



Poquoson High School
Athletic Handbook
2019-2020

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MISSION:

Poquoson City Public Schools educates and prepares all students for success in college and career and for responsible citizenship.

MAJOR OBJECTIVES OF THE POQUOSON ATHLETIC PROGRAM

The purpose of the school athletic program is:

- Provide the very best for our student athletes, challenge them in athletics and academically and support the mission of our schools and District.
- To strive always for excellence that will produce winning teams and individuals.
- To serve as a laboratory where students learn how to cope with real life problems and situations which include but not limited to:
 - a) Academic success
 - b) Physical and emotional growth and development
 - c) Acquisition and development of individual skills
 - d) Team play with the development of such commitments as loyalty, cooperation, fair play, and other desirable social traits
 - e) Directed leadership and supervision that stresses self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously
 - f) A focus of interest on activity programs for student body, faculty, and the community that will generate a feeling of unity and pride
 - g) Achievement of initial goals as set by the school in general, and the student as an individual
 - h) Provisions for worthy use of leisure time in later life, either as a participant or spectator
 - i) Develop school pride

ATHLETIC CODE OF CONDUCT

All of those associated with PCPS athletics are expected to:

- Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- Eliminate all possibilities which tend to destroy the best values of the game.
- Stress the values derived from playing the game fairly.
- Show courtesy to visiting teams and officials.
- Respect the integrity and judgment of sports officials.
- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership, use of initiative, and good judgment by players on the team.
- Recognize that the purpose of athletics is to promote physical, mental, moral, social, and emotional well-being of the individual players.
- Remember that an athletic contest is only a game – not a matter of life or death for the player, coach, school, official, fan, or community.
- School and learning come first.

PCPS Athletics

Reference: School Board Policy 7-4.1

Poquoson High School Athletics and Activities follow eligibility rules provided under the Virginia High School League (VHSL). In order to participate in any extra-curricular activities covered under the VHSL rules and regulations, students are required to provide documentation of parental consent and a physical examination each school year. The physical exam must be done between May 1st of the previous school year and June 30th of the current school year. The physicals are kept on file in the office of the PHS Activities Director. Adequate insurance coverage for an athlete is the responsibility of the parent/guardian. Eligibility to participate in interscholastic athletics is a privilege earned by students who meet the standards set by the VHSL, the division and the school.

Absences

School attendance is critical to learning. Student-athletes have great demands on their time, and attendance will be monitored to facilitate academic success. The attendance office will notify the athletic director when a student-athlete has had excessive absences during the school year. The principal (or his/her designee), athletic director, coach/sponsor, and counselor may decide on a course of intervention to help improve an athlete's attendance. Student-athletes are expected to be in school on the days of competitions. Student-athletes who are tardy the day after an athletic contest (excused or unexcused) more than two times in a season may face consequences.

Student-athletes are expected to be present for all competitive events, regular season, post-season, and make-up games. Exceptions are not made for vacations (unless during a scheduled PCPS school break such as winter or spring break), Saturdays, work schedules, or other sports activities. There are no consequences for student-athletes who miss a practice or game for absences due to mandatory school-sponsored trips or other academic activities required by the school. For all other missed games or practices, the consequence is at the discretion of the coach; in such cases, consequences may include dismissal from the team.

Athletes

Any student in grades 8-12 may try out for PCPS athletics provided they are a student in good standing regarding academics and behavior. All student athletes must be eligible based upon criteria provided by the Virginia High School League (VHSL). Additionally, all student athletes must have a valid physical on file in order to participate. Students in the 6th or 7th grades are not allowed to participate in PCPS athletics (including serving as team managers).

Behavior Requirements

Student-athletes are required to follow behavior requirements established for all students in Poquoson City Public Schools (PCPS) in accordance with School Board Policy. Because of the leadership status afforded student-athletes by their peers, coaches/sponsors may require higher behavior standards. Participation in practices and games and continued membership on a team depends largely on the athlete's behavior. Principals, athletic directors, and coaches have authority to decide appropriate disciplinary actions for their athletes. In addition to expectations communicated by coaches and the athletic director, all students are expected to follow the rules outlined in the PCPS Code of Student Conduct.

Consequences of Misbehavior

Student-athletes who violate the PCPS Student Code of Conduct, the Bay Rivers District Code of Student Conduct, VHSL rules and regulations, or violations of law may, at the discretion of the principal, incur penalties that impact athletic participation. Any suspension (in-school suspension or out of school) from school means that a student is also suspended from participation in any athletic practice and/or contest. If suspension occurs on a Friday, the athlete is prohibited from participating in any practice and/or contests during the weekend.

While on school grounds and/or at any school-sponsored activity (including practices), student-athletes shall not smoke, chew, use, or have in their possession, tobacco or alcohol products (including vape or other electronic cigarette devices). Additionally, student-athletes shall not engage in any other activities prohibited by the PCPS Code of Conduct. The penalty for such use or behavior is explained in the PCPS Student Code of Conduct, including mandatory social probation for alcohol and drug-related offenses.

Violation of any portion of the PCPS Student Code of Conduct, Bay Rivers District Code of Conduct, VHSL Rules and Regulations herein and all student-eligibility requirements may result in one or more of the following actions by the coach, athletic director and/or principal:

- Suspension of the student-athlete from the team for one or more games,
- Removal of the athlete from the team for the remainder of the athletic season,
- Forfeiture of award(s) for the particular sport,
- Restriction or prohibition from any further interscholastic competition,
- Other appropriate disciplinary action deemed necessary and appropriate by the athletic director or school principal.

Coaches are granted broad discretion and autonomy over general team matters, including team rules, roster selection, participation, playing time, selection of starting athletes, recognition of athletes, and recommendations for award recipients. Administrators, athletic director, coaches/sponsors, and counselors will work together to support the needs of all students, including student athletes.

Concussions

PCPS recognizes that concussions and head injuries are a commonly reported injury in children and adolescents who participate in sports and recreational activities. Further, PCPS supports the need to ensure that its staff, its students and the community are aware of the seriousness of brain injuries and concussions and how they can affect a student's abilities in the educational setting, in accordance with Section 22.1-271.5 of the Code of Virginia.

What is a concussion?

A concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

1. A concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head.
2. A concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.

3. A concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
4. A concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness.

Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged.

What are the symptoms of a concussion?

Symptoms of a concussion typically fall under four categories:

- Thinking/Remembering
 - Difficulty thinking clearly/confusion
 - Feeling "foggy"
 - Feeling slowed down
 - Difficulty concentrating
 - Difficulty remembering information – before or after the head injury
- Physical
 - Headache/pressure in the head
 - Fuzzy or blurry vision
 - Nausea or vomiting
- Dizziness
- Sensitivity to noise or light
- Balance problems
- Slowed reaction time
- Fatigue/lack of energy
- Emotional/Mood
 - Irritability
 - Sadness
 - More emotional
 - Nervousness/anxiety
- Sleep
 - Sleeping more or less than usual
 - Trouble falling asleep

Some symptoms may appear right away, while others may not be noticed for hours, days, or even months following the injury.

What are the long term effects of a concussion?

The long term effects of concussions are not fully known, however we do know that the effects of concussions seem to be cumulative. That is, after sustaining a concussion, you are more susceptible to sustaining another. It seems that concussion may lead to long-term memory loss, psychiatric disorders, and other neurologic disorders.

What should I do if I suspect my child has sustained a concussion?

Contact your physician or school athletic trainer. Concussions are a specific injury that should be treated by specially trained health care providers – sports medicine physicians, athletic trainers, neurologists, physiatrists, and a few select others.

How do I know when it is safe for my child to return to play?

A team of licensed health care providers will work together to determine when it is safe to return to play. Management will include neurocognitive testing, a gradual monitored exertional test, and daily symptom monitoring. Before an athlete can return to full participation he/she must be cleared by a physician that is trained in concussion management (this includes limitations to practice). Medical documentation that an athlete has been cleared must be provided to the PHS Athletic Trainer for review *prior* to an athlete being allowed to return to play. At all times, the Athletic Trainer has discretion to prohibit a student-athlete from participation if deemed to be in the best interest of the student-athlete’s health.

Energy Drinks

As noted in the VHSL Handbook, all athletes are prohibited from consuming energy drinks during participation in VHSL practices and competitions. VHSL will issue an official warning for first violation. Additionally, VHSL outlines the following regulations [policy 27-10-1 (1)]:

- a) Energy drinks should not be used for hydration.
- b) Energy drinks should not be consumed by athletes who are dehydrated.
- c) There is no regulatory control over energy drinks, thus their content and purity cannot be ensured.
- d) This may lead to adverse side-effects, potentially harmful interactions with prescription medications (particularly stimulant medications used to treat ADHD), or positive drug tests.

Fees

As noted in the PCPS Student Handbook & Code of Conduct, an athletic fee of \$75 per student, per season, is charged for all sanctioned athletic sports. Student-athletes who try out and become an official team member will be required to pay the participation fee prior to the first official contest in order to be eligible to compete. There is no relationship between athletic fees and a guarantee of student playing time. Playing time for student-athletes is at the sole discretion of the head coach and his/her staff. The athletic participation fee is non-refundable. The fee will be waived for student-athletes who qualify for free or reduced price meals.

NCAA Clearinghouse

The NCAA Clearinghouse for eligibility must certify any student-athlete playing any sport who plans to participate in an NCAA Division I or II program. NCAA Forms 48-H must be completed by the school counselor and student, and returned to the Clearinghouse for certification. The Clearinghouse sends 48-H Forms to each school's counselor. There is a fee payable by the student for processing. This report covers all reports to all institutions. The student must pay the fee. It is an NCAA violation for the school, booster club, or supporter to pay the fee for the student.

Sportsmanship

All PCPS coaches, athletes, and spectators are expected to uphold the highest level of sportsmanship. VHSL specifies that "Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship. All incidents of conduct relating to either athletic or academic activities that are violations of the Sportsmanship Rule must be reported to the Virginia High School League."

Consequences for poor sportsmanship:

1. Repeated offenses of unsportsmanlike behavior may result in suspension from the team at the discretion of the principal.
2. Observed offenses by the athletic director or principal may result in suspension of future competitive events and disciplinary consequences in line with the PCPS Code of Conduct.
3. Ejections/Removals from game:
 - a. **Technical ejection** – addressed by VHSL regulations.
 - b. **Referee ejection/coach removal** – the student-athlete may be suspended from future competitive events.
4. Gross unsportsmanlike conduct, such as fighting:
 - a. **First Offense** – the student-athlete will be declared ineligible for the next two games.
 - b. **Second Offense** – the student-athlete will be declared ineligible for the remainder of the sports season.

Profanity and other forms of inappropriate conduct will not be tolerated. Student-athletes who exhibit this type of behavior during a game will be disciplined by the coaches, athletic director, and/or principal.

Spectator Conduct

VHSL requires school districts to monitor spectator behavior at all school sponsored activities. Accordingly, an official, event supervisor(s), and/or principal 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. PCPS appreciates positive support from all spectators.

Transfer Eligibility

Any student-athlete who transfers into PCPS or to another school division may not be immediately eligible for participation at the new school. For more information, please see the school's athletic director or <http://vhsl.org>.

Appendix



VIRGINIA HIGH SCHOOL LEAGUE, INC.
1642 State Farm Blvd., Charlottesville, Va. 22911

Routing
1 _____
2 _____
3 _____

Athletic Participation/Parental Consent/Physical Examination Form

Separate signed form is required for each school year **May 1** of the current year through **June 30** of the succeeding year.

For School Year _____

PART I - ATHLETIC PARTICIPATION

(To be filled in and signed by the student)

Male _____
Female _____

PRINT CLEARLY

Name _____ Student ID # _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

This is my _____ semester in _____ High School, and my _____ semester since first entering the ninth grade. Last semester I attended _____ School and passed _____ credit subjects, and I am taking _____ credit subjects this semester. I have read the condensed individual eligibility rules of the Virginia High School League that appear below and believe I am eligible to represent my present high school in athletics.

INDIVIDUAL ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic athletic contest, you--

- must be a regular bona fide student in good standing of the school you represent.
- must be enrolled in the last four years of high school. (Eighth-grade students may be eligible for junior varsity.)
- must have enrolled not later than the fifteenth day of the current semester.
- for the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. (Check with your principal for equivalent requirements). **May not repeat courses for eligibility purposes for which credit has been previously awarded.**
- for the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester. (Check with your principal for equivalent requirements.)
- must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with your principal for exceptions.)
- must not have reached your nineteenth birthday on or before the first day of August of the current school year.
- must not, after entering the ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters.
- must have submitted to your principal before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parental Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found to be physically fit for athletic competition and that your parents consent to your participation.
- must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. (Check with your principal for clarification in regard to cheerleading.)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your principal for interpretations and exceptions provided under League rules.** Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any high school or VHSL athletic program, publication or video.

LOCAL SCHOOL DIVISIONS AND VHSL DISTRICTS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

Student Signature: _____ Date: _____

Providing false information will result in ineligibility for one year.



The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician

PART II - - MEDICAL HISTORY- Explain "Yes" answers below

This form must be completed and signed, prior to the physical examination, for review by examining practitioner. Explain "Yes" answers below with number of the question. Circle questions you don't know the answers to.

Form with columns for 'Yes' and 'No' and rows for various medical questions including 'GENERAL MEDICAL HISTORY', 'HEART HEALTH QUESTIONS ABOUT YOU', 'HEART HEALTH QUESTIONS ABOUT YOUR FAMILY', 'BONE AND JOINT QUESTIONS', and 'MEDICAL QUESTIONS'. Includes a section for 'FEMALES ONLY' and an 'EXPLAIN "YES" ANSWERS BELOW' section.

Parent/Guardian Signature: _____ Date: _____ Athlete's Signature: _____



PART III – PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30th of the current school year)**

NAME _____ Date of Birth _____ School _____

Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP /	Resting Pulse	Vision R 20/	L 20/
		Corrected	<input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/ears/nose/throat		
Lymph nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitourinary (males only)		
Skin		
Neurologic		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional		

Medical Practitioner to School Staff (please indicate any instructions or recommendations here)

Emergency medications required on-site Inhaler Epinephrine Glucagon Other: _____

Comments: _____

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics.

- CLEARED WITHOUT RESTRICTIONS
- CLEARED WITH FOLLOWING NOTATION: _____
- Cleared AFTER documented further evaluation or treatment for: _____
- Cleared for Limited participation (check and explain "reason" for all that apply); "Limited Until Date" when appropriate
 - Not cleared for (specific sports) _____ Until Date: _____
 - Reason(s): _____
- NOT CLEARED FOR PARTICIPATION Reason _____

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II – Medical History.

Physician Signature: _____ (*MD, DO, LNP, PA) . Date** _____
Circle one

Examiner's Name and degree (print): _____ Phone Number _____

Address: _____ City _____ State _____ Zip _____

* Only signatures of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-3-1 (3) Physical Examination Rule/Transfer Student (10-90) -- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League's Form #2, the student is in compliance with physical examination requirements.



PART IV -- ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT

(To be completed and signed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are not crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swimming/diving, tennis, track, volleyball, wrestling, other (identify sports). _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts, or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with:

Name of Medical Insurance Company: _____
Policy Number: _____ Name of Policy Holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to www.coverva.org or calling 855.242.8282

PART V - EMERGENCY PERMISSION FORM

(To be completed and signed by parent/guardian)

STUDENT'S NAME _____ GRADE _____ AGE _____ DOB _____

HIGH SCHOOL _____ CITY _____

Please list any significant health problems that might be significant to a physician evaluating your child in case of an emergency

Please list any allergies to medications, etc. _____

Is the student currently prescribed an inhaler or Epi-Pen? _____ List the emergency medication: _____

Is student presently taking any other medication? _____ If so, what type? _____

Does student wear contact lenses? _____ Date of last Tdap or Td (tetanus) shot _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.

Daytime phone number (where to reach you in emergency) _____

Evening time phone number (where to reach you in emergency) _____

Cell phone _____

☀▶▶ Signature of parent or guardian _____ Date _____

Relationship to student _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment if needed.

I certify all the above information is correct _____

☀▶▶ Parent/Guardian Signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

