

**CHAPIN HIGH SCHOOL**

**“EAGLE PRIDE”**



**HANDBOOK FOR  
PARENTS AND  
ATHLETES**

**300 COLUMBIA AVENUE  
CHAPIN, S.C. 29036**

**(REVISED APRIL 2019)**

## **PARTICIPATION ON AN ATHLETIC TEAM**

It is important to understand that participation on an athletic team is a privilege, not a right. Being on and maintaining one's membership on a team means accepting all the responsibilities of an athlete. *Unlike intramural or recreational teams, equal or guaranteed playing time does not exist.* In an effort to present the best possible team to represent the school, the coach will use players best suited for the conditions or demands of the contest at that time.

## **DISMISSAL OR QUITTING A TEAM**

A player who is dismissed or who quits one athletic team may not participate in workouts of any kind with any other team until the subsequent team's season has been fully completed.

## **PRACTICE SESSIONS AND GAMES**

Practice sessions are normally closed to spectators and there is a very sound reason for this. Interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised. **Spectators at games are very much encouraged. Positive and nurturing support of teams and athletes can be very helpful to performance in athletic contests.**

## **SPORTSMANSHIP**

Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and students. Sportsmanship is an overt display of respect for the rules of the sport and for all others—players, coaches, officials, and fans (*National Federation News*, March 1995). It also involves a commitment to fair play, ethical behavior and integrity.

This means

1. There should be no inappropriate or vulgar language or gestures from our fans.
2. Taunting or trash talking of our opponents or their cheerleaders will not be tolerated.
3. Spectators may not enter onto the field or court during a contest.
4. Fans should be supportive and positive. **Cheering should be done for *our* team and not against our opponents.**
5. We should not interfere with our opponent's cheerleaders when leading their cheers.

## **Sportsmanship Expectations**

ACCEPTABLE BEHAVIOR:

- Applause during the introduction of players, coaches and officials
- Accept all decisions of officials
- Cheerleaders lead fans in positive school cheers
- Handshakes between participants and coaches at the end of all contests, regardless of outcome
- Treat competition as a game, not war
- Coaches/players should search out and congratulate the opposing participant or coach
- Applause at the end of all contests for the performances of all participants
- Everyone must show concern for any injured players on all teams.
- Encourage only sportsmanlike conduct

## **ATHLETIC DEPARTMENT TRAVEL POLICY**

All team members must travel as a group to and from all athletic contests unless a team member is released to the custody of a parent at the conclusion of an away contest by the coach. At CHS, the following steps should be taken to adhere to this policy.

1. The parental note should specifically explain the reason for the athlete not traveling home with the team. All notes will be kept on file for the entire school year.
2. Subsequent to leaving the contest, the coach must actually speak to the parent and have them sign out and confirm that he/she is driving the player and not another student or friend.

## **ATHLETIC LETTERING POLICY**

Athletic letters are given in recognition of outstanding achievement and service to the school, not as compensation for participation. At the coach's recommendation, athletes will receive an athletic letter at the completion of his/her first varsity year in a sport sanctioned by the South Carolina High School League. A chenille letter will be given to the athlete along with a pin symbol of the sport in which they participated. After the first year letter is received, the athlete will receive a bar to place underneath their sport pin. Athletes who meet the criteria for a second or third sport will receive a pin symbol for that sport but not additional letters. Any athlete who is a senior and has yet to receive a letter will do so as long as he/she meets the first criteria.

The head coach has the prerogative to issue a letter for extenuating circumstances. These may include early season injuries, value to team, team or league violations, etc. In all cases, the student must complete the season as a member of the team in order to letter. A season is defined as that period of time from the first practice until the last contest is played.

## **OFFICIALS**

There is an age-old refrain often used by irate fans. "How much are you paying the officials?" The home school does not get the officials. The South Carolina High School League and/or booking officials schedule officials and neither team has control of which officials are assigned. Officials agree and follow a code of ethics. They do not care or have a vested interest in which team wins. It is also important to understand that they are a very important part of any sporting event and that the contest cannot be played without them. So while you may not agree with every call they make or their style of officiating, please do not harass or insult them. It is important to note that they have complete control of the contest and have the authority to eject unruly spectators and/or coaches. Additionally, the same official may draw our team's contest several times over the course of a season. Coaches, administrators, and schools often work very hard establishing good rapport with officials and one unruly fan can easily damage this relationship.

## **SOUTH CAROLINA HIGH SCHOOL LEAGUE ELIGIBILITY GUIDELINES**

### **AGE**

All athletes must submit an **ORIGINAL BIRTH CERTIFICATE** via [planeths.com](http://planeths.com) to the athletic director for approval. A student who becomes 19 years of age prior to July 1 of the upcoming school year will not be eligible to compete in any athletic activities during that school year. A student who becomes 19 after July 1 is eligible to compete in all activities for that school year. A student who becomes 15 years of age prior to July 1 of the upcoming school year, he/she shall be too old for a 7<sup>th</sup> or 8<sup>th</sup> grade team. He/She may be considered as enrolled in the 9<sup>th</sup> grade for eligibility purposes.

### **ACADEMIC REQUIREMENTS**

Chapin athletes must meet all academic requirements set forth by the South Carolina High School League and Lexington/Richland School District 5 in order to be eligible to participate on any Chapin Athletic Team.

### **ENROLLMENT**

A student will become ineligible for interscholastic competition at the end of the fourth school year from the time that he/she first entered the ninth grade.

### **ATTENDANCE**

If a student fails to enroll and attend classes for one day by the eighth calendar day of the first semester, he/she will not be allowed to take part in any contest until he/she has been a *bona fide* regular attendant for 30 calendar days. A student must have attended school at least 60 days in the semester immediately preceding the contest or sport. Absences may not be made up.

### **UNDERGRADUATE STANDING**

Not a high school graduate

### **AMATEUR STATUS**

A student may not have competed for money or available consideration other than prizes with symbolic value. The word *symbolic* is used to mean that the award must have some relationship to the sport being played. Awards or gifts given to golfers or tennis players such as balls, shoes, rackets, or clubs are a violation of this rule.

### **PHYSICAL EXAM**

All athletes must have passed a current year physical exam. This record must be uploaded to PlanetHS.com and dated after April 1<sup>st</sup> of the previous school year.

## **NCAA ELIGIBILITY REQUIREMENTS**

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Most college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization that has established, recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Institutions are members of one or another of these according to the size and scope of their athletic programs and whether they provide athletic scholarships. Athletes planning to enroll in college as a freshman who wish to participate in Division I or Division II athletics must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse was established as a separate organization by the NCAA member institutions to ensure consistent interpretation of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

Athletes who want to participate in Division I or Division II sports in college should start the certification process in their JUNIOR YEAR in high school. Check with your GUIDANCE COUNSELOR to make sure you are taking a core curriculum that meets NCAA requirements. Also, register to take the SAT or ACT as a JUNIOR. Submit your Student Release Form (available in your Guidance Counseling Office) to the Clearinghouse by the beginning of your senior year.

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## **ATHLETIC SCHOLARSHIPS**

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Applying for athletic scholarships has become an important area of college preparation because these scholarships are a way of earning tuition in return for your competitive abilities. Whether you're male or female or interested in baseball, basketball, cheerleading, crew, cross-country, fencing, field hockey, football, golf, gymnastics, lacrosse, sailing, skiing, soccer, softball, swimming and diving, tennis, track and field, volleyball, or wrestling, there may be scholarship dollars available for you.

At the beginning of your JUNIOR year, ask your GUIDANCE COUNSELOR to help you make sure you take the required number and mix of academic courses and to inform you of the SAT and ACT score minimums that must be met to play college sports. Also, ask your counselor about academic requirements, because the NCAA Initial-Eligibility Clearinghouse must certify you, and you must start this process by the end of your JUNIOR year.

## **TRAINING RULES AND REGULATIONS**

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules that include restrictions on tobacco, nicotine, alcohol, and drugs. Medical research clearly substantiates the fact that the use of tobacco, nicotine, alcohol, and any type of mood modifying substances produce harmful effects on the human organism.

The coaches of Chapin High School, concerned with the health habits of the student-athletes of this community, are convinced that athletics and the use of these substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use these substances is greatly reduced.

Students have to decide if they want to be athletes. If you do wish to be an athlete, "You have to pay the price" in order to be a competitor. A big part of this price is following a simple set of training rules the Athletic Department believes to be fair.

It is a fact that use of tobacco, nicotine, alcohol, and other drugs abuses are injurious to the development of human growth. You cannot compromise athletics with substance abuses. The student who wishes to experiment with such abuses should remove him/herself from the team before jeopardizing team morale, team reputation, and team success and does physical harm to him/herself.

### **1. Use of Tobacco, Vapes or Juuls on school grounds or school sponsored activities**

Research emphasizes that use of tobacco/nicotine is physically harmful to young adults. The harm done by this is not only a health problem.

The community follows the progress of young athletes, and any deviation from accepted training rules marks one as unwilling to "Pay the Price". If one squad member breaks the rules, the whole team is branded as non-trainers.

### **2. Use of Alcohol or Inhalant on school grounds or school sponsored activities.**

There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking sessions will be the first to criticize the athlete if he does not "come through" in a game. Consumption of alcohol by minors is also illegal.

### **3. Use of Drugs on school grounds or school sponsored activities**

Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some – derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modification. Use or abuse of non-prescription drugs is illegal.

### **4. Violations**

The importance of enforcement of all regulations in the manual should be apparent. The community, school administration, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic program. In the event an athlete fails to comply with these necessary standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete may be denied the privilege of participating. District 5 and School policies will be referenced in dealing with violations of tobacco, nicotine, alcohol, inhalants, and drug usage.

## **RESPONSIBILITIES OF CHAPIN ATHLETES**

### **Citizenship**

The privilege to represent our school on an athletic team should be on the basis of good citizenship as well as a minimum scholastic achievement. In a specific athletic endeavor, the athlete must be capable of representing Chapin High School in the fullest meaning of the term "Good Citizenship" by his or her manners, appearance, dress, conduct and sportsmanship. Only those students who are capable of assuming these responsibilities and of being official representatives of our school will be permitted to be members of any athletic squad.

### **Playing On A School Day**

An athlete must attend school for two out of four class periods of the school day before he/she is permitted to participate in an interscholastic activity scheduled for that day. It is strongly recommended that all coaches encourage their squad members to attend school for the entire day.

### **Rules and Regulations**

According to conference and state rules and regulations, all interscholastic activities shall be conducted within the framework of the conference and state rules and regulations.

Requirements of Participation:

All Academic eligibility requirements have been satisfied.

Parents' permission to participate complete on PlanetHS.com.

Physical exams completed, uploaded and approved in PlanetHS by athletic training staff.

Insurance forms completed on PlanetHS.

Medical history forms uploaded by parent and approved in PlanetHS by athletic training staff.

Signed concussion information form is complete on PlanetHS.

Participate in tryouts and be selected by the coach as a member of the team.

## **Conduct**

The conduct of an athlete is closely observed in all areas of life. It is important that your behavior be above reproach in all of the following areas:

### **A. In the Classroom**

In the academic setting, a good athlete becomes a good student. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies. In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times. A healthy athlete should have a good attendance record. Never cut classes or school.

### **B. On the Campus**

The way we act and look on campus is of great importance. Athletes should be leaders in every aspect of the educational process at Chapin High School. Remember, respect is not given, it is earned.

### **C. On the Field**

All school rules are carried over to the fields of competition. Sportsmanship is of the utmost importance to everyone representing our program.

## **DISCIPLINARY MEASURES**

Misbehavior by an athlete of Chapin High School will not be tolerated. He or she must conduct himself/herself in a manner that exemplifies good citizenship and self-control.

In the event that an athlete has to be disciplined at school, his or her membership on a team may be in jeopardy. If such discipline requires a suspension from school, the athlete will be suspended from both practice and games that occur during the suspension period. More than one suspension may warrant the removal of the athlete from the team.

All coaches shall check frequently on the behavior of their athletes. Continuous misbehavior of an athlete must be reported to the Athletic Director.

In the event that a coach has to discipline an athlete, the degree of discipline shall be in accordance with the coach's discipline policy.

In the event that a coach is negligent in his or her duties as described within the contents of this manual, he or she may expect to receive some measure of reprimand. In a severe case, possible dismissal from his or her coaching position may occur.

## **GROOMING AND DRESS POLICY**

A member of an athletic team is expected to be well groomed. Appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Good grooming and dress rules will further good sportsmanship; reinforce good health habits, good performance, respect for rules and authority; help establish leadership, team pride, and discipline. With this belief in the necessity of good grooming and dress, the following rules will be adhered to by team members:

1. While on campus, the school dress code will be adhered to at all times.
2. No jewelry will be worn while participating in athletics.
3. All uniforms will be worn as prescribed by the coaches.
4. When traveling, teams will wear either uniforms or clothing prescribed by the coaches.
5. No athlete is to wear any clothing that advertises or promotes alcohol, illegal substances, sex, profanity, or that is objectionable to the coach or administrators.
6. Hair length cannot jeopardize the safety of the athlete while participating.



# CHAPIN HIGH SCHOOL ATHLETIC CONTRACT

Because we expect our student-athletes to become contributing citizens in our local community, we place emphasis on teamwork, self-discipline, commitment, loyalty, pride, and achieving high academic standards. We expect Eagle athletes to meet the standards set up in this contract, not only during the season(s) of their given sport(s), but throughout the school year. It is our hope that by meeting these standards and setting a positive example, they will serve as role models for all students at Chapin High School.

This contract is a simple statement of expectations. Each coach may develop his or her own consequences for athletes who fail to meet these expectations.

## PRACTICES AND SCHEDULED CONTESTS

A. Players are to attend all practices and scheduled contest. It is the responsibility of the coach or athletic director to set practice and contest times. If on occasion a player must miss a practice and/or contest, it is the responsibility of the player or his/her parents to contact the coach *prior* to the practice or contest time. Acceptable excuses are limited to illness, training room attendance and family crisis. (All others must be cleared with the Athletic Director.) A note from a parent and/or trainer is necessary even if contact has been made. *Individual coaches will inform you of consequences for unexcused absence from practice or contest.*

B. Players are to be on time for all practices and scheduled contests. Acceptable tardy excuses are limited to training room with a note from the trainer, academic assistance with a note from a teacher, or a school organization meeting with a note from the sponsor. (These should be cleared with the coach prior to the tardy.) *Individual coaches will inform you of consequences.*

C. Players are to remain at practice for its duration. If on occasion a player may have to leave practice early, he/she must notify the coach before practice with a written note from the parent. *Individual coaches will inform you of consequences.*

## BEHAVIOR AND ETHICS

A. Disrespect includes, but is not limited to, the use of foul language or gestures, fighting, taunting, or acting in any manner deemed disrespectful by coaches, teachers, or administrators. This includes time both on and off the field of play. *Individual coaches will inform you of consequences.*

B. Stealing will not be tolerated. *Individual coaches will inform you of consequences.*

C. The use of tobacco, juul or vaping products will not be tolerated. *School policy dictates the punishment for this offense. 1<sup>st</sup> offense = one game suspension; 2<sup>nd</sup> offense – dismissal.*

D. The use of drugs or alcohol will not be tolerated. Athletes may be referred to the administration for mandatory counseling and may be dismissed from the team.

E. Student athletes are expected to act in the best interest of Chapin High School. Any conduct detrimental to the school or team may result in suspension or dismissal.

F. Student athletes are expected to be leaders in our school. Therefore, school behavior policies and rules must be followed to the letter. School policy dictates the punishment for this offense. 1<sup>st</sup> offense = one game suspension; 2<sup>nd</sup> offense = dismissal.

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I/We fully understand the expectations of the Chapin High School Athletic Department and agree to abide by these expectations throughout the school year, not only when my sport is in season.

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*Athlete's Signature*

X\_\_\_\_\_

Date\_\_\_\_\_

*Parent's Signature*

X\_\_\_\_\_

Date\_\_\_\_\_

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