

SOUTHERN SCHOOL OF
ENERGY AND SUSTAINABILITY



HOME OF THE SPARTANS

Parent/Student Athlete Manual

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Southern School of Energy and Sustainability Interscholastic Athletics Handbook for Student-Athletes and Parents Crystal Massenburg, CAA - Athletic Director

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Section One - Philosophy and Expectations

Durham Public Schools Interscholastic Athletic Competition Policy

The Durham Public Schools Interscholastic Athletic Program stresses emotional, physical, social, and leadership development of the individual through the participation of athletics. It also provides a forum for these skills to be applied in the greater community. We view the Interscholastic Athletic Program as a part of the education process of our students.

We believe that through the Interscholastic Athletic Program we can educate our youth to become productive citizens who actively participate in our community and society. Our program is committed in developing the student through physical fitness and health.

In addition to a healthy body, we will develop a student with a positive self-image, the ability to learn new skills, and a desire for personal growth and development. We want our students to learn to accept responsibility for their actions, measure themselves against high standards, and instill a sense of fair play, honesty, and cooperation among teammates and coaches.

Athletic Department Philosophy

Interscholastic sports at Southern School of Energy and Sustainability form part of a diverse extracurricular activities program. The activities are regarded as vital parts of the total educational offerings of our school. The sound development of the physical capacities of youth complements and enhances the intellectual, emotional, and social development of every young man and woman. These opportunities are useful tools in the achievement of the goals of a comprehensive education.

Southern High's dedication to excellence extends to our competitive athletic program. In this endeavor, the Interscholastic Athletic program serves as one of the extensions of the classroom, which attempts to meet certain district student goals through experiential learning opportunities and can only enhance and reinforce the learning that occurs within the classroom.

Junior Varsity Program Philosophy

The junior varsity level is intended for those students who display the potential for continued development into productive varsity level athletes. Although team membership varies according to the structure of each program, 9th and 10th grade students occupy the majority of roster positions. In certain situations 11th graders may be included on a junior varsity roster. Freshmen, as well as modified students who have satisfied all selection/classification criteria, may be included on a junior varsity roster. At this level, athletes are expected to have committed themselves to the program, team and continued self-development.

To this end, increased emphasis is placed on physical conditioning, refinement of fundamental skills, elements and strategies of team play, as well as social-emotional development. Junior varsity programs work toward achieving a balance between continued team and player development and striving for victory. The realization that practice sessions are important is a premise that is vital to a successful junior varsity team and player. For all team members, the opportunity for meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six-day-a-week commitment that is expected at the varsity level. While contests and practices are rarely held on holidays and Sundays, practice sessions are sometimes scheduled during school vacations and commitment is expected at the junior varsity level.

Varsity Program Philosophy

Varsity competition is the culmination of each sports program. Seniors and juniors generally comprise the majority of the roster. At the varsity coach's discretion, sophomores and freshmen may be included on the team provided that evidence of advanced levels of physical development and athletic skill, and appropriate social-emotional developments are demonstrated. It is possible, but rare, for a modified level student to be included on a varsity roster. Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play in the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students' acceptance of their roles in pursuit of team goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation/recess periods for all sport seasons. Depending on the sport, contests and practices are scheduled during vacation/recess periods, on Sundays, and in some cases holidays. The dedication and commitment needed to conduct a successful varsity program must be taken seriously by all student-athletes. The varsity coach of a sport is the leader of that sports program and determines the system of instruction and strategy for that program. The communication among the modified, freshmen, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to compete, striving for victory in each contest and working to reach the group's and individual's maximum potential are goals of a varsity level team.

Expectations of the Coaches

1. The coach is responsible to know which athletes have completed medical files. If a coach allows an athlete to participate in practices or games without proper medical forms on file, the coach will assume all legal and financial responsibility for health and welfare of the athlete.
2. The Athletic Trainer has the final word when clearing or withholding athletes from athletic participation. The athletic trainer will also determine if the weather allows a team to practice in regards to the heat index scale.
3. If an athletic trainer is not present at an away game, it is the coach's duty to meet with the athletic trainer upon returning from the athletic event, to complete an accident and insurance form or to pick up copies of both forms in the SSES business office. Once the forms are completed, they need to be turned into the SSES business office to be filed.
4. All coaches are expected to qualify for a CDL in order to drive their athletic teams to athletic teams to athletic contests. This includes both head coaches and assistant coaches. Your bus driver will not be paid for by the athletic department budget.
5. Leave at the pre-determined time for an athletic event. Coaches should not be late. Make it clear to the athletes that the bus will leave when scheduled. If they do not show up on time or are not prepared, the bus will leave without them.
6. Coaches are expected to care for their respective fields/courts as described in this manual. Please report any potential hazards to the athletic director in regards to field conditions.
7. Care of equipment is important. Use the equipment wisely and report any mechanical problems to the athletic director immediately.
8. Coaches are expected to be familiar with the rules set forth by the NCHSAA. The rules of the NCHSAA must be abided by at all times. Coaches are financially responsible for penalties and fines incurred listed under the "penalties and fines" section of the NCHSAA handbook.

9. Coaches are expected to attend the rules interpretation meeting for the sport they are coaching. If a coach does not attend the mandatory meeting, the coach will assume financial responsibility levied against SSES.
 10. Be sensitive to the athletes need for water breaks during extreme heat conditions and early in the season. The safety of the athlete comes first. A coach will be able to get more out of the athlete physically if they are hydrated properly. A water break every 20 minutes is reasonable. Early in the season when the athletes are getting acclimated to the physical demands of practice, it is also reasonable that their bodies will need more water.
 11. The coach is responsible for monitoring grades, attendance, and eligibility of the athletes in their sport. Be familiar with DPS and NCHSAA eligibility requirements. Grade reports will be sent out weekly by the athletic director.
 12. The coach is responsible for being knowledgeable of the rules and regulations set forth by the NCHSAA.
 13. The coach is responsible for the laundry care of practice and game uniforms.
 14. Fundraising projects must be approved by the athletic director.
 15. All athletic teams are expected to perform a community service project. We are trying to develop the overall person and instill a sense of community and leadership in our young people. In addition, we want to present ourselves as participants in the community as future leaders. Therefore, it is essential that our student athletes learn they must give back to the community that supports them. It is the coach's responsibility to select a service learning project and have it approved by the athletic director.
 16. All coaches need to have a background check and complete ALL employment forms as required by DPS prior to having contact with our student athletes. This includes contact during conditioning sessions conducted during the summer and out of season conditioning.
 17. As per state law and DPS policy, it is illegal for coaches to administer (hand out) drugs. This includes both prescription and over the counter pharmaceuticals. This includes but is not limited to inhalers, aspirin, Motrin, ibuprofen, cold medication, and allergy medication. **Consequence:** immediate termination from coaching at SSES.
 18. Coaches must annually review the coach's manual and sign the coach's agreement before having any contact with student athletes or performing any coaching duties on behalf of SSES.
 19. The coach is responsible for reviewing the contents of the extra-curricular activity manual with the athletes and having the athletes and parent sign an acknowledgment form.
- Consequences for other offenses:
- 1st Offense- Verbal/Written Warning
 - 2nd Offense- One game suspension
 - 3rd Offense- Termination

Expectations of the Student—Athletes

The Southern School of Energy and Sustainability student-athletes will:

- Play the game for fun.
- Be gracious when you win and graceful when you lose.
- Respect and abide by the rules of the game.
- Put the team ahead of yourself in every situation.
- Accept decisions made by those in authority.
- Demonstrate respect for your opponents, coaches and teammates.
- Be accountable for your own actions.
- Be open to constructive criticism and take correction as a compliment.
- Accept and embrace the discipline involved in athletics, because it benefits the team.
- Develop the feeling of pride based upon being a member of a team.

- Not act arrogantly or a display a sense of entitlement
- Be an athlete of good character and exemplify that good character in all you do

Expectations of the Parents/Guardians

The Southern School of Energy and Sustainability parents/guardians (“parents”) will:

- Attend as many games as possible.
- Support your child’s attendance at practices and as many games as possible.
- Know and understand the rules of the athletic program and ensure that your child knows and understands them.
- Ensure that your child attends school regularly and on time, and fulfills of all course requirements.
- Do everything possible to make the athletic experience positive for your child and others.
- View the game with team goals in mind.
- Release your children to the coach and the team.
- Look upon members of the opposing team as friends involved in the same experience.
- Accept the judgment of the officials and coaches and always remain in control.
- Accept the results of each game and not make excuses.
- Demonstrate winning and losing with dignity.
- Encourage athletes to keep their perspective in both victory and defeat
- Be a good listener.
- Accept the goals, roles and achievements of your child.

Section Two – Governance

Governance

1. The Board of Education

In collaboration with our community and parents, the mission of Durham Public Schools is to provide all students with an outstanding education that motivates them to reach their full potential and enables them to discover their interests and talents, pursue their goals and dreams, and succeed in college, in the workforce and as engaged citizens.

2. The National Federation of State High School Associations (NFHS)

The NFHS consists of the 51 individual State High Schools' athletic and/or activities associations. The NFHS is both a service and regulatory agency. The growth and influence of State Associations and the NFHS ensures some degree of team work on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities. The purposes of the NFHS are: a) to serve, protect and enhance the interstate activity interests of the high school; b) to assist in those activities of the State Associations which can best be operated on a nationwide scale; c) to sponsor meetings, publications and activities which will permit each State Association to profit by the experience of all other member associations; and d) to coordinate the work to minimize duplication.

3. North Carolina High School Athletic Association (NCHSAA)

The NCHSAA is the organization responsible for governing interscholastic athletic activities for boys and girls in grades 9-12 in its member schools. The NCHSAA provides a central association through which public secondary schools of the State may cooperate for the following purposes:

- To establish necessary principles and procedures for the conduct of interscholastic athletics.
- To strengthen the work of the local schools in developing good sportsmanship and high ideals among contestants and teams.
- To encourage all forms of interschool athletic activities for all boys and girls in grades 9-12 as an integral part of the educational program.
- To adopt, strengthen, interpret, and enforce uniform eligibility rules and sports standards governing participation in interschool athletics at all levels as established in the Regulations of the Commissioner of Education governing athletics.
- To conduct regional and state championship tournaments.
- To enforce the constitution, bylaws, rules, regulations, and sports standards adopted by this association, its sections, and leagues.
- To strive continually to strengthen programs and improve safety in sports through study, research and experimentation.
- To meet with and assist sports officials at the state and sectional levels to identify and solve existing problems.
- To cooperate with non-school groups engaged in sports activities to establish guidelines for outside competition.
- To comply with the provisions of the North Carolina State Not for Profit Corporation Law.

4. Big-8 Conference (BIG-8)

This consortium of public high schools in North Carolina provides a central association through which the member schools in the BIG-8 cooperate for the following objectives:

- To strengthen the work of the member schools in developing good sportsmanship and high ideals among and between contestants and teams.
- To promote all forms and phases of athletics for secondary students, and to enact policies and regulations in the interests of the general welfare of Section IX athletics.
- To establish uniformity concerning eligibility rules governing participation in interscholastic athletics in each league in the section.
- To plan and conduct all sectional athletic activities through its appointed leadership structure and governing body and to arrange, when necessary, entrance to participation in intersectional activities.
- To enforce the Constitution, bylaws, rules, regulations and game standards adopted by the Commissioner of Education, the NCHSAA, and BIG-8.

Section Three – Eligibility

NCHSAA Eligibility Rules

These standards are the rules of the North Carolina High School Athletic Association, Inc. and apply to grades 9-12. Athletes must meet all standards of eligibility for practice and competition. All schools agree to abide by the minimum eligibility rules adopted by the Central Committee in all interscholastic competitions.

Age

Student cannot turn 19 years of age on or before August 31 of current academic year.

Amateur

A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur is one who engages in athletic competition solely for the pleasure of the activity and for the physical, mental, and social benefits derived from participation. When competing in non-NCHSAA sponsored events, an athlete forfeits amateur status in a sport by:

- Competing for money or other compensation (allowable travel, meals, and lodging expenses may be accepted).
- Receiving an award or prize of monetary value which has not been approved by this Association.
- NOTE: Only awards or prizes having a monetary value of two hundred fifty dollars (\$250) or less per competition will be approved by the Association. When honoring student-athletes for success in
- NCHSAA sponsored championship events, Boards of Education are encouraged to approve limited awards that are appropriate to high school level competition.
- Capitalizing on athletic fame by receiving money or gifts of monetary value (scholarships to institutes of higher learning are specifically exempted).
- Signing a professional playing contract in that sport.

Instructing, supervising, or officiating in any organized youth sports program, recreation, playground, or camp activities will not jeopardize amateur standing. Receiving compensation for officiating shall not affect amateur standing.

A student who violates the above rule may apply to the league or to the designated body within that section for reinstatement one year from the date of the latest violation.

Attendance

NCHSAA rules state that the student-athlete must have a 85% attendance requirement (approximately 13.5 days) for the previous semester and includes all absences.

Academics

A student, upon entering grade nine (9), is academically eligible for competition on high school teams. All requirements must be met the first semester (fall) in order for this student to be eligible for athletic participation for the second semester (spring). Student must meet promotion requirements at their school to be eligible for the fall semester. Student must earn passing grades in three out of four classes, during each semester in order to be eligible for participation during the succeeding year.

Enrollment

Student must participate at the school to which he or she is assigned by local school board based on the residence of the parent or legal custodian within the administrative district.

Scholar-Athlete Program

The Board of Education considers participation by students in extracurricular activities, including interscholastic athletics, to be an integral part of the overall educational experience which supplements the primary goal of academic achievement. Therefore, the Board establishes the following academic and behavior eligibility requirements for student participation in athletics and extracurricular activities to assure that a balance exists between academic standards, student conduct and athletic/extracurricular activity participation

A student has to maintain a “C” average in each class.

If a student has a “D” in any of his/her classes at any point of the semester, they will be placed on **“Level 1 Academic Probation”** until the grade has become satisfactory (a grade of “C” or better is satisfactory).

If a student has an “F” in any of his/her classes at any point of the semester, they will be placed on **“Level 2 Academic Probation”** until the grade has become satisfactory (a grade of “C” or better is satisfactory).

Level 1 Academic Probation

- Athlete will be required to go to tutoring for the class which he/she has below a “C” average.
- **Athlete will be able to practice with the team, but will NOT be able to PLAY until off of probation.**
- Athlete will need “Academic Probation Release” form filled out and signed by the teacher, head coach, and athletic director before reinstated to play.

Level 2 Academic Probation

- Athlete will be required to go to tutoring for the class which he/she has below a “C” average.
- **Athlete will NOT be able to PRACTICE OR PLAY until off of probation.**
- Athlete will need “Academic Probation Release” form filled out and signed by the teacher, head coach, and athletic director before reinstated to play.

It is the coaches’ responsibility to track each student-athletes class grades. **If this is not enforced, the coach will be reprimanded from coaching the time period in which the student-athlete should be reprimanded.**

It is a coach’s responsibility to set up study halls for their teams or require student-athletes to attend tutoring sessions with their teachers during the school year. This is something that cannot end after the season is over, you want to stay on top of each player’s grades after the season and throughout their years of involvement in Southern Durham athletics.

Ticket to Play

- All athletes are required to obtain a “Ticket to Play” from the Athletic Director and Trainer prior to each fall, winter and spring sports season.
- What do I need to get my Ticket to Play?
 - DPS Residency Form
 - GW Concussion Form
 - HIPPA Form

- Current Physical (Must be valid during entire season)
 - Register online with 8to18 (Each Sport)
 - Passed 3/4 classes (*Does not apply to incoming freshman*)
 - No more than 13.5 absences (*Does not apply to incoming freshman*)
- When can I get my Ticket to Play?
 - Ticket to play sessions will be held on the athletic hallways, bottom floor near the locker rooms. Dates will be announced at the beginning of the school year and before each season.

Some Ideas of Emphasis for Student-Athlete Yearly Progression:

1. Freshman and Sophomore Year

- a. Adjust to High School schedule.
- b. Learn to budget your time.
- c. Follow school and athletic department rules.
- d. Work for good grades of A, B, or C. Try to maintain a 3.0 grade point average or higher. Do not allow D's or F's to appear on your transcripts.
- e. Write down your academic and athletic goals.
- f. Adjust to the intensity of high school athletics.
- g. Work to improve your athletic skills during practice.
- h. Begin strength and conditioning program.
- i. Improve yourself in the off season.
- j. Attend skill development camps.
- k. Read the information on ncaa.org concerning student athlete college requirements.

2. Junior Year

- a. Take the SAT and ACT as much as possible during the year. Just when you think its enough, it is not.
- b. Register with the NCAA Clearinghouse.
- c. Assemble an athletic portfolio with academic and athletic accomplishments, SAT score, and physical attributes.
- d. Contact colleges you are interested in and develop a dialogue with them.
- e. Begin making college visits.
- f. Continue your strength and conditioning program.
- g. Improve yourself in the off season.
- h. Attend camps.
- i. Work with guidance counselors to complete college applications.

Section Four - Sportsmanship, Conduct, and Ethics

Understand that you represent your team, Southern Durham High School, the Southern Durham community, and the city of Durham. We all like to win, but recognize good sportsmanship is more important than victory. The primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of students. Be modest in victory and gracious in defeat. Respect the judgment and integrity of the officials. Treat the visiting teams, fans, and officials as guests. Respect the rights of all spectators. Even though we are very competitive when competing in game situations, bite your tongue when speaking about officials to the media (radio, newspaper, blogs, television, etc.). Comply with NCHSAA rules concerning sportsmanship. Stand and participate during the national anthem or stand and remain silent and respectful. **Consequences:** the athletic director and/or administrator will enforce the sportsmanship policy. Coaches not observing good sportsmanship will have disciplinary action taken against them by the athletic director, or be exposed to disciplinary action by the NCHSAA.

NCHSAA Sportsmanship Rules

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NCHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

Player Sportsmanship:

Any member of a squad ruled out of a contest for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NCHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any player:

1. Ejected from one contest shall not participate in the next regularly scheduled contest;
2. Ejected from a second contest in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Ejected from a third contest in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.
4. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

NOTE: Member of the squad includes player, manager, score keepers, timers, and statisticians.

NCHSAA Code of Ethics

It is the duty of all concerned with High School athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.

3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
8. To encourage leadership, use of incentive, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game.....not a matter of life or death for player, coach, school, official, fan, community, state or nation.

Responsibilities of the Durham Public Schools Athlete

Good sportsmanship is as important for the players as the coach. Because athletes are admired and respected, they are role models for and exert a great deal of influence over the actions and behaviors of spectators, particularly other students.

Athletes must:

1. Accept the responsibility and privilege of representing the school district, their school and the community.
2. Treat opponents with respect that is due them as guests and fellow human beings.
3. Exercise self control at all times, accepting decisions and abiding by them.
4. Respect the official's judgment and interpretation of the rules. Never argue or make gestures indicating dislike for or disagreement with a decision.
5. Accept both victory and defeat with pride and compassion; never be bitter or boastful.
6. Cooperate with the coaches and fellow players in promoting good sportsmanship.

Anti--Hazing Policy

Respect of Other Students: Students shall respect the rights and dignity of fellow students.

1. Bullying and Harassment are prohibited.
2. Fighting. No student may intentionally hit, shove, scratch, bite, block the passage of, or throw objects at a student or other person. No student shall take any action or make any comments or written messages intended to cause others to fight or which might reasonably be expected to result in a fight.
3. Assault on another Student. No student may cause or attempt to cause serious physical injury to another student or intentionally behave in such a manner as could reasonably cause serious physical injury to any student.
4. Threat/False Threat. No student shall make any threat through written or verbal language or act which conveys a serious expression of intent to cause harm or violence. Furthermore, no student shall make a false threat of harm or violence, even in jest, which causes or is reasonably likely to cause fear or a disruption to school activities.
5. Coercion or Extortion. No student may use force or violence or threat of force or violence to obtain money, property, or personal services from another student.
6. Hazing. No group or individual shall require a student to wear abnormal dress, play abusive or ridiculous tricks on him/her, frighten, scold, swear, harass or subject him/her to personal indignity.
7. Peer Relations. No student shall engage in sexually harassing behavior toward another student.

Reporting

Any student belonging to a group, organization, club, or athletic team who is a witness to or has information concerning an incident of hazing or suspected incident of hazing is required to report the incident to an adult with whom he or she is comfortable and/or to an adult charged with the care of said group, organization, club, or athletic team (e.g., a coach, assistant coach, advisor or a supervisor). The identity of the reporter shall be kept in confidence to the extent practicable to enable the District to conduct a thorough investigation and as permitted by law. While the District respects the privacy and anonymity of all parties and witnesses to complaints brought under this policy, it cannot guarantee absolute confidentiality.

Consequences

If, after appropriate investigation, the District determines that hazing or other inappropriate behavior has occurred, prompt and appropriate corrective action will be taken. It is the policy of the Board to appropriately discipline the offending individual in accordance with the law, Board policy, and the District Code of Conduct. If the alleged behavior constitutes a crime, the police authorities or other appropriate agency shall be immediately notified.

The Board prohibits any retaliatory behavior directed towards any person who reports an act of hazing or directed against anyone who participates in the investigation of a complaint of hazing. Consequences and appropriate remedial action for a student found to have engaged in retaliatory behavior range from positive behavioral interventions to suspension from participation in extra-curricular activities, up to and including suspension as permitted under the District Code of Conduct. The Board also prohibits the knowingly false reporting of an incident(s) of hazing.

It shall not be a defense to a charge of hazing that the hazing victim consented to or acquiesced in the hazing activity or that the offender only assisted another individual engaged in a hazing activity. An individual who aids and/or abets a person engaged in a hazing activity shall be deemed guilty of engaging in the hazing activity.

This policy shall be published in the District Code of Conduct and the Annual Notice Booklet and other appropriate District publications. Students and staff shall be notified of this policy annually.

Coaches Code of Conduct

Durham Public Schools coaches:

1. The welfare of the student is of primary concern at all times.
2. The coach is the primary role model at all times.
3. Shall support and enforce all rules set forth by the Southern School of Energy and Sustainability athletic department.
4. Shall conduct his/her program in harmony with the total school.
5. Shall be acquainted with school, district, and state regulations and abide by them.
6. The coach has tremendous influence upon student athletes and shall never place winning above the value of instilling desirable ideals of character.
7. The coach shall strive to set an example of the highest ethical and moral conduct with the student athlete, officials, athletic directors, school administrators, the media, and the public.
8. The coach shall discipline athletes who display unacceptable behavior.
9. The coach shall know the game rules and be responsible for their interpretation to team members.
10. The coach shall promote and work in harmony with the entire interscholastic program of the school
11. The coach shall respect and support contest officials by avoiding conduct which will incite players or spectators against the officials.
12. The coach shall actively promote good sportsmanship of spectators by working closely with administrators, cheerleaders, pep club sponsors, and booster clubs.

13. The coach shall meet and exchange greetings with the opposing coach before and after each contest to set and maintain a positive tone for the event.
14. The coach shall take an active role in the prevention of alcohol, tobacco, and other drug abuse, while stressing the importance of a healthy lifestyle.

Athletes' Code of Conduct

1. Accept the responsibility and privilege of representing your school and your District at all times.
2. Treat your opponents with the respect due to them as your guests.
3. Exercise self-control at all times, accepting all decisions and letting them be final
4. Accept victory and defeat with pride and compassion, never boasting nor showing bitterness.
5. Be a good role model and exhibit good character at all times.

Parents' and Spectators' Code of Conduct

1. Understand that a ticket is a privilege to enjoy and observe the contest, not a license to verbally abuse others.
2. Exhibit exemplary character by being positive and supporting the teams in all manner possible.
(Athletes, Coaches and Officials)
3. Give support to all participating in the contest. (athletes, coaches and officials)
4. Respect the judgment of others, including the coaches.

Section Five - Communication and Conflict Resolution

Parent-Coach Communication

Research indicates that students involved in co-curricular activities have a greater chance for success during adulthood. We believe the Durham Public School's athletic program helps develop the character traits that promote a successful life after high school. Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of each other, providing greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. If a situation arises or misunderstanding occurs, a conference between the coach and the parent is encouraged. It is important that both parties involved have a clear understanding of the other's position.

Communication you should expect from your son/daughter's coach

1. Philosophy of the coach
2. Expectations the coach has for your child and other players on the squad
3. Locations and times of all practices and contests
4. Team requirements, i.e. fees, special equipment, off-season conditioning
5. Procedure should your child be injured during participation
6. Behaviors that may result in the denial of your child's participation

Communication coaches expect from parents

As student-athletes become involved in the athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way an athlete wishes. At these times, discussion with the coach is encouraged. Playing time will not be discussed with the coach.

It is very difficult to accept as a parent your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved.

Appropriate matters to discuss with coaches

Parents should:

1. Express concerns directly to the coach
2. Notify the coach of any schedule conflicts well in advance
3. Discuss specific concerns regarding a coach's philosophy and/or expectations
4. Discuss concerns regarding the treatment of your child, mentally and physically
5. Discuss ways to help your child improve
6. Discuss concerns about your child's behavior

Inappropriate issues to discuss with coaches

While there are certain matters which can and should be discussed with your child's coach, there are other things which must be left to the discretion of the coach. These include:

1. Playing time
2. Strategy
3. Play calling
4. Other student-athletes

Complaints/Conflict Resolution

Procedure to follow if a parent has a complaint or conflict to discuss with a coach:

1. Make an appointment with the coach. Please do not attempt to have a discussion with the coach before, during, or immediately after a contest. Coaches have responsibilities to attend to before and after a contest or practice. These are often emotional times for all involved including students, coaches and parents. Discussions at this time usually do not promote objective analysis of the situation and rarely produce a result that is best for all parties involved
2. If the coach cannot be reached, call the Athletic Director who will arrange the meeting for you.
3. If the meeting with the coach does not produce a satisfactory result the parent should arrange an appointment with the Athletic Director to discuss the situation. The coach may or may not be asked to attend this meeting. The appropriate next step will be decided during this meeting should resolution not be reached.

Section Six - Practices, Vacations, Holidays, and Cancellations

Practice Parameters

Southern School of Energy and Sustainability provides numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program. Students are encouraged to take advantage of these opportunities; however, students will not be allowed to sacrifice the quality of their academic program in order to participate in athletics. The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities will, likely have conflicting responsibilities. Students are cautioned not to overextend themselves. Participation on athletic teams requires a demanding commitment of time to a rigorous schedule of practice and competition that in addition to weekdays includes possible weekend, holiday, and vacation days. Parents and student-athletes have a responsibility to notify a coach immediately whenever a scheduling conflict arises, and they should attempt to resolve the conflict. If it becomes apparent that conflicts will continue on a regular basis and a student cannot fulfill his/her obligation, the student should withdraw from one of those activities.

Vacations

When parents and student-athletes choose to take their family vacation during a sports season, it must be understood that the time missed by the student-athlete can affect team chemistry, personal conditioning, the performance level of the individual, and the overall performance of the team. Each and every individual on the team has a role, not just in the game, but in the practice climate as well, regardless of how much playing time the athlete is experiencing. Commitment during the vacation periods involves self-sacrifice, not only on the part of the athlete, but the family as well. **ATTENDANCE IS MANDATORY DURING VACATION PERIODS.** Therefore, student-athletes must be prepared to participate in athletic practices or games that are scheduled during the following recesses: Thanksgiving, winter (December), and spring (March or April). As an athletic department, we are committed to preparing for and honoring the contest schedule during these non-school and vacation periods. In addition to these periods, the fall sports season will commence on the Monday prior to Labor Day, with football commencing a week prior to this date. Consequently, all varsity athletes and their families are reminded to plan vacations accordingly. It is recognized that there may be situations of an emergency nature that may arise which would necessitate the missing of scheduled practices. All athletes are expected to plan ahead and attend these practices and/or competitions, if they wish to remain on the team, maintain playing eligibility and earn an award letter. Student-athletes are expected to make a full commitment to the season, and notify the coach of any potential commitment conflicts at the start of the season, as soon as tryouts begin. A problem with commitment may impact the selection process.

Religious Holidays

Durham Public Schools athletic teams may not schedule a contest or scrimmage on the following dates without special permission from the Board of Education:

- Rosh Hashanah
- Holy Thursday
- Yom Kippur
- Good Friday
- Christmas Eve
- Easter
- Christmas Day

- First Day of Passover

In addition, the School District respects that their students may be required to observe a religious holy day which is not on the above list. In that event, the athlete will not be penalized for non-attendance at that game/practice. It is the responsibility of the athlete to notify the coach in a timely fashion of these observed holy days.

School Closings and Event Cancellations

1. When the Superintendent closes school for the day or closes school early due to inclement weather or other emergencies, scheduled contests and practices on that day are generally cancelled. The Athletic Director, after consultation with the District Athletic Director, may allow for teams to compete or practice if the hazardous conditions have improved to the point where travel has become safe or the emergency has abated.
2. All other cancellations due to weather or any other unforeseen circumstances will be made by the Athletic Director.
3. The Athletic Director will reschedule all cancelled contests.
4. The coach will be responsible for notifying athletes of any changes in the schedule.

Online contest cancellation information can be found at: **<http://nc.8to18.com/Southern>**

Section Seven - Assumption of Risk, Injuries, and Return to Practice.

Assumption of Risk

Parents and student-athletes should fully understand and appreciate that there is a risk of injury which is inherent in all sports participation, including the risk of severe injury. Participation in school athletics involves flying objects and swift movement of bodies, which many times are airborne and can cause unavoidable collisions. Athletic activities can be inherently dangerous (especially football where bodily contact is part of the game) and taking part in such activities is a calculated risk taken by the student athlete and his/her parents/guardians. For many young adults the potential benefits exceed the potential hazards. The very element of a calculated risk makes the participation a stimulating adventure and satisfies the student-athlete's desire for competition, strenuous effort, and creative activity. Reducing injuries to a minimum without subtracting from this adventure is a continuous goal of our coaching and administrative staff.

Participation in competitive athletics may result in severe injury, including fractures, concussions, brain injuries, paralysis or even death in rare cases. Changes in rules, continuing education of coaches, improved conditioning programs, better medical coverage and care, and improvements in equipment have reduced these risks. But, it is impossible to totally eliminate such occurrences from competitive athletics. Athletes can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program both in and out of season, by inspecting their own equipment daily and by not playing when he/she is ill or injured. Faulty and/or defective personal equipment should be replaced immediately. Even if all these requirements are met, and even if the athlete is using excellent protective equipment and training techniques, a serious accident may still occur.

Injuries

An injury is considered to be an injury whenever it is brought to the attention of the coach. Each person has a different threshold of pain, so it is the responsibility of the athlete to notify the coach of any injury, major or minor. The coach can then consider the circumstances and make decisions on a case-by-case basis. If the injury continues to hamper the athlete's ability to participate then practice and playing time will be limited and the parent/guardian may be notified. The student's health and safety is of utmost importance. If the athlete continues to have a problem with an injury then the parent/guardian will be notified and the student may be required to get a doctor's release to resume play.

Concussion Management

According to the Centers for Disease Control, the American Academy of Neurology and the American Brain Injury Association, a concussion is a mild traumatic brain injury: a disruption in normal brain function due to a blow or jolt to the head. A concussion may cause altered mental status that may or may not involve loss of consciousness, along with other symptoms that may include headache; neck pain; balance problems or dizziness; nausea; vision/hearing problems; difficulty concentrating, and/or recalling information; confusion; drowsiness; and exaggerated emotional responses (e.g., anger, irritability, crying, silliness). Symptoms may be immediate or may develop over minutes and even weeks. If not managed correctly, concussions can lead to serious, long-term and sometimes life threatening complications. It is with this in mind that the Board has developed a concussion management policy, to be followed by all those responsible for student athletes. In the event of a blow or jolt to the head, the affected athlete must be examined and cleared by qualified medical personnel (i.e., a certified athletic trainer (ATC), nurse, physician, physician's assistant or nurse practitioner) before returning to practice or play. If the ATC, nurse, physician, physician's assistant or nurse practitioner

determines that further tests are necessary before clearance, he or she will refer the athlete to the appropriate physician or medical facility for these tests. In the event that no qualified medical personnel are present, the staff member in charge shall immediately call 911 for assistance.

If an athlete is referred to additional tests, the athlete may not return to practice or play for a minimum of seven full days following the resolution of all symptoms (returning to practice or play no sooner than on day eight). The athlete may return to practice or play only when the school nurse receives a written and signed physician's note stating that he or she has been asymptomatic for seven or more days.

The Superintendent, in collaboration with the School Physician and Athletic Director, shall develop regulations to implement this policy.

Emergency Medical Plan

The Durham Public Schools System has a comprehensive emergency medical plan in place in the event an accident or injury occurs during practices or games. If the injury or illness requires a high level of care, the EMS system will be activated and emergency services called. If the athlete is injured in a practice or game on the home site, and transported to a medical facility, the athletic trainer, a member of the coaching staff or school personnel will accompany the athlete in the ambulance, whenever possible. The coach shall notify the athletic trainer, and an accident report will be initiated within twenty-four (24) hours of the incident. When an emergency occurs at an away contest, and there is only one coach, the decision made must protect the interests of all the athletes involved. In these circumstances, if the parent/guardian is not present, it is appropriate to send the coach or other school personnel with the injured player to the hospital.

Return from Injury

- In the event an athlete sustains an injury (e.g., sprain, concussion, laceration, bruise), serious enough to require a physician's examination and treatment, the athlete must obtain written clearance from a physician before being allowed to resume practice or competition. The clearance must list a specific date that the athlete may resume activity. All such injuries must be reported to the Athletic Trainer by the athlete or coach as soon after the injury as possible.
- All doctors' notes regarding an athlete's fitness to resume athletic competition must be submitted to the Athletic Trainer and the Health Office of the athlete's school, to be noted and kept on file.
- In the event an athlete sustains a broken bone or an injury which requires the application of a cast or splint, the athlete will be automatically excluded from participation in athletic competition as well as in the physical education program. Once the injury has healed and cast/splint has been removed, the athlete may be readmitted to athletic competition only when a physician provides written permission to do so. NCHSAA has guidelines, which may allow participation under certain conditions and when proper padding is used.

Student/Athlete Accident/Insurance Claims

Parents must use their family health insurance, HMO, PPO, etc. as required, in order to be eligible for reimbursement of benefits payable under our excess coverage medical plan. The School System provides reasonable and customary coverage for claims in excess of a parent's underlying health insurance coverage. In some cases, total costs for medical expenses will not be reimbursed, as the plan is based upon reasonable and customary coverage. Parents and athletes should communicate with the school Health Office and the Athletic Department to ensure full compliance with District procedures.

Section Eight - Discipline and General Rules and Policies

Dismissal from a Team

On occasion, an athlete will be suspended or dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The following guidelines will be in effect for any athlete that is suspended or dismissed from a sport or from athletics.

- An athlete dismissed from a sport may be dismissed from the athletic program if the violation is deemed to justify such action.
- An athlete dismissed from a sport will not be allowed to start another sport until the first sport season is completed.
- An athlete dismissed from a sport, may regain participation privileges in that sport the following season.

Quitting a Team

Commitment to being a team member is one of the most valuable lessons learned in athletics. An athlete that quits a team without a valid reason for doing so gives up on themselves and disappoints those that depend on them. Concerns and frustrations can often be worked out with proper communication between the athlete and coach.

- Any athlete wishing to quit a sport should notify the head coach. The athlete is encouraged to discuss the matter with the head coach and wait 24 hours before making a final decision.
- If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the first sport season is completed.

Dual Sport Athletes

On rare occasions, students may be granted the opportunity to participate in two sports during the same season if the following procedure and qualifications are met within either the first two weeks of a given sports season and/or before try-outs and subsequent cuts are made for either sport in which the student/athlete wishes to participate:

- The student must inform the Athletic Director and the coaches of both of the sports in which they wish to participate, and which sport would be designated as the primary sport.
- The coaches must be able to work out an agreement that will satisfy both team standards.
- The Athletic Director, coaches, student, and the student's parents must meet to discuss the time demands that would be placed on the athlete. If the parents understand the time demands and physical demands and believe that their child can handle them, a contract would be signed which would designate which sport would be the primary sport, taking precedence over the other sport in any and all circumstances.

Primary Sport: This is the sport that will be the student-athlete's number one priority. The student athlete must observe all team rules and regulations established by the coach without exception. The student-athlete will attend the primary sport's practices and games when there is a conflict between the two sports. The student-athlete will not be allowed to quit a primary sport to concentrate on the secondary sport. If the student-athlete chooses to quit or is suspended from the primary sport, the athlete will also be dropped or suspended from the secondary sport.

Secondary Sport: This is the additional sport chosen by the student-athlete. The athlete must receive permission from both head coaches to participate in the second sport. The student-athlete must accept additional responsibility when participating in two sports at the same time. A student-athlete may be required to practice

twice a day and/or to attend a practice and a contest on the same day while still maintaining quality academic standards.

Early Dismissal for Competition

The student is responsible and accountable for all work that is missed due to early dismissal for any interscholastic athletic event. Athletes should notify their teachers well in advance of any competition that requires early dismissal. The Athletic Department will provide an email to our staff with a roster of athletes requiring early dismissal as well as the exact period of dismissal. Athletes should check to make sure they were not counted absent for early dismissals.

Transportation Policy

Transportation for field trips and other trips, extra-curricular and other activities shall be provided if such trips and activities are approved by the Superintendent of Schools or Board of Education. The District Code of Conduct shall be in effect for all such transportation.

The District reserves the right to determine whether or not an individual has an acceptable driving record for purposes of driving students on trips or to activities. Where the District provides transportation for students to a school sponsored field trip, other trip, extracurricular activity or any other similar event, the district shall provide transportation back to either the point of departure or to the appropriate school in the district unless:

- The student's parent/guardian provides the District with prior written notice authorizing an alternative form of transportation for such student; or
- Intervening circumstances make such transportation impractical, in which case a representative of the district shall remain with the student until the student's parent/guardian has been contacted and informed of the intervening circumstances and the student is delivered to his/her parent/guardian

A student must remain with the group at all times and may not leave the group to meet a parent/guardian elsewhere. Parents or guardians of student-athletes wishing to provide an alternative form of transportation from the competition site must complete the information on the Student-Athlete Transportation Release Form prior to their child being released into their custody.

Team Travel

- Students are expected to dress in uniform, or other appropriate dress, as directed by their coach when traveling.
- Coaches will attempt to return to the school as soon as possible after a contest. Parents should be given an approximate return time prior to departure.
- Athletes must keep the bus clean. Coaches will supervise the athletes in checking the bus for cleanliness before allowing anyone to depart the bus.
- Food and drinks are not allowed on the bus except as approved by the coach.
- Athletes must be on the bus when it is scheduled to depart. Athletes who are not on time may be left behind.
- Teams must police their seating areas or dressing rooms after the competition is completed to verify that no valuables are left behind and to insure that the area has been cleared of any trash.
- Any misconduct or disobedience while travelling will lead to disciplinary action by the coach and may lead to discipline in accordance with the DPS Code of Conduct.

Overnight Trip Guidelines and Rules

The coaching staff will be assuming the supervisory responsibilities of your son/daughter on a trip away from school. The Director of Athletics and the coaching staff feel it is important that the athlete and the parents fully understand the rules which govern such trips. An overnight trip is a continuation of the school day and, as such, athletes participating on these trips are subject to the rules and regulations which govern our students while they are on school premises. All student athletes are subject to the rules and regulations outlined in the Durham Public Schools System's *Student Code of Conduct*. Because the athletes will be representing Southern School of Energy and Sustainability and because their conduct, behavior, and safety are our responsibility, the SSES Athletic Department has established the following guidelines which must be adhered to while they are away from school and away from home.

- The luggage and personal effects of the athletes are subject to inspection prior to departing and at anytime during the trip.
- Any athlete found to be in possession of, or under the influence of alcohol, illegal or controlled substances, including prescription medication not prescribed for that person, at any time prior to or during the trip, is subject to being sent home at their parent's expense.
- Athletes must observe all team rules and regulations.
- Athletes must also observe all laws and regulations and the District Code of Conduct.
- Since this trip requires overnight lodging, athletes will not disturb other guests or fellow team members at the lodging site and will abide by all rules and directives issued by the coaching staff.
- In the event an athlete is injured or becomes ill while on the trip, the coach will immediately seek medical attention for the athlete and contact the parents as soon as possible.
- The establishment and enforcement of any guidelines not covered in the above listed guidelines will be left to the discretion of the coach or coaches in charge.

NOTE: Any athlete caught violating any rules are subject to further disciplinary action by school authorities.

It is certainly our desire that the athletes have a great experience during the overnight trip. Please discuss with your child your expectations of them while they are away and sign this form and return it to the coach prior to departure.

Team Rules

It is up to the head coach of each varsity sport to develop a set of team rules for their sport. These rules must conform to NCHSAA regulations as well as the District's policies. For example, coaches must comply with the District's eligibility policy and cannot choose to develop one of their own. It is the responsibility of the head coach to ensure that these rules are clearly stated and published. In addition, the rules must be available and made clear to all student-athletes. Finally, it is crucial that each coach reviews their rules with the Athletic Director in order to elicit their support. Part of that review requires that a copy of each team's rules be kept on file in the Athletic Department office. Athletes must at all times follow team rules, school rules and NCHSAA rules. Consequences of violating any rules imposed by a coach or the Athletic Director will follow guidelines set forth by the team, school/District and/or NCHSAA. Team rules need to be fair and should not punish student-athletes for things they cannot control (e.g. funerals, doctor appointments that can't be scheduled at other times and academic priorities). In addition, team rules should address, but not be limited to the following:

- How will discipline be carried out?
- What rules will govern practice attendance?
- What rules will govern game attendance and subsequent participation?
- How will student illness be addressed?

Captain Selection

The purpose of interscholastic athletics is to complement and supplement the students' educational program, instructing students in good sportsmanship, ethics, teamwork, leadership and physical skills development. The selection of athletic team captains should be fair and equitable, and supportive of the purposes of the program.

- The coaches of each athletic team shall develop procedures for the selection of the team captain(s).
- These procedures shall also include the method for removing a captain.
- The procedures and criteria to be used for the selection of captain(s) for each athletic team shall be submitted to the Athletic Director for review. After review and approval by the Athletic Director and principal. The final written procedures for selection of the team captain(s) shall be provided to students and parents at the start of the applicable athletic season.

Athletic Awards

The Board of Education believes that interscholastic sports are an integral part of the school program. Sports are tools by which school becomes relevant to many pupils either through direct participation or school identification.

The athletic booster club and athletic department wishes to recognize the achievements of pupils who give many hours of their time to represent the school in interscholastic athletics. Therefore, the booster club and athletic department will offer suitable letters, plaques, pins, certificates and the like for individual athletic achievement.

Community groups wishing to donate other awards to individual school athletics or teams shall indicate their desires to the athletic department.

Uniforms and Equipment

Team Uniforms and Team Issued Equipment

The Athletic Department purchases athletic uniforms and equipment for use by student-athletes. These items are expensive and are purchased to provide protection, service and a positive appearance for the wearer. It is the responsibility of the student-athlete to prevent loss and unnecessary damage to uniforms and equipment. The student-athlete must secure all school issued equipment items and uniforms during the course of a season. Please do not keep team uniforms in the locker room facility for long periods of time. The expense of a uniform is significant, and if the athlete forgets to lock his/her locker, the athlete will be expected to pay for the school-issued athletic equipment and/or uniform.

Return of School Issued Uniforms and Equipment

It is the responsibility of the athlete to personally return all school-issued equipment to their coach at the end of the season. All team uniforms and equipment must be returned to the coach immediately after the last practice or contest where the item is needed. The athlete is not responsible for the cleaning or washing of uniforms after the last use, as all items in our inventory are sent out to a professional reconditioning and cleaning service. Turning in equipment and uniforms "on time" ensures that all items in the team inventory are available for pickup by the reconditioning company on the scheduled date set for the end of the season. Athletes should never give their school-issued equipment or uniform to others to return. Coaches keep accurate records of school-issued inventory, and if items are not returned at the end of the season, the athlete will be placed on an indebted list and financially responsible for the replacement of the items.

Athletes who owe equipment/uniforms will not be issued any other school uniform or protective equipment for another sports season until they clear their indebtedness with the Athletic Department. If the uniform is lost or ruined, the athlete will be held financially responsible. Coaches will also be instructed to withhold the presentation of athletic awards until missing items of inventory have been returned or paid for. Underclassmen may be prevented from participating on an athletic team in subsequent seasons/years if they have not satisfied their obligations.

Section Nine - The College Bound Athlete

Guide for College Bound Athletes

Grades 9-10

Those who have achieved a high level of play early in high school may start getting letters of interest by various coaches in their freshman or sophomore years. Students should respond to these letters and stay on mailing lists if they are remotely interested in the programs for which they have received a letter of interest—thousands of which are sent out annually. Because students' academic records are still forming, and because PSAT scores from 10th grade are likely to increase, “counseling” students with regard to academic fit is impossible. Therefore, while you may hear of a student or two who will have “decided” by their 10th grade that they are going to university X or Y, they will have made this decision without the benefit of learning about the best overall environment for him or her. You need to find a college at which you will be fully satisfied if athletics were not a part of the mix. In other words, if you are injured or if the coach that you love is replaced, you need to still love being at your college. Elite athletes may find themselves pressured into a verbal commitment. It is up to them to make this commitment, or to take their chances at other colleges further down the road.

Grade 11

Both the athletic recruiting process and the college search process get into a higher gear in the second semester. Aspiring athletes divide into two groups:

- GROUP A = students who are chasing coaches, and
- GROUP B = students who are being chased by coaches.

Students in GROUP B may find that they are getting requests for athletic resumes and transcripts (sent at your request by the college counseling office); those in GROUP A need to create athletic resumes and initiate contact with coaches at the colleges that are of interest. Students wanting to play Division I athletics need to register with the NCAA by the end of their junior year. Again, elite athletes may already find themselves committing verbally to Division I coaches before the end of junior year, but this more the exception than the rule.

Standardized Testing

Most students will take the SAT or ACT close to the March date during junior year. Some students (including athletes), however, will take it in January because some coaches like to see scores as soon as possible. The disadvantage of taking the test this early is that a student may still have math and vocabulary to cover in class that will help boost scores. Indeed, students can always take a prep course after taking their initial standardized test. Only the highest scores are taken into account, even if a student takes the test two or three times.

Grade 12

At the start of July prior to senior year, Division I coaches can contact students once a week. Students can contact coaches whenever they want to. Division I protocols are generally clear; students are invited for official visits and offers are made to which they need to commit. Division I AA colleges (e.g. Patriot League, Ivy League) have academic indices that are well-above NCAA certification. Therefore, they will need to take transcripts and test-scores to the admission office for approval. Division III coaches have no such restrictions

and recruiting in the fall of senior year can become complicated. Decisions made by students (and coaches) have been known to form and then change very rapidly. Counseling a student becomes more nuanced as coaches “suggest” that applying early decision will help his or her chances of admission. They are not allowed to pressure students to apply early, but the reality is that someone else who is being recruited will apply early. Therefore, de facto, students (particularly those applying to small Division III colleges) should think hard about committing to an early application to that college if and only if the coach has run a student’s transcript and scores through the admission office, from which they need to receive approval. Any other promise from a coach needs to be treated with great caution. Even if approval is granted from the admission office and a student applies early, colleges will call in November to be sure that a student has maintained his or her academic progress through the fall before granting formal admission.

NCAA Division I, II, and III

Students from Southern School of Energy and Sustainability find academic matches at colleges which play athletics in Division I or II leagues more than they do those in Division III. Division I and II colleges have scholarships to give away; Division III colleges do not. However, Division III colleges will certainly have slots for athletes and need-based financial aid for those who qualify. Division I athletics is definitely a lifestyle choice; athletic practices and games will dominate much of a student’s time at college. Some Division II programs can be as competitive as Division I programs, so don’t be fooled. However, in general, students can have a broader existence at college more easily at a Division II college. They can often also entertain the possibility of being a two or possibly three-season athlete.

The Bottom Line

Stay organized, set your priorities, be flexible, and communicate often with your coach and your college counselor. The college counseling office will, in November of your junior year, give you a lot of information that you should read. Remember that for most athletes—particularly for Division IAA and III, grades, difficulty of courses, and test scores remain critically important for admission. For official NCAA recruiting information, visit the NCAA Clearinghouse website.

Section Ten - Personal Health

Alcohol, Tobacco, and Drugs

Smoking, the use of chewing tobacco, smokeless tobacco, cigarettes and other tobacco products, the possession/use of alcoholic beverages, or the illegal use of drugs (including prescription medication) by any student is prohibited as stated in the Durham Public Schools Code of Conduct.

Violations that involve these substances will be dealt with according to the Code of Conduct.

Performance Enhancement

In the past several years, a variety of performance-enhancing substances and medications have become available without prescription in the form of dietary supplements. As use increases, we find that some supplements can cause health problems that outweigh any benefits. The problem with these performance-enhancing substances, such as creatine, androstenedione, ephedrine, etc., is that there is no requirement for testing for efficacy or side effects because these are considered natural foods. They are not regulated by the FDA, which places a substance under extreme scrutiny over several years before allowing the product to become available. Dietary supplements have not been tested in clinical trials. Furthermore, there is no guarantee that the actual product contains contents stated on the label. The long-term effects of creatine supplementation are not known at this time. While creatine may modestly improve athletic performance in high-intensity activity of short duration, creatine supplements have no recognized formula or standards to follow, and there is little known at this time about the potential long-term effects. In addition, there is no recommended dosage for the substance. Reported adverse effects from taking creatine supplements include vomiting, nervousness, migraine, seizures, and a trial fibrillation. Androstenedione, an androgen, can increase blood testosterone, but any effect on muscle mass is not clearly established, and once again, this substance is not regulated or tested. Known adverse effects are documented and include early closing of growth plates and a resulting height limitation in teenage users. Other adverse effects are similar to those of anabolic steroids, which include acne, fits of rage, baldness, hormonal imbalance, and the development of breasts in men. No one clearly knows, at this time, the effects of androstenedione on the liver or cardiovascular system. Other problem supplements include those where the active ingredients are ephedrine and caffeine. Ephedrine is a close relation to adrenaline and causes elevated blood pressure, stimulating the heart and increasing its pumping action. Knowing that adrenaline will enhance performance, and that ephedrine is one of the naturally occurring relatives of adrenaline, many athletes look to this substance to improve athletic performance. The negative effects of ephedrine are well described. They include abnormal heartbeats, hypertension, stroke, and heart attack, due to constriction of coronary arteries.

The philosophy of athletics in the Durham Public Schools is such that it is considered an integral part of the school's program of education providing experiences that will help young men and women physically, mentally, and emotionally. Students are stimulated to want to win and excel, but the principles of good sportsmanship and teamwork prevail at all times to promote the educational values of contests. The element of competition and winning, though it exists, is controlled so that it does not determine and undermine the nature of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society.

Nutrition

In order to approach peak performance in athletics, student athletes, parents, and coaches need accurate information on how to properly fuel and nourish the body. Some guidelines to follow would be to:

- Eat more complex carbohydrates. By ingesting carbohydrates, athletes maximize glycogen storage. Glycogen is the primary source of energy for muscles. Recommended sources of carbohydrates are grains, cereals, breads, potatoes, pasta, vegetables, and fruits. As an added bonus, most carbohydrate sources are also high in vitamins and minerals.
- Eat less high-fat foods. Foods high in fats include fried foods, cookies, cakes, luncheon meats and whole milk dairy products. This does not mean avoid these foods totally. However, we must learn to choose low fat versions such as skim milk, lean beef, chicken and fish (minus the skin), and low fat snacks, such as pretzels.
- Stay hydrated, especially in hot weather. Studies clearly show that performance suffers in a dehydrated athlete. Drink before, during and after exercise. Plain cold water is usually the best. However, sports drinks may provide an edge if you exercise continuously over one hour. Thirst is not a good measure of when to drink fluids. A thirsty athlete is already in early stages of dehydration.
- Maintain a healthy body composition. Avoid quick weight loss. Within reasonable guidelines, a leaner athlete is a more efficient athlete. A normal range of percent body fat for males is 7-18%, while a healthy range for females is 15-25%. Your body fat is determined by heredity, and of course, diet and exercise.
- Replace carbohydrates used for energy during training and competition. In order to refuel your body to prepare for the next practice or game, carbohydrate-rich foods need to be ingested soon after exercise. Eating 200-400 carbohydrate calories within 1-2 hours of exercise is best.
- Eat an appropriate pre-competition meal. Three to four hours before practicing or playing a game, athletes need to 'fuel' their bodies with a high carbohydrate, medium sized meal composed of familiar food. However, within an hour of exercise, always avoid foods high in sugar such as candy bars.
- Don't be tempted by nutritional supplements or other supposed 'performance-enhancers'. Athletes should be able to properly fuel their bodies through a normal well-balanced diet that is especially rich in complex carbohydrates. Nutritional supplements such as amino acids, protein and high doses of vitamins and minerals may actually be harmful.

Section Eleven - Joining a Team

Attend Pre-Season Meeting

A few weeks before each sport season, a pre-season meeting will be conducted. At this time, the coach of each sport will distribute important information that must be completed prior to the first practice session. The following information or documents will be disseminated to all potential athletes prior to each season:

- Team rules
- Try out information
- Season Schedules
- Important Team Dates

Physical Examination

All students participating in interscholastic athletics shall be required to have a physical examination prior to participation in either practices or games. The participating student must be examined and approved by the School District health practitioners, as directed by the Director of School Health Services, or may be examined by his/her own family physician rather than the School Physician on the form supplied by the school certifying that his/her physical condition warrants participation in interscholastic athletics, subject to review and approval for participation by the Director of School Health Services and School Physician. It is also understood that one or both parents or guardian must give written permission for the student to participate.

The decision of the School Physician regarding participation shall be final. In the event, however, that the Board of Education disagrees with the decision of the School Physician, the Board may determine that a second opinion regarding participation is necessary. In the event a student who is examined by the School Physician receives a report that he or she may not participate in interscholastic athletics, written notification shall be sent to the parent/guardian that the student will not be permitted to play.

Return of all Relevant Forms

All required forms must be completed and returned to your child's health office at school. This will give the health office staff sufficient time to obtain and review the student athlete's health records.

Try Outs

Athletes are expected to participate on the first day and all other dates of try outs. Athletes who miss the official start date and express a late interest in tryouts may be denied the opportunity to participate in the program. In those programs where cuts are made, coaches are expected to make their final selections from those who are in attendance at tryouts. Exceptions to this policy can be considered for those athletes that have a documented medical illness or an injury.

Each year is viewed as independent of another with respect to tryouts and, therefore, the tryout is open to all interested students. Athletes who were involved with the program the year before are not guaranteed a place on the team roster in the next season. All athletes should be prepared to compete for membership every year. Some students mature from one year to the next, and may be included on the team after having been cut the year before. At the varsity level, the size of a team becomes a function of those needed to conduct an effective and meaningful practice and to play the contest.

NOTE for seniors: One of the most difficult situations coaches face is the dilemma of the senior who has been in the program for years, and now is viewed as a limited-role player. At the varsity level, the best will play, regardless of age. Coaches are encouraged to be honest with seniors, and if it is clear to the coach during tryouts that the role of the senior will be limited, that information will be communicated. The senior presented

with the opportunity to remain in the program with a limited role must be prepared to accept this role, and still meet all expectations of the program.

Team Selection

Following the tryout period, the coach will talk to each individual who tried out for the team to inform them of their status. They will personally speak with each athlete who did not make the team and inform him/her of the reasons he or she was not selected. If appropriate, the coach will also discuss measures that the individual athlete can take to help improve his/her chances of making the squad in subsequent seasons. If an athlete is cut from a sport due to a numbers issue or lack of skill for that sport, they may try out for another sport during the same season.

Appendix

Web Based Resources and Links

NCHSAA.org

dpsnc.net

nc.8to18.com/Southern

Ncaa.org