

**Henderson Collegiate
Middle and High School
Athletic Handbook
2023-2024**



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We Are HC!

Mission

The mission of Henderson Collegiate athletics is to instill within our student-athletes the character traits necessary to attend and graduate from the college of their choice and change the world. In conjunction with academic studies, athletics serve as a way to build humility, consistency, teamwork, and perseverance. While each of these characteristics are necessary on the athletic playing field, they are more necessary in the classroom, as Henderson Collegiate believes that academic achievement comes before any athletic outcome.

Goals

The goals of the Henderson Collegiate Athletic Department are summarized under a 1, 2, 3 understanding:

1: One HC. At our school, we believe in the power of teamwork, not just on the field or court, but in the stands as well. We believe that student-athletes should regularly support one another at other athletic events. Our soccer players should support our volleyball team, our basketball players should support our softball team, and our girls' soccer players should attend as many baseball games as possible. We want to create a welcoming environment at our school in which all teams want to support one another, knowing that this level of positivity will spread throughout our campus and promote a positive and healthy learning environment.

2: Top two standing in our athletic conference. This applies to all athletic teams at the middle and high school levels. While we believe it is most important for our student-athletes to enhance their academic careers in the classroom, we also want them to understand the values of hard work, team, and competition. By setting a goal to be one of the top two teams in the conference each year, members of each team will have a clear and achievable goal each season.

3: Represents a 3.0+ team GPA. At Henderson Collegiate, we believe that everything is earned, and being a part of an athletic team is no different. In order to participate in any athletic competition as a student at Henderson Collegiate, you must strive for academic excellence first, with the minimum GPA requirement per quarter being at least a 2.4. While the GPA minimum to participate in athletics is less than a 3.0, we acknowledge that in order for our student-athletes to be competitive applicants to college by the time they are seniors, a 3.0 puts them in strong standing to attend the college of their choice. As a student-athlete, student always comes first.

Sports Offered

The sports currently offered by Henderson Collegiate at both the middle and high school levels are shown in the table below:

Middle School	High School
<p style="text-align: center;">Fall: Soccer (Boys) Volleyball (Girls) Cross Country (Co-Ed)</p> <p style="text-align: center;">Winter: Basketball (Boys) Basketball (Girls)</p> <p style="text-align: center;">Spring: Soccer (Girls) Track (Co-Ed) Baseball (Boys) Softball (Girls)</p>	<p style="text-align: center;">Yearlong: Cheerleading (Co-Ed)</p> <p style="text-align: center;">Fall: Varsity Soccer (Boys) Varsity Volleyball (Girls) Varsity Cross Country (Co-Ed)</p> <p style="text-align: center;">Winter: Varsity Basketball (Boys) Varsity Basketball (Girls) JV Basketball (Boys)</p> <p style="text-align: center;">Spring: Soccer (Girls) Track (Co-Ed) Baseball (Boys) Softball (Girls)</p>

Offered sports are based on student-athlete interest and staff supervision (coaching). Should any student want to start a new sport at Henderson Collegiate, they would need to submit a written proposal to the Athletic Director for initial review. While adding any new sport would be challenging, the proposals would be reviewed by the athletic director, school principal, and additional administrators.

Eligibility

Academic Eligibility

The standards for academic eligibility by grade level are shown in the table below:

<i>Grade</i>	<i>GPA Requirement (Minimum)</i>
6th	3.0
7th	2.6
8th-12th	2.4

Should any student be ineligible at the end of a quarter, they would not be able to try out for an upcoming athletic team and would be immediately removed from any current team with which they were participating.

Example: A varsity basketball player’s season typically runs from the end of October to the end of February. In order to play at the beginning of the season they must have a Q1 GPA of 2.4+. If they are eligible to start the season, but become ineligible at the end of Q2 (GPA below 2.4) they would be ruled ineligible and would no longer be allowed to practice or play with the team.

Physical Documentation

In accordance with the NCHSAA and NCDPI, students wishing to participate in athletics must have the following documents on file at Henderson Collegiate, and each document must be valid within one calendar year of the end of the season:

- 1) Athletic Physical
- 2) Gfeller-Waller Concussion Form
- 3) NCHSAA Eligibility Form (HS only)
- 4) Student-Athlete/Parent Conduct Agreement

Henderson Collegiate does offer physical packets on campus that include each of the forms mentioned above. However, an electronic copy of each is available to be downloaded at the end of this handbook.

In order to try out for any athletic team offered at Henderson Collegiate, all required physical documentation must be on file with the athletic director prior to participation. This includes being on site for any tryouts, practices, or games.

Documentation Submission

When submitting physical documentation, families can choose either of the following methods:

<i>Electronic</i>	<i>In person</i>
<ul style="list-style-type: none">- Parent/guardian emails all required documentation to the athletic director after all signatures have been completed (bblackwell@hendersoncollegiate.org)	<ul style="list-style-type: none">- High school students hand documents into the high school main office.- Middle school students hand documents into the middle school main office.- Twice per week, the athletic director comes to collect the athletic physicals on both campuses.

After collecting the physical documents, the athletic director updates them in the online database by scanning a copy of each document. This, in combination with the hard copies being securely stored in a binder, will ensure that documentation from student-athletes is always current, in compliance, and easy to access.

Students-athletes require a physical examination every 395 days to remain compliant.

Seasonal Details

Seasons and Calendars

Start dates for each season vary on a year-to-year basis. Middle and High school sports will begin and end based on the attached calendar from the NCHSAA. While these start dates are essential to know for this school year, it is also important to know that these dates will change every year, and that traditionally the start dates are in early August (fall sports), late October (winter sports), and late February (spring sports). By the specific start date of each season, a student-athlete must be deemed academically eligible and have all required documentation on file with the AD within one calendar year.

Tryouts

There will be tryouts for each sport in both middle school and high school. Roster sizes will be dictated by state and conference rules in addition to the coach's personal preference. Students are strongly encouraged to be at each tryout session and must be in attendance for at least one tryout session to be deemed eligible to make a team.

Athletes may only try out for one sport at a time. An athlete who does not make a team may try out for another sport provided that the tryout for that sport has not already been completed or that the coach of that team allows the student-athlete to participate. Athletes are allowed to play only one sport at a time during a season, unless otherwise noted by the AD.

Only students who are currently enrolled at Henderson Collegiate may attend tryouts.

Core Understandings

Playing Time

One of the most emotional issues surrounding a student-athlete's involvement in athletics is playing time. Although attendance, attitude, commitment, effort and ability all play a role in determining playing time, it is ultimately the coach's decision. It is the responsibility of each coach to decide who starts a contest, what position the athletes play and how long they should play. All students, parents and community members are asked to respect this model and the coach's decision.

Parent and Coach Communication Policy

All problems, concerns or complaints must be addressed in private, before or after practice and games. Concerns should not be addressed in front of the other student-athletes, at any point in the middle of a contest or practice, and must first be addressed to the coach at an agreed upon time and location. Parents/guardians are encouraged to call the coach directly should these concerns arise. If closure is not reached between the parent and coach then the following grievance address structure should be followed:

1. Coach of Sport
2. Athletic Director

After the subsequent meeting involving the coach and AD, the AD will decide whether or not to further involve the respective school Principal, or whether or not the issue was addressed amicably. Beyond this point, concerns would follow the Henderson Collegiate Grievance Policy as outlined in our student handbook.

Transfers

Henderson Collegiate acknowledges that every year there will be new students and, potentially, new student-athletes enrolled in our school. As a public charter school we have no knowledge of whether or not a student applies to our school with the intention of participating in athletics prior to their first day of tryouts for a specific sport.

However, Henderson Collegiate will also strictly abide by the transfer policies set forth by the NCHSAA, in which an online document must be submitted on behalf of the new student to the previous school to demonstrate that the transfer was made for academic purposes. In the event that the NCHSAA rules that the transfer was made for athletic reasons, the student will sit out of athletic competition for either 365 days or two consecutive semesters (whichever is shorter), per the NCHSAA handbook.

Students applying as rising ninth graders or who are applying from independent or private schools (ninth through eleventh grade) are not subject to the same transfer policies above, and will be ruled eligible for athletic competition based on Henderson Collegiate’s academic eligibility requirements and their submission of the required physical documentation.

School Attendance Requirements for Athletics

Student-athletes must be in school by 8:30AM in order to participate in practice or contests during the same day or evening. If a student-athlete were to arrive after this time they would need documentation for the reason they arrived after that time.

Students absent from athletic practice for five or more days due to illness or injury must receive a medical release by a physician licensed to practice medicine before being readmitted for either practice or contests. That document must be submitted to the athletic director prior to return to competition.

ISS/ Bench Protocol

	1 st Instance	2 nd Instance	3 rd Instance
ISS – Less than a day	Cannot participate in practice or a game. If it is a day off, the consequence is implemented the next day on which practice or a game is held.	Follows ISS Sequence	
ISS	One day: Cannot participate in that day’s practice and cannot play in the next game. More than one day: Suspended one week (5 days) from the sport.	Suspended for 2 weeks	Suspended for 1/2 of the remainder of the season, or 5 games; whichever is greater. Or Removed from the team

OSS	<p>5 days or more: Removal from the team</p> <p>Under 5 days: Suspended for 1/2 of the remainder of the season or 5 games; whichever is greater.</p>	Removed from the team	NA
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Practice and Game Attendance

Students are expected to be in attendance during both contests and practice sessions. If a student is not in attendance due to illness, injury or other required school or family commitment, the student should make prior arrangements with the coach for an excused absence.

Students will be excused from team practices and/or contests during regular school vacation periods. It is the expectation of the coach and athletic department that the student will notify the coach at least 2 weeks prior to the excused absence.

A participant who fails to attend a regularly scheduled practice session or contest and receives an unexcused absence, will be withheld from the next scheduled contest. If an additional unexcused absence occurs, the participant may be dismissed from the team for the remainder of the sport’s season.

Excused absences may also affect a student athlete’s playing time as new plays, stunts and formations may have been missed. This decision is at the discretion of each team's head coach, and is supported by the athletic director.

Game Day Dress Code

On Monday through Thursday game days, student-athletes must wear professional attire in an effort to represent themselves, their teammates, and Henderson Collegiate professionally. Examples, by gender, for professional attire are shown below:

Okay		Not Okay
Boys	Girls	
<ul style="list-style-type: none"> ● Dress slacks ● Belt ● Button down shirt with tie or bow tie 	<ul style="list-style-type: none"> ● Skirts/Dresses <u>past the knee</u> (even if there are tights or leggings underneath) 	<ul style="list-style-type: none"> ● Skirts or dresses above the knee ● Capri pants/shorts ● High heels over 1 inch

<ul style="list-style-type: none"> ● Button down shirt WITH a tie and sweater or sweater vest ● Suit ● Professional shoes 	<ul style="list-style-type: none"> ○ <i>Leggings may only be worn under skirts/dresses that are <u>past the knee</u></i> ● Professional, appropriately fitting pants with professional, appropriately fitting top ● Professional shoes or uniform shoes (sandals or appropriate height heels are acceptable) 	<ul style="list-style-type: none"> ● Sleeveless tops or sleeveless dresses without a cardigan or sweater over the dress ● Button down shirt/polo WITHOUT a tie ● Timberland Boots (or anything similar), Uggs, Sneakers, or Vans ● Leggings or tights in place of pants ● Athletic Uniform
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On Fridays, coaches have the discretion to allow players to wear warm up tops, sweatshirts, or other attire related to the Pride. Athletic uniforms and warmups are never to be worn to school the day of a game. Warm ups, specifically, can be worn as part of the Friday dress code at school unless the team has a game and the coach expects them in professional attire. If a student-athlete is out of athletic dress code for that particular day they run the risk of losing talk time on the bus to away games, or losing playing time depending on the severity of the dress code infraction.

Travel and Transportation (Bus Expectations)

It is the goal of Henderson Collegiate to provide transportation via school bus to as many home and away games as possible. Whenever that is not possible, the head coach will make families aware 48 hours in advance of the game so that families can plan accordingly. While Henderson Collegiate will be able to provide transportation to practices frequently, parents will always be responsible for picking up their child on time from the designated practice location. Failure to do so repeatedly could result in the child’s removal from the team.

At Henderson Collegiate, we believe that positive team culture can be built at any time, and trips to and from games on the bus are an example. All players are required to ride the bus with the team to the game. If a player wishes to leave with their family following the game the head coach and athletic director must be contacted 24 hours prior to the event taking place.

When using school transportation, student-athletes and coaches will treat the school bus with respect. This means the following actions will be taken:

- Start each bus ride silently (at zero voice level) to prepare mentally for the game
- Follow all directions given by coaches while on the bus
- Split male and female riders when teams are traveling together
 - Boys in the back and girls in the front
 - Separated by coaches sitting between the two
- Use professional language and calm tones
- Cell phone use is permitted for high school student-athletes but is NOT for middle school student-athletes
 - If a coach sees a middle school student-athlete with a cell phone their phone could be taken per the Henderson Collegiate Technology Policy
- Pick up all trash when stopping for food

Failure to adhere to any of these expectations could result in consequences deemed appropriate by the head coach and AD.

Student Drivers

Student drivers do not leave campus on game day unless it is a home game and they are driving directly to the site of the game. Team members are not allowed to leave campus with student drivers, regardless of other authorizations or arrangements.

Game Conduct (Players, Coaches, and Fans)

Henderson Collegiate believes that respect and humility are essential parts of athletic competition. As such, opposing players, families, and game officials should be treated with respect. If a student, athlete, or fan at any athletic event did not abide by these expectations they would be subject to removal from the event or further suspension from attending games. For this reason, all student-athletes and their families are required to sign a Student-Athlete/Fan Conduct Agreement prior to the start of each season.

Should a student-athlete be ejected from an athletic event for whatever reason, they will be required to complete the online Sportsmanship course and be suspended for two games per the NCHSAA handbook. This applies to both high school and middle school student-athletes. Additionally, depending on the nature of the action taken that led to the ejection, the student-athlete would be subject to additional consequences determined by the AD, Principal, and Dean of Students at the corresponding school.

Before and After Game Dining (away events)

Henderson Collegiate understands the rigorous nature of the athletic events our student-athletes participate in. During away games, students will stop for food at a fast food establishment between 30-60 minutes from home. Expectations for student behavior at those stops are shown below:

- Students wait for directions from coach to exit the bus calmly
- Upon entering the restaurant students find a place to sit together
- Coaches dismiss students to go to the restroom (always in pairs) and get in line to order food
- Students are responsible for paying for their own meals
 - If this were not going to happen for a student-athlete for whatever reason, parents/guardians are responsible for informing coaches prior to the day of the event
- Prior to getting drinks, students wait for their food to be called and get their food. After getting all the food and drinks students sit and wait for directions from coaches.
- Once 100% of student-athletes and coaches have their food, student-athletes are directed to board the bus
- Students are not allowed to leave campus and purchase food nor order doordash to the school before home events

Student-athletes are responsible for 100% of their food, trash, and money on the bus, and families are responsible for providing money for their child to eat when stopping. Once the bus is about 30 minutes away from campus they will contact families and give them a time to be at the school for pickup. It is the responsibility of the family to be on time to pick up their child after away games. If there are repeated concerns about timeliness, the child's spot on the team could come into question.

Social Media (Accounts and Conduct)

We believe that social media can be a powerful tool to promote the success of our student-athletes and their pertinent information with families. For these reasons, head coaches of athletic teams may elect to create social media accounts (Twitter, Instagram, etc.) for their respective teams. Accounts will be monitored by the AD, and should posts be disparaging of other programs, players, or fans, the accounts will be deactivated immediately and subject to further consequences.

Expectations for social media accounts of student-athletes follow the same expectations. Players are expected to demonstrate exceptional behavior on social media platforms, and failure to do so based on the examples above can lead to reductions in playing time, or potentially being removed from the team.

Restitution Policy

It is the role of all student-athletes at Henderson Collegiate to take pride in their equipment and keep up with each piece of their athletic uniforms. Therefore, should a situation arise in which there is loss, destruction, or damage of school equipment, supplies, uniforms, or property, the student-athlete and their family pay the cost of those damages directly to the school. Failure to do so would put the students' place on their athletic team in jeopardy, as well as teams in the future.

Henderson Collegiate will not reimburse or make restitution to families or athletes for personal equipment that is damaged during the course of the season. Any purchases made by a family prior to the season, regardless of whether or not a child earned the athletic team, would be the sole responsibility of the family, regardless of final roster decisions.

I have reviewed the Henderson Collegiate Athletic Handbook. By signing below, I confirm that I am familiar with the contents of the athletic program and I agree to abide by the policies and guidelines listed in therein. I understand the consequences and action(s) that may be taken as a result of my non-compliance with the policies and expectations stated within the program handbook.

Student First & Last Name: _____ Date: _____

Student Signature: _____

Parent Signature: _____

Coach Signature: _____

Appendix

The documents listed below are shown in the following pages to serve as a resource for all students, families, and staff members at Henderson Collegiate:

- Preparticipation Physical Evaluation:
https://www.nchsaa.org/sites/default/files/attachments/2023-24PPEForm_English.pdf
- Gfeller-Waller Concussion Form:
https://www.nchsaa.org/sites/default/files/attachments/GW_SAPLG_ConcussionInform-Feb2021_0.pdf
- NCHSAA Eligibility Form:
<https://www.nchsaa.org/sites/default/files/attachments/23-24EligtoParticipate-English.pdf>
- HC Student-Athlete/Parent Conduct Agreement:
<https://docs.google.com/document/d/1QlrWLTTOqQ1q3Z17Fqoaof8vt57nxI7TozA2pKORyQM/edit?usp=sharing>
- NCHSAA Calendar:
https://www.nchsaa.org/sites/default/files/attachments/2023-2024%20NCHSAA%20Sports%20Calendar_1.pdf