



David Strunk: Athletic Director  
[dstrunk@franklincountyschools.org](mailto:dstrunk@franklincountyschools.org)

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**Athletic Department Mission Statement:**

Seahawk Athletics is responsible for helping to mold its student athletes into all they were created to be. Both on and off the playing field. We will strive to create young men and women who will be able to be productive citizens within our community.

**Athletic Department Philosophy:**

Athletics in the field of public education is essential to the development of well-rounded individuals. Healthy bodies are equally as important as healthy minds. Specifically, organized athletics help the academic teacher in teaching cooperation and teamwork. The goal of public education is to help students become contributing citizens in a democratic society. Organized sports such as football, baseball, basketball, softball, and the like, are the ultimate simulations of cooperative learning.

Coaches are important people who have the opportunity to touch the lives of students in many different ways. Athletes watch their coaches on and off the field. It is obvious that athletes learn about hard work, discipline, goal setting, sportsmanship, and winning from their coaches. Less obvious lessons are those of honor, character, and respect for others. Coaches who truly care for their athletes, and not just about winning, teach athletes much more than the rules of the game.

**Facilities:**

FCHS facilities include the Mikel Clark Sports Complex, gym, locker rooms, multipurpose room, and weight room. Use of these facilities is restricted to Franklin County Schools unless given written permission by the Superintendent, Principal, or Athletic Director.

**Athletic Office:**

The Athletic Director can be reached at 850-670-2800 ext. 3556

**Athletic Committee:**

Made up of the Principal, Asst. Principal, Athletic Director, and Dean of Students. This committee is responsible for reviewing and/or advising the school in regards to athletics. This includes any grievances brought by parents of student athletes. It is our responsibility to ensure that our athletes have the best experience possible while playing for Franklin County Schools.

### **Florida High School Athletic Association:**

Franklin County Athletic Programs are governed by the FHSAA. Their web site is [www.fhsaa.org](http://www.fhsaa.org).

The aim of the FHSAA is to promote, direct, supervise and regulate interscholastic athletic programs in which high school students, whose schools are members, compete. To accomplish this aim, the Association:

1. Establishes and enforces regulations to ensure that all such athletic programs are part of, and contribute towards, the entire educational program;
2. Cooperates closely with the Florida Department of Education in the development of athletic programs;
3. Promotes the spirit of sportsmanship and fair play in all athletic contests;
4. Enacts policies and guidelines that safeguard the physical, mental, & moral welfare of high school students, and protect them from exploitation.

### **Student Athlete Eligibility:**

1. All Student Athletes must have a current Physical on file with the Athletic Director. Physicals are good for one year. You cannot participate if you do not have a current physical.
2. All Student Athletes must have a current Parent Consent Form & Concussion Form on file with the Athletic Director. You cannot participate if you do not have a current Parent Consent Form & Concussion Form.
3. All Student Athletes must have a current signed Seahawk Code of Ethics on file with the Athletic Director.
4. All Student Athletes must maintain a 2.0 GPA. To be eligible at the beginning of the school year you must have been promoted from the previous grade.
5. Middle School Athletes (grades 6-8) cannot turn 15 before September 1st.
6. Junior High Athletes (grades 7-9) cannot turn 16 before September 1st.
7. High School Athletes (grades 9-12) cannot turn 19 before September 1st.
8. High School Athletes (grades 9-12) have 4 years to play high school sports once they have entered the 9th grade.
9. All student athletes must be at school at least 3 periods on game day in order to participate in the game.

### **Parent Communication:**

Every sport offered at Franklin County Schools will have a Preseason Parent Meeting. In this meeting parents will be informed of important information regarding the upcoming season.

### **Steps to Communicate with a Coach:**

1. Call Coach and set up a meeting. (Not before, during, or after a Practice/Game)
2. If the situation is not resolved contact the Athletic Director to set up a meeting.

# SEAHAWK ATHLETICS

## CODE OF ETHICS

As we strive for excellence in our athletic program we are equally committed to the development of the total citizen. We will emphasize and expect all participants to show class and character as a representative of our school, city, state, and nation.

In developing the total student athlete, the emphasis will be placed on the following areas.

### **Good Class Conduct:**

- Athletes will be disciplined by their coach if a referral is written.
- If you are suspended from school you will sit out the next game after the suspension.

### **All Grades Above 70%:**

- Grades will be checked for progress report averages and 9 weeks averages.
- Athletes will have mandatory study hall and extra conditioning for poor academic performance.

### **Be On Time:**

- If you are late you will be disciplined.

### **Use Good Manners:**

- Yes Sir, No Sir, Yes Ma'am, No Ma'am, Please, Thank You, etc.

### **Present A Positive Image:**

- No Profanity
- Dress Appropriately
- Proper use of Social Media

### **No Drinking Or Drugs:**

- 1st Offense = 1 game suspension
- 2nd Offense = 3 game suspension
- 3rd Offense = Kicked off the team

### **Any School Equipment That Is Lost Or Stolen:**

- Will be replaced by the athlete it was issued to.
- Athlete who leaves equipment out will have to run to get it back.
- Athlete who loses their equipment will have to pay for it.

### **No Missed Practices:**

- Players will make up conditioning they missed when absence is excused.
- An unexcused absence will be dealt with severely by the head coach.
- Excused Absence: Death in Family, Doctor's orders, tutoring, and sick at home.
- If you must check out of school for any reason and will not be back for practice you must let your coach know before you check out.

### **Off-Season Workouts:**

- All athletes need to be involved in a year round strength and conditioning program.
- All athletes must be signed up to take a Weightlifting Class every year.

Please Sign: \_\_\_\_\_ Athlete

\_\_\_\_\_ Parent

## **SEAHAWK EXPECTATIONS**

1. We expect you to do something worthwhile with your life.
2. We expect you to have “Great Expectations”. Anticipate having a great day, a great practice, a great season, a great life!
3. We expect you to be involved in a year round strength and conditioning program.

## **WHAT WE EXPECT FROM YOU**

1. To get an education.
2. Pass every class.
3. To hustle 100% of the time.
4. To give unselfishly and respect your teammates.
5. Practice to the best of your ability.
6. To be totally honest in all your dealings.
7. To be loyal to your school, teammates, coaches, teachers, and administration.
8. To play to the maximum of your potential at all times, practice, conditioning, & games.
9. To be on time (school, meetings, practice, & games).
10. Never criticize a teammate.
11. To be part of something great.
12. To be successful in life.
  - a. “Success is peace of mind which is a direct result of self satisfaction in knowing you made the effort to do the best of which you are capable.”

- John Wooden

## **WHAT YOU CAN EXPECT FROM YOUR COACHES**

1. To be loyal to you in all areas.
2. To be totally honest.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you’ve ever worked before.
5. To assist you anyway possible now and after you graduate.
6. To treat you with respect.
7. To make all decisions predicated on what is best for the team and then what is best for the individual.
8. To do everything within our power to improve our facilities and make this place the best place to go to school and participate in athletics.
9. To help you grow and mature as an individual.
10. To help you reach your goals.

### **Social Media Policy:**

The purpose of this policy is to establish a clear and concise set of guidelines for student-athletes to follow to help them make the best possible judgments and safeguard their personal privacy as well as protect the integrity of Seahawk Athletics and Franklin County School. Remember, playing and competing for Franklin County School is a privilege. The student-athletes, coaches, and staff represent Franklin County School both on and off the field and are seen as role models on campus and in the community. As leaders, we all have the responsibility to represent our teams, our schools and ourselves in a responsible and positive manner. Third parties including media, faculty, future employers and college recruiters can easily access social media profiles and view all personal information. This includes pictures, videos, comments posts and links. It is important to understand that once something is posted online, it never disappears. Inappropriate material found by third parties affects the perception of FCS student-athletes, the Seahawk family, and the School as a whole. It can also be detrimental to the future of our Seahawk family and the student-athlete's future employment options.

### **With those ideas in mind, the policy requires that student-athletes:**

**Protect and enhance** the value of the Seahawk Athletics; avoid making derogatory comments about athletics, students, faculty or employees and protect confidential information.

**Be aware** that readers and followers on social media sites include media, current and future student-athletes, students, faculty, administrators, alumni, parents, coaches and community members as well as current/past/future employers. It is essential that student-athletes portray Franklin County School in a positive manner at all times.

**Think before** they post and anticipate how all the third parties that will see that post may react to it.

### **Examples of inappropriate posts:**

- a.** Posting photos, videos, comments, posts or tweets showing the personal use of alcohol and/or tobacco products. (no holding cups, cans, shot glasses, guns, weapons, etc.)
- b.** Posting photos, videos, and comments that are sexual in nature. This includes links to Web sites of a pornographic nature and other inappropriate material.
- c.** Posting pictures, videos, comments, posts and tweets that relate to drugs or drug paraphernalia.
- d.** ANY inappropriate or offensive language in comments, videos and other postings. This includes threats of violence and derogatory comments against race, gender, team affiliates or any other organizations.
- e.** Posting negative commentary regarding the performance of Franklin County Seahawk athletic teams or relating to the actions of an individual student-athlete, as well as any negative postings about team information (long bus rides, early morning practices etc.)

## **Coaches Expectations:**

1. Loyalty
  - a. To the Administration at home, in the community, online, & at school.
  - b. To the Athletic Director at home, in the community, online, & at school.
  - c. To other Coaches at home, in the community, online, & at school.
  - d. To Franklin County Schools
  - e. Commitment - If you're not committed to FCCHS how can you expect your student athletes to be.
2. Act like a Champion. (Remember people are always watching)
  - a. At home, in the community, online & at school.
  - b. Carry yourself in a manner that develops pride in our program.
  - c. On the field or basketball court.
  - d. Be positive and encouraging.
  - e. Set a good example.
  - f. Be the type of coach you would want your child to play for.
3. Be on Time
  - a. Meetings
  - b. Paperwork
  - c. Practice
  - d. Games
4. Take Ownership
  - a. Be enthusiastic
  - b. Facilities
  - c. Inventory
  - d. Scheduling/Officials
  - e. Paperwork
  - f. Organization
  - g. Finances (don't spend what you don't have)
  - h. Fundraising
  - i. Pre-Season Parent Meeting
  - j. Do the extra things without complaining.
  - k. Off-Season Activities
5. Respond To Adversity - Don't React (always have a plan)
6. Execute the mission of our Athletic Department

**OUR SUCCESS = OUR ATTITUDE = OUR WORK HABITS**

### **SOMETHING TO REMEMBER:**

God has given each one of us unique gifts, abilities, and passions. How well we use these qualities to have an impact on the world around us determines how "successful" we really are. It's not about the wins and losses, it's about whether we gave our best to those around us. We all should want Franklin County Schools to be the best that it can be in **ACADEMICS, ATHLETICS, SPORTSMANSHIP, & COMMUNITY INVOLVEMENT.**

**Signature:** \_\_\_\_\_

**Fundraising:**

Coaches need to make sure and approve any type of fundraiser with the Athletic Committee by filling out an activity request form and going through the proper channels. These fundraising events need to be approved through the **athletic committee**.

**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 he/she will make the request to the Transportation Department. Every effort will be made to have the transportation at the requested location, 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 supposed to deliver any coaches, students, 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.

Only required game personnel and players are to ride the bus unless the athletic committee has approved a non-member or volunteer to ride on the bus. School Board policy 8660 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 Athletic Director, Dean, Assistant Principals or Principal**.

Activity Buses run 4 days a week. The time the buses will run depends on practice schedules and after school programs. The average departure times will be 5:00-6:00pm. Activity buses will not run if the number of students are at a minimum for that practice day. Schedules for the activity bus are done weekly through the Athletic Director. Students are required to secure their own transportation home from practice on Friday's and on days that the activity buses are not running and/or required.

**FHSAA FINES:**

Any player actions that result in the school receiving a fine from the FHSAA will be



required to pay said fee. Player will not be allowed to participate in any extracurricular activity until the fine is paid in full.

**Consequences For Not Finishing A Season:** Athletes who do not finish the athletic season (quits, asked to leave by coach, parent pulls athlete from team, academically ineligible to finish out the season, 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. A sport season begins at the first preseason meeting and ends when all equipment/uniforms are turned in.

**QUITTER'S RULE:**

1. First time you have 24 hours to return to the team. If you choose to return you will be suspended for the next scheduled game.
2. Second time you will be removed from the team for the rest of the season. You will be allowed to try out for next year's team.
3. Third time you will not be allowed to play that sport at Franklin County.

**Awards:**

To 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 a team by a coach, or is academically ineligible to finish out the season, then that player is not "in good standing". If a 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 that athlete is also considered to be "in good standing" and is eligible for recognition and awards. Middle/Junior High athletes are not eligible for trophies but are awarded with a certificate. It is the coach's responsibility to establish criteria for the awarding of participation credit at the varsity/junior high/middle school levels.

**Hall of Fame:**

To qualify a student athlete must meet a minimum of three or more criteria in the following categories along with being recommended by his/her coach and the Athletic Committee during his/her years at Franklin County.

1. **Scholarship:** minimum of a 3.0 GPA
2. **Leadership:** Team Captain, Class Officer, Club Leader, or Coach/Athletic Director recommendation.

3. **Service:** Participation in Service Projects, Club Activities, and Community Service.
4. **Character:** Plays by the rules with honor and commitment. (suspension = disqualification)
5. **Varsity Letter & Awards:** Stat based, All Region, All State, Team Awards, etc.