



# HERITAGE ACADEMY

## ATHLETIC HANDBOOK 2018-2019

*625 Magnolia Lane - Columbus, MS 39705  
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(662)327-1556 - [www.heritagepatriots.com](http://www.heritagepatriots.com)*

**Telephone: (662) 327-5272**  
**Web Site: [www.HeritagePatriots.com](http://www.HeritagePatriots.com)**

### **ADMINISTRATION**

**Headmaster: Greg Carlyle, PhD.**  
**Athletic Director: Sean Harrison**

*Heritage Academy does not discriminate on the basis of race, religion, ethnic origin, disability, or sex. Qualified applicants of all races and creeds are welcome.*

### **THIS SCHOOL AGENDA BELONGS TO**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PHONE: \_\_\_\_\_

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# ATHLETIC DIRECTORY

Athletic Director	Sean Harrison	sharrison@heritagepatriots.com
Baseball	Justin Flake	jflake@heritagepatriots.com
Jr.High Football	Sean Harrison	sharrison@heritagepatriots.com
Varsity Football	Sean Harrison	sharrison@heritagepatriots.com
Girls Soccer	Thomas Velek	tvelek@yahoo.com
Boys Soccer	Joe Asadi	jasadi@heritagepatriots.com
Volleyball	Kelly Combs	kcombs@heritagepatriots.com
Jr.High Boys Basketball	Russ Whiteside	rwhiteside@heritagepatriots.com
Jr.High Girls Basketball	Yandell Harris	yharris@heritagepatriots.com
Varsity Boys Basketball	Russ Whiteside	rwhiteside@heritagepatriots.com
Varsity Girls Basketball	Yandell Harris	yharris@heritagepatriots.com
Golf	Ed Lott	elott@heritagepatriots.com
Softball	Justin Flake	jflake@heritagepatriots.com
Tennis	Bill Gip Clark	bgipclark@gmail.com
Track	Tobias Smith	tsmith@heritagepatriots.com
Varsity Cheer	Alise Acker	aliseacker@cableone.net
Varsity Dance	Danette Starks	danettewstarks@att.net
Jr.High Dance	Danette Starks	danettewstarks@att.net
Assistant Baseball	Chris Ball	cball@heritagepatriots.com

# ATHLETIC DIRECTORY (CONTINUED)

Jr.High Football/Weights

Toby Lott

[tlott@heritagepatriots.com](mailto:tlott@heritagepatriots.com)

Football Operations

Henry Pilkinton

Swimming

Chris Chain

[scsocoach@yahoo.com](mailto:scsocoach@yahoo.com)

# SPORTSMANSHIP GUIDE

## ***OUR PHILOSOPHY***

1. The athletic program at Heritage Academy is student centered and is an integral part of the student's total educational experience.
  2. Athletic achievement requires sincere commitment from all athletes, parents, coaches and administrators. For all of us to be successful, effective communication must occur.
  3. The school athletic department and administration strongly believes in being accessible to parents and supportive of the coaching staff.
  4. We constantly strive to improve communication with the students and parents. For our program to be successful, it is necessary that everyone understands the focus and direction of the program.
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## ***THE RESPONSIBILITY OF THE ATHLETE***

An athlete is often respected and admired by the student body, spectators, and the children in the community. The role is filled with responsibility. Good sportsmanship can be shown by the following:

1. Remember that you are representing yourself, your school, your family, and your community.
  2. Please respect the integrity and judgment of the officials.
  3. Live up to the standards of sportsmanship established by your coach.
  4. Display positive actions in public at all times.
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## **THE RESPONSIBILITY OF THE FAN**

Spectators at an athletic contest have an important role in displaying good sportsmanship. As a group, your actions may have the biggest impact on how others view our school.

Fans should:

1. Compliment student-athletes in their attempts to improve and learn.
2. Respect both players and fans of the opposing teams.
3. Know and understand the rules of the game and cheer good performances.
4. Never confront an official/umpire before, during or after a game.
5. Never confront players, coaches, or fans at any time.

***Violations of these rules of conduct could lead to forfeiture of the contest, the school being placed on probation and fined, or the parent/fan being denied access to future contests and/or fined by the MAIS.***

## **ATHLETIC LINES OF COMMUNICATION**

### **PARENT/COACH RELATIONSHIP**

Both parenting and coaching are extremely challenging responsibilities. By establishing and understanding each position, we are able to accept the actions of others, thus enhancing effective communication. As parents you have the right to understand what expectations are placed on your child. This begins with clear communication from your coach.

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### **COMMUNICATION YOU SHOULD EXPECT FROM THE COACH**

1. When and where practices and contests are held.
2. Expectations the coach has for your child and the team.
3. Procedure if an injury occurs during participation.

## **COMMUNICATION YOU SHOULD EXPECT FROM THE COACH (CONTINUED)**

4. Team requirements/rules for participation.
  5. Notification whenever any disciplinary action results in your child being denied participation in a practice or game.
  6. Accepted communication will be through the Remind 101 App.
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## **COMMUNICATION COACHES SHOULD EXPECT FROM PLAYERS**

As students become involved in athletics, they will experience some of the most rewarding moments of their lives. It is important to understand at times students may experience disappointment and frustration. At these times, student-initiated discussion with the coach is recommended and encouraged.

## **GENERAL INFORMATION**

### **CONDUCT**

The conduct of athletes must reflect the fact that they represent Heritage Academy. In the athletic and academic arenas, athletes' behavior must epitomize a positive attitude and a strong work ethic. According to this code, athletes must:

1. Play hard and play for the love of the game.
  2. Respect officials and accept their decisions without question.
  3. Win without boasting and lose without excuses.
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### **FORMS**

Each student must have a physical, a permission slip, a concussion form and insurance information on file with the Athletic Director before he or she begins practice.

## **PHYSICAL STRENGTH AND CONDITIONING**

The philosophy of the strength and conditioning department is to ensure that each athlete is given the proper training to prevent injury. Athletes will challenge their power, speed, strength, and flexibility and will receive mental and nutritional training. Each athlete will use the safest and most effective programs to reach set goals. The girls' and boys' weight room is located in the field house. All athletes will participate in year-round strength training (in-season and out-of-season)

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### **PRACTICE**

Specific guidelines concerning practice times and schedules are outlined with each sport. General practice information includes the following:

1. Days and times of practice are communicated through individual coaches via the Remind 101 app.
2. The seventh grade football team and junior high basketball teams practice during the school day.
3. With prior notice, a coach may call a special practice session.
4. A storm does not cancel practice. There are inside athletic areas where teams can practice.
5. Holiday practices must be scheduled by the coaches with at least two weeks prior notice. These practices are approved through the Athletic Director.
6. The coaches distribute summer practice and weight training information before summer vacation.

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### **SUNDAY PRACTICE**

Any Sunday practice must be approved by the Athletic Director. These practices cannot be mandatory and must not interfere with church or family obligations. Athletes will not be punished in any way for missing a Sunday practice.

*Sunday practices can only be called if there is a conference game or playoff game on the following Monday. Furthermore, Sunday practice cannot begin before 2:00 p.m. and must be over by 4:00 p.m.*



## ***SCHOOL ATTENDANCE***

Athletes are expected to attend classes the day of a game. They must be in school the morning after a game unless they have prior permission from the principal or Head Master.

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## ***TRAVEL DRESS***

When students report to games, they should be appropriately attired. Coaches will determine appropriate attire.

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## ***GAME DAY DRESS***

Athletic teams may wear Spirit Gear in lieu of the school uniform only on days they are participating in an athletic event. All members of the team must wear the approved "Team Attire" or the entire team will forfeit the privilege. This privilege is extended only once per week, which is determined by the head coach.

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## ***PARENTS/STUDENTS SHOULD NOTIFY THE COACH CONCERNING:***

1. Any schedule conflict well in advance.
  2. Any special health concerns.
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## ***APPROPRIATE CONCERNS TO DISCUSS WITH COACHES***

1. Any unhealthy mental or physical strain you detect in your child at home.
  2. Ways you can contribute to your child's skill improvement and development.
  3. Any dramatic changes you detect in your child's behavior.
  4. Treatment of your child, mentally and physically.
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## **ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES**

1. Team strategy or play calling.
  2. Other student athletes.
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### **PROCEDURE TO FOLLOW IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH:**

1. Make an appointment with the coach. **Never approach the coach immediately after a game unless the coach requests this. Please, allow 24 hours before making contact with the coach.**
2. If the coach cannot be reached, call the Athletic Director to set up a meeting with the appropriate coach.
3. **Please do not confront a coach immediately before, during, or immediately following a contest or practice. These can be busy and emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings always require calm, rational attitudes.**

*If the meeting with the coach does not result in resolution of the problem, the following steps should be taken:*

1. *Call and set up an appointment with the Athletic Director to discuss the situation.*
  2. *At this meeting the appropriate next step can be determined.*
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### **AWARDS CEREMONIES**

Jr.High and Sr.High award ceremonies are held to honor the athletes. An award ceremony will be held in the fall and in the spring. These ceremonies are scheduled through the coach and the Athletic Director. The coach will determine appropriate dress.

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## COMMUNICATION

Student athletes are under the direct supervision of an exceptional coaching staff. It is important that the athlete communicate directly with the coach. If a parent would like to talk with the coach or has a concern, he or she may contact the specific coach by calling the school office at (662) 327-5272. Coaches have teaching responsibilities throughout the day and will return phone calls as soon as possible.

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## OVERNIGHT STAYS

The school will provide accommodations for athletes only during state playoffs when the athletic competition is more than 100 miles from Heritage Academy and is held on consecutive days.

## GENERAL ATHLETIC RULES

1. School attendance is mandatory the day after the game unless the athlete has a doctor's excuse. Athletes must be in school.
2. Any player that receives out-of-school suspension will also be suspended from practice and from games during the suspension period. There may also be additional penalties administered by the Athletic Director or the coaching staff.
3. Student athletes are expected to reflect positive leadership qualities. These qualities include:
  - A. Compliance with all policies and procedures found in the HA Junior and Senior High School Student Handbook.
  - B. Taking responsibility for one's actions.
  - C. A striving to do the right things at all times. Especially when adults are not present.
  - D. Seeking to enhance how they interact with and positively influence others.

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## ATHLETES PARTICIPATING IN TWO SEASONAL SPORTS

Athletes may participate in more than one sport during a season as long as the coaches involved and the Athletic Director give permission. In some situations, it is impossible to play two sports in the same season due to conflicting schedules of practice and events. Athletes playing two sports must fulfill the obligations of each team as set by the coach in order to participate in both.

## ***ATHLETES PARTICIPATING IN TWO SEASONAL SPORTS (CONTINUED)***

If conflicts in schedules occur, the coaches, with approval from the athletic director, will determine in which activity the athlete will participate.

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### ***PARTICIPATION IN OVERLAPPING SPORTS***

If an athlete is participating in a sport and another sport in which he/she plans to participate begins prior to the conclusion of the first sport, the athlete's primary responsibility is with the first or seasonal sport. No athlete will be taken from one sport at the expense of another sport at Heritage Academy. The head coach of the in season team has the right to deny or grant permission for the athlete to participate in some activities on a limited basis.

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### ***POINTS OF EMPHASIS***

It is important for the involved coaches to work together for the benefit of the entire athletic program and not put the athlete in the middle of the controversy.

The end of a season is obviously the most important time due to playoffs and tournaments. Coaches need athletes focusing on advancing as far as possible without the added pressure of starting a new sport.

Athletes that know they will be involved in overlapping sports must accept the circumstances and take responsibility.

1. The athlete should take responsibility and work outside the seasonal sport on an individual basis to condition and improve skills required in the next sport.
  2. The athlete should realize that those players already working on the next sport may have an early advantage.
  3. No athlete will be penalized for participating in another Heritage Academy sport.
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## **ATHLETIC FACILITIES USE POLICY**

Heritage Academy athletic facilities are first and foremost intended for the development of our student athletes. Anyone, other than Heritage Academy sports teams, desiring to use any athletic facility must first have permission from the Athletic Director, or his designee. All athletes and coaches wishing to use Heritage facilities who are not currently Heritage Academy students must complete and sign a release form and return it to the Athletic Director prior to the use of any Heritage facility. The Athletic Director, or his designee, must be present at the event. Said designee shall be responsible for unlocking the facility, making sure it is cleaned up after the event and securing the facility after the event is over. Keys will not be given out for use by anyone who is not a Heritage Academy employee. Heritage Academy teams will take precedence when scheduling use of any facility. Any outside teams must be flexible with scheduling. Heritage Academy reserves the right to charge a rental fee to outside groups wanting to use any athletic facilities for practices, games, tournaments, matches, etc. Outside teams are defined as any team not sponsored by Heritage Academy, whether they include some Heritage students or not.

## **EXTRACURRICULAR/ATHLETIC ELIGIBILITY**

### **ABSENCE FROM SCHOOL - HERITAGE ACADEMY**

A student who is present 4 hours or more will be considered present for the day. A student present for less than 4 hours will be ineligible for extracurricular activities for that day.

***Note: A student is considered present when on a School Absence (field trip, school extracurricular or athletic activity)***

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### **MAIS FOUR CONSECUTIVE YEARS OF PARTICIPATION**

Upon entering the 9th grade, a student will have four consecutive years of eligibility in inter-school contests. This is interpreted to mean that a student is eligible for four consecutive years after entering the 9th grade, regardless of when he/she began to participate. A student may not be 19 before August 1st of their senior year in order to be eligible.

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## **MAIS FIRST AND SECOND SEMESTER ELIGIBILITY**

1. To be eligible for the first semester of a school year: A student must have accumulated four major units (credits) the previous academic year. (Previous academic year is interpreted to be a complete year or any part of a school year in which a student is enrolled at either a member school or a non-member school.)
2. To be eligible for the second semester of a school year - A student-athlete who is ineligible the first semester could become eligible the second semester if he or she passed four major subjects during the first semester of that same academic year.

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## **GRADES**

Heritage Academy believes all students should perform successfully in the classroom. The following criteria address extracurricular/athletic participation with poor academic performance.

1. Grades will be checked at the end of each grading period (progress reports or report cards).
2. If a student is failing 1 class, he/she will be placed on probation and could be removed from the activity or team.
3. If a student is failing 2 or more classes at the end of any nine weeks grading period, **he/she will be ineligible and will not be permitted to play in games or otherwise represent the school until the end of the next progress report. If a student is passing all courses at the next progress report, he/she may return to eligibility.**
4. A student may attend summer school or take approved correspondence courses to gain eligibility.
5. For students to be eligible for participation in summer activities, the student's tuition for the previous school year must be paid in full with a zero balance by May 1st.

## **MAIS UP AND DOWN RULE**

### **FOOTBALL**

9th grade football players can be used on both the junior high and varsity football team in the same week without penalty, as long as the players do not exceed the six quarter per week rule. Playing any part of a quarter counts as a quarter.

### **BASKETBALL**

9th grade basketball players can be used on both the junior high and varsity basketball team in the same day without penalty, as long as the players do not violate the six quarter per day rule. Playing any part of a quarter counts as a quarter.

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***This handbook is designed in an attempt to provide information to parents and athletes concerning the athletic policies and procedures of Heritage Academy. While many areas have been addressed, there is little doubt that issues and circumstances could arise that are not covered in this handbook. Any questions on interpretation of policies and procedures or any issues or circumstances that arise which are not covered in this handbook will be decided upon by the administration.***

### **FORMS AVAILABLE IN THE OFFICE ARE:**

*(All Must be signed by a Parent or Guardian)*

Heritage Academy Sports History Physical Form

Heritage Academy Physical Form

Heritage Academy Athletic Consent Form

MAIS Concussion Form

Heritage Academy Athletic Facility Usage Request Form

Building Use Release Form

**I AM A WINNER IN THE TRUEST SENSE - I WILL NEVER GIVE UP BECAUSE I  
AM A HERITAGE ACADEMY PATRIOT**