

PGHS PARENT-STUDENT HANDBOOK HIGHLIGHTS

The purpose of the PGHS Athletic Manual is to inform parents and students of policies and expectations set forth for participants in PGHS Athletics. This document serves as an abbreviated version as to allow parents and students to see the most vital elements of the handbook. This does not serve as replacement or substitute. There is an expectation that the handbook is reviewed via the PGHS website: <http://prince-george-high-school.echalksites.com/athletics>. The last page of this document MUST be signed by student and parent after review of the handbook. THIS IS A REQUIREMENT FOR PARTICIPATION WITH PGHS ATHLETICS. WITHOUT IT THE STUDENT-ATHLETE WILL NOT COMPETE.

Participation in co-curricular activities is a privilege. As representatives of PGCPs, student-athletes are expected to conduct themselves in a manner that meets the highest standards always.

It is the goal of PGCPs that all students have the opportunity to engage in activities that enrich their education and further develop the core values of respect, responsibility, fairness, trust, and good citizenship.

This goal is achieved with the cooperation of all stakeholders in the community who encourage and model positive and appropriate behavior while striving for excellence in the sporting environment.

Expectations for Athletes

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of your ability, regardless of discouragement. True athletes do not give up nor do they argue, cheat, or taunt opponents.
3. Retain composure always 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 competitor does not offer excuses.
5. Maintain a high degree of physical fitness by conscientiously observing team and training rules.
6. Demonstrate loyalty to the school by maintaining a high scholastic standing and by participating in or supporting other school activities.
7. Play for the love and honor of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Respect the integrity and judgment of officials and accept their decisions without question.
10. Respect the facilities of the host school and demonstrate the behavior expected of guests.
11. Respect coaches, teachers, administration.

Expectation for Parents/Spectators

1. Be a positive role model.
2. Realize that you represent the school and community and, therefore, have an obligation to be a true sportsman, encouraging through positive behavior the practice of good sportsmanship by others.
3. Be a "team fan" and a "my kid fan."
4. 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.
5. Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the players, victory or defeat are of secondary importance.
6. Treat visiting teams and officials as guests, extending to them every courtesy.
7. Be modest in victory and gracious in defeat.
8. Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions.
9. Respect the coaches and administration.
10. Remember that a ticket to a school athletic event is a revocable without refund.

Spectator Conduct

The Virginia High School League requires school districts to monitor spectator behavior at all school sponsored activities. Accordingly, an event supervisor(s) may request any person involved in misconduct to leave the premises and may contact the police for assistance. The school has the authority to suspend individuals from attending all school sponsored activities for spectator misconduct. Prince George County Public Schools appreciates positive support from all spectators.

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Athlete/Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student athletes. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communications You Should Expect from Your Child's Coach

1. Philosophy of the coach.
2. General expectations.
3. Locations and times of all practices and contests.
4. Team requirements, special equipment.
5. Procedure if your child is injured during participation.
6. Team rules, guidelines, and consequences.
7. Lettering criteria.
8. Team selection process.

Communication Coaches Expect from Athletes/Parents

1. Concerns related to your child's general welfare.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

Appropriate Concerns to Discuss with Coaches

1. Ways to help your child improve
2. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the previous list, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

1. Playing time
2. Team Strategy
3. Play calling
4. Other student athletes

There are situations that may require a conference between the coach and player, or coach and parent. It is important that all parties involved have a clear understanding of the other person's position.

It is important to remember that we practice the 24-hour rule regarding interaction between parents and staff before and after a practice or contact. These can be emotional times for both the parent and the coach and we ask that there be a period of 24 hours if there is an incident that requires a meeting. This will allow all parties involved time to address the issue properly. Once this occurs begin with the following:

If You Have a Concern to Discuss With a Coach,

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic director to help set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. Meetings of this nature usually do not promote positive resolutions.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

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

Post-Interscholastic Participation

Following high school, there are numerous opportunities that students may find to continue participation around the nation. There are many variables associated with this, mostly focusing on overall academics and skills of the student. The majority of these opportunities are bound by the policies and procedures of the NCAA. This includes academic requirements and communication between coaches and prospective student-athletes.

The full handbook available online covers this in more detail, but please be aware that recruitment for college athletics is not the responsibility of anyone but the student-athlete and their parents. School personnel are willing to assist when able, but they are not the responsible party.

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RETURN TO PLAY PROTOCOL

The following guidelines and the return to play schedule is to be followed for any child suffering from a head injury. Physical education teachers must be made aware of the athlete/student's restrictions by the next school day to ensure compliance. Athletes/students who are active in the return to play schedule must be exempt from participating in physical education.

General Guidelines

- Any athlete suspected of having a concussion should not return to the same practice or contest, even if symptoms clear in 15 minutes.
- Every athlete suspected of a head injury – even mild, must be evaluated by a medical professional.
- Following the initial injury, the student must follow up with his or her primary care physician or an emergency department within the first 24 hours.
- The student or athlete must have the initial “Concussion Checklist” completed by the Athletic Trainer, Coach, or Nurse
- Once the athlete has been evaluated and treated by a physician, the athlete's return to play is determined by the physician.
- Return to play must follow a medical clearance and successful completion of the “Return to Play Protocol”
- NO athlete should return to play without written clearance from the treating physician.

Functional Return to Play Schedule:

- The following progression may begin when the athlete/student is asymptomatic (symptom free).
- Athlete must remain asymptomatic to progress to the next level.
- If symptoms recur, athlete must return to previous level
- Athletes can become asymptomatic one day after the concussion, or weeks after the incident, depending on the severity, frequency, etc. However, the following progression may not be started until ALL signs and symptoms resolve.

	Activity (only after athlete is asymptomatic)
Level 1	When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
Level 2	Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities
Level 3	Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
Level 4	Continue with level 3 activities and obtain medical clearance. Medical clearance needs to occur before contact **performed by MD, ATC, RN
Level 5	Full contact in practice setting.
Level 6	If athlete remains asymptomatic, he or she may return to game/play.

All Athletic Schedules can be found Go to www.centraldistrictva.org

Subscribing to Rschools for High School Activities and Sports Information/Cancellations

1. Type in www.centraldistrictva.org into your internet browser.
2. Click *Prince George* in the right side frame.
3. Click on Notify Me in the right side frame.
4. Create a new account by entering your email and creating a password, select continue.
5. Complete the profile information with name, email, phone number, etc., select continue.
6. Click on the activities you are interested in receiving information/cancellations, select continue.
7. Select the activities you are interested in receiving notifications on, select continue.
8. Setup notification preferences for receiving notifications regarding games changes.

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PGHS Athletics and Social Media

Social media is a part of today's society. Social media technologies such as Twitter, Facebook, Instagram, Snapchat, etc. have many benefits; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Prince George Athletics Department recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. Yet freedom of speech is not unlimited and social network sites are not a place where you can say and do whatever you want without repercussion. In this context, each student-athlete and coach must remember that participating and competing for the school is a privilege, not a right. Any online postings must be consistent with federal and state laws, as well as team, school, and school division rules and regulations (including those listed below).

Guidelines/Best Practices for Social Media

1. **Nothing is private:** Everything you post is immediately public information and out of your control as soon as you place it online, no matter your privacy settings. Once you post a photo or comment on a social networking site, that file becomes the property of the site and may be searchable even after you remove it.
2. **Your future will be impacted:** The image you create now for yourself will be considered by current and future employers, recruiters, spouses, etc. Most employers and colleges now have in place a social media check as a part of their review of you in the event you are a prospective student-athlete or employee.
3. **Keep confidential information confidential:** Be aware of the kind of information you are posting. Posting your date of birth, address, phone number, class schedule, social security number, bank numbers, etc., is highly discouraged and very dangerous.
4. **The Authorities are watching:** Posting images and text regarding illegal activity and behavior is self-incriminating. Search engines such as Google, Firefox, and Yahoo, retain uploads FOREVER. Posting incriminating photos and statements from the following list can be used against you:
 - a. Photos and statements depicting violence; Hazing; Sexual harassment; Vandalism; Stalking; Underage drinking; Selling, possessing, or using controlled substances; Any inappropriate behavior.
5. **Online is the same as face to face:** Students have the right to freedom of speech, but that speech is not unlimited. Bullying is not limited to student-to-student interactions. Vicious treatment and hateful words often lead to violence, suicide, depression, and discrimination. Students should avoid the following:
 - a. Derogatory language or remarks about classmates, teammates, coaches, staff members, administrators, or representatives of other schools;
 - b. Demeaning statements about and/or threats to any third party;
 - c. Creating serious danger to the safety of another person or making credible threat of physical or emotional injury to another person.

Student-athlete social media expectations:

- Student-Athletes will not post sexist, racist, obscene or profane material of any kind.
- Student-Athletes will not use social media to degrade, demean, or attack any person or school.
- Student-Athletes will not post material relating to acts in violation of any Federal or State laws, Pfeiffer policies, or team rules.
- Student-Athletes will not post material which reflects negatively on themselves, Prince George County Schools, Prince George athletics, their respective teams or other schools.

Sanctions imposed may include, but are not limited to, the following:

- Notification from the Coach/Athletic Director to the Student-Athlete outlining the policy and requiring that the unacceptable content be removed or the social network account be deactivated.
- Suspensions from the team and all team-related activities. Based on your situation, you can be temporarily suspended for a determined length of time or permanent.

Please remember this NOT the entire handbook. The full version is online and should be reviewed. The last page of this document MUST be signed by student and parent after review of the handbook. THIS IS A REQUIREMENT FOR PARTICIPATION WITH PGHS ATHLETICS. WITHOUT IT THE STUDENT-ATHLETE WILL NOT COMPETE.

**PRINCE GEORGE SCHOOLS ATHLETIC
MANUAL PARENTAL AND STUDENT
STATEMENT OF UNDERSTANDING**

The Prince George Athletic Manual contains information concerning:

Athletic Training
Individual Eligibility Rules
Acknowledgement of Risk
Out-Of-Season Practice Rule

Physical Examination
Participation Evaluation Anti-
Hazing Statement

Collegiate Eligibility
Sportsmanship Guide
Team Policy and Specific Sports
Parent/Coach Communication
Social Media Position Statement

Parental Statement of Understanding:

I understand the policies governing interscholastic athletics in Prince George County Public Schools through the preseason meeting, the Prince George Schools Athletic Manual, or some other means, and by my signature grant permission for the student's participation. I also understand that participation in school-sponsored activities is a privilege and not a property right; and therefore, the school's principal may suspend my son/daughter from participation by declaring him/her not in good standing if the student's character or conduct is such as to reflect discredit upon his/her school.

Print Name of Parent/Guardian

Print Name of Student

Signature of Parent/Guardian

Date

Signature of Student

Date

Sport(s)

Attended Preseason Meeting: Yes ___ No _____