Heritage High School

Athletic Handbook

Registration Booklet

Educating Students for a Changing World

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I Athletic Calendar

FALL -	Golf
	Varsity Football
	JV Football
	Boys' Cross Country
	Girls' Cross Country
	Varsity Field Hockey
	JV Field Hockey
	Cheerleaders
	Debate / Theatre
	Forensics / Scholastic Bowl
	Boys' Volleyball
	Girls' Volleyball
WINTER -	Varsity & JV Boys Basketball
	Varsity & JV Girls Basketball
	Gymnastics
	Indoor Track Boys & Girls
	Swimming Boys & Girls
	Wrestling
SPRING -	Varsity and JV Baseball
	Varsity & JV Girls' Soccer
	Varsity & JV Boys' Soccer
	Varsity & JV Softball
	Boys' & Girls' Outdoor Track
	Boys' Tennis
	Girls' Tennis

II. PHIL0SOPHY

Heritage High School expects all student athletes to contribute to the tradition of excellence in the classroom, as well as, on the playing field.

In accordance with the Virginia High School league's philosophy, Heritage High School conducts all relations with other schools in a spirit of good sportsmanship. The school administration encourages and promotes friendly relationships and good sportsmanship throughout the school and community by requiring courtesy and proper decorum at all times. The coaches, athletes, parents, and spectators are expected to conduct themselves as true sportsmen by applauding outstanding efforts and performances of individuals and teams in victory as well as defeat.

The Spectator Should:

1) Realize that he/she represents the school just as definitely as does the member of a team and, therefore, has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
3) Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.
4) Treat visiting teams and officials as guests, extending to them every courtesy.
5) Be modest in victory and gracious in defeat.
6) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

The Athlete Should:

l) Be courteous to visiting teams and officials.
2) Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up nor does he/she quarrel, cheat, bet or grandstand.
3) Retain his/her composure at all times and never leave the bench or enter the playing field, court to engage in a fight.
4) Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
5) Maintain a high degree of physical fitness by observing team and training rules conscientiously.
6) Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
7) Play for the love of the game.
8) Understand and observe the rules of the game and the standards of eligibility.
9) Set a high standard of personal cleanliness.
10) Respect the integrity and judgment of officials and accept their decisions without questions.
11) Respect the facilities of host schools and the trust entailed in being a guest.

III. ACADEMIC ELIGIBILITY

Currently, all first time incoming freshmen are automatically eligible to participate in athletics. Thereafter, you must have passed at least 5 classes the previous semester and have a 2.0 GPA . You cannot be taking one of these passed classes a second time to improve your G.P.A. unless you are currently enrolled in at least five other credit bearing courses.

All Athletes who are participating in any Virginia High School League sponsored activity will have to meet academic standards established by the Newport News School Board.

Students participating in any Virginia High School League (VHSL) sponsored activity must maintain a 2.0 grade point average the semester before participating in any VHSL sponsored activity.

- Students may do so by maintaining a cumulative 2.0 GPA
- Students may also do so by having a semester average of 2.0 the semester before the season.
- Students also have the option of taking a one-time waiver from 2.0 requirement for one semester for any reason during their time in high school

If there are differences between the School Board policy and the VHSL, the provision that establishes the stricter rule will apply. If either the School Board Policy or the VHSL regulations contain a condition or requirement that the other one does not, the stated condition or requirement will apply.

IV. WALL OF HONOR CRITERIA

Any graduating senior who receives money in the form of an athletic scholarship to attend a Division I or II College to participate in NCAA Athletics is eligible to have their picture posted on the Wall of Honor. The student must also be in good standing in accordance to the Heritage High School philosophy.

Any student athlete or athletic team that wins a state championship is eligible to have their picture posted on the Wall of Honor.

V. REPORT OF INJURY

Before during and after each practice, and/or game, each student athlete is required to report any injury to the trainer and coach.

There is a notification of injury form to be completed at that time by the athlete, coach and trainer. This will ensure that we are in compliance with treating the athlete in a quick, appropriate manner. Following these procedures will provide documentation in case of insurance claims that must be filed by the school and/or parents.

VI DRESS CODE

High School is the last step students take before he/she leaves the home. We need parents to work with us as we prepare students for a four-year or two-year college or the world of work. Being on time, being well groomed and having a positive, hardworking attitude are all qualities we want our children to have as they prepare to leave us. We want parents to be proud parents of a child who attends Heritage High School. We want that child to share that pride with his/her parents.

To promote this sense of pride, the following dress code will be implemented on every Wednesday during the season. Failure to dress appropriately on Wednesday may result in a loss of playing time.

Boys: Dress shirt, tie, slacks (worn above the hips), belt, socks, shoes
Girls: Skirt or dress slacks, blouse, sweater, shoes

No uniforms will be worn during the school day. Students will have a chance to change into uniforms prior to the athletic competition.

VII TRANSPORTATION

Due to liability issues, all student athletes must ride with the team to and from competition on the team bus. A student athlete may leave with a parent after competition, if the parent notifies the coach in person.

The principal or Athletic Director prior to the competition must approve all emergency situations.

VIII STUDENT ATHLETE PLAN FOR ACADEMIC BEHAVIORAL SUCCESS

For Academic and Behavior Success

A. Study Hall Tutorials

We expect all of our students to maintain a minimum of 2.0 GPA for their class. Study hall will be provided every day after school to maximize opportunities for the student-athlete to be successful. Tutors will become available for our student-athletes during the athletic seasons.

- All student athletes who have a grade point average below a 2.0 will have to work with a teacher/tutor in that class during study hall.

- Study Hall will be held from 2:15 PM until at least 3:00 PM. ***Failure to attend*** study hall will result in an exclusion from practice that evening. All student-athletes are welcome to use the study hall as needed to improve their academic status.

B. Attendance

Heritage High School expects all student-athletes to attend school every day, on time by 7:20 AM. Each student-athlete is expected to be on time for each class every day.

In order for a student /athlete to practice or play in a game on a given day, the student/athlete must be in school by 9:00 AM that day. The only excuses that will be accepted are from parents, doctors, courts, etc. that explain the specific school acceptable reason for the tardiness.

C. Behavior/Discipline

During the season, disciplinary action for a violation of the school behavior code will take precedence over the athletic eligibility process. Students are responsible for maintaining eligibility. An ineligible student may not represent the school or team in any contest or scrimmage with another school but may participate in practice and appear with the team for the contest.

Students can be found ineligible for the following reasons:

- S – Scholastic Record *s/n without effort (student is not passing course and is not putting forth effort) / *s/e with effort (student not passing course but is putting forth effort)
- A – Attendance
- D – Discipline

Procedures

- If found ineligible by reason of attendance, discipline or scholastic record without effort, these steps will be implemented:

  1st referral: A conference shall be held with the Principal's Designee and two weeks compulsory study hall or an individualized support plan shall be assigned. Notification shall be given to the parents, coach and staff.

  2nd referral: The student shall be suspended from the next week of competition but may participate in practice. A two-week compulsory study hall or an individualized support plan shall be assigned. Notification shall be given to the parents, coach, and staff.

  3rd referral – The student shall be suspended from the designated sport for the remainder of the season. Notification shall be given to parents, coach and staff.

- If referred for reason of scholastic record with effort, these steps will be implemented.

  1st referral: A conference will be held with the Principal's Designee, and two weeks compulsory study hall shall be assigned. Notification shall be given to the parents, coach and staff. The Principal's Designee will meet with the appropriate staff to review the following:

  Appropriateness of student's placement;
  Methods of assessing student's academic performance;
  Resources and/or referrals that should be offered.

  The Principal's Designee, guidance counselor, and teacher will develop an educational plan based on a review of the findings.

  Subsequent Referrals: A student shall continue to be eligible based on the student's following the educational plan with continued effort and attending the two weeks compulsory study hall. Notification shall be given to the parents, coach and staff.

  Appeal: The Principal's decision shall be final.

* Athletics is an extension of the students' school day, therefore all behavior during your child's participation in Athletics is governed by the Rights and Responsibility Handbook.

IX. COMMUNITY SERVICE

Heritage High School believes that all student /athletes should perform community service with their team during that athletic season. This year the community service has been combined with a fund raiser for each team. ALL athletic teams at Heritage will participate in Make the Point for Special Olympics.

I have received a copy of the Newport News Public Schools and Heritage High School Athletic Handbooks.

_____	_____
Parent (print name)	Student (print name)
_____	_____
Parent's (signature)	Student's (signature)
_____	_____
Date	Date