# HELENA HIGH SCHOOL ATHLETIC HANDBOOK

## ATHLETIC STATEMENT

The following information is designed to inform student-athletes and their parents of the rules, regulations and information that help guide athletic activities at Helena High School. Participation in athletics is a **privilege** which carries varying degrees of honor, responsibility, commitment and sacrifice. Those who choose to participate shall be expected to follow the rules established by the athletic department and act in a manner that will reflect well on our community and school.

## ATHLETIC DEPARTMENT PHILOSOPHY

Athletics are an integral part of the total school educational program. Athletics can help develop young athletes in the areas of knowledge, skills, and emotional patterns. Athletics should promote the development of qualities such as self-control, loyalty, leadership, teamwork, hard work, sportsmanship and friendship. Additionally, the concept of being on a team should allow the athlete opportunities to excel in the areas of humility and selflessness and at the same time give the athlete a proud sense of belonging.

## HELENA ATHLETIC ASSOCIATION

The Helena Athletic Association (HAA) will play a **vital** role in upkeep of our athletic facilities and improvement of all HHS programs. The HAA cannot serve this purpose without **tremendous** participation. EVERY family is strongly encouraged to join and ACTIVELY participate in the HAA.

## ATHLETIC GOAL

The goal of the Helena Athletic Department is to help young men and women to develop into people of high character. People of character understand the fundamental concepts of hard work, selflessness (teamwork), dedication, and pride (not prideful).

## ELIGIBILITY

All athletes will meet all requirements set forth by the AHSAA and the Shelby County Board of Education. ALL eligibility requirements must be met and documented PRIOR to first practice.
www.AHSAA.com www.shelbyed.k12.al.us

## CONFLICTS BETWEEN ACTIVITIES

If a conflict between two school activities occurs, the athlete will decide which activity to attend. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the athlete will play.

## QUITTING A TEAM

Athletes must demonstrate perseverance and the honoring of a commitment. Therefore, if an athlete **quits** a sport or is **dismissed** from a sport after the season starts he/she is not eligible to participate in **any** athletics until the beginning of that sport's next season. In the instance where the continuation of the activity may be detrimental to the athlete, the athlete and/or parent/guardian may request from the coach and athletic director a release from the sport. A release, if granted, does not constitute quitting.

## PRACTICE/OFF-SEASON TRAINING

Athletes will attend all practices and meetings on time. Athletes will participate in the off-season program unless they are actively involved in another sport.

## ATTENDANCE POLICY

Student-athletes will not be allowed to participate in a school sponsored activity such as an athletic contest or practice, if they are not in school for at least one half of the school day on the day of the event. Any exceptions must be approved by the principal or his designee.

## HAZING

No form of hazing will be tolerated in the athletic program.

## PHYSICAL EXAMINATIONS

All students must have a current physical on file with the school on the proper AHSAA form (Form 5).

# INSURANCE
All Helena student athletes are required to have medical insurance and must supply information verifying such before participating in practice and/or competition.

# DRUG POLICY
The Shelby County Competitive Extracurricular Substance Abuse Program policy will be followed.

# TRYOUTS
Each head coach has the responsibility of selecting his/her own team. Coaches will post the dates of the tryouts and explain their tryout policies before the tryouts begin.

# TRANSPORTATION
The athletic department will provide transportation to events when necessary. Parents may be called upon, at times, to help transport team members to events (parent driver form required).

# DRESS CODE
Athletes are to dress in a positive and appropriate manner reflective of our school and community. Male athletes may not have unkempt, shaggy hair that covers the eyes, ears or touches the collar. In addition, male athletes may not have facial hair or wear earrings.

# EQUIPMENT
Each athlete is responsible for his/her equipment and will replace or pay for lost or damaged equipment due to negligence.

# PARENT/COACH COMMUNICATION
Head coaches will be happy to discuss our athletic programs and your child's participation in the program with parents. Please contact the coach (email is best) and request a meeting and the coach will get back with you to schedule a time and place to meet. Impromptu meetings are discouraged.

# ACADEMIC POLICIES
Grades will be checked every progress report and any student with a grade below a C will be assigned athletic study hall outside of the school day.

# FINANCIAL RESPONSIBILITY
Each player may have a financial responsibility for his/her sport. These fees must be paid in a timely manner. Any parents that are not able to meet this requirement should meet with the head coach to determine a plan of action.

# INJURIES
All injuries must be reported to the head coach and trainer of the specific sport in season.

# STAR Sportsmanship Program
www.starsportsmanship.com Code: Star04629

# FORMS *(The following forms must be on file with the athletic director).*
- Physical Form - AHSAA
- Emergency Information and Consent Form - HHS
- Drug consent Form - BOE
- Birth certificate - AHSAA
- Completion of Star Sportsmanship certificate - AHSAA
- Volunteer Driver - BOE
- Concussion Form - AHSAA
- Student Release Form – AHSAA

# Non-Traditional Student Athletes
Any non-traditional students that wish to participate must meet all criteria for participation as set forth by the AHSAA and the Shelby County BOE.