

James River High School



*Student/Parent Athletic
Handbook
2016-17*

James River High School Athletic Department

Student Athletic Handbook

James River High School would like to welcome you to our athletic program. We have an outstanding program that is committed to excellence in academics and athletics. The James River staff seeks to provide each athlete the opportunity to develop his / her individual talents to the fullest within the framework of the team. The welfare of each student-athlete and the rules of good sportsmanship are of prime concern in the daily conduct of our program.

James River operates under the rules of the Virginia High School League, the Dominion District, Conference 3, 6A South section and the Chesterfield County School Board. This handbook is to provide you with some of the major rules and regulations under which we operate and also to provide you with other information concerning your participation in the athletic program.

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James River High School **Athletic Department 2016-17**

Director of Student Activities – Chip Boone
Athletic Office – 378-2429
E-Mail Charles_boone@ccpsnet.net

Coaches / Sponsors

Fall Sports

Cross Country [Girls and Boys] – Chris Calfee and Jeff Raskind
Field Hockey – Barrett Wright
Football – Bobby Henderson
Golf – Tim Llewellyn
Volleyball [Boys] – Michael Blankenbecler
Volleyball [Girls] – Micah White

Winter Sports

Assistant Director of Student Activities- Paul Williams
Basketball [Boys] –Andrew Blazar
Basketball [Girls] – Ned Flemming
Indoor Track – Cornell Core
Wrestling – James Riley

Spring Sports

Assistant Director of Student Activities- Paul Williams
Baseball – Bryan Hannum
Soccer [Boys] – Forsan Radwan
Soccer [Girls] – Ian Stowe
Softball – David Chase
Track – Cornel Core
Tennis [Boys] – Chris Calfee
Tennis [Girls] -- Nadia Hassan
Lacrosse [Boys]- Rob Helsley
Lacrosse [Girls]- Cherie Miller
Crew- Michael Johnson/David Kielbowick

Year-Round Activities

Dance Team – Juli Garrett
Cheerleading –Gina Morgan
Competition Cheer-Gina Morgan
Athletic Trainer-Jessica Brady- CJW Sports Medicine

Conference 3 and 6A South Information

For the 2015-16 school year we will continue to play a dominion district regular season schedule, but for the play-offs we will be in Conference 3 with: Thomas Dale, Manchester, Cosby, Clover Hill, and Franklin County. A conference tournament will take the place of the district tournament. A Sectional tournament will take the place of a region tournament. The Central Region is no longer in existence so we are now in the 6A South section with the following schools: Conference 1-Bayside, First Colonial, Cox, Granby, Landstown, Ocean Lakes, Tallwood. Conference 2-Bethel, Grassfield, Kecoughtan, Oscar Smith, Western Branch, Woodside. Conference 3-James River, Cosby, Thomas Dale, Manchester, Clover Hill, Franklin County. Conference 4- CD Hylton, Colonial Forge, Forest Park, Gar-Field, River Bend, Stafford, Woodbridge. The 6A South section replaces the Central Region. The VHSL has classified schools from 1A-6A. In most sports there will now be 6 state champions. In some sports several classes will be combined for a state champion. More information on the new classifications can be found at www.vhsl.org. This format is new to everyone in the state and there may be some changes after the first year or two. There will be significantly more travel involved in the play-offs with this new format for James River High School.

Virginia High School League Eligibility Rules

In order to represent James River in any VHSL interscholastic contest a student shall meet the following VHSL requirements:

Bona Fide Student Rule-The student must be a regular bona fide student in good standing at JRHS. Any student under penalty of suspension, or whose character or conduct is such as to reflect discredit upon JRHS, is not considered in good standing.

Grade Rule-The student must be enrolled in the last four years of high school.

Semester Rule-The student is eligible for eight consecutive semesters from the date that they enter the ninth grade for the first time. The eight semesters count whether the student is enrolled in school or not.

Age Rule-The student shall not have reached the age of 19 on or before the first day of August of the school year that he/she wishes to compete.

Scholarship Rule-The student shall have passed five subjects offered for credit and which may be used for graduation for the immediately preceding semester, and shall be enrolled in five credit subjects for the current semester.

-Multiple credit classes count as multiple subjects (Ex. Voc. Tech)

-Classes taken over that the student has previously passed may not be used as credit subject.

Athletic Participation/Parent Consent/Physical Examination Rule-Prior to trying out for or beginning practice with any team, the student must turn in a completely filled in and properly signed VHSL (white) Parental Consent/Physical Form. The form must attest that the student has been examined by a physician and found physically fit to participate and that they consent to his / her participation. The student must have a new physical (dated after May 1) for each school year.

Transfer Rule-The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding move on the part of his / her parent(s) or guardian.

Amateur Rule-The student shall be an amateur.

Awards Rule-The student shall not have accepted any awards other than those such as letters, plaques, trophies, etc., presented or approved by the school.

All-Star Participation Rule-The student shall not have participated in any all-star contests.

Sportsmanship Rule-The student shall conduct himself in a sportsmanlike manner at all times. Any student who in protest lays hands or attempts to lay hands on an official may be declared ineligible for up to one year. Any student who strikes an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period of time, up to one year, depending on the seriousness of the act.

Ejection of a Player-Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the team's next contest. A player ejected for fighting shall be ineligible for the team's next two contests.

Penalty for Giving False Information-Any student, or his parents, who gives false information, either written or verbal, that affects his/her eligibility, shall become ineligible at any VHSL school for a period of one year.

Questions concerning VHSL rules and eligibility should be directed to Chip Boone, Director of Student Activities. [Office 378-2429]

James River Athletic Department

Regulations and Policies

School Attendance

Athletes must be in attendance for a minimum of two blocks per day in order to practice or play in a contest. Family emergencies and medical appointments must be excused by the Director of Student Activities.

Transportation

Transportation provided by the school must be ridden both to and from contests.

When approved by the head coach or director of student activities, students may ride home with a parent. **There may be some athletic contests where transportation is not provided by the school.**

Equipment

Each athlete is responsible for all school equipment that is issued to him/her. No athletic awards or letters will be given to any athlete with outstanding equipment. Athletes will be charged the replacement cost of any equipment not returned.

Eighth Graders Participating at the High School Level

Eighth graders may try out for the teams at James River High School in sports that are not offered at the middle school and where James River has a JV or freshman team. [football, field hockey, volleyball, wrestling, lacrosse, baseball and softball]. Eighth graders trying out must live in the James River attendance zone. Exceptions to the attendance rule must be approved by the James River principal and the principal of the school zone in which the student lives.

Workouts / Open Gyms

Students participating in any workouts, including the weight room, open gym or conditioning program, must have a current VHSL physical and concussion form on file with the school. The student must also be an enrolled student at James River or from a feeder middle school in the James River zone.

Medical Procedures and Warning

The James River Athletic Department attempts to make participation in our athletic programs as safe as possible. However, injuries do occur in athletics and **athletes and parents are warned that serious injury may result from participation in our athletic program.** In the event of an injury to an athlete the following procedures will be used:

1. First Aid will be administered to the injured athlete.
2. If the injury is of a serious nature, the parents and if necessary, the rescue squad will be called.
3. Athletes under a doctor's care must be released by the doctor before returning to competition.
4. Athletes should notify their coach and the trainer if they are injured.

Standards of Conduct

The James River Athletic Department has established the following standards of conduct to insure that the athletes that represent James River High School conduct themselves in an appropriate manner. Violation of the following will result in disciplinary action that may include suspensions or dismissal from the team.

1. Use of tobacco or illegal use of alcohol or drugs.
2. Unexcused absences from practices or games.
3. Theft or destruction of school property including the property of schools that James River is visiting.
4. Unsportsmanlike or disrespectful conduct toward coaches, school officials, game officials, teammates or opponents.
5. Other actions detrimental to the team including involvement in disciplinary actions within the school.
6. Students placed in in-school detention will be suspended for a minimum of 1 game, the first game after being placed in ISD.
7. Students suspended out-of-school will be suspended from all practices and games for a minimum of one week.
8. Any student suspended under the Chesterfield County drug and alcohol policy is suspended from all activities for a period of 45 days. **(Chesterfield County School Board Policy)**
9. Any player ejected from a contest for unsportsmanlike conduct will be automatically suspended from the next contest. **(VHSL Regulation-Any student ejected for fighting will be suspended for the next two contests.)**

Any athlete that is dismissed from a team or quits a team after the season begins may not begin practice or workout with another team until the season of the team from which they were dropped has been completed. [Exceptions to this rule may only be approved by the Director of Student Activities].

VHSL Sportsmanship

All Athletes at James River High School Are Expected To Abide by The VHSL Sportsmanship Code at All Times.

Be Courteous to All

Know the Rules

Abide by and Respect the Officials Decisions

Win With Character, Lose With Dignity

Display Appreciation for Good Performance

Exercise Self-Control

Permit Only Positive Behavior

Parent and Fan Expectations

As a parent and fan of James River athletics, your support of your child at athletic events is important to your child and the school. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials, and other fans. Rude and obnoxious behavior will not be tolerated at any James River contests. If it becomes apparent that you are unable to exhibit good sportsmanship, you will be asked to leave the contest.

The enclosed Sportsmanship Expectation Page must be signed by the student/athlete and returned. This page must be attached to the physical form before athletes may participate.

The Profile of the ideal parent of an athlete

- Support your child and attend as many contests as possible.
- Avoid putting pressure on your child to start, score, or be the star of the team.
- Support the coach in public around other parents and fans.
- Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child's hope for improvement in the sport.
- Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school and participation in athletics is a privilege not a right.
- Serve as a good role model for the students, athletes, and other fans.
- **Contribute as members of the boosters club. This means joining and volunteering to help with projects and committees.**
- Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.
- Attend the preseason parent's meeting and read the "Student Athletic Handbook."
- Serve as beacons of good sportsmanship.
- Show respect to everyone involved in high school athletics – the coach, athletes, fans, officials, administration.
- Follow the chain of command at James River High School when you have a concern.
- Express concerns and questions in a courteous manner and do it at the right time and in the proper setting.
- Abide by all the regulations and procedures for our athletic program

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

NCAA INITIAL ELIGIBILITY REQUIREMENTS

- WHEN TO APPLY?** AT THE END OF THE STUDENT'S JUNIOR YEAR
- HOW TO APPLY?** VISIT THE WEBSITE www.eligibilitycenter.org
- WHAT COURSE WORK DO I NEED?**
- FOR DIVISION I SCHOOLS, A STUDENT MUST HAVE 4 YEARS OF ENGLISH, 3 YEARS OF MATH AT OR ABOVE ALGEBRA 1, 2 YEARS OF SCIENCE, 1 YEAR ADDITIONAL OF ENGLISH, MATH, OR SCIENCE, 2 YEARS OF SOCIAL STUDIES, 4 ADDITIONAL CORE COURSES (E.G. WORLD LANGUAGES). 16 CORE COURSES ARE REQUIRED.
- FOR DIVISION 2, THE REQUIREMENTS ARE THE SAME EXCEPT ONLY 3 YEARS OF ENGLISH ARE REQUIRED, 2 YEARS OF MATH, 3 ADDITIONAL CORE COURSES, AND 2 YEARS OF ADDITIONAL ENGLISH, MATH, OR SCIENCE. 14 CORE COURSES ARE REQUIRED.
- HOW DO I FIGURE MY GPA?** USE ONLY FINAL GRADES FOR THESE COURSES AND DROP ANY PLUSSES. THE MINIMUM GPA FOR DIVISION 2 IS 2.0.
- WHAT COURSES ARE ELIGIBLE?**
- VISIT THE CLEARINGHOUSE WEBSITE. A NEW RULE IS THAT 8TH GRADE COURSES FOR HIGH SCHOOL CREDIT CAN COUNT. HONORS AND AP COURSES CARRY HONORS' WEIGHT.
- TESTING**
- DIVISION 1 HAS A SLIDING TEST SCALE—SEE YOUR COUNSELOR FOR DETAILS.
- DIVISION 2 HAS A MINIMUM SAT REQUIREMENT OF 820 AND AN ACT SUM SCORE OF 68.
- SCORES MUST BE SENT DIRECTLY TO THE NCAA—USE CODE 9999.
- WHAT ABOUT FEE WAIVERS?**
- FEE WAIVERS ARE AVAILABLE IF THEY WERE USED FOR SAT/ACT TESTING AND REQUIREMENTS WERE MET.
- WHAT IF I WENT TO MORE THAN 1 HIGH SCHOOL?**
- ORIGINAL TRANSCRIPTS MUST BE SENT FROM EACH HIGH SCHOOL THAT THE STUDENT ATTENDED. NCAA HAS AGREED TO ACCEPT A JAMES RIVER TRANSCRIPT IF THE STUDENT PREVIOUSLY ATTENDED ANOTHER CHESTERFIEL COUNTY HIGH SCHOOL
- WHERE CAN I GET MORE INFORMATION?** ASK YOUR SCHOOL COUNSELOR.

College bound student-athletes entering a Division I College or University on or after August 1, 2015 will need to meet new academic rules in order to receive athletics aid(scholarship), practice or compete. You can get this new information from your school counselor or form Mr. Boone.

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **ATHLETES**

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- Can happen even if you haven't been knocked out.
- Can be serious even if you've just been "dinged" or "had your bell rung."

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice **one or more** of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:

Don't hide it. Report it. Take time to recover.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



HEADS+UP CONCUSSION IN HIGH SCHOOL SPORTS

A FACT SHEET FOR **PARENTS**

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports **one or more** symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents or Guardians	Symptoms Reported by Athlete
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (<i>even briefly</i>) • Shows mood, behavior, or personality changes • Can't recall events <i>prior</i> to hit or fall • Can't recall events <i>after</i> hit or fall 	<ul style="list-style-type: none"> • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light or noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not “feeling right” or is “feeling down”

How can you help your teen prevent a concussion?

Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.

- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion?

1. **Keep your teen out of play.** If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.
2. **Seek medical attention right away.** A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.
3. **Teach your teen that it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that s/he's “just fine.”
4. **Tell all of your teen's coaches and the student's school nurse about ANY concussion.** Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion:

Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional.

It's better to miss one game than the whole season.

For more information and to order additional materials *free-of-charge*, visit: www.cdc.gov/Concussion.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



INSURANCE

James River High School strongly recommends that all participants in our athletic program be covered by a private medical-accident insurance policy or purchase the student accident insurance that is offered through the school. **Adequate insurance coverage for each athlete is the responsibility of the parent or guardian.**

School accident insurance is offered to the students during the first week of school and is handled by First Service Insurance. If you need to purchase the insurance for fall sports (prior to the opening of school) please see the coach of the team or the director of student activities for the insurance enrollment application and explanation of benefits. School accident insurance will cover athletes in all sports and activities except varsity football. A separate policy for varsity football is available for purchase.

VHSL CATASTROPHIC ACCIDENT INSURANCE COVERAGE

All students participating in interscholastic sports and activities under the jurisdiction of the VHSL are covered by the Lifetime Catastrophic Accident Insurance Plan. **This plan does not cover normal injuries but is a supplemental plan that begins benefits only when the expenses for a major covered injury have exceeded \$25,000.** For additional information on this plan or to file a claim, please see the director of student activities.

Please complete the attached insurance form and return. This form must be attached to the physical form before athletes may participate.

James River High School Athletic Department

Handbook Signatures

Name of Athlete _____

Grade _____

I have read the James River Student Athletic Handbook and reviewed the regulations and policies under which the athletic department operates.

Signature of Athlete

Date

Signature of Parent or Guardian

Date

James River High School Athletic Insurance Form

Name of Student _____ Grade _____

I hereby certify that the student named above is covered by the medical-accident insurance listed below and that I accept the responsibility for the medical costs of this student.

_____ Student covered by school accident insurance. Date Purchased ____ / ____ / ____

_____ Student covered by the following insurance policy.

Insurance Company _____

Policy Number _____

_____ **Student not covered by insurance. I accept full responsibility for the medical expenses of the student listed above.**

Signed by Parent / Guardian _____ Date ____ / ____ / ____

Please sign and return. Must be attached to physical form.

Student Athlete Sportsmanship Expectation Form

(From Virginia High School League Handbook)

The Athlete Should:

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

My signature affirms that as a student athlete representing a Chesterfield County Public Schools team, I have read and understand the sportsmanship expectations listed above. Further, I agree, at all times, to abide and practice these behaviors understanding the failure to do so may result in consequences including, but not limited to, sanctions from the Virginia High School League (VHSL) and the school pertaining to continued or future participation in any VHSL activity.

Student Name (Please Print): _____

Student Signature: _____

Date: _____

[This form will remain on file in the office of the Director of Student Activities]

The Chesterfield County public school system does not unlawfully discriminate on the basis of sex, race, color, age, religion, disabilities or national origin in employment or in its educational programs and activities.

PLEASE SIGN AND RETURN THIS FORM