

Seminole High School

Home of the

Fighting Noles



2021-2022

Athlete Handbook

MISSION STATEMENT

Our mission is to cultivate the potential in every student to thrive as a global citizen by inspiring a love of learning, encouraging civic engagement, challenging and supporting every student to achieve academic excellence, while embracing the full richness and diversity of our community.

STATEMENT OF PHILOSOPHY

- WE BELIEVE:** that interscholastic athletics are an integral part of a school's curriculum.
- WE BELIEVE:** that participation in a wide variety of interscholastic sports programs contributes positively toward the development of a young person's health, physical ability, social competence and discipline.
- WE BELIEVE:** that the experiences of rigorous interscholastic athletic competition contribute significantly toward the emotional and moral stability of our young people.
- WE BELIEVE:** in providing a well-balanced and organized program of interscholastic athletics for girls and for boys, and in managing and operating this program within the guidelines and policies of the School Board of Seminole County and the Florida High School Athletic Association.

ATHLETIC ELIGIBILITY

FHSAA CONSTITUTIONAL BYLAW, ARTICLE 2

2.2 PARTICIPATION IS A PRIVILEGE

Participation in interscholastic athletics by a student is a privilege, not a right. To earn the privilege, students must abide by the rules and meet standards of academic performance and personal behavior that are related to school purposes.

FHSAA OPERATIONAL BYLAW, ARTICLE 9

9.4 ACADEMIC REQUIREMENTS

9.4.1 2.0 GPA Required for Academic Eligibility

A high school student must have a cumulative 2.0 grade point average on a 4.0 unweighted scale, or its equivalent, at the conclusion of each semester to be academically eligible during the next semester.

Seminole High Athletic Department is a member in good standing of the Florida High School Athletic Association and fully complies with all of its regulations. Visit the web site www.FHSAA.com for more information.

Before a student may condition, attend workout, tryout or compete with a team, they must have an ANNUAL physical (one every 365 calendar days). This must be done on the FHSAA Sports Screening Form and uploaded to www.AthleticClearance.com.

The School Board requires each participant in interscholastic athletics to be covered by accident insurance. You may use your own insurance coverage, but we suggest that you check with your agent or employer to determine if your insurance policy covers accidents resulting from the specific sport(s) in which your student will be participating.

A separate, 24-hour coverage insurance plan for participants is available through School Insurance of Florida for those who do not have insurance, and for those who wish to supplement their own insurance. The twenty-four hour coverage does not include participation in tackle football. A special additional policy for football coverage is available upon request from the Athletic Office or online at www.schoolinsuranceofFlorida.com

The first time a student participates in athletics at this school, he/she must upload a copy of an *ORIGINAL* birth certificate or passport issued by the United States (FHSAA By-Law 9.6). The original birth certificate/passport will NOT be retained by school personnel. If the birth certificate is not US issued then a "Certificate of Citizenship" or a green card may be used. Submission of a birth certificate or alternate need not be repeated from year to year.

TEAM RESPONSIBILITIES

Seminole student-athletes are expected to conduct themselves in a manner which will bring only pride and respect to their team, school, parents, and community.

The Athletic Department requires each coach to provide each student-athlete with a written set of team conduct/behavioral expectations and requirements for lettering in their respective sport. The team expectations will include but will not be limited to attendance, practice performance, school behavior, coach-ability, training rules, team responsibilities, transportation regulations, care and return of school issued athletic equipment, possible resulting disciplinary actions for infractions and the school's policy on alcohol/chemical abuse. All of these must be followed to the satisfaction of the head coach through the conclusion of their sport season, including all games and awards presentations.

Student athletes, who fail to complete their commitment with any athletic team in any given season, are not permitted to try out or participate for any other athletic team until the completion of the state competition season of the original team. If any athlete were subject to any suspension or disciplinary action during one season the completion of that action may and will continue in any subsequent season in which the athlete may participate

QUIT RULE AND PRACTICE POLICY

It is the philosophy of the Seminole High School Athletic Department that the beginning of a new sports season should not conflict with an in-season coach and/or athlete from bringing a current season to a successful conclusion. Every effort will be made to assure that in-season coaches and athletes will continue to practice and compete in an atmosphere free from the potential distractions presented by the beginning of a new sports season. It is with the interests of all sports that the following policy has been formulated:

1. An athlete is expected to practice with his/her team until the conclusion of the final interscholastic competition. An athlete who quits prior to the conclusion of the sports season will not be permitted to practice for another sport until the current sport concludes its season or athlete is released by their former coach.
2. In those sports where entire teams qualify for the post-season play (District level and above), an athlete who quits may not begin to practice for another sport until the team is eliminated from further competition.
3. In those sports where individuals rather than teams qualify for post-season play, an athlete who quits prior to the conclusion of the season will not be permitted to practice until the conclusion of the regular season schedule.
4. When a team has completed its season, as defined above, athletes are to be released to practice for the next sport's season. If an athlete is needed by a coach for practice purposes, and the athlete and the coach both agree, he/she may remain until the athlete's participation is no longer needed.

UNDUE INFLUENCE FOR PARTICIPATION

It is the philosophy of the Seminole High School Athletic Department that students should enjoy as many sports seasons as they and their parents wish them to participate in, without influence from any coach to specialize in any one sport. Indeed, SHS coaches are expected to encourage the participation of all athletes in multiple interscholastic sports.

Seminole School Athletic Booster Club

Meetings are held monthly on the 2nd Tuesday of each month at 6:00 p.m. in the Media Center. Athletic Boosters welcome new members, anyone is welcome to attend. Memberships are available.

TRANSPORTATION RULES FOR ATHLETIC TEAMS

Please review the following rules:

1. If drivers transport students, the drivers must be approved by the state. Parents must turn in an *Approved Driver Form* to the main office to send to the state for approval BEFORE transporting any Seminole High School student, other than their own child. Approval takes 2+ weeks depending on the time of the year. The approved list is kept at school. The coach may check the list at any time. No information is given out regarding the parents other than their names. If the team is using the approved driver plan, an athlete may return home with their own parent from the game.

(See page 11 - *Approved Driver Form*)

2. Athletes are expected to ride back to school on the bus when transported to game by bus. The only exception is that an athlete may go home with a parent/guardian.
3. If approved drivers or buses are not available, then each parent/guardian is responsible for their athlete's transportation to and from the athletic event.

**Citizenship Standards for Participation
Summary Table of Infractions and Consequences**

ON CAMPUS VIOLATIONS

LEVEL 1: IN-SCHOOL SUSPENSION - If a student is assigned In-School Suspension, then the student shall be suspended from a number of events ranging from:

1 Event to 10 Events

LEVEL 2: OUT-OF-SCHOOL SUSPENSION - If a student is assigned Out-of-School Suspension, then the student shall be suspended from a number of events ranging from:

10% of Events to all Events (minimum of 2)

LEVEL 3: RETURN TO ZONED SCHOOL UNDER THE CONDITIONS OF A WAIVER and DISTRICT BEHAVIOR CONTRACT - If a student is allowed to return to a zoned school under conditions of a Waiver and District Behavior Contract as an alternative to expulsion, then the student shall be suspended from a number of events ranging from:

50% of Events to All Events for 1 Calendar Year

LEVEL 4: ALTERNATIVE PLACEMENT UNDER THE CONDITIONS OF A WAIVER and DISTRICT BEHAVIOR CONTRACT - If a student is allowed to attend the district alternative school or another Alternative Educational Assignment as an alternative to expulsion, then the student shall be suspended from a number of events ranging from:

All Events for the Duration of Placement to All Events for the Duration of the Student's Enrollment in the Seminole County Public Schools

LEVEL 5: EXPULSION - If a student is expelled from all Seminole County Public Schools, then the student shall be suspended from a number of events ranging from:

All Events for 1 Calendar Year and/or the extent of the expulsion to All Events for the Duration of the Student's Enrollment in the Seminole County Public Schools

**Citizenship Standards for Participation
Summary Table of Infractions and Consequences**

OFF CAMPUS VIOLATIONS

LEVEL 1: FALSE IDENTIFICATION or TOBACCO PRODUCT USE - If a student is found to have possessed or used False Identification, or possessed or used Tobacco Products, then the student shall be suspended from a number of events ranging from:

2 Events to All Events for 1 Calendar Year

LEVEL 2: DRUG/ALCOHOL VIOLATION - If a student is found to have possessed, used, or been under the influence of Drugs, Alcohol, Controlled Substances, Intoxicants, Substances Capable of Modifying Mood or Behavior, or Prescription Medication without a physician's prescription, then the student shall be suspended from a number of events ranging from:

20% of Events to All Events for 1 Calendar Year

LEVEL 3: ARREST BY LAW ENFORCEMENT - If a student is arrested for committing an off campus, misdemeanor, or delinquent act, then the student shall be suspended from a number of events ranging from:

0 to All Events Pending School Administrative Review

LEVEL 4: ARREST BY LAW ENFORCEMENT – If a student is Arrested for committing an off campus felony, then the student shall be suspended from a number of events ranging from:

50% of Events to All Events for the Duration of the Student's
Enrollment in the Seminole County Public Schools

LEVEL 5 - FORMAL CHARGES FILED - If a student is formally charged with committing an off campus felony, misdemeanor, or a delinquent act, then the student shall be suspended from a number of events ranging from:

All Events for 1 Calendar Year to All Events for the Duration of the Student's
Enrollment in the Seminole County Public Schools

LEVEL 6 - CHARGES CONFIRMED – If a student is found by a court of competent jurisdiction to have committed an off campus felony, misdemeanor, or a delinquent act, then the student shall be suspended from a number of events ranging from:

All Events for 1 Calendar Year to All Events for the Duration of the Student's
Enrollment in the Seminole County Public Schools.

SEMINOLE HIGH SCHOOL Student-Athlete, Parent Contract

OUR MISSION:

It is the mission of the Seminole High School Athletic Program to provide a positive, competitive experience for each player. We believe a positive TEAM experience will promote self-confidence and self-esteem beyond the playing field. While winning is priority, winning will not be placed above good sportsmanship (defined as respecting rules, opponents, officials, teammates, coaches or what is best for the TEAM).

As a Seminole High student-athlete, I accept the terms of this contract and will abide by its enforcement. I also agree to:

- **Read and understand the rules and policies set forth in the SHS Student Athlete Handbook.**
- Adhere to all policies and regulations set forth by Seminole High School, the SHS Athletic Department, the Seminole County Public School Board, and the Florida High School Athletic Association. I understand that if I receives a fine from FHSAA for unsporting conduct my family and I are responsible for the fine.
- Complete all eligibility requirements by the dates required (annual sports physical, consent and release form, Concussion Course, Heat Illness Prevention Course, Sudden Cardiac Arrest Course, medical/school/or football insurance, birth certificate and signed Athlete/Parent contract).
- As a student-athlete, you must maintain at least a 2.0 cumulative GPA on a 4.0 unweighted scale and abide by the SCPS Citizenship Standards.
- Abide by the school's attendance policy: attend all classes, as well as being on time.
- Attend ALL practices and games. It is the student-athlete's responsibility to contact the head coach immediately if extenuating circumstances prevent attendance.
- Follow the lines of proper communication with your coaches when you have concerns about your role with the team.
- Place your involvement with a SHS athletic team above all other sports organizations such as AAU, Club, Little League, Babe Ruth, Powder Puff, etc. for the period of time that your particular sport is in season.
- Participate in all team activities, including, but not limited to: games, practices, summer workouts, team meetings and fundraisers.
- Be a positive member of the Seminole community. This includes being a leader on and off the field, as well as, in the classroom. Student-athletes must represent SHS in a positive way, always striving to do their best.

Guidelines for Athletic Departments Social Media and Communication

Athletic participation for Seminole High School is a privilege. In representing our school athletically, all athletic personnel and coaches, and all student-athletes, are expected to effectively utilize responsibility with social media, and implement sensible means by which to communicate. In doing so, all above mentioned parties, including any other individuals directly or indirectly associated with the athletic department of SHS, will be held accountable according to the citizenship standards for participation in school sponsored extra-curricular activities established by the school board of Seminole County Public Schools. The following are guidelines detailing the appropriate and acceptable protocol and procedures.

For Social Networking Sites, Websites, Blogs, Text Messaging, and Emailing, the following are PROHIBITED:

- Posting photos, videos, or commentary that is unsportsmanlike, derogatory, or demeaning toward any other individual or entity. (Not limited to but including, opposing schools and players, teammates, and/or coaches)
- Posts that depict or encourage unacceptable violent or illegal activities, and/or that are sexually explicit in nature
- Disclosing information that is sensitive or personal in nature or that is proprietary to the various Athletic Departments or to Seminole County Public Schools
- Use of inappropriate or offensive language, or language that is violent or derogatory

Further Guidelines in Maintaining Protocol:

- All information relayed should remain informative in nature
- Refrain from engaging in conversations that are personal to you, athletes, coaches, and parents
- Maintain professionalism, appropriateness, and suitability in all your messaging and communication
- Maintain updated security settings, as any communication is public record
- Limit access to your personal information
- Be aware of the potential perception all communication could have on you, your athletes, the Athletic Department and School District, and your community
- All information communicated should reflect the values and ethics associated with representing Seminole County Public Schools and the SHS Athletic Department.

Social Media *Helpful Hints* for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember, once posted the information becomes the property of the website.

2. Be aware that potential current and future employers and college admissions offices often access information you place on online to social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of, and that reflects positively on you, your family, your school, and your community.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses and professionals do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember, photos uploaded on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students, and particularly student-athletes, should carefully consider their profile updates and photos, as they will most likely be examined by future college admission officers, coaches, and employers.

Ask yourself what “digital footprint” you want to leave.

THE NATIONAL CODE OF ETHICS FOR HIGH SCHOOL COACHES

“As a professional educator I will:

- Exemplify the highest moral character, behavior and leadership
 - Respect the integrity and personality of each individual athlete
 - Abide by the Rules of the Game in letter and in spirit
 - Respect the integrity and judgment of sports officials
 - Demonstrate a continuing interest in the mastery of coaching techniques and principles through professional improvement
 - Encourage respect for all athletes and their values
 - Display modesty in victory and graciousness in defeat
 - Promote ethical relationships among coaches
 - Fulfill responsibilities to provide health services and an environment free of safety hazards
 - Encourage the highest standards of conduct and scholastic achievement among all athletes
 - Seek to inculcate good health habits, including an establishment of sound training rules
- Strive to develop in each athlete the qualities of leadership, initiative and good judgment.”

Parent Athletic Contract

As the parent of a Seminole High School student-athlete, I accept the terms of this contract and will abide by its enforcement.

I also agree to:

- Encourage good sportsmanship.
- Demonstrate positive support for coaches, officials, players and others attending the contests.
- Never confront, discuss or question coaches, athletes or officials at the game field or on the court.
- Promote the well-being of the whole team over personal desires for my child.
- I understand that my child's playing time is governed by the coach.
- I understand that if my athlete receives a fine from FHSAA for unsportsmanlike conduct we are responsible for the fine.
- Demand a drug-free environment.
- Refrain from the use of drugs, alcohol, or tobacco at all sporting events.
- Monitor my child's attendance, academic progress (minimum 2.0 GPA), and behavior on a regular basis.
- Pay for some items that will be required to practice and play such as t-shirts, shorts, shoes/cleats, and other necessary equipment.
- Volunteer for athletic fundraisers.
- At times, you may be asked to transport athletes other than your own student to a game. ***Do not*** do this unless you have filled out the proper *Approved Driver Form* and have been approved.
- Follow the proper chain of command if you have concerns. Consider including the athlete in all such meetings:
 1. Speak with the coach first – at least 24 hours after the contest.
 2. If not satisfied, then request a meeting with the Athletic Director, who will include the coach in the meeting.
 3. The final stop is the Principal.

APPROVED DRIVER FORM

Form Completion Required Annually

Effective 7-20-21

The Florida Division of Motorist Services, Bureau of Driver License Records requires a \$10.00 fee to check your driving record.

Are you employed by Seminole County Public Schools? ___yes ___no
Employees do not have to register as a Dividend.

Step 1: You are **required** to sign up and be approved as a SCPS Dividend **each year** after July 1st before you apply to be an approved driver. Go to www.scps.k12.fl.us. Click “I WANT TO”, then click “Get Involved”, next click “Dividends Volunteer Program”, finally click “2021-2022 Dividend/Volunteer Registration”.

Step 2: Complete this form, return to the Athletic Secretary accompanied by a check for \$10.00 made payable to SHS. Processing can take up to 3 weeks. Forms are available on our web-site after July 1st at: www.seminolehs.scps.k12.fl.us/athletics or in the Athletics Office, Bldg 1, Room 01-046.

Step 3: **Only** overnight chaperones and volunteer coaches must be fingerprinted at SCPS, 400 East Lake Mary Blvd, Sanford. Hours: 8:30a.m.-noon, 2:00-4:00p.m. Call 407-320-0457 for further information.

Once approved, you will be allowed to transport students for **ANY** school-sponsored activity. To verify the status of your application, you may call the athletic secretary at 407-320-5057. Please allow 3 weeks for processing.

2021-2022

Please list school activities you might transport students for: _____

Driver’s information (Please print clearly)

NAME: _____

ADDRESS: _____

DATE OF BIRTH: _____/_____/_____

FLORIDA DRIVERS LICENSE #: _____

DAY PHONE: _____

CELL PHONE: _____

STUDENT NAME(S): _____

Must have the minimum insurance coverage:

- A. \$100,000/\$200,000 Liability*
- B. \$50,000 Uninsured Motorist
- C. \$10,000 Personal Injury Protection (0 deductible)
(Burden of proof is on the driver)

*Comparable uninsured motorist coverage in the same limit is advised.

Please return completed form to the Athletic Secretary in Building 1, Room 01-046 along with your check for \$10.00 made payable to SHS.

For Office Use Only:		
Date Received: _____	Check# _____	Initials: _____