

# JEFFERSON FOREST HIGH SCHOOL ATHLETIC CODE OF CONDUCT

## MISSION STATEMENT

The mission of Jefferson Forest High School's Athletic Program is to prepare student athletes physically, emotionally, and academically for lifelong participation in sports and to prepare them for the option to pursue post-secondary education.

## STATEMENT OF PHILOSOPHY

At Jefferson Forest, we believe that athletic participation promotes perseverance, problem-solving skills, loyalty, physical well-being, emotional control, and teamwork. We believe that athletes should be leaders on our campus and in our community. We believe that our athletes should be successful and responsible students who are recognized for their contributions to our school. We believe that athletic participation is an important part of the high school experience, and we encourage all students to become part of this program.

We understand that participation on an athletic team demands a commitment that involves both dedication and sacrifice. This is required of not only our student athletes, but also coaches and parents. We believe that parent support is critical for the success of our programs.

## Parent Code of Conduct

Both parenting and coaching can be extremely difficult during athletic participation. Parents have the right to understand what expectations are placed on their student athlete when they become involved in our program. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child, as well as all the participants in the program.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. practice, fees, special equipment, and off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that could result in child's dismissal from the team.

Communication expected from parents:

1. Notification of any schedule conflicts well in advance of the date in question.
2. Specific concerns with regard to a coach's philosophy, actions, and/or expectations.
3. Disclosure of other issues as they apply to your child's participation on the team.

Appropriate concerns parents should discuss with the coach:

1. The treatment of your child, mentally, and physically.
2. Suggestions for parents to help improve a child's performance outside of practice.
3. Concerns about your child's behavior.
4. Concerns about your child's academic progress.

Issues not appropriate to discuss with the coach:

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

There are situations that may require a conference between the coach and the parent. These are to be encouraged when necessary as it is important that both parents and coaches have a clear understanding of each other's perspective. If a meeting is necessary, the following procedure should be followed:

1. The parent should contact the coach, express his/her interest in a meeting, and pick a mutually agreeable time to discuss the issue.
  - a. It is important to remember that we practice the 24 hour rule regarding interaction between parents and staff before and after a practice or contest. These can be emotional times for both the parent and the coach and we ask that there be a period of 24 hours if there is an incident that requires a meeting. This will allow all parties involved time to address the issue properly.
2. If a conference among the athletic director, coach, and parent is still necessary after the coach and parent have met, call Jefferson Forest and Ask to speak to the Athletic Director, 434-525-2674.

Parents play an important role in the development of the student athletes at Jefferson Forest High School and the success of our programs. Therefore, we expect parents to do the following:

- Be a positive role model through their action to make sure that their child has the best possible experience in athletics.
- Show respect for opposing players, coaches, spectators, and officials.
- Parents are not allowed on the playing field, court, or pool area during or after an event. If an altercation occurs at the event, any parent that enters the field of play (including after the game) will lose their privilege of attending events at the school for the rest of the season. This is for your safety and the safety of all athletes.
- Do not attempt to instruct your child before, during, or right after a contest as this might be in conflict with the coach's plans.
- Take time to talk with coaches in an appropriate manner, including proper time and place, if there is a concern. Be sure to follow the designated chain of command. (Coach, Athletic Director)
- If an athlete has issues with playing time, he/she should speak to the coach. A coach will not discuss playing time, other players, or coaching decisions with parents.
- Please reinforce our alcohol, tobacco, and other drug-free policies by refraining from the use of any of such substances before or during an athletic event.

- Help your student-athletes learn that success is experienced in the development of their skills and that they can feel good about themselves, win or lose. Praise them and their teammates as they improve their skills as individuals and as a team.

### **Student Athlete Code of Conduct**

It is our belief that athletics provides an opportunity for the development of athletic skills, physical conditioning, good health, and positive character traits. We believe that every athlete at Jefferson Forest High School should strive towards the following:

- To develop the skills necessary to participate competently in the games and demonstrate knowledge of the strategies of the game.
  - To demonstrate a level of physical fitness, conditioning, and healthy eating habits to participate competently in games.
  - To recognize the necessity to abstain from the use of alcohol, tobacco, and other drugs in order to achieve the benefits of participating in interscholastic athletics.
  - To recognize that character counts and to strive to be dependable, committed, respectful of others, truthful, and a good teammate.
  - To accept responsibility for the consequences of one's actions and do not make excuses or blame others.
  - To accept winning and losing graciously by congratulating your opponent and not displaying negative behaviors.
  - To refrain from "trash talk" with opponents or teammates.
  - To set good examples for teammates, younger athletes, fans, and the community.
1. Please refer to the Bedford County Public Schools (BCPS) Code of Student Conduct for all applicable rules. Please specifically reference the attendance and discipline section of BCPS Code of Student Conduct. There are important details that apply to participation in VHSL activities. Attendance is expected every day in every class.
  2. The most important component of involvement in extracurricular activities is to broaden and develop strength of character. It is ultimately the individual that will be held accountable in school and in society. Thus, the athletic department expects student athletes to adhere to all school rules while in and out of competition. The athletic department will use all resources available to identify the needs of our students and positively support them in our quest for academic excellence.
    - a. If a student is identified with unacceptable behavior in school, she/he will be identified and targeted for appropriate behavior intervention in the class in question.
      - i. If the problem persists, there will be a meeting of teachers, parents, coaches and administration where further corrective action will be agreed upon.
      - ii. Persistent inappropriate behavior in school can result in the removal of the student from school activities.
    - b. Consistent with VHSL rule 28A-2-3 (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.

- i. Any student receiving In School Suspension (ISS) will not be able to participate in extracurricular activities that day.
    - ii. A second time in ISS may result in dismissal from the team.
    - iii. Any student receiving Out of School Suspension (OSS) may be dismissed from the team. A student may not participate in any extracurricular activities during the suspension.
    - iv. Student athletes will be tracked out of season as well. Penalties may carry over to the next season, reviewed on a case-by-case basis.
  - c. Student-athletes are expected to conduct themselves as ambassadors of the BCPS and to behave with this standard in mind. Students who show appropriate behavior will not only benefit themselves, but also the school system and the perceptions of our school in the community.
3. Academic achievement is an uncompromised expectation for JFHS students. Thus, daily attendance, punctuality, and academic accomplishment will be the centerpiece of JFHS athletes.
  - a. Consistent with VHSL rule 28A-5-1, students will be required to pass at least five classes in the previous semester to be academically eligible. See below for specific information regarding VHSL eligibility.
  - b. Student athletes will be required to be enrolled in at least five classes for credit in the current semester in which they are participating.
4. Sportsmanship is a trademark of JFHS athletics. Any athlete, coach, parent, or spectator in violation of VHSL rule 27-11-1 will be subject to disciplinary action by the school.
  - a. Flagrant violations of this rule, including physical altercations and other violations that result in ejections per VHSL rules, may result in dismissal from JFHS athletic teams and events as deemed appropriate by the JFHS athletic department and administration.
  - b. Our goal is that members of the JFHS athletic community will be modest in victory and gracious in defeat.

Jefferson Forest believes that athletes should be leaders by example on and off the court. Each team will have its own team rules, but all athletes will be required to adhere to the Athletic Requirements and Responsibilities,

- An athlete that quits one team cannot join another team during the same season without permission of the current coach, new coach, and Athletic Director.
- Any athlete in the possession or under the influence of alcohol or drugs may be removed from the team and not eligible to participate in another sport during that season. This means that he/she cannot attend practice, travel, or attend banquets with their team. These athletes will not be nominated for end of the season awards in that sport.
- Any athlete involved in a fight during competition will sit out a two game suspension. If that athlete is involved in another fight during the season, he/she may be removed from the team.
- An athlete must be in school for three full classes to be eligible to participate in a game or practice. If the athlete has a legitimate reason such as a funeral or doctor's appointment, a written note must be presented to the Athletic Director for consideration.
- An athlete who is suspended from school is not eligible to practice, play or attend sporting events. Suspension for fighting may carry an additional 2 game suspension upon returning to

school. Parents can appeal the additional 2 games to the Athletic Director if they feel that there were extenuating circumstances.

- Any athlete who is in ISS must inform the coach. The coach will assign the penalty based on their team rules.
- Any athlete with tobacco products in their possession will be suspended from 2 games for the first offense and removed from the team if there is a second offense.
- Each individual team will have additional rules that the athletes will be expected to follow. These rules will be on file and approved by the Athletic Director prior to the season. Any team rule violation must result in the parent and Athletic Director being notified by the coach as soon as possible.
- The Principal reserves the right to remove any athlete not representing high standards at Jefferson Forest High School.

### **College Planning**

The process of selecting a college is one of the most difficult and rewarding experiences that a student goes through in high school. This process works best when the student, parents or guardians, guidance counselors, teachers, coaches, and administrators all work together in this process. It is a long, complicated process that is best when it is started early. The following information can assist in the process of selecting a college or university and preparing for college athletic participation. This is only a basic guide for navigating the process; a meeting should be held with the student's professional school counselor to discuss the entire process. A student athlete interested in attending college and participating in NCAA athletics should obtain a copy of NCAA Guide for the College-Bound Student-Athlete from the Guidance office: <http://www.ncaa.org>

#### Grades 9 and 10

1. Pursue academic and behavioral excellence. Make sure you are aware of NCAA sliding scale with regard to eligibility requirements and that your classes are consistent with NCAA guidelines.
  - a. Meet with your school counselor to assure your classes are NCAA approved.  
<http://www.ncaa.org>
2. Develop a sports resume of athletic achievements including stats, news clippings, etc...
3. Attend sports camps to increase exposure, improve skills, and to gain contest experience.
4. Participate on high school teams year round, if possible, to gain a wider perspective, increase strength and conditioning, and create a more impressive resume.

#### Grade 11

1. Continue your hard work in the classroom. Make your best effort in school and get the highest grade point average (GPA) possible. Take a strong academic load that is not only challenging, but also meets the NCAA requirements.
2. Meet with your guidance counselor regarding your interests and the recruitment process. Develop a list of schools with the help of your school counselor, coach, and athletic director.
3. Take required standardized tests (SAT or ACT).
  - a. <http://www.collegeboard.com/student/index.html?student>
  - b. Make sure you are aware of the NCAA sliding scale and eligibility requirements.
    - i. <http://www.ncaa.org>

4. Continue to develop your athletic resume.
5. Obtain literature and visit colleges you may be interested in attending.
6. Work with your coach to evaluate your athletic skills to determine a realistic level of competition.
7. Attend sports camps during the summer.
8. Attend financial aid seminars and fill out appropriate financial aid forms in consultation with your school counselor.

#### Grade 12

1. Continue to pursue excellence in the classroom.
2. Request and return college applications as early as possible. Pay attention to application deadlines. Work closely with school counselor to be familiar with the application process.
3. Complete and return financial aid forms paying close attention to deadlines.
4. Continue to keep your athletic resume updated.
5. Re-take SAT or ACT tests if necessary.
  - a. <http://www.collegeboard.com/student/index.html?student>
6. Contact college coaches to express interest in their school athletic program. Include your athletic resume and other pertinent information.
7. Request that your teachers and or high school coaches write letters of recommendation to the colleges to which you have applied.
8. Be familiar with the NCAA eligibility requirements and the NCAA Clearinghouse.
  - a. <https://web1.ncaa.org/eligibilitycenter/common/>
  - b. Meet with your school counselor to make sure you have filled out all appropriate paper work.

NCAA Clearinghouse: If a student-athlete is planning to enroll in a college as a freshman and wishes to participate in Division I or Division II athletics, he/she must be certified by the NCAA Initial-Eligibility Clearinghouse. To be certified by the Clearinghouse, you must:

1. Fill out an NCAA Clearinghouse student-release form (available in the guidance office) and mail or fax the form along with the appropriate fee to the clearinghouse.
2. Graduate from high school.
3. Have a core-course grade-point average (based on a maximum of 4.0) and a combined score on the SAT verbal and math sections or a sum score on the ACT based on the qualifier index scale. The qualifier index scale is available in the guidance office.

## Athletic Ticket Prices and Season Passes

Admission prices charged for athletic events at Jefferson Forest High School are set according to the policies established by the Seminole District, Conference 24, and Region 4A North. In the event of a double header, the varsity price prevails. Students participating on athletic teams during the same season will be freely admitted if they identify themselves and the sport they are playing. Rosters will be available to prove their participation. At football games, these students should enter through the pass gate.

Season passes may be purchased at a savings for all regular season events. Jefferson Forest High School season passes are only good at home athletic contests. They will not be accepted at away games.

\*All discount cards and passes (except for VHSL recognized state passes) will not be accepted for district, conference, regional and state playoff events.

### Jefferson Forest High School Sport Passes

\$40 for **Student Pass** for **all seasons**

\$125 for **one person** for **all seasons**

\$240 for **family pass** for **all seasons**

\$70 for *one person* for *one season*

\$160 for *family pass* for *one season*

***Lifetime Cavalier Gold Card*** **\$50.00**

This pass is for any JF fan who is **64 years of age or over**. It will allow you to attend all JF home athletic events for as long as you choose. ***This card is not transferable.***

## CONCUSSION

### What is a Concussion?

A concussion is a brain injury. A concussion can be caused by a blow to the head or body which causes the brain to move rapidly inside the skull. Concussions affect the metabolic processes of the brain. This just means that the chemicals are not reacting with each other the way they should. All concussions are a serious medical concern, even “getting your bell rung.” MRI’s and CT’s are good for ruling out more time sensitive injuries such as bleeding in/around the brain or a skull fracture, however they cannot show a concussion.

*A concussion is a **brain injury**.*

*All concussions are **serious**.*

*Concussions can occur **without loss of consciousness**.*

*Concussions can occur **in any sport**.*

Signs and symptoms of a concussion can show immediately or may not show up for days or weeks later. If an athlete reports any symptoms of a concussion or you recognize any signs, seek medical attention as soon as possible.

### Observed Signs

Athlete appears dazed or confused  
Does not understand simple instructions  
No short term recall  
Cannot recall date, location, sport, name, etc  
Moves clumsily  
Slow to answer questions, if at all  
Loses consciousness (even briefly)  
Behavior or personality changes  
Cannot recall events pre injury  
Cannot recall events post injury

### Reported Symptoms

Complains of headache or pressure  
Nausea or vomiting  
Problems with balance or dizzy  
Double or blurry vision  
Sensitivity to light  
Sensitivity to noise  
Feels sluggish or in a fog  
Concentration or memory problems  
Complains of ringing in the ears

### Return to Play

Concussions can be a life threatening injury and should be treated with care. Some signs and symptoms will resolve immediately others will linger for days or weeks. It is important that the athlete does not return to play before he/she is completely healed from the concussion.. If an athlete obtains a second blow to the head before he/she is healed from the initial brain injury then the possibility of long term effects is greater and there is a chance of incurring Second Impact Syndrome (SIS). SIS is considered the events that occur after the second concussion which may cause brain swelling, long term effects on brain function and can be fatal. Please refer to the BCPS Athletic Requirements and Responsibilities packet for more information on concussions, symptoms, and return to play guidelines.

### Repeated Concussions

After an athlete sustains one concussion, they are more likely to sustain a second one, compared to others that have not been concussed. Repeat concussions, even when mild, can increase the risk of post-concussive symptoms, such as headaches, memory loss, difficulty concentrating, etc. Please see the following links for more information.

<http://www.nata.org/consumer/headsup.htm>

<http://www.nata.org/statements/position/concussion.pdf>

[http://www.cdc.gov/concussion/headsup/high\\_school.html](http://www.cdc.gov/concussion/headsup/high_school.html)

<http://espn.go.com/video/clip?id=3094263> Video: Outside The Lines on ESPN

# Jefferson Forest High School

## Student Athletic Handbook: 2014-2015

The Athletic Handbook was developed to inform parents and athletes of policies, procedures and expectations for involvement in the sports programs in the Bedford County Public Schools.

In an effort to reduce paper usage in the school system we encourage everyone to access the full handbook in one of the following locations:

- <http://bedfordjfhsharpschool.net/cms/One.aspx?portalId=1059292&pageId=1387929>

You may also request a copy of the Handbook from the school by:

- emailing Mr. Otey at [jotey@bedford.k12.va.us](mailto:jotey@bedford.k12.va.us)
- calling 434-525-2674

All athletes, managers and parents must sign this form indicating that you have read the Athletic Handbook online or have received a hard copy from the school and that you have read, understand and agree to abide by the rules and regulations set forth in this handbook. All rules become effective the first day of tryouts and are in effect until the end of the school year.

Please return this page, including the completed medical information on the back of this page, to your coach.

---

PLEASE CHECK ONE OF THE CHOICES BELOW.

\_\_\_\_\_ I have received a copy of the Athletic Handbook online or

\_\_\_\_\_ I have received a hard copy of the Athletic Handbook from the school for the 2014-15 school year.

As evidenced by my signature on the back of this sheet, I have read, understand and agree to abide by the Bedford County Public Schools rules and regulations for students participating in VHSL programs. As the parent/guardian, I agree to cooperate with school officials in managing my child's conduct while participating in student activities.

**Detach this page and return it to the Athletic Department.**

# Jefferson Forest High School Athletic Department

## Emergency Medical Information Card

**Full Student Name:** \_\_\_\_\_ **D.O.B** \_\_\_\_\_ **Grade** \_\_\_\_\_  
(please print)

**Mother/Guardian:** \_\_\_\_\_ **Father/Guardian:** \_\_\_\_\_

\_\_\_\_\_  
Street

\_\_\_\_\_  
Street (if different)

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
City/State/Zip (if different)

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Work Name/Phone:** \_\_\_\_\_ **Work Name/Phone:** \_\_\_\_\_

**SPORTFALL:** \_\_\_\_\_ **WINTER:** \_\_\_\_\_ **SPRING:** \_\_\_\_\_

NAME OF CLOSE RELATIVE OR FRIEND THAT WE MAY CONTACT IN AN EMERGENCY, IN THE EVENT THAT YOU CANNOT BE REACHED.

**1<sup>st</sup> Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Relation:** \_\_\_\_\_

**2<sup>nd</sup> Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Relation:** \_\_\_\_\_

**Insurance Carrier:** \_\_\_\_\_ **ID #** \_\_\_\_\_

**Policy Holders Name:** \_\_\_\_\_ **Group #** \_\_\_\_\_

**Hospital Preference:** \_\_\_\_\_ **Family Doctor:** \_\_\_\_\_

**Medical Conditions:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

**Prescriptions Medications:** \_\_\_\_\_

I, \_\_\_\_\_, as parent of \_\_\_\_\_, give permission to any administrator, coach, athletic trainer of Jefferson Forest High School, or any team physician associated with Jefferson Forest High School to seek medical treatment for my child/ward in the event of an emergency. I acknowledge and accept the risks inherent in the sport in which my child will participate, as well as the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

Additionally, in signing below, I acknowledge that I understand all school rules and regulations that apply to my child/ward's participation in athletics as contained in the team rules, Student Code of Conduct and Athletics Handbook.

**Printed Name:** \_\_\_\_\_  
(Parent or Legal Guardian)

**Signature:** \_\_\_\_\_  
(Parent or Legal Guardian)

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

**Signature:** \_\_\_\_\_  
(Student)

Updated: 6/10/14

***Detach this page and return it to the Athletic Department.***