

WEST CALDWELL HIGH SCHOOL ATHLETIC HANDBOOK 2021-22

Athletic Director's Foreword

Welcome to West Caldwell High School Athletics! We are glad that you have decided to be a part of our program. This handbook was prepared so that you may better understand the philosophy, rules, and regulations of the Athletic program. Please read it and keep it handy for future reference.

Athletics is an extracurricular activity of the school. For this reason, priority should be given to academic work over any athletic meeting, practice, or game. It is a privilege to be a part of an athletic team. For this reason you will be expected to represent your team in a manner that is acceptable at all times. This includes in the classroom, in the public eye, and during the course of competition. Athletes are held to a higher standard than other students at West Caldwell. Any conduct that would embarrass the school or Athletic Department may cause you to be punished or removed from the team.

-Coach Annas

Requirement/Responsibility for Participation

Parents and athletes should both complete the NCHSAA Sportsmanship Pledge.

Concussion Forms: West Caldwell High School will be in compliance with the Gfeller-Waller Concussion protocol set by the government. All Student-athletes and their parent/guardian will be presented with concussion information to help identify possible concussions. Forms provided by the school must be signed by the athlete as well as the parent/guardian before the student can participate in athletics at West Caldwell. These forms must be signed each school year.

Insurance: Insurance for each athlete has been purchased by Caldwell County Schools. This policy provides coverage for the athlete during interscholastic competition as well as practice for the school sponsored team. If a player is injured, an accident report will be completed by the coach or trainer within 24 hours of the accident and school insurance forms can be requested from the school by the injured student's family. This policy acts as supplemental insurance to the insurance you may already have personally.

Academic/Attendance Requirements:

The student-athlete must have passed 3 subjects in the previous semester and be promoted to the next grade level to be eligible to participate in the current term. Students must be in school for 1/2 of the school day to participate in athletics. This is in effect for games and practices.

Age: No student-athlete may be approved for any athletic team if his/

her 19th birthday comes on or before August 31.

Physicals: *The NCHSAA requires that all athletes must have a current and up to date medical physical. Physicals are good for 395 days. Physicals must be taken yearly by all athletes prior to their initial participation in the school's athletic program. The school will offer physicals in the month of May for a nominal fee.*

Students who are ineligible for athletics for more than thirty (30) days will receive notice advising them of their athletic ineligibility and the appropriate steps to be taken should they desire a review of their eligibility.

Athletes should:

- Live up to the high standards of sportsmanship established by their coaches.
- Help fellow athletes and fans maintain these standards.
- Be well versed in the rules and strategies of the game.
- Remember that, as athletes, they are representing not only themselves, but their school, family and community.
- Treat opponents with respect.
- Practice self-control in adversity or success.
- Respect the officials, accepting their decisions without emotion.
- Display positive public action at all times-shaking hands with opponents, showing concern for injured athletes and asking fans to display good sportsmanship.

Guidelines for Warrior Student-Athletes

- 1) Your child must meet all state and local eligibility guidelines. If your child is ineligible, the school can file for a hardship. This hardship request will ***only*** be made if there is a medical reason for the ineligibility. The documentation must be provided by the family before a hardship request will be considered. There are no exceptions to this rule.
- 2) Poor sportsmanship, by coaches, players, family members, or fans will not be tolerated by the administration of West Caldwell High School. Violations can result in removal of players or fans from competition area as well as failure to attend future events and contests.
- 3) Use of profanity is not acceptable behavior of student-athletes at West Caldwell and will not be tolerated. Use of profanity can result in being ejected from athletic contests by NCHSAA guidelines.
- 4) Student-athletes are expected to be at practice every day. Even if injured, the student – athlete can learn from observation. Athletes may be suspended from games or removed from the team for missing practices.

- 5) At no time will hazing of student-athletes be tolerated. A student-athlete caught hazing another person will be dismissed from their team immediately and subject to disciplinary action from the school administration.
- 6) Student-athletes are expected to treat all staff members with respect. If an athlete's classroom behavior is unacceptable, that athlete may be subject to disciplinary action by his/her coach.
- 7) Coaches may have additional requirements or expectations for their student-athletes. It is the responsibility of both the coach and the student-athlete to understand these additional expectations.

Disciplinary Measures

The use/possession of drugs, alcohol, steroids, or any other controlled substances will not be tolerated. If this occurs in season or out of season, West Caldwell will enforce a zero tolerance policy for

drug use/abuse. Violators can be dismissed from their team for the first offense and may not be eligible for the remainder of the school year.

Off Campus Behavior

Any time a student-athlete is in school uniform or on an athletic trip, he/she is representing the school and the athletic department and is expected to act with responsibility, class, and good character.

*Athletes who are arrested prior to or during the sport season will have their individual situation reviewed by the principal and athletic director. They will determine the team membership status of the athlete. The athlete may be ruled as eligible, ineligible, suspended or placed on probation. If allowed to remain on the team, other disciplinary measures may be imposed. **If an athlete is convicted of a felony the athlete will be removed from all athletic teams for the duration of their high school career.***

Filing a grievance: To file a grievance against any of the aforementioned measures a person should follow these steps:

- 1) Meet privately with the head

coach of their sport.

- 2) Meet with the athletic director
- 3) Meet with an appeals committee made up of 3 coaches not involved with that sport.
- 4) Meet with the principal.

A student-athlete being placed in OSS will result in that athlete not participating in any practice or contest during the entire period of suspension, including the last day of suspension.

Students being placed in OSS will not be allowed to participate in any athletic contests for a 7 day window beginning with the day of suspension. A student who returns to school during this window will be allowed to practice, but not compete in contests.

If no contests are played during the period that the student is suspended, he/she will sit out the next scheduled contest.

A student-athlete being placed in ISS may be suspended from games or practices during the period of suspension by the coach of the individual team. Student-athletes accumulating 3 days of ISS during a sports season will sit out the next contest. If 3 or more days are accumulated, the athlete will once again miss the next contest. Accumulations reset at the beginning of each sports season.

The following offenses will result in a minimum of a verbal reprimand and a maximum of removal from the team:

- Display of poor sportsmanship
- Display of poor attitude
- Abusive language
- Missing practice
- Inappropriate conduct in public
- Hazing

West Caldwell High School will abide by and enforce all the rules and regulations established by the North Carolina High School Athletic Association.

Ejection Policy

Athletes who are ejected from a contest shall be reprimanded on the first offense *and* suspended for the next two games (one game for football).

Athletes who are ejected from a contest for fighting shall be reprimanded on the first offense *and* suspended for the next four games (two games for football) *and* any games in the interim at that level of play.

Athletes will be suspended from all sports for the remainder of that sport season on the second offense.

On the third offense athletes will be suspended for one calendar year (365 days from the date of the 3rd ejection) on the third offense. Penalties are cumulative from sport to sport and from season to season, but not academic year to academic year. Ejection in the last game of the season will carry over to the next sport in which the individual participates that year. Ejected players may practice during their suspensions but may not play.

Falsifying Information

West Caldwell High School will have a zero tolerance policy for falsifying information for eligibility purposes. Any athlete who has utilized falsified information for eligibility will forfeit eligibility for 365 days.

Athletic Department Policies

Quitting or Transferring a Sport:

The athletic department hopes that no one quits or drops a sport, but if it becomes necessary, the athlete should:

- Talk with the head coach
- Return all equipment

A student may not drop and transfer sports in the same sport season unless approved by the coaches involved and the athletic director.

At any time a student-athlete quits or is dismissed from a sports team, for any reason, he/she will not be allowed to participate in any other sport, regular season or off-season workouts until his current team and athletes have fully completed their season.

Travel: Athletes must travel with the team to all away contests unless prior approval is granted by the athletic director. If a player misses

the bus, he/she will not be permitted to play in that contest. It is up to the individual coach to decide whether the athlete may return home from an away game, practice or scrimmage **with his or her parents** or must return with the team. If the coach allows his players to go home without returning on the bus, then he/she **may be released to the custody of the parent/guardian.**

The parents are required to personally tell the coach at the contest that they are taking responsibility of their son/daughter and sign their child out on a form provided by the coach. No other family member or friend will be allowed to accept responsibility for an athlete at any away contest. Failure to comply with this format will result in:

- A one game suspension for the first offense.

Extreme hardship cases should be referred to the athletic director or principal.

Parent-Coach Conferences: A parent has the right to schedule a conference with any coach at a mutually agreed upon time. **No conference will be held prior to or at the conclusion of any game.** The Athletic Director will be present at the request of the coach or parent.

College Recruitment Policy

Any athlete who is being recruited by a college, university or professional team should consult his or her head coach for advice and consent in this matter. The head coach will inform

the Athletic Director.

If a student is provided a National Letter of Intent from a college or university, it is the responsibility of the student and or their parents to notify the coach or Athletic Director to set up a time for a signing. The Athletic Director will send the information and photo from the signing to the local media.

Conflicts in Extra-Curricular Activities

In the event an athlete wishes to participate in two sports in the same season, it will be up to the discretion of the individual coaches involved. A primary sport must be declared prior to the beginning of the first practice and the primary sport will take precedence for practice and games. If a student athlete participates in an activity outside the school (i.e. AAU, JO, and recreational teams) the high school team will demand priority status.

Any student athlete who plans to participate in a school activity or family/church function that interferes with practices or games should notify the head coach as soon as possible. The athlete will be responsible to make up time or duties in accordance to team rules. Efforts should be made to minimize conflicts.

Required Attendance for Game and Practice Participation

An athlete is required to be in attendance at least one-half of the school day to be eligible for

participation in a game or practice. Exceptions due to emergencies or non-illness related matters must be approved by the Principal only.

Caldwell County Inclement

Weather Policy:

- If students are dismissed early due to cold weather conditions (ice and /or snow), all activities (practices, games, meetings, etc.) will be canceled.
- If schools are closed to students due to cold weather conditions before school begins, all games and/or student activities may be canceled. Practice is at the discretion of the athletic director and principal, with advice from Caldwell County Schools. Practice must be **optional** for players.

The Athletic Director and Principal reserve the right to delay or cancel any practice due to excessive heat. The Athletic Director and Principal will make all decisions regarding heat schedules.

Training Room Rules and Regulations

- All injured athletes should report to the trainer before practice.
- Any athlete who requires taping or treatment should report to the training room by 3:00 PM on practice days.
- Report any injuries, on or off the

field, to the trainer as soon as they occur.

Any athlete missing 3 consecutive practices due to an illness/injury must have a doctor's written permission before returning to participate.

***West Caldwell High School
Sports Offerings***

- Fall- JV- Var Football
JV – Var Men’s Soccer
JV – Var Women’s Volleyball
Var Women’s Tennis
Var Men’s & Women’s Cross
Country
JV-Var Cheerleading
- Winter – JV-Var Men’s Basketball
JV-Var Women’s Basketball
Var Wrestling
Var Men’s & Women’s
Swimming
JV-Var Cheerleading
- Spring – JV-Var Baseball
JV-Var Softball
Var Women’s Soccer
Var Men’s Tennis
Var Men’s Golf
Var Men’s Track
Var Women’s Track