

FRANKLIN COUNTY SCHOOLS

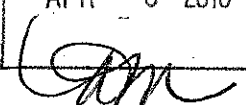


ATHLETIC HANDBOOK

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APPROVED
FRANKLIN COUNTY SCHOOL BRD.

APR 8 2010

By 

Recommended

APR 7 2010

by 

ATHLETIC DEPARTMENT MISSION

Franklin County School seeks to provide a broad opportunity of interscholastic activities for both male and female students in Grades 6-12, which support our School Philosophy, which states we develop the total child, intellectually, physically, spiritually, socially, aesthetically, and emotionally. Personal traits, including commitment, discipline, team cooperation, individual leadership, sportsmanship, and consideration of others, are emphasized and vital to the success of the Franklin County Athletic Program.

ATHLETIC PROGRAMS

All interscholastic competition begins in Grade 6 according to the FHSAA. Some sports may choose to exempt grade six.

Franklin County takes pride in its athletic teams and programs, which encourage student participation, support, and total physical effort on the fields of play. While it encourages winning, the school does not place it as the cornerstone of its sports program. Franklin County students are scholars who know the joy of physical exertion and tough competition.

Students are encouraged to attend as many athletic events as possible and should display good school spirit. Both players and fans should exhibit appropriate behavior and show respect to the officials, opponents and their fans. Younger students should not be "dropped off" at games and left unsupervised; consequently, elementary students may not attend athletic events without an adult.

ATHLETIC PARTICIPATION PHILOSOPHY

It is the intent of Franklin County School to provide the opportunity for our sixth through twelfth grade students to participate in as many interscholastic athletic activities as possible. While some of our sports require a limitation of numbers, others are open to all. We encourage our students to be aware of opportunities to participate and take advantage of them.

The Franklin County School Athletic Department and Administration will continue to explore broader opportunities for our students to participate in interscholastic athletics in the years to come and will keep you informed of changes in the program.

ATHLETIC DEPARTMENT GOALS

The primary goals of the Franklin County School Athletic Programs are to accentuate the development of the whole student and to achieve a personal level of excellence in the areas of fitness, team commitment, and sportsmanship.

When a student chooses to become a member of a team, the choices he or she makes will have an impact on not just one's own goals, but on the goals of the team. Athletics is one of the most significant tools in the educational process of character development and helps to encourage students to lead by example.

TEAM GOALS

While each program has goals specific to the nature of the sport, all Franklin County School sports programs share the following three goals:

1. **Work to Improve.** Improving through practice and game experience is vital to success.
2. **Work to Have Fun.** Fun is a function of commitment. An athlete is having fun when he or she is improving as an individual and as a member of a team.
3. **Work to Win Championships.** All Franklin County athletes should be preparing for the day when, as varsity athletes, they have the opportunity to compete for championships.

ATHLETIC OFFICE

The Athletic Director can be reached by calling 670-2800 ext. 2106.

ATHLETIC COMMITTEE

The Franklin County Athletic Committee is made up of the Athletic Director, the Principal, and Deans. The committee is responsible for reviewing and or advising the school on matters pertaining to athletics. This includes any grievances brought by parents of athletes or athletes who have failed to come to a satisfactory solution of a serious incident that would include suspension or expulsion from an athletic team.

FLORIDA HIGH SCHOOL ACTIVITIES ASSOCIATION (FHSAA)

Franklin County athletic programs are governed by the FHSAA. Their web site is www.fhsaa.org. Please contact the Athletic Director regarding information about the FHSAA.

PHYSICALS

All athletes must have a current Physical Exam and Parent Consent Form on file with the Athletic Director. Franklin County Schools and the FHSAA each require a new physical each new school year. Local physicians offer physicals. Physicals are also offered on campus but must be by appointment.

There is no practice without a physical!

PARTICIPATION

Athletics do involve the potential for injury in any type of sport. Parents and students must acknowledge that, even with good coaching and use of proper equipment, injuries are still a possibility, and, on rare occasions, could result in total disability, paralysis or even death. Because of this, all athletes are required to have their own health insurance.

Participants have the responsibility to help reduce the chance of injury by obeying all safety rules, report all physical problems to their coaches, following a proper conditioning program, and inspecting their equipment daily.

In an effort to make all students and parents aware of the potential dangers in athletics, we require all athletes and their parents to read completely and sign an Athletic Participation Waiver along with all insurance information.

TEAM TRY-OUTS

Tryouts in middle school and high school are necessary on occasion. The number of players on a team varies from sport to sport and in some cases is determined by the Florida High School Activities Association. Reasons for tryouts may include: uniform limitations, transportation requirements, and unusually large group of interested players.

DRESS

When leaving the campus, all athletes must abide by the School Dress Code. It is important that each team member dress appropriately when representing Franklin County Schools.

ATTENDANCE and ACADEMICS

To be eligible to participate in an extracurricular practice or game, a student must be in attendance at school from 7:40AM - 2:40PM. Partial absences due to medical or dental appointments are exempt from this rule, with proper documentation. A student must be in four of their classes to be able to participate in a game on game day. If the athlete is assigned to In School Suspension then the coach would be notified and further consequences would be handled by the respective coaches.

ELGIBILITY

All students/athletes, Middle School and High School, are required by the FHSAA to maintain a minimum cumulative 2.0 each semester to be eligible. Since FCS wants to stress the importance of academics to its students, our minimum G.P.A. is 2.2 to be eligible..

MISSED ACADEMIC WORK FOR ATHLETIC ACTIVITY

Students who miss academic classes because of athletic participation are responsible for missed work. Except where prearranged, homework, tests, papers, etc. will be made up in the normal time frame required of other excused absences. Students should be aware that it is their responsibility to make up all missed work in order to maintain participation in the athletics.

COMING IN LATE TO SCHOOL FROM GAME

Athletes will not be excused from morning classes the day after an away game - regardless of the arrival time back in town. Parents are encouraged not to allow their children to miss valuable school time as well. **NO ATHLETE IS EXCUSED FROM CLASSES FOLLOWING AN ATHLETIC EVENT.**

PRACTICE AND GAME COMMITMENT

Franklin County School's athletic programs require a five or six day a week commitment, depending on the sport and level of competition.

Sunday competition, meetings, and practices are prohibited by the FHSAA. Morning practices on a school day are also prohibited without written authorization from the Principal.

Coaches will have a written set of Rules and Policies that each athlete and parent will sign so that there will be no misunderstanding by either party. These rules and policies will be enforced by the coach and will have the full support of the Principal and Athletic Director.

DEVELOPMENT OF ATHLETES

In order for athletes to improve, a competent and interested coaching staff in the areas of strength, conditioning, agility, skill, and mental preparation must guide them. This preparation begins at the Middle School level and continues into the high school years. In order to be a consistently competitive athletic program, sub-varsity athletes should receive training that is well structured, disciplined, and fun. The disciplined athlete should improve in a sport if the following beliefs are observed:

1. The Middle School and sub-varsity programs emphasize an improvement of fundamentals.
2. Full commitments, a positive attitude, and good sportsmanship are a minimum expectation for playing time.
3. Coaches, athletes, and parents are willing to risk not winning at the sub-varsity level or pre-qualifying stage of the varsity season in order to prepare all members of the varsity team for an opportunity to win Championships.

It should be noted that all Franklin County School teams are playing to win. However, developmental team coaches have an obligation to prepare their athletes and teams for the future, meaning that the strongest players may not always be on the court or field of play in all crucial situations.

It is the intent of the school to provide, through the structure of the athletic programs and the coaching staff, a process which best prepares all of our athletes for varsity level competition. At the varsity level, it should be understood that one of our main goals is to get to the playoffs. Our two goals in the playoffs are to win the next game and the last game!

SPORTSMANSHIP

Both athletes and spectators should keep in mind that the highly excitable atmosphere of an athletic event can never justify rudeness or excessive complaints about officiating or the outcome of an event. It is the duty of a coach to speak, in a sanctioned manner, with officials about unclear or questionable calls. Players are not to become embroiled in disagreements with officials, opponents, or fans. Spectators are reminded that the excessive badgering of an official is a self-defeating activity and should be discouraged. It is also unbecoming for teams to blame the lack of success on the poor performance of an official.

Profanity, obscenity, and other unsportsmanlike behavior do not belong at Franklin County School events. Well-mannered teams, coaches, and fans need not be associated with a lack of competitive spirit or enthusiasm. Honest, hard play coupled with strong support from the spectators is the marks of Franklin County Schools. Poor sportsmanship, on the other hand, discredits and embarrasses the school and may lead to a player being removed from the game or team and to a spectator being removed from the playing area.

It is also essential that spectators exhibit good sportsmanship as well and adhere to the following guidelines during competition:

1. Always cheer in a positive manner. Positive cheering leads to positive results.
2. Do not talk to officials before, during, or after the competition.
3. Keep all comments about officiating to a minimum. We want athletes to concentrate on what

- is about to happen, not what has already happened.
4. PLEASE TRY TO LEAVE CONCERN FOR OFFICIATING TO THE COACHING STAFF.
 5. Never communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.
 6. Fans should be seated in bleachers or remain in designated areas away from the team and playing areas.

MULTI-SPORT ATHLETES

All Franklin County School athletes, parents, and coaches should understand the importance of the multiple-sport athlete to our program and support, encourage, and allow students to participate in one, two, or three seasons as they choose. It should also be understood that students who are finishing one athletic season while tryouts and practices are in progress in another season will be given special consideration and an opportunity for a delayed tryout. However, it is the duty of the athlete to discuss this with their coaches well in advance. Injury, illness, and other special situation will be taken into consideration as well, but must be authorized by the Varsity Head Coach and the Athletic Director.

AT NO TIME SHOULD A FRANKLIN COUNTY SCHOOL COACH ENCOURAGE A FRANKLIN COUNTY SCHOOL ATHLETE TO SPECIALIZE IN ONE OR MORE SPECIFIC PROGRAMS AND SHOULD DO HIS OR HER BEST TO SUPPORT THE MULTI-SPORT CONCEPT.

STRENGTH AND CONDITIONING

Every athlete, parent, and coach should understand that strength and conditioning work is a primary tool for achieving success in all athletic programs. All athletes are encouraged to participate in a workout program both in and out of the season of their sport.

WEIGHT ROOM RULES:

1. Students may not be in the weight room without authorized supervision.
2. Do not enter the weight room unless you are going to work out.
3. PROPER attire must be worn at all times. This includes shirts, athletic shorts or warm-ups, indoor athletic shoes, and socks. Those not dressed properly will be asked to leave immediately.
4. No food or drinks are allowed.
5. You must have a spotter(s) when doing flat bench, incline bench, and squats.
6. Return all weights to their proper racks.
7. The weight room should be neat and clean at all times.
8. ALWAYS USE CORRECT TECHNIQUES.
9. Report all injuries to the coach on duty.
10. NO horseplay in the weight room.

FACILITIES

The Franklin County Athletic Facilities include a varsity football field, a gymnasium, a weight room, a track, a soccer field, a baseball field and a softball field.

Use of these facilities by teams other than Franklin County School for athletic practices or games is prohibited without written authorization from the Athletic Director or Principal.

LETTERS/LETTER JACKETS/AWARDS

LETTERS

Athletes may be eligible to receive a varsity letter if they meet the criteria. The athlete must have played on the varsity team and participated in a minimum of 1/2 of the number of games played in the season.

An athlete will receive one letter during their athletic career. This will come from the first varsity sport in which he or she letters. After that, the athlete will receive a sports pin for the first year of lettering in a sport. After that, the athlete will receive a service bar for each year of lettering, thereafter.

The School Letterman's Jackets will only be sold to student/athletes that have been awarded a Varsity Letter. Other individuals may purchase other types of jackets that would be distinctly different than the Letterman jackets.

AWARDS

To letter, participate in the team picture, or receive an award at the annual banquet, an athlete must finish out the entire season through the last game "in good standing". If a player quits a team, is asked to leave

the team by a coach, or is academically ineligible to finish out the season, then that player is not "in good standing".

If the player sustains a season ending injury or becomes eligible before the season ends and has participated in practices and supported the team with attendance at games and practices while injured, then the athlete is also considered to be "in good standing" and is eligible for recognition and awards.

Junior High and Junior Varsity athletes are not eligible for trophies but are rewarded with a certificate at an assembly and luncheon in their honor.

ATHLETES WHO DO NOT FINISH THE ATHLETIC SEASON IN GOOD STANDING

If an athlete does not finish the season in good standing (quits, asked to leave by coach, parent pulls athlete from the team, etc.), then that athlete may not begin the next sport within a school year until the sport he or she has left has completed play. This includes any and all playoff games. This rule also applies to all levels of play – middle school, junior varsity and varsity. The athlete may not condition, practice or play with the next sport.

If the athlete has begun practicing with a team but then left the team prior to dressing out for the first game, the athlete is free to begin the next sport with no restrictions. **ONCE THE ATHLETE REMAINS ON THE TEAM BEGINNING WITH THE FIRST GAME, AND WHETHER OR NOT HE OR SHE ACTUALLY PLAYED IN THE GAME, THE ATHLETE CANNOT BEGIN THE NEXT SPORT UNTIL THE CONCLUSION OF THE PRESENT ONE.**

ATHLETES WHO RECEIVE AN OUT OF SCHOOL SUSPENSION FOR A CLASS III OR CLASS IV

If an athlete receives an out of school suspension for a Class III or Class IV infraction according to the Code of Conduct, then that athlete may not participate with their team in any fashion for two games or all games during the period of the suspension, whichever is greater. If there is a second out of school suspension then that athlete may not continue to participate as a member of the team on which they were a member at the time of the second infraction. Further more, that athlete may not begin the next sport within a school year until that sport he or she has been suspended from has completed play. This includes any and all playoff games. The athlete may not condition, practice, or play with the next sport.

This rule applies to ALL LEVELS OF PLAY: middle school, junior varsity, and varsity.

TRANSPORTATION

The Transportation Department is responsible for supplying the needed transportation to and from events. A transportation request is turned in to the Athletic Director and they will make the request to the Transportation Department. Every effort will be made to have the transportation at the requested location and time for departure and arrival back to Franklin County School. Students are required to secure their own transportation home upon arrival at the Franklin County School Gym. Buses are not to deliver students, coaches, or any others to any other location without prior written approval from the Transportation Department. If the return direction carries the buses through Carrabelle or Apalachicola the buses may stop and drop the students at the IGA in Carrabelle or Charter School in Apalachicola. The bus drivers take their direction from the Transportation Coordinator.

Bus drivers are selected on a rotational basis and prefer to drive their buses to events. If the need occurs two teams, boys and girls, may have to travel on the same bus to the same location. To be comfortable non-essential personnel may be required to vacate the bus and find other means of transportation to the event. This is in no way to say that they too are not important, but only the required game personnel are needed to comply with contractual obligations. **School Board Policy 6.141** identifies the steps for athletes to be transported by personal vehicles. **ATHLETES WILL BE ALLOWED TO TRAVEL HOME WITH THEIR PARENTS ONLY AFTER THEY HAVE FIRST SECURED WRITTEN PERMISSION FROM THE PRINCIPAL.**

FRANKLIN COUNTY SCHOOL ATHLETIC HANDBOOK

We have read, understand, and can comply with the policies and procedures laid out in the Franklin County School's Athletic Handbook.

Student Athlete Name (Please Print) _____

Signature of Student Athlete _____

Date _____

Parent/Guardian of Student Athlete (Please Print) _____

Signature of Parent/Guardian of Student Athlete _____

Date _____

Please return this signed form to either the coach of the sport or the Athletic Director before the first practice of the season.