

Piedmont High School

PANTHERS

Student-Athlete Handbook



3006 Sikes Mill Rd.

Monroe, NC 28110

[http//.pmhs.ucps.k12.nc.us](http://.pmhs.ucps.k12.nc.us)

Piedmont High School

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www.viewmyschedule.com

Athletic Handbook For Parents and Athletes



Panther Pride!

Promise Yourself:

To Think only the Best

To Work only for the Best

And to Expect the Best.

Piedmont Coaching Staff

- 🐾 Frank Ambrose, Head Football
- 🐾 Phil Apple, Head Women's Basketball
- 🐾 Tad Baucom, Asst. Football, Head Women's Softball
- 🐾 Jamie Belk, Asst. Football, Asst. Wrestling
- 🐾 Bethany Boshers, Asst. Women's Track
- 🐾 Kim Cantey, Women's Head Volleyball, Women's Head Track
- 🐾 Marie Clayton, JV Women's Basketball
- 🐾 Mick Doriani, Asst. Cross Country, Men's Head Track
- 🐾 Tom Florence, Asst. Women's Basketball
- 🐾 Milt Flow, Head Men's Baseball
- 🐾 Bob Gearhart, Athletic Director, Head Men's Basketball
- 🐾 Courtney Luce, Head Women's and Men's Tennis
- 🐾 Lee Minton, Head Men's Soccer
- 🐾 Josh Montenaro, Head Cross Country, Asst. Men's Track
- 🐾 Jorge Sanchez, Asst. Men's and Women's Soccer
- 🐾 Heather Schreiber, Asst. Women's Volleyball
- 🐾 Charles Sedberry, Asst. Men's Basketball
- 🐾 David Smith, Head Men's and Women's Golf
- 🐾 Todd Stokes, Asst. Football, Head Men's Wrestling
- 🐾 Jim Swaney, Asst. Football
- 🐾 Stephanie Thomas, Cheerleading
- 🐾 Trisha Threat, JV Cheerleading
- 🐾 Chris Vangas, Asst. Football, Varsity swimming, Asst. Baseball
- 🐾 Lauren Cummings, Athletic First Responder

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**Piedmont High School
Union County Schools
NCHSAA
Athletic Information**

Welcome to the Athletic Program!

Welcome to the Athletic Program at Piedmont High School. You are about to join a program that has a long history of academic and athletic excellence. Many athletes who have preceded you have provided Piedmont High School with a reputation that is highly regarded in high school athletics. We hope your involvement in this program will provide you with many rewarding and worthwhile experiences and that perhaps you too can make a contribution that will further enhance the reputation of Piedmont High School and its athletic program.

The Interscholastic Athletic Program of the Union County Public School System is an integral part of the total school program, and as such is designed to help our students become better school, community, state and national citizens.

While the academic area is the primary focus of our school system, we believe participation in an athletic program affords opportunities, training and experiences not ordinarily available in the regular curriculum. Education should not only provide for the many, but should also furnish a demanding test for the limited numbers who are gifted physically and who are ambitious to excel.

EXTRA CURRICULAR ACTIVITIES

Vision Statement: We envision a school system that offers an extracurricular program for its students that is considered a model for all other districts in North Carolina. Our expectation for the extracurricular activities program is that it will match the expectations the UCPS system has for its academic program. Our vision is that the extracurricular activities will be considered an asset to the academic mission of the schools and will enhance all aspects of school life. We envision a program that offers quality facilities that are student and people friendly and quality coaching for its administration. Ultimately, we envision an extracurricular program that all of its participants, students, parents, coaches and administrators, can be proud of and one that promotes lifelong personal and community wellness and contributing, productive citizens.

Each school is expected to have an athletic director, coaches and sponsors that are familiar with the expectations of the Board of Education and any outside governing body (for example, National Honor Society). Where the NCHSAA is applicable, coaches and athletic directors are responsible for complying with the rules established for participation and with disseminating the rules to each student participant.

BELIEFS:

- We believe the extracurricular activities program is for all students.
- We believe that extracurricular activities are an integral part of the total education program and a unique part of the high school experience.
- We believe extracurricular activities teach students many invaluable, intangible traits that are necessary for productivity in our society such as, but not limited to, self-discipline, personal commitment, loyalty, sportsmanship, teamwork, the value of preparation, and a hard work ethic.
- We believe participation in extracurricular activities enhances student academic performance and school attendance.
- We believe extracurricular activities have a positive effect upon the participant's self-image, mental alertness, social competence and ethical awareness.
- We believe that the spirit of competition and the will to excel are some of the necessary elements associated with extracurricular activities. These elements are valuable to the development of a healthy mind and a productive American citizen.
- We believe extracurricular activities are a wholesome equalizer because individuals are judged for what they are and for what they do, not on the basis of the social or economic group to which they belong.

Mission Statement:

To provide meaningful activities that develops (Values of Life) sportsmanship, leadership, teamwork, commitment, responsibility, respect and pride in our community through participation on a team.

CONDUCT

Participation in extracurricular activities, including athletics, is a privilege, not a right. The Union County Board of Education expects all students who represent their school through participation in extracurricular activities to be good representatives of their school community. Students should dress, act and conduct themselves in a way that reflects positively on their school. Each student is expected to display good citizenship at all times. Taunting is expressly prohibited. Taunting includes actions or comments which are intended to bait, anger, embarrass, ridicule or demean others, whether or not deeds or words are vulgar or racist. Any student who fails to conduct him or her appropriately may have the privilege of participation limited or revoked.

ELIGIBILITY TO PARTICIPATE

A student who is suspended from school is not eligible to practice, play or attend any meeting during the time of suspension. If the suspension includes the last day of school before a vacation or weekend, the student becomes eligible the next calendar day after the last day of the suspension.

A student who is absent from school will not be allowed to practice or attend any meeting of the team or group on the day of the absence. Exceptions are funerals, field trips, and college visitations which must be approved by the principal in advance.

TRAVEL

All students will be required to travel to and from events with the coach or sponsor and the team. Athletes may ride home with parents or guardians if the coach or sponsor receives a written request directly from the parent or guardian before the travel date in question. The request should note that the student has permission from you the parent or guardian to travel by other means (This request must be dated and signed by the parent or guardian).

Athletic Goals:

The goal of the Piedmont athletic department is to provide opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline, acceptable personal and social behavior, and character. Participation in sports is a privilege, not a right. Extracurricular sports are generally governed by the rules established by the North Carolina State Board of Education and the North Carolina High School Athletic Association. In addition to the rules established by NCHSAA, each Coach may have rules and expectations for the members of the team which shall be distributed to all players and parents at the beginning of the season. The Union County Public Schools Code of Conduct applies to all student athletes on and off the field of play. All students who participate in athletics are subject to disciplinary consequences imposed by coaches. The athletic program at Piedmont High School is designed to produce well-rounded citizens who can take their place in a community and in a democratic society. The program is intended to develop leadership skills, a sense of responsibility and accountability, and sportsmanlike attitudes of the student population.

One of the main goals of the athletic department is to teach the concept of sportsmanship.

Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, teammates, officials, coaches, administrators and spectators. Winning is exciting, but winning at any cost is not the goal.

Emotional balance promotes consistency in the lives of athletes that affects everything they do. Everyone wins, especially the athletes, who move comfortably from one responsibility and relationship to another, benefiting themselves as well as their parents, teachers, and coaches.

OBJECTIVES:

- To provide our participants with the best possible administration, supervision and instruction available.
- To provide our participants with quality facilities and equipment that is both safe and people and student friendly.
- To provide our participants with safe, quality transportation to and from all competitions and activities.
- To provide our participants with proper funding to meet all of their needs in the extracurricular arena.

Should student-athletes or guardian(s) choose to make purchases related to athletic participation e.g. (camps, trips, clothing, equipment for personal use or any other purpose related to participation) the expenses will be the sole responsibility of that athlete and his/her guardian(s). Piedmont High School, Union County Public Schools, and/or the Coaching Staff will in no way to any degree cover or reimburse voluntary expenses at any time.

Foreward

This handbook is designed to inform the student-athlete and his/her parent(s) of the rules, regulations and policies of the Athletic Department. The coaching staff at acknowledge to the principles outlined in this handbook. Participation on PMHS athletic teams is strictly on a voluntary basis. Athletics are extra-curricular activities conducted after the regular school day. No recruiting of any kind is permitted. The athlete must earn the privilege of participation through dedication, desire and discipline. Because participation is voluntary, certain basic requirements are necessary in order to make the athletic program a wholesome, successful and meaningful experience.

The requirements have been kept to a minimum, but important items are listed below in order that the athlete must fully understand before making the decision to participate. All students at Piedmont High School will adhere to the Union County Public Schools Code of Conduct, and the uniform consequences for violations. However, the Athletic Department may also discipline athletes, because of their high visibility and their place as leaders of the school. The Piedmont Athletic department will enforce the rules and regulations as described in this handbook. Parents and athletes are asked to sign an acknowledgment document, stating that they have read and understand the information included in this handbook. Misconduct includes inappropriate behavior while you are involved in any way with an athletic department program, including practice, games, and travel. Insubordination, impudence, insolence, or other examples of defiance toward coaches, officials, bus drivers or others in authority or who have responsibility for your safety are examples of misconduct.

Such behavior will not be tolerated.

Specific punishments cannot be listed since varying circumstances, the severity of the infraction, and the athlete's reaction to being corrected provides too many variables. Coaches and/or the Athletic Director will handle individual instances in a manner that seems best suited to the situation but athletes should note that appropriate responses by coaches or the Athletic Director could range anywhere from a verbal reprimand to suspension or expulsion from the team.

Piedmont High School Athletic Information

Physicals

All athletes must have a completed Athletic Participation/Parent Consent/Physical on file with the Athletic Director at school before they practice. The physical is valid for one calendar year and must be current until the end of a specific season.

Academics / Athletic Eligibility

Student –Athletes must pass 3 of 4 courses in the previous semester and have attended school at least 85% of the previous semester. Students must pass all local UCPS promotion requirements and not have been convicted of a felony.

Transportation

The athletic department will provide transportation to and from athletic events. If an emergency occurs, parents can transport athlete's home from away games with written permission of the head coach. Under **no circumstances** will athletes be allowed to travel with teammates or other parents or students to contests.

Informed Consent / Inherent Risk

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules and warnings, report physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

Athletic Training

The athletic department will provide a certified Athletic Trainer or first responder, assistant trainer and student trainers to provide the possible care for our athletes. Athletes are offered a wide variety of services (prevention and treatment) to help meet the demands of athletic competition.

The following are guidelines to follow when using the training room:

1. Do not enter without a trainer, coach or student trainer
2. Only athletes being treated are allowed in training room
3. Do not attempt to treat yourself
4. Wear appropriate clothing to and from the training room
5. Do not use or remove any supplies without permission.
6. No food or drink allowed in the training room.

Practices

According to the Union County Public School system, each site is allowed to make its own decision concerning practices, realizing that no practices may occur before the end of the regular teacher workday.

Inclement Weather

On the first day schools are closed due to inclement weather conditions, all school activities shall be suspended. This rule applies to all games, practices, rehearsals, etc. On subsequent days when schools are closed due to inclement weather, the building principal will decide when school activities (team practices, rehearsals, etc.) may be resumed within his/her school. All performances and games that are to be played when schools are closed will require the permission of the superintendent or his designee.

Under **NO CIRCUMSTANCES** should students be penalized for failure to attend activities when schools are closed even when special permission to proceed has been granted.

Dressing/Locker Rooms

Coaches will supervise their dressing facilities. Custodians are expected to clean dressing rooms daily, but are not expected to pick-up equipment and clothing left behind by athletes. **DO NOT**; under any circumstances wear cleats inside the buildings or walk across the gym floor.

Lockers shall be assigned to all athletes. Athletes are encouraged to secure all valuables in their lockers. The athletic department **will not** be responsible for lost or stolen personal belongings.

Attendance

It is the responsibility of all athletes to attend school on a regular basis. Student-Athletes should set an example for all other students. Athletes cannot participate (dress out) in practice or a game unless they are in attendance at school.

- All athletes will attend Piedmont High School on a daily basis.
- Athletes should be present in **ALL** classes during the school day unless excused by parents, faculty or administration.
- If he/she attends school he/she will be expected to practice unless excused by the coach.

Dress

Athletes are expected to dress in an appropriate manner whenever they represent Piedmont High School

- Must dress appropriately during the school day (Piedmont Student Handbook), at practice and for all games.

Equipment

All athletes are required to replace lost uniforms or damaged equipment either by payment or with the equivalent of the lost article. Athletes are responsible for clearing all obligations with their coaches before participating or practicing with another sport (good standing). If an athlete fails to take care of his/her financial responsibilities to the athletic department he/she will be ruled ineligible.

Meals

The athletic department will not provide funds to purchase pre-game meals, post-game meals, or overnight accommodations unless covered by the NCHSAA.

Awards

Letter Requirements and Awards

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and the observance of athletic policies. If an athlete completes the season in good standing, he/she will receive a letter or participation certificate. The head coach of the sport sets the letter requirements for each sport. Awards shall be held if the student-athlete is not in good standing (debt owed).

The Awards available are the following:

- Letter/Certificate: Awarded when an individual letters in for the first time in any sport.
- Sport Icon/Pin: After qualifying for a letter in a sport, each additional sport will be designated by a sport emblem to be worn on the letter.
- Participation Certificate: Will be awarded to all team members that finish the season in good standing.
- Manager's Pin: A coach may award a manager's pin to any team manager.
- Scholar Athlete Certificate: Awarded to all athletes in good standing that earns a 3.5 or greater grade point average during the first nine weeks of their sport season.
- Plaques: The head Coach shall present special awards. The Piedmont Athletic Booster Club provides these plaques each year.

College

The coaching staff will work to qualify as many student-athletes as possible. Information about re-centered SAT scores and clearinghouse registration is available upon request from the Athletic Director. In the event that a college recruiter contacts an athlete personally

he/she has an obligation to notify his/her coach, guidance counselor, and the athletic department. Piedmont High School will abide by the rules of the NCCA. Information about college recruiting and the Internet scouting service is available on request from the Athletic Director

Schedules

We compete in the Rocky River 1A/2A conference, which includes: Monroe, CATA, Union Academy, Cuthbertson, Forest Hills, Berry Academy, West Stanly and North Stanly. We will continue to schedule and compete against established programs whenever possible.

Football contracts and schedules (home and away) are for a period of (2) two years.

Schedules for all sports are generally completed three months in advance of the season and are available from the athletic director. To receive the current athletic schedules go to

http.pmhs@ucps.k12.nc.us, or to www.viewmyschedule.com

Admission Prices:

Panther Season tickets are available from the Athletic Director (Form Included). The Panther season ticket is a tremendous value versus purchasing individual tickets at the gate

Individual Ticket prices:

Varsity Football:	\$6.00
JV Football	\$5.00
Basketball games	\$5.00
All other events	\$4.00

Team Selection

Athletes at Piedmont High School are encouraged to participate in as many sports as he/she can. Student athletes may participate in more than one sport during a season with the approval of the coaches and the athletic director. Once an athlete begins the in-season-training period of a sport, he/she should not quit while that sport is in season. If an athlete quits a sport they will be withheld from participation until that season is over (includes playoffs). Athletes may be allowed to transfer from one sport to another during a season with mutual consent of both coaches and the athletic director. Each coach has his/her own policy on how he/she selects the team. Coaches will explain their policy to candidates before the season/practice begins. Skill Development sessions and open facilities (open to all, required for none) are allowed, but shall not be held during any tryout period of an in-season sport (8-1 - 9/1, the month of November, 2/14 - 3/15, during mid-term exams, and the last 5 days of each semester). All skill development sessions must be voluntary and open to all athletically eligible students. Student insurance is required for all those involved in skill development and off-season sessions.

There shall be no athletic practice during the school day or on Sunday. Practice may begin after 3:15 PM during the regular school day and on workdays.

SPORT SEASON

FALL
WINTER
SPRING

FIRST PRACTICE DATE

Football: Week of August 1, all others, the following Monday
Week of November 1st
Week of February 14th

Substance Abuse

The **NCHSAA, UCPS and Piedmont High School** emphatically oppose the use of tobacco, alcohol and other drugs by student-athletes, coaches and officials. The use of alcohol, tobacco, and illegal drugs is prohibited. Medical research clearly substantiates the fact that the uses of these or any mood modifying substances produce harmful effects on the human organism.

The student who wishes to experiment with such substances should remove himself from the team before he/she jeopardizes team performance, team reputation, team success, and physical harm to himself/herself or teammates.

Tobacco (In all forms): research emphasizes that the use of tobacco is physically harmful to young adults. The harm caused by this substance is not only a health problem. The community follows the progress of young athletes and any deviation from accepted training rules marks one as unwilling to “pay the price” If one squad member breaks the rules, the whole team is branded.

Alcohol: There is no way to justify athletes, using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking session will be the first to criticize them if they do not produce in game situations.

Drugs: Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers.

UCPS Extra-Curricular and Co-Curricular Activities Guidelines

1. Any student who is charged with a felony or a Class I misdemeanor or is petitioned for an offense that would be a felony or a Class I misdemeanor if committed by an adult, will be removed from all current teams and/or activities for a minimum of twenty (20) school days, and will remain ineligible until such time as the courts render the findings in the case. Pleas of “No Contest” or as part of a deferred prosecution or “Prayer for Judgment Continued” (PJC) will be considered convictions for purposes of these guidelines. In the case of co-curricular activities, the student will attend class and complete work related to the class, but cannot represent the school in any manner during an extra-curricular component of the class. If there are mitigating circumstances, the student may request a review of the evidence surrounding the charge by the Superintendent or his designee. The student is ineligible to participate in

extra-curricular activities until a final decision is rendered by the Superintendent or his designee.

2. Any student athlete who is convicted of a felony or is adjudicated delinquent for an offense that would be a felony if committed by an adult is barred from participation in interscholastic athletics for the remainder of his/her high school career per NCHSAA guidelines. Students involved in other extracurricular or co-curricular activities who are found guilty of a felony or are adjudicated delinquent for an offense that would be a felony if committed by an adult are not eligible to represent the school in such activities for the remainder of their high school careers. Students found guilty of a Class I misdemeanor or are adjudicated delinquent for an offense that would be a felony if committed by an adult are not eligible to participate in teams and/or activities for the remainder of the school year. These guidelines also apply to middle school students; however, eligibility is restored once the student first enters ninth grade per NCHSAA guidelines.
3. Any student charged with a Class II or III misdemeanor or is petitioned for an offense that would be a Class II or III misdemeanor if committed by an adult that takes place on school grounds, during a school sponsored event, or in the course of representing the school will be removed from all current teams and/or activities for a minimum of twenty (20) school days, and will remain ineligible until such time as the courts render findings in the case. Pleas of “No Contest” or as part of a deferred prosecution or “Prayer for Judgment Continued” (PJC) will be considered convictions for purposes of these guidelines. In the case of co-curricular activities, the student will attend class and complete work related to the class, but cannot represent the school in any manner during an extra-curricular component of the class. If there are mitigating circumstances, the student may request a review of the evidence surrounding the charge by the principal. Students found guilty of a Class II or III misdemeanors or are adjudicated delinquent for an offense that would be a Class II or III misdemeanor if committed by an adult are not eligible to participate in teams and/or activities for the remainder of the semester.

4. Mitigating circumstances may include:

- a. having no history of disciplinary problems;
- b. having a significant amount of time pass since the student’s last disciplinary problem;
- c. being a passive participant or playing a minor role in the offense;
- d. reasonably believing the conduct was legal;
- e. acting under strong provocation;
- f. aiding in the discovery of another offender;
- g. making a full and truthful statement admitting guilt at an early stage in the investigation of the offense;

- h. displaying an appropriate attitude and giving respectful cooperation during the investigation and discipline process; or mitigating circumstances do NOT exist solely because of demonstrated prowess in a sport or activity or the potential of scholarships or grants in aid.
5. A second unrelated felony or misdemeanor charge or a juvenile petition for an offense that would be a felony or misdemeanor if committed by an adult, will automatically result in removal from all teams and/or activities for the duration of the school year.
 6. Any student suspended out of school six (6) days (for a single offense) for high schools on block schedule or ten (10) days (for a single offense) for high schools on traditional schedule will receive a ten (10) school-day suspension from any extracurricular activity. Any middle school student suspended out of school for ten (10) days for a single offense will receive a ten (10) school-day suspension from any extracurricular activity. Per middle school sports guidelines, a second out-of-school suspension during the sports season will result in the student being removed from the team/squad for the remainder of the season.
 7. National and state organizations, school clubs, and athletic teams with rules or by-laws that prescribe stricter consequences for student misconduct will supersede the above guidelines.
 8. It is expected that all athletic teams will have team rules that address the off campus behavior of students/athletes regarding drugs and alcohol. These rules should outline consistent consequences that limit and/or prohibit participation by students/athletes involved in such activities.
 9. Students who are found not guilty will be eligible for reinstatement to the team or activity immediately. Pleas of “No Contest” or as part of a deferred prosecution or “Prayer for Judgment Continued” (PJC) will be considered convictions for purposes of these guidelines, and students must serve the 30 day suspension from activities.
 10. Students involved in co-curricular activities with a required extra-curricular component, such as band, chorus, vocational clubs, etc., will be given alternative assignments to avoid a negative impact on their academic standing in such classes.
 11. Principals are asked to communicate and collaborate in dealing with such situations. This is especially important in charges and arrests involving more than one school. All schools are expected to follow these guidelines.
 12. Students charged with crimes during the summer months shall be subject to these guidelines beginning the first day of the school year if the charges are still pending at that point.

13. Affected students and their parents will be informed in writing regarding all decisions and actions taken relative to these guidelines.

Revised 102202
Revised 30308

ATHLETIC DEPARTMENT STUDENT-ATHLETE VIOLATIONS

If witnessed by a school employee / personnel during your sport season, admission or criminal conviction (24/7)

In addition to NCHSAA rules and requirements, All Union County School rules as well as Piedmont High School rules are always in effect. Student-Athletes are to be positive role models at all times. In addition the academic, attendance, residency, and age requirements, Piedmont High School Athletic Department and Staff will enforce the following athletic department conduct requirements for athletic eligibility: (Note: Length of violations carry from season to season and violations of the rules in this section remain accumulative from the ninth grade throughout the twelve grade)

RULE 1: Student-Athletes shall not possess, use, transmit or be under the influence of Marijuana, controlled drug substances (hallucinogens, stimulants, depressants, or any other narcotic or controlled drug) or possess, use, or transmit paraphernalia for the use of such substances. (Use of an authorized drug as prescribed by a registered Physician will not constitute a violation).

CONSEQUENCE FOR VIOLATION OF RULE 1:

A student-athlete violating rule one on the first offense will be suspended from athletic competition and practice for a minimum of 6 weeks and the completion of an approved (agreed upon by parent/guardian and the athletic director) drug use intervention program. A drug assessment may be required as part of the first offense consequences if the situation merits. (Note- circumstances may warrant a longer suspension). Additional violations of rule one will result in permanent dismissal from athletics.

RULE 2: Student-Athletes shall not possess or be under the influence of alcoholic beverages.

CONSEQUENCES FOR VIOLATION OF RULE 2:

The first violation of rule 2 will result in suspension from athletic competition and practices for

25% of what is considered a regular season. Circumstances may warrant a longer suspension. The Athletic Director has the right to modify the first offense consequences if the student-athlete agrees to and completes an athletic department approved drug-alcohol assessment program.

The second violation of rule 2 will result in a 9 week suspension from athletic competition. Any succeeding offense beyond two will result in permanent dismissal from athletics at Piedmont High School.

RULE 3: Student-athletes will not partake in any degree or be in possession of tobacco.

CONSEQUENCES FOR VIOLATING RULE 3:

First Violation: A student -athlete using tobacco products must enroll and complete a tobacco cessation program. (Failure to complete the program will be considered a second violation)

Second Violation: A student-athlete will be suspended from athletic competition for 25% of the season, and must enroll and complete a smoking cessation program.

Any Violation(s) beyond two will result in permanent suspension from athletic competition at Piedmont High School.

RULE 4: Violation of school rules, disruptive behavior, showing disrespect toward school staff, or unsportsmanlike conduct. Committing any act that reflects negatively on the Athletic Department or School will not be tolerated and such will lead to eligibility restrictions. If behavior is deemed serious enough the athlete may be placed on probation or suspended by the Athletic Director.

RULE 5: Specific teams will have rules set forth by the Head Coach of each sport. These rules and penalties deal with team logistics/policies. This information will be given to Student-Athletes by the Coach at the beginning of the season.

All athletes must work to their academic potential in the classroom. They must also display good school conduct at all times. Disciplinary action taken by the Piedmont High School Administration team in accordance with UCPS rules and policies may be supplemented by additional disciplinary action by the Athletic Department. Students will have all rights afforded them by due process.

SPECIAL NOTE:

When serving a **school imposed suspension, (ISS & OSS)** the student-athlete will be **ineligible** for **all** contests, tryouts, and practices during the suspension period. This means they cannot participate (dress out) during the suspension.

When serving an **athletic suspension**, the athlete is expected to demonstrate support for HIS / HER teammates. Failure to adhere to these expectations may extend his suspension and/or affect his recognition at the conclusion of the season.

NCHSAA Eligibility Regulations

BEFORE PRACTICING WITH ANY TEAM, THE FOLLOWING MUST BE COMPLETE:

- 1. MEET ALL NCHSAA REQUIREMENTS**
- 2. HAVE A CURRENT MEDICAL EXAM**

BEFORE PARTICIPATING WITH ANY TEAM THE FOLLOWING MUST BE COMPLETE:

- 1. TURN IN SIGNED PARENTAL/ATHLETIC PARTICIPATION**
- 2. TURN IN SIGNED EMERGENCY FORM**
- 3. TURN IS SIGNED PARENTAL INFORMATION FORM**

- Must be properly enrolled as a student at the time they participate.
- Must have been in attendance for at least 85% of the previous semester.
- Must not have exceeded eight consecutive semesters of attendance or have participated more than four seasons in any sport since entering the ninth grade
- No student may participate on an athletic team if his/her 19th birthday comes on or before October 16.
- Must live with parents or legal custodian within the school district (exceptions must be approved by the principal and the NCHSAA)
- Must have passed a minimum load of work (3) during the preceding semester to be eligible at any time during the present semester. Students must also meet local promotion standards set by the LEA.
- Must have received a medical examination by a licensed physician within the last 365 days. Students absent from athletic practice for five or more days due to illness or injury shall receive a medical release before re-admittance to practice or contests. Players and coaches are encouraged to carry adequate medical and accident insurance.
- Must not have been convicted of a felony, or an offense that would have been a felony if committed by an adult.
- Must not participate in unsanctioned All-star or Bowl games.
- Must not be guilty of Unsportsmanlike conduct, or ejected from the previous contest
- Must not play more than three games in one sport per week, and no more than one contest per day (exception baseball, softball and volleyball).

Sportsmanship

The Union County Board of Education values the participation of parents and community in the activities of the schools and encourages adults to serve as role models for students. The Board welcomes visitors to the campuses of the schools and provides for opportunities to observe and learn about the educational programs, to use the facilities in compliance with policies designed for community use of our facilities, and to attend public events, including sporting events, musical and dramatic presentations offered to the public.

While visitors are welcome on campus, the paramount concern of the Board is to provide a safe and orderly educational atmosphere in which disruptions and distractions are minimized. The Superintendent and each building supervisor may establish and enforce reasonable rules to address these concerns. In addition, the following requirements apply:

- Spectators at events open to the public are expected to conduct themselves so as to model good sportsmanship and citizenship. This applies to student spectators as well as adult spectators. Spectators shall not:
- Harass, degrade or heckle players, participants or referees;
- Throw anything on the playing surface; and
- Approach the coach of either team before, during or after the game
- Student spectators who violate this policy are also in violation of the Code of Conduct and will be disciplined accordingly

Any visitor to a school or school event who violates this policy will be asked to leave and may lose the privilege of coming on campus and / or attending school events in the future.

The following policy statement from the National Federation of State High School Associations expresses the concept of sportsmanship:

“The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual’s influence on the behavior of others Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.”

The following policy statement from the North Carolina High School Athletic Association (NCHSAA) expresses the concept of sportsmanship as follows:

“Ethics, integrity, and respect are important values in our daily lives. In the playing arena, they are translated into the word sportsmanship. Good sportsmanship is a vital part of high school athletics and must be reflected in a commitment to emphasize those positive lifetime values taught by interscholastic athletics”

Sportsmanship: Students and spectators should....

- Realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through behavior the practice of good sportsmanship
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
- Remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well being of the players, through the medium of the contest
- Be modest in victory and gracious in defeat
- Respect the judgment and integrity of officials
- Fulfill the pledge you sign before each sport season

EJECTION POLICY:

Anyone may be ejected from a contest for the following:

- fighting (throwing a punch)
- biting
- taunting, baiting, or spitting toward an opponent
- use of profanity
- use of obscene gestures disrespectfully addressing or contacting an official shall be suspended by NCHSAA and may be subject to administrative discipline as well.

Athletes are expected to:

- * Exemplify high morals, good character and fellowship
- * Respect the integrity of others
- * Abide by the rules of the game in spirit and intent
- * Demonstrate a continuing interest in personal improvement
- * Display good sportsmanship
- * Respect the rights and possessions of teammates, coaches, administrators and officials.

The NCHSSA now requires any athlete or coach who is ejected from a contest will now have to complete the STAR sportsmanship program at the NCHSAA website. No athlete or coach will be allowed to return to competition until the program is complete and submitted to the NCHSAA.

The coach may immediately suspend a player for 24 hours for any behavior or offense(s) the coach determines is detrimental or has the potential to negatively impact the team or the athletic department. At the end of the 24 hour suspended time period a meeting should be set between coach and athlete to resolve issues that created the suspension. Should no agreeable resolution be reached by the coach and the suspended student-athlete, the coach may then suspend an athlete for up to an additional period not to exceed one week (7 days). At which time the suspension situation will be handled by the Athletic Director. Any suspension period of more than one week shall be by a consensus of the athlete's coach / coaches, and the Athletic Director.

The policies and rules in the Piedmont Student-Athlete Handbook have been established for the benefit of the athlete and the team. Repeat or flagrant violations may result in total suspension from the athletic program.

Sample Letters

Sample Resume to a College Coach

Your Name
Complete Address
Telephone number
S.A.T Scores: Math ____, Verbal ____, Written ____

Year in School
G.P.A.
Class rank ____ of ____

Education: Piedmont High School
3006 Sikes Mill Rd
Monroe, NC 28110

Height: _____ Weight: _____ Position(s): _____
Uniform #: _____ Conference: South Piedmont Classification: 3A

(Specific Statistics)

	Tackles	Assists	Sacks	Fumbles	Etc.
Freshman Year					
Sophomore Year					
Junior Year					
Senior Year					

Honors: Captain, All-Conference, etc.

Other sports played:

References:	Head Coach	Name and Address (use schools)
	Faculty	Same Info
	Administration	Same Info

Sample Letter to a College Coach

Date:

Coach's Name
Address
City, State, Zip Code

Dear Coach (insert full name),

Upon recommendation of _____, my head coach, I am forwarding an athletic resume to you. I have listed my scholastic and athletic achievements as an athlete at Piedmont High School in Monroe, North Carolina.

I am interested in attending _____(school) and would like to participate in your athletic program. I presently plan to pursue a degree in _____ after graduation. I would like to discuss the possibility of playing _____ (sport) at _____ (school) while continuing my education.

I have included a copy of the Piedmont High School _____ (sport) schedule and several articles about our team. I look forward to hearing from you.

Sincerely,

Your name
Address
City, State, Zip Code

SUMMARY

This handbook is intended to inform athletes and parents of state and local regulations governing interscholastic athletics. It is our hope that by being made aware of rules, regulations, and expectations, unfortunate situations due to lack of knowledge can be avoided.

Please understand that this handbook is not all-inclusive. There are many rules and regulations that are not included and, of course, each coach has the right to make reasonable rules that are more stringent than those outlined in this document.

The importance of adherence to all regulations in this book is necessary for the operation of the athletic department and its teams. The enforcement of these athletic policies and rules will be handled in a firm and fair manner. Our community, school administrators, coaching staff, and athletic director strongly demand that high standards of conduct and citizenship be maintained to ensure the integrity of our tradition of academic and athletic excellence here at Piedmont High School. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and the orderly conduct of sports. The athletic department will not establish arbitrary personal preferences to insure absolute uniformity. The welfare of the student is our major consideration. Their welfare transcends any other consideration.

In the event that an athlete fails to comply with these standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete will be denied the privilege of participating until such time as they can prove this desire.

Piedmont Athletics

Superintendent
Dr. Ed Davis



Principal
Jonathan Bowers



Athletic Director
Bob Gearhart



Head Coach



Assistant Coach



Team Captains



Student Athlete

Piedmont High School Athletic Awards

Objective: To honor and recognize as many student-athletes as possible

Criterion for athletic awards

Athletic points for teams and individual sports are calculated using the following formula:

Team Points

- | | |
|--|----------------|
| 1. Participation points | (4 year total) |
| Varsity letter qualifier | (2 points) |
| Participation certificate | (1 point) |
| 2. All conference | (1 point) |
| 3. All region first team | (2 points) |
| 4. All region second team | (1 point) |
| 5. NCHSAA All state 1 st team | (2 points) |
| 6. NCHSAA All State 2 nd team | (1 point) |
| 7. Regional Champion team member | (1 point) |
| 8. State Champion team member | (2 points) |




Individual Sports Points

- | | |
|----------------------------------|----------------------------|
| 1. Participation points | (4 year total) |
| Varsity letter qualifier | (2 points) |
| Participation certificate | (1 point) |
| 2. Regional Champion | (2 points) |
| 3. All Region First Team | (1 point – see key below) |
| 4. NCHSAA State Champion | (3 points) |
| 5. NCHSAA All State Team | (2 points – see key below) |
| 6. Regional Champion Team Member | (1 point) |
| 7. State Champion Team Member | (2 points) |

Individual sports key:

- | | |
|----------------|--|
| Tennis: | (2 nd , 3 rd , 4 th) |
| Swimming: | (2 nd thru 6 th) |
| Golf: | (2 nd thru 10 th) |
| Cross Country: | (2 nd thru 10 th) |
| Track: | (2 nd , 3 rd , 4 th) |
| Wrestling: | (2 nd thru 6 th) |

Special Awards:

-  **Scholar Athlete Award:** Senior boy and girl involved all 4 years with highest scholar/athletic index – (cumulative weighted GPA x 10 + athletic points Senior year)
-  **Athlete of the Year:** Awarded to the outstanding boy and girl athlete with the most athletic points during the Academic year.
-  **Senior Outstanding Athlete Award:** Awarded to the outstanding boy and girl athlete involved all 4 years with the most athletic points.

Athletic Handbook Acknowledgment

We acknowledge that we have received and read the student-athlete handbook. We agree that we are responsible to know the information contained in the handbook.

Parents/Guardian

Date

Student-Athlete

Date

This form must be signed and returned to the athletes coach. It only needs to be done once. We will keep this copy on file with the athlete's physical, insurance form and eligibility packet.