

HIGHLAND SCHOOL



UPPER SCHOOL STUDENT ATHLETIC HANDBOOK 2008 – 2009

597 Broadview Avenue
Warrenton, VA 20186

Upper School Office: 540-878-2720
Upper School Fax: 540-878-2731

E-mail: admin@highlandschool.org
Web: <http://www.highlandschool.org>

Message from the Athletic Director

As Athletic Director of Highland School, it is my pleasure to welcome you to the Upper School sports program. Your choice to participate in athletics means that you are willing to be challenged not only physically, but also mentally. It is our desire not only to enhance your skills as an athlete, but also to assist you with preparation for life.

Athletics are a very important part of my life, but I want you to share with me the following priorities: 1) Religion and Family 2) Academics 3) Athletics. Your faith and your family should always occupy your fullest attention. You are enrolled in this school because of your sincere appreciation for the educational process. Highland's academic program will require the student/athlete to maintain disciplined study habits. Your academic success is always "#1" above your athletic success.

Athletically, we want you to always play hard, play smart and, most importantly, have fun!! We view "playing to win at all costs" as a negative representation of a program. Instead, we applaud a winning effort in every contest. My favorite quote comes from John Wooden, former basketball coach at UCLA: "Success is a peace of mind which comes as a direct result of knowing that you did the best you could to be the best you are capable of becoming." Keeping this quote at heart will truly influence your successes not only at Highland School but throughout your life.

In concluding, I want you to know that my door is always open and I look forward to meeting you and watching you perform as a representative of Highland School athletics. Best of luck!!

Gary W. Leake
Athletic Director

FOREWARD

The purpose of the Student Athletic Handbook is to provide athletes with the basic and necessary information relative to the interscholastic athletic program offered at Highland School.

Sports are an integral part of our culture. They provide a challenge to youth—sports provide a chance for adventure, an opportunity for achievement, a means of physical expression, and an intense emotional experience. Athletics are especially appealing to those who crave a test of self, the excitement of competition and identification with fortitude.

PURPOSE OF THE ATHLETIC PROGRAM

The interscholastic athletic program is offered at Highland School to provide students with a variety of athletic experiences in order that they derive the maximum educational value from such experiences. The program is geared to teach sound citizenship through the practice of good sportsmanship.

The most important values are: to provide a wholesome outlet for the physically gifted students, respect for authority, learning the spirit of the rules through hard work and sacrifice, attainment of physical fitness through good health habits, the joy and experience of keen competition, and the desire to excel.

It is expected that participants will develop and improve their performance through dedication to the sport in which they participate and practice. It is also expected that the student/athlete will develop a positive mental attitude toward his/her teammates, coaches and school.

CODE FOR THE ATHLETE

- A. Be courteous to the visiting teams and officials.
- B. Play hard and to the limit of your ability, regardless of discouragement.
- C. Be modest when successful and gracious in defeat. A true athlete does not offer excuses for failure.
- D. Maintain a high degree of physical fitness by observing team and training rules conscientiously.

- E. Demonstrate loyalty to Highland School by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- F. Play for the enjoyment of the sport.
- G. Understand and observe the rules of the sport and the standards of eligibility.
- H. Set a high standard of personal cleanliness.
- I. Respect the integrity and judgment of officials and accept their decisions without question.
- J. Respect the facilities and property of host schools and the trust entailed in being a guest.

RULES AND REGULATIONS

General Conduct

Athletes of Highland School are expected to demonstrate good behavior and attitudes at all times. As a member of an athletic team at Highland School, you are in the public eye. What you do and how you behave reflects on Highland School and on your community.

Attendance Regulations

Athletes who are absent from school or who arrive at school after the completion of one-half of the school day are not eligible to compete or practice in an interscholastic sport on that day unless granted permission from the administrator.

Regular attendance at practice along with promptness is imperative if you are to succeed as an athlete. Occasionally, it may be necessary for you to be absent or late. However, common courtesy dictates that you notify your coach in advance and that you have a valid excuse when you return.

Training Rules

In order to realize the most from your efforts as an athlete, there are several training rules that need to be observed:

- A. Do not hurt your team's chance for success by being irresponsible in your health habits. Smoking, drinking, chewing tobacco and using drugs are harmful not only to your health but to the team, the sport, and Highland

School. The possession or use of alcohol, tobacco (smoking or chewing), or drugs is prohibited.

- B. Eight to ten hours of sleep each evening are required to keep in top shape.
- C. Good eating habits are essential.
- D. Any injury, bruise, cut, scratch, or blister should be reported to the coach or trainer and given immediate attention.

Athletic Insurance

It shall be the policy at Highland School that all students participating in interscholastic athletic competition carry appropriate insurance coverage.

Eligibility

BONA FIDE STUDENT RULE: The student shall be a regular bona fide student at Highland School and shall be in good standing. Good standing at Highland School means that the student is successfully passing all his/her classes.

ATHLETIC PARTICIPATION / PARENTAL CONSENT / PHYSICAL EXAMINATION: Prior to becoming a member of any school athletic squad or team, the student shall have submitted to the Athletic Director at Highland School the “Athletic Participation/Parental Consent/Physical Examination Form.” This form must be completed and properly signed, attesting that the athlete has been examined and found to be physically fit for athletic competition, and that his/her parents consent to his/her participation. Physicals are good for the period of May 1 of the current year through June 30 of the succeeding year (14 month period).

AGE RESTRICTIONS: 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 compete. The student may participate in Highland’s Upper School Junior Varsity sports when enrolled in the eighth grade.

CARE OF EQUIPMENT: Athletes are responsible for all equipment issued to them. Students who fail to turn in all equipment issued to them will be assessed a “current market” price as ascertained by the equipment manager and the Athletic Director. Students will not be able to participate in another sport until they have been cleared from all responsibility to the sport in which they last

participated. No award will be presented to an athlete until all of his/her equipment is returned.

It is the student's responsibility to periodically launder practice gear.

Students are not permitted to wear athletic uniforms during school or outside of school except when authorized to do so by the coach, Athletic Director or Head of School.

