middle school season is complete per the agreement of the middle school principal, high school athletic director, middle school coach, and high school coach.
5. All participants must meet eligibility and physical requirements.

SCHEDULING

1. The head coach is responsible for planning a tentative schedule for the team/group under his/her supervision. Where there is a girl's and boy's team of the same sport, competing on the same date, those coaches should equally share in scheduling responsibilities. No games, practices or meetings should be scheduled in which there is a conflict with the regular school day unless prior administrative approval is received. The tentative schedule must be approved by the Athletic Director prior to publication.
2. Game Schedules and Practice Schedules must be placed on file with the Athletic Director prior to the beginning of the season.
3. Coaches are encouraged to schedule region/area athletic contests in such a way that students will miss minimal class time.
4. The GHSA limits travel in any regular season game preceding a school night to 100 miles (one way).
5. In making schedules, all state, and region requirements must be met. The GHSA Handbook should be used as a guide. Note that tournaments and multiple team meets must be sanctioned by the GHSA. This requires the proper forms being submitted in a timely manner.
6. Coaches are expected to hold travel to a minimum and avoid holidays (Christmas Day, New Years Day, Thanksgiving Day, etc.) Spring break and Christmas break, etc, are not considered as holidays by the previous statement.
7. Contracts for athletic events will be signed by the respective principals, coaches or athletic director.
8. Georgia High School Association regulations which pertain to the number of contests per week, the number of contests per season must be strictly enforced.
9. Arrangements for transportation, food, lodging, etc., will be made by the head coach with requests submitted to the appropriate sources.

PROPERTY

1. Persons who destroy athletic property will be held liable for said property.
2. Coaches should provide student-athletes a secure place for the storage of valuables.
3. Students are encouraged not to leave valuables in the locker rooms.

TRANSPORTATION

1. Athletic Trips will be entered by school based Trip Tracker administrators
2. Coaches are enter the required information of the shared Transportation Document.
3. Students must be transported by a CCSD school bus when practicing, traveling to, or competing at locations off of the CCHS campus.
4. While being transported students are restricted from standing, extending arms or other things out the windows and extreme behavior.
5. Whenever deemed appropriate, coaches may seat students in a manner that would ensure a safe and pleasant atmosphere.

6. Any chartered bus reservations will be coordinated through the head coach and approved by the Athletic Director
7. All students participating in athletics are expected to follow the CCSD guidelines for transportation.
8. Coaches should insist that students do not litter the bus. Immediate and appropriate discipline should follow incidences of littering. All litter should be removed from a bus upon the completion of a trip.
9. Students must ride the bus to and from games unless other transportation is approved by the Athletic Director or Principal. A student riding with their parents is acceptable when the Head Coach is notified by the parent.
10. The high school Athletic Departments will attempt to arrange their schedules so that, to the extent possible, only one school has travel requirements on the same date.
11. Coaches are to meet all CCSD requirements for overnight and out of state travel.
12. When overnight travel is required, the sponsoring school activity will provide for lodging and meals for drivers.
13. Both the Athletic Departments and the Transportation Department will work closely together to identify requirements as early as possible, to confirm levels of support well in advance, and to otherwise coordinate and keep each other informed.

EMERGENCY ATHLETIC PLAN

Each head coach is responsible for having a relevant and applicable Emergency Athletic Plan on file with the Athletic Director and Athletic Trainer. The EAP provides specific instructions with regard to handling emergency situations during workouts, practices, and/or contests. The head coach is responsible for ensuring that all members of the coaching staff understand their role and responsibilities as defined by the EAP.

LIABILITY

1. Coaches should understand the basic element of torts, which are all damages except those that result from breaking a contract or committing a crime. Negligence torts present the greatest danger for those responsible for athletic activities.
2. Negligence is considered as the failure to exercise that degree of caution and good judgment necessary to avoid exposing others to unreasonable danger or risk or injury.
3. The following precautionary measures should be followed:
 1. A medical certificate signed by a physician certifying that the athlete is medically and physically fit to participate shall be on file prior to participation in a practice/game.
 2. Signed Parental Permission, Insurance, Extreme Heat, and Concussion Awareness is required before a student is allowed to participate.
 3. Teams will be carefully instructed in safety regulations for gyms, fields, and in playing games;
 4. Equipment will be properly fitted and meet minimum national standards.
 5. Extreme caution will be given to the prevention of heat illness.
 6. Practices will be of reasonable length and be void of abnormal drills which are not safe.
 7. Gym and field hazards will be removed or repaired.

8. Only CCSD vehicles will be used to transport teams. Team members are not allowed to drive to or from out of town games.
9. Ambulance service for football games will be readily available.
10. If necessary, give first aid, but do not practice medicine.
11. Parents are responsible for picking up student-athletes after practice or games. Permission must be granted for them to ride with anyone else. Parents should be expected to pick up their children promptly after practices and games.
12. At all times coaches will use the judgment a reasonable person would use under the circumstances.

INVENTORIES

1. Inventories should be placed on file with the Athletic Director at the end of each season. The form is available online and should be submitted via email.
2. Inventories should be precise and accurate and include all materials pertinent to the respective sport.
3. It is imperative inventories be accurate in order to evaluate accurately the needs for the upcoming year and to replace items lost, stolen, damaged, etc.

FACILITIES

1. The supervision and care of all facilities are part of the overall safety and responsibility effort of the Head Coach. Supervision must be provided before, during, and after in any activity or event in which the students are involved.
2. All equipment should be properly stored and secured when it is not being used. Also, equipment should be stored secured immediately upon the completion of the season.
3. Community use of Clarke Central High School facilities can only be approved by the Athletic Director or Principal. Organizations must complete the proper CCSD rental forms in order to secure use of CCHS athletic facilities.
4. No keys are to be loaned or duplicated except by permission of the Principal. No student manager should have keys assigned to him/her. Certain keys will be issued to head coaches. Assistant coaches will be provided the use of keys through the Head Coach.
5. Head Coaches are responsible for ensuring all facilities are secure and locked before leaving the premises at the conclusion of workouts, practice, and/or games.

SECURITY

The following is a list of some of the major responsibilities and services that can be provided by the school security department. Each Head Coach should coordinate with Officer Pecos Williams in arranging the use of security for athletic events and activities:

1. Provide a uniform presence at predetermined athletic events and activities.
2. Patrol parking lots to deter entering auto and/or assist with traffic control.
3. Gain compliance from unruly or disorderly guests at events.
4. Take appropriate action for any violent crimes that occur.

5. Escort ticket manager on a monetary deposit to a local financial institution.
6. In the event of trouble at a game and afterwards, the coach should:
7. Instruct players that in the event that any disturbance occurs while the game is in progress:
8. Those on the sidelines/bench are to remain on the sidelines/bench.
9. Those on the field/court should proceed immediately to the sidelines/bench.
10. After the game all members of the team and coaches should stay together and promptly to the dressing room and/or bus.
11. The Athletic Director will report any malfeasance; however, coaches may be asked to provide a written summary of any misconduct.

STUDENT ELIGIBILITY

1. Refer to Section 1 in the GHSA Constitution and By-Laws; State Department of Education and Regulations and Procedures on No Pass – No Participation; Clarke County Board of Education Local Policy Extracurricular Activities.
2. Participation in athletics is a privilege and not an inherent right nor a requirement of students. When a student violates school or team rules, this privilege may be revoked by the Principal, Athletic Director, or Head Coach.
3. For the current year:
 1. To be eligible to participate in interscholastic activities, a student must not have reached his/her 19th birthday prior to May 1, preceding his year of participation.
 2. A student who entered 9th grade has four calendar years of eligibility.
4. GHSA "On Track" Requirements:

1. Sophomores or 2nd year students	5 units
2. Juniors or 3rd year students	11 units
3. Seniors or 4th year students	17 units
5. GHSA requires all students to earn the equivalent of 2.5 Carnegie units in the preceding semester.
6. Entering ninth graders are eligible but earn 2.5 units (pass 3 classes) the first semester to be eligible the second semester.
7. Head Coach Responsibilities:
 1. Eligibility will be entered, checked, and confirmed using the shared Eligibility Document.
 - i. Each sport has a page noted by a tab at the bottom.
 - ii. Coaches are to list and confirm all players are listed on the page.
 - iii. The Eligibility and Note columns will be filled out by Chris Aiken and Jon Ward.
 1. Coaches should NOT MARK in these columns (they are grey).
 - iv. Players are not eligible to compete until an "X" appears by their name.
 - v. Transfers (Form B) and Hardships (Hardship Form) are to be indicated.
 - vi. Each participant must be academically eligible according to GHSA standards (see White Book) in order to participate in any conditioning, try-out, practice, or contest.
 - vii. Each participant must be certified as eligible by the GHSA in order to participate in any contest.
 - viii. The initial GHSA eligibility list is due to GHSA by the date specified on the GHSA Calendar.
 2. To obtain necessary information to complete Form B for transfer students.

3. To obtain necessary information to complete Hardship Application in applicable cases.

ATHLETIC AWARDS POLICY

LETTERING

1. Each coach will place on file with the Athletic Director their respective sports lettering requirements in regards to participation and team obligations. Only varsity athletes are eligible to receive letter awards (managers, statisticians, etc. may be considered for varsity awards).
2. Student-athletes who have met the lettering requirements will be allowed to purchase their letter jacket at the end of their season.

GENERAL REQUIREMENTS

- A participant must complete the season in good standing with the coach in order to earn a letter.
- A participant must return all equipment and uniforms issued to him by the school.
- A participant must not have any school-related or sport-related outstanding financial obligations.
- A participant must remain on the squad for the season. Injuries may be the exception;.
- Any participant who is a starter or primary substitute and was thereafter injured may be awarded a letter.
- A participant may receive a letter for state tournament play if he/she has not met the lettering [requirements during regular season play. General rule if the athlete plays in 50% of the quarters, innings, matches, etc in state tournament competition then he/she should be awarded a letter.
- A coach will have the prerogative to letter a junior or senior who has not met the seasonal requirements for lettering.
- Participant conducts himself/herself in a manner that reflects credit on his/her school and team.

LETTERING STANDARDS BY SPORT

- Baseball: To receive a varsity letter in baseball, a player must: 1. Play in as many innings as there are games played; e.g., if there are 20 games played, a player must play in 20 innings. 2. All players on a region championship team will letter.
- Basketball (Women and Men): 1) Starter at the varsity level; 2) First rotation/game finisher in 50% of quarters in varsity games.
- Cheerleading: Complete two seasons at the varsity level. Football is considered one season; Basketball is considered one season.
- Cross Country (Women and Men): 1) Finish in the top ten in at least three varsity races in the season.
- Football: 1) Play in 50% of quarters in varsity games; 2) Sub-varsity player that move up to the varsity after JV season must play in 75% quarters in applicable varsity games; 3) Meet attendance criteria at practice, meetings and team functions.
- Golf (Women and Men): Score is counted in at least one varsity golf match.
- Soccer (Women and Men): Play in 50% of total halves.
- Softball: Make the varsity team and complete the season.
- Swimming (Women and Men): 1) Attend at least 70% of practices; 2) Participate in at least 70% of the meets; 3) Earn points for the team in at least one meet.
- Tennis (Women and Men): 1) Compete in at least two varsity tennis matches.
- Track (Women and Men): 1) 36 Individual Points; 2) First-place finish at City Championship; 3) Fourth place or better at Region Meet.
- Volleyball: Play in 50% of total scheduled games.
- Wrestling: Compete in 50% of the varsity wrestling matches; OR 2) Place (1-4) in area.

OTHER AWARDS

- All participants who complete the season in good standing will receive a CCHS Athletic Department Participation and/or Letter Certificate.
- Individuals or teams that win region championship or advance to state playoffs will receive appropriate patches. These will be provided by the athletic department.
- Other awards presented at the end of the season banquet (i.e., trophies, plaques, blankets) will be solely decided upon by the coaching staff and provided for by the sports booster organization.

END OF THE SEASON INFORMATION

Each Head Coach should place on file with the Athletic Director at the end of each season a Participation List of all student-athletes that completed the season in good standing and what level of letter award they received. Forms will be provided online and submitted via email.

ATHLETIC BUDGETS

The Athletic Director will establish an athletic budget each year. Input from the head coaches on their budgetary needs is requested and considered in proposing an athletic budget for the General Athletic account. The General Athletic account is funded primarily by gate receipts from athletic contests and corporate sponsorship. Historical data and projected income and expenses will also be used in establishing a budget.

General Athletic funds will be used to provide the Essentials (Needs) for each athletic program and the required financial expenses of the Athletic Department. Essentials include, but are not limited to: required equipment (balls, gear, etc.), uniforms (see uniform rotation schedule), officials, etc.

Head coaches will submit a list of Essential items to the Athletic Director prior to each season. All items purchased with athletic monies must be approved by the Athletic Director and the invoices for purchased items must be given to the Athletic Director for payment. Only items pre-approved by the Athletic Director will be paid for out of budgeted General Athletic funds.

Head coaches must make requests for Capital Improvement items (wrestling mat, high jump pit, soccer goal, etc.) one year in advance to allow necessary financial planning.

Each head coach (sport) has an individual school account. Each sport is encouraged to have a functioning booster organization. Funds for these accounts primarily come from fundraisers, donations, and player fees. These funds are to be used to provide Non-Essential (Wants) items for the sport. Non-Essential items include, but are not limited to: coach/player attire, meals/snacks, travel, awards/banquet, etc. Each head coach has full discretion to determine the items purchased with monies in the individual sports accounts and booster club funds (per booster approval policy).

Purchase orders should be completed when making athletic purchases. Include the following information:

- Vendor or company
- Quantity of item
- Specification
- Prices (unit and subtotal)
- Total Purchase
- Required signature

In collecting funds, donations, etc. remember to:

- Complete cash collection form as monies are collected or issue receipts.
- At the end of the collection period, count all monies received and compare total with the Cash Collection form or receipt book.
- Deliver the money and the Cash Collection form/receipt book to the school office.
- Obtain a receipt from the bookkeeper for the total money delivered.

UNIFORM REPLACEMENT SCHEDULE

Year	Female	Male
2023-2024	Cross Country Track Cheerleading	Cross Country Track Cheerleading
2024-2025	Softball Basketball	Basketball Baseball Wrestling
2025-2026	Volleyball Swimming/Diving Soccer	Swimming/Diving Football Soccer
Yearly	Assistance with Top for Golf and Tennis	Assistance with Top for Golf and Tennis

Note: This is the uniform replacement schedule for uniforms purchased using General Athletic funds. Teams are permitted to purchase uniforms at other times with funds from boosters, donations, etc.

Physical Care of Participants

Taylor Cherwinski is our Certified Athletic Trainer. Her contact information is 505-470-0006;; cherwinski@clarke.k12.ga.us. The athletic trainer will:

- Cover practices and contests
- Provide treatment, rehabilitation/recovery schedules, medical information, etc.
- Monitor weather and extreme heat
- Offer support as needed with regard to the health and well-being of our student-athletes

Each participant will be required to have a physical examination by a competent physician. The physical will be kept on file in the athletic office and a list of valid physicals will be given to each head coach by the athletic director. The form must be in the GHSA mandated format and filed in the Athletic Director's office and checked by the head coach before participation.

All head coaches that are not involved in season activities are expected to assist with the free physicals.

Coaches are expected to be sure that the physical facilities are safe and free of hazards should be reported to the Athletic Director.

Physical Form

Each participant must complete a CCHS Physical form before he/she will be allowed to condition, try-out, practice, and/or compete. ALL SECTIONS MUST BE COMPLETE. Forms can be obtained in the Main Office, Athletic Office, Athletic Trainer Office, and Athletic Website.

Student-Athlete Agreement

Each participant and parent must read and acknowledge the Student-Athlete Agreement on the DragonFly app before he/she will be allowed to condition, try-out, practice, and/or compete.

Consent Form: Permission, Insurance, Concussion, and Extreme Heat

Each participant must complete a CCHS Permission, Insurance, Concussion, and Extreme Heat forms using the DragonFly app before he/she will be allowed to condition, try-out, practice, and/or compete. ALL SECTIONS MUST BE COMPLETE.

GHSA Sudden Cardiac Arrest Form

1: Learn the Early Warning Signs If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
- Unusual chest pain or shortness of breath during exercise
- Family members who had sudden, unexplained and unexpected death before age 50
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones

2: Learn to Recognize Sudden Cardiac Arrest If you see someone collapse, assume he has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (Seizure like activity). Send for help and start CPR. You cannot hurt him.

3: Learn Hands-Only CPR Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it's easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED)
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

By signing this sudden cardiac arrest form, I give High School permission to transfer this sudden cardiac arrest form to the other sports that my child may play. I am aware of the dangers of sudden cardiac arrest and this signed sudden cardiac arrest form will represent myself and my child during the 2023-2024 school year. This form will be stored with the athletic physical form and other accompanying forms required by the School System.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

GHSA Practice Policy for Heat and Humidity

Clarke Central High School will follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity. The policy will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels.
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
3. The heat/humidity level that will result in practice being terminated.

WBGT READING (A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly).	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
UNDER 82.0	all activities --Provide at least three separate rest breaks each hour of a minimum duration of 3 minutes each during workout
82.0 -86.9	at the discretion for intense or prolonged exercise; watch at-risk players closely; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0 – 89.9	Maximum practice time is two hours. For Football: players restricted to jersey, helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each
90.0--92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

GUIDELINES FOR HYDRATION AND REST BREAKS

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a “cooling zone” and not in direct sunlight.
4. When the WBGT reading is over 86:
 - a. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
 - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

DEFINITIONS

1. **PRACTICE:** the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
2. **WALK THROUGH:** this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

GHSA STUDENT/PARENT CONCUSSION AWARENESS FORM

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death. Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include a licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management. a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out. b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

By signing this concussion form, I give Clarke Central High School permission to transfer this concussion form to the other sports that my child may play. I am aware of the dangers of concussion and this signed concussion form will represent myself and my child during the 2022-2023 school year. This form will be stored with the athletic physical form and other accompanying forms required by the Clarke County School System.

CLARKE CENTRAL STUDENT-ATHLETE AGREEMENT

Clarke Central High School has a long history in athletics and students take a great deal of pride in being a Gladiator. Participation in athletics is a privilege and not an inherent right nor a requirement.. When a student violates Clarke County School District, Clarke Central High School, or team rules, this privilege may be revoked by the Principal, Athletic Director and/or Head Coach.

ACADEMIC ELIGIBILITY REQUIREMENTS

- Students must meet the following Georgia High School Association (GHSA) requirements in order to maintain academic eligibility:
 - Earned 2.5 Carnegie Units during the Previous Semester. Entering ninth graders are eligible for their first semester.
 - Meet “On Track” Requirements:
 - Sophomores or 2nd year students - 5 units
 - Juniors or 3rd year students - 11 units
 - Seniors or 4th year students - 17 units
- Participants are expected to maintain academic coursework while in season.

PHYSICALS

- Each participant will be required to have an annual physical examination by a competent physician before participating in conditioning, workouts, practices, or contests. All physicals must be completed on the form provided by the CCHS Athletic Department.
- Each participant must turn a hard copy of their valid physical examination into the Athletic Trainer. The copy of the physical will be on file in the Athletic Training office and verified on DragonFly.

PARTICIPATION

- Participants are expected to adhere to all expectations and guidelines set forth in the Clarke County School District Code of Student Conduct. Any student who is under disciplinary action may be ruled ineligible for participation by the Principal and/or Athletic Director.
- Participants involved with substance abuse, unapproved affiliations, or other activities not conducive with the team guidelines as set forth by the Head Coach will be subject to suspension or removal from the team upon the approval of the Athletic Director and/or Principal.
- Participants are expected to attend all scheduled games, matches, practices, workouts, and team functions. Participants should always consult his/her Head Coach before missing any team activity. Missing practice or a game without a valid reason will be dealt

with severely. Participation on non-school sponsored teams is not considered a valid reason for missing a practice or game.

- Participants are to adhere to dress and appearance expectations in accordance with school policies and as established by the Head Coach.
- Participants are to be responsible for all school equipment/uniforms issued. Participants are responsible for the replacement expense of lost equipment/uniforms.
- Participants should understand that the Head Coach will have the final authority in determining positions, starters, playing time, and any other team requirements that may become necessary.
- Participants are encouraged to participate in as many activities as the student and parents desire. Coaches will not prohibit or discourage participation in another school sponsored activity.
- Participants will not be required to participate in one sport in order to be eligible to participate in another sport.
- Participants can compete in two sports in one season only if: 1) there is a mutual agreement between the two coaches concerning practice and game times; 2) the participant and his/her parent/guardian and the two Head Coaches meet with the Athletic Director to discuss the details of the arrangement.
- Participants will not be required to practice or compete in a sport for an upcoming season when he/she is still involved in a sport during the present season. Voluntary fundamental workouts are permissible.
- Participants who quit a sport or is removed from a team cannot participate in another sport during the same season or begin tryouts, conditioning, practice in a sport in the following season until the sport that was quit (at the appropriate level) has concluded its regular season unless there is approval from both Head Coaches and the Athletic Director.

ACKNOWLEDGEMENT ON DRAGONFLY

Each student-athlete and their parent/guardian are required to acknowledge they have read and agree to comply with the Clarke Central Student-Athlete Agreement on DragonFly. The agreement needs to be acknowledged only one time per academic school year.

Clarke Central High School Athletic Event Admission Price Schedule

- Digital ticket sales will be available via GoFan (<https://gofan.co/app/school/GA4910>). Cash tickets will be available at the gate.
- Regular Season Varsity Football
 - Regular Season Region Game: \$8.
 - Regular Season Non-Region Game: \$10.
 - Clarke Central vs. Cedar Shoals varsity football: \$12.
 - There will be no pre-sale tickets for home football games.
- Regular Season Basketball
 - Regular Season Game: \$7.
 - Clarke Central vs. Cedar Shoals varsity basketball: \$10.
- All Other Regular Season Athletic Contest (varsity and sub-varsity)
 - Regular Season Game: \$5.
- Postseason Contests
 - Admission prices for postseason region and state contests will be determined by Region 8AAAAA and/or GHSA.
- Gladiator All-Sports Digital Season Passes will allow the person to be admitted to any regular season home athletic contest at CCHS during the school year. This includes all sports and all levels. All-Sports Passes are available through GoFan (<https://gofan.co/app/school/GA4910>) for \$75.
- Other Passes
 - GHSA – Admit two.
 - Press – Admit press personnel.
- Passes or discounts are not applicable to any region or state sponsored games or tournament contests being hosted at Clarke Central.
- Clarke County School District Passes will not be accepted for admission to home athletic contests. All Clarke Central High School faculty and staff will receive a digital season pass.
- All prices are subject to change.