

# CAROLINE HIGH SCHOOL CAVALIERS

## Athletic Handbook

Policies for Student-Athletes and Their Parents



**2022-23**

**“REACHING NEW HEIGHTS TOGETHER”**

**Sportsmanship   Responsibility   Citizenship   Community   Respect   Teamwork**

# ***Welcome to the Caroline Athletic Department***

## ***Introduction***

The purpose of this handbook is to give student-athletes and other interested persons a guide to the operation of the interscholastic athletic program at Caroline High School and Caroline County. A student who has elected to participate in athletics is voluntarily making a choice of self-discipline and sacrifice. By participating in school activities, students are accepting the responsibility to follow the rules, regulations, policies, and procedures established by the Virginia High School League, Caroline County School Board, and the Caroline coaching staff. In turn, our coaching staff has the responsibility to positively lead in a manner that promotes and models personal development, fosters teamwork, and teaches important life skills. Successfully meeting these conditions requires responsible behavior, open communication, and personal accountability from each of us, student-athletes, coaches, and parents.

## **CHS Athletics/Activities Mission Statement**

The mission of the Caroline High School athletics program is to establish programs with high standards that promote education, personal growth, sportsmanship, leadership, and citizenship.

- **We can best accomplish our mission to ensure students success by setting high academic standards and providing equality of opportunities, marked by mutual trust, respect, fairness, acceptance and personalization among students, parents, faculty, staff and the community.**
- **For our STUDENTS, we will provide a quality, personalized instructional program that celebrates teamwork. We will encourage self-directed, lifelong learning in a pleasant, caring, safe environment that nurtures positive self-esteem and responsibility.**
- **For our FACULTY and STAFF, we will provide opportunities to actively participate in the decision making process. We recognize the importance of mutual respect and teamwork to produce a supportive atmosphere of kinship.**
- **For the PARENTS and other CITIZENS, we will establish a climate where school and community are aware of and responsive to each other's needs and services.**

## ***Goals & Objectives of the Athletic Program***

The philosophy of the Caroline County Athletic Department is that athletics are an integral part of the school's educational program. Our goal is to provide positive experiences that will enhance and challenge our student-athletes. We strive to develop a high level of competition without losing sight of sportsmanship, personal responsibility, academic success, and leadership while appreciating all the values that come with being a member of your team.

- Ensure that interscholastic athletics are a vital element in the overall school curriculum.
- Encourage participation in athletic teams and other school activities.
- Set standards of sportsmanship, fair play, and respect for the rules which will cultivate friendly relationships with other schools and communities.
- Develop interest in physical activities which will serve the participant's present and future leisure time.
- Develop the mental, emotional, and social qualities of the individual as well as the physical qualities.

**Students**, this is a special time in your life and your high school years will pass by quickly. Parents, athletes, coaches, teachers, and administrators are on the same team together. We each play a role in making the Caroline Athletic experience a positive one filled with great memories and lifelong friendships. It is imperative that we work openly and positively together, whether we are faced with problem solving or celebrating successes! The strength of this relationship is the anchor in making our athletic department stronger and your experience more fulfilling.

Thank you for your support and commitment to assisting each of us to be our best! It is our hope that you will always be proud to be a Caroline Cavalier!

## ***ACADEMICS & ATHLETICS***

Academics play a major role in the Caroline High School athletic program. All coaches monitor their student-athletes throughout the school year.

### **Requirements:**

- Beginning with the Freshman class, student-athletes must maintain a 2.0 GPA (LOCAL REQUIREMENT)
- Academic eligibility is determined by the previous semester
  - Fall Sports = End of Year Final Grades
  - Winter Sports = End of Year Final Grades (to begin the season); 1<sup>st</sup> semester grades (to finish the season)
  - Spring Sports = 1<sup>st</sup> semester grades
  - ***MUST HAVE PASSED AT LEAST 5 CLASSES (or the equivalent) AND CURRENTLY BE ENROLLED IN AT LEAST 5 CLASSES (ALL MUST BE CREDITED AND COUNT TOWARD GRADUATION. These must be “new” classes, you can’t get credit twice for the same class).***

Students wanting to participate in college athletics are encouraged to take core courses that will count towards NCAA academic eligibility. The NCAA now has a central clearinghouse that will certify athletic eligibility for Division I and II athletics. You must register with NCAA Academic Eligibility and Clearinghouse in order to be certified to compete your freshman year in college. Students considering athletic participation in college cannot wait until they are seniors to make this decision. It must be made early so that all NCAA requirements can be met. If you have any questions, please call our School Counseling Office or view the information available through the school website.

### **❖ Affiliations (Virginia High School League Hierarchy):**

- State Level:
  - Caroline High School is a proud member of the Virginia High School League (VHSL).
  - Virginia’s public high schools, through their alliance as the Virginia High School League, serve their youth by establishing and maintaining standards for student activities and competitions that promote education, personal growth, sportsmanship, leadership, and citizenship.
  - The VHSL is made up of the principals of all the public schools in the state of Virginia.
- Group:
  - Caroline High School is a member of Group 3 in the VHSL.
  - Group 3 consists of roughly the middle one third of the schools in the VHSL based on enrollment.
  - The voting members of Group 4 are the principals or their designees.
- Region:
  - Caroline High School is a member of the Region 3B of the VHSL.
  - Region 3B consists of 12 teams primarily in the Richmond and Fredericksburg areas.
  - Caroline High School is a member of the Battlefield District in Region 3B of Group 3 of the VHSL.

# CHS Athletic Teams and Coaches

## Fall Season

|                             |                |                      |
|-----------------------------|----------------|----------------------|
| Competition/ Sideline Cheer | Pat Douglas    | pdouglas@ccps.us     |
| Cross Country               | JJ LaPointe    | jlapointe@ccps.us    |
| Field Hockey                | Dena Kappler   | dkappler@ccps.us     |
| Football                    | Gerard Johnson | gjohnson@ccps.us     |
| Golf                        | Time Casey     | caseytim85@yahoo.com |
| Volleyball                  | Grace Ruble    |                      |

## Winter Season

|                  |                  |                             |
|------------------|------------------|-----------------------------|
| Sideline Cheer   | Pat Douglas      | pdouglas@ccps.us            |
| Boys Basketball  | Antoine Johnson  | ajohnson@ccps.us            |
| Girls Basketball | Rodney Wilson    | rawilson1@henrico.k12.va.us |
| Wrestling        | Steve Swanton    | sswanton@ccps.us            |
| Indoor Track     | Sansberry Harvey | sansberryh@yahoo.com        |
| Swim             | Bethany Hale     | bhale@ccps.us               |

## Spring Season

|               |                  |                         |
|---------------|------------------|-------------------------|
| Baseball      | Zac Foltz        | zfoltz@ccps.us          |
| Softball      | Dena Kappler     | dkappler@ccps.us        |
| Boys Soccer   | Brian Whyte      | brian.c.whyte@navy.mil  |
| Girls Soccer  | Jono Rollins     | jonorollins@hotmail.com |
| Boys Tennis   | TBD              |                         |
| Girls Tennis  | Janelle Brooks   | jabrooks@ccps.us        |
| Outdoor Track | Sansberry Harvey | sansberryh@yahoo.com    |

## ***Sportsmanship/Behavior Expectations***

School spirit should be demonstrated in a manner that creates a positive atmosphere promoting pride at Caroline High School.

Respect our teams, coaches, and fans. Respect our opponents' teams, coaches, and fans. Respect officials and their decisions. Respect the athletic event staff and workers.

- Athletes are expected to follow all school, county, and VHSL rules as set forth in the Caroline County Handbook, the Virginia High School League Handbook, and in this guide.
- Certain discipline infractions may result in the exclusion or suspension of a student from participation on athletic teams.
- Students serving In-School Suspension (ISS) are not eligible to compete or practice on that day.

- Participation on athletic teams is a privilege and is not a right. A student's behavior can affect his or her status on a team whether at school, at home, in the community or online.
- An athlete will display respect to peers, coaches, faculty, and administrative staff at CHS. The same respect will be shown to opponents, officials, and all other people an athlete comes in contact with while representing our school.
- Student Athletes should be reminded that behavior expectations carry over to online activities. Student athletes are encouraged to keep their content appropriate on websites, Facebook, Twitter, etc.
- Athletes and spectators are not allowed to leave the bench area or enter the playing field or court to engage in a fight or altercation.
- If an athlete is released from one team for any reason other than being "cut", the athlete may not participate on another team until the case is reviewed by the activities director and principal.
- Athletes must be properly attired (shirts must be worn) at all times. Cleats should not be worn inside. Athletes must not jump fences and must not run laps on the grass of the stadium field.
- **By VHSL rules:** An ejection for unsportsmanlike conduct results in a minimum one game suspension. A second ejection results in a minimum two game suspension. Fighting results in a minimum three game suspension. A second fight results in a minimum four game suspension.
- If abusive and/or vulgar language is involved with an ejection, CHS Athletic Department may add an additional game suspension to the minimum required by the VHSL.
- Caroline High School reserves the right to extend the suspension resulting from an ejection of a contest as deemed necessary.
- \*An athlete may be required to pay any fines imposed on CHS by the VHSL for his/her unsportsmanlike conduct.\*
- ***Failure to follow expectations may result in suspension or dismissal from an activity.***
- ***Continuous failure to follow expectations may result in exclusion from extracurricular activities at CHS.***

#### Eligibility Relative to Court Disciplinary Action(s)

1. School officials may suspend a student from participation in extracurricular activities who has been charged with a misdemeanor or felony involving violence, assaults on other individuals, use or possession of a weapon(s), possession/use and/or distribution of alcohol, and/or illegal drugs until disposition of the charges by the court.
2. The student must report the incident to the coach/sponsor who will present the facts as known to the school administration to determine eligibility for participation.
3. School officials may deny participation in all extracurricular activities to any student convicted or found "not innocent" of a misdemeanor involving violence, assaults on other individuals, use or possession of a weapon(s), possession/use and/or distribution of alcohol, and/or illegal drugs. The student may appeal to the principal for reinstatement in other activities the semester following the incident.
4. Students found guilty or "not innocent" of any felony charges may be denied participation in extracurricular activities.

## **Virginia High School League Eligibility Rules**

The Virginia High School League is a member of the National Federation of State High School Associations. All rules and regulations governing secondary school interscholastic athlete contests and practices are established by the VHSL, Caroline County School Board and the Caroline High School Administration. To be eligible to represent Caroline High School in any VHSL sponsored interscholastic contest a student shall meet the following requirements:

#### 28-1-1 BONA FIDE STUDENT RULE

(1) A "regular" student is considered a full-time student who is in regular attendance and is carrying a schedule of subjects which, if successfully completed, will render him/her scholastically eligible for League participation the ensuing semester. (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. (3) Any student is permitted to take course work outside the VHSL high school building provided he/she is enrolled in the high school and is eligible in all other respects.

28-2-1 GRADE RULE-The student shall be enrolled in the last four years of high school. Eighth grade students may participate in sub-varsity athletics with the consent of the principal.

28-3-1 ENROLLMENT RULE- The student shall have been regularly enrolled in the school which he/she represents not later than the fifteenth school day of the semester.

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 and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credit on a semester basis; and

(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.

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 compete.

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. Home instruction does not constitute enrollment in a public school.

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.

28-8-1 AMATEUR RULE-A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived there from.

28-9-1 ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION RULE-The student shall have submitted to the principal or activities director 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. In order to tryout and/or participate in practice athletes must have a current physical on file...MUST be after May 1<sup>st</sup> of the current year and is good through June 30<sup>th</sup> of the following year...May 1, 2019 – June 30, 2020

28-10-1 AWARDS RULE-Students may accept permissible awards presented or approved by the student's school.

28-10-2 Interpretations: (1) It is intended by this rule that control of awards to school athletes be in the hand of the school principal. Outside agencies or organizations which desire to present awards or recognitions to students for achievement in some phase of the school's activities program must first secure the concurrence of the school principal or the Executive Director.

28-11-1 INDEPENDENT TEAM RULE - Student responsibility for sports participation. 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 **so long as such participation does not conflict with the scheduled activities of the school squad or team.** No school or student shall be declared ineligible for participation in interscholastic sports because of participation by a student as a member of an organized team in the same sport which is independent of the school's control during the sports season for the relevant sport.

27-13-6 SPORTSMANSHIP RULE/Player and/or Coach Ejection Penalty (4-00) – Players and coaches who are ejected from a contest for unsportsmanlike conduct and are ineligible for the team's next contest(s) . . . must sit out the next contest(s) played by the same team, meaning that if the ejection is from a varsity contest, the penalty is applied to the next varsity contest(s); a junior varsity ejection means the penalty is applied to the next junior varsity contest(s). Further, the penalty means a LOSS of one or two contests under the Contest Limitation Rule, and a player could not suit up for games at another level of competition to replace those he/she is required to sit out.

- **Note: Caroline High School reserves the right to extend the suspension resulting in the ejection from a contest as deemed necessary.**
- **A coach may be required to pay any fines imposed on CHS by the VHSL for his/her unsportsmanlike conduct.**

27-11-1 CONTEST LIMITATION RULE-No member school may permit its athletes or teams to compete in more than the total number of regular season interscholastic contests, meets or tournaments specified in 54-8-1 of this (VHSL) Handbook for each sport either on the varsity or sub varsity level. No athlete may participate on two levels (e.g. middle school, junior high, junior varsity, varsity) in any sport on the same day. A student participating in two levels of competition on the same day is ineligible in the second competition and appropriate penalties will be assessed. Students in the eighth grade may participate in competition of less than varsity level.

HAZING LAW – VIRGINIA CODE 18.2-56 - This law has serious implications for secondary school athletic teams and clubs. Embarrassing, humiliating and dangerous acts of “initiation” of any kind could be considered acts of hazing. Should one result in an injury to a student, charges can be brought up under this law. Anyone found guilty of hazing will be removed from the team, as well as face expulsion from school and possible criminal charges.

SCHOOL DEBTS – Any student who owes debt to the school will be ineligible for contests until the debt is paid.

## **Parent-Coach Relationship**

It is difficult to be a parent. It is also difficult to be a coach. By understanding each position, we are better able to accept the actions of each other and provide a greater benefit to the children. Establishing an open line of communication at the onset of a season is very important. Coaches will communicate to you his or her expectations and goals. In exchange, parents must understand their role in their son or daughter's development as a student athlete. This pamphlet shall be a guide for both parties to ensure an understanding of each party involved.

Your child will experience very rewarding moments in their sport. There may also be disappointing times when things do not go as you or your child had wished. When disappointments occur, communication with the coach will lead to understanding and resolutions of problems.

## **What communication should I expect from the coach of my son or daughter's team?**

1. Philosophy of the coach
2. Expectations and goals for your child and the team

3. Locations and times of practices and contests
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure if your child is injured during participation
6. Team rules, and guidelines and consequences for infractions.
7. Lettering criteria for varsity sports
8. Team selection process

### **What communication should the coach expect from me as a parent?**

1. Concerns expressed directly to the coach in a polite and professional manner
2. Notification of any schedule conflicts in advance
3. Notification of illness or injury as soon as possible

### **What procedures should I follow as a parent if I need to meet with the coach?**

1. Call the coach and set up an appointment. Leave a message if necessary and he or she should return your call within two business days. The phone number for Caroline High School is (804) 633-9886
2. If the coach cannot be reached, call the Athletic Director, Paul Heizer and he will set up the meeting.
3. Please do not confront a coach before, during, or after a contest or practice to discuss your concern. These times are not conducive to having productive and positive resolutions. The goal is to meet under calm and professional conditions.

### **What happens if the meeting with the coach provides unsatisfactory results?**

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At the meeting, further steps can be determined to resolve the conflict.

### **Key Commandments for Athletic Parents**

1. I will make sure my child knows I love them, WIN or LOSE.
2. I will accept my child's strengths and weaknesses as they are and focusing on helping them to do their best.
3. I will let the coach know my role is support, encourage and motivate progress.
4. I will teach my children to enjoy the thrill of competition, the fulfillment of just being a part of it, and the satisfaction of having done their very best.
5. I will not re-live my athletic career through my children.
6. I will not compete with the coach, but rather work with him or her for the sake of my child.
7. I will never compare the skills, courage, or attitude of my child to that of another player negatively.
8. I will keep my actions and reactions in check as a spectator of my child's game or match, keeping in mind my child is a reflection of me.
9. I will keep in mind the team priorities are first, not individual agendas.
10. I will use social media in a positive manner, not negatively discussing others.

### ***Other Information:***

#### **Spectator Behavior Expectations**

- Spectators may be asked to leave the facilities for behaviors that are unsportsmanlike or violate Caroline High School or Caroline County Public School policy.



- Purchasing a ticket to attend an athletic event does not give a spectator the right to behave in an unsportsmanlike manner.
- Spectators are expected to show respect to the visiting team, the home team, coaches, officials, and event workers.
- Spectators should not approach a coach or player during a contest unless requested by a game worker or the coach. In cases of injury, a parent will be asked to enter the bench and/or playing area.
- Negative remarks and negative cheers should not be directed towards players, coaches, or officials, or other spectators before, during, or after a game. We encourage our spectators to promote good sportsmanship and to set the example for our student athletes.
- Officials for a contest should never be approached by spectators. Severe penalties could be imposed on the athletics program. Issues should be brought to the attention of the Student Activities Director.
- Spectators are not allowed to enter the bench area or playing field to engage in a fight or altercation.
- Parents or spectators who engage in prohibited behaviors may result in the ejection of a single sports event at which one-time misconduct occurs, a multi-event ban for multiple transgressions, or a permanent ban when actions become sufficiently severe so as to create a significant disruption.



### **Attendance to School:**

- An athlete must attend all classes in order to compete in practice or games. Any exceptions must be approved by the Student Activities Director.
- Any exception for a doctor's appointment must be approved by the coach or Student Activities Director with a written note from the parent; in this case, the student should attend at least half a day of school (2 blocks).
- All other exceptions must be approved by the Student Activities Director.
- Make sure your coach knows if you have missed school or if you are going to miss practice. Each coach will set a policy for missing practices.



### **Communication:**

- Communication is the key. Ask for clarifications to avoid misunderstandings!
- Let your coach know when things are going on that may affect practice or games. We can plan for conflicts if we know about them.
- Coaches will set policies for absences and tardies for their team.
- An athlete can share their thoughts, feelings, and concerns with the coach. Talk to the coach to set up a time to talk. Right before or after a practice or a game is not the best time to meet.



### **Facilities:**

- Athletes must show pride in their home facilities! Take care of YOUR school! Athletes need to dispose of trash in trashcans. Clean up before you leave.
- All areas must be kept neat and clean. This includes locker rooms.
- Away facilities must be treated with the same respect. Clean up all trash before you leave.

## **Safety & Injuries:**



- CHS has a certified athletic trainer on staff.
- While we hope no one is injured, understand that participation in sports carries some risks. Some sports are more dangerous than others.
- The athletic trainer is available during practices and is present at most games throughout the seasons. However, one person cannot be everywhere at all times. When the trainer is not present, the coach handles any problems.
- Be sure your coach has emergency contact information and is aware of any medical conditions.
- If a physician has held you from participation, that physician must “clear” you before you will be allowed to participate in practice or games.
- Let the athletic trainer know whenever you see a doctor. The trainer will need that information to help you in your “return to play.”

## **Transportation:**



- Athletes will travel by school bus or county transportation.
- An athlete will not drive him/herself or another individual to an athletic event.
- Coaches decide if students can ride home with parents! Students may only be released to his/her own parent. Parents need to sign their student out with the coach each time.
- *Exceptions must be approved by the activities director!*

## **Uniforms, Equipment & Attire:**

- Uniforms should only be worn only during VHSL competitions for CHS.
- Uniforms must be turned in at the conclusion of the season. Athletes may be denied participation on athletic teams if uniforms are not returned from previous participation.
- Athletes must pay the replacement cost of lost or damaged items.

## **Risk of Injury Due to Participation in Athletics**

Students may suffer serious injury including but not limited to sprains, fractures, brain damage, paralysis, or even death by participating in sports.

Some sports have more contact and students may be more susceptible to injuries. Football, field hockey, wrestling, soccer, and baseball can be violent contact sports. However, all sports carry risk of injury from minor to major to paralysis or even death.

For Football Players: No helmet can prevent all head and neck injuries a player might receive while participating in football. Do not use the helmet to butt, ram, or spear an opposing player. This is in direct violation of the football rules and such can result in severe head and neck injuries, paralysis or death to you and possible injury to your opponent.

While injury (no matter how severe) is a possibility, there are steps that can be taken to be preventative. Honest communication is a MUST! Student athletes and parents are encouraged to let the coach know when an athlete is ill or injured. The athletic trainer should be informed as well.

When a student sees a doctor or physician, they are under that doctor’s care until they are cleared for participation. Please be sure to ask the doctor for a note that clearly states when your student may return to play. Please do this even if you see a doctor for feeling ill. No coach, athletic trainer, or parent can override doctor’s orders and care. Students are encouraged to see the athletic trainer before and after they are seen by a doctor for an injury.

Concussions—there are no “minor” concussions. One of the biggest concerns with concussions is Second Impact Syndrome which can occur when a student suffers a second head injury before they have recovered from the first. Concussions and especially second impact concussions may be fatal.

When a student is suspected of a head injury, they will be taken out of play and may not return to play the rest of the day. State law states that athletes must be cleared to return to play by a medical doctor. Coaches may no longer rest an athlete until they say they are ready to return to play. Athletes are encouraged to be honest and must alert coaches and the athletic trainer to possible head injury no matter how small a “ding” they experienced. The goals of the state “Student-Athlete Protection Act (SB 652)” are to ensure that student-athletes who sustain concussions are properly diagnosed, given adequate time to heal, and are comprehensively supported until they are symptom free.

### **I. Definition of 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. 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.

### **II. Signs and Symptoms:**

You can’t see a concussion. Signs and symptoms of concussions can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just “doesn’t feel right.” If your child or teen reports one or more of the symptoms below, or if you notice the symptoms yourself, seek medical attention right away.

#### **Signs observed by parents or guardians**

- appears dazed or stunned
- is confused about events
- answers questions slowly
- forgets an instruction
- is unsure of game, score, or opponent
- moves clumsily
- loses consciousness (even briefly)
- shows behavior or personality changes
- cannot recall events prior to hit, bump, or fall
- cannot recall events after a hit, bump, or fall

#### **Symptoms reported by athlete**

- headache or “pressure” in head
- nausea or vomiting
- balance problems or dizziness
- double or blurry vision
- sensitivity to light
- sensitivity to noise
- confusion
- feeling sluggish, hazy, foggy, or groggy
- does not “feel right”
- concentration or memory problems

# Athletic Ticket Prices

## Regular Season Ticket Prices

All ticket prices are established by the Battlefield District Council. The following is a list of regular season athletic contests that CHS will charge for during the school year:

|                         |     |
|-------------------------|-----|
| Varsity Football        | \$6 |
| JV Football             | \$6 |
| Varsity/JV Field Hockey | \$6 |
| Varsity/ JV Soccer      | \$6 |
| JV/ Varsity Volleyball  | \$6 |
| JV/ Varsity Basketball  | \$6 |
| Varsity Wrestling       | \$6 |
| JV Wrestling            | \$6 |
| Varsity Baseball        | \$6 |
| VHSL Benefit Games      | \$5 |
| JV Baseball             | \$6 |

**Admitted free to regular season games:** All in-Season athletes participating in other sports(except to varsity football games), all Caroline County Public School Employees, children 7 and under.

**Pass:** Available anytime offer a discount versus purchasing individual game tickets. (Prices vary each season) Good for any regular season games of your choice- regardless of the sport or level. Year-long sports passes are \$80 and admit you to \$595.00 worth of events.

**Senior Night** – Typically the last regular season home game for each sport where there is an admission fee will be declared as Senior Night.

**Post-Season Prices-** Post season includes Battlefield District tournaments, Region tournaments, and the VHSL State tournament. Traditionally, post-season ticket prices generally increase by \$1-\$2 for every level of competition, but may vary. No in-season athletes from other sports will be admitted for free during post-season events. CHS cards and booster passes also will not accepted, every spectator must pay the ticket price.

### **\*There may be extra costs involved with playing sports**

**Meals:** CHS is not responsible for providing meals to teams. There are many ways parents can help with meals. Ask your coach about helping out the team with meals.

**Warm-ups:** Warm-ups are optional items that players must pay for. Most teams order warm-ups and the cost is usually between \$30 and \$40. Ask your coach about their plans for warm-ups.

**Socks:** Baseball, softball, and soccer teams must wear matching socks. Socks are approximately \$5 per pair and may be purchased through the coach.

## **Awards & Lettering:**

- Lettering policies are unique to the sport. Please have your coach define this at the beginning of the season.
- Athletes receive participation certificates or letter certificates.
- A first-time letter winner receives a varsity letter with an emblem. A repeat letter receives an emblem. Captains receive captain pins and managers receive manager pins.
- Varsity teams may award CHS plaques for various accomplishments.

Athletes should receive only those awards sanctioned by the VHSL or approved by the school principal. Awards are symbols of achievement, tradition, and school spirit and shall be made to members of athletic teams, team managers, and cheerleaders as well as student trainers. The following requirements shall be considered by the coach when recommending a student for an award (not necessarily a varsity letter):

- Attendance and punctuality at practice
- Cooperation in upholding team regulations
- Return all school equipment, uniform, materials
- Observance of training rules as formulated by the coach
- Attitude in and out of the team
- Completion of regular and post season play unless injured

Any student who has quit or has been removed from the team is ineligible to receive any awards.

**Who receives letters?** - It is the coaches' responsibility to track and submit players who have earned letters. A senior of a sport for three years, member of district championship team, or based on the discretion of the head coach.

**Team banquet/ reception-** Format of the awards reception may vary by year. The ceremony may include a meal which athletes eat for free and guests will pay a fee. Other ceremonies without a meal will be free for all to attend and will include refreshments.

**Award Ceremony notification-** The Athletic Director will notify and post the date of the award ceremony and it is the responsibility of the coach to notify athletes and parents.

**All-District awards-** voted on by all coaches from each team in the Battlefield District.

### **Important Websites, Phone Numbers, and Emails:**

**Websites:** [www.ccps.us](http://www.ccps.us)      www.battlefielddistrictva.org

**Caroline High School:** 804-633-9886

**Student Activities Director:** Paul Heizer, 804-633-9886 ext. 5121  
Email: pheizer@ccps.us

**Athletic Trainer:** LT Batiste  
Email: lbatiste@ccps.us

### **CAROLINE BOOSTER CLUBS** **Get Involved – We need your support!**

Being involved in your team's Booster Club is an excellent way to support the needs of your child's team, their coaching staff, and Caroline High School. The financial support offered by each Club goes directly to your child's sport and provides those items that the Caroline Athletic Budget cannot. Our organization is the Caroline High School Athletic Boosters Club and consists of an executive board and team parent representatives, and is run in accordance with the head coaches and the athletic director. There are many fundraising projects that parents can help with. Become a member today!

#### **Common fund raising efforts go towards:**

- Charter buses
- Non Inventory Items like Team sweatshirts/t-shirts/warm-ups
- End of the Year Team Banquet and extra awards as designed by the Coach
  - New items like team chairs, scorer's tables and scoreboards
    - Home and away pre/post game meals/snacks

- The coach and the athletic director have the final approval of how Booster money is spent

### **Things to know:**

- Incorporated Booster Clubs are required to present financial reports upon request to the CHS bookkeeper and athletic director
- All fundraising projects must be approved by the athletic director (some fundraisers may work in conjunction with the ABC)
  - All financial statements will be presented at each monthly meeting

### **Other ways to help out/volunteer:**

- Develop a contact list for coaches, parents, and players
- Work in the concession stand (free admission to games)
  - Announce athletic events or run the score clock
  - Organize the End of the Year Team Banquet
    - Provide rosters at each home game
- Develop a sportsmanship plan for your team and fans
- Sell advertisements in the program or banners for the field

**Regardless of what you can or cannot do, know how much we appreciate your supportive effort to all of our student-athletes, teams, coaches, and department.**

### **Contact Info:**

President – Tanya Tunstall

email: [grcoketu@aol.com](mailto:grcoketu@aol.com)

### **ACTIVITY BUS ROUTES**

**\*Subject to Change\***

The activity buses leave Caroline Middle School at 5:30 p.m. and Caroline High School at 5:45 p.m. until Oct. 6. (CMS at 5:15 p.m. and CHS 5:30 p.m. October 10-May). The Activity Buses run four (4) days Monday – Thursday. On half days, or Early Dismissal days there will be NO Activity Runs from either school.

#### **Bus #88 Mary Ann Mastin**

**1. Golansville Rd. 2. #1 Highway 3. Lake Caroline (Rec. 1 Little Beach)**

Leave CMS proceed to CHS, leave CHS to Rt. #207-left on #207 to #601 (Golansville Rd.) right on Golansville Rd. making stops along the road to #1 Highway, right on #1 HWY to Lake Caroline, left in Lake Caroline to Gate- Stop, proceed to Lake Caroline dr. to REC. #1 left, turn around back to Caroline dr. back to road, make a right-follow across Dam –putting off on Caroline dr. to Little Beach-turn around back to Caroline dr. crossing Dam to Gate to Pendleton

**Bus # 46 Deanna Calhoun/Monday&Tuesday-Bus# 37 Tammy Wetherington/Wednesday&Thursday**

**1. Ladysmith Village 2. Campbell's Creek 3. Quail Oak Drive 4. Cedon Area**

Ladysmith Village-to Campbell Creek-left in Campbell's Creek to Quail Oak dr. right to follow to #1 Hwy-make a left to Old Brown's Store-putting off to Hilltop on #1 Hwy- left on #1 putting off at Cedon Market to Gatewood Rd.-making a right on Gatewood Garage-Maggie's Rd. to end. Run completed.

**Bus # 71 Francine Beverly**

**1. Stops on #639 2. LES 3. Lake Land Or' Both Sides, 4. Countryside Apartments 5. Moore's Market**  
Leave CMS proceed to CHS, leave CHS to Rt. #207-right on #207 to #639-left on #639 –making stop on #639 to #1 Hwy.-cross #1 to Ladysmith Elem. School-back to #639 West to Lake land O' Club Houses (both sides) back to #639 .Stop at Countryside Apartments,. Then to Moore's Market

**Bus #74 Patricia Lindsey**

**1. Acorn Drive 2. Caramel Church (Park & Ride) 3. Belmont Subdivision 6. Caroline Pines**

Leave CMS proceed to CHS, leave CHS to Rt. #207-right on #207- left on #639 to #1 Hwy.-1<sup>st</sup> stop at CCC road-2<sup>nd</sup> stop Acorn Dr. on #1 Hwy. 3<sup>rd</sup> stop Carmel Church-Park & Ride 4<sup>th</sup> stop Belmont Sub Division. 5<sup>th</sup> stop- Caroline Pines Front Gate. Run completed.

**Bus # 47 Chris Martin**

**1. Bowling Green Square 2. A.P. Hill 3. Old Vaughan's Store 4. Port Royal 5. Rt. 610 6. Pepmeir Hill Rd. 7. Cedar Ridge Trailer Park 8. Hayden's Garage 9. Rt. 626 Villeboro Rd.**

Leave CMS proceed to CHS, leave CHS to Rt. #207-left on #207 to Bowling Green Square Parking Lot) continue East on #301 to A.P. Hill-back to #301 to Old Vaughan's Store in Port Royal-left on #17 to #610 (Pepmeier Rd.)-left on #610 (Cedar Ridge Trailer Park)—Rt. 610 to Corbin Store on #2 Hwy - Fredericksburg Tpke.-left on #2 to Hayden's Garage –South on #2 to #626 (Villeboro Rd.) Run complete.

**Bus #11 – Elsie Johnson (5)**

**1. Rt. 656 (Coleman's Mill Rd.) 2. Dry Bridge Rd. 3. Frog Level Market 4. Dawn-Gloria's Café 5. Old Dawn School**

Leave CMS proceed to CHS, leave CHS to Rt. #207-left on #207 to #656 (Coleman's Mill Rd.) to Dry Bridge RD.- stay on Dry Bridge Rd. to stop sign-make right on to #301 Richmond Tpke. (proceed to Town & Country Store on #301-left on #651-Old Dawn Rd.-Right on #30 (Dawn Blvd.) – left at Dawn Progressive Center-Run complete

**Bus # 30 Lelia Fortune**

**1. Nelson Hill Rd. 2. Antioch Rd. 3. Rt. 301 4. Sparta Store 5. Byrd's Store**

Leave CMS proceed to CHS, leave CHS to Rt. #207-right on #207 to Nelson Hill Rd.-right on Nelson Hill Rd.(#722) to Antioch Rd. (#628)-Right on #628 to #301-left on #721 to Sparta Store to #630-to Byrd's Store (Central Point) Run completed.

# ***The Sporting Creed: A Total Team Effort***

## **The Athlete...**

- ❖ Lives clean and plays hard. Plays for the love of the game.
- ❖ Wins without boasting, loses without excuses, and never quits.
- ❖ Respects officials and accepts their decisions without question.
- ❖ Never forgets that he/she represents his/her school.
- ❖ Shakes hands of opponents no matter what the outcome.

## **The Coach...**

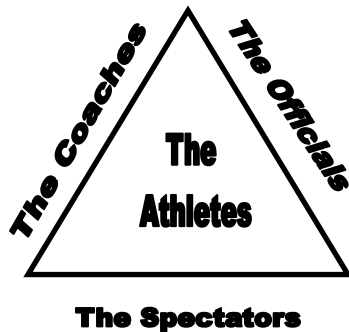
- ❖ Inspires in athletes a love for the game and the desire to win.
- ❖ Teaches them that it is better to lose fairly than to win unfairly.
- ❖ Leads players and spectators to respect officials by setting a good example.
- ❖ Is the type of person he/she wants his/her athletes to be.

## **The Official...**

- ❖ Knows the rules.
- ❖ Is fair and firm in all decisions and calls them as he/she sees them.
- ❖ Treats players and coaches courteously and demands the same treatment.
- ❖ Knows the game is for the athletes and lets them have the spotlight.

## **The Spectator...**

- ❖ Respects decisions made by officials.
- ❖ Appreciates a good play, no matter who makes it.
- ❖ Knows the school gets the blame or the praise for his/her conduct.
- ❖ Realizes that a ticket is a privilege to observe a contest and support high school athletics, not a license to verbally assault others or be generally obnoxious.





**TO: CANDIDATES FOR VHSL ATHLETIC TEAMS & ACTIVITIES**  
**FROM: PAUL HEIZER, AD, CAROLINE HIGH SCHOOL**

We are happy that you have chosen to try-out for one of our VHSL athletic teams or activities. This page must be completed and returned to your coach. This must be signed by your parent/guardian and by you. These forms are good for all sports during the 2022-23 school year.

To participate during the 2022-23 school year, your physical form must be dated on or after May 1, 2022. The physician must sign and complete the physical form. Forms such as camp forms, middle school athletic forms, work permit forms, school enrollment physical forms, etc. cannot be accepted. The physical form must have the VHSL emblem on each page. These are available at the high school, and online at the Caroline and the VHSL websites.

**PLEASE PRINT**

ATHLETE'S NAME \_\_\_\_\_  
LAST NAME FIRST NAME MIDDLE INITIAL

PARENT'S NAME(S) \_\_\_\_\_

WORK PHONE NUMBERS \_\_\_\_\_

HOME PHONE NUMBER \_\_\_\_\_

WHAT SCHOOL DID YOU ATTEND IN 2021-22 \_\_\_\_\_ Grade you will be in during the 2022-23 school year: \_\_\_\_\_ Have you repeated a grade since entering High School? Yes No (please circle one)

Do you live with your parents? Yes No (please circle one)  
If no, who do you live with? \_\_\_\_\_

If you did not attend a Caroline County Public School in 2021-22 please explain your transfer to Caroline High School.  
\_\_\_\_\_

**PLEASE READ THE STATEMENTS BELOW CAREFULLY & SIGN AT THE BOTTOM**

Athletic participation is a privilege and, as such, requires that you adhere to certain rules that may not apply to all students. In addition to VHSL rules, the following rules apply to all athletes and activity members.

1. You are expected to attend school/classes everyday unless you have an acceptable excuse. If you are absent or leave school early due to illness, you may not practice or play that day.
2. As an athlete, you represent CHS, your team, and your parents. You are expected to behave like a responsible and mature young lady or gentleman at all times.
3. You are expected to attend all practices, games, and meetings of your team unless a prior excuse is arranged with your coach. If there is a conflict between practice or games of an outside team and your school team's practice or game, you shall attend the school teams practice or game.
4. You must travel to and from away contests with your team on school transportation.
5. The use of tobacco (any form), alcohol, or other illegal drugs is prohibited.
6. You are expected to dress neatly and be well groomed.
7. Follow team rules as established and announced by the coach of your sport or activity.
8. You are financially responsible for lost, damaged, or stolen school equipment issued to you.

**I have read and understand and agree to abide by the above rules. I am aware that a violation of these rules can involve penalties up to and including my being dismissed from the team or activity. By signing below, I am also stating that I have read the Handbook for Athletes & Parents.**

\_\_\_\_\_  
DATE STUDENT'S SIGNATURE

\_\_\_\_\_  
DATE PARENT'S SIGNATURE

**Media Consent**

**I give my consent and approval for the above named student's picture and name to be printed in any High School VHSL Athletic Program, Publication or Video. This also includes all newspapers and magazines.**

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_