The R.I.S.E Schools
Grammar/Prep

Athletic Handbook
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INTRODUCTION

To our Parents,

This material in this handbook is being presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family's interest in supporting this very important component of our school program is greatly appreciated. We believe that participation in sports provides a wealth of opportunities and experiences, which assist our students in their overall personal development, both as young adults and as aspiring athletes. It is our hope that the contents of this handbook will help you to better understand our athletic program, procedures, and expectations. We are looking forward to an exciting season of competition and hope to see you at all of our games!

To our Athletes,

This handbook has been put together specifically for you, the student athlete, who will be competing on one or more of our elementary / middle school athletic teams. Our goal is to provide you with a safe environment and positive atmosphere, both of which will allow you to develop your athletic skills to their maximum potential. Other benefits of participating in our school's athletic program are:

- Participating in a school sponsored sport
- Participating in competitive athletics with other schools
- Being able to meet others who share your interests
- Learning a new sport or improving upon your current game
- Most importantly, the chance to develop lasting friendships during your elementary / middle school years

When you wear the colors of The R.I.S.E Schools, we assume that you not only understand our expectations, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to both you and your family. We are looking forward to an exciting season of competition and hope that you will enjoy yourself as a member of our team!
The R.I.S.E Schools Grammar/Prep Schools
Athletic Department

PHILOSOPHY STATEMENT

Sports are a very small part of life, but they are also a way to learn about life. In sports, the players and coaches have a duty to the team, school, and to one’s self. Scholar-athletes and coaches must perform their duty to all aspects of the game. A coach must first be responsible to the team and then the player. Because of our commitment to our program, we must remember that after each game and each season, only the team remains. Therefore, our only goal isn’t to win championships, but also to become people and a team of great character. The R.I.S.E philosophy contains high expectations and standards for our teams. These expectations will be a guide for our scholar-athletes and coaches’ conduct on and off the prospective field. If we are to attain our goals of building a strong tradition of R.I.S.E athletics, then all scholar-athletes and coaches must buy into this philosophy.

All scholar-athletes must understand their role as a member of our team. It is because of this, our veteran scholar-athletes have a critical role on the team. Their experience and knowledge must set a positive example for the younger participants in games and practice. Veteran scholar-athletes must realize that their conduct and attitude sets an example, so they must be exemplary in the classroom and in the community, as well as on their perspective fields. Veteran scholar-athletes must instill confidence in younger scholar-athletes to help the team excel at all levels of play. By believing in and respecting your teammates and coaches, realizing your collective responsibility, and having pride in your team and schools, the foundations of a successful program can be built.

Successful teams plan, prepare, and expect to win. We feel that if we are to be successful, we must be prepared to outwork other teams on both ends of the floor during games. Because of this philosophy, our practices must demand our full attention and effort. Non-productive, lazy practices build a poor work ethic and fundamentally unsound techniques. If poor performance in practice is allowed, it becomes the mode of operation in all things. We must practice well to perform well on the court. All scholar-athletes must try in practice to prepare to be the best player they can be, on and off the field. Aristotle once said, and Shaquille O’Neal repeated an old adage, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” We must practice hard each day to build a habit that carries over to games.

TEAM PRINCIPLES

Put the goals of the TEAM ahead of individual goals. Have a great work ethic always on the court and in the classroom and be on time to all team and school activities. Have pride in the R.I.S.E Athletics. Respect authority and each other, and always be polite. Leave places better than how you found them (pick up trash).
The R.I.S.E Schools Grammar/Prep Schools
Athletic Department

MISSION STATEMENT

The primary purpose of our competitive sports program is to provide experiences that will enable our students to progress toward established educational objectives. These objectives include the following qualities: physical strength, endurance, vitality, neuromuscular skills, courage, alertness, resourcefulness, good sportsmanship, character, high moral standards, loyalty, and a healthy self-concept. Our coaching staff is dedicated to helping each student athlete reach these goals. Both the physical and psychological growth of each student is conscientiously considered when planning and implementing our athletic program.

Our coaches are aware of the individual needs of our youth as well as the social implications of being able to work as a member of a team. Students will be given the opportunity through training and good coaching to reach their maximum athletic potential if they dedicate themselves to our program. In our role preparing grammar/prep school athletes for participation in middle/high school athletic programs, our coaching staff focus on the “big three” when interacting with our students. The “big three” are:

1. Basic Skills
2. Teamwork
3. Sportsmanship

With the “big three” as our guide, our goal is to produce young men and women who have the capacity to be successful athletes in any high school program across the nation. As an athletic department, we want parents to know that we are fully committed to helping our students achieve these goals. We want our student athletes to leave The R.I.S.E Schools and be able to say that they are proud to have been a “STAR/ROCKET”.

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Section I: GENERAL INFORMATION

I. Governing Bodies of The R.I.S.E Schools Athletics

Although not a member, The R.I.S.E School is a voluntary participant in athletic contests with schools belonging to the Fulton County Schools Athletic league, East Point Athletic Association and Premier Sportz Group. These organizations are required to follow the rules and guidelines established by the city of East Point, Fulton County and NFL play 360 sports.

Additionally, we prepare our scholar athletes to understand the GHSA regulations for their arrival to high school athletics.

II. Athletic Department Organization

The basic structure of The R.I.S.E Schools is as follows:

A. School Principal
B. School Athletic Coordinator
C. Team Head Coach
D. Team Assistant Coach

As with any departmental organization, a chain of command type of structure exists, in which each member is held accountable to those in the position above them. When attempting to resolve routine issues that may arise during the athletic season, it is requested that all participants, including players and their parents, utilize this chain of command. For example, if an issue arises with a coach, then it should be addressed with the athletic coordinator first to see if a resolution can be reached before moving up the chain. By using this method, most issues/concerns can be addressed and rectified in a timely manner. However, in such cases where the safety or well-being of the student athletes is the issue, then it is certainly acceptable to directly contact school principal.

III. Departmental Responsibilities

In order to better understand the duties of each individual in the Bolden Athletic Department, the following list of responsibilities is provided:

A. Athletic Coordinator
   1. Coordinate scheduling of events/games
   2. Serve as POC for all athletic events (Must Attend All Athletic Events)
   3. Monitor fees associated with travel, referees and participants
   4. Coordinate practice schedule with coaches
   5. Complete orders for all equipment, uniforms, and supplies needed for conference participation
   6. Keep an inventory of athletic uniforms and equipment
7. Monitor uniform sign-out to students, monitor when students return the uniforms after the season is over and re-inventory all items
8. Prepare and organize letters to send to parents of students who have lost uniforms or equipment for replacement
9. Submit inventory to principal and copies of letters to parents who have not returned uniforms or equipment
10. Meet with the principal regularly to discuss programs and school participation in league events
11. Monitor and ensure that injuries sustained during athletic events/practices are reported to the principal for the nurse to put in the AIR/SIR when appropriate
12. Monitor students’ eligibility based on grades and behavior reports

B. Coaching Staff

1. Head Coach

A. Prioritize athletics as a supplemental program to support the academic mission of the school.
B. Carry out the aims and objectives of the sports program as outlined by the Athletic Coordinator and school district administration.
C. Instruct athletes in individual and team fundamentals, sportsmanship, cooperation, strategy and playing tactics, and physical conditioning necessary to realize individual and team success.
D. Assist in planning and scheduling a regular program of practice in season.
E. Maintain required attendance forms, insurance records, and other related documents.
F. Assist in oversight of safety conditions in the facility or area in which the assigned sport is conducted at all times student athletes are present.
G. Assist in implementing performance criteria for academic eligibility in interscholastic competition of the identified sport.
H. Enforce standards and sportsmanlike behavior at all times; establish and oversee penalties for breach of standards by student athletes.
I. Recommend purchase of equipment, supplies, uniforms, etc. as appropriate.
J. Organizes and directs individual and small group practice activities/exercises.
K. Assesses player’s skills, monitors players during competition and practice.
L. Enforces and informs support staff, student athletes, and parent/guardian of established procedures in the event of an athlete’s injury.
M. Models sports-like behavior and maintains appropriate conduct towards players, officials, and spectators.
N. Models nondiscriminatory practices in all activities.
O. Promotes a community of teamwork and fair play.
P. Establish an accountability system for uniforms issued to players.
2. Assistant Coach

A. Assists the head coach with instructing players in the rules, regulations, equipment, and techniques of the sport.
B. Organizes and directs individual and small group practice activities/exercises as directed by the head coach.
C. Assesses player’s skills, monitors players during competition and practice, and keeps the head coach informed of the athletic performance of students.
D. Assists with determining game strategy.
E. Assists the head coach with supervising athletes during practices and competition.
F. Follows established procedures in the event of an athlete’s injury.
G. Models sports-like behavior and maintains appropriate conduct towards players, officials, and spectators.
H. Maintains the equipment in orderly condition and assumes responsibility for its security.
I. Distributes equipment, supplies, and uniforms to students as directed by the head coach.
J. Performs support tasks such as distributing and maintaining eligibility forms, emergency contact info, and other related records.
K. Models nondiscriminatory practices in all activities.
L. Promotes a community of teamwork and fair play.

IV. Programs Offered

A. Since The R.I.S.E Schools do not belong to any specific league, the sports programs we are able to offer are based solely on the following factors:
   1. Availability of games with the local leagues.
   2. Student interest/student population.
   3. Availability of qualified coaching staff.
   4. Equipment/travel budget
B. Based on these factors, the following programs may be made available each school year:
   1. Flag Football (Co-Ed)
   2. Soccer (Boys/Girls)
   3. Cheer/Dance/Step
   4. Basketball (Boys/Girls)
   5. Volleyball (Girls)
   6. Baseball (Boys)
   7. Track & Field (Boys/Girls)
C. This determination will be made by the principal at the beginning of the school year.
D. Once the sports programs have been identified, students and parents will be notified.
E. The principal reserves the right to modify the total number of yearly sports offerings as needed.
Section II: POLICIES AND PROCEDURES

I. Athletic Eligibility
   The rules governing athletic eligibility are outlined in Article III of the Athletic Discipline Code.

II. Player Requirements
   Before a student may try out or participate in any sport including conditioning and practices, he/she must have the following information submitted to the school’s Athletic Department:

A. Physical Examination
   A yearly physical examination is required prior to competition in any sport. The Pre-Participation History & Physical Exam (enclosure 1) must be completed, signed, and dated by the examining physician and submitted to the athletic office prior to participation. The physical is good for one calendar year and the original will be kept by the Athletic Department with a copy submitted to the school nurse’s office.

B. Emergency Medical Authorization
   Each athlete’s parents or guardians shall complete a Medical Power of Attorney (enclosure 2) giving permission for treatment by a physician or hospital when the parent/guardian is not available. The form will be kept in the coach’s binder for availability at all practices and contents.

C. Insurance
   It is assumed that all students at The R.I.S.E Schools have adequate medical coverage. If this is not the case, it is the responsibility of the parent/guardian to immediately notify the school’s Athletic Department.

III. Medical Release to Again Participate
   Due to the very nature of the game, student athletes may get injured from time to time during a practice or competition. Additionally, students may get injured while playing with their friends at home or during recreational activities. However, if a student athlete receives a concussion or any other injury requiring medical care; they will not be allowed to practice/compete again until being released by properly qualified medical personnel. Please note that parental consent to continue practice/playing is not sufficient.

IV. Injury Reporting Procedures
   If, at any time, a student is injured while practicing, playing, or while traveling to or from a game, our first priority is to provide appropriate treatment according to our emergency protocol procedures (enclosure 3). Once the student is stabilized and out of immediate danger, the coaches will contact the following individuals in this order:
   
   A. Parents/Guardians
   B. Athletic Coordinator
   C. School Principal
D. School Nurse

Please note that during away games the sponsor is responsible for providing transportation for a student athlete who does not return to The R.I.S.E Schools Grammar/Prep School with the team bus due to injury or illness that would cause the student to be transported to the local hospital.

V. Tryouts
Tryouts are open to all interested seventh students. This is to insure all athletes are given a fair chance of making the team. While many coaches do not like turning players away, this is sometimes necessary, especially when large numbers of students try out and the number of uniforms are limited.

VI. Practice
Practice is to be held at a minimum of three days a week and is considered mandatory. Coaches may increase the days of practice to five days a week prior to the first contest, but at no time will practice be held on a weekend. Student athletes are expected to report directly to their respective assigned areas at the beginning of their practice. Loitering in the school buildings will not be tolerated. Student athletes are expected to be at practice and to participate in practice with the same level of dedication as if they were playing in an actual game.

VII. Personal Property
Student athletes are cautioned not to leave money or valuables unsecured during practice or at any scheduled contest. The school is not responsible for any valuables lost.

VIII. Equipment and Fines
Student athletes will be held responsible for any equipment and/or uniforms issued to them during a sport’s season. As such, the student athlete will be required to pay for or replace any equipment damaged or lost.

IX. Travel Policies
Student athletes will abide by the rules for bus riders as contained in the The R.I.S.E Schools Handbook while traveling to and from athletic contests, to include:
A. Enter and exit the bus through the front entrance only.
B. Do not climb or sit on top of seats.
C. Personal stereos with earphones will be allowed.
D. No horse play!
E. Gather all equipment and personal items before exiting the bus.
F. We don’t arrange or encourage our scholars to ride in a separate car belonging to parents or staff members without written consent.
Section III: Athletic Discipline Code

Purpose: To establish procedures and rules governing the conduct and discipline of all athletes attending The R.I.S.E Schools.

Introduction: It is the belief of this school’s administration that the focus of any school athletic program should not only be on teaching our young athletes the basic skills of the sport, but to also instill in them the concepts of sportsmanship, teamwork, and self-discipline. As such, it is our belief that an athlete should hold a position of leadership among his or her peers within the school structure. Because of this, we believe that greater demands must be placed upon these individuals concerning their leadership, character and integrity, both on and off the field. In keeping with these beliefs, all athletes will abide by the following athletic discipline code articles if they wish to participate in any of our school’s sports programs.

NOTE: THIS ATHLETIC DISCIPLINE POLICY WILL BE IN EFFECT FROM THE FIRST DAY OF SCHOOL THROUGH THE LAST DAY OF SCHOOL FOR ALL ATHLETES. AN ATHLETE PARTICIPATING IN A FALL SPORT WILL BE UNDER THIS POLICY BEGINNING WITH THE START DATE OF THE LOCAL LEAGUE’S SEASON. AN ATHLETE PARTICIPATING IN A SPRING SPORT WILL CONTINUE UNDER THIS POLICY THROUGH THE END OF THEIR SPORT’S LOCAL LEAGUE’S STATE COMPETITION. PENALTY REQUIREMENTS FOR ONE SCHOOL YEAR MAY BE CARRIED OVER INTO THE NEXT SCHOOL YEAR.

ARTICLES

Article I - Possession/Use of Illegal Substances:

A. No athlete will use or possess alcohol, tobacco (smoking, chewing or smokeless), or any drug (to include steroids) not prescribed for the individual by a licensed physician.

B. No athlete will associate and/or participate with other students/adults in situations such as parties or other social gatherings where article 1A is being violated.

C. The first violation of either of these rules will result in denial of participation in any sports program for the remainder of the school year.

Article II - Unacceptable Personal Conduct:

A. Student athletes may be denied participation for the remainder of that sport’s season if he or she:

1. Acts in an unsportsmanlike manner, including the use of profanity, during any scheduled scrimmage, game or practice session.

2. Is insubordinate/disrespectful towards members of the faculty, coaching staff, or league officials during any scheduled scrimmage, game or practice session.


B. Student athletes may be denied participation for one or more games if he or she:
1. Fails to comply with all rules and regulations in The R.I.S.E Schools Handbook.
2. Fails to attend at least one-half (1/2) of the school day (3 periods) on the day of a scheduled athletic contest.
3. Has unexcused absences from meetings, practices and/or contests.

Article III – Athletic Eligibility

A. In order to be eligible to participate in athletics, each athlete must:
   1. Be in good academic standing at all times. Maintain a “C” average. In the event that your scholar’s average falls below a “C” average he/she will be placed on academic probation.
   2. Meet the minimum eligibility requirements as specified by The R.I.S.E Schools.
   3. Be currently enrolled in The R.I.S.E Schools Grammar/Prep Schools.
   4. Have on record a current physical, a signed medical power of attorney, and a parent consent form.
   5. Students must be 15 years-old or younger in order to be eligible to participate. Once a student turns 16 years-old, they are deemed to be ineligible to participate.

B. The academic requirements for students are:
   1. Students passing to the next grade level are considered as having met the requirements for academic eligibility for first semester.
   2. Students must be doing satisfactory work at the end of the first semester in order to be eligible second semester. (Note: Satisfactory work is defined as meeting the school district’s promotion policy).
   3. Students are eligible for the entire season, even if it spans semesters.
   4. A student who is repeating their grade shall not be eligible during a school year if academic requirements for promotion were not met during the previous year.

Article IV – Athletic Participation

A. Participation in a sport is treated differently than eligibility. A student can be eligible to join a sport’s team but may not be eligible to compete due to poor academic or behavioral performance.

B. Participation in a sport, including those that span semesters, is based on the participation guidelines as listed below:
   1. Participation is based on both academic performance and classroom behavior in all courses; both core academic and related arts.
   2. The primary means of monitoring a student athlete’s behavior and performance will be through the use of a Student Athlete Behavior Contract (enclosure 4).
   3. Student athletes will be required to present a Student Athlete Behavior Contract form to each of their teachers every Friday.
   4. Teachers will then assess the student athletes performance by placing either an “S” for satisfactory or a “U” for unsatisfactory in the appropriate box.
   5. This form is then retained by the student athlete’s last period teacher, who will then turn it into the school’s athletic coordinator.
6. Based on the results, the athletic coordinator will then issue a roster to each coach listing the players that are ineligible to play and for how long they are to remain in that status.

7. Non-participation in a competition shall occur for any of the following:
   a. Two “U”s (either academic or behavior) in the same week will result in a one game suspension.
   b. One “U” (either academic or behavior) two weeks in a row in the same class will result in a one game suspension.
   c. No report submitted by the student is considered two “U”s (one academic and one behavior) and will result in a one game suspension.
   d. Receiving an OSS will result in a one week game suspension with a review by the Principal to determine future participation in the sport season.
   e. Receiving more than two OSS assignments will result in a removal from the team.

3-Strike Rule

If your child gets sent to ISS or has any continuous behavior issues, the 3-strike rule will begin.

1. First Strike – miss 1st half of the upcoming game
2. Second Strike – no participation for 1 week
3. Third Strike – removal from the team

Fighting will result in immediate dismissal from the team.

Note: The principal reserves the right to take disciplinary action against students/athletes for unacceptable conduct. Actions such as damage to school property or private property, assault and/or other criminal acts may result in denial of participation in the school’s sports program for the remainder of the year.

Article V - Denial of Participation

A. If an athlete is denied participation for any reason (academics, discipline, etc.), notification will be made immediately to the coaching staff.

B. A letter will be sent home to the athlete’s parents outlining the student’s deficiencies, including the start and end date of the athlete’s period of ineligibility of participation (enclosure 5).

C. Athletes denied participation may continue to participate in all scheduled practices, but may not participate in any games or scrimmages, nor may they “dress-out” in the school’s athletic uniform for any game or scrimmage.

D. The athlete may attend these functions as a spectator only and will be required to purchase a ticket at the gate and sit in the stands with the other spectators.

E. Athletes denied participation for a limited period of time may still be eligible for an award.
Article VI - The Right of Appeal

A. Suspensions from a sports program may be appealed. If the athletic department issued the suspension, appeal is made to the school’s principal. If the school’s principal issued the suspension, appeal is to be made to the Director. In any case, the suspension may be appealed to the Director.

B. Denial of participation in an athletic program due to poor academic performance is not grounds for an appeal.

Article VII - Released from Team

A. Any athlete who quits or is released for disciplinary reasons may not participate in another sport during that season without the approval of both coaches involved and the athletic director.

B. If an athlete is cut from a team he/she may try out for another team sport during that season.

Conclusion: By enforcing the above listed rules and procedures, we feel that we can help our young athletes develop true character, self-discipline, and a positive self-image that they can carry with them throughout the rest of their lives.

Section IV: Athletic Code of Conduct

It is the responsibility of the Athletic Department to ensure that participant and spectator conduct during any athletic activity is appropriate. As such, the following expectations are established:

1. Expectations of the Student Athlete:
   a. Accept and understand the seriousness of your responsibility as an athlete and the privilege of representing your school and community.
   b. Live up to the standards of sportsmanship established by the school administration and the coaching staff.
   c. Be a supportive team member. Mistakes will happen. Work to build each up instead of blaming, ridiculing, or intimidating others.
   d. Treat opponents the way you would like to be treated.
   e. Refrain from taunting, trash talking or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature.
   f. Refrain from intimidating behavior.
   g. Wish opponents “good luck” before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
   h. Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team and your school in the eyes of the officials and all people at the event.
i. Win with Humility; Lose with Grace. Do both with Dignity. Avoid excessive celebrating after a play or end of a game.

2. Expectations of ALL Spectators:
   a. Remember that you are at a contest to support and cheer on your team and to enjoy the skill and competition, not to intimidate or ridicule the other team and its fans.
   b. Remember that school athletics are learning experiences for students and, as such, mistakes sometimes happen. Praise student athletes in their attempt to improve themselves as students, as athletes, and as people, as you would praise a student working in the classroom.
   c. Remember that a ticket to a school athletic event is a privilege to observe the contest and not a license to verbally assault others and be generally obnoxious.
   d. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
   e. Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.
   f. Refrain from taunting or making any kind of derogatory remarks to you opponents during the game, especially comments of ethnic, racial or sexual nature.
   g. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student athlete and admire their willingness to participate in full view of the public.
   h. Recognize and show appreciation for an outstanding play by either team.
   i. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event (i.e. tailgating).
   j. Use only those cheers that support and uplift the teams involved.
   k. Recognize and compliment the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the role of good sportsmanship to that end.
   l. Be a positive behavior role model through your own actions and by censuring those around you at events whose behavior is unbecoming.

3. Unacceptable Behavior:
   a. Taunting, trash talk, and other intimidating actions.
   b. Not admonishing those sitting around you who engage in practice of poor sportsmanship.
   c. Disrespectful or derogatory yells, chants, songs or gestures.
   d. Booing or heckling an official’s decision.
   e. Yells that antagonize opponents.
   f. Refusing to shake hands or give recognition for good performances.
   g. Blaming loss of game on officials, coaches or participants; displays of temper with coaches.
   h. Laughing or name-calling to distract an opponent.
i. Use of profanity or displays of anger that draw attention away from the game.

4. Consequences:
Any person, including adults, who behaves in an unsportsmanlike manner before, during, or after an athletic event are subject to being removed from the event and/or declared “persona non gratis” at future sporting events for the remainder of the season.

Section V: Parent and Coach Communication Guidelines

1. Parent-coach relationship
Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents whose children are involved in our athletic program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child’s program.

2. Communication you should expect from your child’s coach
   a. The coach’s philosophy
   b. Expectations the coach has for your child as well as all the players on the squad.
   c. Locations and times of all practices and games.
   d. Team requirements, daily equipment, off season requirements
   e. Procedures we follow should your child be injured during participation
   f. Discipline procedures that can result in the denial of your child’s participation.

3. Communication coaches expect from parents
   a. Concerns expressed directly to the coach.
   b. Notification of any schedule conflicts well in advance of the practice or event.
   c. Specific concern in regard to a coach’s philosophy and expectations.
   d. Notification of any injuries sustained by the student athlete outside of practice.

As your children become involved in the programs at our school, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, we encourage discussion with the coach.

4. Appropriate concerns to discuss with coaches
   a. The treatment of your child mentally and physically.
   b. Ways to help your child improve.
   c. Concerns about your child’s behavior.

It can be very difficult to accept that your child may not be playing as much as you may hope. However, our coaches are professionals. We expect them to make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child’s coach; other things must be left to the discretion of the coach.
5. Issues not appropriate to discuss with coaches.
   a. Playing time
   b. Team strategy
   c. Play calling
   d. Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other’s position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

6. If you have a concern to discuss with a coach
   a. Call the coach to set up an appointment.
   b. If the coach can’t be reached, call the school’s Athletic Coordinator to set-up the meeting for you.
   c. Please do not attempt to confront a coach immediately before or after a contest or a practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

7. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?
   a. Call and set up an appointment with the Athletic Coordinator to discuss the situation.
   b. At this meeting, the appropriate next step can be determined.

Research indicates a student involved in sport activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided makes both your child’s and your experience with the Bolden Middle School’s Athletic Program less stressful and more enjoyable.

8. Non-Student Athletes
   a. Please don’t leave your non-participating scholars at events unattended.
   b. Coaches are not responsible for any scholars not on their roster.

9. Parent Coaching
   a. We do not permit parent to coach their scholars for The R.I.S.E Schools.
   b. Parents are not permitted to attend practices unless otherwise stated by the coach.
   c. If a parent would like to coach for The Rise Schools, it can’t be a sport their scholar participates.

Section VI: Acknowledgement

All student athletes and their parent/guardian are required to sign an Athletic Commitment Agreement (enclosure 6)
**PRE-PARTICIPATION HISTORY & PHYSICAL EXAM**

Name: ___________________________  Sex: □ F  □ M  Age: ___________  Date of Birth: ___________
Grade: ___________  School: ___________________________  Sport(s) Please list ALL: ___________________________
Address: ___________________________  Phone: ___________________________
Personal Physician: ___________________________  □ None
Emergency Contact Name: ___________________________  Relationship: ___________________________  Phone(s): ___________________________

Attention parent or guardian and athlete: answers to the following questions are very important!! Please take the time, read through the questions, and answer to the best of your knowledge.

### General Medical History:

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>1. Do you have asthma?</td>
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<td>2. Do you have diabetes?</td>
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<td>3. Do you have high blood pressure?</td>
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<td>4. Do you have seizures?</td>
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<td>5. Do you have a heart disease?</td>
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<tr>
<td>6. Do you have any other major medical problem?</td>
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<tr>
<td>7. Have you ever been hospitalized or had surgery?</td>
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<tr>
<td>8. Do you have a cough, wheezing, or shortness of breath during or after exercise?</td>
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<td>9. Do you use an inhaler?</td>
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<tr>
<td>10. Do you have a single organ (testicle or kidney)?</td>
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<tr>
<td>11. Are you currently taking any medicines or do you take any medicines on a regular basis (prescription or over-the-counter)?</td>
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<tr>
<td>12. Have you taken any medications or vitamins to help with weight loss, weight gain, or improve performance?</td>
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<td>13. Do you have any allergies (seasonal, insect, foods, or medicines)?</td>
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<tr>
<td>14. Have you ever had a rash or hives develop during or after exercise?</td>
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<tr>
<td>15. Have you ever had skin problems other than acne?</td>
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<tr>
<td>16. Have you ever had a head injury, been knocked out, lost your memory, had your &quot;bell rung,&quot; or a concussion?</td>
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<td>17. Have you ever had numbness or tingling in your arms, hands, legs, or feet?</td>
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<tr>
<td>18. Have you ever had a stinger, burn, or pinched nerve?</td>
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<tr>
<td>19. Have you ever become ill from exercising in the heat?</td>
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<tr>
<td>20. Have you had mononucleosis or any significant illness in the last 60 days?</td>
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<tr>
<td>21. Do you have trouble with your eyes/vision/ wear glasses?</td>
<td></td>
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<td>22. Do you have trouble with your hearing/hearing aid(s)?</td>
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<tr>
<td>23. Do you want to weigh more or less than you do now?</td>
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<tr>
<td>24. Do you lose weight regularly to meet weight requirements for your sport or other reason?</td>
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<tr>
<td>25. Do you feel stressed, tired, or depressed?</td>
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<td>26. Are there any other issues you would like to discuss with the doctor?</td>
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<tr>
<td>27. Are your immunizations up to date?</td>
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</tbody>
</table>

### Cardiac History:

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>1. Have you ever passed out during or after exercise?</td>
<td></td>
<td></td>
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<tr>
<td>2. Have you ever had chest pain during or after exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Have you ever had chest pain during or after exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Have you ever had chest pain during exercise?</td>
<td></td>
<td></td>
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<tr>
<td>5. Have you ever had racing of your heart or skipped heartbeats?</td>
<td></td>
<td></td>
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<tr>
<td>6. Have you ever been told you had a heart murmur?</td>
<td></td>
<td></td>
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<tr>
<td>7. Have you ever been told you had an enlarged heart?</td>
<td></td>
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<tr>
<td>8. Have you ever been told you had a heart murmur?</td>
<td></td>
<td></td>
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<tr>
<td>9. Have you ever been told you had a heart murmur?</td>
<td></td>
<td></td>
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<tr>
<td>10. Have you ever been told you had a heart murmur?</td>
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</tr>
</tbody>
</table>

### Orthopaedic History:

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you ever broken or fractured any bones?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Have you ever subluxed or dislocated any joint?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Have you had any other problems related to your:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>neck, spine, or back?</td>
<td></td>
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<tr>
<td></td>
<td>shoulders?</td>
<td></td>
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<tr>
<td></td>
<td>elbows?</td>
<td></td>
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<td></td>
<td>wrists, hands, or fingers?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>hips?</td>
<td></td>
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<tr>
<td></td>
<td>knees?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ankles, feet, or toes?</td>
<td></td>
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<tr>
<td></td>
<td>other?</td>
<td></td>
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</tbody>
</table>

### Females Only

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
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</thead>
<tbody>
<tr>
<td>27. Are your periods regular (every month)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28. Are your periods heavy?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Explain "YES" answers here (see back of page 2 if needed):

---

**Parent's Permission & Acknowledgement of Risk for Son or Daughter to Participate in Athletics**

As the parent or legal guardian of the above named student-athlete, I give my permission for his/her participation in athletic events and the physical evaluation for that participation. I understand that this is simply a screening evaluation and not a substitute for regular health care. I also grant permission for treatment deemed necessary for a condition arising during participation of these events, including medical or surgical care rendered by a medical doctor. I grant permission to nurses, trainers and coaches as well as physicians or those under their direction who are part of athletic injury prevention and treatment, to have access to necessary medical information. I know that the risk of injury to my child/ward comes with participation in sports and during travel to and from practices. I have had the opportunity to understand the risk of injury during participation in sports through meetings, written information, or by some other means. My signature indicates that to the best of my knowledge, my answers to the above questions are complete and correct. I understand that the data acquired during these evaluations may be used for research purposes.

Signature of athlete ___________________________  Date: ___________________________
Signature of parent/guardian ___________________________  Date: ___________________________

(Enclosure 1) Physical Form - front
PRE-PARTICIPATION SPORTS PHYSICAL EXAM

Vision: L20/ R20/ Both Corrected: □ Y □ N  BMI (Wt in kg/ ht in meters squared)

Height  Weight  Pulse  B/P (R arm)

<table>
<thead>
<tr>
<th>Medical</th>
<th>Normal</th>
<th>Abnormal Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance/Emotional Affect</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head/Eyes/Ears/Nose/Throat</td>
<td></td>
<td></td>
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<tr>
<td>Lymph Nodes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart (squatting to standing and supine)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pulses (include femoral)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lungs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdomen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genitalia (males only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Musculoskeletal</td>
<td>Normal</td>
<td>Abnormal Findings</td>
</tr>
<tr>
<td>Neck</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Back</td>
<td></td>
<td></td>
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<tr>
<td>Shoulder/Arm</td>
<td></td>
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<tr>
<td>Elbow/Forearm</td>
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<td>Wrist/Hand</td>
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<td>Hip/Thigh</td>
<td></td>
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<tr>
<td>Knee</td>
<td></td>
<td></td>
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<tr>
<td>Leg/Ankle</td>
<td></td>
<td></td>
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<tr>
<td>Foot</td>
<td></td>
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</tbody>
</table>

☐ May Participate in all sports, EXCEPT those listed below:

☐ May Participate after completing evaluation/rehabilitation for:

☐ May Not Participate – Reason:

Recommendations:

Signature of M.D.    Date of Exam:

Printed Name:    Office Stamp

Phone Number:

Extra Space for "YES" answers from the front:

Developed 2003-2004 by the Richland County (South Carolina) School District One Task Force on Athletic Health Issues following a review of related information from the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine, American Osteopathic Academy of Sports Medicine, the South Carolina High School League, and the National Federation of State High School Associations. Revised 01/10/07 by the RSCMA Medical Aspects of Sports Committee.

(Enclosure 1) Physical Form - back
MEDICAL POWER OF ATTORNEY

In the event that my dependent (Child's Name) is injured or becomes ill, necessitating immediate medical examination or care, while under the supervision of or while participating in any activities sponsored by The R.I.S.E Schools, I authorize and release to any agent or employee of The R.I.S.E Schools to take my dependent to the hospital if deemed necessary by the above referenced individual.

I understand that personnel of The R.I.S.E Schools will use all diligent and reasonable efforts to contact my spouse or me. If the personnel of The R.I.S.E Schools or the treatment facility cannot contact neither my spouse nor me after reasonable attempts, I authorize and release any physician or other qualified medical personnel to examine my child. I authorize any and all emergency care necessary for treating injuries or illness involving immediate danger to life or limb of my dependent. I further authorize non-emergency intestinal upsets; splinting sprains; casting uncomplicated fractures; or other similar treatments.

MEDICAL INFORMATION ABOUT THE ABOVE NAMED DEPENDENT (to be completed by parent/guardian) for the purpose of sharing information with teachers and health care personnel on a need to know basis. My dependent has the following medical problems (such as diabetes, seizures, asthma, heart and kidney disease):

_________________________________________________________________________

My dependent is allergic to the following:

_________________________________________________________________________

My dependent takes the following medications on a regular and/or "as needed" basis (list name, amount and purpose of each medication):

_________________________________________________________________________

Date of last tetanus booster: ______________________

EMERGENCY CONTACT INFORMATION (to be completed by parent)

Parent’s name: ______________________

Spouse’s name: ______________________

Parent’s home address: ______________________

Home phone #: ______________________

Work phone #: ______________________

Cell phone #: ______________________

Cell phone #: ______________________

Other names and phone numbers to use in case of emergency if parents/guardians are unavailable:

_________________________________________________________________________

Additional comments:

_________________________________________________________________________

I AGREE TO NOTIFY THE SCHOOL IMMEDIATELY OF ANY CHANGES IN THE ABOVE INFORMATION.

Signature of Parent/Guardian ______________________

Date ______________________

PRIVACY ACT NOTICE: AUTHORITY: Title V, Sec. 301. PRINCIPAL PURPOSE: To refer to emergency medical facilities in parents'/guardians’ absence. ROUTINE USES: (a) To obtain emergency medical care when parents cannot be reached; (b) To provide emergency contact names; (c) To supply health and medical information about student. This form is used by The R.I.S.E Schools employees and trained medical personnel in emergency. MANDATORY/VOLUNTARY DISCLOSURE/EFFECT OF NONDISCLOSURE: Mandatory. School personnel will not be able to provide emergency care and health services in parents’ absence.

(Enclosure 2) Medical Power of Attorney
THE R.I.S.E SCHOOLS ATHLETIC DEPARTMENT PROTOCOL FOR INJURIES/MEDICAL EMERGENCIES

STEP 1: Assess the situation.

STEP 2: If student is unconscious or the injury is severe or appears life threatening, you should immediately:

- **Call 911**
- Prepare to Administer Life-saving Techniques, such as:
  - CPR (not breathing/no heartbeat)
  - Immobilizing the Victim (head or possible spinal injuries)
  - Stabilizing the Injury (broken bone)
- Contact the Parents **AFTER** Help Arrives

However, if student is conscious and injury is minor/non-life threatening, you should:

- Treat the Injury
- Contact the Parents

**STEP 3:** Once either situation is **stable** and the parents have been notified, you should immediately:

- Contact the Athletic Coordinator
- Contact the School Principal
- Contact School Nurse

(Enclosure 3) Emergency Protocol
The R.I.S.E Schools Student Athlete Academic Behavior Contract

Instructions: Teachers will assist in monitoring the academic progress of each student athlete by completing the form below. Please indicate the student’s progress both academically (class work / homework) and behaviorally (classroom conduct) by placing either an “S” for satisfactory or a “U” for unsatisfactory in the appropriate box. This form is to be presented to each teacher by the student athlete every Friday for marking and is to be left with the last period teacher. Completed forms will then be turned into the athletic coordinator’s box by the end of the school day.

Students Name: ___________________________ Grade: ___________ Sport: ___________

<table>
<thead>
<tr>
<th>Period</th>
<th>Course</th>
<th>Academic Progress (S/U)</th>
<th>Behavior (S/U)</th>
<th>Comments</th>
<th>Teachers Initials</th>
</tr>
</thead>
<tbody>
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(Enclosure 4) Athletic Academic Behavior Contract
Athletic Department The R.I.S.E Schools Grammar/Prep
2626 Hogan Road, East Point, GA 30344
Telephone: (404) 669-8060

Date: ___________________

From: Athletic Coordinator, The R.I.S.E. Schools Grammar/Prep

To: Parents of ____________________________

Sub: INELIGIBILITY TO COMPETE IN SPORTS PROGRAM

The purpose of this letter is to notify you that your child has been found to be ineligible to compete in the school’s sports program due to their failure to maintain satisfactory progress under the school’s Student Athlete Academic Behavior Contract. This period of ineligibility will begin on ____________ and end on ____________, so long as your child can correct their deficiencies in that time period.

During this period of ineligibility, your child may still participate in all scheduled practices, but may not participate in any games or scrimmages, nor may they “dress-out” in the school’s athletic uniform for any game or scrimmage. In short, your child may attend these functions as a spectator only and will be required to purchase a ticket at the gate and sit in the stands with the other spectators.

While these measures may seem harsh, we hope that they will serve as a reminder to all student athletes that satisfactory academic progress and classroom behavior are expected if they wish to participate in interscholastic competition. We hope that you will use all your influence as a parent to assist your child in correcting their deficiencies so that they can regain their eligibility to compete as soon as possible.

If you have any questions, please contact the school’s Athletic Coordinator at (404) 669-8060.

Respectfully,

The R.I.S.E Schools, Athletic Department

(Enclosure 5) Letter of Ineligibility
ATHLETIC CONDUCT COMMITMENT AGREEMENT

Providing for the discipline of student athletes and participants in athletics or other extracurricular activities is a necessary part of an extracurricular program. It is our responsibility at The R.I.S.E Schools to ensure that participant’s conduct during any athletic activity is appropriate. Additionally, participant conduct outside the activity time, and even outside the school day, reflects upon our school. As such, by your signature(s) below, you are stating the following to be true for both yourself and your child:

WE HAVE RECEIVED A COPY OF THESE RULES.

WE HAVE ALSO READ, UNDERSTAND, AND SUPPORT THE POLICIES, PHILOSOPHY, REQUIREMENTS, AND CODES OF CONDUCT FOR ATHLETES AND PARENTS AND AGREE TO ABIDE BY THEM.

I/we give permission for:

__________________________________________
(Student’s Name)

to participate in:

__________________________________________
(List Sport)

__________________________________________
Signature of Student Athlete Date

__________________________________________
Signature of Parent or Guardian Date

__________________________________________
Signature of Parent or Guardian Date

Note: The Athletic Department will retain this form on file for 1 school year.

(Enclosure 6) Code of Conduct Agreement