

ATHLETIC
HANDBOOK
K for
STUDENT
ATHLETES

16-
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Spain Park High School, Hoover High School, Berry Middle School, Bumpus
Middle School, Simmons Middle School

Hoover City
Schools

TABLE OF CONTENTS

MISSION STATEMENT	3
SPORTSMANSHIP	3
ALABAMA HIGH SCHOOL ATHLETIC ELIGIBILITY	4
HOOVER CITY SCHOOLS ATHLETIC ELIGIBILITY	4
ATTENDANCE ELIGIBILITY	4-5
SCHOOL DISCIPLINE	5
AWARDS	5
INFORMATION FOR ATHLETES	5-7
DRUG SCREENING POLICY	7-10
ACADEMIC REQUIREMENTS	10-13
ACKNOWLEDGEMENT OF ATHLETIC HANDBOOK & MEDIA RELEASE	15

**HOOVER CITY SCHOOLS
ATHLETIC HANDBOOK
FOR STUDENT ATHLETES**

MISSION STATEMENT

Our mission is to provide learning opportunities through educational athletics that will empower our student athletes to grow as lifelong learners.

The Athletic Handbook will in no way supersede or replace policies set forth in the Hoover High School Student Handbook.

SPORTSMANSHIP

A policy statement from the **National Federation of State High School Associations** expresses the concept of sportsmanship as follows:

“The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual’s influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.”

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators. Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All AHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

Assault of sports officials, coaches, or administrators (SB-16): This bill became law on March 31, 2002, and creates new crimes of harassing, menacing, and assaulting sports officials, coaches, and administrators. The punishments are harsher than normal for convictions of harassment, menacing, and assault. For example, a second-degree assault can carry a

sentence of up to 10 years in prison, but under the new law, a second-degree assault of a sports official, coach, or administrator could result in a sentence of up to 20 years.

Student athletes and parents are responsible for paying AHSAA fines. Fines must be paid by no more than seven days after the incident.

ALABAMA HIGH SCHOOL ATHLETIC ELIGIBILITY: Please reference www.ahsaa.com

BEFORE THE FIRST PRACTICE

The following things are required by the student athlete **before the first practice** with any team:
1) Take and pass physical examination and turn it in to the Athletic Office; 2) Complete the AHSAA Release form, Concussion form and Hoover City Schools Consent Form 3) Proof of medical insurance.

The following things are required by the student athlete **before the first contest** with any team:
1) Meet academic eligibility requirements; 2) Attend parent/athlete team meeting – parent and athlete sign “Acknowledgment of Athletic Handbook” document; 3) Complete the STAR Sportsmanship Program.

HOOVER CITY SCHOOLS ATHLETIC ELIGIBILITY

Students must display qualities of good citizenship if they wish to participate in extracurricular activities. Failure to be a good citizen at all times may result in probation and/or suspension from all extracurricular activities. This includes appropriate internet usage, off campus activity, and activities that violate moral turpitude, etc. Playing athletics for Hoover City Schools is a privilege and should be treated as such.

The Alabama High School Athletic Association Constitution states:

Any pupil who is under temporary suspension or whose character or conduct is such as to reflect discredit upon the school is not eligible. A student’s attendance, attitude, and classroom effort must be acceptable to the school in which the student is enrolled. Rule 1, Section 15, AHSAA By-Law

ATTENDANCE ELIGIBILITY

Students must currently be enrolled in the school’s feeder pattern (a Hoover City School) to tryout or participate in extracurricular activities.

Daily attendance at school and practice is expected. In order for an athlete to be eligible to participate in any after-school activity he/she must be present in school on the day of the activity. If the activity is to be held on a Saturday, then the student must be in attendance in school on the preceding Friday.

To be considered in school a student may be in school at least one-half of the school day. Students are required to be in school a minimum of 3 hours and 30 minutes on said day. If he/she is not in school from that time until the end of the school day, then he/she is not to participate or be involved in any way with the activity. Practices are considered an activity. Any exceptions must have the approval of the principal. An athlete must be in school on a regular basis in order to be eligible to participate in athletics. An athlete who accumulates an excessive number of absences or tardies as designated in the student handbook will be placed on probation for a specified time period. If absences continue during this time, the athlete will then be suspended from athletic participation until it is clear that the attendance problem is resolved. An athlete who has excessive tardies to school and/or classes will be subject to restriction from athletic participation.

SCHOOL DISCIPLINE

Attendance at athletic events, whether a participant or spectator, and at practice is prohibited during the suspension period. If school rules are broken, the student athlete will be subject to the normal punishment for such misbehavior as well as subject to penalties under the Athletic Handbook. In no case will athletic rules circumvent or take the place of school rules. The student athlete will not be eligible to participate in contests and practices during the suspension period.

AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and observance of athletic policies. Student athletes, managers, trainers, and cheerleaders are eligible to earn awards. Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. **No awards will be issued to an athlete until all equipment for his/her sport is turned in to the coach.**

INFORMATION FOR ATHLETES

Accidents/Injuries

All accidents or injuries, at home or away, are to be reported to the trainer and/or coach immediately.

Changing a Sport/Quitting a Team

If a student athlete is cut from a team, he/she may join another team or program in that sport season. A student athlete cannot quit one sport to join another sport until that sport season is concluded. For example, one cannot quit football to go out for basketball until football season is completed. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches. Appeal can be made to the athletic director if circumstances warrant consideration.

A request for appeal and/or conference should be processed in the following order:

- Player to Coach
- Player and parent to coach
- Player, parent, coach and Athletic Director
- Player, parent, coach, Athletic Director and Principal

Conflicts Between Activities

Students are sometimes involved in concurrent activities, and there may be conflicts in schedules. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the student athlete will play in it.

Doctor Visits

Medical expenses are the responsibility of the athlete/family. Written verification from the doctor is required when a physician removes an athlete from practices or games. Written verification from the doctor is required to return to athletic competition.

Dress

Participation in Hoover athletics is a privilege, not a right. To be successful the participant must be well disciplined and willing to put aside individualism for the benefit of the team. Conforming to a dress code is part of this process. It is very important to our team/school reputation that our student athletes dress appropriately during the school day and at all school functions. An individual coach may add additional rules related to the dress code outside of the school handbook for his or her team.

Equipment

Equipment checked out by the athlete is his/her responsibility. It is to be kept clean and in good condition. Loss of issued equipment will be the athlete's/parent's financial obligation. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met. Equipment includes any issued supplies from the training room. Multi-sport athletes must turn in all equipment from previous sport before beginning their next sport. For example, a football player must return all equipment before he starts the basketball season.

Insurance

All Hoover student athletes are required to have medical insurance and must supply information verifying such before participating in practice and/or competition.

Parent Behavior at games

Parents should conduct themselves in a positive manner at games. Parents should display good sportsmanship.

Parent Participation (Practice or Tryouts)

Parents may attend a practice or at the discretion of the coach. The coach may close practice at any time without notice.

- **Parent video**-parents must seek permission from the coach to video/record any practice or game. No video of tryouts is allowed.

Participation in Two Sports in One Season

Student athletes may participate in more than one sport during one season with the approval of both coaches. Practice schedules will be worked out between the coaches involved. Consideration should be given to the importance of the sport (ex. Varsity versus non-varsity, playoffs versus regular season, and the games versus practice). If contests conflicts, coaches will decide in which contest the student athlete is to complete. The student athlete must realize that extra time for practice is necessary to complete in two sports in one season. The student athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the student athlete may be cut from the sport(s).

Team Tryout Policies

Each coach of varsity sports has his/her policy on how he/she will choose his/her team. Arrangements for tryouts must be made for athletes involved in overlapping sports seasons. It is the responsibility of the student athlete to contact the coach and discuss possible conflicts well in advance of tryouts. A student athlete may be cut from a team anytime during a season for appropriate reasons.

Training Room (High Schools)

The training room is available to all athletes. Athletes are offered a wide variety of services to help meet the demands of athletic competition. The following are guidelines to be followed when using the training room.

1. No student is permitted in this room without the athletic trainer or coach being with him/her.
2. Only student athletes needing treatment and/or rehabilitation of an athletic injury are allowed in this area.
3. All taping, bandaging, and treatments will be done by the athletic training staff.
4. Wear appropriate clothing. We are co-ed facility.
5. Take a shower after practice before receiving treatment.

6. Only the athletic training staff is to switch the whirlpool on or off.
7. Do not use or remove supplies without permission. No athlete may participate until all issued supplies have been returned or paid for.

Transportation

Transportation to athletic events is provided by the Athletic Department when appropriate. Parents may be called upon, at times, to help transport his or her athlete to a contest.

***Under no circumstances will an athlete transport other athletes. Faculty/Staff/Non-Faculty Coaches cannot transport athletes.**

DRUG SCREENING POLICY

The Athletic Handbook will in no way supersede or replace policies set forth in the Hoover High School Student Handbook.

STUDENT DRUG TESTING OF ACTIVITY STUDENTS FOR REASONABLE SUSPICION

Activity students are members of any HCS sponsored organization that participates in interscholastic competition and/or performance teams. Activity students can be tested for substance abuse provided both of the conditions are met.

- The student is at school, a school activity, or is otherwise under school supervision, including but not limited to supervised times before, during, or following a practice, performance, or competitive event; AND
- There is a reasonable suspicion or belief based upon observation, information, or other source, that the student has used drugs in violation of board substance abuse policy.

FORMAT FOR STUDENT DRUG TESTING OF ACTIVITY STUDENTS FOR REASONABLE SUSPICION

1. Names of students eligible for random testing will be submitted to 3rd Party Testing Agency, the district contracted third-party testing agent.
2. At various times during the year, a third party testing agency will provide school administrators a list of students to be tested based on a random selection by the third party testing agency's computer program.
3. Upon receiving the list of students, school administrators will partner with the third party testing agency to conduct the drug screening process.
4. Drug screenings will be conducted randomly throughout the school year.

5. Students selected for drug testing and their parent/guardian will not receive notice prior to the screening, but the parent/guardian will be notified afterward that the student was tested.
6. Positive results will be reported to parent/guardian by the third party testing agency and to school administrators by the third party testing agency. The principal will initiate an intervention and consequence plan for students who test positive for drug use.

INTERVENTION & CONSEQUENCES FOR POSITIVE RESULTS FOR ACTIVITY STUDENTS TESTED UNDER REASONABLE SUSPICION

Intervention Plan for Positive Results for Students Drug Tested Based on Reasonable Suspicion

Principal will notify school social worker interventionist of positive results, and interventionist will contact parent to set up meeting with parent or legal guardian and student.

- Meeting is held at school, central office, or student services
- Parent or legal guardian and student are given the following information:
 - outside assistance agencies/programs;
 - effects of drug/alcohol use on adolescent brain/physical development;
 - indicators for abuse and addiction;
 - parental strategies for detection and monitoring;
 - information specific to the substances identified in the positive test;
 - recommended follow-up meetings with interventionist/student

Consequence Plan for Positive Results for Activity Students Drug Tested Based on Reasonable Suspicion

Principal and activity sponsor/coach/athletic director will meet with student and parent or legal guardian to review consequences.

- *1st Positive Result*
 - Suspension from practice and participation in all extracurricular competitive activities for one calendar year
 - Negative result drug test administered through 3rd Party Testing Agency at cost to the parent/legal guardian before student is reinstated as eligible to practice or participate in extracurricular competitive activities
 - Suspension of driving privileges for 45 days, including after school events on any HCS campus or property if student is a licensed or permitted driver*
- *2nd Positive Result*
 - Permanent suspension from practice and participation in all extracurricular competitive activities
 - Suspension of driving privileges for 90 days, including after school events on any HCS campus or property if student is a licensed or permitted driver

**Penalties for Activity Student Who Are Also Student Drivers And Who Do Not Comply With Consequence Plan

- *1st offense of failure to comply*
suspension of driving privileges for one calendar year and disciplinary action for Class 2 Defiance of Authority.
- *2nd offense of failure to comply*
permanent suspension of driving privileges and disciplinary action for Class 2 Defiance of Authority.
- *3rd offense of failure to comply*
Class 3 Defiance of Authority resulting in alternative placement for 45 instructional days contingent on the successful completion of those instructional days OR recommendation for expulsion.
- *Any subsequent offense of failure to comply*
Class 3 Defiance of Authority
Recommendation for expulsion

STUDENT ALCOHOL ABUSE

The abuse of alcohol by underage individuals is a significant national problem. Our school administrators and school resource officers believe it is important to send a strong message to students and parents about alcohol abuse as well as address intervention and discipline in a consistent manner.

STUDENT POPULATION ACCOUNTABLE

- All HCS students present at any HCS event and/or activity either on or off campus

SCOPE OF CONSIDERATION

- Student's behavior
- General observations of student's physical state (i.e., slurred speech, impaired motor skills, odor of alcohol, loud/boisterous talking, etc.)
- Reports from other people about student's inappropriate behavior
- Observations by school administrators and/or law enforcement officers

INTERVENTION & DISCIPLINE

- PART ONE - Intervention Plan
 - Interventionist contacts parent to set up meeting with parent/student.
 - Meeting is held at school, central office, or student services.
 - Parent/student are given the following information:
 - outside assistance agencies/programs;
 - effects of drug/alcohol use on adolescent brain/physical development
 - indicators for abuse and addiction;
 - parental strategies for detection and monitoring;

- information specific to positive tests for drugs/alcohol;
 - recommended follow-up meetings with interventionist/student
- PART TWO - Disciplinary Consequences
 - o *1st incident*
 - alternative placement as per HCS Student Code of Conduct
 - intervention counseling specific to alcohol abuse
 - possible arrest
 - o *2nd incident*
 - alternative placement as per HCS Student Code of Conduct
 - additional intervention counseling specific to alcohol abuse ▪ possible arrest
 - o *3rd incident*
 - recommendation for expulsion as per HCS Student Code of Conduct
 - possible arrest

ACADEMIC REQUIREMENTS

Alabama High School Athletic Association Eligibility Requirements

Requirements

- Students entering the 10th and 11th and 12th grades must have passed during the last two semesters in attendance and summer school, if applicable, at least six new Carnegie units with a minimum composite numerical average of 70 in those six units.
 - o Four core curriculum courses must be included in those units passed and averaged. (English, mathematics, science and social studies are core curriculum courses. Any combination of these courses is accepted.)
 - o (2) Any student that accumulates more than four units of core courses per year may earn less than the required four core courses during the next school year and be eligible as long as the student remains on track for graduation with his/her class.

- Students entering the 8th and 9th grades must have passed during the last two semesters in attendance and summer school, if applicable, at least five new subjects with a minimum composite numerical average of 70 in those five subjects and must have been promoted to the next grade. Note: A new unit is one that has not been previously passed. A semester is half of a school year as defined by the local school system

*****AHSAA Eligibility does not guarantee NCAA Eligibility.**

College Athletic Eligibility Requirements

Grade 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org.

Grade 10

Register

- Register with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

Grade 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT and make sure we get your scores by using code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

Grade 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

NCAA Eligibility Center

For detailed information please check www.eligibilitycenter.org.

If you want to play sports at an NCAA Division I or II school, start by registering with the NCAA Eligibility Center at eligibilitycenter.org during your sophomore year.

Core Courses

This simple formula will help you meet the Divisions I and II core-course requirement:

4x4=16

4 English courses (one per year)
+ 4 math courses (one per year)
+ 4 science courses (one per year)
+ 4 social science courses (one per year)
16 NCAA CORE COURSES

Grade-Point Average

The NCAA Eligibility Center calculates your grade-point average (GPA) based on the grades you earn in NCAA-approved core courses. Visit eligibilitycenter.org for a full list of your high school's core courses.

Sliding Scale

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. If you have a low GPA, you need a higher test score to be eligible. Find more information about sliding scales at NCAA.org/playcollegesports.

Test Scores

You may take the ACT or SAT as many times as you want before you enroll full time in college, but remember to list the NCAA Eligibility Center (code 9999) as a score recipient whenever you take a test. We can accept official scores only from ACT or SAT and we won't use the scores from your high school transcript. If you direct the ACT or SAT to send us your scores every time you take a test, we will choose the best scores from each test subject to create your sum score.

Academic Standards

DIVISION I

To play sports at a Division I school, you must graduate from high school and meet ALL the following requirements:

1. Complete 16 NCAA core courses:
 - 4 years of English • 3 years of math (Algebra 1 or higher)
 - 2 years of natural/physical science (including one year of lab science if your high school offers it)
 - 2 years of social science
 - 1 additional year of English, math or natural/physical science
 - 4 additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
2. Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.
3. Earn at least a 2.3 GPA in your NCAA core courses.
4. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division I sliding scale.

DIVISION II

To play sports at a Division II school, you must graduate from high school and meet ALL the following requirements:

Before August 1, 2018

1. Complete 16 NCAA core courses.
2. Earn at least a 2.0 GPA in your NCAA core courses
3. Earn an ACT sum score of 68 or an SAT combined score of 820.

After August 1, 2018

1. Complete 16 NCAA core courses.
2. Earn at least a 2.2 GPA in your NCAA core courses.
3. Earn an ACT sum score or SAT combined score that matches your core-course GPA on the Division II sliding scale.

Core Courses for Division II

To play sports at a Division II school, you must complete these NCAA core courses:

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if your high school offers it)
- 2 years of social science
- 3 additional years of English, math or natural or physical science
- 4 additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy.

DIVISION III

Division III schools provide an integrated environment focusing on academic success while offering a competitive athletics environment. While Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit- or need-based financial aid.

If you are planning to attend a Division III school, you do not need to register with the NCAA Eligibility Center. Division III schools set their own admissions standard.

Please contact your College and Career Counselor for more information about College Requirements.

Hoover City Schools

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