

# **MCMINN CENTRAL HIGH SCHOOL**



## **STUDENT ATHLETE HANDBOOK**

**CODE OF ETHICS AND GENERAL ATHLETIC POLICY**

Revised October 6, 2016

## Code of Ethics and General Athletic Policy

### Central High School of McMinn County

High School athletics is a vital component of the overall educational experience for many students. At its best athletic competition provides students with special opportunities to learn about teamwork, sportsmanship, ethical conduct, fair play and respect for others.

We expect you to represent your team in a positive manner in your classes. If your coach receives word from your teachers that you are not, then you may be disciplined. If the problem continues, you may be suspended for any number of games.

Respect is a critical focus for all athletes. Student involved in our programs are expected to be positive leaders within the CHS community. With the involvement in our programs also comes a commitment to the team, to quality academic focus, school attendance and behavior. In addition to the above, a commitment to the CHS Policies and Guidelines in reference to drugs, alcohol, tobacco, and harassment will be observed. It is the responsibility of the student to contact the coach anytime you may be absent or late for a practice or game. All athletes must use county transportation to and from all contests unless a prior process has been completed with the coach.

Common goals of the CHS athletic programs are to instill the following attributes into all student athletes:

RESPECT  
POSITIVE LEADERSHIP  
EMOTIONAL SELF CONTROL  
PERFORMANCE FOCUS- ACADEMIC AND ATHLETIC  
DISCIPLINE

#### RESOLVING CONFLICTS

As in any competitive program with high expectations, conflicts are inevitable. The athletic director and coaches are committed to facilitating the following process to provide parameters for successful resolution of issues:

Conflicts should be resolved between the student and the coach. Parents are welcome to provide support for the student through conversations with the coach after the initial player/coach discussion. Meetings should be held in a professional setting in the school building during school time. Phone calls should be directed to the school numbers. Calls will be answered in a timely fashion. If after a good faith attempt to discuss a situation or resolve an issue without reasonable satisfaction, the conflict will be referred to the athletic director and/or the principal.

IT IS INAPPROPRIATE TO APPROACH A COACH UNSCHEDULED IMMEDIATELY PRIOR TO, OR AT THE CONCLUSION OF A CONTEST.

It is our goal at Central High School to provide the best opportunities for student success. We expect accountability to our mission statement from our coaches, involvement and support from our parents, and a commitment from our student athletes.

Respect is the foundation of the Central High School athletic culture. We expect respectful interaction between all individuals (students, coaches, parents, officials) involved in our program.

The coaches at Central High School are committed to developing quality programs through sincere communication with the athletes and parents. School Board policy states that it is the responsibility of the coach to determine the conditions of participation (playing time, strategies, skills, etc.) while communicating the conditions of participation and providing comprehensive evaluation of the athlete so they may continue to improve and succeed.

As in any competitive program with high expectations, conflicts are inevitable. We expect students, parents and coaches to use our stated process to resolve conflict. We look forward to a quality experience for all students and parents which we serve.

Best Wishes for Success and Go Charger and Chargerettes!

Doug Armstrong  
Athletic Director

Dr. Lori Hutchinson  
Principal

and the coaches of CHS

## GENERAL ATHLETIC POLICIES

\*\*Participation in extracurricular activities is a privilege, not a right, as affirmed by the U.S. Supreme Court!

\*\* Students are not guaranteed a position on any school sponsored organization. Infractions of the disciplinary rules of the school may result in removal from any team. As result of any suspension which is out of school whether it be OSS, MCATS, or Alternative School students will forfeit the opportunity to participate in or possibly attend any school sponsored activity including athletic contest, for the duration of that suspension. ISS will result in the loss of playing privileges. To be member of any athletic team players must go through tryouts and be chosen to be a member of the team. No late tryouts will be held.

1. Commitment to a team: When a student/athlete is a member of a team he/she may not quit the team without meeting with the head coach and/or the Athletic Director. Athletes failing to follow this procedure will be unable to go out for the next sport in which they would normally participate. The previous sport must be over before the student/athlete can begin practice with the next sport.
2. Attendance: Athletes first priority is to attend school. Students must make every effort to be in attendance the full day of and the day after an athletic contest. Attendance at school means a full day without arriving tardy. McMinn School Board Policy states "All athletes, managers, scorekeepers, cheerleaders, and anyone else connected with an athletic team must attend school all day on the day of a game in order to attend the game. The only exception is a previous doctor appointment that was made in advance. A note from the doctor or dentist will be required to verify the appointment. Athletes may not stay at home the day following a contest to rest." If a student comes in late unexcused before 2<sup>nd</sup> period starts and it is their 1<sup>st</sup> tardy extra conditioning will be required. If it is their 2<sup>nd</sup> or more tardy players will be required to sit out a minimum of ¼ game. If a player misses more than 1-3 periods for a 2<sup>nd</sup> time or more unexcused player will be required to sit out a minimum of ½ game. Athletes who have missed more than three days practice unexcused or missed a match, meet, or game unexcused will not be allowed to advance to a region or state match individually.
3. Eligibility: To be eligible to participate in athletic contest during any school year a student must earn five credits the preceding school year. All credits must be earned by the first day of the beginning of the school year.
4. Removal from a team: If you are removed from a team for a major violation, you cannot be officially associated with the team.
5. Ejection from the last contest: Athletes who are ejected from their last contest of the season may lose their letter/certificate, plus possible end of the year awards. This is at the discretion of the coach and/or the Athletic Director and Principal.
6. Physical Examinations: Every student in an interscholastic sport must have a current physical examination be a licensed doctor on file with the Athletic Director. The athletic department will sponsor a one day, no cost physical one time per year.
7. Transportation: Each player is responsible for transportation to and from all practices. School transportation will be provided by the school to all away contests. Players can be allowed to ride with a parent or guardian to or from an athletic contest with school/coach approval.
8. Vacation: Student athletes and parents should carefully evaluate game and practice schedules to determine if there are any conflicts that may arise due to vacations and

family commitments. We fully encourage family vacations, but the athletes must also serve a commitment to the team. All athletes need to be aware that if they miss scheduled practices or contests that they will miss additional participation when they return. Prior to an athlete leaving on a vacation, coaches will define number of days, contests and amount of time to be made up. Coaches also have the option of removing athletes from the team if they feel the athlete is not fulfilling their commitment to the team.

9. Senior Awards will be given to all athletes and managers who have played or served for two years, including their senior year. The athlete must complete the season and the school year in good standing both in the sport and in the school in general.
10. Stealing, defacing or damaging any school or personal property could result in immediate dismissal from the athletic program.
11. To be a member of any athletic team the athlete must participate in pre-season tryouts, be selected as a member of the team and meet all guidelines established by the coach for the off season. The coach will have final authority on who is a member of the team. No late tryouts will be held. The only exception could be a transfer at the coach's discretion.
12. Student athletes must have personal insurance to participate in school athletics. If they are not covered by family insurance a good option is provided by the school student insurance which every student may purchase. Athletes are covered by a catastrophic TSSAA insurance policy while they are participating in a sanctioned game or practice which takes effect after \$10,000 in medical bills have been accumulated.

## **CENTRAL ATHLETIC CODE**

1. Because of the life-long moral, social and physical opportunities provided to me by athletics, I recognize that it is a privilege to participate in CHS athletics.
2. To achieve personal and team objectives I realize on-time attendance at all practices and meetings is important. I will make every effort to be in attendance and understand my participation in athletics will be jeopardized by absences or tardiness. A total of four days unexcused from school could result in dismissal from the team. Excessive unexcused tardies during the school day could result in game suspension.
3. Because of my personal goals, and pride in representing my family, school, and team my conduct in and out of school will established rules at all times.
4. To enjoy the full benefit of athletics I will practice good sportsmanship with my teammates, opponents, officials and fans before, during, and after all athletic events.
5. To maintain my physical and mental health and to be ready for competition I will keep myself clean and well groomed. Athletes are in the public eye and have the responsibility of projecting a good public image. Athletes will be clean shaven. No jewelry or any other piece of clothing that will bring attention to myself will be worn. This includes but is not limited to, shirts being tucked in and pants pulled up, no headbands, tattoos or body piercings other than earrings for girls. The school board dress code policy will be followed at all times.
6. Student-athletes are considered representatives of the institution and their participation in social media is subject to intense scrutiny. I will not post on social media anything offensive or in violation of state or federal law. I understand that the conduct of student athletes on these sites reflect upon the reputation of the athletic department and the school as a whole. I understand that any posting on a social media site which is offensive, in violation of state or federal law, in violation of school or athletic department policy is subject to disciplinary action. The severity of the consequence will be based on the seriousness of the infraction and previous offenses by the student athlete. The consequence will be at the discretion of the coach/athletic director and/or principal. (A copy of the Social Media Policy & Guidelines For Student Athletes will be given to each athlete).
7. I am responsible for the care and cleaning of all school equipment and uniforms issued to me and will return all items in good condition. Any damage or loss of CHS uniforms/equipment will result in athlete paying for replacement.
8. All athletes will follow the Discrimination/Harassment/Bullying Policy as outlined in the Central High School Student Parent Handbook. Any form of Discrimination/Harassment/Bullying will result in disciplinary action which could include removal from athletic participation. Student-athletes must report bullying to a teacher, coach, counselor, or building administrator. Privacy and anonymity of all parties and witnesses to complaints will be respected.

## **McMINN CENTRAL DRUG, ALCOHOL, AND TOBACCO POLICY**

Athletes will not possess, use or transfer any form of tobacco, alcohol, controlled substance, or illegal drugs at any time!

If this rule is broken for alcohol, illegal drugs or controlled substances the athlete will be suspended from athletic participation for 40% of season games. 40% of games is a minimum suspension with the head coach, athletic director, or principal able to extend the suspension based on the severity of the offense. The head coach, athletic director and principal will determine if a player will be allowed to practice and if there are any additional requirements of the athlete. To return to play an athlete must be a model student and citizen in the school and community. A second offense will result in a suspension from athletic participation for a minimum of one calendar year.

Tobacco offense will result in a suspension of 10% of season games. A second offense will result in suspension of 20% of season games. A third offense will result in meeting of head coach, athletic director, and principal to determine length of suspension with permanent removal from team taken into consideration.

The McMinn Central Athletic Department will assist any athlete in obtaining counseling, rehabilitation, etc.

## **McMINN CENTRAL HIGH SCHOOL ATHLETIC DEPARTMENT SOCIAL MEDIA POLICY & GUIDELINES FOR STUDENT ATHLETES**

Playing and competing for McMinn Central High School High School is a privilege. Student athletes at MCHS are held in highest regard and are seen as role models in the community. As leaders you have a responsibility to portray your team, your school and yourselves in a positive manner. Facebook, Twitter, and other social media sites have increased in popularity over the years and are used by many of the student athletes at MCHS.

Student athletes should be aware that third parties could easily access your profiles and vie your personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student athlete, the athletic department and the school. This can also be detrimental to a student athlete's future employment opportunities or college admission.

Examples of inappropriate and offensive behaviors on the social media:

\*Photos, videos, comments, or posters showing the personal use of alcohol, drugs, and tobacco. No holding cups, cans, shot glasses, etc.

\*Photos, videos, and comments that are sexual in nature. This includes links to websites of pornographic nature and other inappropriate nature.

\*Pictures, videos, comments, or posters that condone drug related activity. This includes but is not limited images that portray the personal use of marijuana and drug paraphernalia.

\*Content that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding other schools, taunting comments aimed at a student athlete, coach or team, derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent, or illegal activities (examples: hazing, Sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).

If a student/athlete's postings or profile and its content are found to be inappropriate it will result in consequences that could include suspension or removal from your athletic team. Parents will also be held responsible for any comments on social media and should refrain from any comments that are derogatory, inappropriate or offensive in any way. If problems exist parents should refer to the student handbook.

If ever in doubt of the appropriateness of your public material, consider whether it upholds and positively reflects your own values and ethics as well as the MCHS Athletic Department. Always present a positive image and don't do anything to embarrass yourself, your team, your family or your school.

To: Parents/Guardians and Athletes at McMinn Central High School

From: Doug Armstrong, Athletic Director

All athletes will be covered by the TSSAA Catastrophic Insurance Policy that is underwritten by National Union Fire Insurance Company with a \$500,000 medical limit and a \$10,000 DEDUCTIBLE. Please note that only sanctioned activities that comply with TSSAA rule and regulations are covered. For additional information please visit the website of the managing agent at [www.loomislapann.com](http://www.loomislapann.com)

The athletic insurance will not become effective until a \$10,000 deductible has been met. This will make it necessary for all athletes to show proof of primary insurance to participate in school athletics. Please provide all necessary insurance information on the insurance waiver/information form for your signature.

A school health/accident insurance plan is offered to all students of the McMinn County School System. A brochure is available at McMinn Central High School or at McMinn County Board of Education. Athletes who are participating in football who wish to purchase insurance should make sure they purchase the football policy.

Parents/Guardians need to understand that all medical decision and payment of any medical expenses are their responsibility. Parents would be advised to consult the TSSAA concussion policy at [tssaa.org](http://tssaa.org).

# Sudden Cardiac Arrest Symptoms and Warning Signs

## What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

## How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

## Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

**What are the risks of practicing or playing after experiencing these symptoms?** There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

## Public Chapter 325 - the Sudden Cardiac Arrest Prevention Act

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.

- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
  - (i) Unexplained shortness of breath;
  - (ii) Chest pains;
  - (iii) Dizziness
  - (iv) Racing heart rate; or
  - (v) Extreme fatigue; and
  
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest
  
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

# CONCUSSION

## INFORMATION AND SIGNATURE FORM

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

### Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"

*\*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training*

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

## WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

\* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

## Student-Athlete & Parent/Legal Guardian Concussion Statement

Must be **signed and returned** to school or community youth athletic activity prior to participation in practice or play.

Student-Athlete Name: \_\_\_\_\_

Parent/Legal Guardian Name(s): \_\_\_\_\_

After reading the information sheet, I am aware of the following information:

Student-Athlete initials		Parent/Legal Guardian initials
	A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a <i>health care provider*</i> to return to play or practice after a concussion.	
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.	
	After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.	
	Sometimes repeat concussion can cause serious and long-lasting problems and even death.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

\* *Health care provider* means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal guardian

\_\_\_\_\_  
Date

## **Student-Athlete & Parent/Legal Guardian Insurance & Central Athletic Handbook Statement**

Players and parents please check the appropriate box regarding your insurance information and sign below. Please understand that all medical decisions and payment are the responsibility of the parent or guardian. Please make sure that both the athlete and parent have read the information regarding physicals on the back of this sheet and have initialed and signed in the appropriate areas. Parents would be advised to consult the TSSAA concussion policy at [tssaa.org](http://tssaa.org).

\_\_\_\_\_ I do not have adequate insurance coverage for my child, and I will not hold the school financially liable for any incidents that may occur while he/she is attending school or participating in athletic programs.

\_\_\_\_\_ I have adequate insurance coverage to cover the below named student. (Must complete the following information).

\_\_\_\_\_  
Name of Insurance Company

\_\_\_\_\_  
Policy Number

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

\_\_\_\_\_  
Student/Athlete Signature

Date \_\_\_\_\_

By signing above we acknowledge that we have received a handbook or viewed online the McMinn Central Athletic Handbook and have read and understand the policy. We also agree to any additional rules that were issued along with the Athletic Handbook which are sport specific. We have also been given a copy of or viewed online the Social Media Policy & Guidelines for Student Athletes. We acknowledge that we have read the information sheet regarding Sudden Cardiac Arrest (SCA) and our signatures indicate that we have reviewed and understand the symptoms and warning sign of SCA. In addition, we have read the information sheet regarding concussions and have initialed in the appropriate areas. We also acknowledge that we have received an information sheet regarding TSSAA Catastrophic Insurance and understand that we can purchase additional insurance through a school student health/accident insurance plan. We also acknowledge that the athlete has an athletic physical on file with the school and is physically able to participate in all activities involved in their sport.