

# ATHLETIC HANDBOOK

## 2022 - 2023



*Stewardship, Scholarship, Sportsmanship*

**INDEX**

**Administrators and Head Coaches ..... 2**

**Philosophy of Athletics ..... 3**

**Purpose of Athletics ..... 4**

**Student Athlete Defined.....4**

**Eligibility Standards for Participation in Athletics ..... 4**

**GEORGIA HIGH SCHOOL GUIDELINES FOR ELIGIBILITY.....5**

**Participation Standards and Good Sportsmanship for Student Athletes ..... 6**

**Participation Standards for Student Athletes ..... 6**

**Standards of Good Sportsmanship .....7**

**Code of Conduct for Student Athletes.....7**

**General Information for Student Athletes .....14**

**Awards Information Student Athletes ..... 17**

**Acknowledgement of the Risk of Injury Found in High School Sports .....17**

**Summary.....17**

**Acknowledgement of Code of Conduct.....18**



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## ATHLETIC HANDBOOK FOR STUDENT ATHLETES

The athletic handbook is designed to inform athletes and their parents or guardians of the rules, regulations, and information that helped develop the rich tradition of competition at Central High School. Participating in high school athletics is a privilege that carries with it honor, responsibility, and sacrifice. Since competition is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the administration along with additional specific coaches' rules for their sport. You are expected to represent Central High School, your family, and community in a positive manner. The policies in the handbook apply to all GHSA sanctioned sports and Central High School sanctioned club sports.

### PHILOSOPHY OF CENTRAL HIGH SCHOOL ATHLETICS

***“Person First, Student Second, & Athlete Third”  
Stewardship, Scholarship, Sportsmanship***

Central High School's Athletic Department believes that athletics and the associated activities have a direct impact on the school's ability to reach its academic and athletic goals. Through athletics, students are guided by coaches who are committed to developing the student athlete's physical, emotional, and mental maturity through physical conditioning, skill development, and competition. The coaching staff further believes that reaching one's potential means very little without performance, as the basis of athletic preparation has a direct link for living and working in a competitive society.

Participation in all extracurricular activities at the school-level is a privilege, not a right, that carries with it responsibilities to the student athlete's respective team, the school, and the community. CHS student athletes are ambassadors of this community, and their conduct should reflect the highest standards of effort, self-discipline, sportsmanship, academic prowess, and school pride. The coaches who lead the athletic teams of CHS have a responsibility to the student athlete and the citizens of Bibb County, as their goal is to have a positive impact and to build a sense of school pride throughout the community. CHS wants to provide the best opportunities for its student-athletes to be driven to be positive role models, to be self-discipline, to display teamwork, and to be prepared to be successful beyond the athletic arena.

Additionally, we believe in the value of athletic participation in all its forms. Such participation fosters the qualities of team membership, individual commitment, and personal excellence. Because every sport offers opportunities to develop these qualities, we are philosophically committed to a range of sports activities for every athlete who has time and the desire to play them, and we are opposed to “recommendations that athletes restrict participation to a single sport.”

The philosophy of the Central High School Athletic Department is to provide the best opportunities for its student-athletes to excel in stewardship, scholarship, sportsmanship,.

### **PURPOSE OF CENTRAL HIGH SCHOOL ATHLETICS**

The primary purpose of athletics is to help young adults grow into respectable citizens. By following the guidelines set forth in this handbook, the ideals you exemplify in athletics will become a part of your personality and character and will be a model to those who watch you perform. You assume many responsibilities when you wear the colors of Central High School. Most athletes are responsible people and succeed because of this characteristic. Those who fail to meet their responsibilities, as an individual and team member, may be a detriment to themselves, the team and the school. Interscholastic athletics, historically a significant part of the total education program, contributes effectively to the lives of the participants by providing competitive opportunities, fostering initiative to succeed, providing leadership experience, and numerous opportunities for self-discipline. You have inherited a great athletic tradition built by many coaches and athletes over a period of years.

One of your challenges is to contribute to that tradition with your best efforts and enjoy a very satisfying experience. The “success” Tradition of the Central High School Athletic Program involves responsibilities for all prospective and participating athletes. Those entering the program should have an idea of these responsibilities and have the willingness to accept and maintain them.

Taking advantage of the opportunities presented by the Central High School Athletic Program can contribute to the successes that will be yours as you participate in the future.

### **CENTRAL WAY FOR STUDENT ATHLETES DEFINED**

A student athlete is defined as all young women and men who represent a team that engages in interscholastic competition, student managers, statisticians and all other students who may assist a team. Athletes are expected to participate in whole school sponsored events such as student/parent conference, and parent night.

### **ELIGIBILITY STANDARDS FOR PARTICIPATION IN ATHLETICS AT CENTRAL HIGH SCHOOL**

The Georgia High School Athletic Association and the Central High School Corporation both have minimum requirements for participation in high school athletics, conditioning programs and camps. Failure to meet these requirements will render that student athlete ineligible for participation. The following are basic requirements for

athletic participation at Central High School that must be met before participation can begin.

- Students new to Central High School who have transferred in from another high school must first be enrolled in Central High School and must have completed a GHSA Transfer Form before they can begin practice with a team.
- Students new to Central High School who have transferred in from another high school are ineligible until a GHSA Athletic Transfer Form from the previous school has been completed and ruled upon by the GHSA. The new student, through the athletic office at Central High School, must initiate this transfer. The athlete will not be allowed to participate with a team until the transfer has been completed.
- The transfer student must have been in good standing in their previous school to begin participation at Central High School. Penalties imposed by the athletic department and/or the previous school's administration will be applied or the equivalent Central High School athletic department penalty will be applied to those students transferring into Central High School. Student athletes who have been denied athletic participation at the previous school because of a disciplinary reason will be denied participation at Central High School.
- Every Central High School student athlete is required by the GHSA and the Central High School Athletic Department to have a GHSA physical examination form completed and on file with the athletic office before conditioning, participation in a camp and when practice begins in any sport. Physical exams are the responsibility of the athlete and their parents.
- Student athletes must have passed at least five out of seven classes in the previous semester and accumulated the required number of units to be classified as eligible.

## **GEORGIA HIGH SCHOOL ASSOCIATION GUIDELINES FOR ELIGIBILITY**

The following are brief guidelines to verify the eligibility of student athletes. This is a partial list of minimum requirements. Student athletes and their families are encouraged to contact the Central High School Athletic Department for further clarification and specific information.

- Students gain eligibility to practice or compete for the school in which they are enrolled after they have been certified by the principal of that school, after the eligibility forms have been processed by the GHSA office, and after the students have met the standards of:
  - (a) academic requirements
  - (b) age
  - (c) semesters in high school
  - (d) residence in the school's service area

(e) transfer rules Note: Students establishing eligibility as entering 9th graders are automatically eligible for the first semester unless over age.

- Students must accumulate units towards graduation according to the following criteria:
  - (a) First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least **2.5 units the previous semester** in order to participate.
  - (b) Second-year students must have accumulated **five (5) total units** in the first year, AND passed courses carrying at least **2.5 units in the previous semester**.
  - (c) Third-year students must have accumulated **eleven (11) units** in the first and second years, AND passed courses carrying at least **2.5 units in the previous semester**.
  - (d) Fourth-year students must have accumulated **seventeen (17) units** in the first three years, AND passed courses carrying at least **2.5 units in the previous semester**.
  - (e) Students may accumulate the required units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

### **PARTICIPATION STANDARDS AND GOOD SPORTSMANSHIP FOR CENTRAL HIGH SCHOOL STUDENT ATHLETES**

The following Participation Standards for Student Athletes and Good Sportsmanship for Student Athletes reflect the standards by which Central High School and its athletic department expect our student athletes to abide. Participation by student athletes is a privilege, not a right. It must be earned through persevere through challenges, having respect for all, investing in your learning environment, demonstrating strength of character, and epitomizing excellence. The coaches of each sport, with the authority of the athletic department and the high school principal, will enforce the specific elements of the Code of Conduct.

### **PARTICIPATION STANDARDS FOR CENTRAL HIGH SCHOOL STUDENT ATHLETES**

- Athletes are responsible for their uniforms and equipment. The athletic department will replace uniforms and equipment damaged or destroyed by competition. Student athletes will reimburse the athletic department for uniforms and equipment that has been lost or damaged.
- The coaches of individual teams may supplement the Central High School Athletic
- Coaches can create Athletic Handbooks with their own addition or rules that are specific to their sport. These rules carry the same weight as do those of the



athletic department and may carry specific penalties that would be administered and enforced by the coach of that team.

- Central High School student athletes are expected to be a positive role model to the other students in our school and to the young people of the Central High School district.
- Student athletes/parents are expected to read, understand, sign and abide by the rules found in this handbook.

## STANDARDS OF GOOD SPORTSMANSHIP

Good sportsmanship will always be the focal point of the Central High School Athletic Department. It will be reflected in how we treat our teammates, coaches, officials and opponents.

- Student athletes at Central High School will place the positive and supportive relationship with their teammates and coaches as their highest priority. Regardless of the sport, individual or team, we are only as strong as how we treat each other.
- After all contests, Central High School athletes are expected to shake hands with the athletes and coaches from the team(s) that we have competed against.
- After all contests, regardless of whether we agree or disagree with their calls, Central High School athletes will thank the officials for their work in officiating the contest.
- After any contest where ribbons, medals or trophies are presented to the opposing team(s), Central High School athletes will stay and watch and applaud the efforts of the athletes and team(s) involved in that contest. At no time will Central High School athletes ever leave the field or floor while a presentation is being made.
- Central High School athletes will not use inappropriate language while taking part in any contest.
- Though all sports have some level of physical contact, and recognizing that hard physical aggressive contact is a major and important part of all sports, at no time will a Central High School athlete engage in physical play that would result in unsportsmanlike conduct that would jeopardize the safety of the opposing athlete or the integrity of the Central High School team.

## CODE OF CONDUCT FOR STUDENT ATHLETES

**Athletic Season:** The athletic season is defined as the period of time that commences from the first legal day of practice, as defined by the GHSA or the club program and concludes with the athletic department award program.



**Athletic Schedule:** The athletic schedules are those contests beginning with a scrimmage, if applicable, or the first contest of the season, and ending with the final contest of the season.

**Removal From Participation Defined:** Removal from participation as used in the following rules means, as a minimum, the removal of the student athlete from participation in interscholastic contests while practice may continue. There are occasions, due to the severity of the violation, when removal from participation will also include practices, competition and any other function that would be part of the responsibility that the student athlete has with their team. The coach of the sport will advise the student athlete as to the level of the removal.

**Multiple Suspension Defined:** Removal from participation for a percentage of the schedule would be a removal from a percentage of the total remaining games of the regular season schedule, plus the potential GHSA or club tournament games for that sport or, if at the end of the season, a removal from a percentage of the total potential remaining tournament games or games the following season.

**Self-Report Policy:** It is the intent of the Central High School Athletic Department to assist student athletes with developing a sense of responsibility for their actions and to encourage honesty. Any student athlete who has violated any section of the Code of Conduct for Student Athletes found within the Athletic Student Handbook and reports that violation to their coach and/or the athletic department within a reasonable time, will be permitted lenience in their penalty.

**Consequences:** Student athletes who test positive for tobacco and/or drugs; have been arrested or convicted of committing a crime; or violate athletic or school rules will be suspended for all athletic activities, including practices. They will also be subjected to the policies outlined as follows:

**Rule #1: Chemical Use & Penalties for Violation of Training Rules with Alcohol or Drugs (Non-Felony)**

A. Chemical Use

1. An athlete, regardless of quantity, shall not:

A. Buy, be in possession of, or use a beverage containing alcohol at any time.

B. Be in possession of or use tobacco at any time.

C. Use, consume, possess, buy, sell, or distribute any controlled or other illegal or mood-altering substance at any time.

2. Athletes are responsible for their off-season and out of school behavior. These rules apply to an athlete's entire high school career (365 days/24 hours).

3. It is not a violation for an athlete be in possession of a controlled substance specifically prescribed for the student's personal use by his/her doctor.

4. Athlete possession of substances containing alcohol under parent supervision for religious purposes will not be considered a violation of this policy.

B. Penalties for violation include:

Alcohol/Drugs:

1. First Violation:

After confirmation of the first violation, the student will lose a minimum of 20% of the current season or the next season that the athlete competes in. The penalty will be immediately assessed to the athlete's next competitions. If the offense happens prior to a season starting, the athlete may be permitted to try out for the sport but will then serve the suspension at the start of the season. The student can practice with the team if he coach/school permits him/her to practice during the suspension. The student may not travel with the team during the suspension to competitions.

2. Second Violation:

After confirmation of the second violation, the student will lose a minimum of 50% of the current season or the next season that the athlete competes in. The penalty will be immediately assessed to the athlete's next competitions. If the offense happens prior to a season starting, the athlete may be permitted to try out for the sport but will then serve the suspension at the start of the season. The student can practice with the team if the coach/school permits him/her to practice during the suspension. The student may not travel with the team during the suspension to competitions.

3. Third Violation:

If a third violation occurs, the athlete will be suspended from all practices/competitions for one calendar year, and the athlete may be prohibited from ever representing his/her school in inter-scholastic activities at any time in the future.

- Scrimmages are not counted as games; they are considered practices. When assessing a suspension, only GHSA regular season and playoff games count.

- If a student is suspended, playoff games count towards the suspension.
- Suspensions for multi-sport athletes. A suspension can carry over from one sport to another sport. For this to be the case, the athlete must have played the 2nd sport the previous year (the exception is a 9th grader). An athlete can't play a second sport just to avoid serving a suspension in their main sport. The district athletic director will make the final determination in these cases.
- Suspensions for one sport athletes. If a suspension occurs at the end of the season, the athlete will serve their suspension the following year.

Suspensions per sport are listed below. They are based on the total varsity games allowed by the GHSA By-Laws.

- 20% Suspensions
- Football – 2 games
- Cheerleading – Same as sport if sideline
- Softball – 5 games
- Volleyball – 4 play dates
- Cross Country – 2 dates
- Flag Football – 2.5 games
- Basketball – 5 games
- Wrestling – 4 dates
- Tennis -- 4 matches
- Soccer – 4 games
- Track – 2 meets
- Baseball – 6 games
- Golf – 2 matches

Tobacco:

1. First Violation:

After confirmation of the first violation, the student will lose a minimum of 10% of the current season or the next season that the athlete competes in. The penalty will be assessed to the athlete's next competitions. If the offense happens prior to the start of the season, the athlete may be permitted to try out for the sport and then will immediately serve the suspension at the start of the season. The student can practice with the team if the coach/school permits him/her to practice during the suspension. Practice during the suspension will be a local decision. The student may not travel with the team during the suspension to any competitions.

2. Second Violation:

After confirmation of the second violation, the student will lose a minimum of 50% of the current season or the next season that the athlete competes in. The

penalty will be assessed in the athlete's next competitions. If the offense happens prior to the start of the season, the athlete may be permitted to try out for the sport and then will immediately serve the suspension at the start of the season. The student can practice with the team if the coach/school permits him/her to practice during the suspension. Practice during the suspension will be a local school decision. The student may not travel with the team during the suspension to any competitions.

### 3. Third Violation:

After confirmation of the third violation, the student will be suspended for a minimum of one calendar year from extracurricular activities.

These rules and consequences are in addition to any other school discipline under the Code of Conduct. Because rules are consistently applied in all Bibb County Schools, an athlete may not regain eligibility by transferring to another Bibb County Schools.

## **Rules #2: Criminal Activity**

Parent(s)/guardian(s) and/or students must report any arrest of a student or behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two-week period includes weekends, school holidays and summer vacation. Failure to report arrest or behavior.

### Felonies (Including Felonies Relating to Drugs and Alcohol):

A student who is arrested for or charged with a felony or charged with an act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic GHSA activities. Students will not be permitted to participate in preseason activities. The student shall remain suspended until:

1. The charges are completely dismissed.
2. The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined for misdemeanors or alcohol/drugs.
3. The student is found not guilty; or the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion. Evidence that the probation period has expired, fines have been paid and/or community service has been completed as required.

If a student has been arrested or charged with an offense, but the matter has been expunged sealed, removed from a student's record, or the behavior has not been prosecuted (nolle prosequi), the student should present or obtain documentation as required by the school to determine the circumstances of the matter. These

circumstances may not be sufficient to lift the student's consequences.

**Rule #3: Misdemeanors Not Related to Drugs and Alcohol**

A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below.

However, any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as "Chemical Use and Penalties of Violation of Training Rules with Alcohol or Drugs" above.

1st of Subsequent Offenses: Minimum suspension from activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.

If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, or the behavior has not been prosecuted (nolle Prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

**Rule #4:** Student athletes that have been arrested and charged with a crime may be removed from participation until a court renders a verdict.

**Rule #5:** A student athlete that has violated a school rule and has completed a disciplinary hearing with a Central High School administrator may be subject to additional punishment under the Central High School Athletic Student Handbook and/or an individual coach policy. Student athletes suspended out of school are also removed from participation for the duration of the suspension and may not participate in practice or contests until the athlete returns to school. Athletes assigned to ISI may not participate in contests until they have competed their assigned days.

**Rule #6: Inappropriate posts on Social Media**

Inappropriate posts include but not limited to:

- Obscene, libelous, or so incite students as to create a clear and present danger of the commission of unlawful acts on school premises, violation of school rules, or substantial disruption of the school's orderly operation
- Are not related to the stated purpose of the site, including, but not limited to, comments of a commercial nature, political activity, and comments that constitute discrimination or harassment

We expect that participants will treat each other with respect. Posted comments, pictures, or videos that contain vulgar or abusive language; pornography; use of drugs, alcohol, verbal or physical fighting or personal attacks of any kind; guns or weapons,

and offensive terms that target specific ethnic or racial groups or incite violence violate board policies can result in **removal from the team**.

Users are hereby notified that they (individually) are fully responsible for the content they place on their personal Social Media Pages. The Team is not responsible for the content of external online platforms. The user is responsible for all copyright and intellectual property laws associated with this content. Once the content comes to the attention of the coaches, administration, parent etc. this can result in **removal from the team**.

Depending on the severity of the post the 1<sup>st</sup> violation can lead to level 2 or 3 consequences.

- 1<sup>st</sup> violation: Suspension up to 20% of the contest season
- 2<sup>nd</sup> violation: Suspension 50% of the contest season
- 3<sup>rd</sup> violation: Expulsion from participating in athletic events for the remainder of the year.

**Rule #7:** A student athlete that has violated any portion of the Central High School Athletic Student Handbook other than Rules 1, 2, 3, 4, 5 and 6 is subject to a disciplinary hearing and potential punishment that may range from a warning to removal from a team.

**Rule #8:** The coach of each sport may set specific team rules in addition to those found in the Athletic Student Handbook. These rules will be given to the athletes by the coach at the first meeting or practice of that sport.

**Reporting of Violations:** Violations of the Code of Conduct for Student Athletes and/or violations of any portion of the Athletic Student Handbook should be reported immediately to the appropriate head coach or to the Central High School Athletic Department.

**Carry Over Of Penalties From Season To Season:** If the violation of the Code of Conduct for Student Athletes or a violation of Central High School rules occurs in the last part of an athletic schedule of athletic season and the student athlete cannot fulfill the remaining terms of their penalty in that sport, the remaining portions of the removal from participation will carry over into the next interscholastic sport that the student athlete will be involved.

**Serving of Penalties:** Penalties for violations of the Code of Conduct for Student Athletes or any other violation of Central High School rules or those rules of the coach within a sport will be imposed immediately and will be served in the order that the contests are scheduled.

**Athletic Participation During a Period of Removal From Participation:** During the period of time that a student athlete has been removed from participation, and with the



exception of the student athlete that has been removed from participation for practices and contests, the student athlete is expected to be present at all athletic contests and practices involving their team. The student athlete is a member of the team and is expected to fulfill this responsibility. If the athlete does not attend a contest or practice or any other function scheduled by the coach, credit will not be given toward fulfilling the requirements of the removal from participation.

**Appeals to the Athletic Department:** A student athlete and their parent(s) or guardian(s) have the right to a hearing on a removal from participation by notifying the Central High School Athletic Director by phone or in writing within two (2) school days after the removal.

The right of appeal is forfeited if this is not requested within this two (2) day limit. The purpose of the appeal hearing is to inquire into the student athlete's alleged violation and allow the athlete and parents or guardians to present evidence on behalf of the student athlete. The removal from participation will remain in effect during the appeal hearing.

**Appeals to the Principal:** The student athlete has the right to appeal the decision of the athletic department to the building principal. The notification of the intent to appeal to the principal must be made by phone or in writing within two (2) school days after the Athletic Director's decision. The right of appeal is forfeited if this is not requested within this two (2) day limit. The purpose of the appeal hearing is to inquire into the student athlete's alleged violation and allow the athlete and parent(s) or guardian(s) to present evidence on behalf of the student athlete. The removal from participation will remain in effect during the appeal hearing. Following the hearing with the principal, the student athlete and the parent(s) or guardian(s) will be notified within two (2) school days by the principal as to the decision.

## GENERAL INFORMATION FOR STUDENT ATHLETES

**Accidents/Injuries:** All accidents or injuries incurred in practice or a contest in GHSA sanctioned sports are to be reported to the coach immediately. All accidents or injuries incurred in practice or a contest are to be reported to the coaching staff immediately. This will allow for the appropriate sports medicine support from our sports medicine provider and their medical personnel.

**Changing a Sport:** If a student athlete is cut from a team, they may join another team in that sport season. A student athlete cannot quit one sport to join another sport until the original sport season has concluded. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches and the athletic director.

**Cloth Uniform Purchase:** Student athletes who purchase cloth uniforms as a part of being rostered on a team, i.e. hooded sweatshirt, equipment or shoes, etc., are



responsible for the cost of those items regardless of whether they remain with the team or quit prior to or during the season. Failure to pay will result in those costs being placed on the debt list with Central High School.

**Conflicts Between Activities:** Student athletes at Central High School are involved in a great number of school related activities away from sports. Conflicts are going to happen between a student athlete's commitment to their sport and other school related activities. If the conflict is between an academic class resulting in a credit/grade and an athletic contest or practice, the academic class takes precedent. Any conflicts other than academics/fine arts requirements will be excused at the discretion of the coach. Student athletes are encouraged to review their time commitment very closely before becoming involved in too many activities. Because of the demands of athletics at Central High School, it is very difficult to miss practices and contest and not get behind.

**Dress:** As representatives of Central High School athletics, when competing in a contest or taking part in any kind of award program or team function, student athletes are expected to dress and wear their clothing in an appropriate manner. Professional dress when required must be worn.

**Hazing/Initiations:** Hazing or an initiation of any team member by other team members is prohibited. Evidence of this taking place will have consequences from administration and athletics and can lead to dismissal from the team.

**NCAA Clearinghouse Form:** Student athletes who expect to compete on a collegiate level must first enroll with the NCAA Clearinghouse. No college coach will speak with a prospective student athlete until the form has been completed and approved by the NCAA.

**Participation in Two Sports in One Season:** Student athletes may participate in more than one sport during a season. The coaches involved with this athlete will be expected to meet with the prospective student athlete and discuss and agree as to how this will take place. The student athlete will be asked to declare one of the sports as their primary sport for the duration of the season. This declaration will be used to resolve any conflicts that might arise between the two sports.

**Participation after an injury:** A student athlete cannot return to a practice/contest after an injury where the athlete was seen by a medical authority until released by an appropriate licensed medical authority. A parent(s) cannot grant approval to return to practice/contest that would be against the judgments of licensed medical personnel.

**Practices: Regular, Vacation and on School Closing Days:** Student athletes are expected to attend all practices unless excused by their coach. The coach sets practice schedules during school vacations and only the coach can excuse an athlete. If there is a school closing, the coach will contact the individual team members and advise as to what will happen.

**School Day Attendance:** Student athletes who are absent from school will not participate, work or attend any school events on that day unless excused by the principal or athletic director.

**Selection of Teams:** Each varsity coach will have their own policy as to how they will choose their teams. Some of our sports allow all those who tryout to participate while others require a selection process in order to have the appropriate number of student athletes on the teams. At the beginning of the season, the head coach will meet with the student athletes who are trying out for the team and discuss the selection criteria for the team.

**Varsity Letter Requirements Per Sport:**

- Football: Play in a total of 16 Varsity quarters. One play in a quarter counts as playing in a quarter.
- Volleyball (Girls'): Must play in half of the scheduled Varsity matches.
- Cross Country: An athlete must finish in the top 8 of at least 4 races or finish a race with faster time than below.  
Boys freshman 21:00, Sophomore 20:30, Junior 19:30 and Senior 19:00  
Girls Freshman 25:00, Sophomore 24:30, Junior 23:00 and Senior 22:30
- Wrestling: Wrestling at least 10 matches at the Varsity level.
- Basketball (Boys' & Girls'): Play in at least 25 Varsity quarters. Checking into a quarter counts as playing in that quarter.
- Track: Must participate in half of the meets and achieve minimum qualification standards in their specific event.
- Tennis: Participate in 50% of the Varsity matches
- Cheerleading (Fall & Winter): Cheer in at least half of the scheduled games for fall and half the scheduled games for winter.
- Baseball: Must play in half of the scheduled varsity games. Playing in one inning counts as playing in the game.
- Softball: Must play in half of the scheduled varsity games. Playing in one inning counts as playing in the game.
- Soccer: Must play in half of the scheduled varsity games. Playing in one inning counts as playing in the game.
- Flag Football: Must play in half of the scheduled varsity games. Playing in one inning counts as playing in the game.
- Golf: Everyone who makes the team and finishes the year will earn a letter

**Letterman's Jacket Policy:** Letterman jackets may be ordered through the Neff website. The website for ordering your letterman jacket is [www.neffjacketshop.com](http://www.neffjacketshop.com). Athlete must letter in a sport to order a jacket. This will be at the athlete's expense.

**Training Room:** The Central High School training room is located on the hallway behind the gym and is open to all student-athletes.

## **AWARDS CEREMONY INFORMATION FOR CENTRAL HIGH SCHOOL STUDENT ATHLETES**

At Central High School, all student athletes participating in GHSA interscholastic sports and cheerleading are eligible for athletic awards. The coach of each sport will decide on the selection process for awards.

**No Call/ No Show:** All athletes that participate in athletics are required to come to the sports banquet. If a student- athlete does not notify his or her coach about missing the banquet will lose their chance to receive awards.

Athletic chords will be awarded to senior athletes who participated in a particular sport for four years. Students who missed a year because of injury or medical reasons can be awarded that year with proof and approval from the head coach and athletic director.

## **ACKNOWLEDGEMENT OF THE RISK OF INJURY FOUND IN HIGH SCHOOL SPORTS**

Participation in high school athletics carries with it the very real potential for injury. It is reasonable to believe that at least one time during the four-year career of our student athletes, that they will face an injury that will result in missing one or more days of practice or contests. It must be clearly understood by our student athletes and their families that even with the proper coaching and support of our coaching staff, the use of proper equipment and tremendous facilities, injuries will take place. These injuries can range from, but not limited to, mild soreness, bruises, sprains and strains, dislocations, broken bones and concussions. It should also be clearly understood that some of these athletic injuries might result in catastrophic injuries including partial or full paralysis and in some instances the athlete may die. We need your help as a student athlete and as a family. Proper rest, nutrition and the adherence to the rules and guidelines established by the Central High School Athletic Department and the coaches of your sport will go a long way to ensure that injuries do not happen.

## **SUMMARY**

Central High School is a member of the Georgia High School Athletic Association (GHSA) and abides by its rules and regulations. This is only a summary of the rules. Additional questions regarding the GHSA and the Central High School Athletic Program should be directed to the High School Principal, Athletic Director or members of the coaching staff. All Athletes and their parents or guardians must be aware of the possibility of serious injury when they participate in a sports program. Sometimes the injury could be serious enough to have an altering effect on their quality of life. It is the policy of Central High School not to discriminate on the basis of race, color, religion, sex, national origin, age or handicap.

**Acknowledgment of Receipt of Student Code of Conduct**

The undersigned hereby acknowledges receipt of a copy of the Central High School Athletics Handbook. My parents and I have received, read and discussed the Central High School Athletics Handbook, and we agree to fully abide by the same.

We understand that additional information affecting Central athletes is posted on the Central High website, and that it is our responsibility to review and abide by that information. We understand the options available to us, if we do not have internet access at our homes.

We have been provided with information regarding possible consequences and penalties for failure to comply with the Central High School Athletics handbook.

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name of Student

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name of Parent

Sports: \_\_\_\_\_