

Ashe County High School

Athletic Handbook



Principal: Amanda Hipp
Athletic Director: David Koontz
Athletic Trainer: Adam Elliott

Information:

- School - 336-846-2400
- School Fax - 336-846-2411
- Website: <https://www.asheschools.org/Page/343>
- Twitter: @AsheCoAthletics

Welcome!

Participation on an athletic team can be a rewarding and meaningful educational experience that enhances a child's secondary education. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this kind of commitment. The following information defines the interscholastic policies and procedures for all students participating in our High School athletic programs. The Athletic Department hopes this document provides parents and students with a better understanding of our mission, vision, core values and policies. Please refer to the following information when a question about your child's athletic experience arises.

Vision of ACHS Athletics

Ashe County High School Athletics will strive for excellence in everything that we do and provide a quality athletic experience for all.

Mission of ACHS Athletics

By emphasizing our core values, the athletic department will provide support to all student-athletes, in order for them to excel in all aspects of their lives.

Core Values of ACHS Athletics

- 1. Development of our Student Athletes**
- 2. Sportsmanship**
- 3. Integrity**
- 4. Respect**
- 5. Family/Team**
- 6. Equity**

AsheProud

At all times, you should remember who you are and that you represent Ashe County High School and our values. That's how we define #AsheProud.

Governing Bodies

Ashe County High School is a member of the North Carolina High School Athletic Association (NCHSAA) www.nchsaa.org, whose mission is to provide governance and leadership for interscholastic athletic programs that support and enrich the educational experience of students. As an NCHSAA school, ACHS abides by the minimum standards set forth by this organization. Please note that these are minimal standards and member schools may enforce stricter standards.

Locally, ACHS belongs to the Mountain-Valley 1A/2A Conference (MV1A/2A), which is comprised of eight area schools. Those schools are Alleghany, East Wilkes, Elkin, Starmount, Ashe County, North Wilkes, West Wilkes, and Wilkes Central. We also compete against teams from other conferences, and these are referred to as “non-conference” opponents.

Standards for Participation:

In order to participate in organized athletics at ACHS, all student-athletes must reside in our district, have a current physical on file in the athletic office, have all athletic forms complete and satisfy all NCHSAA requirements for eligibility.

- Primary residence with parent or legal custodian in Ashe County school district.
- An up to date physical examination must be on file with the athletic director prior to the start of participation. If the physical examination expires in season, the student-athlete will need to provide an updated physical in order to resume participation. All physicals are valid for 395 days from the date of the physical.
- Other paperwork required to participate consists of the [GFeller Waller Concussion Form](#), [NCHSAA Eligibility Consent to Participate and Release form](#), and the ACHS Student Athlete and Parent Drug Testing Consent Form. All of the forms can be found on the ACHS Athletics web page.
- Student-athletes must also meet all [NCHSAA Eligibility requirements](#).

Program Goals:

Though the unique nature of each sport dictates its specific objectives, all teams will attempt to:

- Emphasize the development of fundamentals, sport specific skills, appropriate attitudes, values and team concepts.
- Allow as many students as possible to participate and share the experience and benefits derived from team membership while also maintaining the integrity of the program.
- Compete with conference and non conference opponents.

Participation at the Varsity level is generally limited to the most highly skilled players and those with the ability to interact constructively with the coaches and other players for team success. The coaching staff will determine the level of play for each student-athlete (Varsity or Junior Varsity) based on what would be most beneficial to the development and progress of each player and team. **It should be understood that playing time could be limited and is left to the coaching staff to decide.**

Athletic Offerings

Fall Sports

The fall season begins the first week of August and ends in late October. Varsity teams that qualify for the postseason may participate into the month of November or December. The NCHSAA website provides a sports calendar for each season. The following sports compete in the fall:

- Men's Soccer (Varsity and JV)
- Football (Varsity and JV)
- Women's Volleyball (Varsity and JV)
- Women's/Men's Cross Country
- Women's Tennis
- Women's Golf
- Cheerleading (Varsity and JV)

Winter Sports

The winter season begins in late October and ends in late February. Varsity teams that qualify for the post-season may be participating into March.

- Women's/Men's Basketball (Varsity and JV)
- Women's/Men's Indoor Track
- Wrestling
- Cheerleading (Varsity and JV)
- Women's/Men's Swimming

Spring Sports

The spring season begins the middle of February and ends in late May. Varsity teams that qualify for the post-season tournament may be participating into June.

- Baseball (Varsity, JV)
- Softball (Varsity, JV)

- Women's/Men's Outdoor Track
- Men's Tennis
- Women's Soccer (Varsity)
- Men's Golf

Levels of Play:

JUNIOR VARSITY:

This is a transitional level for high school athletics. Sometimes due to the number of athletes, a JV team might not be available. Athletes and parents should expect the following concepts to be emphasized:

- Reinforcing and refining fundamental skills.
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine their playing time
- Demonstrating sportsmanship and fair play
- Developing more sophisticated athletic strategies
- Specifically defining an individual athlete's role within the team concept (Know your role, accept your role, star in your role)
- Refining and reinforcing the concepts of commitment and team play
- Focusing on physical conditioning and development needed for to participate in high school athletics
- Developing the ambition to achieve at the next level of competition (desire needed to advance to the varsity level)
- Prioritizing skill and character development over winning

VARSITY

This is the highest level of athletic competition in high school athletics. Athletes and parents should expect the following concepts to be emphasized

- Developing a high level of proficiency in the physical skills of the sport
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine their playing time
- Developing sophisticated strategy, situational analysis, and other mental aspects of the sport
- Specifically defining an individual athlete's role within the team concept (Know your role, accept your role, star in your role)
- Fostering maximum commitment to the athletic team (It is a huge commitment to participate in a varsity sport)
- Understanding and valuing the physical conditioning components of one's sport

- Understanding the importance of individual sacrifice for the good of the team
- Competing within the rules of sportsmanship and fair play

There are many decisions made on a regular basis by members of our coaching staff that may include which athletes should start a contest, which athlete should play at what position, and the amount of playing time an athlete will be given. **Only members of our coaching staff make these very difficult coaching decisions after weighing a considerable number of factors.** Generally, the most competitive, skilled team members will play the major portion of contests; however, teams cannot be successful without committed substitutes. These athletes must work as hard as they can to help make their respective teams as competitive as possible and be ready at all times to step forward to compete. They must also demonstrate the perseverance and commitment to strive to advance to whatever role is decided by the coaching staff.

Team Tryouts / Selection:

During the tryout period for specific sports, each coach will provide an explanation of his/her expectations. It is the duty of the student-athlete to demonstrate to the coach that they can fulfill these expectations. If a student is not selected for a team, the coach will provide an explanation as to why the student-athlete was not selected. Students who are not selected are encouraged to explore other ACHS athletic opportunities on teams that have not finalized their rosters, although switching sports will not be allowed after the first contest. **Athletes will also not be allowed to quit a sport to start another sport. They must wait until the previous sport has completed their season before beginning another.** The coaching staff of each sport has the sole responsibility for selecting members of the team, determining the level of play, and proportioning the amount of playing time for each student athlete. Coaches will provide policies specific to their sport at our informational meetings. The following are general policies for all sports.

Commitment:

Each member of an athletic team MUST:

- Commit to being present at all team activities, including tryouts, practices, meetings and contests with other schools.
- Dedicate to becoming an excellent team member and role model within the school.
- Strive to continually improve as a student/athlete.
- Demonstrate pride in their school and team.

Game/Practice Sessions:

Practices are held daily and the length may vary as appropriate to the activity/sport. Some practices and games may be held on Saturdays (no Sunday activities). Any team member who must be late or miss practice, games, or meetings must confer with his/her coach. Practice and game schedules, particularly in the case of winter and spring sports, include school vacation weeks. Students and families should take this into consideration when deciding to try-out for our teams. Some teams also have out of season workouts. These are not mandatory, but are encouraged if they are not participating in a sport during this time.

Absence from team practices policy:

Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coach's discretion, and could also lead to removal from the team if this is a recurring problem.

Excused absences from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons at the coach's discretion.

Conflict Resolution:

Athletic involvement can be highly emotional and issues can arise. It is very important that these issues be addressed as soon as possible, and as directly as possible, so that they can be resolved promptly. The following model will be used when a problem arises.

STEP ONE: Personal Contact between Student-Athlete and Coach

As a general rule, the issue should be presented as soon as possible to the coach by the *individual* student-athlete. If this recommended route is not successful, the coach should be contacted by the student-athlete's parent(s) at an appropriate time. Times to be avoided are:

- Either prior to or immediately after a competition
- During a practice session
- During a time when other students may be present

Usually the best solution is to ask the coach either over the phone, via email or in person if an appointment could be made to discuss the issue. A parent or student-athlete could also contact the coach via the Athletic Office. *It is strongly recommended that the student-athlete join their parent(s) at this meeting to ensure that all sides of the issue can be thoroughly discussed.*

Please keep in mind that the Athletic Director and Coaches will NOT discuss the following with parent's and/or community members:

- 1. Playing Time**

2. **Another Student-Athlete**
3. **Scheme/Strategy**

However we will always discuss how we can support student-athletes academically, socially, or emotionally.

STEP TWO: Personal Contact between Coach, Student-Athlete and Parent

If a satisfactory resolution is not reached through direct contact with the coach and student athlete, the student-athlete and their parent(s) should contact the coach. As a courtesy, the coach should be informed that this contact is being made and meeting scheduled ahead of time. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerned parties (Coach, Student Athletes, Parent(s), and Athletic Director) in an attempt to reach a satisfactory resolution. It is very important for all student-athletes and their parent(s) to know that any comments, concerns, or issues brought to the coach will be addressed.

STEP THREE: Student-Athlete, Parent, Coach – Administration Contact

If there is not a satisfactory resolution, the student-athlete and/or parent(s) should contact the High School Principal. As a courtesy, the Athletic Director should be informed that this contact is being made. While there is no guarantee that all parties will agree with all resolutions or findings, hopefully this process can lead to more productive relationships and clearer understandings in the future.

Ashe County High School Vacation Policy Governing Athletes:

Christmas Break:

No games will be scheduled on December 24 or 25. No practices will be scheduled on December 24 or 25. It is expected that winter sport athletes will be available during the December/January winter vacation for practices and/or games.

Spring Break:

Spring sport athletes can expect to have practices and/or games during this time.

End of Summer Vacation:

Athletes are expected to be at the first day of practice (August 1). If an athlete is not at practice/tryouts, he or she may jeopardize his or her chances of making the team.

When athletes miss practice during vacation weeks, coaches will determine the consequences based on:

- Principles of fairness to players who attended all scheduled practices

- The importance of conditioning
- Professional discretion

Sportsmanship Policy:

ACHS expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials and visiting spectators with respect at all times. ACHS reserves the right to warn, censure, place on probation or suspend (for up to one calendar year) any player, team, coach, or school official determined to be acting in a manner contrary to the standards of good sportsmanship.

ANY ATHLETE OR COACH EJECTED FROM ANY NCHSAA GAME IS REQUIRED TO TAKE THE NFHS SPORTSMANSHIP COURSE. ATHLETES AND COACHES ARE INELIGIBLE TO RETURN TO GAME ACTION UNTIL THEY HAVE SERVED THEIR EJECTION PENALTY AND COMPLETED THE NFHS SPORTSMANSHIP COURSE.

Spectators who do not adhere to standards of good sportsmanship may be asked to leave the contest and/or be prohibited from future contests. The NCHSAA website clearly defines any unsportsmanlike conduct exhibited by spectators and how it should be handled by host schools. If you are not sure what details good sportsmanship, please check the NCHSAA website and follow this simple rule: **Cheer for your own team, but do not belittle opposing teams and officials.**

School Athletic Equipment Policy:

Students are responsible for and expected to maintain proper care of all equipment issued to them. Students are responsible for payment of any lost, stolen or damaged items. Each item not returned will be assessed at a rate comparable to the current replacement cost and that student athlete will be billed for the missing items. All equipment is to be returned at the completion of the season. Additionally, those student athletes will not be allowed to participate in another sport until equipment is returned. Student-athletes are not to wear uniforms, either practice or game, at any time other than those allowed by the coaching staff.

Athletic Training Room Policies:

ACHS is fortunate to have a highly qualified and skillful full-time trainer as a member of our staff. On school days, our trainer's hours usually begin around 2pm and last until the conclusion of the last practice or home game. During weekends and times when school is not in session, the trainer is required to be on site only for contests and for some scheduled scrimmages. Occasionally, the trainer will be on site for non-school day practices (with exception to FB and wrestling in which a trainer is required at all practices).

The training program exists to help athletes receive the best possible care. At certain times, however, the trainer and training room facilities are extremely busy. Consequently, access to the training room and its services is limited to athletes who require care only. Training services are granted on a first come, first served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met.

In the event of an athletic injury, the certified athletic trainer is in immediate control. At away contests, if the trainer is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to “take charge” of the situation and, if warranted, call for emergency care. **All sport related injuries must be reported to the athletic trainer and a student may not return to practice or competition without clearance by the trainer, which may also include permission from a licensed physician. Athletes that are absent from athletic practice for five (5) or more days due to illness or injury must receive a medical release by a licensed physician before re-admittance to practice or contests.**

Transportation Policy:

ACHS will provide transportation to and from athletic events; student-athletes are required to ride that transportation to the contests. Insurance and liability issues are the main reason for this. Also, members of the athletic staff feel it is in the best interest of team unity that everyone travel together and share the game experience. As the “guardian” during these trips, the athletic staff must be able to account for the whereabouts of all student-athletes and ensure their safety. It is expected that our student-athletes will conduct themselves appropriately while on bus transportation. Any misconduct will result in a penalty including and up to dismissal if warranted. If parents want their child to ride home with them, they must sign out their student athlete with the coach. If the parent chooses to allow their child to ride home with another adult, a permission note must be given to the coach and or Athletic Director prior to the contest.

Athletic Code of Conduct:

Daily Attendance:

Any student-athlete absent from school the day of a scheduled game will not be allowed to participate in that game unless they have attended at least 50% of the day. The principal/athletic director has the discretion to be the governing body in the event of an emergency where a student athlete is not present for 50% of the school day.

Students in “Good Standing”:

All athletes must be a student in “good standing” in order to participate in athletics. “Good standing” is defined but not limited to:

- Adherence to ACHS school rules that regulate behavior and attendance
- Respectful behavior towards all members of the school community

If a student-athlete is suspended during their sport season they will not be allowed to play or practice during the time of that suspension. The Principal/AD has the authority to extend the athletic suspension as needed.

Students that receive in school suspension (ISS) will be handled by the coach at a “team” level. If ISS is recurring by a student athlete this could result in suspension by the AD.

Academic Duty:

Students will plan their time so that they will devote sufficient energy to their studies to ensure grades represent their true abilities. Athletics allows students to learn time management skills. Ashe County High School has as its primary goal the academic education of all students. Therefore, each coach has the obligation to encourage students to perform within reasonable academic expectations.

Tobacco, Alcohol, and Controlled Substances:

All student use of tobacco products, alcoholic beverages, and possession or use of non-prescribed controlled substances or paraphernalia will not be tolerated, and the violator will be subject to disciplinary action.

The NCHSAA emphatically opposes the use of tobacco, alcohol, and other drugs by student-athletes, coaches, and officials. Participants, coaches, and other team representatives and official, including chain crew, scorekeepers, and timers should not use these products at a game site as it is a violation of the policy and will result in ejection from the contest.

Felony Policy

Athletes charged by law enforcement personnel, or who admit to, a misdemeanor or a felony, at school or outside of school, shall be suspended from all athletic participation until the charge is brought to closure. If found not guilty, the student will immediately be reinstated to his/her original status; however, if convicted, specific penalties will apply as specified in Section C and/or by the Board of Education disciplinary policy.

Honesty / Integrity:

Honesty is expected at all times. Stealing and lying will not be tolerated and, subject to due process, could result in immediate dismissal from the team.

Representation:

Student-athletes are considered representatives of the school at all practices and contests and events. Students will conduct themselves properly when traveling as they represent the community, school and team.

Respecting the Spirit of the Game:

Students will realize that officials do not lose a game, but are there for the purpose of insuring the game they are playing is a fair and safe contest for all participants. The officials will be shown courtesy and respect at all times.

Respect for the Coaching Staff:

Students will understand that their coaches have their best interests and the team's best interest in mind as they plan and guide the athletic team. They will adhere to the specific rules of the coach.

Respect for school buildings and grounds:

Students will understand that damage to the school building, grounds, or school equipment could result in immediate suspension from the team. The length of such suspension will depend on the severity of the damage as determined by the Principal, Athletic Director, and Coach.

Social Media:

Student-athletes understand that inappropriate activity on social media can result in disciplinary action from the administration, AD, or coach. Social media activity should be a positive reflection of the school, team, and community.

Bullying/Hazing:

The ACHS athletic department will not tolerate any form of bullying/hazing in any regards. Activity that represents this type of behavior could result in disciplinary action by the principal, AD, or coach and could lead to removal from the team.

Sexual Harassment

The ACHS Athletic Department will not tolerate any form of sexual harassment in any regards as defined by [ACS Board Policy Section 2b](#). Activity that represents this type of behavior could result in disciplinary action by the principal, AD, or coach and could lead to removal from the team.

Varsity Letter:

Receiving a varsity is an honor reserved for those student athletes who have demonstrated excellence in performance and the commitment and sacrifice appropriate for membership on a varsity team. The standard for receiving a varsity letter will be determined by the coach.

Any policy included in this handbook is considered the minimum consequence and/or requirement and can be more strictly enforced at a team level.

FINAL MESSAGE TO ALL STUDENT-ATHLETES, SPECTATORS AND PARENTS:

We urge you to support ACHS Athletics by:

- Attending sporting events.
- Lending positive support to our teams and coaches.
- Encouraging all players without regard to their role on the team.
- Helping other spectators and parents to maintain an appropriate sportsmanlike attitude.
- Showing respect for the authority of the game officials.
- Enjoying the Ashe County High School athletic experience

It is the goal of the ACHS Athletic department to provide a first class experience for all stakeholders involved in the athletic process. We want our student athletes to look back on their athletic experience at Ashe County High School and deem it some of the best times of their life!

GO HUSKIES!