

Ashley Ridge High School

Swamp Fox Athletics



Ashley Ridge Athletic Department

Philosophy of Athletics for Ashley Ridge High School:

Ashley Ridge High School regards student activities as a vital part of the total educational program. These activities should be used as a means of developing wholesome attitudes and good human relations as well as knowledge and skill.

Ashley Ridge High School considers student activities to be learning experiences. The administration will develop, manage and evaluate these activities with this purpose in mind. Ashley Ridge High School considers student activities to be part of the total school curriculum. The administration will be included in regular curriculum planning, review and evaluation processes regarding these activities.

Ashley Ridge High School will encourage the furthering of the strong athletic traditions of our School District by encouraging students to stay involved with multiple sports, maintain model programs and facilitate reflection on the rich history of athletics in our district.

Mission:

It is the mission of the Ashley Ridge High School Athletic Department to promote citizenship in our student-athletes and encourage them to lead the student body by example. Athletics offer a life changing educational opportunity to our student-athletes and help build character, maturity, competitive spirit and discipline for further success.

We will encourage student athletes to be leaders in our school and community:

- Physically by offering safe, challenging and competitive programs and encouraging healthy lifestyles.
- Mentally by encouraging students to set the standard for good behavior, to manage a good academic standing and to become students of their game.
- Emotionally by committing to their teams on and off the field, battling adversity when it strikes and winning and losing with good sportsmanship.

Participation in Athletics:

Participation in athletics is a privilege, not a right. The opportunity to participate in athletics is a privilege that carries with it responsibilities to the student-athlete team, student body and school, and to the community. Each athlete must earn this privilege through dedication, determination and discipline. Athletic experiences contribute to the development of learning skills and emotional maturity that enable the student to make maximum use of their education.

Being a member of an athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it

takes hard work of many people over many years. As a member of an Ashley Ridge High School interscholastic team, student-athletes have inherited a wonderful tradition, a tradition which they are challenged to uphold.

Student-athletes become visible representatives of Ashley Ridge High School, their fellow students and the community; therefore they have additional responsibilities to be exemplars and to abide by the Athletic Department Rules and Policies. Ashley Ridge High School has the authority to restrict or revoke a student's privilege to participate in the Athletics. If at any time the student misrepresents or dishonors himself, the team, or the school, punishment can be imposed up to and including removal from the team and the athletic program.

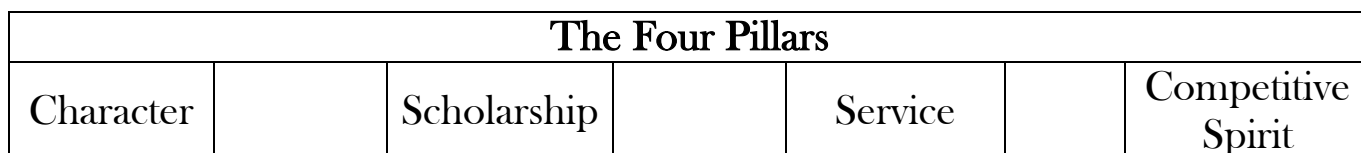
Athletic Program Goals:

The goals of the athletic program are: 1) to promote the value of participation and competition; 2) to develop and improve positive citizenship traits among the participating athletes.

Fundamental principles, "four pillars", will provide a balanced framework to facilitate the achievement of these athletic program goals.

Four Pillars / Fundamental Principles:

The goal of the Ashley Ridge Athletic Program is to develop and improve positive citizenship traits among the participating athletes through the implementation of a balanced philosophical foundation built on four founding principles:



Character-

- To be socially cooperative and abide by a set of rules, thus gaining a respect for the rights of others.

Scholarship-

- To emphasize the predominant importance of academic excellence.

Service-

- To emphasize the importance of putting others over one's self in attempt to better our community.

Competitive Spirit-

- To always strive for the performance necessary for producing winning teams within the bounds of good sportsmanship and mental health for the student athlete.

Athletic Department Honors and Accolades (Based on the founding pillars):

1. Character –

- a. Leadership Council:
 - i. Members of each athletic team will be nominated to represent the ARHS athletic program. Members will work to develop leadership skills that can be used with each athletic team.
 - ii. Council Members will be recognized by receiving a leadership letterman patch.
- b. Sportsmanship Award:
 - i. Recognized based on nominations from the program head coaches for demonstrating good sportsmanship within the competitive athletic environment.
- c. Athlete of the Month:

- i. Recognized based on nominations from program head coaches for achieving a high level of competitive performance. This award will be given with particular focus to dedication, mental toughness, sportsmanship and performance. Award given monthly to one male and one female.
- d. Ashley Ridge High School Athlete of the Year:
 - i. Athletic Director Award given each year to the most outstanding student-athlete. Award given annually to one male and one female.

2. Scholarship –

- a. Individual Student-Athlete “Athletic Director Academic Honor Roll”
 - i. Student-Athletes earning a 3.0 GPA or higher will be recognized on an honor roll board. This will be based on the previous school year and/or cumulative high school course work.
 - ii. During the school year an honor roll listing will be produced each quarter – based on the quarter report card grades.
- b. Core Course GPA Benchmark – TEAM
 - i. Each team will work to meet the goal of a 3.0 Core Course GPA. Team GPA will be calculated at the conclusion of each school year.

3. Service –

- a. Volunteer / Community Service Benchmark – TEAM
 - i. Each Athletic Team will provide the ARHS community with a minimum of 5 hours of community service to be arranged by the program head coach.

4. Competitive Spirit –

- a. Athletic Director’s Cup – TEAM
 - i. Each team will commit to reaching the maximum point amount possible based on post season performance. Trophy is presented annually to the highest scoring AAAAA athletic program.
- b. Region Competition – TEAM
 - i. Committed to the pursuit of the Region Championship. Championship trophies will be engraved to include letter winner names (when space available) and displayed within the athletic trophy case.
- c. Individual Competition
 - i. Individual sport state champions will be recognized within a display in the athletic department trophy case.

Requirements for Participation:

Physical Examination: A yearly physical examination is required. The physical must be completed by a medical doctor and the form submitted to the coach prior to participation. The form will be kept on file in the athletic office.

Birth Certificates: An original birth certificate is required to be presented to the Athletic Director. The original will be returned and a copy will be kept on file in the athletic office.

Parent Permission: Each athlete’s parent(s)/guardian(s) shall complete the parent permission that can be found on the ARHS physical form or is available on an individual form. The form will be kept on file in the athletic office.

Concussion: All athletes and parent(s)/guardians(s) are required to complete the “Concussions and Student Athletes” Information Sheet to ensure all parties are aware of concussions and the procedures to report symptoms.

Obligations (Financial): All athletes must be in good standing with the high school and owe no money for financial obligations – this could be the result of unpaid fees (ID’s, parking, library), lost textbooks, uniforms, etc. Athletes must pay any debt prior to be cleared for participation on any athletic team.

Academics (Credits/Grades): Athletic staff will conduct a credit audit to ensure that the student-athlete meets the credit/academic requirements set by the SC High School League. Middle school students are required to turn a final report card and a copy will be kept on file in the athletic office.

All forms are available in the ARHS athletic office as well as on the athletic website – www.GoFoxes.org

Eligibility:

Ashley Ridge High School interscholastic athletic programs are governed by the South Carolina High School League. To be eligible for high school athletics, the student must be in compliance with the South Carolina High School League (www.schsl.org). This organization serves as the governing body for South Carolina interscholastic sports, making sure that all rules are consistently upheld for all member high schools. Details of the eligibility requirements can be found in the By-Laws section of the SCHSL website. Areas for student eligibility detailed on the website include: Age Limitations, Birth Certification, Academic Requirements, School Enrollment and Attendance, among others. Listed below are some of the eligibility criteria:

- Full Time Student: A student must be a full-time student as determined by the State Department of Education. He/she must be enrolled at Ashley Ridge High or one of our feeder schools: Alston, Gregg, Oakbrook or Rollings.
 - SC High School League rules allow students residing in our attendance zone who attend Charter Schools and Magnet Schools to compete. Home schooled students are given the same benefit. Specific eligibility criteria apply for these students; please contact the Athletic Director to explore these options.
- Age Requirement: A student who becomes 19 years of age prior to July 1st of the upcoming school year will not be eligible to compete in any athletic activities.
- Time Limit: Once a student enters the 9th grade, he/she will have four *successive* years in which to participate provided he/she does not exceed the age requirement.
- Academic Standing Requirement: To participate in interscholastic athletic activities, students in grades 9-12 must achieve an overall passing average in addition to the following:
 1. To be eligible in the first semester a student must pass a minimum of five Carnegie units applicable toward a high school diploma during the previous year. At least two units must have been passed during the second semester or summer school.
 2. To be eligible during the second semester the student must meet one of the following conditions:
 - a. If the student met first semester eligibility requirements then he or she must pass the equivalent of four, ½ units during the first semester.
 - b. If the student did not meet first semester eligibility requirements then he or she must pass the equivalent of five, ½ units during the first semester.

Transfers: A transfer student is defined by the SC High School League as any student who did not attend school the previous year at Ashley Ridge High or one of our feeder schools (Alston, Gregg, Oakbrook or Rollings). If you are a transfer student, immediately inform your head coach and contact the Athletic Director so that eligibility can be determined based on compliance with the HSL transfer rule.

Athletic Codes of Conduct:

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department and school. The school administration, faculty, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the student is our major consideration and transcends any other consideration. All students shall abide by a code of ethics which will earn them honor and respect that participation and competition in the interscholastic activity program affords. Any conduct which results in dishonor to the athlete, the team, the athletic program, the school, or the community will not be tolerated.

A. Ethics Rule:

Acts of unacceptable conduct, such as, but not limited to disruption of school, theft, vandalism, disrespect, immorality, cheating, dishonesty, or violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate coach, and athletic director shall meet and determine the penalty according to the degree of the infraction. The penalties may include team discipline, work hours, suspension, probationary contract or dismissal.

B. Social Media Policy:

Ashley Ridge High School Athletic Department recognizes a student athletes' right to participate in social media, however, it maintains and will enforce the following expectations of student athletes:

- Student Athletes will not post sexist, racist, obscene or profane material of any kind.
- Student Athletes will not use social media to degrade, demean or bully any person.
- Student Athletes will not post material that reflects negatively on teammates, coaches, Ashley Ridge Athletics or other teams.

Due to the serious nature of violations of the Social Media Policy, the appropriate coach, and athletic director shall meet and determine the penalty according to the degree of the infraction. The penalties may include team discipline, work hours, suspension, probationary contract or dismissal.

C. Hazing and Bullying:

Ashley Ridge High School has a Zero Tolerance Stance on hazing and bullying. This includes initiation rituals, sexual harassment and any activity/behavior which serve to humiliate, demean and devalue the worth of another individual or student athlete. The protection of every individual's basic rights and the provision of a safe and non-threatening environment are essential. The Athletic Department prohibits any hazing, bullying or team bonding activities that subject student-athletes to mental or physical embarrassment, harassment or ridicule. Violators of these policies will be subject to penalties that may include team discipline, work hours, suspension, probationary contract or dismissal.

D. Training Rules and Regulations:

Ashley Ridge High will not compromise participation in athletic activities with substance abuse. The student who uses tobacco, alcohol, illegal or un-prescribed drugs, or any type of mood altering substance found in legal over the counter products, jeopardizes team morale, team reputation and team success and does physical harm to himself/herself. Students have to decide for themselves whether or not they want to participate in our interscholastic program. Students who wish to participate, must make a commitment. A large part of this commitment is following a simple set of training rules.

The rules regarding the use of tobacco, alcohol & drugs are in effect all year – in and out of season.

24/7 365 days a year

These rules apply throughout the student's career. For example a violation as a freshman followed by a second violation as a junior would result in second offense ramifications.

Voluntary Admission by Student:

Voluntary admission of a **first offense** drug or alcohol violation (DUI excluded) will **not** result in loss of extracurricular participation or any consequences. The purpose of this provision is to encourage help for the student and to encourage a forum of honesty for all our students. Voluntary admission must occur prior to any school personnel being aware of the incident. Students will only be excused from penalty for voluntary admissions on one occasion provided it is the student's first offense. The offense will count a first strike.

Defining seasons:

In season begins with the first day of practice and concludes with the last play date.
Out of season covers all other periods of the school year and summer months.

Penalties for Violations of Training Rules:

A. Tobacco violations:

- | | |
|--------------------------|--|
| 1 st offense: | In season, sit out one game.
Out of season, ten work hours (school/community service) |
| 2 nd offense: | In season, sit out 2 games. |

- 3rd offense: Out of season, ten work hours.
 In season, suspension from 20% of the regular season games.
- 4th offense: Out of season, 15 work hours.
 In or out of season, forfeiture of participation for school year
- 5th offense: In or out of season, exclusion from athletic participation for remainder of high school career.

B. Drugs/alcohol violations:

- 1st offense: In season, suspension from 20% of the regular season games.
 Out of season, 10 work hours.
 In or out of season, loss of leadership role opportunities for current school year/season (captain, leadership council)
- 2nd offense: In season, forfeiture of one school year of participation (remainder of the school year if mid-year violation) in all athletic activities.
 Out of season, suspension from 20% of regular season games, suspension from pre-season tournament play, 20 work hours (school/community service), loss of leadership role opportunities for the next season in all sports (captain, leadership council)
- 3rd offense: In or out of season, exclusion from all athletic activities for the remainder of high school career.

C. Driving Under the Influence (DUI):

- 1st offense: Forfeiture of one school year of participation in athletics.
- 2nd offense: Exclusion from participation for remainder of high school career.

During the exclusion period, the student will not participate in team activities unless approved by the Athletic Director.

Note: In the event of in season suspension – if the number of contest remaining are not enough to satisfy the prescribe consequence a combination of suspension and work hours will be calculated.

Additional Athletic Participation Policies:

Attendance –

Student-athletes are expected to attend all practices and games. A pattern of unexcused absences from school or practice may result in dismissal from the team.

Quitting / Leaving a Team –

If an athlete decides to quit a team after the first regular season contest, he/she cannot participate in another sport until the original team’s season is completed. Prior to the first contest, an athlete can decide to quit or transfer sports without penalty.

Note: In the event an athlete leaves a team, he/she will have 24 hours to personally ask the coach for reinstatement. Coaches are encouraged to personally counsel this player within the 24-hour period (why, what reasons, etc.). If the student does not personally apply for reinstatement within the 24-hour deadline, he/she is considered permanently dropped from the team.

Equipment: and Uniforms –

School equipment issued to the student/athlete is the student’s responsibility. The student is financially responsible for lost or damaged equipment. A financial obligation will be assigned to the student for any lost or damaged equipment.

Ashley Ridge High School

ATHLETIC RULES AND POLICIES ACKNOWLEDGEMENT

Student's Name (Print)

Year

Sport

As an Ashley Ridge High School student athlete participating voluntarily in interscholastic athletics, I understand that:

1. I will abide by the policies & procedures of Ashley Ridge High School and Dorchester School District 2, the school's Athletic Department Rules & Policies, the coach's team rules, and the rules of the South Carolina High School League.

2. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.

3. I will not use or be in possession of tobacco, alcohol, or drugs. If I do use any of these substances, am in possession of such substances, or am suspended from school for use or possession of these substances, I will be subject to disciplinary actions as outlined in the Athletic Department Rules & Policies.

4. I, along with my parents, certify that I have read and understand all of the Ashley Ridge High School's Athletic Department Rules & Policies.

Student's Signature _____ Date _____

Parent's Signature _____ Date _____