

Albemarle County Public Schools

Athletic Department Handbook

2024-2025



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ACPS ATHLETICS HANDBOOK - INTRODUCTION

This handbook will provide you with an overview of the athletic programs at Albemarle County Public School's three comprehensive high schools, and hopefully answer any questions you may have concerning our athletic programs.

Participation in student activities is truly a learning experience and an enhancement of the regular school day. The National Federation of State High School Associations (NFHS) studies and research indicate that:

- Participation in athletics and activities promotes citizenship.
- The typical student involved in athletics and activities has a higher grade point average than do non-participants.
- Students involved in student activities have a better school attendance record.
- Of all students who drop out of school, 96 percent are NOT involved in school activities.
- The Scholastic Aptitude Testing (SAT) Service says participation in school activities is one of the most accurate predictors of success after college.

Your days at Albemarle, Monticello, or Western Albemarle High Schools should be among the most enjoyable days of your life. It is important that we remind you that as much as we desire our athletic teams to experience on-field success, we do not want any of these successes to be at the expense of your education.

We are convinced that student-athletes can achieve a balance by performing well on the playing fields and courts and in the classroom. The secret to success is to take responsibility for your academic commitments just as you do for your athletic competition. ACPS student-athletes are expected to excel in their respective sports and also to achieve and maintain grades comparable to those of non-athletes. This may seem like a difficult challenge at times, but it is one that can be met successfully if the principles of self-discipline, dedication, and responsibility are applied in the academic environments at Albemarle, Monticello, and Western Albemarle High Schools.

We are here to help you and will be glad to see that you gain the assistance necessary to achieve your goals.

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VIRGINIA HIGH SCHOOL LEAGUE (VHSL)

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The Virginia High School League (VHSL) is an organization of public high schools in Virginia. The league seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities. The VHSL was developed in 1913 and is located here in Charlottesville. It publishes annually a code of policies and guidelines for all VHSL sponsored athletics and activities for member schools.

VIRGINIA HIGH SCHOOL LEAGUE ELIGIBILITY RULES

The Virginia High School League (VHSL) is a member of the National Federation of State High School Associations. All rules and regulations governing interscholastic athletic contests and practices are established by the National Federation of High Schools, the VHSL, the Albemarle County School Board, and the Administration of Albemarle, Monticello, and Western Albemarle High Schools.

To be eligible to represent Albemarle, Monticello, or Western Albemarle High Schools in any VHSL sponsored interscholastic contest, a student shall meet all VHSL individual eligibility requirements as set forth in the VHSL Handbook.

The VHSL Handbook is available online at www.vhsl.org, and VHSL individual eligibility regulations are outlined on page 1 of the VHSL Physical form.

Please contact your respective athletics office for any questions regarding VHSL eligibility rules.

GUIDELINES FOR ACPS STUDENT-ATHLETES

Participation in interscholastic athletics is a privilege, NOT A RIGHT, earned by the student who meets eligibility requirements set by the VHSL, Albemarle County Public Schools, and Albemarle, Monticello, and Western Albemarle High Schools. Questions pertaining to the following guidelines for student-athletes should be directed to your school's Athletic Director.

Academic: Per VHSL Handbook policy, student-athletes shall pass a minimum of five subjects offered for credit, or their equivalent on a '4x4' schedule model, and which may be used for graduation the immediately preceding year (for the 1st semester) or the immediately preceding semester (for the 2nd semester). Students must also be continuously enrolled in a minimum of five subjects during the current semester.

- Final eligibility for each sports season, including any grade changes due to incompletes, makeup work, or online courses, will be at 4:00pm on the following dates...
 - Fall - August 25, 2024
 - Winter - November 17, 2024
 - Spring - March 1, 2025

VHSL Physicals: Medical Examination: All student-athletes shall have on file in the Athletic Office a completed VHSL Athletic Participation/Parental Consent/Physician's Certificate Form. No student-athlete may participate in tryouts, practices or games unless he/she has a physical on file which is dated after May 1 of the current year. The VHSL physical form is available in your school's athletics office or online on your school's athletic department website.

Insurance: It is recommended that all student-athletes have insurance that will cover any athletic injury. Albemarle County Public Schools is not responsible for any x-rays, doctor, or hospital bills due to an injury to the participant while he/she is participating with a team involving any ACPS school. Student Accident Insurance plans are available – information is available online on your school's athletic department website.

Attendance Requirement: Student-athletes must be in school for at least two full periods/blocks before participating in an athletic contest, practice, or conditioning program that day. Exceptions are as follows...

- Bereavement
- Court
- Medical Appointments
- School-Approved Activities (i.e. College Visits, Field Trips, Internships, etc.)
- Others as approved by your school's Athletic Director and/or Principal(s)

Out-Of-School Suspension: Any student-athlete assigned the consequence of out-of-school suspension (OSS) will be ineligible for participating in VHSL athletics/activities until the first day they return to their regular class schedule. In addition, student-athletes receiving a school discipline consequence may be disciplined further by the Principal, Athletic Director, or Coach by temporary or permanent suspension from a team.

In-School Suspension: Any student-athlete assigned to a FULL DAY of In-School Suspension (ISS) and/or Short Term Education Program (STEP) will be ineligible for participation in VHSL athletics/activities until the first day they return to their regular class schedule. Each full day that a student-athlete is in ISS/STEP, they are NOT eligible for practice or competition on that day. In addition, student-athletes receiving a school discipline consequence may be disciplined further by the Principal, Athletic Director, or Coach by temporary or permanent suspension from a team.

After-School Detention/Saturday School: Any student-athlete assigned after-school detention or Saturday School will be required to attend the detention. If a detention conflicts with a practice or a game, the student may not participate for that day, unless approved by the assigning Principal and/or teacher.

Eighth Grade Participation: Eighth graders may participate in athletics on the junior varsity level if:

- Attends an ACPS middle school in your feeder pattern attendance zone;
- A completed VHSL Physical form is on file in the high school athletics office;
- Meets all applicable school and VHSL eligibility requirements;
- Understands that they cannot replace 9th-12th graders on any team

Physical Education Class: All student-athletes must follow the same rules and regulations as all physical education students. Participation in athletics is not an acceptable excuse for non-participation in physical education classes.

School Debts: Student-athletes owing a debt to the athletics department (ex. Missing uniforms or equipment) may be ineligible to participate in athletics until the debt is paid or the missing uniforms/equipment/inventory is returned in satisfactory condition.

Equipment Distribution and Return: Once equipment and uniforms are issued, it becomes the total responsibility of the student. If any of these items are lost, stolen or damaged, the student is held financially responsible for replacing it. All payments for lost equipment must be made to the athletics office.

Dismissal/Quitting Policy: If a student tries out for a sport or other activity and quits (including parent removal from team) or is dismissed because of disciplinary reasons after the first regular season contest, s/he is ineligible to participate in any activities, including but not limited to out-of-season practice/conditioning and tryouts, until the sport season has concluded of the sport in which the student quits, or was dismissed or removed. Additionally, the student may not try out for another sport or activity without approval from the Athletic Director and/or Principal/designee.

- In the event that a student-athlete's dismissal/quitting is not a mutual release between the student and Head Coach, the Athletic Director may decide to meet with the student and coach involved individually to determine a solution/consequence. In this case, the decision of the Athletic Director shall be final.

Athletic Lockers: All athletic lockers shall be cleaned out at the end of each season. Items remaining in lockers after the concluding of each sport season may be discarded.

Tryouts: The following expectations are in effect for those teams that have to make cuts.

- Coaches shall provide all students trying out a minimum of two (2) days, provided the student is in attendance with a valid VHSL Physical Form on file by the first day of tryouts.
- Coaches shall talk to each participant individually about being selected or not selected for a particular team.
- Coaches shall not post a list of student names or separate students who made the team from students who did not make the team.

Multi-Sport Student-Athletes: For a student-athlete that wishes to participate in two sports during the same season, the following guidelines shall be followed...

- The head varsity coach of both sports and the student/parent(s) should all be in agreement.
- The head varsity coaches of both sports shall communicate on a mutually agreeable practice and contest/game schedule.
- One sport must be designated as the student-athlete's 'primary' sport.
- Final approval of multi-sport participation in the same season is with the Athletic Director.

Name, Image & Likeness (NIL): NIL is now in high school and the Virginia High School League (VHSL). Parents and students, please note the following guidelines below regarding NIL agreements and contact your coach and/or the athletics office with any questions.

- Students must notify the Principal/Athletic Director in writing within 72 hours of entering into any type of NIL contract (An email to the Athletic Director is recommended.)
- No one employed by or affiliated with a member school, including boosters clubs or alumni, may solicit or negotiate NIL compensation for students other than their own child.
- Students shall not reference a school team, the VHSL, use school logos for NIL, or appear in the school's uniform.
- Students shall not engage in NIL endorsements of adult entertainment, alcohol or tobacco products, controlled substances, casinos/gambling or weapons/firearms.

Albemarle County Public Schools Athletic Rules

HIGH SCHOOL ELIGIBILITY AND CODE OF CONDUCT: ATHLETICS AND OTHER EXTRACURRICULAR ACTIVITIES

Participation in athletics and other extracurricular activities is regarded as an important privilege for students. Participation in such activities supports students' personal growth and achievement and also gives students the opportunity to be representatives of and ambassadors for their school. Albemarle County Public Schools is committed to developing and maintaining a high level of confidence by the student body and the school community. Therefore, students who desire to participate in extracurricular activities are expected to meet standards in three major areas: academics, attendance, and conduct. Failure to meet appropriate standards in any one, or more, of these areas will result in a student losing the privilege of participating in extracurricular activities.

Policies related to this regulation

- School Board Policy JFC – Student Conduct
- School Board Policy JGD/JGE – Discipline
- School Board Policy JFCI - Substance Abuse
- School Board Policy JFCH - Possession and/or Use of Tobacco on School Premises

Definition of Extracurricular Activities

Extracurricular activities include, but are not limited to: participating in athletics and other competitive activities, event or activity practices, and other student activities; performing in public beyond the class culminating performances. Activities that are a part of a credit bearing class do not constitute extracurricular activities.

Introduction

- This regulation is in effect from the first day a student begins participation in a high school sport or other extracurricular activity throughout the remainder of the season or other extracurricular activity period.
- This regulation establishes a minimum code of conduct for student-athletes and other students who desire to participate in extracurricular activities offered by the Albemarle County Public Schools. This regulation shall be administered by each school through its principal/designee in conjunction with the athletic director, coach(es) or other sponsors. This regulation does not supersede the School Board's student discipline policies.
- Prior to participating in a school sport or other extracurricular activity, the student and his/her parents or guardian will be required to sign a statement acknowledging that the student shall comply with and abide by the terms and conditions of this regulation.
- This regulation applies to all high school students in grades 9-12 as well as 8th grade students who are permitted to participate in high school sports or other extracurricular programs.

Academic and Behavioral Expectations

General Standards, Guidelines and Information

- A student shall be enrolled as a full-time student in good standing under School Division policy and Virginia High School League rules and regulations in order to be eligible to participate in extracurricular activities.
- Students who fail to meet appropriate academic, attendance or behavioral standards may be withheld or dismissed from participation in athletics or other extracurricular activities.
- Any student who is ineligible but participates in a contest/activity while ineligible may cause the team/group to forfeit that contest/performance in accordance with this regulation.
- A specific team membership, athletic position, performance role, leadership position, etc. may or may not be available for the student to resume, upon regaining eligibility.
- Each elementary and middle school may have specific guidelines and requirements for one or more extracurricular activities offered at that school.

Students participating in athletics and other extracurricular activities are expected to pass and successfully meet the academic and attendance goals and objectives established by the School Division in order to be eligible. Students are also expected to meet the behavioral standards of their school and School Division. This requirement is in addition to the Virginia High School League rules and regulations.

Students are ineligible to participate in practice or in a contest, competition or other activity if they have been placed on suspension. Students must be in school all day in order to participate. Exceptions are prearranged absences, doctor appointments, school-related absences or in other cases as authorized by school administration.

If a student tries out for a sport or other activity and quits or is dismissed because of disciplinary reasons, s/he is ineligible to try out for another sport or activity without approval from the athletic director and/or principal/designee.

Misbehavior

The admission of facts involving student misconduct, whether on-campus or off- campus, which constitute a criminal offense or conviction of a criminal offense, either felony or misdemeanor (excluding minor traffic violations) may result in suspension from athletic or other extracurricular activities for a period of time to be determined by the principal/designee after investigation and consultation with the Division Superintendent/designee.

Disciplinary action may result in denial of participation in athletic competition or other extracurricular events.

Students who have received out-of-school suspension shall be prohibited from participation in all athletic or other extracurricular or interscholastic practices, events, activities or competitions for the duration of such out-of-school suspension.

Alcohol, Drugs and Tobacco

No student involved in a sport or other extracurricular program shall knowingly possess, use, distribute, transmit or be under the influence of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind (except as prescribed by a medical professional or as otherwise authorized by this regulation) during the athletic season or other extracurricular program.

The unauthorized possession, use, distribution, transmittal or being under the influence of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind (except as prescribed by a medical professional) by a student during the athletic season or other extracurricular program will subject the student to the following consequences (in addition to any school disciplinary and/or other applicable sanctions):

First offense in student's high school-level participation:

- A minimum of two (2) weeks suspension from participation in athletics or other extracurricular program, including practice and competition, from the date the knowledge of the possession, use, transmittal, distribution or being under the influence became known to a school official;
- A student who agrees (with parental consent) to participate in a drug/alcohol counseling and/or assessment program offered at school or at a school-approved community agency may be reinstated to the athletic team or other extracurricular program at the end of the two (2) week period. Any student who does not agree to participate in such counseling and/or assessment program shall be suspended from all athletic teams or other extracurricular programs for thirty (30) days of participation or for the remainder of the season or program, whichever is longer.
- Reinstatement of the student to the athletic or other extracurricular program is contingent upon the student complying in all material respects with the recommendations made by an alcohol or other substance abuse counselor or other appropriate person as well as the approval of the principal/designee for reinstatement to the team or program; and
- Successful completion of any recommendations by an alcohol or other substance abuse counselor or other appropriate person will be evaluated by the principal/designee.

Second offense in student's high school-level participation:

- A minimum of four (4) weeks suspension from participation in athletics or other extracurricular program, including practice and competition, from the date the knowledge of the possession, use, transmittal, distribution or being under the influence became known to a school official;
- A student who agrees (with parental consent) to participate in a drug/alcohol counseling and/or assessment program offered at school or at a school-approved community agency may be reinstated to the athletic team or other extracurricular program at the

end of the four (4) week period. Any student who does not agree to participate in such counseling and/or assessment program shall be suspended from all athletic teams or other extracurricular programs for thirty (30) days of participation or for the remainder of the season or program, whichever is longer.

- Reinstatement of the student to the athletic or other extracurricular program is contingent upon the student complying in all material respects with the recommendations made by an alcohol or other substance abuse counselor or other appropriate person as well as the approval of the principal/designee for reinstatement to the team or program; and
- Successful completion of any recommendations by an alcohol or other substance abuse counselor or other appropriate person will be evaluated by the principal/designee.

Third or subsequent offense in student's high school level participation:

- Full suspension from all athletic activities and competitions and other extracurricular program for a 365-day period;
- The student may be required to undergo a current drug/alcohol assessment at school or at a community agency offering such assessments. Prior to reinstatement at a future date, the student will follow and comply with all recommendations from the assessment report, including participation in an approved school-based or community alcohol or other drug education program; and
- The student may petition for reinstatement after the end of the 365-day period. The decision whether to reinstate the student shall be at the sole discretion of the principal/designee after consultation with the Division Superintendent/designee.

In cases involving a first or second offense only, students who voluntarily request assistance from school officials in connection with an alcohol, drug or tobacco incident may receive reduced disciplinary consequences under this regulation at the discretion of the principal, provided that the request must come from the student or his/her parents/guardian no later than the first school day after the incident involving the unauthorized use of alcohol, performance enhancing drugs, inhalants or controlled substances of any kind or tobacco.

This regulation shall not be construed to prohibit students from participating in a bona fide religious ritual, ceremony or other religious activity in which alcohol is served under the supervision of their parents or guardians. In such cases, the use or consumption of small amounts of alcohol as part of a bona fide religious ritual, ceremony or activity, such as a Passover Seder, Communion or other religious service or observance, shall not constitute a violation of this regulation.

This regulation shall not be construed to prohibit parents from providing alcohol to their children in a supervised setting as authorized by Va. Code § 4.1-200(7), as amended, or other applicable law. However, it is the hope and desire of the Albemarle County Public Schools that, notwithstanding the permissive authority given to parents to provide alcohol to their children in

such limited, supervised settings, parents will agree not to do so in order that their children may remain free of alcohol use during the school year.

In accordance with Va. Code § 22.1-276.3, as amended, or other applicable law and Virginia High School League rules and regulations, any student who is a member of a school athletic team shall be deemed ineligible for two school years to compete in interscholastic athletic competition, if it has been determined by the Division Superintendent and principal that the student used **anabolic steroids** during the training period immediately preceding or during the sport season of the athletic team, unless such steroid was prescribed by a licensed physician for a medical condition.

Albemarle County Public Schools

Athletic Trainer Taping/Treatment Guidelines

Student-athletes must report to their respective school's Athletic Trainer prior to practice or immediately after sustaining an injury to be evaluated and/or referred for further medical treatment. Student-athletes with injuries must report to the Athletic Training Room directly after school before the start of practice for rehabilitation and treatment. Student-athletes should not leave class to visit the Athletic Trainer without prior permission from the Head Athletic Trainer and/or athletics office. Each student-athlete must have a documented injury or need for taping either from the ATC or MD. Prior to practice, each student-athlete with a documented injury will complete a prescribed set of rehabilitation exercises for their injury before being taped at the discretion of the Athletic Training Staff.

Rehabilitation is an integral part of healing and returning to activity, therefore, this policy is to ensure each student-athlete is performing the correct exercise(s) to better return them to their sport and avoid future injury. After rehabilitation exercises are completed, student-athletes will be taped as needed and sent to practice/game. If a student-athlete prefers to have preventative taping rather than bracing for ankle, wrist, etc., they will be required to provide their own tape for this treatment.

Individual athletics teams, at the discretion of the Head Coach in cooperation with the Head Athletic Trainer, may use team funds to purchase athletic tape for preventative taping for their respective sport(s).

Any questions regarding the purchase of tape, braces, or athletic training room treatment should be directed to your school's respective Head Athletic Trainer.

SPORTSMANSHIP AND CODE OF ETHICS

It is the ultimate goal of Albemarle County Public Schools athletics departments that our coaching staffs, student-athletes, parents, and spectators exemplify positive sportsmanship behavior at all times. Developing community pride in our athletic programs requires a united effort of dignity and accountability for all of our actions. This responsibility lies with each of us. However, should there be any action on the part of our student-athletes or spectators that counteract our goal, please know that the VHSL, the Athletic Administration, School Administration, and/or coaching staff of Albemarle, Monticello or Western Albemarle High School reserves the right to mandate appropriate consequences to ensure a safe and positive athletic experience for all. As a member of the VHSL and the Albemarle County Public Schools community, each of us has a responsibility to encourage and insist upon the following actions at all of our athletic events.

Be courteous to all: participants, coaches, officials, staff, and fans.

Desirable Behavior: Applause during introductions, shaking hands of opponents, showing concern for an injured player, extending hospitality to visiting players, coaches, cheerleaders, and fans.

Know the rules, abide by and respect the officials' decisions.

Desirable Behavior: Utilizing every opportunity to promote understanding of the rules of the contest with the school and community; accept the official's decisions without displays of temper, arguing, or derogatory remarks.

Win with character and lose with dignity.

Desirable Behavior: Regardless of outcome, handshakes between opposing players and coaches; treating competition as a game, not a war; applause at end of contest for performance of all players.

Exercise self-control and reflect positively upon yourself, your team, and ACPS.

Desirable Behavior: Supporting the activity by displaying TOTAL UNITY as fans; as opposed to boasting or using antics which draw attention to yourself instead of the contest.

Permit only positive sportsmanlike behavior to reflect on ACPS and our programs.

Desirable Behavior: Positively encourage those around you to display only sportsmanlike conduct; discouraging use of profanity, taunting or other destructive mannerisms.

PARENT/ATHLETE/COACH COMMUNICATION

Coaching, parenting and being a student-athlete are all difficult roles. By understanding each role, we are better able to accept the decisions of each other and together, provide a greater benefit to our students. When a student becomes a student-athlete in Albemarle County Public Schools, parents have the right to understand what expectations will be placed on their child and the expectations of the coaching staff. This begins with clear communication from the coaches and a commitment from parents to share concerns directly with the coach when looking to solve problems and/or address concerns.

It is also important to understand that there may be times when things do not go the way everyone would wish. When this occurs, discussion with the coach is imperative. While we encourage the initial dialogue to be between the coach and the athlete, we recognize that sometimes that is uncomfortable. Please understand, during or immediately after a game is not an appropriate time. Calling the coach or athletics office the following day to arrange a mutually agreeable time to discuss concerns would be most appropriate.

COMMUNICATIONS PARENTS SHOULD EXPECT FROM THE COACH

- Expectations and goals the coach has for your child as well as for the team/season
- Team requirements; special equipment needs; strength and conditioning programs
- Procedure to be followed if your child is injured during participation
- Team selection process, rules, guidelines and consequences for infractions
- Game/practice schedule and Coach's contact information

COMMUNICATIONS COACHES SHOULD EXPECT FROM PARENTS/STUDENT-ATHLETES

- Any concerns should be expressed directly to the coach
- Advance notification of any schedule conflicts, illness and/or injury

APPROPRIATE AREAS/CONCERNS TO DISCUSS WITH COACHES

- Treatment of your child/Ways to help your child improve
- Concerns about your child's behavior, safety and welfare
- Future strategy or plans on how you can better work/communicate with coaches

INAPPROPRIATE AREAS TO DISCUSS WITH COACHES

- Other student-athletes; Team strategy/play calls; Playing time

- **STEPS TO DISCUSS A CONCERN**

- Contact the Coach to set up an appropriate time.
- If the Coach can not be reached, contact the Athletic Director to set up the meeting.
- If the Coach meeting does not provide satisfactory resolution, set up an appointment with the Athletic Director to discuss the situation.
- Please understand, the most important relationship is between the student-athlete and the coach. The Athletic Director may request, at their discretion, that the coach and/or student-athlete be present for any meeting.

EJECTIONS/SPORTSMANSHIP and CODE OF ETHICS

At the discretion of the Head Coach, Athletic Director or Principal, student-athletes consequences for violating the Sportsmanship or Code of Ethics may be subject to suspension or termination of athletic activities.

As an ACPS student-athlete, you are expected to conduct yourself with integrity, sportsmanship, honesty, pride and humility. Your conduct is closely scrutinized as you sit in the classroom, as you travel, and as you compete at home and on the road. You are looked upon as a role model, particularly by your peers and younger children, and it is important that your personal conduct be above reproach at all times. Realize that you are representing yourself, your team, your school, and your community. Do so with class.

Players and/or coaches who are ejected from a contest, scrimmage, jamboree or Benefit Game for unsportsmanlike conduct are ineligible, at a minimum, for the team's next scheduled contest. Fighting (including throwing punches as an instigator, in retaliation, or intentionally kicking or stomping an opponent), biting or aggressive physical contact shall result in a three-game suspension, at a minimum. Profanity directed at an official, and student-athletes who leave the bench area and become actively involved in an altercation will result in a two-game suspension, at a minimum.

The school administration, athletic administration, and/or coaching staff reserves the right to add additional contest suspensions if deemed necessary.

Parents who exhibit poor sportsmanship may be subject to reflective or disciplinary practices to include, but not limited to, completing a NFHS course(s) on Positive Sport Parenting, administrative counseling, suspension from attending one or more contests, and/or being served with a no trespass order for school property.

Any team and/or coach reserves the right to implement their own specific team rules, regulations, and consequences that may be more, but not less severe than those listed above.

BULLYING/HAZING

ACPS student-athletes shall not conduct or engage in any bullying/hazing activities of any kind. Bullying/hazing may result in suspension and/or removal from the athletics program and possible further discipline by the school administration. Section 18.2-56 of the Code of Virginia prohibits hazing and imposes Class 1 misdemeanor penalty for anyone found guilty of this violation.

Definitions

Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. It is repeated over time and the person being bullied has a difficult time defending him or herself. Bullying can take many forms such as: hitting or punching (physical bullying); teasing or name calling (verbal bullying); intimidation through gestures or social exclusion (nonverbal or emotional bullying); and sending insulting messages via the internet (cyber bullying).

Hazing is to recklessly or intentionally endanger the health or safety of a student or students or to inflict bodily injury on a student or students in connection with or for the purpose of initiation, admission into or affiliation with or as a condition for continued membership in a club, organization, association, fraternity, sorority, or student body regardless of whether the student or students so endangered or injured participated voluntarily in the relevant activity.

Expectations

- To never have student-athletes bullying/hazing others in any way.
- For student-athletes to hold themselves and teammates accountable for positive behaviors, to represent their school in a positive manner, and to report all possible instances of bullying/hazing to the Coach and/or Athletic Director.
- For coaches to take swift and decisive action to investigate and address bullying/hazing if founded and involve the Athletic Director immediately.
- For all to be willing to stand up for the ethical behaviors and conduct that we expect from student-athletes because it's the right thing to do, not just because ACPS/VHSL specifies rules governing conduct and state law prohibits bullying/hazing.

Coaches Expectation

Coaches should ensure that the definition of bullying/hazing is reviewed with all members of the coaching staff and all student-athletes, that it is clear that bullying/hazing is not tolerated in our VHSL programs, and encourage students to report any incident of bullying/hazing to a member of the coaching staff or athletic administration immediately.

Examples of Bullying

The following are examples of conduct which constitutes bullying. This list is not meant to be exhaustive or to limit the school's ability to discipline any conduct that it determines to be inappropriate.

1. **Direct Bullying** - In direct forms, bullying involves relatively open attacks, usually in a face-to-face confrontation. Typical examples of direct bullying include verbal bullying

with derogatory comments and nasty names, and physical bullying with hitting, kicking, shoving, and spitting.

2. **Indirect Bullying** - In indirect bullying, the aggressive acts are more concealed and subtle, and it may be more difficult for the bullied student to know who is responsible for the bullying. Typical examples include social isolation, intentionally excluding someone from a group or activity and spreading lies and nasty rumors. Several forms of cyberbullying may also be considered indirect in the sense that nasty messages are delivered from a distance and not in a face-to-face way.

Examples of Hazing

The following are examples of conduct which constitutes hazing. This list is not meant to be exhaustive or to limit the school's ability to discipline any conduct that it determines to be inappropriate.

1. **Subtle Hazing** includes initiations and the like which manipulate, coerce, or in other respects seek to deny the rights of the individuals. Typically, this involves psychological pressures on an individual to agree to certain action in order to be more fully accepted, whether or not performance of this action has any bearing on actual membership status.
2. **Harassment Hazing** involves actions that cause mental anguish or physical discomfort. Typically, this involves persistent physical or verbal actions which threaten, irritate, demean, or inflict pain.
3. **Hazardous Hazing** includes action, which endangers life, or mental health, which have the potential of causing bodily injury or which subject a person to severe mental stress.

ACADEMIC SUPPORT SYSTEM

Albemarle County Public Schools stresses the importance of a well balanced athletic and academic program for student athletes and realizes that many hours are given for practice, study and total participation in any athletic activity or endeavor.

Coaches, athletic administration, and/or the guidance department may monitor student academic progress during the course of the sports season. All head coaches and their staffs will be responsible for working cooperatively with the athletic office, guidance department, registrar's office and school faculty in monitoring the academic progress of student-athletes. The athletic administration will confirm academic progress at the beginning of each new semester for athletic eligibility purposes.

POSTSEASON AWARDS

Postseason awards which are symbols of achievement, tradition, and school spirit shall be selected for members of athletic teams.

Coaches shall consider the fulfillment of the following in recommending and/or selecting a student for an award:

- Attendance and punctuality at practice;
- Observance of training rules as formulated by the coach;
- Cooperation in upholding team, school, county and VHSL regulations;
- Attitude with and away from the team;
- Good school citizenship and team conduct;
- Completion of regular season and postseason play – unless injured; and
- Return of all school equipment, uniform, and materials.

1. Certificates will be awarded to all participants successfully completing the season.
2. A varsity letter is issued the first time a student successfully completes any varsity sport, at the discretion of the Head Coach. Should the student-athlete earn a letter in another sport, only the emblem of that sport will be given to be placed on the same letter first earned. The second, third or fourth year the athlete earns a letter in the same sport; he/she will receive a service bar. Captains will receive captain's emblems.
3. Student Manager's awards are issued as the above, except that Manager's insignias are given.
4. Student Trainer's insignias will be awarded to the student trainer(s) by the Head Athletic Trainer.
5. At the end of each season or upon request by the athletics office, coaches shall submit to the Athletic Director and/or designee the list of recommended participants to receive awards.

TRANSPORTATION

Transportation is provided via school buses for athletic teams for away trips. Exceptions may be contests within Albemarle County and/or the City of Charlottesville on non-school days or other extenuating circumstances as determined by the athletics offices.

Away Contests: All members of the team are required to utilize school transportation for athletic events. This includes team members, scorekeepers, managers and student trainers. Departure times are determined by the Athletic Director. Departure times are set with regards to the start time of the contest as well as minimizing disruptions to the regular school day. Expected return times should be provided by the accompanying coach prior to the trip upon request. Please note that these times are estimated. Several factors can cause the times to change. (overtime, weather, injuries, etc.)

For a student to leave an away contest with someone other than their own parent/guardian or on school-provided transportation, the parent/guardian must directly request in writing such permission from your school's Athletic Director, by writing a letter, sending an e-mail and/or submitting a *Permission to Ride form* found on your athletic website.

Student-athletes must provide their own transportation home once they return to their high school. Each participant should make arrangements for his/her transportation home so that they can leave the high school property. Coaches are responsible for the supervision of students until they have safely left the school campus.

BEHAVIOR AND ACCOUNTABILITY:

1. The school has the right to revoke the right of the student-athlete to use the Activity Bus in the event of inappropriate behavior. The consequences may or may not also include suspension from the athletic team.
2. Cleats, clean or dirty, should not be worn on any school buses.
3. The student is financially responsible for any damage done, intentionally or unintentionally, to an ACPS school bus, van, rental van or charter bus.

SOCIAL MEDIA GUIDELINES FOR STUDENT-ATHLETES

Playing and competing as a student-athlete in Albemarle County Public Schools is a privilege. Student-athletes are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your coaches, our school, and yourselves in a positive manner at all times. Facebook, Twitter, Instagram, Snapchat and other social media sites have increased in popularity globally, and are used by many student-athletes in one form or another.

Student-athletes should be aware that third parties - including the media, faculty, future employers and college officials - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete and our school. This can also be detrimental to a student-athlete's future options (i.e. college, profession). Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco.
- Photos, videos, and comments that are of a sexual nature. This includes links of websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of Albemarle County Public Schools. Remember, always present a positive image and do not do anything to embarrass yourself, the team, your family, your school, or Albemarle County Public Schools.

NON-DISCRIMINATION & ANTI-RACISM

Albemarle County Public Schools does not discriminate on the basis of sex, gender, race, color, national origin, disability, religion, ancestry, age, marital status, genetic information, or any other characteristic protected by law in its programs and activities.

The Albemarle County School Board and School Division reject all forms of racism as destructive to their mission, vision, values and goals. Students should be familiar with the School Board's approved [Anti-Racism Policy](#).