

# *Charles City High School*

## **PANTHERS**

*Athletic Handbook*

**2015 - 2016**

*School Year*

*Mr. Panagiotis Tsigaridas*  
*Principal*

*Dr. Ann Colorado*  
*Assistant Principal*

*Ms. Lauren Wood*  
*Athletic Director*



*Panther Pride*

The Charles City School Board voted at its regular meeting on Tuesday, July 19, 2005, effective August 1, 2005, that the Grade Point Average will be increased to a 2.0 GPA for all students to participate in Virginia High School League (VHSL) sanctioned activities. Subsequently the Grade Point Average issue went before the Charles City County Board in April 2009 and it was voted that the 2.0 GPA remain the same. The following guidelines will be implemented in conjunction with raising the Grade Point Average.

- A 2.0 GPA will be required for participation in all VHSL sanctioned activities for the 2015-2016 school year.
- A 2.0 GPA is defined as a Grade Point Average of 2.0 on a scale where an **“A” earns 4 points, a “B” earns 3 points, a “C” earns 2 points, a “D” earns 1 point and a failing grade earns no points.** Weighted grades will be considered when determining whether or not a participant maintains a 2.0 GPA. The previous semester grades will be used to determine participation in VHSL sanctioned activities.
- The GPA will be based on all courses taken for credit.
- The GPA will be based on semester grades.
- The grading scale shall be the current scale used by Charles City County Public Schools.
- Transfer student-athletes shall be eligible for participation if they have the required GPA for Charles City County Public Schools.
- Student-athletes have one waiver per their middle school participation, grades 6-8, and one wavier during their high school eligibility, grades 9-12, if they fall below the minimum GPA requirements and meet VHSL standards.
- Student-athletes who receive a wavier must participate in the school’s remediation program.
- Student-athletes who are special education classified and working towards a Standard Diploma or a Modified Standard Diploma will be required to have the mandatory Grade Point Average in order to participate in VHSL sanctioned activities. I.E.P. students who do not have the required Grade Point Average, their cases will be reviewed on a case-by-case basis by the Superintendent of Schools.
- Student-athletes who have a cumulative average above the 2.0, but fall below a 2.0 for the semester, will be allowed to average the semester average with the cumulative average. If the cumulative average is still above 2.0, the student shall be allowed to participate.

## **Charles City High School Athletic Handbook**

### **The Panther Tradition: Pride, Honor, and Excellence**

Participation in extracurricular activities at Charles City High School is a significant component of your high school development. Through participation, you will develop lifelong skills and positive values. These include cooperation, leadership, healthful living habits, self-discipline, integrity, teamwork, and respect for rules and regulations. You will not only learn how to win but how to pick yourself up after losing, how to learn from your mistakes, and how to come back better and stronger the next time. You will learn how to test your limits and push yourself to new ones. You will train yourself to think quickly, to react, to analyze, to adapt. You will find out what you are really made of and what you can become.

Participation in extracurricular activities is also a privilege. This privilege requires you to meet certain expectations beyond those found in the traditional classroom setting. Remember that you represent your team, your school, and your community. The coaches, teachers, and administrators expect you to conduct yourselves like ladies and gentlemen at all times. We expect you to carry yourself like a champion at all times and to embody the core traits of the Panther tradition: **Pride, Honor, and Excellence.**

#### **Panther Pride**

Pride is something you “wear” it is your attitude and the way you carry yourself. Whether on or off the playing field, whether in the community or in the hall of CCHS, a **Proud Panther** serves as a model to others, presenting himself/herself as a physically fit student-athlete, a champion in training and as one who is confident and sportsmanlike, disciplined and decent, strong of body and strong character.

#### **As a Proud Panther, you will be expected to:**

- Accept the decisions of officials and never argue or display anger about calls. Always let your coach handle questions about rule interpretations.
- Maintain self-control, no matter how disappointed or frustrated you become. Whether in the game or on the sideline, a Proud Panther keeps his/her cool in all situations, never uses profanity, never throws equipment, and never fights. Refrain at all times from “taunting” or “trash talking”. At the same time, a Proud Panther will never let a mouthy opponent “get inside his/her head”.
- Celebrate victory modestly and congratulate opponents on a game well-played.

- Never look for excuses or blame others for defeats. Rather, you will learn from losses and make yourself stronger for the next contest. A Proud Panther picks him/herself up after falling, shakes off the sting of defeat, and considers ways to be more prepared.
- Respect your body, always practicing good health and good hygiene. A Proud Panther will **NEVER** pollute his/her body with tobacco products, alcohol, illegal drugs, steroids or other performance-enhancing drugs, whether on campus or off.
- Honor the American flag during the National Anthem, standing silently with your hat or hand over your heart.
- Wear your uniform proudly (shirts buttoned and tucked in, caps worn correctly, etc.)
- Show respect to coaches, teachers, administrators, school staff, and all adults, behave well in class and be mature in school.
- Take care of our own facilities and those of other schools. Show your pride by keeping the locker rooms clean, including the bathrooms. Likewise, treat your game and practice equipment and uniforms well. Also, please do not litter the grounds.

### **Panther Honor**

Your honor is your commitment to the team. It is your sense of loyalty and duty to your school, coach, teammates, and fans.

As an Honorable Panther you will be expected to:

- Place the team first. Your primary duty is to your team. An Honorable Panther will not seek personal glory at the expense of the team. You can only achieve glory through the team and with the team, not on your own.
- Stand by your teammates, remembering that no one has ever played a perfect game. Scorn does not make anyone play better, and criticism of your teammates only divides the team and drags it down. An Honorable Panther will offer nothing but praise or constructive advice and will never blame or put a teammate down.
- Trust the wisdom and judgments of the coach. Accept the coach's decisions without protest or complaint. An Honorable Panther will agree to his/her authority. Any disagreements with coaching decisions will be handled professionally and in private.
- Honor your commitment to the team by staying with it until the season ends, giving your best all the way. Recognize that few things in life are as dishonorable as quitting. Everyone becomes tired or frustrated once in a while, but an Honorable Panther will remain focused over the season and see the job through.
- Give your strongest effort for the team. Refusing to play or taking yourself out of a game (except for illness or injury) are actions equivalent to quitting the team and will be dealt with as such.

## **Panther Excellence**

Pride shows on the outside, while honor guides you on the inside-here and now. Excellence, by contrast, involves the future. It is your vision and your desire, your enthusiasm and your hunger. It reflects your love of the game and your will to succeed in all that you do.

### **As a Panther driven to Excellence, you will be expected to:**

- Train hard, practice like a champ, and play with your best effort every minute. You will never give up, no matter what the odds, score, or situation, until you hear the final whistle or lean across the finish line.
- Strive for academic excellence as well as athletic excellence, pouring as much energy (or more) into your schoolwork as you pour into your sport. Remember excellence is totally something you pursue in all areas of your life.
- Order your life and your daily schedule to accommodate both schoolwork and sports. Be responsible. Discipline yourself and do your homework **BEFORE** any evening contests. Likewise, when leaving school early for an away contest, get assignments in **ADVANCE**.
- Attend school faithfully, missing days only for legitimate reasons. Unless you are at school, you cannot practice, play or otherwise pursue your vision. Even after late night returns from distant contests, you are expected to come to school on time the next day.

## **Maintaining Academic Excellence**

The coaching staff at Charles City High School believes that every student-athlete who genuinely strives to learn in any class will be able to achieve a passing grade. Only rarely will a student fail that is honestly putting forth good effort. Most failures are caused by laziness, irresponsibility, rebellion, or simply giving up.

The coaching staff will eagerly work with any student-athlete who wants to learn but who is struggling academically. However, a student-athlete who does not complete assignments or who will not study will not find much patience among coaches.

Remember that everyone involved with the Athletic Department is on the same team. Let your coaches and teammates help you maintain academic excellence and achieve success in all your classes. If you need some assistance with schoolwork, access to a computer, or time to meet with a certain teacher, please talk to your coach. Student-athletes who are authentically striving for success in every class and who are responsible will find much support from the Athletic Department.

## Rules and Regulations

Based on the rules and regulations outlined in the Virginia High School League (VHSL) Handbook and in the Charles City Student Handbook, all participants in extracurricular activities shall abide by the following:

1. Participants shall not possess, supply, or use tobacco products, alcohol, steroids, or other illegal drugs or look-alike drugs, nor possess drug-related paraphernalia. The Code of Virginia, Section 22.1-276.3 states that any nonprofit corporation founded in Virginia in 1913 who currently organizes and governs interscholastic activities among public high schools **Virginia High School League (VHSL)**, develop, implement, and enforce rules requiring that a public school student athlete who uses anabolic steroids, during the training period immediately preceding or during the sport season to be ineligible to participate in interscholastic athletic competition for two years. Student's use of anabolic steroids is required to be reported. The Virginia Board of Education is required to suspend or revoke the administrative or teaching license of any person who knowingly and willfully procures, sells or administers anabolic steroids or caused these drugs to be procured, sold or administered to students, or who fails to report student use of anabolic steroids to the principal or superintendent.
2. Student-athletes must pass at least five subjects each semester to remain eligible.
3. Student-athletes must have a completed physical form on file in the Athletic Director's office before being allowed to practice for any activity.
4. All participants associated with a team must ride the bus to all VHSL events. Students who do not ride the team bus or who miss the team bus cannot participate in the scheduled activity.
5. Student-athletes are expected to ride home from an event with the team. However, students may ride home from any event with a parent/guardian under the following conditions; a) the student has received permission from the head coach, and b) the parent/guardian signs a Student Release Form before leaving the site of the competition. In order for a student to ride home with a grandparent, a brother/sister, or the parent/guardian of another team member, written permission from the student's parent/guardian must be approved by the Principal (or designee) before the team leaves from Charles City High School. Additionally, the Student Release Form must be signed before leaving the site of the competition. For any violation of this policy the student will be declared ineligible for the team's next two contests. If necessary, this consequence will carry over into the next athletic season.
6. Student-athletes must be in school a minimum of two blocks in order to participate that day. Extenuating circumstances will be handled by the administration. After road trips, students, are expected to be in school the next morning on time. Student athletes are expected to attend school the day of and the day following all games.

7. Attendance at practice is very important. Excessive and/or unexcused absences or tardies to practice will result in dismissal from the team. Absences from practice, at the head coach's discretion, may also result in not starting or not playing games/matches.
8. A student-athlete cannot participate in another VHSL activity until all obligations from previous VHSL activities have been met. This includes turning in all uniforms, equipment, money, etc.
9. All students are expected to conduct themselves properly and to be aware that they are representing Charles City High School when participating in VHSL activities.
10. Student-athletes are expected to arrange prompt transportation home after practices and contests. Coaches will do their best to accurately predict return times from "away" contests, but students and parents should remember that precise estimates can be difficult. Coaches are not allowed to take students home.
11. All student-athletes are expected to attend the end of the year awards program. The awards program is considered a vital part of the extracurricular activities program. Failure to attend the awards program without prior notice excusing the absence may result in forfeiture of any certificates, letters, or awards that the participants may have been entitled to receive.
12. Any student-athlete who gets ejected from a game for unsportsmanlike conduct will not be able to play for the next three games. Any further occurrences will result in not being able to play for the remainder of the season.
13. Student-athletes must have medical or accident insurance coverage provided by a parent/guardian.
14. All provisions of the Student Code of Conduct remain in force during any extracurricular activity as well as during travel to and from an activity.

### **Student-Athlete Attendance Policy**

Student-athletes are expected to attend school the day of and the day following games. In extenuating circumstances administration may set an acceptable late arrival time the day following an exceptionally late game. Student-athletes who are late to school or miss school or a class without reason will not be able to participate in that day's athletic program including both practices and games. A student-athlete who is absent from school or an afternoon class for illness will **NOT** be able to participate in that day's athletic program.

### **Penalties for Violations of Rules and Regulations**

When in infraction of the rules and regulations occur, the head coach will meet with the student to discuss the alleged violation. The head coach and/or the Athletic Director will also attempt to contact the parent/guardian.

Participants who fail to conduct themselves proudly and who let the team down by representing it poorly may be dealt with as follows:

- Poor sports, sore losers, disrespectful and unsportsmanlike players, and participants who misbehave in school may be assigned certain “physical challenges” by their coaches. Alternatively, the coach, athletic director, or an administrator may bench the player for a number of contests, or even dismiss him/her from the team for the rest of the season.
- Players who do not care for school facilities and do not keep them clean will end up making the whole team suffer. The coach will assign “physical challenges” to the entire squad until the problem is solved.
- Any player ejected from a contest by an official will automatically be reported to the VHSL and will be suspended from the next contest. Any player ejected for fighting will be suspended by the VHSL for the next two contests. Any ejection from any sporting event will result in meeting with the principal (Coach or Student).
- During the season, a participant found to be in possession or using tobacco, alcohol, illegal drugs or look-alike drugs (including steroids and illegal “performance enhancers”, **WHETHER ON OR OFF CAMPUS**, will be ejected from the team. Additional school discipline measures may also be taken.
- Anyone who quits a sport or activity will be **DISHONORABLY DISCHARGED** from the Charles City Athletic Program for **ONE FULL CALENDAR YEAR** past the end of that season. That is, he or she will not be allowed to participate in **ANY** sport or activity for the next three seasons. This is included but not limited to cases in which a player in effect quits a team by refusing to play or practice, taking him/herself out of a contest without the coach’s consent, or ceasing to give an honorable effort for the team during a contest.

The goal here is not to force someone to stay on a team against his or her will, nor to trap a person who needs to quit an activity because of unexpected circumstances. Rather, the goal is to ask every participant to honor his or her commitments and to ban those who quit for frivolous reasons.

**Appeal Process:** Participants who are dishonorable discharged from the athletic program may apply for “readmission” by meeting with a committee composed of the Principal (or designee), the Athletic Director (or designee), two neutral coaches, and a staff members of the student-athlete’s choosing. At this meeting, the student-athlete and his or her parent/guardian will be asked to justify the decision to quit. The committee will then decide whether to let him/her back into the athletic program before the one year ban has passed.

### **Requirement for Maintaining Academic Excellence**

The coaching staff at CCHS believes that every student-athlete who genuinely strives to learn will be able to achieve a passing grade in any class. To enforce this philosophy, coaches will check grades for failures at each interim report and at each report card during the season.

- At any grade check, a student who is not passing at least four classes will be immediately dismissed from the team-no probation, no exceptions.
- A student-athlete who is passing at least four classes, but who has one or more F’s will be placed on “**academic probation**” until the next grade check. During this probation, he or

she may still participate in VHSL activities without restriction. However, at the end of the probation period, the participant is expected to be passing at least five classes.

- A student-athlete, who is still not passing five classes at the next grade check, after being placed on academic probation, will be benched. A benched player will be allowed (and expected) to practice with the team; however, a student may not compete in contests until teachers confirm that he/she is passing at least five subjects.

### **Policy for Students Who Are Suspended**

When a student-athlete returns to regular classes after a suspension-whether in school or out-of-school – he or she will be expected to resume regular practice with the team. However, the students will be benched for a minimum number of contests according to the standards listed below. Each roughly equals five percent (5%) of the total games for that sport per day of in-school suspension and ten (10%) of the total games for that sport per day of out-of-school suspension.

Football, Basketball, Baseball, and Softball	One game per day of ISS
	One game per day of OSS
Soccer and Volleyball	One game per day of ISS
	One game per day of OSS
Cheerleading	One game per day of ISS
	One game per day of OSS
Track and Academic Challenge	One meet every other day of ISS
	One meet per every day per day of OSS

ISS = In-School Suspension

OSS = Out-of-School Suspension

### **The VHSL Code for Interscholastic Athletics**

The **Virginia High School League (VHSL)** is the body, which governs all high school sports competitions in our state. Like all other school teams, Charles City Panthers are members of the VHSL and so are bound by its rules and policies, including this VHSL Code for Sportsmanship and Character.

#### **The Student-Athlete Should:**

- 1) Be courteous to visiting teams and officials.
- 2) 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, bet or grandstand.
- 3) Retain his/her composure to all times and never leave the bench or enter the playing field/court to engage in a fight.
- 4) Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.

- 5) Maintain a high degree of physical fitness by observing team and training rules conscientiously.
- 6) Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- 7) Play for love of the game.
- 8) Understand and observe the rules of the game and the standards of eligibility.
- 9) Set a high standard of personal cleanliness.
- 10) Respect the integrity and judgment of the officials and accept their decisions without questions.
- 11) Respect the facilities of host schools and the trust entailed in being a guest.

### **VHSL Eligibility**

The Virginia High School League provides strict rules about who can and cannot play sports in high school. To be eligible to play you must:

- 1) Be enrolled in grades nine through twelve. Eighth-graders may play on Junior Varsity teams only.
- 2) Be currently enrolled in at least five credits worth of classes at Charles City High School.
- 3) Have passed at least five classes (or five credits worth of classes) in the previous year to play a fall or winter sport. To play a spring sport, you must have passed at least five classes in the fall semester. Any winter athlete who is not passing five classes at the end of the fall semester will immediately become ineligible and will be removed from the team.
- 4) Have the approval of a parent/guardian. In addition, you must have a physical examination each year performed by a physician. Physical forms are available from the Athletic Director or from the main office.
- 5) Be 18 years of age or younger on August 1 of the current school year.
- 6) Have first enrolled in ninth grade within the last four years. That is no more than eight consecutive semesters may have passed since your first entered ninth grade.
- 7) Have been a bona fide student at CCHS for the entire previous year, unless you have transferred to CCHS because your parents/guardians recently moved to Charles City County. In other words, transfer students must attend one complete year at CCHS before being eligible to play a sport unless their parents/guardians also moved to Charles City County. Note: This rule does not apply to eighth graders or to students who are entering the ninth grade for the first time. Any other exception must be cleared with the Principal and Athletic Director.

### **Notice of Insurance Coverage for Student-Athletic Injuries**

Parents and student-athletes should be advised of the following insurance coverage policy in the event of any injury that is sustained while participating in an activity that is officially sponsored by the Charles City High School Athletic Department.

- **First and foremost**, it is required that the student-athlete have a primary **medical** insurance coverage plan, designed to cover all related cost incurred up to a \$25,000 deductible.
- The school division carries a secondary student-athlete accident insurance plan. *Please note that the benefits are payable to the applicable maximum for covered Accident Medical Services expenses that are not recoverable from another Plan Providing Accident Medical Expense Benefits. If the insured is not covered by another Plan Providing accident Medical Expenses Benefits, the excess provision shall not apply, and benefits are payable to the limits described in the policy.*
- Virginia High School League (VHSL) provides Mandatory Catastrophic Injury Accidental and Death Insurance that will pay the co-insurance percentage of 100% of covered expenses in excess of \$25,000.00 covered accidental deductible incurred by an insured.

**The Principal and Athletic Director will review the policies with students and parents.**

## **STUDENT-ATHLETE CONCUSSIONS DURING EXTRACURRICULAR ACTIVITIES**

The Charles City County Public Schools desires the safe return to activity for all student-athletes participating in extracurricular physical activities following an injury, but particularly after a concussion. The goal of this policy is to ensure (i) that coaches, school staff, volunteers, student-athletes, and their parents or guardian are aware of the short-term and long term effects of concussions; (ii) that concussed student-athletes are identified, removed from play immediately, and referred appropriately; and (iii) that concussed student-athletes are returned to play only after receiving appropriate medical care, given adequate time to heal, and are symptom free.

### **Definitions**

**Concussion:** *a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e., a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual.*

**Licensed Health Care Provider:** *a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.*

**Return to Play:** *to participate in a non-medically supervised practice, game, or athletic competition.*

### **I. Charles City County Public Schools Concussion Management Team**

- a. The Charles City County Public Schools Concussion Management Team ("CMT") shall be appointed by the Superintendent of Schools and shall consist of a school administrator, an athletic administrator, a licensed health care 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.
- b. The CMT shall develop concussion training materials for school personnel, volunteers, student-athletes, and parents 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 removed from a game, competition, or practice because he or she has been suspected of sustaining a concussion.
- c. The CMT shall meet at least once per semester and shall evaluate the division's training materials, concussion reporting, management, and review protocols annually.

### **II. Required Concussion Training for School Personnel and Volunteers:**

- a. Every Coach, Assistant Coach, School Staff, Adult Volunteer, or other person serving in a coaching or advisory role over student-athletes during games, competitions, or practices shall receive training in the signs and symptoms of sports-related concussions, strategies to reduce the risk of concussions, how to seek proper medical treatment for concussions,

and the process by which a concussed student-athlete may safely return to practice or competition. Each school and the CMT shall maintain a written record of the names and dates of completion for all persons completing the school's concussion training.

- b. 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.

### III. Distribution of Training Materials to Student-Athletes and Parent/Guardian:

- a. Prior to participating in any extracurricular physical activity, each student-athlete and the student-athlete's parent or guardian shall review concussion training materials developed by the CMT and sign a statement acknowledging receipt of such information. The concussion training materials shall describe the short-and long-term health effects of concussions.
- b. The signed statements acknowledging the receipt of concussion training materials shall be valid for one calendar year and will satisfy the concussion training requirements for all of a student-athlete's extracurricular physical activities for a calendar year.

### IV. Removal from Extracurricular Physical Activities

- a. 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 shall not return to play that same day.
- b. 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 (e.g., Sideline Concussion Assessment Tool (SCAT-II), the Standardized Assessment of Concussion (SAC), or the Balance Error Scoring System (BESS)).
- c. The determination of whether a student-athlete removed from play is suspected of having sustained a concussion 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.
- d. The coach 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.

## V. Return To Play Protocol

- a. No student-athlete shall be allowed to return to extracurricular physical activities, which includes the student-athlete's practices, games, or competitions, until the student 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; and (iii) that the student-athlete has successfully completed a progressive return to sports participation program. The length of progressive return to sports participation program shall be determined by the student-athlete's licensed health care provider but shall last a minimum of five calendar days.
- b. The coach 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 observes signs and symptoms of sports-related concussions. If the student-athlete's coach makes such a decision, the coach shall communicate the observations and concerns to the student-athlete's parent or guardian within one day of the decision not to allow such student-athlete to return to extracurricular physical activities.

## VI. Helmet Replacement and Reconditioning

- a. All helmets used in school physical activities must conform to the National Operations Committee on Standards for Athletic Equipment (NOCSAE) and certified as conforming by the manufacturer at the time of purchase.
- b. Reconditioned helmets that have been purchased must be recertified as conforming to the NOCSAE by the re-conditioner.

**Charles City High School Athletic Department**

**Student Release Form**

*According to the Athletic Handbook, students are expected to ride home from an event with the team. However, students may ride home from an event with a parent/guardian under the following conditions: a) the student has received permission from the head coach and b) the parent/guardian signs the Student Release Form before leaving the site of the competition.*

*In order for a student to ride home with a grandparent, a brother/sister, the parent/guardian of another team member, or anyone else, the above conditions must be met. Additionally, written permission from the student's parent/guardian must be approved by the Principal (or designee) before the team leaves from Charles City High School.*

**For any violation of this policy, the student will be declared ineligible to participate in the team's next two contests. If necessary, this consequence will carry over into the next athletic season.**

My signature below indicates that I understand the above policy related to a student's transportation home from an event other than with the team, and that I accept full responsibility for the student in question. If I am not the student's parent or legal guardian, my signature indicates that the parent/guardian has full knowledge of my intention to transport the student home from said event and has given permission for me to transport said student.

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Event**

\_\_\_\_\_  
**Name of Student**

\_\_\_\_\_  
**Signature of Person Assuming Responsibility**

**Athletic Handbook Verification**

All athletes and their parents must read this Handbook, especially the section entitled, “The Panther Tradition: Pride, Honor, and Excellence”. Then, sign below. A properly signed form must be on file with the Athletic Director in order for a student to be eligible to participate in a VHSL activity at Charles City High School.

**Athlete**

My signature indicates that I have received a copy of the Athletic Handbook for Charles City High School, that I completely understand its rules and regulations, and that I agree to behave and perform in a manner that will exhibit the ideals of Pride, Honor, and Excellence.

\_\_\_\_\_  
**Student-Athlete’s Signature**

\_\_\_\_\_  
**Date**

**Parent/Guardian**

I am aware that with participation in high school sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the potential risk vary significantly from one sport to another. I also understand that contact sports carry the highest, possibly catastrophic risk.

My signature below indicates that I understand the risk involved with allowing my child to participate in interscholastic sports and activities, and that I am fully aware of the insurance policy coverage requirements for athletic injuries as explained in the Athletic Handbook. Further, my signature below indicates that I have read the Athletic Handbook for Charles City High School to include the student-athlete concussions policy and that I understand its policies and content.

\_\_\_\_\_  
**Parent/Guardian’s Signature**

\_\_\_\_\_  
**Date**