Harrisonburg High School Activities

Student- Athlete Handbook



2026-2027

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HARRISONBURG HIGH SCHOOL ADMINISTRATION
Dr. Melissa Hensley, Principal
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Mr. Don Burgess, Dean of Students

The athletic department maintains a web page with sports' schedules for all teams, team pages, directions to schools, this handbook, and special notices and announcements for athletes, parents and fans. Log onto https://www.harrisonburgbluestreaksathletics.com/ to access the HHS Athletics website. Additional scheduling information for our school and others in our district can be found at www.valleydistrictva.org.

A Message to Our Student Athletes and Parents

Welcome to Harrisonburg High School Athletics. Harrisonburg High School stresses the importance of a well-balanced activities program for students and realizes that many hours are given for study, practice, and participation in any athletic or activity endeavor. Harrisonburg High School encourages parent and community support of students for their achievements, as these activities are instrumental in developing great community interest and pride. Our mission is to provide an opportunity for all students to excel not only in the classroom, but on the court, field or stage.

School is more meaningful and enjoyable when a student becomes involved in the activities program. Regardless of a student's skill or ability level, athletic opportunities are available. While some teams hold try-outs for positions, other sports welcome all participants. Interest and enthusiasm are the most important qualifications for participation. It is our goal as an Athletic Department to enhance all student/athletes' skills and to help them to become the most productive person they can be, promoting teamwork and accomplishment both on the field and in the classroom. This athletic handbook, in addition to the school's student handbook, has been prepared for the purpose of familiarizing you with the procedures and expectations of our athletic programs. Please read this information carefully and contact your coach or athletic director if you have any questions as it is your responsibility, as a student athlete, to be aware of all the rules concerning participation in our athletic programs.

Athletics is one half of the "student-athlete" title. Developing not only the mind but also the body is a valuable part of your experience at HHS and your dedication to your athletic development is greatly appreciated. Since athletics are part of the educational process, athletics must provide for the learning of values both on and off the field. You are student-athletes, with the emphasis on Student! **Please remember however, athletic participation is a privilege, not a right and therefore the right to participate may be revoked by school officials**.

As an athlete, you will become a visible member of the Blue and White of HHS. At every practice and contest your peers, parents, teachers, fans, and athletes from other schools will see you as representatives of our school, and this is a great responsibility. We want to see team members who share in successes and setbacks, who are strong because they work together through "thick and thin", athletes who set the example of positive attitude and responsible behavior for the entire student body. Our student athletes represent not only themselves, but our school and community. It is our expectation at Harrisonburg High School that activity participants will represent HHS in a positive light in every situation, on and off the playing field. This expectation includes a **zero tolerance** for bullying and hazing.

Participation in student activities enhances the regular school day and enriches the school experience. Research studies indicate that students who participate in athletics and other activities:

- Maintain a higher-grade point average than non-participants
- Have a higher graduation rate
- Have a better attendance record than non-participants
- Tend to be successful after college, according to the College Board.

Contributing to the athletic tradition at HHS will be a source of satisfaction to the students and the school. We hope you will take advantage of the opportunities you have to get involved, and stay involved, in our activity/athletic programs. If you give 100% with a positive attitude, the school and the community will be there to support your every effort. But more than that, YOU will know you have done your best for yourself and your school. On behalf of the Harrisonburg High School, we wish you the very best in the coming year.

Dr. Kiristen Robinson, CMAAA

HARRISONBURG HIGH SCHOOL MISSION

Blue Streaks are diverse learners committed to cultivating a caring, innovative, and collaborative community. We pursue challenges to successfully engage with our ever-changing world.

HARRISONBURG HIGH SCHOOL VISION

Empowering every Blue Streak to create pathways and partnerships that improve our world

WHAT DOES IT MEAN TO BE A BLUE STREAK

At Harrisonburg High School, that standard can be summed up in six characteristics. All students participating in activities are expected to conduct themselves as Blue Streaks at all times.

Respect: Blue Streaks demonstrate respect for themselves, others, and personal and school property.

Responsibility: Recognize that all the decisions you make have consequences, positive or negative. Accept the responsibility to make good choices, always keeping in mind the **goals** you have set for your present and your future.

Perseverance: “When the going gets tough, the tough gets going.” Ever heard that saying? There will be times in your tenure as a Blue Streak when things get difficult. But you can defeat whatever stands in your way. **Plan, seek help from staff, and don’t sell yourself short: you can persevere.**

Leadership: Because we want to see you excel as a Harrisonburg Blue Streak, we encourage and expect you to be a productive citizen and proud individual of the Harrisonburg Community. Each student needs to participate in extracurricular activities at Harrisonburg High School. Blue Streaks become productive citizens through participation in clubs, sports, school musical productions, academic teams, etc. **Be a leader in something!**

Courage: Be strong enough to stand up when those around you are not acting in a manner in which they should. **Be the one to stop bullying or poor behavior**. Courage is the greatest form of strength. **Honor:** Remember that your actions always represent your school, your family, and most importantly yourself. Be honest. Be fair. **Your reputation/honor is the one thing that can never be taken from you**. Make sure it is a reputation you are proud of.

STUDENT RESPONSIBILITIES

1. To arrive at school in a safe and timely manner and at a time when school personnel will be present to provide supervision (see Tardy Policy below).
2. To avoid off-limit areas, including parking lots.

3. Students must check out in attendance before leaving school
4. To report immediately any information to a faculty member, staff, coach, or adult supervisor which poses a threat or danger to self, others or property.
5. To leave school property at the scheduled dismissal time.
6. To absolutely refrain from bringing any item on school property which may be illegal or pose a health or safety hazard to person or property.

COACH RESPONSIBILITIES

1. To provide appropriate supervision of students within the school setting and school related activities.
2. To provide information to the Activities Director of any situation that compromises the safety of our staff, students, or faculty.
3. To enforce the safety policies and regulations of the division and the school. 4.
To respect and support all students to promote a positive school experience.

Working together we can better assure that Harrisonburg High School will be a safe place to learn and work. Your suggestions are welcome.

HHS ATHLETIC/ACTIVITY PROGRAM OVERVIEW:

Harrisonburg High School offers athletic opportunities for students in grades 8 through 12 on junior varsity and varsity levels.

HHS currently sponsors the following activities for the fall, winter, and spring season.

Fall: Cheer – Competition, Cheer – Sideline, Cross Country (Boys and Girls), Football, Golf, and Volleyball (Girls)

Winter: Basketball (Boys and Girls), Gymnastics, Indoor Track (Boys and Girls), Swim and Dive (Boys and Girls), Wrestling

Spring Baseball, Outdoor Track (Boys and Girls), Soccer (Boys and Girls), Softball, Tennis (Boys &Girls)

Students also have competitive opportunities in Yearbook, Creative Writing, Theatre, Scholastic Bowl, Forensics, and Debate.

Try Outs: The following policy shall be in effect for those teams that have to make cuts:

- Tryouts will be scored on an objective basis.
- A list will not be posted.
- Coaches will talk to each participant individually about being selected or not selected on that particular team.

Two Sport Athletes: HHS does not encourage students to participate in more than one sport per season. In the rare instance an athlete wishes to participate in two sports during the same season, the procedures below should be followed:

- Written permission from both coaches AND parents to participate
- Designate a primary sport.
- Final approval from the Activities Director.

Affiliations:

HHS competes as a member of the Virginia High School League, the state governing body for interscholastic athletics and activities. Membership in the VHSL allows HHS teams to compete for district, regional, and state championships. For interscholastic athletic competition, schools are grouped by enrollment. Currently HHS competes in the Valley District during the regular season and as a Group “3C” school for postseason play.

Valley District: Broadway, East Rockingham, Harrisonburg, Rocktown, Spotswood, Turner Ashby, and William Monroe

Region 3C: Harrisonburg, Alleghany, Broadway, Brookeville, East Rockingham, Fluvanna City, Heritage (Lynchberg), Liberty Christian Academy, Monticello, Rockbridge County, Rocktown, Rutsburg, Spotswood, Staunton, Turner Ashby, Waynesboro, Western Albemarle, Wilson Memorial

Athletic Requirements -
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 secondary school boys’ and girls’ interscholastic athletic contests and practices are established by the VHSL, HCPS School Board, and HHS Administration. To be eligible to represent Harrisonburg High School in any VHSL sponsored interscholastic contest a student shall meet the following requirements:

1. 28-1-1 Bona Fide Student Rule: The Student shall be a regular bona fide student in good standing of the school that he/she represents. (2) Any student who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon his/her school, is not considered in good standing.

2. 28-2-1 Grade Rule: The student shall be enrolled in the last four years of high school (2) eighth grade students who passed five 8^{th} grade subjects the past school year and reached the age of fifteen on or before the first day of August may compete on the varsity level.

3. 28-3-1 Enrollment Rule: The student shall have been regularly enrolled in the school that he/she represents not later than the fifteenth school day of the semester.

4. 28-4-1 Scholarship Rule: The student shall:
   (a). For the first semester, be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year of the immediately preceding semester for schools that certify credit on a semester basis.
   (b). For the second semester, 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.
5. 28-5-1 Age Rule: The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to complete.
6. 28-6-1 Transfer Rule: The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian.

7. 28-7-1 Semester Rule: The student shall not have been enrolled in the last four years of high

school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from that point, regardless of whether or not he/she remains continuously enrolled in school.

8. 28-8-1 Amateur Rule: The student shall be an amateur. An Amateur is an athlete, who engages in VHSL athletics solely for educational, physical, mental, and social benefits he/she derives there from, and to whom the VHSL athletics are nothing more than an avocation.

9. 28-9-1 Athletic Participation/Parental Consent/Physical Examination Rule: The student shall have submitted to the principal of his/her school, prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents' consent to his/her participation.

10. 28-10-1 Awards Rule: The student shall not have accepted nor accept from any source whatsoever, in recognition of or as a reward for his/her athletic skill, any award other than letters, medals, charms, cups, plaques, letter sweater, or similar trophies, or any award of value other than intrinsic value. These listed awards may be accepted only when presented or approved by his/her school, or when earned in VHSL sanctioned meets or tournaments.

11. 28-11-1 Independent Team Rule: During the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports, become a member of or participate with an organized team in the same sport which is independent of the school's control as long as such participation does not conflict with the scheduled activities of the school squad or team.

12. 28-12-1 All-Star Participation Rule: The student shall not have participated in an all-star contest.

13. 27-13-1 Sportsmanship Rule: (Also see "Sportsmanship" section of this handbook). 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.

14. 27-13-4 Harassment of game officials… such related actions when exhibited in aggravated form are evidence of poor sportsmanship.

15. 27-13-5 Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff and officials the values of sportsmanship in the preparation for, and the conduct and management of interscholastic contests and the importance of observing published or accepted rules governing coaches, competitors or spectators relating to the conduct of competition.
    1. Penalty: Athlete- any athlete who in protest lays hands on or attempts to lay his/her hands on an official may be declared ineligible by the League or by his/her principal for up to one year. Any athlete who strikes an opponent, a coach, or a spectator during or following an athletic event may be declared ineligible by the league or his/her principal for a specified period of time up to one year depending on the seriousness of the offense. The basis for this policy statement is that a member school shall not be represented by any student whose conduct reflects discredit upon his school.

16. 30-5-1 Ejection of a Player: see “Sportsmanship” of this handbook.
17. 27-11-2 Contest Limitation Rule: No member school may permit its athletes to compete in more than the total number of regular season interscholastic contests as specified in the VHSL handbook. No athletes may participate on the varsity and sub varsity levels in any sport on the same day.

Students must earn the privilege to participate in interscholastic athletics by meeting not only the above listed standards, but also all other requirements set by your school and The Virginia High School League. The standards listed represent only a summary of all VHSL rules and regulations and you should check with your principal or athletic director if you have any questions regarding your eligibility or if you are in doubt about the effect an activity may have on your eligibility. By meeting the intent and spirit of League standards you will prevent your team, your school and your League from being penalized.

VHSL Energy Drink Ban:

On September 22, 2012, the VHSL Executive Committee passed an energy drink policy which is in effect immediately for all VHSL member schools. The basics of this policy are as follow: • A mandate that athletes not consume energy drinks during participation in VHSL practices and competition. • The penalty for violation of this rule is a warning to the member school.

Energy drinks are defined as drinks advertised as boosting energy. These drinks do not emphasize energy derived from the calories they contain but rather through a choice of caffeine, vitamins, and herbal supplements the manufacturer has combined. Some common examples of energy drinks are Amp, Monster, and Red Bull.

Fluid replacement drinks or drinks used to replenish body fluid after exercise are defined as drinks that are designed to replace energy and electrolytes, used especially to assist the body in recovering from exercise. Some common examples of fluid replacement drinks are Gatorade and Powerade. Soft drink such as Coke and Pepsi, while not fluid replacement drinks, are not classified as energy drinks.

If a student athlete is seen consuming an energy drink during the school day or prior to practice, the student athlete will be ineligible for practice/competition on that day.

Additional Requirements for Athletes/Managers

Participation in interscholastic athletics is a privilege, **NOT A RIGHT**, earned by the student who meets eligibility requirements set by the VHSL, the District, and the School Board. Questions pertaining to the following additional requirements should be directed to the athletic director.

1. Academics: All participants shall exhibit good civic responsibility as well as maintain the VHSL scholastic requirement of “take 5 – pass 5”, in addition to any further standards prescribed by the Athletic Department.

2. Must pass a minimum of 5 credits per semester.
3. HHS Minimum GPA Requirement of 2.0

4. Physicals-Medical Examination: All athletes shall have on file in the athletic office a completed VHSL Athletic Participation/Parental Consent/ Physician’s Certificate Form. No student may participate in practices or games unless he/she has a physical on file, which is dated after **May 1st** of the current year. Physicals are only good for one school year.

5. Insurance: Student-Athletes are not required to have health insurance; however, the school is not responsible for payment relating to injuries sustained during athletic participation. The School Board has purchased an excess insurance policy that may pay a portion of the qualified medical expenses for injuries sustained during school sponsored events. In addition, as part of membership in the VHSL, the school purchases catastrophic insurance provided by American Specialty Insurance & Risk Services, Inc. If a student-athlete does not have health insurance, Student Accident Insurance may be available for purchase by families. If this is a concern, please contact the Athletic Department.

6. Attendance Requirement: Students are expected to abide by the rules established for each team and are required to attend all practices and games. In order to participate in an athletic activity or practice on any given day, an athlete or manager must be present to and remain in school that entire day. Exceptions may be made for doctor or dental appointments or reasons excused by the Principal or Director of Student Activities. Any student who leaves school due to an illness may not participate in any extracurricular activity that day. Student athletes who spend time with a teacher during athletic practices must have a note from the teacher informing the coach of the athlete's activity and advance notice is required.

7. Out-of-School Suspension: Any participant given out-of-school suspension will be ineligible for participation in practice sessions and athletic contests during the suspension. In addition, the principal, Athletic Director, or the Coach may apply additional discipline consequences to the student by temporary or permanent suspension from the team.

8. In-School Suspension: Any student-athlete assigned in-school suspension will be ineligible for participation in practice sessions and athletic contests during the assigned period. An individual may be penalized by his/her coach for any amount of in-school suspension. A student suspended for more than one block in ISS may not participate in extracurricular activities that day.

9. Detention, Saturday School, and Other Assigned Disciplinary Consequences: Student-athletes assigned detention, Saturday School, or another school-based disciplinary consequence may be subject to an athletic consequence. The Head Coach, in consultation with the Athletic Director, will determine the appropriate disciplinary action based on the nature of the infraction, the student-athlete's disciplinary history, and the circumstances surrounding the incident.

Athletic Disciplinary Consequences

Athletic consequences may include, but are not limited to, reduced participation in practice, suspension from a portion of a practice or contest, limited playing time, or suspension from an athletic contest. The athletic consequence may be imposed prior to the student serving the assigned school disciplinary consequence when appropriate.

Student-athletes are still required to complete all school-assigned disciplinary consequences. Athletic participation will not excuse or take priority over detention, Saturday School, or another required disciplinary assignment. Repeated disciplinary infractions may result in increased athletic consequences as determined by the Head Coach and Athletic Director.

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

1. They have a completed VHSL Physical Form and the Acknowledgement Form on file. 2. They meet all school, Valley District, and VHSL requirements.

10. Equipment Distribution and Return: Once equipment and uniforms are issued, it becomes the total responsibility of the student. If items are lost, stolen or damaged, the athlete is held financially responsible for its replacement. All payments for lost equipment must be made at the end of the season to the coach or athletic director. Students will not be allowed to participate in the next season until all uniforms are turned in or replacement fees are paid. All school fees must be paid prior to participation in any extracurricular activity team.

11. Dismissal/Quitting Policy: If a student is removed from, or quits a team without mutual release by the coach, he/she is ineligible to try out for a team during that season or for a team the next seasons. For spring sports this penalty will carry over into the next school year. In the event that the student is not mutually released, the coach must report within 48 hours to the athletic director that the student has quit or been removed from the team. Should the student wish to appeal, they must notify the athletic director in writing within ten days. The first appeal shall be made to the athletic director; if a second appeal is desired then it should be made to the principal, with the principal's decision being final.

12. Participation on JV/Varsity: Please be aware that the assigning of student athletes to the various levels of competition will be determined by the Head Coach and his or her assistants. The goal of all programs is to place each student/athlete on the team in which they can compete at a high level while also allowing them to contribute to the success of the team and program. All head coaches have the right, without objection, to re-assign any student athlete to a different level of competition at any time they deem necessary. All tenth graders will first be looked upon as varsity athletes until a determination has been made.

13. Ineligible Athletes: Any athlete who becomes ineligible for competition due to an injury, due to academic standing, or due to any other reason is required to sit with the team during games and stay with the team at all times.

14. Athlete Admittance to Games: Each in season athlete will be issued a pass in the beginning of the season that will give them admittance to in season games. This is a privilege not a right and will be acted upon as that, each student/athlete is required to bring this pass to all games they attend in their season. This is for one admittance to the sport that night. Student/athletes will not be allowed to go in and out of games or events.

15. Social Media Policy: Inappropriate use of social media (Facebook, Twitter, Instagram, etc.) will result in a school referral being issued and school policies being applied. If suspension is the result of such actions, discipline (suspension) from the team is also probable.

PRACTICES AND GAMES:

Practices are **MANDATORY** and necessary for all athletic teams. The athlete is responsible for arriving to practice on time. Team members are expected to be present for the entire practice or game, and should make travel plans accordingly. If an athlete needs to miss a practice or a game due to an emergency, sickness, or other excused reason, the coach should be contacted. Practices are often scheduled for five or six days each week during the regular season. Games also occur during the week, occasionally on weekends, and over Holiday Breaks. Families and athletes are asked to make team practices and games a priority during the season.

Missing practices or games without informing the coach may be reason for dismissal from the team. If an

athlete misses practice for an unexcused reason, that athlete must realize the other team members may get to play before he/she does. A one game or more suspension can also result from missing practices for unexcused reasons. Habitual absence from practice, excused or unexcused, can result in suspension or removal from the team. Remember that the success of the team depends upon your commitment. Students must realize that coaches will not hold positions, starting roles, or even a place on the team, for players who do not regularly attend practices or games. ***Athletic participation is not a right, but a privilege*.**

ATHLETIC GAME DAY DRESS CODE:

In an effort to portray a positive impression of the athletic program (including all VHSL sponsored teams) at Harrisonburg High School amongst the school and community, each program will have a game day dress code for its athletes/participants. Student-athletes who violate the Game Day Dress Code may be suspended from the game. For additional information please contact the Office of the Athletic Director. Please take pride in your appearance, your team, and your school.

SOCIAL PROBATION: Being a member of a VHSL sponsored team at Harrisonburg High School is a privilege, not a right. Students that have disciplinary problems, either during or out-of-season may have the privilege of participating in the activity revoked by administration.

HAZARDOUS WEATHER REGULATIONS:

When there is a delayed opening of HCPS due to hazardous weather conditions, the school administration will decide as to whether or not athletic activities may be held that day. *When school is closed due to inclement weather, all interscholastic contests and team practices will be determined as soon as possible.* In some instances, school may be in session but hazardous weather late in the day may force the cancellation of practices or games. Every effort will be made to make decisions regarding these changes by noon of the affected day and those announcements will be posted on the athletic website and sent out in email blasts to those who sign up for them on the athletic website.

TRANSPORTATION:

The school will provide transportation for athletic events. All student-athletes must travel to and from athletic contests with the team unless the parent/guardian is present to provide the transportation home from an away event. When this occurs, the head coach must be informed of the transportation change ahead of time. Under no circumstances are student-athletes allowed to drive or ride from athletic contests with anyone other than the parent/guardian.

All individuals involved in the away games, or meeting the bus, should be punctual in order that the bus can depart as scheduled. It is recommended to be at the point of departure at least ten minutes before the bus is to leave. In addition, conduct and expectations as outlined in the school's code of conduct will be enforced while traveling to or from any event. Coaches and/or sponsors shall accompany the students to and from the place of the activity.

Transportation will depart from the school's grounds, and will arrive back at the school. Upon returning to school, the vehicles must be cleaned out before anyone is dismissed from team functions. All parents are to pick their children up at the school. Prior arrangements must be made to avoid a long waiting period for
pick-up at school (a call from the student before arrival at school is suggested).

On the way back from an away contest, the coach may decide to stop for food. If this is the case, the

student-athlete will be responsible for providing their own money for the purchase of food items. Also, remember that you are representing Harrisonburg High School, and that excellent behavior is expected at all times. Leave all restaurants cleaner than when the team first arrived.

HAZING:

HHS Athletics has a zero-tolerance policy for Hazing and will not be tolerated. Hazing is action taken or a situation created intentionally, whether on or off the school grounds, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Hazing is against the law in the state of Virginia (VA Code Section 18.2- 56 2000) and is prohibited at Harrisonburg High School. Hazing can result in lawsuits and criminal prosecutions. A coach can be held individually liable for hazing incidents. Students who engage in hazing activities will be removed from school activities and face disciplinary actions.

HARRISONBURG HIGH SCHOOL POLICY ON SUBSTANCE ABUSE

The Harrisonburg High School Athletic Department recognizes that medical research clearly substantiates the fact that use of tobacco, alcohol and any type of mood-altering substances produces harmful effects on the human organism. The community of Harrisonburg is concerned with the health habits of student-athletes and is convinced that athletics and the use of these substances are not compatible. Student athletes will be subject to all school rules and division policies relating to substance use violations. Therefore, in order to participate on any athletic team, a student-athlete SHALL NOT:

- Use tobacco in any form.
- Use, have in their possession, consume, be under the influence of, buy, sell or give alcohol, marijuana or any other controlled substance. This also includes substances that are considered “look-a-like”. 3. It is not a violation of the policy for a student to use a legally defined prescription drug prescribed for the student’s own use by his/her physician.

Tobacco: (in any form)

- First Offense: 3-day suspension
- Second Offense: 5-day suspension
- Third Offense: 10-day suspension

Drugs and Alcohol: Violations on School Property, at School Related Functions or on School Property of Other Divisions

First Offense

Violations of the drug and alcohol policy will result in the student being placed on 30-day social probation. Student athletes are also excluded from all athletic participation during the period of suspension and social probation. This includes practice(s) and games. On any day or days of suspension from school, for any infractions and including weekends when a suspension includes a Friday, the suspended student may not play in games or practice with the team until reinstated to school.

A student may return on probation to a team after a first offense provided he/she has completed a substance abuse program, has not had any additional school disciplinary infractions, and a satisfactory conference has occurred which will include the parent, student, head coach, and athletic director.

Second Offense

A second offense will result in suspension from athletic participation for the remainder of that athletic season and for the next two subsequent athletic seasons. Successful completion of a substance abuse program will be required. Reinstatement to athletic participation after a second offense will require

agreement by the coach, athletic director, and principal. A written request for reinstatement must be made by both the student and the parent to the athletic director. *There should be no expectation that a student will be automatically permitted to participate in athletics after a second violation.*

Violations off School Property and Not at School Related Events

It is not the role of school officials or coaches to try to control student behavior that occurs during non school time, off school grounds, and at non-school related activities. Parents, law enforcement personnel, and the courts are the adult representatives who bear responsibilities when violations of the law occur at such times. However, student athletes are indeed representatives of our school and have an obligation to serve as role models. Participation in athletics is a privilege, not a right and is dependent on meeting reasonable rules and expectations. Therefore, drugs and alcohol violations that occur off campus at non school related activities can still have consequences for student athletes.

Special Circumstances

If a student/athlete is charged with a criminal offense he/she may be suspended from the team until the outcome of the judicial process. Conviction of a misdemeanor will be reviewed by the Coaches and Administration to determine the appropriate consequences. If the student/athlete is convicted of a felony he/she forfeits their opportunity to participate for a minimum of one calendar year. To be reinstated to athletic teams, the athlete will be subjected to review by the Administration and Athletic Department for approval.

BEHAVIORAL ELIGIBILITY / CODE OF CONDUCT:

Harrisonburg High School has as its primary goal the academic education of all students. Therefore, we have the obligation to encourage students to perform within reasonable academic expectations. Every coach has the option to establish additional rules pertaining to the team's activities. The Athletic Director will approve all team rules before they are given to the team members. Rule enforcement will be consistent and immediate.

The school's code of conduct applies to students at all times they are in school, or representing the school by participating in athletics or attending any school function, home or away. Team policies regarding student conduct can be stricter than the school code. Student-athletes are expected to behave at all times in a manner that will bring credit to themselves, the school or community. HHS administration and coaches of athletic teams and sponsors of student activities believe that students who are selected for the privilege of membership on teams, performing groups, and clubs should conduct themselves as responsible representatives of the school. In order to assure this conduct, we strictly enforce the school's code of conduct. Furthermore, members of teams and organizations who fail to abide by the Code of Conduct are subject to disciplinary action. Members of the athletic teams must always display high moral character. As recognized representatives of HHS athletics, athletes are expected to exhibit appropriate behavior during the season (activity) or out of season, in uniform or out of uniform, on campus or off campus.

THE VHSL, the Valley District, and the HHS Athletic Department support and mandate the following consequences:

> 27-13-6: Players who are ejected from a contest for unsportsmanlike conduct are ineligible for the team's next contest. If the ejection takes place in the final contest of the season, the penalty shall carry over to the next sports season. Any player ejected from a school sponsored sporting event could also be found ineligible for other games or events as determined by the coach and or Athletic Director. HHS coaches reserve the right to implement their own specific team rules, regulations and consequences that may be more, but not less severe than those imposed by the Athletic Department.

It will be the policy of HHS to have the option of doubling any punishments/suspensions required

by VHSL as a result of Unsportsmanlike Conduct.

1. Coaches are expected to consistently enforce the rules, policies, and regulations of Harrisonburg High School, the Harrisonburg City School Board, and the broad rules, policies and regulations governing Athletics at HHS.

2. Coaches are to establish and consistently enforce those rules which are necessary in their sport. The rules are to be consistent with the overall policies of the athletic department, the school and the school division.

3. The coach/school reserves the right to permanently exclude an athlete from further participation on the first violation of a team rule or athletic department policy, a school rule, or a division policy.

4. Any athlete breaking a team rule is subject to disciplinary action by the coach.

5. An athlete will not harass/haze another teammate, manager, student-trainer or athlete in the athletic program. **There must never be "initiations" to a team that involve physical or mental abuse.**

6. Lying, stealing, and fighting will not be tolerated and can be grounds for immediate dismissal from a team.

7. If, after the final roster for a team has been posted by the Head Coach to the Athletic Director, a student athlete wishes to quit a team, they may not join another in-season team without express permission from the Athletic Director and both Head Coaches involved (the team they wish to leave,
and the team they wish to join.)

8. Any violations of the alcohol, tobacco, and illegal substance policy will be disciplined according to the stated school policy and may include further disciplinary action by the Athletic Department.

9. Students who violate school rules while participating in any activity associated with the team are also subject to other disciplinary actions by the school administration.

10. Disciplinary Measures:
    a. The following actions may be taken by a Coach:
        a. Reprimand
        b. Short-term/long-term suspension from the team in consultation with the Director of Student Activities
11. Appeal Procedure:
    a. To the Head Coach
    b. To the Athletic Director
    c. To the Principal

In light of the unique situations that may arise in the educational process, and because it is impossible to foresee all school issues that may arise, the administration reserves the right to address and to take appropriate action for any such situations not specifically referenced in this handbook. It is expressly understood that the school may take actions deemed necessary to prevent behaviors from reflecting adversely on the school.

Sportsmanship

TO OUR HHS SUPPORTERS/SPECTATORS: We appreciate your support and POSITIVE

encouragement! We ask that your behavior be for and not against our coaching staff, visiting teams, officials and, of course, our own student-athletes. Should you have a concern, please be respectful enough to discuss that concern with the coach or administrator at the appropriate time and place. Spectators may lose the privilege of attending contest due to inappropriate behavior.

TO THE STUDENT-ATHLETE: As an HHS 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 by younger children, and it is important that your personal conduct be above reproach at all times. Realize that you are representing yourself, your team, and Harrisonburg High School. Do so with class.

SPORTSMANSHIP POLICY:

Good sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic programs of all schools, as well as for the individuals who participate in such programs. People involved in all facets of the interscholastic programs are expected to demonstrate respect for others and display good sportsmanship.

The Harrisonburg Athletic program aspires to conduct itself in a manner that will bring honor to the school and community. To do so, all involved with the program must practice good sportsmanship at all times. Good sportsmanship requires that:

- Play the game for game sake.
- Be generous in winning.
- Be graceful in losing.
- Be fair at all times.
- Be obedient to the rules.
- Work for the good of the team.
- Accept gracefully the decision of the officials.
- Believe in the honesty of your opponents.
- Conduct yourself, at all times, with honor and dignity.
- Shake hands with opponents after every contest.
- Recognize and applaud honestly and wholeheartedly the efforts of your teammates and opponents.

The Athlete Should:

- Be courteous to visiting teams and officials.
- Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up nor does he/she quarrel, cheat, or grandstand.
- Retain his/her composure at all times, and never leave the bench or enter the playing field/court to engage in a fight.
- Be modest when successful and gracious in defeat. A true sportsman does not offer excuses for failures.
- Maintain a high degree of physical fitness by observing team and training rules conscientiously. • Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.

• Play for the love of the game.
• Understand and observe the rules of the game and the standards of eligibility. •
Set a high standard of personal cleanliness.
• Respect the integrity and judgment of officials, and accept their decisions.
• Respect the facilities of host schools and the trust entailed in being a guest.

The Spectator Should:

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

Fans who cannot abide by the expectations of good sportsmanship as outlined above will be asked to leave our events, without a refund, and may face the possibility of being banned from future events at our premises. *The Valley District requires any fan ejected from an event to serve a two-game suspension and meet with administration prior to attending additional events.*

PARENT AND COACH COMMUNICATION

Both parenting and coaching are extremely difficult roles. By establishing an understanding of each role, we are better able to accept the actions of each and together provide a greater experience for the student-athlete. When your child becomes a part of the HHS Athletic Program, you have the right to understand what expectations will be placed on your child. This begins with clear communication from the coach of the specific sport.

Communication you should expect from your child's coach may include: coaching philosophy, expectations and goals for your child and the team, strength and conditioning requirements, equipment needs, game and practice schedules and updates, team rules and guidelines, lettering criteria (when appropriate), and team selection process.

Communication coaches should expect from the student-athlete and their parent/guardian includes advanced notification of scheduling conflicts with team activities; advanced notification of illness and injury (when possible), and prompt expressions of concerns DIRECTLY to the coach. It is the goal of everyone that each student-athlete experiences some of the most rewarding moments of his or her life. It is important to understand there also may be times when things do not go the way you and your child wish. When this occurs, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

If you have a concern to discuss with a coach, first call the coach to set up an appointment. Parents, players, and coaches are asked to follow the following chain of command:

Step 1: Individual Student – Coach Contact

The student-athlete involved is to speak to the coach about the problem as soon as possible

Step 2: Parent/Student – Coach Contact

The parent/student should set a time to meet individually with the coach. Please do not attempt to contact a coach before, during or after a game. These can be emotional times for all involved and can make a minor situation worse.

Meetings will NOT be scheduled:

- 24 hours prior to or immediately after a contest.
- During active practice sessions.
- During a time when other coaches, parent, or athletes are present

Step 3: Parent/Student – Athletic Director Contact

If satisfactory resolution is not reached through direct contact with the coach, the parent/student athlete should contact the Athletic Director. If the meeting with the parent/student athlete and Athletic Director does not result in satisfactory conclusion, the Athletic Director will schedule a meeting involving all concerned parties in an attempt to reach a satisfactory resolution.

Any comments, concerns, or issues brought to the attention of the Athletic Director will be addressed. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perspectives and experiences can lead to more productive relationships and clearer understanding in the future.

Step 4: Parent/Student Athlete – Administrator/AD/Coach contact

If after step 3, satisfactory resolution has not been reached, the parent and student athlete should contact the building principal.

Most issues of parent dissatisfaction center on the issue of playing time. Please note that our coaches are not obligated to discuss their decisions on playing time. Any discussion with a parent about playing time would necessitate a discussion about other children which is not permissible or appropriate. Parents are welcome to ask what their child can do to improve their skills or conditioning or ask for extra drills that could be done at home, but playing time is an issue that is not up for discussion. Please remember that ALL of our coaches have one overriding factor in mind when deciding who plays and who does not – they are looking to put the best possible team on the field. There is no other determining factor.

Coaches will not discuss:

- Playing time
- Coaching Strategy
- Other Athletes

BANQUET AND AWARDS:

We will host an awards night at the end of each season, in order to recognize the achievements of the athletes and teams. Information will be sent weeks prior to the date of the banquet.

The varsity award for proficiency in athletics is a chenille letter (H) and a pin for the sport. The coaches will determine eligibility for a varsity letter award in his/her sport. The coach will inform their players and parents of the aforementioned requirements as soon as feasibly possible, prior to the first athletic contest. The coaches have the right, as does the school administration, to withhold awards from squad members not fulfilling squad and/or school obligations.

Varsity Letter:

Student-athletes can letter in a sport their first year on a Varsity team. NO player will be presented with the actual letter more than once. A bar is given for each additional year in which the player plays. Letters will be earned at the discretion of the coach based on the following criteria:

1. Players must complete the entire season.
2. Overall contribution to the team.
3. Attendance at practices and games.
4. Attitude and effort.
5. Skill in the particular sport.

COLLEGE-BOUND SCHOLARSHIP ATHLETE (NCAA)

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions - Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If a student-athlete is planning to enroll in college as a freshman and wishes to participate in Division I or Division II athletics, they must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.
The Clearinghouse is a central repository for information on high school curriculum that the NCAA maintains to conduct evaluations on incoming freshmen. The operation conducts evaluations of high school graduates' records in light of current NCAA initial-eligibility requirements.

A prospective student-athlete needs to apply and receive a "final" certification by the Clearinghouse in order to participate in college athletics at the Division I or II levels. A student-athlete does not need to apply if they will attend a junior college, NAIA or NCAA Division III institution. The athlete:

1. Should plan to start the certification process early - usually the end of the junior year in high school.
2. Should discuss with their coach the NCAA Clearinghouse requirements.
3. Should check with the athletic director/coach for NCAA regulations concerning recruitment procedures
4. Who suspects a recruitment violation is occurring or has occurred must report to the athletic director or coach.

CONCUSSION POLICY AND PROTOCOL

The Harrisonburg City School Division desires the safe return of student-athletes to both cognitive and physical activities following an injury, but particularly after a concussion. The goals of this policy are to ensure (i) that school personnel, coaches, and volunteers are educated on concussions, (ii) that student-athletes and their parents/guardians are educated on concussions annually, (iii) that concussed student-athletes are identified and removed from play immediately, and referred appropriately, and (iv) that concussed student-athletes return to academics and physical activity only after receiving appropriate medical care and adequate time to heal, and are symptom free.

Definitions

Concussion: a type of traumatic brain injury (TBI), caused by a bump, blow, or jolt to the head (i.e. head to head contact) or blow or fall to the body (i.e. whiplash, or knocked to the ground) that causes the brain to move rapidly back and forth in the skull causing a change in the way the brain normally works (i.e. cognitive function and physical ability). A concussion can occur with or without a loss of consciousness, and proper recognition and management are essential to the immediate safety and long-term future of the injured individual.

Licensed Health Care Provider: a physician (MD), physician assistant (PA), osteopath (DO) or athletic trainer (ATC) licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner (NP) licensed by the Virginia State Board of Nursing.

Student-Athlete: a student enrolled in the Harrisonburg City School District who participates on one or more of the school-sponsored athletic teams.

Return to Learn (RTL): student-athlete's ability to participate cognitively in all academics without academic accommodations that were brought on by the concussive injury. Return to Play (RTP): to participate in a non-medically supervised practice, game, or athletic competition. During the return to play progression, the student-athlete follows a step-wise increase in activity that is medically directed and/or supervised over at least a five-day period.

Academic Accommodations: temporary restrictions/modifications on a student-athlete's participation in academics/cognitive exertion that support a controlled, progressive increase in cognitive activities while the student-athlete recovers from a brain injury, allowing the student-athlete to participate in classroom activities and learn without worsening symptoms and potentially delaying healing.

1. Harrisonburg City School Division Concussion Management Team

    1.1. The Harrisonburg City School Division's Concussion Management Team (CMT) shall be appointed by the Superintendent of Schools and shall consist of a school administrator, an athletic administrator, a medical staff member (such as school nurse, team physician, athletic trainer, or other licensed healthcare provider), a coach, a parent or guardian of a student athlete, a student athlete, and any such other person the Superintendent determines will assist the CMT in its actions.

    1.2. The CMT shall develop concussion education training materials for school personnel, coaches, volunteers, student-athletes, and parents or guardians of student-athletes. The CMT shall also develop concussion reporting, management, and review protocols for the school division. The CMT shall maintain a record of all incidents where a student-athlete has been suspected of sustaining a concussion.

    1.3. The CMT shall meet annually, or more often if deemed necessary, and shall evaluate the

division's concussion education materials/presentations, policy, protocols, and concussion reporting/management.

2. Required Concussion Education for School Personnel, Coaches, and Volunteers

2.1. School personnel shall receive concussion education that shall consist of signs and symptoms of a concussion, proper referral if suspicion of a concussion, academic accommodations, and protocol for "Return to Learn" in accordance with Va. Code § 22.1-271.6.

2.2. Every coach, assistant coach, adult volunteer, or other person serving in a coaching or advisory role over student-athletes during games, competitions, or practices shall receive concussion education that shall consist of recognizing the signs and symptoms of sports-related concussions, strategies to reduce the risk of concussions, how to seek proper medical evaluation of and treatment for concussions, and the protocol for safe "Return to Learn" and "Return to Play."

2.3. Each school and the CMT shall maintain a written or electronic record of the names and dates of completion for all persons completing the school's concussion education training.

2.4. Each school shall ensure that no person is allowed to coach or advise a student-athlete in any practice, game, or competition who has not completed the school's concussion training within the previous twelve months.

3. Education and Materials for Student-Athletes and Parent/Guardians

3.1. Prior to participating in any extracurricular physical activity, each student-athlete and the student athlete's parent or guardian shall review concussion education training materials and/or attend a concussion education presentation developed by the CMT and sign a statement acknowledging receipt of such information. The concussion training materials shall describe the definition of and the short-and long-term health effects of concussions.

3.2. The signed statements (Concussion Education Acknowledgement Form) acknowledging the receipt of concussion education shall be valid for one calendar year and will satisfy the concussion education requirements for all of a student-athlete's extracurricular physical activities in accordance with Va. Code § 22.1-275. Signed statements will be kept on file by the Athletic Department of the middle schools and the athletic trainer at the high school.

4. Removal from Extracurricular Physical Activities

4.1. A student-athlete suspected by a student-athlete's coach, athletic trainer, or team physician of sustaining a concussion or brain injury in a practice, game, or competition shall be removed from the activity immediately, evaluated and, if necessary, referred for further treatment. A student-athlete who has been removed from play, evaluated, and suspected to have sustained a concussion or brain injury shall not return to play that same day.

4.2. In determining whether a student-athlete removed from play is suspected of having sustained a concussion, an appropriate licensed health care provider or other properly trained individual, shall evaluate the student-athlete at the time of removal utilizing a standardized concussion sideline assessment instrument.

4.3. The determination of whether a student-athlete removed from play is suspected of having sustained a concussion and shall remain removed from play shall be the sole determination of

the licensed health care provider or other properly trained individual conducting the concussion sideline assessment. Such determination is final and may not be overruled by another licensed health care provider or other properly trained individual, coach, assistant coach, school staff, or other person serving in a coaching or advisory role, the student-athlete, or the parent or guardian of the student-athlete for the day of the injury.

4.4. The coach and/or parent or guardian of a student-athlete may elect not to return the student athlete to play, even if after the concussion sideline assessment it is determined that the student-athlete is no longer suspected of having sustained a concussion.

5. Academic Accommodations and Return to Learn

5.1. School personnel shall be alert to cognitive and academic issues that may be experienced by a student athlete who has suffered a concussion or other head injury, including (i) difficulty with concentration, organization, and long-term and short-term memory; (ii) sensitivity to bright lights and sounds; and (iii) short-term problems with speech and language, reasoning, planning, and problem solving.

5.2. School personnel shall accommodate the gradual return to full participation in academic activities by a student-athlete who has suffered a concussion or other head injury as appropriate, based on the recommendation of the student-athlete's licensed health care provider as to the appropriate amount of time that such student-athlete needs to be away from the classroom.

5.3. Due to cognitive activity having the potential to exacerbate and potentially prolong symptoms of a concussion, if a student-athlete has been diagnosed with a concussion, academic accommodations may be recommended.

6. Return to Play Protocol

6.1. No student-athlete shall be allowed to return to participation in extracurricular physical activities, which includes the student-athlete's practices, weight lifting/conditioning, games, or competitions, until the student athlete presents a written medical release from the student athlete's licensed health care provider. The written medical release shall certify that (i) the provider is aware of the current medical guidance on concussion evaluation and management; (ii) the student-athlete no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion (both physical and cognitive); (iii) the student-athlete is no longer under academic accommodations that were engaged due to the concussion, and (iv) that the student-athlete has successfully completed a "Return to Play" progression. In accordance with Va. Code § 22.1-271.5*,* the "Return to Play" progression shall be determined by the student-athlete's licensed healthcare provider but shall last a minimum of five days, not necessarily including weekend days.

6.2. The coach, school nurse, and/or athletic trainer of a student-athlete may elect not to allow a student athlete to return to extracurricular physical activities, even after the production of written medical release from the student-athlete's licensed health care provider, if the coach, school nurse, or athletic trainer observes continued signs and symptoms of a concussion. If the student-athlete's coach, school nurse, or athletic trainer makes such a decision, he/she shall attempt to communicate the observations and concerns to the student-athlete's parent or guardian and the student-athlete's licensed healthcare provider within one day of the decision not to allow such student-athlete to return to extracurricular physical activities.

7. Helmet Replacement and Reconditioning

7.1. To prevent and/or reduce the incidence of concussion, all helmets used in school physical activities must conform to the National Operations Committee on Standards for Athletic

Equipment (NOCSAE) and be certified as conforming by the manufacturer at the time of purchase.

7.2. Reconditioned helmets that have been purchased must be recertified as conforming to the NOCSAE by the reconditioning company.

8. Athletic Activities Conducted by Non-School Organizations on School Property

8.1. The school division may provide this policy and the Board of Education's Guidelines for Policies on Concussions in Student-Athletes to organizations sponsoring athletic activity for student athletes on school property. The school division does not enforce compliance with the policy or Guidelines by such organizations.

HHS ATHLETIC DEPARTMENT

STUDENT PLEDGE CARD AND ACKNOWLEDGEMENT OF INFORMATION RECEIPT – 2024-25 School Year

A student must be in good standing with the school to participate in athletic competition. This participation is voluntary and a privilege extended to the athlete by the school. It is not right.

The physical and mental health of each student/athlete is a vital element in the training and preparation for participation in high school athletics/activities. Each student/athlete must accept responsibility to maintain the proper fitness to participate at a high-level capacity.

Harrisonburg High School is extremely pleased to have your son/daughter participate in the athletic program. The athletic department needs the support and encouragement of parents/guardians to help
the student/athletes reach the highest level of fitness during participation for the benefit of individual safety.

Please sign the pledge card and initial each section below, and return it to the head coach prior to the next practice session. This card must be in the possession of the athletic department before the athlete will be permitted to participate in further athletic activity. Many thanks for your cooperation in this very important matter. I have read and understand the "HHS Policies and Procedures for the Student" handbook. I will follow the guidelines and procedures stated in the policy manual.

I further pledge that I shall avoid the unlawful purchase, possession, use, distribution or intention to distribute alcohol, tobacco, over-the counter medications, prescription, or illegal (controlled) drugs during the 2022-2023 school year. The substances in this policy also include steroids and look-alike drugs. If I break this pledge, I understand that I
may be suspended or dismissed from the squad or team. Furthermore, I understand that, upon reasonable suspicion, I may be tested for the use of alcohol, tobacco or other illegal drugs by a physician.

I acknowledge that I have been made aware of the academic policies set by the Harrisonburg City School Division and HHS, understand my responsibilities and the requirements, and pledge to do my best to maintain a 2.0 GPA with no failing grades throughout the season and year. I understand if I fall short of this expectation that I may be held out from competitions at the Head Coach and/or School Administrators discretion until grades improve.

I acknowledge that I have received concussion training materials and information to include short- and long-term effects of concussion, the "Removal from Extracurricular Physical Activities Procedures," and the "Return to Play Protocol" established by the Harrisonburg City School Division.
By signing this acknowledgement form I am giving the HHS Athletic Department permission to use my name, picture, and/or voice in press releases, on websites, or any other media outlet.

I have read, understand and support the above pledge and receipt of information signed by my son/daughter and will help to uphold the pledge.

Harrisonburg High School Athletic Department Emergency Medical Information & Information Release Card

I give permission to any administrator, coach, athletic trainer or other personnel of Harrisonburg High School, or any team physician associated with Harrisonburg High School to seek medical treatment for my child/ward in the event of an emergency. I acknowledge and accept the risks inherent in the sport in which my child will participate, as well as 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. In signing below, I also authorize Harrisonburg High School to release medical information to team physicians or the student's personal health care provider, information concerning illness or injury relative to my past, present, or future participation in athletics at Harrisonburg High School. I also authorize any medical facility, physician, or medical personnel to disclose to Harrisonburg High School any and all medical information that may be pertinent to my child/ward's involvement in athletics at Harrisonburg High School. Additionally, in signing below, I acknowledge that I understand all school rules and regulations that apply to my child/ward's participation in athletics as contained in the Student Code of Conduct and Athletics Handbook.