

# Midlothian High School



*Student Athletic  
Handbook*

# **Midlothian High School Athletic Department**

## **Student Athletic Handbook**

Midlothian High School would like to welcome you to our athletic program. We have an outstanding program that is committed to excellence in academics and athletics. The Midlothian staff seeks to provide each athlete the opportunity to develop his / her individual talents to the fullest within the framework of the team. The welfare of each student-athlete and the rules of good sportsmanship are of prime concern in the daily conduct of our program.

Midlothian operates under the rules of the Virginia High School League, the Dominion District, Region 4B and the Chesterfield County School Board. This handbook provides you with some of the major rules and regulations under which we operate, and it also provides you with other information concerning your participation in the athletic program.

**Please read this handbook carefully and return the signature page, which is to be signed by both the athlete and parent, and the enclosed insurance form.**

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# **Midlothian High School Athletic Department 2017-2018**

**Director of Student Activities – David Cooper**  
**Athletic Office – 378-2440 ext. 4130**  
**E-Mail     david\_cooper@ccpsnet.net**

## **Coaches / Sponsors**

### **Fall Sports**

**Cross Country [ Girls and Boys ] – Stan Morgan**  
**Field Hockey – Leanna Hall**  
**Football – Kevin Thomas**  
**Golf – David Brohl**  
**Volleyball [ Boys ] – Randy Cox**  
**Volleyball [ Girls ] – Sherman Chung**

### **Winter Sports**

**Basketball [ Boys ] – David Brohl**  
**Basketball [ Girls ] – Adam Layton**  
**Indoor Track – Stan Morgan**  
**Wrestling – Scott Jenkins**

### **Spring Sports**

**Baseball – Lee Latham**  
**Soccer [ Boys ] – Chad Porter**  
**Soccer [ Girls ] – TBA**  
**Softball – Rich Johann**  
**Track – Stan Morgan**  
**Tennis [ Boys ] – Al Rivers**  
**Tennis [ Girls ] -- Ben Pomeroy**  
**Boys Lacrosse – Greg Barnard**  
**Girls Lacrosse – Devoe Reagan**

**Athletic Trainer – Michael Whitley**

### **Year-Round Activities**

**Dance Team – Deandra Clarke**  
**Cheerleading – Brittney Simmons**

# Virginia High School League

## Eligibility Rules

**In order to represent Midlothian in any VHSL interscholastic contest a student shall meet the following VHSL requirements:**

**Bona Fide Student Rule-**The student must be a regular bona fide student in good standing at MHS. Any student under penalty of suspension, or whose character or conduct is such as to reflect discredit upon MHS, is not considered in good standing.

**Grade Rule-**The student must be enrolled in the last four years of high school.

**Semester Rule-**The student is eligible for eight consecutive semesters from the date that they enter the ninth grade for the first time. The eight semesters count whether the student is enrolled in school or not.

**Age Rule-**The student shall not have reached the age of 19 on or before the first day of August of the school year that he/she wishes to compete.

**Scholarship Rule-**The student shall have passed five subjects offered for credit and which may be used for graduation for the immediately preceding semester, and shall be enrolled in five credit subjects for the current semester.  
-Multiple credit classes count as multiple subjects (Ex. Voc. Tech)  
-Classes taken over that the student has previously passed may not be used as credit subject.

**Athletic Participation/Parent Consent/Physical Examination Rule-**Prior to trying out for or beginning practice with any team, the student must turn in a completely filled in and properly signed VHSL (white) Parental Consent/Physical Form. The form must attest that the student has been examined by a physician and found physically fit to participate and that they consent to his / her participation. The student must have a new physical (dated after May 1) for each school year.

**Transfer Rule-**The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding move on the part of his / her parent(s) or guardian.

**Amateur Rule-**The student shall be an amateur.

**Awards Rule-**The student shall not have accepted any awards other than those such as letters, plaques, trophies, etc., presented or approved by the school.

**All-Star Participation Rule-**The student shall not have participated in any all-star contests.

**Sportsmanship Rule-**The student shall conduct himself in a sportsmanlike manner at all times. Any student who in protest lays hands or attempts to lay hands on an official may be declared ineligible for up to one year. Any student who strikes an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period of time, up to one year, depending on the seriousness of the act.

**Ejection of a Player-**Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the team's next contest. A player ejected for fighting shall be ineligible for the team's next two contests.

**Penalty for Giving False Information-**Any student, or his parents, who gives false information, either written or verbal, that affects his/her eligibility, shall become ineligible at any VHSL school for a period of one year.

**Questions concerning VHSL rules and eligibility should be directed to David Cooper, Director of Student Activities. (Office 378-2440 ext. 4130 ]**

# Midlothian Athletic Department

## Regulations and Policies

### School Attendance

Athletes must be in attendance for a minimum of two blocks per day in order to practice or play in a contest. Family emergencies and medical appointments must be excused by the Director of Student Activities.

### Transportation

Transportation provided by the school must be ridden both to and from contests. When approved by the head coach, students may ride home with a parent. Parents must sign-out their child with their team's coach.

### Equipment

Each athlete is responsible for all school equipment that is issued to him/her. No athletic awards or letters will be given to any athlete with outstanding equipment. Athletes will be charged the replacement cost of any equipment not returned.

### Eighth Graders Participating at the High School Level

Eighth graders may try out for the teams at Midlothian High School in sports that are not offered at the middle school and where Midlothian has a JV or freshman team. [ football, field hockey, volleyball, wrestling, baseball and softball ]. Eighth graders trying out must live in the Midlothian attendance zone. Exceptions to the attendance rule must be approved by the Midlothian principal and the principal of the school zone in which the student lives.

### Workouts / Open Gyms

Students participating in any workouts, including the weight room, open gym or conditioning program, must have a current VHSL physical on file with the school. The student must also be an enrolled student at Midlothian or from a feeder middle school in the Midlothian zone.

### Medical Procedures and Warning

The Midlothian Athletic Department attempts to make participation in our athletic programs as safe as possible. However, injuries do occur in athletics and **athletes and parents are warned that serious injury may result from participation in our athletic program.** In the event of an injury to an athlete the following procedures will be used:

1. First Aid will be administered to the injured athlete.
2. If the injury is of a serious nature, the parents and if necessary, the rescue squad will be called.
3. Athletes under a doctor's care must be released by the doctor before returning to competition.

## Standards of Conduct

The Midlothian Athletic Department has established the following standards of conduct to insure that the athletes that represent Midlothian High School conduct themselves in an appropriate manner. Violation of the following will result in disciplinary action that may include suspensions or dismissal from the team.

1. Use of tobacco or illegal use of alcohol or drugs.
2. Unexcused absences from practices or games.
3. Theft or destruction of school property including the property of schools that Midlothian is visiting.
4. Unsportsmanlike or disrespectful conduct toward coaches, school officials, game officials, teammates or opponents.
5. Other actions detrimental to the team including involvement in disciplinary actions within the school.
6. Students placed in in-school detention will be suspended from 1 game. [The first game after being placed in ISD].
7. Students suspended out-of-school will be suspended from all practices and games for a minimum of one week.
8. Any student suspended under the Chesterfield County drug and alcohol policy is suspended from all activities for a period of 45 days. **(Chesterfield County School Board Policy)**
9. Any player ejected from a contest for unsportsmanlike conduct will be automatically suspended from the next contest. **(VHSL Regulation-Any student ejected for fighting will be suspended for the next two contests.)**

**Any athlete that is dismissed from a team or quits a team after the season begins may not begin practice or workout with another team until the season of the team from which they were dropped has been completed. [Exceptions to this rule may only be approved by the Director of Student Activities].**

**Any athlete that is dismissed from a team or quits a team after the season begins is not eligible for any athletic or academic awards related to participation in that sport.**

# **VHSL Sportsmanship**

**All Athletes at Midlothian High School Are Expected To Abide by The VHSL Sportsmanship Code at All Times.**

**Be Courteous to All**

**Know the Rules, Abide by and Respect the Official Decisions**

**Win With Character, Lose With Dignity**

**Display Appreciation for Good Performance  
Regardless of Team**

**Exercise Self-Control**

**Permit Only Positive Behavior**

## **Parent and Fan Expectations**

**As a parent and fan of Midlothian athletics, your support of your child at athletic events is important to your child and the school. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials, and other fans. Rude and obnoxious behavior will not be tolerated at any Midlothian contests. If it becomes apparent that you are unable to exhibit good sportsmanship, you will be asked to leave the contest.**

# **DO YOU WANT TO PLAY SPORTS ON EITHER A DIVISION 1 OR 2 LEVEL IN COLLEGE?**

## **NCAA INITIAL ELIGIBILITY REQUIREMENTS**

<b>WHEN TO APPLY?</b>	AT THE END OF THE STUDENT'S JUNIOR YEAR
<b>HOW TO APPLY?</b>	VISIT THE WEBSITE <a href="http://www.ncaaclearinghouse.net">www.ncaaclearinghouse.net</a> .
<b>WHAT COURSE WORK DO I NEED?</b>	<p>FOR DIVISION I SCHOOLS, A STUDENT MUST HAVE 4 YEARS OF ENGLISH, 3 YEARS OF MATH AT OR ABOVE ALGEBRA 1, 2 YEARS OF SCIENCE, 1 YEAR ADDITIONAL OF ENGLISH, MATH, OR SCIENCE, 2 YEARS OF SOCIAL STUDIES, 4 ADDITIONAL CORE COURSES (E.G. WORLD LANGUAGES). 16 CORE COURSES ARE REQUIRED.</p> <p>FOR DIVISION 2, THE REQUIREMENTS ARE THE SAME EXCEPT ONLY 3 YEARS OF ENGLISH ARE REQUIRED, 2 YEARS OF MATH, 3 ADDITIONAL CORE COURSES, AND 2 YEARS OF ADDITIONAL ENGLISH, MATH, OR SCIENCE. 14 CORE COURSES ARE REQUIRED.</p>
<b>HOW DO I FIGURE MY GPA?</b>	USE ONLY FINAL GRADES FOR THESE COURSES AND DROP ANY PLUSSES. THE MINIMUM GPA FOR DIVISION 2 IS 2.0.
<b>WHAT COURSES ARE ELIGIBLE?</b>	VISIT THE CLEARINGHOUSE WEBSITE. A NEW RULE IS THAT 8 <sup>TH</sup> GRADE COURSES FOR HIGH SCHOOL CREDIT CAN COUNT. HONORS AND AP COURSES CARRY HONORS' WEIGHT.
<b>TESTING</b>	<p>DIVISION 1 HAS A SLIDING TEST SCALE—SEE YOUR COUNSELOR FOR DETAILS.</p> <p>DIVISION 2 HAS A MINIMUM SAT REQUIREMENT OF 820 AND AN ACT SUM SCORE OF 68.</p> <p>SCORES MUST BE SENT DIRECTLY TO THE NCAA—USE CODE 9999.</p>
<b>WHAT ABOUT FEE WAIVERS?</b>	FEE WAIVERS ARE AVAILABLE IF THEY WERE USED FOR SAT/ACT TESTING AND REQUIREMENTS WERE MET.
<b>WHAT IF I WENT TO MORE THAN 1 HIGH SCHOOL?</b>	ORIGINAL TRANSCRIPTS MUST BE SENT FROM EACH HIGH SCHOOL THAT THE STUDENT ATTENDED. NCAA HAS AGREED TO ACCEPT A MIDLOTHIAN TRANSCRIPT IF THE STUDENT PREVIOUSLY ATTENDED ANOTHER CHESTERFIELD COUNTY HIGH SCHOOL.
<b>WHERE CAN I GET MORE INFORMATION?</b>	ASK YOUR SCHOOL COUNSELOR.



# **INSURANCE**

Midlothian High School strongly recommends that all participants in our athletic program be covered by a private medical-accident insurance policy or purchase the student accident insurance that is offered through the school. **Adequate insurance coverage for each athlete is the responsibility of the parent or guardian.**

School accident insurance is offered to the students during the first week of school and is handled by First Service Insurance. If you need to purchase the insurance for fall sports (prior to the opening of school) please see the coach of the team or the director of student activities for the insurance enrollment application and explanation of benefits. School accident insurance will cover athletes in all sports and activities except varsity football. A separate policy for varsity football is available for purchase.

## **VHSL CATASTROPHIC ACCIDENT INSURANCE COVERAGE**

All students participating in interscholastic sports and activities under the jurisdiction of the VHSL are covered by the Lifetime Catastrophic Accident Insurance Plan. **This plan does not cover normal injuries but is a supplemental plan that begins benefits only when the expenses for a major covered injury have exceeded \$25,000.** For additional information on this plan or to file a claim, please see the director of student activities..

**Please complete the attached insurance form and handbook signature page and return to your coach. These forms must be turned in before athletes may participate.**

# Midlothian High School Athletic Department

## Handbook Signatures

Name of Athlete \_\_\_\_\_

Grade \_\_\_\_\_

I have read the Midlothian Student Athletic Handbook and reviewed the regulations and policies under which the athletic department operates.

Signature of Athlete \_\_\_\_\_

Date of Signature \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Date of Signature \_\_\_\_\_

**Please sign and return.**

**Midlothian High School**  
**Athletic Insurance Form**

Name of Student \_\_\_\_\_ Grade \_\_\_\_\_

I hereby certify that the student named above is covered by the medical-accident insurance listed below and that I accept the responsibility for the medical costs of this student.

\_\_\_\_\_ Student covered by school accident insurance.

Date Purchased \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ Student covered by the following insurance policy.

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

\_\_\_\_\_ **Student not covered by insurance. I accept full responsibility for the medical expenses of the student listed above.**

Signed by Parent / Guardian \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

**Please sign and return.**