



**Thomas Jefferson High School  
Student Activities & Parent  
Handbook  
SY 2018-2019**



# Thomas Jefferson High School Athletic Department

Thomas Jefferson High School stresses the importance of a well-balanced activities program for students and realizes that many hours are given for study, practice, and participation in any athletic or activity endeavor. Thomas Jefferson High School encourages parent and community support of students for their achievements, as they are instrumental in developing great community interest and pride. Our mission is to provide an opportunity for all students to excel not only in the classroom, but on the court, field or stage. I invite you to support our students and the school through attendance at the various events at Thomas Jefferson High School. You will find them to be most enjoyable and worthy of your time and effort.

School is more meaningful and enjoyable when a student has connection points through their involvement in a sport or activity. Whatever a student's skill or ability level, athletic **opportunities** are available. While some teams hold tryouts for positions, other sports welcome all participants. Interest and enthusiasm are the most important qualifications. It is our goal as an Athletic Department to enhance all student athletes' skills and to help them to become the most productive person they can be, promoting teamwork and accomplishment both on the field and in the classroom.

Our student athletes represent not only themselves, but our school and community. It is our expectation at Thomas Jefferson High School that they will represent themselves and our school in every situation, on and off the playing field. This expectation includes a **zero tolerance** for bullying and hazing of any sort.

Participation in student activities enhances the regular school day and enriches the school experience.

National studies indicate that students who participate in athletics and other activities:

- Have a higher grade point average than non-participants
- Have a higher graduation rate
- Have a better attendance record than non-participants
- Tend to be successful after college, according to the College Board.

Contributing to our athletic tradition will be a source of satisfaction and pride for our students long after they graduate. Encourage your student athlete to take advantage of all opportunities offered them during their high school experience.

Go Vikings!

Dr. William H. Holt  
Student Activities Director



# Athletic Requirements

## Virginia High School League Eligibility Rules

The Virginia High School League (VHSL) is a member of the National Federation of State High School Associations. All rules and regulations governing secondary school boys' and girls' interscholastic athletic contests and practices are established by the VHSL, the Thomas Jefferson High School Board, and the Thomas Jefferson High School Administration.

To be eligible to represent Thomas Jefferson High School in any VHSL sponsored interscholastic contest a student shall meet the following requirements:

28A-1-1 Age Rule: The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to complete.

28A-2-1 Bona Fide Student Rule: The Student shall be a regular bona fide student in good standing of the school that he/she represents. (2) Any student who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon his/her school, is not considered in good standing.

28A-3-1 Enrollment Rule: The student shall have been regularly enrolled in the school that he/she represents not later than the fifteenth school day of the semester.

28A-4-1 Grade Rule: The student shall be enrolled in the last four years of high school (2) eighth-grade students who passed five 8th grade subjects the past school year and reached the age of fifteen on or before the first day of August may compete on the varsity level.

28A-5-1 Scholarship Rule: The student shall:

(a). For the first semester be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year of the immediately preceding semester for schools that certify credit on a semester basis.

(b). For the second semester be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

28A-6-1 Semester Rule: The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.

28A-7-1 Transfer Rule: The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian.

28B-1-1 All-Star Participation Rule: The student shall not have participated in an all-star contest.



28B-2-1 Amateur Rule: A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social and pleasure benefits derived there from.

28B-3-1 Athletic Participation/Parental Consent/Physical Examination Rule: The student shall have submitted to the principal of his/her school, prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents' consent to his/her participation.

28B-4-1 Awards Rule: Students may accept permissible awards presented or approved by the student's school. Permissible awards include trophies, medals, plaques, certificates, cups, ribbons, pins, letters, pictures, event T-shirts, event hats, game balls, jackets and suitably inscribed rings or watches which are symbolic (no intrinsic value) in nature.

28B-6-1 Independent Team Rule: During the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports, become a member of or participate with an organized team in the same sport which is independent of the school's control as long as such participation does not conflict with the scheduled activities of the school squad or team.

## School Regulations

27-4-1 Contest Limitation Rule: No member school may permit its athletes to compete in more than the total number of regular season interscholastic contests as specified in the VHSL handbook. No athletes may participate on the varsity and sub varsity levels in any sport on the same day.

27-11-1 Sportsmanship Rule: (Also see "Sportsmanship" section of this handbook). Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship.

- 27-11-4 Harassment of game officials...such related actions when exhibited in aggravated form are evidence of poor sportsmanship.
- 27-11-5 Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff and officials the values of sportsmanship in the preparation for, and the conduct and management of interscholastic contests and the importance of observing published or accepted rules governing coaches, competitors or spectators relating to the conduct of competition.
  - **Penalty:** Athlete- any athlete who in protest lays hands on or attempts to lay his/her hands on an official may be declared ineligible by the League or by his/her principal for up to one year. Any athlete who strikes an opponent, a coach, or a spectator during or following an athletic event may be declared ineligible by the league or his/her principal for a specified period of time up to one year depending on the seriousness of the offense. The basis for this policy statement is that a member school shall not be represented by any student whose conduct reflects discredit upon his school.
- 27-11-6 Ejection of Player and/or Coach - Players and coaches who are ejected from a contest, scrimmage, jamboree or Benefit Game for unsportsmanlike conduct and are ineligible for the team's next scheduled



contest must be reported to the VHSL office on the form provided on the VHSL website. For engaging in fighting (including throwing punches as an instigator, in retaliation, or intentionally kicking or stomping an opponent), biting or aggressive physical contact shall result in a three-game suspension (a player shall be ineligible for the team's next three scheduled contests) and a coach for a minimum of the team's next three scheduled contests. Profanity directed at a game official will result in a two-game suspension. Student/athletes who leave the bench area and become actively involved in an altercation will result in a two-game suspension. Coaches ejected for unsportsmanlike conduct will not be physically present or communicate in any way with the team at that next scheduled contest.

## Additional Requirements for Athletes/Managers

Participation in interscholastic athletics is a privilege, **NOT A RIGHT**, earned by the student who meets eligibility requirements set by the VHSL, the District, and the School Board. Questions pertaining to the following additional requirements should be directed to the Student Activities Director.

### **Academics: Policy 8-4.2 Interscholastic Athletics**

The School Board of the City of Richmond endorses membership by its high schools in the Virginia High School League, Inc (VHSL). The school board approves of a broad program of interscholastic athletics for students eligible under the VHSL rules, subject to the additional academic and student conduct requirements set forth below for students participating in VHSL interscholastic athletic competition.

To be eligible to participate in the school athletic program, a student must be a bona fide student in good standing of the school he/she represents. A student's academic and behavioral performance is considered in determining whether that student is in good standing in their home school.

For a student to be deemed in good standing he/she must meet the following academic and student conduct criteria:

### **Academic Requirements for Each Semester:**

- The student shall be enrolled in no fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation.
- Beginning July 1, 2014, students shall meet the following academic requirements to be eligible for participation in VHSL activities:

### **Rising 9th graders:**

- All rising 9th graders who otherwise meet the qualifications for participation in VHSL activities will be deemed eligible to participate in VHSL activities for the upcoming school year.

### **Rising 10th, 11th, and 12th Graders:**

- All rising 10th, 11th, and 12th graders who otherwise meet the qualifications for participation in VHSL activities will be deemed eligible to participate in VHSL activities for the first semester of the upcoming year if:
  - The student's cumulative grade point average at the conclusion of the preceding school year is a 2.0 greater; or



- The student's most recent semester grade point average was 2.0 or greater.

### **For eligibility in subsequent semesters, students must achieve:**

- A cumulative grade point average of 2.0 or greater for the preceding school year; or
- A semester grade point average of 2.0 or greater for the preceding semester to retain eligibility.

### **Physicals-Medical Examination:**

All athletes shall have on file in the athletic office a completed VHSL Athletic Participation/Parental Consent/ Physician's Certificate Form. No student may participate in practices or games unless he/she has a physical on file, which is dated after **May 1st** of the current year. Only good for one school year.

### **Insurance:**

All participants, including managers and student trainers, must be protected by school insurance or have personal insurance that will cover any athletic injury. The participant's parent(s) must sign the last page of the VHSL form stating that they have primary insurance coverage and that Thomas Jefferson High School is not responsible for any X-rays, doctor, or hospital bills due to an injury to the participant while he/she is participating with a team involving Thomas Jefferson High School.

### **Attendance Requirement:**

***All participants must be in school for at least three full blocks before being permitted to participate in an interscholastic contest, practice, or conditioning program that day or evening.*** Exceptions are few but will be considered by the student activities director and must be approved by the principal.

### **Out-of-School Suspension:**

Any participant given out-of-school suspension will be ineligible during the suspension. In addition, the Principal, Student Activities Director, or the Coach may discipline them further by temporary or permanent suspension from the team. **Five** or more consecutive days of out-of-school suspension which may result in automatic removal from the team or squad.

### **In-School Suspension:**

Any student-athlete assigned in-school suspension will be ineligible for participation in practice sessions and athletic contests during the assigned period. A student who receives ISS for less than a full day (e.g. 1, 2, or 3 periods) will not be penalized. An individual may be penalized by his/her coach for any amount of in-school suspension. Participation may resume on the last day of the suspension (e.g. a student assigned one day in-school suspension will be eligible for participation at the end of the school day on the day of the assignment).

### **Eighth-Grade Participation:**

Eighth graders may participate in athletics on the junior-varsity level if:

- They have a completed VHSL Physical Form and the Acknowledgement Form on file.
- They meet all school, Colonial District and VHSL requirements.

### **School Debts:**



Students owing any athletic equipment will be ineligible to participate in athletics until the debt is paid. A student athlete will not be allowed to participate in another sport until his/her uniform is returned or paid for to the appropriate season coach. Any student owing debt to TJHS will also be ineligible to participate in school activities such as athletic events.

### **Equipment Distribution and Return:**

Once equipment and uniforms are issued, it becomes the total responsibility of the student. If any of these items are lost, stolen or damaged, the athlete is held financially responsible for replacing it. All payments for lost equipment must be made at the end of the season to the coach or Student Activities Director. ***Students will not be allowed to participate in the next season until all uniforms are turned in or replacement fees are paid.***

### **Dismissal/Quitting Policy:**

If a student is removed from, or quits a team without mutual release by the coach, he/she is ineligible to try out for a team for the next season. For spring sports this penalty will carry over into the next school year. In the event that the student is not mutually released, the coach must report within 48 hours to the Student Activities Director that the student has quit or been removed from the team. Should the student wish to appeal, they must notify the Student Activities Director in writing within ten days. The first appeal shall be made to the Student Activities Director; if a second appeal is desired then it should be made to the principal, with the principal's decision being final.

### **Participation on the Varsity/JV or 8th Grade level:**

Please be aware that the assigning of student athletes to the various levels of competition will be determined by the Head Coach and his or her assistants. The goal of all programs is to place each student athlete on the team in which they can compete at a high level while also allowing them to contribute to the success of the team and program. All head coaches have the right, without objection, to re-assign any student athlete to a different level of competition at any time they deem necessary. All tenth graders will first be looked upon as varsity athletes until a determination has been made.

### **Ineligible Athletes:**

Any athlete who becomes ineligible for competition due to an injury, due to academic standing or due to any other reason is required to sit with the team during games and stay with the team at all times.

### **Social Media Policy:**

Inappropriate use of social media (Facebook, Twitter, Instagram, etc.) will result in a school referral being issued and school policies being followed. If suspension is the result of such actions, discipline (suspension) from the team is probable.

### **Athletic Training and Sports Injuries**

- **ALL** injuries must be reported to the Thomas Jefferson High School athletic trainer immediately.
- If you have an injury or illness that will keep you out of practice or a game, the athletic trainer must be notified as soon as possible.



- If you have an injury or illness where you are not allowed to practice or compete, you MAY NOT return to practice or competition until the Huguenot certified athletic trainer releases you to return. A Thomas Jefferson coach or parent MAY NOT issue this release. If a doctor has given you a note to return, this note must be shown to the Huguenot certified athletic trainer BEFORE you may return.
- If you see a DOCTOR, for ANY reason, a note from the physician is required before you may return to an activity. (Two copies must be supplied, one given to the trainer and one to the head coach)
- If you have an injury that requires daily taping, rehabilitation is part of your daily treatment program. You must complete rehab exercises in order to be taped. Taping for games is NOT permitted.
- **INSURANCE:** All participants, including managers and student trainers, must be protected by personal insurance that will cover any athletic injury. The participant's parent(s) must sign the last page of the VHSL form stating that they have primary insurance coverage designating that the participant has proper accident insurance coverage. Thomas Jefferson High School is NOT RESPONSIBLE for any x-rays, doctor or hospital bills due to an injury to the participant while he/she is participating with a team involving Thomas Jefferson High School and Richmond Public Schools.
- Trainer does not tape on game day unless the student athlete has been taped for the week of practice and/or has been diagnosed with an injury that is deemed necessary to tape. The decision could also be made by the team doctor as well.

### **Injuries Occurring on the Playing Site**

- **ATTENTION PARENTS:** If your child is injured during a contest, the best way that you can help is to remain on the sidelines. We ask that you DO NOT ENTER the playing area. The Thomas Jefferson High School trainer, Ms. Erin Seabrook, and team doctor will update you with any pertinent information once your child has been treated. They will be more than willing to address any questions once the situation is under control. Please know that the certified athletic trainer on duty is in charge of any injury on the scene. Any doctors or emergency personnel that enter the playing area will be asked to identify themselves and remain only as a resource to the Thomas Jefferson High School athletic trainer.

## **Concussion Information**

It is required by Virginia law that all parents of Thomas Jefferson High School student athletes view the concussion related material included in this handbook.

**Video on Concussions:** [http://www.edc.gov/TramaticBrainInjury/CTK\\_Video\\_](http://www.edc.gov/TramaticBrainInjury/CTK_Video_)

**Athlete Fact Sheet:** <http://www.edc.gov/concussion/HeadsUP/pdf/AthleteFactsheet.pdf>

**Parent Fact Sheet:** <http://www.edc.gov/concussion/HeadsUp/pdf/Parentsfactsheet.pdf>

**Symptoms may include one or more of the following:**

- Headache
- Nausea/vomiting
- Balance problems or dizziness
- Double vision or changes in vision
- Sensitivity to light or sound/noise.





- Feeling of sluggishness or fogginess.
- Difficulty with concentration, short-term memory, and/or confusion.
- Irritability or agitation.
- Depression or anxiety.
- Sleep disturbance.

**Signs observed by teammates, parents and coaches include:**

- Appears dazed, stunned, or disoriented.
- Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent)
- Exhibits difficulties with balance or coordination.
- Answers questions slowly or inaccurately.
- Loses consciousness.
- Demonstrates behavior or personality changes.
- Is unable to recall events prior to or after the hit.

## **Concussion in Sports...What You Need To Know**

### **What should I do if I think my child has a concussion?**

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk of further injury, and even death. Parents and coaches are not expected to be able to “diagnose” a concussion, as that is the job of a medical professional, however, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing:

### **When in doubt, sit them out!**

All athletes who sustain a concussion need to be evaluated by a healthcare professional who is familiar with sports concussions. You should call your child’s physician and explain what has happened and follow your physician’s instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be taken to the emergency department immediately.

### **When can an athlete return to play following a concussion?**

After suffering a concussion, no athlete should return to play or practice on the same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Concerns over athletes returning to play too quickly have led state lawmakers in both Oregon and Washington to pass laws stating that no player shall return to play following a concussion on that same day and the athlete must be cleared by an appropriate healthcare professional before he or she is allowed to return to play in games or practices. The laws also mandate that coaches receive education on recognizing the signs and symptoms of concussion.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by a healthcare professional knowledgeable in the care of sports concussions he or she should proceed with activity in a stepwise fashion to allow the brain to re-adjust to exertion. On average the athlete will complete a new step each day. The return to play schedule



should proceed as below following medical clearance:

- Step 1: Light exercise, including walking or riding an exercise bike. No weight lifting.
- Step 2: Running in the gym or on the field. No helmet or other equipment.
- Step 3: Non-contact training drills in full equipment. Weight-training can begin.
- Step 4: Full contact practice or training.
- Step 5: Game play

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.

### **How can a concussion affect schoolwork?**

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short and long-term memory, concentration, and organization. In many cases it is best to lessen the athlete's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or perhaps a longer period of time, if needed. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

### **What can I do?**

- Both you and your child should learn to recognize the "Signs and Symptoms" of concussion as listed in this packet
- Teach your child to tell the coaching staff if he or she experiences such symptoms.
- Emphasize to administrators, coaches, teachers, and other parents your concerns and expectations about concussion and safe play.
- Teach your child to tell the coaching staff if he or she suspects that a teammate has a concussion.
- Monitor sports equipment for safety, fit, and maintenance.
- Ask teachers to monitor any decrease in grades or changes in behavior that could indicate concussion.
- Report concussions that occurred during the school year to appropriate school staff. This will help in monitoring injured athletes as they move to the next season's sports.

### **If you think your child/player has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by the school's certified athletic trainer and/or medical doctor or doctor of osteopathy that is specifically trained in the management of concussion. The athlete must receive written clearance to return to play from that healthcare provider and must have completed the TJHS concussion return to play progression as supervised by the athletic trainer. We follow a stepwise activity progression based on recommendation in the Zurich Consensus Statement from the 3rd International Congress on Concussion in Sports as follows:

- Step 1: Light aerobic exercise (i.e. stationary bike, elliptical machine)
- Step 2: Moderate aerobic exercise (begin running program)
- Step 3: Functional exercises (increase running intensity, begin agilitys, non-contact sport-specific drills)
- Step 4: Non-contact practice activities



- Step 5: Full contact practice activities.
- Step 6: Full game play

Each step is separated by 24 hours. If any symptoms occur, the athlete will drop back to the previous level and try to progress again after 24 hours of rest has passed. You should also inform your child's Coach, Athletic Trainer (ATC), and/or Student Activities Director, if you think that your child/player may have a concussion. For current and up-to date information on concussions you can go to: [www.cdc.gov/ConcussionYouthsSports/](http://www.cdc.gov/ConcussionYouthsSports/) or [www.nfhslearn.com](http://www.nfhslearn.com) (Information was provided by the National Federation of High School Sports.)

## **Drugs, Alcohol and Tobacco**

It is the goal of the Thomas Jefferson Athletic Department, its coaching staff, athletic trainers, administrators, and faculty that all Thomas Jefferson athletes are drug, tobacco, and alcohol- free at all times. The abuse of alcohol and illicit use of drugs can be detrimental to the physical and mental well-being of its student athletes, no matter when such use should occur during the school year. Additionally, use or abuse of alcohol and use of drugs can seriously interfere with the performance of individuals as student athletes and can be extremely injurious to their teammates, particularly when participating in athletic competition or practice. These rules are an intricate part of the educational process and the Thomas Jefferson High School Athletic Department. The Richmond City School Board has issued the following guidelines/consequences concerning the use of illegal drugs, alcohol, and tobacco.

***BY VIRTUE OF RECEIVING THIS HANDBOOK, YOU AND YOUR PARENTS WILL SIGN A STATEMENT STATING THAT YOU HAVE A COMPLETE UNDERSTANDING OF THE RULES AND CONSEQUENCES LISTED BELOW. ALSO, BY SIGNING, YOU HAVE GIVEN YOUR WORD THAT YOU WILL ABIDE BY THESE RULES AND WILL "NOT USE" WHILE PARTICIPATING ON A THOMAS JEFFERSON HIGH SCHOOL ATHLETIC TEAM.***

1. Any student who has a school related drug or alcohol violation could be suspended from participation in all school-sponsored extracurricular activities for 365 calendar days.
2. Due to the nature of athletics, the above (#1) applies to student-athletes 24 hours a day, on or off school grounds, beginning the 1st day of tryouts and lasting throughout their season. If a student-athlete is found to be in violation of this policy then the necessary consequences will be assigned. The principal has the discretion to extend any policy to include other consequences that may affect the health, safety, and performance of student-athletes.

## **Harassment or Bullying**

Harassment or bullying of individuals on the basis of gender, race, age, religion, creed, handicap, or national origin is prohibited. The school board has a policy on sexual harassment. TJHS will deal with all forms of harassment and bullying with an appropriate intervention.

## **Hazing of Student Athletes**

Hazing of student athletes will not be supported, tolerated or allowed at any time in any student's experience as a member of their appropriate athletic team. All coaches and/or students are to report such allegations at any time so they may be investigated by the appropriate administrator.

## **Sportsmanship**

**TO OUR TJHS SUPPORTERS/SPECTATORS:**



We appreciate your support and POSITIVE encouragement! We ask that your behavior be for and not against our coaching staff, visiting teams, officials and, of course, our own student-athletes. Should you have a concern, please be respectful enough to discuss that concern with the coach or administrator at the appropriate time and place.

## **TO THE STUDENT-ATHLETE:**

As a Thomas Jefferson student-athlete, you are expected to conduct yourself with integrity, sportsmanship, honesty, pride, and humility. Your conduct is closely scrutinized as you sit in the classroom, as you travel, and as you compete at home and on the road. You are looked upon as a role model, particularly by your peers and by younger children, and it is important that your personal conduct be above reproach at all times. Realize that you are representing yourself, your family, your team, and Thomas Jefferson High School. Do so with class!!

Thomas Jefferson coaches reserve the right to implement their own specific team rules, regulations and consequences that may be more, but not less severe than those highlighted in rule 27-11-6 in the school regulations section on page 4 of this handbook.

## **Transportation**

Transportation is provided via school buses to all athletic teams for all away games and activities.

## **Away Contests:**

The Head Coach and the Student Activities Director determine departure times with final approval by the Principal. Departure times are set so that it interferes as little as possible with the regular school day. Expected return times should be provided by the accompanying coach prior to the trip. Please note that these times are estimated. Several factors can cause the times to change. (Overtime, weather, injuries, etc.)

***All members of the team are required to depart and return with their team. Only in the event of an emergency will a team member be permitted to return with his or her parents- no one else!***

In this event, the parent must directly request such permission from the Student Activities Director, by writing a letter and it must be signed, and a copy is to be kept on file in the athletic office. This is only for reason deemed appropriate by written policy. (Emergency, family trip, doctor appt, hospital, etc.) ***We will not accept a verbal agreement.***

If the team is participating in a weekend overnight competition/tournament then student athletes will be allowed to return home with their parents if prior arrangements have been made with the coach and the Student Activities Director. Participants must provide their own transportation home once they return to HHS. Each participant should make arrangements for their transportation home so that they can leave the high school property within 30 minutes after a HOME CONTEST and within 30 minutes after the team's arrival from an AWAY CONTEST.

## **Parent/Coach Communication**

Both parenting and coaching are extremely difficult roles. By establishing each role, we are better able to understand and accept each other's actions and, together, provide a great atmosphere for our children. When your child becomes a



part of the Thomas Jefferson Athletic Department, you have the right to understand what expectations will be placed on your child. This begins with clear communication from the coach of your program.

### **Communications you should expect from your child's coach:**

- Coach's Philosophy
- Expectations and goals the coach has for your child as well as for the team/season
- Team equipment, special equipment needs, strength and conditioning programs
- Procedure to be followed if your child is injured during participation
- Game/practice schedule and updates
- Team rules, guidelines, and consequences for infractions
- Team selection process

### **Communications coaches expect from athletes/parents:**

Any concerns should be expressed ***DIRECTLY*** to the head coach first, then to the Student Activities Director, then to the Principal if necessary.

### **Parents should also provide each coach:**

- Advance notification of any schedule conflicts
- Advance notification of any illness and injury whenever possible It is the goal of everyone that each Thomas Jefferson student athlete will experience some of the most rewarding moments of his or her life while playing sports at TJHS. It is important to understand that there also may be times when things do not go the way you and your child wish. When this occurs, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

### **Appropriate concerns to discuss with coaches:**

- Treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

### **Inappropriate concerns to discuss with coaches (issues within the coach's discretion):**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

### **Process to discuss concerns with your child's coach:**

- Contact the coach to set an appointment. (24 Hour rule)
- If the coach cannot be reached, contact the Student Activities Director to schedule a meeting
- ***Do not attempt to confront a coach before or after a contest or practice as these can be emotional times for all involved. If the meeting does not provide a satisfactory resolution:***
- Contact the Student Activities Director to discuss the situation and to determine next steps.

## **Division I Academic Requirements**



Initial-eligibility standards for NCAA Division I college-bound student-athletes are changing. College bound student-athletes first enrolling at an NCAA Division I school, will need to meet the following academic rules to practice, compete and receive athletics scholarships during their first year.

### **Full Qualifier:**

- Complete 16 core courses:
  - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
  - Seven of the 10 core courses must be in English, math, or science
- Earn a core-course GPA of at least 2.300
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see scale on following pages)
- Graduate high school

**Academic Redshirt:** College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term but may NOT compete during their first year of enrollment.

**Non-qualifier:** College-bound student-athletes cannot practice, receive athletics scholarships or compete during their first year of enrollment at an NCAA Division I school.

1. A college-bound student-athlete completes nine core courses prior to the seventh semester of high school. However, he/she is an **academic redshirt** because only nine of the 10 required courses were completed before the seventh semester. He/she would be permitted to practice and receive scholarships, provided he/she presents 16 core courses and meets the minimum core-course GPA and test-score requirement at the time of graduation.
2. A college-bound student athlete completes 16 core courses in the required coursework with a 2.300 core-course GPA and a 79 sum ACT. The college-bound student-athlete is **full qualifier** under the new sliding scale because the minimum GPA requirement is 2.300 with an ACT sum score of at least 75.
3. A college-bound student-athlete completes 15 core courses with a 2.500 core-course GPA and an 820 SAT score (critical reading and math). The college-bound student-athlete is a **non-qualifier** because only 15 core courses were completed, not the required 16 core courses.

# **NCAA – Are you ready?**

## **FRESHMAN YEAR: PLAN**

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school’s NCAA core courses to make sure you take the right classes. Or, find your high school’s list of NCAA core courses at [eligibility.center.org](http://eligibility.center.org).



## **SOPHOMORE YEAR: REGISTER**

- Register with the NCAA Eligibility Center at [eligibilitycenter.org](http://eligibilitycenter.org).
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

## **JUNIOR YEAR: STUDY**

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT and make sure the eligibility center gets your scores by using code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

## **SENIOR YEAR: GRADUATE**

- Take the ACT or SAT again, if necessary, and make sure to send your scores using code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

## **COMPETITION:**

### **In order to compete you must:**

- Complete 16 core courses in the appropriate areas.
- Complete at least 10 of those 16 core courses before the start of your seventh semester. Seven of the 10 core courses must be in English, math or science.
- Earn a core-course GPA of at least 2.3 with a corresponding test score on the Division I sliding scale.

For additional information go to: [NCAA.org/playcollegesports](http://NCAA.org/playcollegesports).

# **Final Points of Athletic Rules**

1. Any athlete who leaves the bench and/or box area will be subject to a 3-game suspension
2. Players on teams will dress in uniform manner according to home or away uniforms as assigned by the coaching staff. There will be no two-colored socks, leggings, headbands that deviate from school colors.
3. Any athlete who is absent from school on a game day will be ruled ineligible to play in the game unless an excused note is provide by the doctor or parent. (e.g. funerals, doctor's appointments)
4. Student athletes who are habitual offenders for mild violations (e.g. hoods, hats, disruptive demonstrations, hall-walking, etc.) to suspension from one or more games and/or practices.
5. No student will leave campus after school to walk and get food and return to practice. Violation of this policy will result in suspension from one or more games.
6. All equipment and/or uniforms are RPS property. As such, they will not be taken home without permission from a coach.
7. Any student-athlete that violates the unsportsmanlike conduct policy as deemed inappropriate by the Athletic Director will be suspended for a minimum of one game. This includes profanity, taunting and/or talking to the opposing coaches/officials/players, etc.
8. Student-Athletes are not eligible to play in any contest until student-athlete handbook is signed.



# Athletic Department Contact Information

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**Assistant Principal**

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804.780.6028





# Handbook Acknowledgement Form

I do hereby acknowledge that I have read and understood the information provided to me in this document, and that I will abide by these rules and regulations and understand the consequences for failing to do so.

Student-Athelete's Name (Print): \_\_\_\_\_

Student-Athlete's Name (Signature): \_\_\_\_\_

Coach's Name (Signature): \_\_\_\_\_

Parent/Guardian Name (Signature): \_\_\_\_\_

Athletic Director's Name (Signature): \_\_\_\_\_

Date: \_\_\_\_\_

Sport: \_\_\_\_\_

