

# North Atlanta School



2008-09

Student Athletic Handbook

Dear Student-athlete:

It's a pleasure to welcome you to North Atlanta High School's athletic program. We consider it a privilege to work with you as you strive to become the best you can be, both as a student and as an athlete.

It will take considerable time and effort by you and your parent(s) to be successful in the athletic program. It will involve not only the hard work associated with physical conditioning and skill development, but also the discipline required to demonstrate sportsmanship and obey the rules of the athletic code. This same discipline and hard work will be required in the classroom. The athletes of North Atlanta High School are expected to perform their best, on and off the athletic field. It is our belief that with a proper attitude and a willingness to work, you can achieve your full potential as a student and athlete.

We wish you the very best as you pursue your goals and dreams as a North Atlanta High School athlete. If you or your parent(s) have questions regarding any information contained in the athletic handbook, please feel free to contact the high school athletic department.

Sincerely,

Mark MyGrant, Principal  
North Atlanta High School

## **NORTH ATLANTA HIGH SCHOOL ATHLETICS OFFERINGS**

### **FALL**

Boys' Cross Country-Varsity  
Boys' Football-Varsity  
Boys' Football-Junior Varsity  
Cheerleading-Varsity  
Cheerleading-Junior Varsity  
Girl's Cross Country-Varsity  
Girls' Softball-Varsity  
Girls' Volleyball –Varsity  
Girls' Volleyball – Junior Varsity

### **WINTER**

Boys' Basketball-Varsity  
Boys' Basketball-Junior Varsity  
Boys' Wrestling-Varsity  
Boys' Swim-Varsity  
Cheerleading-Varsity  
Cheerleading-Junior Varsity  
Competitive Cheer  
Riflery-Varsity  
Girls' Basketball-Varsity  
Girls' Basketball-Junior Varsity  
Girls' Swim-Varsity

### **SPRING**

Boys' Baseball –Varsity  
Boys' Baseball – Junior Varsity  
Girls' Tennis –Varsity  
Girls' Tennis – Junior Varsity  
Boys' Track – Varsity  
Boys' Golf – Varsity  
Boys' Soccer-Varsity  
Girls' Soccer – Varsity  
Girls' Soccer – Junior Varsity  
Girls' Track – Varsity

## Warrior Athletic Code of Conduct

**(The Athletic Code is in effect for the entire calendar year.)**

The policies and procedures found in the North Atlanta High School Student Handbook are also in effect for **all** student-athletes. Following is the statement of philosophy of the North Atlanta High School's interscholastic athletic program:

*The guiding principle of athletic programs shall be the promotion of the general welfare of all students.*

The athletic program is a part of the educational process of the school system and is an extension of the classroom, serving as a laboratory for learning. We strive to have every student-athlete enjoy a positive experience in our program, while developing competitive teams. In addition, interscholastic athletics are provided with the belief that the following goals may be accomplished through membership on an interscholastic athletic team:

- A. Teamwork and cooperation
- B. Good health and physical fitness
- C. Good sportsmanship and fair competition
- D. School spirit and loyalty
- E. Moral development and training
- F. Social skills development
- G. Emotional maturity development

The success of the program is not based solely on the win-loss record of the teams. A goal of the program is to have each participant reach his or her maximum potential. As a participant in the athletic program, the student is expected to conform to the following rules and regulations:

1. A valid physical examination form shall be submitted **before** the first day of team try-outs or before new member of a team participates in team activity. In order to be valid, the physical examination form must be dated after May 12<sup>th</sup> of the previous school year.
2. North Atlanta High School is not responsible for payment of medical services required by a student-athlete because of injury sustained or illness contracted while participating in any interscholastic sport. It is recommended that all athletes have medical insurance. Student-athletes do have the option to participate in the Atlanta Public Schools *limited* excess medical coverage for a premium of \$12.00 for Varsity, Junior Varsity, and Middle School Athletics.
3. The student-athlete is expected to conduct himself/herself in a manner that is consistent with team rules. The coach, with the approval of the athletic director, will deal with violation of team rules. If the coach and athletic director disagree on the proposed disciplinary action, the matter will be referred to the building principal for resolution.
4. **Athlete Misconduct** – Student-athletes who engage in prohibited behaviors or activities will be subject to disciplinary action, which may include suspension from participation in team events or expulsion from North Atlanta High School athletic programs. Misconduct records shall be maintained from the time the student enters the high school athletic program and progressive discipline will be applied for multiple offenses throughout the athlete's participation in the program.
5. **Warrior Academic Eligibility** – while participating on a North Atlanta High School athletic team, student-athletes will adhere to a monthly academic progress report system. Student-athletes must be passing seven out of eight classes to participate in competition events. If it is reported through the monthly progress report system that a student-athlete is failing two or more classes, he or she will be placed on academic probation and required to spend additional time with NAHS tutorial services until he or she elevates their academic standing above the passing of all classes.

## **Discipline Guide for Student-athletes**

A. Use or possession of tobacco (in any product form) by the athlete is prohibited. Violation will result in a suspension from competition for 1/3 of the scheduled contests. Athletes who are found in violation for a second or third offense will receive a progressive suspension or expulsion from the athletic program as determined by the athletic director.

B. Use or possession of alcohol, marijuana, steroids, or prescription drugs consumed illegally is prohibited. Athletes found to be in violation will be suspended for a minimum of 1/3 of the scheduled contests. Athletes who are found in violation for a second or third offense will receive a progressive suspension or expulsion from the athletic program as determined by the athletic director. A fourth offense shall result in a mandatory expulsion from the athletic program.

C. Athletes who distribute an illegal or prescription drug or use or possess a narcotic or illegal Class I or II prescription drug shall be expelled from the athletic program unless there are extreme mitigating circumstances. In those cases, the Superintendent may modify the level of discipline imposed.

D. Athletes who engage in conduct unbecoming of an ambassador of North Atlanta High School such as, but not limited to, inappropriate language, petty theft, disrespect to athletic officials or opposing team members may be suspended for one or more scheduled contests as determined by the athletic director. Athletes who are found in violation for a second or third offense will receive a progressive suspension or expulsion from the athletic program as determined by the athletic director. A fourth offense shall result in a mandatory expulsion from the athletic program.

E. Athletes who engage in gross misconduct or felonious behavior shall be expelled from the athletic program unless there are extreme mitigating circumstances. In those cases, the Principal may modify the level of discipline imposed.

F. Any athlete who, by him/herself or together with his/her parent or legal guardian, voluntarily discloses a violation of Section 4 (Athlete Misconduct) of the Athletic Code of Conduct prior to any reports, charges, or complaints and within seven days of the occurrence of the violation shall have the level of discipline modified on the first offense. Such modification shall be approved by the Principal. This self-disclosure policy will only be available to athletes once during their athletic career at North Atlanta High School.

## **Determination of Partial Season Suspension**

If the suspension can be served within the same season and the contests are not divisible by 3 (for a 1/3 season suspension) the suspension shall be rounded to the next whole number. Post-season play will count toward the suspension. If the suspension overlaps seasons, the suspension shall be determined by taking the number of days of competition left in the season that the athlete is currently in and divide by the total number of games in the season. This will result in a decimal value. Subtract this value from .33 (if the suspension is 1/3 of the season) and multiply it by the number of games in the next season the athlete will participate. Round up to the whole number and this will be the number of games the athlete is suspended from. Student-athlete must finish the season in "good standing" in order for contests missed to be counted toward suspension.

## **Athletic Code of Conduct (Continued)**

6. The athlete must attend school at least one-half (1/2) day in order to participate in that day's practice or contest.

7. The athlete shall be responsible for proper use of equipment and for its prompt return at the end of the season. The athlete to whom it was issued must pay for lost, damaged, or stolen equipment. Any athlete who has not returned or paid for lost equipment shall not be issued additional equipment until the matter is resolved.

8. Participation in two sports during the same season is allowed, however, it requires the approval of both coaches and the athletic director. Students should exercise caution when gaining membership on teams where many conflicts are likely to exist. The student must designate which will be his/her primary sport – in the event of a conflict between two contests, the student will participate in the primary sport. Competition in the secondary sport will supersede practice in the primary sport unless otherwise agreed upon by the coaches of the teams involved.

9. Players quitting a team may not play on another team until the season of the team he/she quit has concluded.

10. In addition to the rules and regulations stated above, athletes are expected to comply with the eligibility requirements of the Atlanta Public Schools and Georgia High School Association.

11. **The Athletic Code is in effect for the entire calendar year.** Student-athletes are not released from adherence to provisions of the Code of Conduct during vacation periods.

12. Student-athletes shall not be involved in initiations or hazing of other athletes or team members. Such actions will result in disciplinary action up to and including suspension or expulsion from athletic participation. Coaches will talk to their teams at the beginning of each season to impress upon the team members the seriousness of any initiation or hazing practices.

13. Transportation of students to school sponsored co-curricular and extra-curricular events will generally be provided by the Atlanta Public Schools. Student participants in these events are generally required to ride to and from the activity in designated school vehicles unless alternative means of transportation are approved by the coach. When school transportation is not available, it is the responsibility of the student and parent/guardian to obtain transportation to and/or from the event location.

### **2008-09**

## **GEORGIA HIGH SCHOOL ASSOCIATION RULES OF ELIGIBILITY AND ELIGIBILITY FORMS**

To be eligible, a senior high school student must comply with the following:

1. **ENROLLMENT:** To be eligible for interscholastic athletics, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.
2. **AGE:** A student who competes in any interscholastic athletic contest must be under nineteen (19) years of age prior to May 1st, preceding his/her year of participation.
3. **PHYSICAL EXAMINATIONS:** Students must have a certificate of an **annual physical examination on file** at the school prior to participating in any athletic try-outs, practices or games that indicate the students are physically approved for participation.

(a) Physical examinations will be good for twelve (12) months from the date of the exam. EXCEPTION: Any physical examination taken on or after April 1 in the preceding year will be accepted for the following GHSA school year.

(b) The physical exam must be conducted by a licensed medical physician, doctor of Osteopathic medicine, nurse practitioner or a physician's assistant.

(c) The exam must be signed by an M.D. or D.O., but the doctor's stamp is acceptable if it is in script, and if information appears elsewhere on the form identifying him/her as a medical doctor.

4. **SEMESTERS OF ENROLLMENT: To be eligible to participate and/or try-out** for a sport or activity, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.

(a) Enrollment is defined as starting when a student is registered for classes and determined to be academically eligible, or when a student participates in an official (per GHSA calendar) try-out or practice session. A student may be enrolled in only one school.

(b) The student must be in regular attendance.

(c) The student must be taking at least five (5) subjects (or the equivalent) that count toward graduation.

NOTE: If an eligible student transfers from a school that uses a block-schedule format to a school using a traditional format (or vice versa) and that student cannot get a full schedule of classes with equivalent GEORGIA HIGH SCHOOL ASSOCIATION 17 credit, the school may petition the Executive Director for a waiver of this rule for the semester the transfer occurs.

(d) All or part of the course load of a student may be taken online through a virtual school as long as the student's grades are being kept at the school in which the student is enrolled. Grades from virtual school courses must be on file at the school by the first day of the new semester in order for the student to be eligible.

5. **SEMESTERS OF COMPETITION: Students must accumulate Carnegie units towards** graduation according to the following criteria:

(a) **First-year students** (entering 9th grade) are eligible academically. Second semester **first-year students** must have **passed at least five (5) courses** the previous semester in order to participate.

(b) **Second-year students** must have **accumulated four (4) total Carnegie units** in the first year, **AND passed at least five (5) courses** in the previous semester.

(c) **Third-year students** must have **accumulated ten (10) Carnegie units** in the first and second years, **AND passed at least five (5) courses** in the previous semester.

(d) **Fourth-year students** must have **accumulated sixteen (16) Carnegie units** in the first three years, **AND passed at least five (5) courses** in the previous semester.

(e) Students may accumulate the required Carnegie units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

6. **UNDERGRADUATE STANDING: Students participating in post-secondary options programs** shall be eligible to participate at the parent school provided academic eligibility is maintained.

(a) Students shall receive credits at the parent school based on the following:

(1) 7.5 quarter hours at the college level = 1 Carnegie Unit

(2) 5.0 semester hours at the college level = 1 Carnegie Unit

NOTE: To participate, a student must be enrolled at a college for at least 18.75 quarter hours or 12.5 semester hours.

(b) Students in post-secondary options programs will gain or lose eligibility on the first day of the subsequent semester of the parent school.

7. **PREVIOUS SEMESTER RECORD:** A student is required to pass five (5) Carnegie unit subjects counting toward graduation, or their equivalent, the semester immediately preceding participation.

Exception: First semester ninth grade students.

8. **LIMITS OF PARTICIPATION** A student has **eight (8)** consecutive **semesters** or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.
- (a) A student is not considered to have entered the 9th grade when a 9th grade course is taken if:
- (1) the student is regularly enrolled in a member's feeder school in a grade below the ninth, AND
  - (2) the course is taken as an advanced course, AND
  - (3) the principal of the school attended by the student certifies to the GHSA that the subject and course(s) meet the criteria set forth above.
- (b) Credits earned toward high school graduation which are taken below the ninth grade may be used when considering high school eligibility.
9. **TRANSFERS:** A **transfer student** who has established eligibility at a former school in grades 9-12 shall be **immediately eligible** at the new school if:
- (a) The student moved simultaneously with the entire parental unit or persons he/she resided with at the former school, and the student and parent(s) or persons residing with the student live in the service area of the new school This is known as a **"bona fide move."**
- (1) The student may choose the public or private school serving that area.
  - (2) It must be apparent that the parent(s) or the persons residing with the student and the student have relinquished the residence in the former service area and have occupied a residence in the new service area.
  - (3) Relinquishment of the former residence may be met by one of the following procedures: selling the residence; having the residence listed with a Real Estate Agent for sale at a fair market value; having a contract with a buyer; having a lease agreement at a fair market value; or abandoning the house and shutting off unnecessary utilities. When a family claims multiple residences, the residence for which they apply for a homestead exemption will be declared the primary residence.
  - (4) The bona fide move is validated when the student's family maintains the new residence for at least one calendar year. A return to the previous residence within that year renders the student to be a migrant student. All hardship appeal processes are available.
- (b) The student was enrolled in a **private school or a magnet school** and has a bona fide move from one public school service area to another public school service area. A student in this situation may attend either the public school or a private school serving his area of residence.
- A student who transfers enrollment from one GHSA school to another without a corresponding move by his parents into this new school service area shall be declared a **"migrant student,"** and shall be required to be in attendance at the new school for one calendar year from the date of enrollment in the new school.
- (a) A migrant student may practice with the varsity, but may not play in varsity competition.
- (b) A migrant student may play on sub-varsity teams.
10. **UNDUE INFLUENCE:** the use of influence by any person connected directly or indirectly with a GHSA school to induce a student of any age **to transfer** from one school to another, or **to enter** the ninth grade at a member school for athletic or literary competition purposes, whether or not the school presently attended by the student is a member of the GHSA.
- (a) The use of undue influence to secure or retain a student for competitive purposes is prohibited, shall cause that **student to forfeit eligibility** for one year from the date of enrollment, and shall lead to other penalties being assessed against the **school** doing the recruiting as allowed by the GHSA Constitution.

(b) Evidence of undue influence includes, but is not limited to, personal contact by coaches and sponsors in an attempt to persuade transfer, gifts of money, jobs, supplies, clothing, free transportation, admission to contests, invitation to attend practices and/or games, or free tuition.

(c) Complaints or reports of violations of this rule will be investigated and handled on a case-by-case basis. If **coaches** are found to be in violation of the recruiting rule, a copy of the investigation will be forwarded to the Professional Standards Commission of the Department of Education. .

11. **AWARDS:** Any student who receives financial aid or non-GHSA approved gifts from any source and in any form (scholarships, tuition remission, cash, gifts, etc.) arising out of or **received in connection with their participation** in any sport or literary event shall be ruled ineligible. This prohibition shall not apply to awards under By-Law #1.90 or to other items approved by the GHSA.
12. **AMATEUR STATUS:** A student who represents a school in interscholastic athletic competition shall be an **amateur** in that activity. Only **awards** approved by the GHSA may be accepted by a high school student-athlete as a result of participation in school or non-school competition in a sport recognized by the GHSA.
  - (a) An **amateur athlete** is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived there from.
  - (b) Accepting nominal, standard fees or salary for instructing, supervising, or officiating in an organized youth sports program or recreation, playground or camp activity, shall not jeopardize an athlete's amateur status.
  - (c) Reasonable compensation derived from private lessons in a sport is permissible.
12. **STEROID USE:** The Georgia High School Association strongly opposes the abuse of anabolic steroids and other performance enhancing substances by high school student-athletes. The GHSA believes that such usage violates legal, ethical and competitive equity standards and imposes unreasonable long-term health risks on the user. The GHSA encourages member schools to educate students and coaches about the perils of steroid usage, and the GHSA will distribute educational materials about this issue to member schools.

## **SPORTSMANSHIP**

### **Adult Spectator Behavior Guidelines for Home or Away Games**

Everyone has a responsibility to demonstrate good sportsmanship for our student athletes. This is easy when things go Mason's way, but it is inevitable that there will be times this season when things will not go our way. There will be "bad calls" by officials, "perceived" poor play calling by coaches and mistakes made by players. However, keep in mind that officials, coaches, and players are all doing their best. In the event that a spectator acts in an unsportsmanlike manner, he or she will be approached and advised of the inappropriate behavior by a staff member or the game manager. A follow-up letter will be sent by the athletic department. Should a second offense occur, the individual will be prohibited from attending the next two home contests. Should a third offense occur, the individual will be banned from all athletic contests for the remainder of the school year. **This process may be accelerated if the administration deems necessary.**

## **USE OF TOBACCO PRODUCTS**

**Use of tobacco products is prohibited by all persons on/in all District property or facilities.**

## ATHLETIC AWARDS

- J.V. Certificate and class numerals (Must meet the same requirements as Varsity; if no J.V. team, must be active challenger for a Varsity position)
- Varsity Certificate, pin and letter (captain's pin for team captains)
- Senior Award All seniors completing the season in good standing will receive a special senior award.

### Comments

1. One letter will be awarded, except when a player is on a league championship team, district, regional or state championship team, and then a second "champs" letter will be awarded.
2. Managers and statisticians will be given awards.
3. Jackets can be purchased by all athletes who successfully complete a season:  
J.V. Class numerals  
Varsity Class numerals and varsity Letters
4. Violation of the athletic code may jeopardize receiving an athletic award.
5. All athletes must complete the season in good standings.

### Special Awards (Trophies and Plaques) – Varsity Only

Baseball/Softball	Most Valuable, Most Improved
Basketball	Most Valuable, Most Improved, Best Defensive, Best Offensive
Riflery	High Average, Most Points Won, Sportsmanship Award
Cheerleading	Most Valuable, Most Improved, Spirit Award
Cross Country	Most Valuable, Most Improved, Spirit Award
Football	Most Valuable, Most Improved, Coaches Award
Golf	Most Valuable, Most Improved, Spirit Award
Swimming	Most Valuable, Most Improved, Spirit Award
Soccer	Most Valuable, Most Improved, Top Scorer
Tennis	Most Valuable, Most Improved, Spirit Award
Boys/Girls Track	Most Valuable, Most Improved, Leadership Award
Volleyball	Most Valuable, Most Improved, Best Defense, Best Offense,
Wrestling	Most Valuable, Most Improved
Senior Scholar Athletic Award	

Four-year grade point average of 3.4 or better and two sports for three years and two varsity letter awards in senior year. No violations of the athletic code in 10th, 11th, or 12th grade.

#### Senior Sportsmanship Award:

The one male and female student-athlete who has demonstrated the greatest sportsmanship throughout their high school career.

#### Warrior Award

Senior student-athlete who has lettered in at least two varsity sports and has maintained the highest overall GPA throughout their high school career.

## ATHLETIC BANQUETS

- A. All athletes should wear clean and neat clothing and shoes.
- B. T-shirts, tank tops, "spaghetti-strap tops and/or flip-flops are not appropriate attire for banquets.
- C. Coaches may set more specific requirements, but they must inform parents and athletes in advance of the banquet.
- D. Coaches should emphasize proper dress to **all** athletes before the banquet.

## PARENTS/ATHLETES/COACHES COMMUNICATION

1. It is our intent to work cooperatively as a unit – parent, student athlete and school – for the welfare of each of our students. Parents are asked to follow the guidelines below to provide for the most effective communication with their student's coach:

- A. The student athlete should first discuss any problems with their coach.
- B. If the problem is not resolved, the parent and the student athlete should then meet with the coach.
- C. If this meeting does not result in the resolution of the problem, the parent, student athlete, and coach may ask to meet with the athletic director.

## PRACTICE AND/OR TRY-OUT INFORMATION

Please sign and return the following four items **before** the first day of practice/tryouts:

Physical Examination Form – filled out completely

Consent Form – fill out completely

Insurance Form-filled out completely

Athletic Contract – **after** you have read the athletic code, please sign the enclosed athletic contract

**NO STUDENT-ATHLETE WILL ALLOWED TO PARTICIPATE UNLESS ALL FORMS ARE TURNED IN COMPLETED.**

**NORTH ATLANTA HIGH SCHOOL STUDENT ATHLETIC CONTRACT**

I have read the attached athletic code and agree to comply with all regulations.

\_\_\_\_\_  
Athlete's Signature

I have read the attached regulations and agree to assist the athlete in complying with all regulations.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Month

\_\_\_\_\_  
Day

\_\_\_\_\_  
Year

**IMPORTANT: Please return this copy to your coach.**

**North Atlanta High School  
Athlete Information Sheet**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Sport(s) \_\_\_\_\_ Current School Year (circle) 9 10 11 12  
Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: Male Female Home Phone # ( ) \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Family Physician \_\_\_\_\_ Physician Phone # ( ) \_\_\_\_\_  
Current Medication (prescription or over the counter). Please state reason for taking:

\_\_\_\_\_

Medications Athlete is Allergic to: \_\_\_\_\_  
Other Allergies and Reactions (food/bee stings/latex,etc.) \_\_\_\_\_

Medical History that the Athletic Trainer should be aware of (surgeries, recent or chronic injuries, illnesses, physical limitations, absence of organs) \_\_\_\_\_

Does the athlete have a history of concussions? How many? \_\_\_\_\_ When? \_\_\_\_\_ How severe? \_\_\_\_\_

Has the athlete ever "passed out", had his/her "bell rung" ? Describe \_\_\_\_\_

Has the athlete ever experienced seizures of any type? Please describe \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship to Athlete \_\_\_\_\_

Emergency Contact Phone Number ( ) \_\_\_\_\_

Emergency Contact Work/Cell Number ( ) \_\_\_\_\_

2nd Emergency Contact \_\_\_\_\_ Relationship to Athlete \_\_\_\_\_

2nd Emergency Phone Number ( ) \_\_\_\_\_

2nd Emergency Contact Work/Cell Number( ) \_\_\_\_\_

**MEDICAL TREATMENT CONSENT**

To be completed by Parent or Guardian

I, \_\_\_\_\_, a parent or guardian of \_\_\_\_\_

Recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.

SIGNATURE OF PARENT OR GUARDIAN

X \_\_\_\_\_ DATE \_\_\_\_\_