

***HARMONY GROVE***

***CARDINALS***



***ATHLETIC  
HANDBOOK***



## OPENING STATEMENT

This material is presented to you because you have indicated a desire to participate in interscholastic athletics. We believe participation in sports provides a wealth of opportunity and experiences which will assist you in personal adjustment. We are concerned with the educational development of student/athletes through athletics and feel that a properly controlled, well-organized sports program meets the student's needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and to further each student's educational maturity. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of individuals within the objectives of a team.

We as school officials have committed ourselves to providing:

- A. Equipment and facilities
- B. Trained coaches
- C. Trained officials
- D. Transportation

We are pleased to share this educational experience with you. It is our goal that every student will develop the skills necessary to become an independent problem solving adult.

## PHILOSOPHY OF THE HARMONY GROVE ATHLETIC DEPARTMENT

The philosophy of the Harmony Grove Athletic Department is to maintain a broad-based program that will afford all students with athletic interest an opportunity for safe participation in the sports of their choice.

The coaches shall deal with the athletes with firmness and fairness in order to establish the leadership they respect and admire. They will create enthusiasm for success and encourage high ideals in the process. Coaches will establish goals and then create the desire to pay the price to attain these goals. They will also maintain an organization to which it will be an honor to belong.

## GOAL OF THE HARMONY GROVE ATHLETIC DEPARTMENT

Our goal is that student athletes will develop the skills necessary to become independent problem solving adults.

## OBJECTIVES OF THE HARMONY GROVE ATHLETIC DEPARTMENT

The athletic experience shall:

- A. Develop attitudes that must be a part of each individual for success in life. Specific attitudes are:
  - a. Educational goals – the main reason why student/athletes go to school is to receive an education; athletic participation is secondary.
  - b. Pride in performance
  - c. Sacrifice and persevering application
  - d. Competition to win – the purpose of athletics is to win, and to dilute the will to win is to destroy the purpose of athletic contests.
  - e. Sportsmanship – the good of the team comes before individual glory and desire.
- B. Develop in athletes an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits and cleanliness will be stressed at every opportunity.
- C. Encourage athletes physically, mentally and socially as they develop an appreciation for sports. They should become aware that this will take strength and courage.
- D. Base all teaching and learning situations on a sound progressive educational approach. Successful coaching is teaching at its best.
- E. Include coaches' training. Constant and improvement of techniques must

be evident if the athletic program is to be outstanding.

- F. Develop all programs in such a manner that the end result will be one of unity, harmony, and success. Mass participation is to be emphasized and encouraged below the varsity level.
- G. Attempt constantly to motivate athletes to be better students. Coach should display approval for achievement.
- H. Cultivate in all athletes a strong desire to be a Cardinal.
- I. Instill in all athletes the desire to represent their school and community in a manner that will make school administrators, teachers, parents and townspeople proud of them.
- J. Emphasize to athletes, at all levels of competition, the realization that athletic competition is a privilege that carries definite responsibilities with it. Some of the responsibilities are training, loyalty, eligibility, improvement, courage, and perseverance.
- K. Bring recognition – to attain success in athletics, the participants must train their minds and bodies to respond instantly and effectively to multitude of situations that arise during the course of play. This, of course, parallels success in later life.

The competitive world – among children as well as adults – is neither gentle nor overly kind. In such a world, however, the student/athlete under wise direction begins to grow toward social maturity by learning to:

1. Suffer mild hurts, mental and physical
2. Control emotional outbursts
3. Overcome feelings of fear
4. Restrain the outward expression of sudden impulses
5. Understand and endure delays in getting what he/she wants

Athletics is an elective; however, due to physical and emotional make-ups and for other reasons many students should not participate in competitive athletics and should not be expected to do so. Reasonable efforts should be made to locate and identify students in the elementary and junior high school who have the interest, desire, ability, and the heart to participate.

## WARNING, PHYSICAL AND PERMISSION SLIPS

All athletes must pass a physical examination and have signed and returned the permission forms in the back of this handbook before being allowed to participate in the athletic programs of the Harmony Grove Public Schools.

## BEHAVIOR AND CITIZENSHIP

The conduct of an athlete is closely observed by many and it is important that an athlete's behavior be above reproach. Appearance, expression, and actions always influence people's opinions of the athletes as well as the sport. Once you have volunteered to be a member of a squad, you have made the choice to uphold certain standards expected of all athletes in this community. Be proud to be an athlete, for it is a privilege, not a right.

Hats worn in side the gym and at athletic events must be worn properly, hats are not to be worn sideways or backwards. Jewelry is not to be worn during practice or during games (AAA rules). Athletes will address adults in an appropriate manner ( yes sir, no sir ) and vulgar language will be strongly discouraged.

The way an athlete acts and looks is of great importance; thus proper dress, appearance, grooming and personal cleanliness are expected. Athletes should be leaders and fellow students should respect and follow them. Proper dress and appearance will be established by the coach and is a continual process. Handbook dress code applies to students in school as well as athletes in events after school hours.

## GENERAL APPEARANCE

In order to promote team pride, it is essential to be proud of one's self. This pride will show in your dress and in care for yourself and your equipment. In order to foster this pride, a neat, clean, appearance is mandatory. Guidelines for neat, clean appearance will be determined by the coaches.

## COMPLAINTS

The following procedures should be followed in reporting a complaint:

- A. Contact the coach who had direct supervision of the athlete at the time. If satisfactory resolution of the complaint is not made, then
- B. Contact the head coach of the sport which the athlete was participating in. If satisfactory resolution of the complaint is not made, then
- C. Contact the athletic director of the Harmony Grove School District. If satisfactory resolution of the complaint is not made, then
- D. Contact the Building Principal of the school. If satisfactory resolution of the

- complaint is not made, then
- E. Contact the Superintendent of the Harmony Grove District.

## COLLEGE RECRUITING

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach. Inform your coach of such contact as soon as possible. College recruiting information is available in the counselor's office.

## TRAINING RULES

Athletes should never use tobacco, alcohol or drugs, it has been proven that athletes that refrain from the use of these substances have a better performance level than those that use them. Research clearly states that the use of tobacco, alcohol and any type of mood modifying substance produces harmful effects on the human organism. If you wish to be a Harmony Grove Cardinal athlete, you have to pay the price to be a fine competitor.

- A. Athletes using tobacco will be disciplined at the coach's discretion
- B. Athletes using alcohol:
  - a. 1<sup>st</sup> offense – If athlete is using alcohol during school hours the athlete will be suspended 10 days as stated in the student handbook. If athlete is caught off campus the player is suspended from athletic for one week and discipline is at the coaches discretion.
  - b. 2<sup>nd</sup> offense – during the same year the player is expelled from school if the use of alcohol occurs on school campus. If caught using alcohol off campus the athlete is suspended from playing for the remainder of the year.
  - c. 3<sup>rd</sup> offense – regardless of time frame ( 8-12 grade ) player is finished for their career
- C. Athletes using drugs – Consistent with drug policies in the student handbook.

## ATHLETE RESPONSIBILITY

Being a member of a Harmony Grove athletic team is the fulfillment of an early ambition of many students. The attainment of the goal carries with it certain traditions and responsibilities that must be maintained. Our tradition has been to win with honor, pride, and dedication.

When an athlete wears the red and white of our school, we assume that he/she not only understands our traditions but also is willing to assume the responsibilities that go with being a Cardinal.

- A. In the classroom: in the academic area, the athlete is expected to Become a good student. A good student does not mean all “A’s”. A Good student means trying to do the best with what you have.
- B. On the field/floor: The desire to win is the most important factor in achieving success in athletics. Cardinal athletes are expected to play with a burning desire in order to win with honor, dedication, pride, and loyalty to the rules of the game.
- C. Practice & Games: The athlete is expected to attend regardless of holidays, job commitment, social activities or weekends.

## PARENT RESPONSIBILITY

The following guidelines should help with communication between coaches and parents:

### **Appropriate Concerns expressed directly to the coach.**

- A. Concerns about your child’s behavior.**
- B. Ways to help your child.**
- C. Physical well being of your child.**

### **Issues not appropriate to discuss with coaches.**

- A. Playing time.**
- B. Team Strategy**
- C. Other student athletes.**

**Parents or unauthorized persons should never be on the sidelines during an athletic event to talk to a coach or a player. (AAA rule)**

**Parents or unauthorized persons should never be in the locker room before, during or after an athletic event without prior authorization from the coach.**

## TEAM RESPONSIBILITY

- A. Common goals and group loyalties.
- B. Subordination of self-interest to team values.
- C. Self-discipline and personal sacrifice for team goals.

The coach and athletic director are primarily responsible for implementing the goals and standards. No student is obligated to take part in athletics. Athletics is a privilege, not a right. Since it is a privilege, the coach should have authority to revoke the privilege when rules are broken. Each athlete will realize that the school wishes the athlete to reach his/her very best achievement level, both in life and in interscholastic athletics.

## RESPONSIBILITIES TO YOURSELF

The responsibility to broaden yourself and develop strength of character is very important. Your participation in athletics and academic studies all prepare you for life as an adult.

## RESPONSIBILITIES TO YOUR SCHOOL

By participating in your sport to the best of your abilities, you are contributing to the positive reputation of your school. Like it or not, athletes are looked on as leaders. The student body, our opponents, the spectators, and other communities judge our school by your attitude, conduct, and effort on and off the field/court.

## RESPONSIBILITIES OF OTHERS

As a Harmony Grove Cardinal athlete, you are responsible to your family, to your teammates, coaches, and to your classmates to live up to the rules, policies, and guidelines and to give your utmost in every practice and game.

## CARE OF EQUIPMENT

- A. Equipment should be turned in within one week following the end of the season.
- B. An athlete is financially responsible for all equipment checked out to him/her. The cost of destroyed/lost equipment will be replacement costs.
- C. An athlete must treat school equipment as though it were his/her personal property. It should never be abused.
- D. If an athlete is involved in the theft of school equipment, he/she could be dismissed from the team.
- E. Any athlete not having paid all fines/charges will not be allowed to participate in athletics until all charges have been paid.

## OFF SEASON

The purpose of an off-season is to prepare a student physically and mentally for participation in athletics; therefore, it is in the student's best interest to have completed a conditioning program before participation in a sport. Required participation is left to the discretion of the coach.

## ATHLETIC INJURIES

Arkansas schools are not required to buy insurance or pay student medical expenses associated with school injuries. The school makes available to parents and athletes an insurance plan that they can purchase to cover their participation in school and athletics. These plans will not provide 100% coverage for all medical expenses incurred. All of these plans will have limitations and benefits. Please read the description of allowable expenses of each plan before you decide which to purchase.

- A. Any injury, large or small, should be reported to the coach in charge.
- B. Any injuries requiring a doctor's care should be noted and doctor's release required before the athlete is allowed to play or practice.
- C. Injuries not requiring a doctor's care will be assessed by the coach in charge in order to determine the athlete's ability to play or practice.
- D. All injuries that are to be covered by the school based policy should be reported to school officials so that necessary forms may be taken to the doctor on the athlete's first visit.

## TEAM TRIPS

All athletes must travel to and from athletic contests in transportation provided by the athletic department. There can be special arrangements made for travel if approved by the Principal/Athletic Director. Parents may not sign out athletes other than their own unless previously approved by the Principal/Athletic Director.

## PARTICIPATION OF ATHLETE IN DIFFERENT SPORTS

- A. The athletic department's philosophy is that each sport complements the other both physically and competitively.
- B. Students will be encouraged by the coaching staff to participate in all sports.
- C. **The head coach in each sport has absolute total discretion as to who plays, how long they play, and under what circumstances they play or do not play.**
- D. Try-Outs: Sports that are limited to a number of participants will conduct try-outs based on ability. Selection of the team will be at the discretion of the coach.

## QUITTING OR DROPPING OR TRANSFERRING SPORTS

A student who comes to a coach in an appropriate manner and expresses a wish to quit that sport has **24 hours** to reverse the decision. After 24 hours, the decision is a final one. The coach has the final say and may or may not allow the student to come back within the first 24 hours. The athlete must have prior approval from the head coach the following season in order to be reinstated to the program.

An athlete who is participating in a sport is not allowed to quit that sport, while in season, and take up another sport. That athlete will go to study hall until the first season is over.

**The Head Coach, Athletic Director, and Building Principal reserve the right to make changes as necessary without change to the original policy.**

## SR. HIGH SPORTS FOR NINTH GRADE ATHLETES

A ninth grade athlete may compete in sports on the high school level if the following criteria are met:

- A. A particular sport is not offered at the Junior High.
- B. An athlete is too old to compete on the Junior High level.
- C. The coaches feel the athlete is an important part of a successful SR team.  
(Coach must get parents approval).

## ATHLETIC AWARDS

The requirements for earning an athletic award in any sport in Harmony Grove Junior/Senior High are that the athlete makes the traveling squad for the varsity team for the entire season. Exceptions may be made for the athlete who is injured during the season, who transfers into the season, or who shows marked improvements during the season and earns a spot on the varsity traveling squad at the end of the season. All exceptions are at discretion of the coaching staff.

## LETTERING

A student may be a 3 year letterman in Junior High and a 3 year letterman in Senior High. The exceptions to this is if a student moves to Senior High in the 9<sup>th</sup> grade, they could earn a 4 year letter in High School. The sports that do not offer Jr. High and the student play that sport in 9<sup>th</sup> grade, would receive a 4 year letter if they letter all 4 years.

## SUMMER WORKOUTS

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches should inform athletes of any special workout programs to be followed. Weight rooms and gyms will be open as scheduled through the summer.

## TEAM CAMPS

All athletes are strongly encouraged to attend any summer camps which may be scheduled in each sport. Camp expenses are the responsibility of the athletes and must be paid before camp. Without proper conditioning and training, athletes cannot be physically prepared to safely engage in strenuous athletic events. An athlete who is repeatedly absent will be assigned make-up work to better prepare him/her for athletic events. Chronic absenteeism will result in lost playing time/participation time or dismissal from the team.

## FALL SPORTS PRE-SEASON

Fall sports ( tennis, golf, swimming, cheerleading, cross-country, and football ) begin their pre-season workouts during the summer as per Arkansas Activities Association guidelines. Athletes should keep an eye on the media as to the starting dates of practice or get in contact with their coaches. If conflicts arise, athletes should contact their coaches to resolve these conflicts.

## ELGIBILITY GUIDELINES

The athletic department encourages the academic excellence of all athletes. The eligibility requirements are those set forth by the Arkansas Activities Association, and the State Department of Education. Rules are as follows:

### A. **JR. High**

1. A student promoted from the sixth to the seventh grade automatically meets the academic eligibility requirements. A student promoted from the seventh to the eighth grade automatically meets eligibility requirements for the first semester.
2. Second semester eighth grade students and first semester ninth grade students meet the academic eligibility requirements for junior high by successfully passing four (4) academic courses the previous semester, three of which shall be core curriculum areas specified by the Arkansas Department of Education Standards for Accreditation of the Arkansas Public Schools.
3. Ninth grade students must meet senior high academic eligibility requirements by the end of the second semester in order to be eligible to participate in the fall of their tenth grade year.

### B. **SR. HIGH**

1. Second semester ninth, tenth, eleventh, and twelfth grades must pass four (4) courses and have a 2.0 GPA to be eligible.
2. A student may regain or lose academic eligibility in the first day of classes in a new semester. Eligibility shall be determined twice per year, once at the beginning of the fall semester ( August/September ) and once at mid-term ( December/January ).

## ATHLETIC EVENTS

An athlete will get in free to sporting events that he/she participates in and is associated events of the same sport. Athletes should use the pass gate. For football, the pass gate is on the South end of the football stadium.

## ABSENCES FROM PRACTICE

An athlete should consult his/her coach before missing practice. Missing practice or an event without good reason will be dealt with severely. An athlete missing for any reason is expected to make up the practice session. Missed practices will lead to disciplinary actions.

## UNDERSTANDING OF RULES AND REGULATIONS

We hope that the parents and athletes understand the rules and regulations covered in this handbook. If a rule or regulation is broken and dismissal from a team is necessary, the parent may inquire as to why the dismissal took place. It should be understood that the coach has the final say and is the final authority regarding dismissal from a team.

## SUSPENSIONS

If an athlete is suspended or is in in-school suspension, the athlete will not be allowed to participate in, or attend activities on or off campus while serving their suspension.

## SCHOOL ATTENDANCE

Athletes must attend ½ day of school on game day if they wish to participate in the scheduled game unless otherwise cleared with the Principal or Athletic Director.