

Southaven High School

Athletic Participation Guideline



Eligibility Requirements

To participate in athletics a student must:

1. Live with one's parent(s) or legal guardian(s) in the Southaven High School district as outlined by the Desoto County School District or have a parent(s) or legal guardian(s) that is employed by DCS.
2. Be enrolled in classes at Southaven High School and be making satisfactory progress towards graduation.
3. Turn in/have on file (a) **have current school year sports physical**, (b) **have a signed parent permission slip on file (back side of physical)**, (c) **have a signed emergency consent form on file (also back side of physical)**, (d) **have copy of insurance card and/or school insurance form**, (e) **Have signed by parent acceptance page of Southaven High School athletic participation guideline form**.
4. Complete the MHSAA Star Sportsmanship Online Program, which must be completed before athletic completion. This only has to be completed once during high school participation in athletics. *****UNLESS EJECTED FROM ATHLETIC COMPETITION*****
5. 10th, 11th and 12th grade participation:
 - a. Have not been in high school more than 4 years since first entering the 9th grade.
 - b. Have not reached age of 19 before August 1 of current year.
6. c. **ELIGIBILITY IS BY SEMESTERS!!!!** To be eligible first semester, a student must finish the previous school year with a **OVERALL 70 AVERAGE or 2.0 GPA** and be making satisfactory progress towards graduation. To be eligible second semester, a student must finish the previous/first semester with an OVERALL 70 AVERAGE or 2.0 GPA and be making satisfactory progress towards graduation. **ALL COURSES** the student is taking will be used in determining the end of year and semester averages and GPA.
7. A student, who is not eligible at the beginning of the school year, may become eligible second semester by using above formula. **This may happen once during a student's athletic career.**

Athletic Policy and Procedures

Participation in athletics is a privilege, not a right. The student athlete must earn this privilege through dedication, desire, and discipline. Without the pursuit of these, the athlete can in no way do justice to him/herself or our school. The student must maintain a strong sense of discipline in order to be a good citizen or student. Our coaching staff believes that a tradition of winning is established and maintained upon these principles. To achieve a determined course of action for the pursuit of athletic achievement and the character training of young people, the following policies and procedures must be understood and followed by the student athlete.

1. School and athletic attendance:
 - a. Student athletes are expected to be at school on time each day. Academic grades must come first. Failure to attend will result in poor grades resulting in ineligibility in athletics. The coaching staff will check grades and attendance regularly.
 - b. High school students must be in school two blocks on the day of the contest in order to participate in practice or games. If the contest is on a Saturday, students must be in school two blocks the preceding Friday.

- c. Student-athletes are expected to be at all practices. If a student cannot make it to practice, it is the student's responsibility to notify the coach in advance.
 - d. Missing practice could result in dismissal from the team.
2. Student-Athlete Behavior:
 - a. Student-athletes are expected to maintain proper standards during school, practice, contests, and behavior. **Our student athletes are expected to be leaders.**
 - b. Student-athletes must comply with all rules and regulations in the Athletic Participation Guidelines.
 - c. Student-athletes must use appropriate language; no cursing or use of obscene gestures.
 - d. Girls are expected to act as young ladies, and boys are expected to act like young gentlemen; public display of affection (PDA) will not be tolerated.
 - e. Student-athletes must be courteous and show respect for others.
 - f. Student-athletes must show a willingness to cooperate with coaches and team members. Student-athletes must be team-oriented and not individuals; realizing that the team always comes first.
3. Personal Health:
 - a. The use of alcohol, tobacco, synthetic substances, or illegal substances of any kind will not be tolerated. These substances have been proven to be detrimental to mental and physical performance. Athletes desiring to use these substances are not the athletes we want competing/representing the school or programs.
 - b. Student-athletes should avoid improper diet and improper rest.
4. Personal Appearance:

Since our student athletes are constantly in the eyes of the public, they become a representative of the school, community, and our athletic program. They are in a position of leadership; therefore, the student athletes' appearance not only reflects his/her attitudes but attitudes of those they represent. Student athletes will be required to abide by the following dress code:

 - a. Students-athletes are expected to be well-groomed and follow dress code at all times while attending school and participating in school-sponsored activities.
 - b. Student athletes are allowed to wear hats at their coaches' approval. Hats are never to be worn backwards or tilted.
 - c. Sunglasses will be worn by student athletes with permission of the coach.
 - d. No sagging will be allowed at anytime by a student-athlete.
5. Practice/Athletic periods:
 - a. Student athletes are required to report to their respective, assigned areas at the beginning of their athletic periods. Loitering in the halls will not be tolerated. Tardies will be handled by coaches. Students who are late must have a pass.
 - b. Student athletes are not to leave money or valuables in the locker/dressing room during practice or any other time. These are the student athletes' responsibility. The coaching staff/school is not responsible for lost/stolen items.
 - c. Use of cell phones during practice times or in the locker room is not permitted without the coach's permission. Coaches may require students to leave their cell phones outside athletic events, practices, or facilities. Violation of individual coaches electronic policy could result in dismissal from team.
6. Equipment and Fines:
 - a. Student athletes will be responsible for any equipment and/or uniforms issued to them during a sport season. The student athlete will be fined for any equipment/uniform damaged or lost.
 - b. All equipment will be returned the week following the last contest of the sport's season. Any student athlete not turning in all issued equipment and/or uniforms or clearing fines for damaged/lost equipment shall have their report cards and diplomas held and **will not be allowed to participate in any other sport until the fines are cleared.**

7. Travel:
 - a. Student athletes will travel to and from athletic contests on the team bus. Any exception to this rule must be made two days in advance with the approval of the coach. The request must be made in writing with the approval of a principal and Director of Athletics. Student athletes may only be released to their parents after a contest. Parents may not take other athletes from the team.
 - b. Individual coaches may choose to make it a requirement that all athletes travel together. This is sole discretion of the individual head coach of each sport. If he/she does not require total team travel together guidelines from "Section 7, article a" must be followed.
 - c. Student athletes will dress and conduct him/herself in a manner that will reflect favorably upon themselves, the team, the school, and the district at all times when traveling to and from an athletic contest.
8. Jobs:
 - a. Student athletes will arrange jobs and any other activities to prevent conflict with practice and contests. This includes contests that are rescheduled.
9. Bus rules:
 - a. Student athletes must abide by the following rules while traveling to and from an athletic contest:
 - b. Always enter and exit the bus through the front entrance only.
 - c. Place all trash in trash bags/buckets; do not throw on floors.
 - d. Do not climb or sit on top of seats.
 - e. Only music with earphones will be allowed.
 - f. No horseplay.
 - g. Gather all equipment and personal items left on the bus; school and coaches are not responsible for items left on the bus.
 - h. When boys and girls team must travel together (i.e. track, soccer), athletes of different genders must sit separately on the bus; one gender in the front of the bus, and one gender in the back of the bus.
10. Coach Discretion
 - a. The coach of the team has to make many difficult decisions on and off the playing surface. Their decisions have to concern the best interests of all the athletes on the team. While the student-athletes and their parents may not always agree with the coach, they should respect the decision that was made for the best interest of the team.
 - b. The coach of the team has the right to remove a player if it is determined that they are a detriment to the team.

Athletic Contests

This is where we show what we are made of. People will judge you, our coaches, school, and community by the way we play and act during a contest. All the long, hard hours of work can pay off if you are mentally ready to compete. Be mentally tough and ready to accept any challenge that arises during competition. Compete and act as a champion.

Contest appearance: Student athletes will wear school issued uniforms and equipment only. Uniforms, jackets, wind suits, hoodies, and warm-ups will be properly fitted and worn appropriately (no sagging, pant legs up or down). During competition, student athletes will wear jerseys tucked in their pants/shorts unless the jersey is designed to be worn outside. Hats, caps, dew rags or other head dresses will not be allowed unless part of the uniform. Athletes will be well-groomed to the coach's satisfaction. No MP3/Ipod or any form of music with music with earphones will be allowed to be worn during competition.

Always remember when you are in a uniform that says "Southaven" or "Chargers," you are no longer an "individual" but a representative of your team, school, and community. **ALWAYS PLAY AND ACT WITH DIGNITY AND CLASS.**

Insurance

All students must have health and accident insurance coverage to participate in athletics. Southaven High School and Desoto County Schools does not provide accident insurance to participate in athletics. For students to participate in athletics, parents must verify their child is covered by an insurance policy or purchase coverage on their child. Varsity football, school time, and 24 hour coverage insurance policies may be purchased through the school. These policies are provided through Directors of Athletics' Office.

It must be clearly stated that no accident insurance plan is comprehensive. It is certainly possible that a child could be seriously injured resulting in sizable medical costs for which parents are responsible. Serious injury could result in disability, paralysis, or even death.

Policy information and claim instructions forms for insurance purchased through the school may be picked up in the Directors of Athletics' Office at the high school.

Quitting A Sport

Any student-athlete wishing to quit a sport must first meet with the athletic director. The athletic director or the coach of the sport will then contact the athlete's parents or guardians. If a student athlete quits a sport at any time during the season, he/she is not eligible to participate in another sport until the season of the sport dropped is over unless there is a mutual agreement between the two coaches involved.

Athletic Training

Injuries are an inherent part of athletics. To help minimize the risk and manage injuries that may occur, Southaven High School provides the sports teams with a certified trainer. These professionals are at numerous contests. They assist in injury prevention, the recognition/evaluation and assessment of injuries, and illness, and the immediate care, treatment, and rehabilitation of these injuries. The athletic trainer is also an important link to the healthcare delivery system by serving as a liaison among athletes, parents, coaches, physicians, allied health professionals, and administrators to facilitate healthy participation and interscholastic athletics. **Please note that due to the large scope of our athletic program a trainer may not be present at all contests.**

Lettering Policy

Each sport will set requirements for an athlete to win a varsity letter. These requirements are on file in the Directors of Athletics' Office. Lettermen jackets will be purchased by the individual student-athlete. **Southaven High School does not purchase lettermen jackets.** To receive a jacket, the athletes must meet the following requirements:

- a. Lettered in sport
- b. Be a current team member of sport lettered in
- c. Purchase jacket through Directors of Athletics' Office.
- d. Athletic letter jackets will be purchased in December for fall sports, and May for winter and spring sports.
- e. (Due dates for money to be determined by the Directors of Athletics)

Hazing

The National Federation of High Schools defines hazing as "any humiliating or dangerous activity **expected** of a student to belong to a group, regardless of their willingness to participate." Hazing includes acts that carelessly or intentionally endanger the physical or mental health or the safety of another person for the purpose of initiation or as a condition for the membership or affiliation with a school organization or a promotion to a grade level.

Examples of hazing include, but are not limited to the following:

- a. Forced consumption of any drink, drug or controlled substance
- b. Forced prolonged isolation

- c. Forced exposure to the elements
- d. Forced participation in pranks or unlawful acts
- e. Other forced activity
- f. Sleep deprivation
- g. Carrying physically heavy items
- h. Other activities that cause humiliation, physical or mental harm

Mississippi has a strong Anti-Hazing Law that provides punishment in the forms of fines and/or imprisonment to the person or persons found guilty of hazing. Southaven High School has a zero tolerance policy towards hazing. Students and student athletes are not to participate in any form of hazing activities. Students should report any form of hazing to the coach, a principal or Director of Athletics.

Social Media

Any student-athlete who post anything that is determined detrimental to Southaven Athletics on any social media outlet including Instagram, Twitter, Facebook, etc., could face discipline from their team and/or school and this could result in dismissal from their team.

Parent/Coach Communication

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

1. Communication You Should Expect from Your Child's Coach:
 - a. Philosophy of the coach
 - b. General expectations
 - c. Location and times of all practices and contest
 - d. Team requirements, special equipment, strength and conditioning programs
 - e. Procedure if your child is injured
 - f. Team rules guidelines and consequences for actions
 - g. Lettering criteria
 - h. Team selection process
2. Communication Coaches Expect from Athletes/Parents:
 - a. Concern regarding your child's general welfare
 - b. Notifications of any scheduling conflicts well in advance
 - c. Notification of illness or injury as soon as possible
3. Appropriate concerns to discuss with coach:
 - a. Ways to help your child improve
 - b. Concerns about your child's behavior
 - c. Concerns about your child's grades

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals; they make decisions based on what they think is best for the team and all student athletes involved. As you see from the list from above, you see certain topics can be and should be discussed with your child's coach.

4. The topics listed below ***should not*** be discussed with your child's coach:
 - a. Playing time
 - b. Team strategy
 - c. Play calling
 - d. Other student athletes

There are situations that may require a conference between the coach and student athlete or the coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position.

5. If you have a concern to discuss with the coach (from section 3):
 - a. Call the coach first
 - b. If the coach cannot be contacted, call the Director of Athletics
 - c. Please never try to contact a coach before, during and after an athletic contest. These can be emotional times for both the parent and coach. Meetings of these types usually do not promote a positive resolution.

6. What to do if the meeting with the coach does not provide a satisfactory solution:
 - a. Call and set an appointment with the Director of Athletics to discuss the situation.
 - b. At this meeting, the appropriate next step can be determined

NCAA Eligibility and the ACT

1. Meet with your counselor and be sure you have the core courses you need!

2. Register with the Eligibility Center at the end of your junior year
<https://web1.ncaa.org/eligibilitycenter/common> and save your PIN so you can check your status online periodically. YOU MUST REGISTER WITH THE ELIGIBILITY CENTER TO PLAY COLLEGE SPORTS!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

3. Have your high school counselor send your transcript to the Eligibility Center at the end of your junior year sure they are sending the documents to the new Indianapolis address and NOT Iowa City).

4. You are also registering with the Amateurism Clearinghouse at the same time at the same website...be sure to pick a sport, answer all questions and finalize your amateurism status.

5. Send your SAT or ACT scores to the Eligibility Center each time you take the test by filling in 9999 in the score reporting section.

6. Follow up and be sure your high school counselor send yours final transcript with your proof of graduation at the end of your senior year.

ACT Test Dates	ACT Registration Deadline	ACT (Late Fee Required)
September 10, 2016	August 5, 2016	August 6-19, 2016
October 22, 2016	September 16, 2016	September 17-30, 2016
December 10, 2016	November 4, 2016	November 5-18, 2016
February 11, 2017*	January 6, 2017	January 7-20, 2017
April 8, 2017	March 3, 2017	March 4-17, 2017
June 10, 2017	May 5, 2017	May 6-19, 2017

**Southaven High School
Athletic Participation Guideline
Acceptance Form**

To: Parents of Student Athlete
From: Wes Pounds, Director of Athletics, Southaven High School
Re: Athletic Participation Guideline

Welcome to Southaven Athletics! Our program represents the very best in competition, coaching, equipment, schedules and organization. We believe we are one of the strongest athletic programs in Mississippi.

The Southaven Department of Athletics has put together an athletic participation guideline for parents and student athletes who will be competing in one or more athletic programs at Southaven High School. The contents of the Athletic Participation Guideline will help you better understand our athletic program and the procedures and expectations that come with participating in athletics at Southaven High School. I have faith that you and your child will have a total commitment to our coaches, school and athletic program. By making this commitment, your child and our athletic teams can reach their full potential.

After reviewing the Athletic Participation Guideline, please read, sign and return to school by your child. Please make special note of the NCAA academic requirement listed to enter college.

I/we acknowledge that I/we have reviewed the Southaven High School Athletic Participation Guideline. I/we acknowledge my/our understanding of the contents of the Athletic Participation Guideline. Further, I/we acknowledge that I/we have the right to contact the Southaven High School Director of Athletics office at any time regarding rules, policies, regulations and procedures in the Athletic Participation Guideline.

Grade: (circle one) 9th 10th 11th 12th

Printed name of Student Athlete: _____

Printed name of Parent/Legal guardian: _____

Signature of Parent/Legal Guardian: _____

Date: _____

PLEASE NOTE!! This form must be signed and on file in the Directors of Athletics' office for a student athlete to be eligible for any athletic competition.