

BURNS HIGH SCHOOL

ATHLETIC HANDBOOK



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Welcome!

Participation on an athletic team can be a rewarding and meaningful educational experience that enhances a child's secondary education. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this kind of commitment. The following information defines the interscholastic policies and procedures for all students participating in our High School athletic programs. The Athletic Department hopes this document provides parents and students with a better understanding of our philosophy, goals and policies. Please refer to the following information when a question about your child's athletic experience arises.

Philosophy of Athletics at Burns High School:

At Burns High School, we consider athletics an integral part of the educational experience. Athletics provides opportunities that will help students develop physically, mentally, and emotionally. We view the competition of athletics as a healthy educational and physiological activity because it challenges each student to excel, to discover his or her physical limits, and to work cooperatively with team members. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of contests.

Governing Bodies:

Burns High School is a member of the North Carolina High School Athletic Association (NCHSAA) www.nchsaa.org, whose mission is to provide governance and leadership for interscholastic athletic programs that support and enrich the educational experience of students. As an NCHSAA school, BHS abides by the minimum standards set forth by this organization. Please note that these are minimal standards and member schools may enforce stricter standards, which Cleveland County Schools (CCS) does in many instances.

<https://drive.google.com/a/clevelandcountyschools.org/file/d/0B0d2bHtWJV6CSII0NnZBYjJUTFk/view>

Locally, BHS belongs to the South Mountain Athletic Conference (SMAC), which is comprised of nine area schools. Those schools are Crest, Kings Mountain, Shelby, Chase, East Rutherford, R-S Central, East Burke and Draughn. We also compete against teams from other conferences, and these are referred to as "non-conference" opponents.

BHS Athletic Team Information

Standards for Participation:

In order to participate in organized athletics at BHS, all student-athletes must reside in our district, have a current physical on file in the athletic office, have all athletic forms complete and satisfy all NCHSAA and CCS requirements for eligibility.

- Primary residence with parent or legal custodian in Burns school district.
- An up to date physical examination must be on file with the athletic director prior to the start of participation. If the physical examination expires in season, the student-athlete will need to provide an updated physical in order to resume participation. All physicals are valid for 365 days from the date of the physical. Only medical doctors, nurse practitioners or physician's assistants can give physicals.
- Athletic packet completed with proof of residence. Packet consists of concussion, participation, residence, eligibility and communications forms.
- Satisfaction of all eligibility requirements of the NCHSAA and Cleveland County Schools.

Program Goals:

Though the unique nature of each sport dictates its specific objectives, all teams will attempt to:

- Emphasize the development of basic skills, appropriate attitudes, values and team concepts.
- Allow as many students as possible to participate and share the experience and benefits derived from team membership.
- Compete competitively with conference and non-conference opponents.

Participation at the Varsity level is generally limited to the most highly skilled players and those with the ability to interact constructively with the coaches and other players for team success. The coaching staff will determine the level of play for each student-athlete (Varsity, Junior Varsity) based on what would be most beneficial to the development and progress of each player and team. It should be understood that playing time could be limited and is left to the coaching staff to decide.

Athletic Offerings:

Fall Sports

The fall season begins the first week of August and ends in late October. Varsity teams that qualify for the postseason may participate into the month of November. The NCHSAA website provides a sports calendar for each season. Informational meetings will be held prior to the start of each season. . The following sports compete in the fall:

- Boys Soccer (Varsity and JV)
- Football (Varsity and JV)
- Girls Volleyball (Varsity and JV)
- Girls/Boys Cross Country
- Girls tennis
- Cheerleading (Varsity and JV)

Winter Sports

The winter season begins the last week of October and ends in late February. Varsity teams that qualify for the post-season tournament may be participating into March..

- Girls/Boys Basketball (Varsity and JV)
- Boys/Girls Indoor Track
- Wrestling
- Cheerleading (Varsity and JV)

Spring Sports

The spring season begins the middle of February and ends in late May. Varsity teams that qualify for the post-season tournament may be participating into June.

- Baseball (Varsity, JV)
- Softball (Varsity, JV)
- Girls/Boys Outdoor Track
- Boys Tennis
- Girls Soccer (Varsity and JV)
- Golf

Levels of Play:

JUNIOR VARSITY:

This is a transitional level for high school athletics, and athletes and parents should expect the following concepts to be emphasized:

- Reinforcing and refining fundamental skills.
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine game time
- Demonstrating sportsmanship and fair play
- Developing more sophisticated athletic strategies
- Specifically defining an individual athlete's role within the team concept
- Refining and reinforcing the concepts of commitment and team play.
- Focusing on physical conditioning and development
- Developing the ambition to achieve at the next level of competition
- Prioritizing skill and character development over winning

VARSITY

At the highest level of athletic competition in high school athletics, athletes and parents should expect the following concepts to be emphasized

- Developing a high level of proficiency in the physical skills of the sport
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine playing time
- Developing sophisticated strategy, situational analysis, and other mental aspects of the sport
- Specifically defining an individual athlete's role within the team concept
- Fostering maximum commitment to the athletic team
- Understanding and valuing the physical conditioning components of one's sport
- Understanding the importance of individual sacrifice for the good of the team
- Winning within the rules of sportsmanship and fair play.

There are many decisions made on a regular basis by members of our coaching staff that may include which athletes should start a contest, which athlete should play at what position, and the amount of playing time an athlete will be given. Only members of our coaching staff make these very difficult coaching decisions after weighing a considerable number of factors. Generally, the most competitive, skilled team members will play the major portion of contests; however, teams cannot be successful without committed substitutes. These athletes must work as hard as they can to help make their respective teams as competitive as possible and be ready at all times to step forward to compete. They must also demonstrate the perseverance and commitment to strive to advance to a starting role.

Team Tryouts / Selection:

During the tryout period (2 day minimum), each coach will provide an explanation of his/her expectations. It is the duty of the student-athlete to demonstrate to the coach that they can fulfill these expectations. If a student is not selected for a team, he/she may contact the coach personally for an explanation. Students who are not selected are encouraged to explore other BHS athletic opportunities on teams that have not finalized their rosters, although switching sports will not be allowed after the first contest. Athletes will also not be allowed to quit a sport to start another sport. They must wait until the previous sport has completed their season before beginning another. The coaching staff of each sport has the sole responsibility for selecting members of the team, determining the level of play, and proportioning the amount of playing time for each student athlete. Coaches will provide policies specific to their sport at our informational meetings. The following are general policies for all sports.

Commitment:

Each member of an athletic team MUST:

- Commit to being present at all team activities, including try-outs, practices, meetings and contests with other schools.
- Dedicate to becoming an excellent team member and role model within the school.
- Strive to continually improve as a student/athlete.
- Demonstrate pride in their school and team.

Game/Practice Sessions:

Practices are held daily for approximately 2 to 2 ½ hours, or as appropriate to the activity. Some practices and games may be held on Saturdays (no Sunday activities). Most practice sessions do not begin before 3:15 PM. Any team member who must be late or miss practice, games, or meetings must confer with his/her coach. Practice and game schedules, particularly in the case of winter and spring sports, include school vacation weeks. Students and families should take this into consideration when deciding to try-out for our teams. Some teams also have out of season workouts. These are not mandatory, but are encouraged if they are not participating in a sport during this time.

Absence from team practices Policy:

Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coach's discretion.

Excused absences from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons at the coach's discretion.

Conflict Resolution:

Athletic involvement can be highly emotional and issues about playing time, team selection, honors and awards can arise. It is very important that these issues be addressed as soon as possible, and as directly as possible, so that they can be resolved promptly. The following model will be used when a problem arises.

STEP ONE: Personal Contact between Student-Athlete and Coach

As a general rule, the issue should be presented as soon as possible to the coach by the *individual* student-athlete. If this recommended route is not successful, the coach should be contacted by the student-athlete's parent(s) at an appropriate time. Times to be avoided are:

- Either prior to or immediately after a competition
- During a practice session
- During a time when other students may be present

Usually the best solution is to ask the coach either over the phone, via email or in person if an appointment could be made to discuss the issue. A parent or student-athlete could also contact the coach via the Athletic Office. *It is strongly recommended that the student-athlete join their parent(s) at this meeting to ensure that all sides of the issue can be thoroughly discussed.*

STEP TWO: Personal Contact between Coach, Student-Athlete and Athletic Director

If a satisfactory resolution is not reached through direct contact with the coach, the student-athlete and/or parent(s) should contact the Athletic Director. As a courtesy, the coach should be informed that this contact is being made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerning parties in an attempt to reach a satisfactory resolution. It is very important for all student-athletes and their parent(s) to know that any comments, concerns, or issues brought to the athletic director will be addressed with the coach.

STEP THREE: Student-Athlete – Administration Contact

If there is not a satisfactory resolution, the student-athlete and/or parent(s) should contact the High School Principal. As a courtesy, the Athletic Director should be informed that this contact is being made. While there is no guarantee that all parties will agree with all resolutions or findings, hopefully this process can lead to more productive relationships and clearer understandings in the future.

Burns High School Vacation Policy Governing Athletes:

Christmas Break

No games will be scheduled on December 24 or 25. No practices will be scheduled on December 24 or 25. It is expected that winter sport athletes will be available during the December/January winter vacation for practices and/or games.

Spring Break

Spring sport athletes can expect to have practices and/or games during this time.

End of Summer Vacation

Athletes are expected to be at the first day of practice (August 1). If an athlete is not at practice/try-outs, he or she may jeopardize his or her chances of making the team.

When athletes miss practice during vacation weeks, coaches will determine the consequences based on:

- Principles of fairness to players who attended all scheduled practices
- The importance of conditioning
- Professional discretion

Sportsmanship Policy:

BHS expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials and visiting spectators with respect at all times. BHS reserves the right to warn, censure, place on probation or suspend (for up to one calendar year) any player, team, coach, or school official determined to be acting in a manner contrary to the standards of good sportsmanship.

The NCHSAA states: **THAT ANY ATHLETE OR COACH EJECTED OR DISQUALIFIED FROM ANY NCHSAA GAME IS REQUIRED TO TAKE THE NFHS SPORTSMANSHIP COURSE AND FAX A CERTIFICATE OF COMPLETION TO MARK DREIBELBIS AT 919-240-7396. ATHLETES AND COACHES ARE INELIGIBLE TO RETURN TO GAME ACTION UNTIL THEY HAVE SERVED THEIR EJECTION PENALTY AND COMPLETED THE NFHS SPORTSMANSHIP COURSE.**

Spectators who do not adhere to standards of good sportsmanship may be asked to leave the contest and/or be prohibited from future contests. The NCHSAA website clearly defines any unsportsmanlike conduct exhibited by spectators and how it should be handled by host schools. If you are not sure what details good sportsmanship, please check the NCHSAA website and follow this simple rule: Cheer for your own team, but do not belittle opposing teams and officials.

School Athletic Equipment Policy:

Students are responsible for and expected to maintain proper care of all equipment issued to them. Students are responsible for payment of any lost, stolen or damaged items. Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned at the completion of the season. Grades will be withheld for those who do not return or pay for lost/damaged equipment. Additionally those student athletes will not be allowed to participate in another sport. Student-athletes are not to wear uniforms, either practice or game, at any time other than those allowed by specified team regulations.

Athletic Training Room Policies:

BHS is fortunate to have a highly qualified and skillful full-time trainer as a member of our staff. On school days our trainer's hours usually begin at 11 am and last until the conclusion of the last practice or home game. During weekends and times when school is not in session, the trainer is required to be on site only for contests and for some scheduled scrimmages. Occasionally, the trainer will be on site for non-school day practices.

The training program exists to help athletes receive the best possible care. At certain times, however, the trainer and training room facilities are extremely busy. Consequently, access to the training room and its services is limited to athletes who require care only. Training services are granted on a first come, first served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met.

In the event of an athletic injury, the trainer is in immediate control. At away contests, if the trainer is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to "take charge" of the situation and, if warranted, call for emergency care. All sport related injuries must be reported to the athletic trainer and a student may not return to competition without clearance by the trainer, which may also include written permission from a physician. If you see a medical doctor, you must be cleared by them.

Student-athletes who have been treated for an injury must be cleared by the Athletic Trainer prior to resuming participation.

Transportation Policy:

BHS will provide transportation to and from athletic events; student-athletes are required to ride that transportation. Insurance and liability issues are the main reason for this. Also, members of the athletic staff feel it is in the best interest of team unity that everyone travel together and share the game experience. As the "guardian" during these trips, the athletic staff must be able to account for the whereabouts of all student-athletes and insure their safety. It is expected that our student-athletes will conduct themselves appropriately while on bus transportation. Any misconduct will result in a penalty including and up to dismissal if warranted. If parents want their child to ride home with them, they must sign them out with coach. They are not allowed to leave with anyone other than their parent or legal custodian.

Athletic Code of Conduct:

Daily Attendance:

Any student-athlete absent from school the day of scheduled game or practice session will not be allowed to participate in that game or practice unless they have attended at least 50% of the day.

Students in "Good Standing":

All athletes must be a student in "good standing" in order to participate in athletics. "Good standing" is defined but not limited to:

- Adherence to school rules that regulate behavior and attendance
- Respectful behavior towards all members of the school community

If a student-athlete is suspended during their sport season they will not be allowed to play or practice during that time. If the suspension is 1-3 days, the athlete will also be suspended from the first contest upon return to school. If the suspension is more than 3 days, the athlete will be removed from the team.

Academic Duty:

Students will plan their time so that they will devote sufficient energy to their studies to ensure grades represent their true abilities.

Honesty / Integrity:

Honesty is expected at all times. Stealing and lying will not be tolerated and, subject to due process, will result in immediate dismissal from the team.

Representation:

Student-athletes are considered representatives of the school at all practices and contests and events. Students will conduct themselves properly when traveling as they represent the community, school and team.

Respecting the Spirit of the Game:

Students will realize that officials do not lose a game, but are there for the purpose of insuring the game they are playing is a fair and safe contest for all participants. The officials will be shown courtesy and respect at all times.

Respect for the Coaching Staff:

Students will understand that their coaches have their best interests in mind as they plan and guide the athletic team. They will obey the specific rules of the coach.

Respect for school buildings and grounds:

Students will understand that damage to the school building, grounds, or school equipment will result in immediate suspension from the team. The length of such suspension will depend on the severity of the damage as determined by the Athletic Director and Coach.

Burns High School Criteria for Athletic Honors and Awards:

To be considered for a team award presented by the coach, a student must:

- Display exemplary conduct and a spirit of fair play at all times.
- Exhibit respect for school personnel, coaches, game officials, and opponents.
- Meet criteria established by the coach.
- Finish the season as a member in good standing on his/her team.

All-Conference selections are awarded to BHS athletes by a vote of the coaches within the conference. It must be understood that while coaches nominate athletes, they have no control over the final selection.

Varsity Letter: Receiving a varsity is an honor reserved for those student athletes who have demonstrated excellence in performance and the commitment and sacrifice appropriate for membership on a varsity team. The standard for receiving a varsity letter will be determined by the coach.

FINAL MESSAGE TO ALL STUDENT-ATHLETES, SPECTATORS AND PARENTS:

We urge you to support BHS Athletics by:

- Attending sporting events.
- Lending positive support to our teams and coaches.
- Encouraging all players without regard to their role on the team.
- Helping other spectators and parents to maintain an appropriate sportsmanlike attitude.
- Showing respect for the authority of the game officials.
- Enjoying the Burns High School athletic experience

*GO
BULLDOGS!*