

Camden County High School

Home of the Bruins



Athletic Handbook

2017-2018

Camden County High School

Principal **Billie W. Berry**

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Contact Us:

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Athletic Phone: **252-338-0114 Ext. 260**

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Athletic Schedules:

cchs.ccsnc.org/athletics/schedules

Athletic Director's Email:

mharnly@camden.camden.k12.nc.us

Athletic Booster Club

Presidents: **Missy Sawyer**

Meetings: the 1st Monday of each month at 5:30 p.m. in the Camden County High School Main Office

In compliance with federal laws, Camden County Schools administers all educational programs, employment activities and admissions without discrimination because of race, religion, national or ethnic origin, color, age, military service, disability or gender, except where exemption is appropriate and allowed by law. All Camden County Schools facilities, both educational and athletic, are tobacco-free learning environments.

The Camden County Schools administration will provide the leadership to ensure a wholesome, equitable setting so student-athletes in our programs can enjoy the many positive benefits of participation in interscholastic activities. This Administration supports the values of sportsmanship, ethics, and integrity.

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Welcome to the Athletic Program!

Welcome to the Athletic Program at Camden County High School! You are about to join a program that has a long history of achievement and excellence. Many athletes who have preceded you have provided our school with a reputation that is highly regarded in high school athletics. We hope your involvement in this program will provide you with many rewarding and worthwhile experiences and that perhaps you too can make a contribution that will further enhance the reputation of Camden and its athletic program.

While the academic area is the primary focus of our school system, we believe participation in an athletic program affords opportunities, training and experiences not ordinarily available in the regular curriculum. Education should not only provide for the many, but should also furnish a demanding test for the limited numbers who are gifted physically and who are ambitious to excel.

Preseason Meeting for Parents/Guardians of Athletes Parent Athlete Information Night

The purpose of this meeting is to inform parents of the athletic policies of Camden County Schools. There will be one meetings held during the year. A parent or guardian and the student-athlete must be present at the meeting held before the beginning of the sports season in which the athlete is participating. A meeting will be held by the coaches for parents and players of each team prior to each sports season.

Orientation Meeting - 6:00 p.m. in the CCHS Cafeteria

Overview of Athletic Handbook

Each of the following will be discussed during the meeting:

Preseason Meeting

1. Outline
2. Introduce Administration, Coaching Staff and Athletic Trainers
3. Athletic Insurance
4. Outline the Coach's Meeting

NCHSAA Information

5. Overview of North Carolina Athletic Association
6. Basic Eligibility and Powerpoint
7. Sportsmanship
8. Injury Procedures

Camden County Schools/Camden Athletic Information

9. Goals of Camden Athletics
10. Code of Ethics
11. Athletic Booster Club
12. Review Student Athlete Drug Testing Policy

Samples of Athletic Forms

13. Review forms
14. Breakout Session to Complete Forms

Individual Sport or Activity Meeting

Overview

- Introduction of Coaches
- Program coaching philosophy

Information

- Team Rules
 - Training Rules
 - Practice/Game schedule
 - Practice attendance policy
- Citizenship/sportsmanship/academic development & academic tutorials
- Sickness/return from injury & emergency care
 - Athletes must be in attendance at school to participate in practice or a game.
- Competition participation criteria
 - Any student-athlete who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon our school or community, will not be allowed to participate in practice or games
- Travel Guidelines
 - Transportation
 - Departure and arrival times
 - Dress guidelines
- Parental Involvement

If you have a concern to discuss with the head coach

- Call the school and set up an appointment. Camden County High School: 252-338-0114
- If the Coach cannot be reached, contact the CCHS office to set up an appointment for you.
- Please Do Not attempt to confront a coach before, during or after a contest or practice. These can be emotional times for the athlete, parent, and coach. Meetings of this nature do not promote resolutions; it may even exacerbate the issue.

What a parent can do if a meeting with the coach does not resolve the issue

- Call and set up an appointment with the Athletic Director to discuss the situation
- The appropriate next step can be determined at this meeting. If you have questions concerning this, please contact the Athletic Director or Head Coach at 252-338-0114 x260.

Parent/Coach Communication Plan

As your student-athletes become involved in the athletic program at Camden County High School they will experience some of the most rewarding times of their lives. Possibly the most important ingredient to achieve this outcome is to insure that lines of communication are developed to allow for free and easy resolution of questions before they become conflicts. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times a short discussion with the coach is encouraged.

Communication you should expect from your child's coach:

- Philosophy
- Expectations the coach has for your child and teammates
- Locations and times of all practices and contests
- Team requirements, i.e., practices, special equipment, off-season conditioning, etc....
- Emergency procedures in case of injury
- Code of conduct and/or discipline plan
- Changes in schedule due to weather etc.

Communication coaches expect from parents:

- Concerns expressed directly to coach
- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach's philosophy and/or expectations

Appropriate concerns to discuss with the coach:

- The treatment of your child, mentally and/or physically
- Ways the parent(s) can help the student-athlete improve
- Concerns about your child's behavior or performance

Issues not appropriate to discuss with the coach:

- Playing Time
- Team Strategy
- Play Calling
- Other Student-athletes

It is very difficult to accept your child's not playing as much as you or they may like. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed above, must be left to the discretion of the coach.

Policies

TICKETS

Tickets are sold for all athletic events Ticket prices are \$5.00 for all JV and Varsity athletic events except Varsity Football and Basketball (which is \$6.00). There is a "No-Readmittance" and "No Refund" policy in effect for all contests at Camden County High School. Fans may purchase all-sports passes (must be a booster club member) good for all home contests except endowments, tournaments, and NCHSAA playoffs.

TOBACCO

The use of tobacco products is prohibited on our campus and all campuses of Camden County Schools.

FACILITIES

Football and baseball games are played in the main stadium on campus. The press box is limited to use by authorized school personnel and accredited media only. Camden County High School athletic teams will practice and play home games in the following locations...

- Men's and women's soccer is played at the Camden Community Park.
- Lady Bruins Softball is played at the Administration Field across from Grandy Primary School.
- Basketball and Volleyball games are played in the CCHS gym.
- Track and Cross Country practices are held at the Camden Community Park.
- Swimming practices and meets are held at the Elizabeth City YMCA.

CONDUCT

The administrative and coaching staffs of Camden County High School believe that student athletes are representatives of the school and community.

The goals of the Camden County Athletic Programs are to encourage our student athletes to excel in both academic and athletic endeavors, to promote the obtainment of optimum health and physical fitness, and to strive for the highest standards of conduct and sportsmanship for the total development of the individual.

Therefore, a student athlete or support staff member should conduct themselves accordingly in and out of the school. Conduct unbecoming a student athlete of the Camden County Schools in any capacity will not be tolerated. For the purposes of this policy, a student becomes an athlete the first time he/she is selected for membership.

The student athlete will adhere to the code of conduct policy, the student handbook, and any other policies or procedures of the Camden County Board of Education.

SOCIAL NETWORKING

Camden County Schools recognizes, encourages and supports its student-athletes' rights to freedom of speech, expression and association, including the use of social media. Camden County Schools believes that student-athletes and coaches are role models, and their use of social media should conform to standards consistent with sportsmanlike conduct. Please remember that everything you post is public information, and derogatory, defamatory and otherwise inappropriate social media commentary may result in the imposition of penalties. Penalties may include, but are not limited to notice to remove the post or photo, suspension from practices and/or games, and possible suspension or dismissal from the team. Each infraction will be dealt with on a case by case basis.

PHYSICALS

To participate in athletic practices or contests, students must have a current physical (current is defined as at least every 365 days). The North Carolina High School Athletic Association form must be completed by a physician before participation or practice. This form can be found on

the Camden County High School website or picked up in the CCHS office. Students absent from athletic practice for five or more days due to illness or injury shall receive a medical release by a physician licensed to practice medicine before readmittance to practice or contests.

ELIGIBILITY

All student athletes must be properly enrolled as a student at the time they participate. They must live with parents or legal custodians within the school district. To participate in athletics students must not have exceeded eight consecutive semesters of attendance or have participated more than four seasons in any sport since entering the ninth grade. No student may participate on an athletic team if his/her 19th birthday comes on or before August 31.

In order to participate in any sport, a student in a 4x4 block schedule must pass 3 courses for the semester immediately prior to the semester of participation, meet LEA promotion requirements and meet any additional individual school requirements. Students on a traditional schedule must pass 5 courses the preceding semester to be eligible.

A student-athlete who is not eligible at the beginning of the semester (eight day period) is not eligible at any time during the semester. **Exception: a student who receives an incomplete which causes him or her to fail to meet minimum scholastic requirements is ineligible until the course is satisfactorily completed, and eligibility is restored immediately).** A student academically eligible at the beginning of a semester remains academically eligible throughout the semester.

To be eligible for athletic participation, students must also have been in daily attendance 85% of the previous semester (90 days). As per CCHS policy, a student is counted absent for school if they are not in attendance for a minimum of 2 blocks each day. Any student who has missed over 8 days in any class can make up time missed for lawful absences only. The amount of time allowed to be made up for a semester class will be capped at 18 hours per semester (not for each class).

Participation in sports is a privilege, not a right. Extracurricular sports are generally governed by the rules established by the North Carolina State Board of Education and the North Carolina High School Athletic Association. In addition to the rules established by NCHSAA, each Coach may have rules and expectations for the members of the team, which shall be distributed to all players and parents at the beginning of the season.

ABSENCES AND SUSPENSION (ISS or OSS)

When serving a **school imposed suspension, (ISS or OSS)** the student-athlete will be **ineligible** for **all** contests and practices during the suspension period. This means, the student-athlete cannot participate (dress out or attend) during the suspension. Exceptions to this rule can only be made for tryouts. In the event that a student is allowed to participate in tryouts, the student shall be required to make up any missed suspension or detention.

When serving an **athletic suspension**, the athlete is expected to demonstrate support for his/her teammates. Failure to adhere to these expectations may extend his suspension and/or affect his recognition at the conclusion of the season.

A student who is absent from school will not be allowed to practice or attend any meeting of the team or group on the day of the absence. Exceptions such as funerals, field trips, and college visitations must be approved by the principal in advance.

TRANSPORTATION

The athletic department will provide transportation to and from athletic contests.

Due to the fact that we practice and play at an off campus venue, (soccer, softball, track, and swimming) student-athletes must provide their own transportation to and from practices and home contests. Because the safety of student-athletes is a primary consideration in the administration of this activity, students must have the written parental permission for their participation in each specific sport.

DRIVER'S EDUCATION

To avoid missing practices and games, student-athletes should make arrangements to take driver's education classes outside of their playing season.

INFORMED CONSENT

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules and warnings, report physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

HOT WEATHER

According to the Camden County School System, each site is allowed to make its own decision concerning practices, realizing that no practices may occur before the end of the regular teacher workday. The Hot Weather Guidelines of the North Carolina High School Athletic Association (NCHSAA) are to be followed at all times.

INCLEMENT WEATHER

On the first day schools are closed due to inclement weather conditions, all school activities shall be suspended. This rule applies to all games, practices, rehearsals, etc.

On subsequent days when schools are closed due to inclement weather, the building principal will decide when school activities (team practices, rehearsals, etc.) may be resumed within

his/her school. All performances and games that are to be played when schools are closed will require the permission of the superintendent or his designee.

Under **NO CIRCUMSTANCES** should students be penalized for failure to attend activities when schools are closed even when special permission to proceed has been granted.

DRESS

Athletes are encouraged to dress in an appropriate manner whenever they represent Camden County High School

- Must dress appropriately during the school day (CCHS Student Handbook), at practice and for **all** games.

FINANCIAL OBLIGATIONS

All athletes are required to replace lost uniforms or damaged equipment either by payment or restitution of the lost article. Athletes are responsible for clearing all obligations with their coaches before participating or practicing with another sport (good standing). If an athlete fails to take care of his/her financial responsibilities to the athletic department he/she will be ruled ineligible.

TEAM SELECTION

Athletes at Camden County High School are encouraged to participate in as many sports as he/she can. Once an athlete begins the in-season-training period of a sport, he/she should not quit while that sport is in season. If an athlete quits a sport they will be withheld from participation until that season is over (includes playoffs). Each coach has his/her own policy on how he/she selects the team. Skill Development sessions and open facilities (open to all, required for none) are allowed, but shall not be held during any tryout period of an in-season sport (1st Fall Practice - 8/1; 1st winter practice – 11/1; 1st spring practice - 2/15, during mid-term exams, and the last 5 days of each semester). All skill development sessions must be voluntary and open to all athletically eligible students. Insurance is required for all those involved in skill development and off-season sessions.

There shall be no athletic practice/workouts during the school day or on Sunday. Practice may begin after 3:15 p.m. during the regular school day and on workdays.

SPORT SEASON

FALL
WINTER
SPRING

FIRST PRACTICE

Week of August 1
Week of November 1
February 16

FIRST CONTEST

Week of August 18
Week of November 17
Week of March 2

EXPENSES

Should student-athletes or guardian(s) choose to make purchases related to athletic participation e.g. (camps, trips, clothing, equipment for personal use or any other purpose related to participation) the expenses will be the sole responsibility of that athlete and his/her parent(s)/guardian(s). Camden County High School, Camden County Schools, and/or the Coaching Staff will in no way to any degree, cover or reimburse voluntary expenses at any time.

HAZING

The NCHSAA, Camden County Schools, and Camden County High School encourage coaches and other school personnel to vigorously enforce rules against hazing and similar practices.

Hazing is defined as deliberately subjecting another person to physical injury as part of an initiation or prerequisite for membership ... (House Bill 171). It is against North Carolina Law (G.S. 14.35). Regardless of a student's willingness to participate, hazing and other humiliating activities expected of a student to belong to a team or group, have many negative consequences. It obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and a "wholesome athletic environment.

Reporting Procedure: Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to a school administrator. This can be done face to face or through the anonymous bullying report form on the Camden County Schools website.

SPECTATORS

Spectators at events open to the public are expected to conduct themselves so as to model good sportsmanship and citizenship. This applies to student spectators as well as adult spectators. Spectators shall not:

- Harass, degrade or heckle players, participants or referees;
- Throw anything on the playing surface; and
- Approach the coach of either team before, during or after the game unless invited by the coach to do so.
- Enter the field/court/mat or track before, during or after the contest unless beckoned by the coach or an administrator to do so.
- Student spectators who violate this policy are also in violation of the Code of Conduct and will be disciplined accordingly

Any visitor to a school or school event who violates this policy will be asked to leave (No refund-No Readmission) and may lose the privilege of coming on campus and/or attending school events in the future.

EJECTION POLICY:

Anyone ejected from a contest or observed:

- Fighting
 - * throwing a punch,
 - * Instigate a fight,
 - * Individual(s) involved in a fight before or after a contest, (\$1,000.00 fine)
 - * Individual(s) leaving the bench area to participate in a fight, (\$1,000.00 fine)
- biting
- taunting, baiting, or spitting toward an opponent
- use of profanity
- use of obscene gestures (includes intimidation)
- disrespectfully addressing or contacting an official

Shall be suspended by NCHSAA and may be subject to administrative discipline as well.

Anyone ejected from a contest must complete the course prescribed by the NCHSAA and meet with the head coach, athletic director, and the Principal prior to continued participation in athletics at CCHS.

NCHSAA Student Athlete Pledge:

As a student athlete, I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school, my conference, and the NCHSAA, and hereby accept the responsibility (**financial/fines and punitive**) and privilege of representing this school and community as a student athlete.

PROCEDURES FOR ADDING OR REMOVING ATHLETIC TEAMS

2017-2018 CAMDEN COUNTY HIGH SCHOOL ATHLETIC TEAMS:

Fall	Winter	Spring
Football	Basketball (Boys)	Baseball
JV Football	JV Basketball (Boys)	JV Baseball
Volleyball	Basketball (Girls)	Softball
JV Volleyball	Swimming (Boys)	Track (Boys)
Cheerleading	Swimming (Girls)	Track (Girls)
JV Cheerleading	Cheerleading	Soccer (Girls)
Soccer (Boys)	JV Cheerleading	
Cross Country (Boys and Girls)		

PROCEDURES FOR ADDING ATHLETIC TEAMS:

Athletic teams may be considered if the following conditions exist:

- Requests are presented in writing to the Athletic Director and Principal of the school
- Requests are presented at least 12 months prior to the date for the team to be made.
- Requests shall include total associated costs (travel, coaching supplement, uniforms, equipment, etc.).
- Requests shall include the manner in which practices will be scheduled (ie. location, time, etc.). Practices shall not impose or change existing athletic team or other school function schedules.
- Requests shall include the plan for advertising and recruiting student/athletes.
- The athletic conference of the school (whichever is applicable) must be fielded by at least half of the member schools
- No existing athletic team will be forced to decrease contests from the previous year as a result of adding a new athletic team
- Initial year of the new athletic team's contests are to be played as a "club team"

PROCEDURES FOR DELETING ATHLETIC TEAMS:

- In the event an existing team is dissolved, they will be funded at their present level for one (1) additional sport season. After that season, that sport team will petition to the Athletic Director and Principal as prescribed above
- Athletic teams may be dissolved on a year by year basis as a result of lack of participation. This may be the result of students trying out for the team, injury, etc.
- Athletic teams may be dissolved on a year by year basis as a result of low or poor overall skill level of athletes that is deemed by the coaching staff to put individuals at risk of injury.
- Athletic teams may be dissolved as a result of the sport being "dropped" by scheduled opponents before or during the season
- Athletic teams may be dissolved as a result of decreased or eliminated funding

SUMMARY

This handbook is intended to inform athletes and parents of state and local regulations governing interscholastic athletics. It is hoped that by being aware of rules, regulations, and expectations, unfortunate situations due to lack of knowledge can be avoided. Please understand that this handbook is not all-inclusive. There are many rules and regulations that are not included and, of course, each coach has the right to make reasonable rules that are more stringent than those outlined in this document.

The importance of adherence to all regulations in this book should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of the regulations. The community, school administrators, coaching staff, and athletic director feel strongly that high standards of conduct and citizenship are essential in maintaining a solid program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and the orderly conduct of sports. We do not wish to establish arbitrary personal preferences to

insure absolute uniformity. The welfare of the student is our major consideration. Hopefully, their welfare transcends any other consideration.

In the event that an athlete fails to comply with these standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete will be denied the privilege of participating until such time as they can prove this desire. The precise period of suspension will depend upon the violation(s) and the attitude of the athlete. Generally, a minimum of one week will be necessary to prove the desire to participate and to comply with all standards, which have been established for the benefit of the athlete and the team. Repeat or flagrant violations may result in total suspension from the athletic program as determined by a consensus of the athlete's coach or coaches, and the administration.

For more information about the NCHSAA, go to: <http://www.nchsaa.org/>

For more information or sport specific National Federation rules, go to: <http://www.nfhs.org/sports.aspx>