

FREDERICK HIGH SCHOOL STUDENT-ATHLETE CONTRACT

2014-2015



PHILOSOPHY OF INTERSCHOLASTICS ATHLETICS AT FREDERICK HIGH SCHOOL

"It is how you play the game that counts."

This statement very briefly explains our attitude towards Frederick High School athletics. Interscholastic sports are a "tool" which can be used to teach and practice good citizenship. To this end, we believe winning and losing is important only when considered in the context of how we play the game and how we represent ourselves and our school under the pressure of competition.

Therefore, we believe:

- interscholastic athletics are an integral part of the educational program at FHS. Participation on sports teams will promote desirable attitudes toward the importance of team work and team unity, promote social skills and maturation of all individuals involved and prepare participants for the responsibilities of adult life.
- every student should have an opportunity to become involved in the athletic program as an athlete, manager, or statistician.
- the coaches and participants should strive at all levels to develop and display the attitudes of good sportsmanship, good citizenship, and loyalty to team and school.
- the health and well-being of the participant is more important than the outcome of any athletic contest.

PARTICIPATION INFORMATION

I. ATHLETIC FEE

All Frederick County student-athletes are assessed a **\$90.00** seasonal fee to help with the cost of transportation, officials, equipment, and uniforms. **These fees are non-refundable, and must be paid one week after earning a position on the team.**

II. REQUIREMENTS FOR PARTICIPATION

Prior to a participating in any tryout, practice or contest with a team, an athlete must supply the following items to the coach:

1. Medical evaluation form properly completed by a physician and parent. The athlete must be examined yearly (**after May 31st**).
2. Properly completed seasonal permission packet
3. Written acknowledgement and proof of insurance coverage from his/her parents
4. Resident certification for athletic participation
5. Completed emergency card
6. Knowledge of the Frederick County student-athlete code and Frederick High School Student-Athlete Contract
7. Paid athletic fee (\$90.00)

Once the teams are chosen but prior to participation in any contests, the seasonal athletic fee (**non-refundable**) must be paid and the FHS Student-Athlete Handbook must be completed and signed.

Any student wishing to try out for a team after 5 days into the season must apply in writing to the Athletic Director. The student must practice for 20 days before he/she can participate in any contests.

In addition, The Maryland Public Secondary Schools Athletic Association (M.P.S.S.A.A.) imposes the following restrictions on students participating in athletics:

1. Students shall be officially registered in the school.
2. Students who are 19 years old or older after August 31 are ineligible to participate in interscholastic athletics for the upcoming school year.
3. Students may participate in contests a maximum of three seasons in any one sport in grades 10, 11, and 12. A student who participates on an interscholastic team in grade 9 will have a maximum of four years of eligibility in any one sport.

4. Students legally transferred to another school may participate in that school's program. "Legally Transferred" means a change of residence or transfer from one school to another by action approved by the local superintendent of schools.
5. Students shall maintain amateur status. Students who have not used or are not using their athletic skill as players for financial gain, or who have not competed under assumed names as players, shall be considered amateurs. Employment as an instructor, counselor, or official may not be considered a violation.
6. Graduates of high schools are not eligible to practice with or participate on interscholastic sports teams. However, they may participate in the remaining athletic contests of that semester. Students are considered graduates when they have completed the work required for graduation and are declared graduates by the local board of education.
7. Middle, intermediate or junior high school students are not eligible to compete or practice with high school teams.

III. INSURANCE / INJURIES

1. Students participating in the interscholastic athletic programs are required to be covered by:
 - a. Participation in an employer-provided medical insurance plan which shows dependent coverage and is verified in the form of a group insurance card.
 - b. Participation in an individual medical insurance policy which provides dependent coverage and is verified by an enrollment card issued by the insurance company evidencing family coverage (football players may purchase special football insurance).
2. Students participating in the interscholastic football programs are required to have "Parental Permission To Participate In Interscholastic Football" form (form B8-88) completed and verified by the parent's signature and on file in the athletic director's office.
3. It is required that students participating in all other sports be covered by some form of medical insurance. Costs involving injuries or treatment resulting from athletics are the responsibility of the parents.
4. The athlete receiving professional medical treatment cannot resume practice or play until a doctor provides written permission.

IV. ACADEMIC ELIGIBILITY

The following are the basic guidelines of the Frederick County Academic Eligibility Policy:

1. A failing grade in one (1) subject, and/or a G.P.A. of less than 2.0 will cause the student to be ineligible. Grades used to determine eligibility will be those recorded on *report cards*. The student will become ineligible on the first school day following the posting of grades for report cards. Interim reports can remove the student from the ineligibility list (no F's **and** a 2.0 G.P.A or greater).
2. A student may practice during the ineligibility period but may not accompany the team or be excused from any class for the activity concerned.
 - * If the student is ineligible at the beginning of the season, it is individual team policy as to whether a student is even allowed to tryout for the team (please check with the coach prior to the season). However, if allowed to tryout, the student **MUST** practice with the team during the ineligibility period.
3. Students receiving one (1) failing grade and/or less than a 2.0 G.P.A. in the fourth marking period in June will be ineligible to participate in the fall season until the posting of first term interim reports. **Summer school classes cannot remove the 4th marking period failing grades (and WILL NOT make the student eligible to participate).**
4. The guidelines include team managers and statisticians.
5. A failing grade is a grade of "F".

Student-athletes have a responsibility to both themselves and their teammates to complete all classroom assignments successfully. In the event that all or part of a class is missed, it is the responsibility of the student-athlete to contact the teacher and make up any work missed within two (2) school days of the missed class. Failure to do so will result in zero (0) credit for the missed assignments and could cause serious difficulties with academic eligibility.

V. SCHOOL ATTENDANCE

In order for a student to be eligible to participate in an athletic event (practice, contest, or any other team-related activity), the student must be in attendance a full day on the date in question. **Students who are absent or are admitted to school after 9:00am (legal or illegal), or leave school at any time during the day, are ineligible to participate in team-related activities, practice or compete that day unless they have received prior approval from the principal.** If absence or late arrival is as a result of illness or injury, a doctor's approval to participate is **required** in order to help make the participation decision. Morning work/study and open campus students must attend afternoon classes until time of dismissal or are ineligible to participate.

Special Note:

Students who leave school before the end of the school day are ineligible to participate in practice or contests unless prior administrative approval has been granted.

VI. SCHOOL TRANSFER

The public school laws of Maryland give the Board of Education of Frederick County the responsibility for establishing school districts and determining which pupils shall be admitted to the public school within the district. Students who **transfer into** Frederick High School while continuing to reside outside of FHS's district must have prior approval to attend Frederick High School and must be eligible to compete in the athletic program. All out-of-district students must apply to the FCPS Office of Student Services and must be approved prior to participation. Forms are available in the FHS Student Services office.

Students transferring to Frederick High School during a sports season may try out for a sports team only if they participated on the same sports team at their prior school and with prior approval of the coach, Athletic Director, and Principal.

FCPS policy is as follows:

Students who legally and voluntarily transfer from one Frederick County high school into another Frederick County high school and request to participate on an interscholastic athletic team after the season has begun may be considered to be part of the team at the discretion of the coach.

If selected for the team, the student athlete must practice with the new team for a total of twenty (20) calendar days before he/she will be eligible to participate in a contest.

SPORTSMANSHIP AND CITIZENSHIP

Student-athletes are considered representatives of Frederick High School at all times during the sports season, whether in school, on the athletic field, or in the community. The student-athlete is a role model at all times and in all places during the sports season and must consider his/her actions carefully.

The coaching staff will hold every athlete to a high standard and will expect all team members to conduct themselves in a legal and responsible way. Behavior that is deemed disruptive or detrimental to the team can bring consequences ranging from diminished playing time to dismissal from the team.

I. GENERAL RULES

1. The FHS coaching staff will make every effort to begin practices immediately after school. However, there are many times that this is not possible. All athletes **MUST** leave the school at dismissal time (unless they are under the direct supervision of a coach or teacher) and return to the school for practices/contests at the time the coach tells the team members to arrive. **Failure to comply with this policy will result in disciplinary action.**
2. Students may not wear spikes inside the school building.
3. Athletes may not enter the weight room unless he/she is under the direct supervision of a coach/teacher.
4. Athletes are expected to help keep the facilities clean.
5. The coach of each particular sport will provide more specific rules.

II. LATE TO OR ABSENT FROM PRACTICE

Teammates depend on each other every day of the season. Athletes who are late to practice or miss practice entirely without proper reason are failing to meet one of the most basic responsibilities they have to the team. Athletes should notify the coach prior to any missing practice and give the coach a full explanation of the necessity of the absence.

It is strongly recommended that all coaches maintain accurate records in these areas. The chain of consequences below is the minimum that shall be followed for all unexcused late arrivals to practice and absences (individual team policies may vary):

- First Offense: private discussion between coach and team athlete, with athlete making up missed time at practice
- Second Offense: suspension from one contest
- Third Offense: dismissal from team

III. EJECTION OF PARTICIPANT FROM A CONTEST

Ejection from a contest for any reason will be considered a violation of proper sportsmanship.

- First Offense: automatic suspension from the team for the next contest
- Second Offense: automatic dismissal from the team for the season

IV. QUITTING / DISMISSAL FROM TEAM

Once a student begins practice in a sport and his/her squad membership is terminated by a coach for a reason other than being "cut" from the squad to trim the roster, he/she is ineligible to participate in any other sport during that season unless he/she is given prior approval by the Athletic Director and through an investigation of the case with all involved parties. The \$90.00 athletic fee is non-refundable.

Once a student begins to practice in a sport and voluntarily "quits" the team, he/she is automatically ineligible to participate in any other sport during that season unless the previous coach and the Athletic Director release him/her. The \$90.00 athletic fee is non-refundable.

V. SCHOOL DISCIPLINE

The FHS student-athlete is a representative of the school and should conduct herself/himself as a role model. Athletes who fail to conduct themselves appropriately and become subject to school discipline may also incur athletic consequences. The handling of such consequences will be left to the discretion of the coach. In situations where an administrator notices a pattern of referrals, the athletic director will be contacted who in turn will initiate:

- First Offense: may result in suspension from one contest
- Additional Offenses: may result in dismissal from the team

VI. SUSPENSIONS FROM SCHOOL

1. First administrative suspension: student-athlete is ineligible to compete/practice through midnight of the last day of the suspension. This includes accompanying the team to contests.
2. Second administrative suspension: student-athlete will be dismissed from the team.

VII. ALCOHOL / DRUG / TOBACCO USE / ABUSE

Alcohol, drugs and tobacco use/abuse are extremely serious offenses. Not only is the quality of life for the student-athlete in jeopardy, but the quality of life of innocent by-standers may be in jeopardy as well. Team members depend on each other to be mentally and physically prepared to give their best effort each day. This cannot happen if the student-athlete is using alcohol, drugs (not prescribed by a physician) or tobacco.

The coaching staff will hold every athlete to a high standard and will expect all team members to conduct themselves in a legal and responsible way. Behavior that is deemed disruptive or detrimental to the team can bring consequences ranging from diminished playing time to dismissal from the team.

VIII. INAPPROPRIATE ONLINE ACTIVITY

Information posted (in the form of pictures or words) pertaining to alcohol, drugs, threats, harassment, bullying, or anything else unsuitable for a representative of Frederick High School can result in a student-athlete being removed from a team. **PARENTS ARE STONGLY ENCOURAGED TO TALK WITH THEIR CHILDREN ABOUT THIS.** Facebook, Kik, Instagram, and Twitter are a few of the social media sites that should be monitored.

IX. ACTIVITY PROBATION

At the discretion of the Principal, a student-athlete may be placed on activity probation in lieu of or in addition to some other penalty when the student-athlete is involved in a significant breach of the general policy section of the student-athlete handbook. If a second significant breach of general policy occurs within one (1) calendar year of being placed on activity probation, the student-athlete will be suspended from participation in any portion of Frederick High School's athletic program for a length of time to be determined by the Principal.

X. GENERAL PROCEDURES FOR ATHLETES RIGHT OF APPEAL

If, at any time, a student-athlete feels that he/she has not been fairly heard in regards to a situation leading to his/her suspension or dismissal from a team, he/she has the right to appeal the decision in the following manner:

1. A written appeal must be presented to either the Athletic Director or to the Principal within 48 hours of the incident.
2. The written appeal must contain a statement of the entire incident from the student's perspective.
3. A review panel will be formed consisting of individuals deemed appropriate by the Principal.
4. A hearing will be held during which the student will be invited to review the incident and state grounds for reversing the decision.
5. The panel will meet privately to arrive at a final decision that the Principal will communicate to the student.
6. The student will remain suspended/dismissed from the team pending the decision of the review panel.

TRANSPORTATION INFORMATION

Athletic teams should be transported to and from a contest in a vehicle provided by the Frederick County Board of Education. The following are exceptions to the rule:

1. At the contest after a game is completed, the parent may sign a waiver (coaches will have the form) which then transfers the responsibility for the athlete and transportation to the athlete's own parent.
2. The coach will then allow the athlete to be transported home only with their own parent.
 - a. The athlete can ride home with **HIS/HER** parents only.
 - b. Principals shall neither authorize nor permit students to travel to or from activities in vehicles driven by other students.
3. Students may not drive to contests unless they acquire **prior written permission from the principal**. This permission will be granted only in **extreme emergency** situations.
4. Parents can complete the Transportation Waiver to be used at the principal's discretion.

AWARDS PROGRAM

The FHS Boosters Club provides all awards for the FHS awards program.

1. Varsity letter winner – Varsity Chenille Letter "F", pin, certificate
2. Varsity repeat letter winner – pin, certificate
3. Varsity, JV, 9th Grade Team participant – certificate
4. Special award winner – plaque

County, conference, regional and state championship purchases are also be supported by the Boosters Club.

General guidelines governing the issuing of awards are listed below:

1. *All award winners must finish the season as a member of the team in good standing.* The head coach has the final decision regarding the awarding of letters to players and supplemental team members (managers) and reserves the right to withhold letters for disciplinary reasons.
2. *Faithful participation* in the varsity program in the senior year by the participant. This letter is awarded on the basis of the player making the most of his/her ability, participating and competing as a member of the team.
3. *Meaningful contributions* made by a team member during the season due to unusual circumstances that may occur during the playing year. This letter will be awarded upon the discretion of the coaching staff based on the overall positive contributions in practices and games.
4. In *special circumstances*, such as injury, an athlete may be lettered at the coach's discretion. Likewise, an athlete may be disqualified from lettering if his/her actions warrant it.
5. A student-athlete must be academically eligible the entire season in order to receive any award other than a certificate for participation on any level.
6. Letters may be awarded at the coach's discretion even if the general/specific criteria are not met. Any letter award which comes under this heading will be discussed with the Athletic Director and Principal prior to the award.

Specific guidelines for each individual sport will be outlined by the coach.

PARENT INFORMATION

I. PARENT INVOLVEMENT WITH COACHING

Parents, unless approved as emergency or volunteer coaches for the sport in which their son/daughter is participating, may not be involved in coaching during official school practices or contests. This includes providing advice, instruction, and/or feedback to their children in the presence of our approved coaches.

II. PARENTAL QUESTIONS AND CONCERNS

The coaching staff at Frederick High School will make themselves available to parents routinely, except immediately following contests. Parents should contact the head coach of their son/daughter's sport in order to resolve any concerns that may arise during the course of the season.

TICKET PRICES

I. FCPS ATHLETIC CONTEST ADMISSION PRICES

Adults - \$5.00

Students (elementary through high school) - \$2.00

Varsity Doubleheaders (\$6.00 - adults, \$3.00 - students)

County Championships and regional playoff contest fees may be higher.

Admission fees are charged at the following regular season events:

Soccer, Football, Volleyball, Basketball, Wrestling, Swimming, Indoor Track, Lacrosse, and Baseball (at McCurdy Field).

Fees are also charged at major track meets.

Fees may also be charged at other contests at the discretion of the athletic department.

II. SEASON / FAMILY PASSES

Parents or students may purchase season/family passes in the following manner:

1. Family Pass - \$100.00 per sports season. This allows parents and their children (high school age or younger) admission into **all** home sports contests (with the exception of the intracity basketball games vs. TJ) during **one** sports season (i.e., fall, winter, or spring).
2. Family Pass - \$200.00 for the school year. This will allow parents and their children (high school age or younger) admission into **all** home sports contests (with the exception of the intracity basketball games vs. TJ) during the entire school year. *

***Season passes are not valid for any regional, state, or county tournament contests, or any away contests.**

Please see the Athletic Director to purchase Family/Season Passes.

MISCELLANEOUS INFORMATION

I. OFF CAMPUS TRAINING

There is an approved area to allow off campus training for FHS athletes during school practices (athletes should see their coaches for details). At no time are athletes allowed outside of the approved boundaries. While training off campus, athletes are required to train in groups (safety is of utmost importance).

II. INCLEMENT WEATHER PROCEDURES

Frederick County Board Of Education policy states that in the event schools are closed due to inclement weather conditions, all after-school activities are automatically cancelled. These after-school activities include practices, contests, or other events.

Any exceptions to this rule must be approved by the Superintendent of Schools.

III. EQUIPMENT AND RESPONSIBILITY-PROPER CARE

All uniforms and equipment are given to the student-athletes strictly on a loan basis for the duration of the sports season. It is the responsibility of the student-athlete to maintain that equipment/uniform in the same condition in which it was received. Any damage to or loss of equipment/uniform will be considered the direct financial responsibility of the student-athlete responsible for its care. Student-athletes are responsible for returning the same items (some equipment is numbered) that were issued.

Any athlete withholding equipment or failing to fulfill a team-related financial obligation from one sport may be prevented from participating in any other sport until the obligation is fulfilled. He/she may also be ineligible for any sport award until all obligations are fulfilled.

Coaches will make every effort, even contacting parents, before submitting an athlete's name for failing to return equipment. Student-athletes will be charged the *replacement cost* of any equipment or uniform not returned.

Special Note:

Uniforms are to be worn only for actual contests or on special occasions *designated by the coach*. Use of uniforms at any other time will be considered a violation of proper care and maintenance of equipment and may result in a one (1) contest suspension from the team.

IV. PARTICIPATION ON OUTSIDE TEAMS

The M.P.S.S.A.A. (the governing body of the state athletic association) is very specific on this issue. Students, while participating on a school team, are permitted to participate in the same sport outside of school during the sports season. Such participation must meet the following criteria:

A student may miss a Frederick High School team practice or contest (only on a rare occasion) to participate on an outside team only with **prior** permission from the principal and coach. Failure to gain **prior** approval will result in the athlete being ineligible to participate on the school team for the remainder of the season.

V. NCAA ELIGIBILITY CENTER

In order for athletes to participate in NCAA Division I or II athletics, they must be certified by the NCAA Eligibility Center. It is advised that the application be completed during their junior year. The student registration website is: http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

2014-2015 PRACTICE / TRYOUT DATES

The first day of practice during the 2014-15 school year is as follows:

Fall Season	August 13, 2014
Winter Season	November 15, 2014
Spring Season	February 28, 2015

FINAL THOUGHTS

As a member of our educational community, we ask that you consider the following when you participate in or attend our contests:

INTERSCHOLASTICS EVENTS ARE AN EXTENSION OF THE CLASSROOM AND ALL LESSONS ARE BEST LEARNED WHEN THE PROPER RESPECT IS ACCORDED TO ALL. PLEASE, LET YOUR GOOD SPORTSMANSHIP SHOW DURING THE CONTESTS.

STUDENT-ATHLETE CONTRACT

The purpose of this handbook is to provide a clear framework within which our athletic program can smoothly function. Athletes can provide physical, emotional and educational challenges to the student-athlete. The manner in which these challenges are met will determine the failure or the success of your effort. The ultimate outcome will reflect not only on Frederick High School as a whole, but on you as a person.

As a student-athlete at Frederick High School, you will be set apart from other students in the eyes of the staff, the student body and the community. You will earn the right to wear a Frederick High School uniform and to represent your school through actions, words and deeds. You will be closely watched throughout our school community. The standards you will have to meet will be more vigorous than those met by the average student because the role model you set will demand a higher level of character. It is your responsibility to meet and maintain the standards whether you are in or out of uniform.

It is now time to declare your intentions. Read this handbook carefully and discuss its contents with your parents. If you wish to represent Frederick High School, both you and your parents must sign the statement below which must then be given to your coach.

I (print student name) _____ have read all of the Student-Athlete Handbook and have discussed its contents with my parents/guardian. I realize I am responsible for adhering to each and every regulation as a representative of Frederick High, both on and off the athletic field. I agree to abide by these regulations to the best of my ability, and I understand that failure to do so may result in my dismissal from the team.

***** I authorize the release of my son's/daughter's academic records (including high school transcripts, college board scores and contact information) by FHS authorized personnel as requested by colleges. In addition, I respectfully request that they be allowed to leave class to meet with college recruiters.

***** I give permission to the coach to distribute my phone number to the team parent so I can be contacted, if necessary, during the season.

***** I give permission for my son's/daughter's name and picture to be used for internet and school publications.

Student/Athlete Signature _____

Parent/Guardian Signature _____

Date _____