

Athletic Handbook

2021-2022



Wilkinson County School District

P.O. Box 785; 488 Main Street Woodville, MS 39669

601-888-3582

www.wilkinson.k12.ms.us

Wilkinson County School District
DISTRICT BOARD OF TRUSTEES

Mr. Johnny Smallwood..... President

Mr. Frederick Anderson.....Vice-President

Mr. Billy Spiller..... Secretary

Ms. Darylmekia Anderson..... Member

Mrs. Linda Boyd..... Member

SUPERINTENDENT

Mr. Chavis Bradford

Wilkinson County High School

522 Pinckneyville Road Woodville, MS 39669

Main Office

(601) 888-4228 Phone

(601) 888-4736 Fax

Derek Morgan
Principal

Warren Brown
Assistant Principal

Priscilla Russ
Athletic Director

Tashia Seiber, Secretary

Dorothy Ford, Attendance Clerk

William Winans Middle School

166 E. Cherokee Street Centreville, MS 39631

Main Office

(601) 645-0008 Phone

(601) 645-0170 Fax

Curtis Ross
Principal

Ronnie Knox
Assistant Principal

Dr. Jacqueline Fosselman, Counselor

LaToya McPipe, Secretary

Wilkinson County School District
Athletic Handbook
2021-2022

Introduction	6
Programs	7
Supervision.....	7
Interscholastic Athletics	6
Admittance to Activities.....	8
Team Tryouts	8
Title IX	8
Athletic Eligibility	9
Seventh and Eighth Graders on High School Teams	10
Athletic Equipment	10
Awards, Letters, and Procedures - High School	10
Awards, Letters, and Procedures - High School	10
Sports Waiver / Physical Examination	10
Athletic Injuries	11
Athletic Insurance	12
Awards, Letters, and Procedures – Middle School	16
Booster Clubs / Support Groups	17
Wildcat Rules	18
Cheerleader Selection	20
Code of Conduct, Athlete	18
Rules and Regulations	19
Concussion	20
Conduct of Coaches	20
Discipline Procedures	20

Dual Sports Participation20

Ejection of Coaches / Students – MHSAA Regulations.....21

Guidelines for Coaches21

Hazing22

Hot Weather Precautions.....23

Safety Procedures for Athlete23

Publicity and Promotion25

Season Passes25

Security Plan25

Travel26

Weight Room27

2021 – 2022 Student Participation Clearance Form28

2021 – 2022 Emergency Medical Authorization29

Alcohol/Drug Abuse Policy30

Random Drug Testing30

Appendix – Policy JCDAB Student Drug Testing Procedure32

2021 – 2022 Contest Release Form (Optional).....34

2021 – 2022 MHSAA Concussion Form35

2021 – 2022 “Blanket” Permission to Participate in a Series of School-Sponsored Field Trips
.....38

Acknowledgement.....40

INTRODUCTION

This athletics handbook has been prepared to present clear guidelines to cover major aspects of the athletics programs of the Wilkinson County School District. It is important to understand that this handbook is supplemental to - and is not intended to supersede or substitute for - the policies and procedures of the Wilkinson County School District adopted by the school board for governing the operations of the school district. Every member of the faculty, staff, and student bodies are subject to these policies, together with policies as stated in student handbooks and formally adopted by the school board each year.

In addition, the athletics programs of the district must conform to all rules and regulations established by the Mississippi High School Activities Association (MHSAA, www.misshsaa.com) and the Mississippi Department of Education (MDE, www.mde.k12.ms.us).

Participation in sports plays a valuable role in our education program as well and in the development of the individual. The student-athlete learns character, cooperation, positive work ethic, leadership, and other virtues that can enhance his or her life.

Our school district colors are kelly green, orange, and white.

INTERSCHOLASTIC ATHLETICS

Interscholastic athletics is to be administered as part of a regular school program and is to be under the same administrative control as all other parts of the educational program. **Only students enrolled in grades 7-12 will engage in interscholastic athletic events.**

All interscholastic athletic events in which this school district participates will be conducted under the rules and regulations of the Mississippi High School Activities Association (MHSAA).

Eligibility for competitive activities in grades 7-12 is determined according to the rules of the MHSAA. Students must meet all requirements established by the MHSAA.

All students participating in athletics will be required to have on file the documents listed below and referenced in the Appendix. It is the explicit responsibility of the head coach of the athletic activity involved to ensure that all these requirements are completed and documentation is properly on file prior to any practice of event associated with the activity

No student will be allowed to participate in tryouts, practice, or a game for high school or middle school sports until the head coach has verified that all document are properly filled out through www.dragonflymax.com received required documentation:

- Student Participation Clearance Form

Parent Permission Insurance information for the athlete.

Proof of insurance is required.

Liability waiver

- Physical Examination. Each participant in grades 7-12 will either have undergone a physical examination by a licensed medical doctor or will have a statement from his/her family physician that he/she is medically capable of participating in any given sport.
- Concussion Form
- Emergency Medical Authorization

The coach is responsible to make sure that the documentation is updated each school year.

PROGRAMS

The programs of interscholastic athletics at the middle school and high school are an extension of the educational program. In providing these educational experiences, qualified individuals are employed to serve in the dual capacity as teachers and coaches under the direction of the principal and athletic director. Student-athletes are under the direction of competent coaches exercising professional judgment so that the best interest of our youth is served.

In addition to band and cheerleading, the district offers the following competitive sports to students in middle and high school:

High School

Cross Country
Football
Basketball
Track
Powerlifting
Cheerleading

Middle School

Cross Country
Football
Basketball
Track
Cheerleading

SUPERVISION

Athletic facilities are made available only to team members and then, only with a member of the coaching staff present and on duty. **There will be NO unsupervised, required or voluntary practice session of any sport on school premises at any time.**

TEAM TRYOUTS

Coaches are encouraged to keep as many students on an athletic team as possible without unbalancing the integrity of the sport. Time, space, facilities, equipment, and other similar factors may place limitations on the size of the team/squad. Tryouts are an important part of the team selection process. Tryouts must be conducted in a fair and equitable manner by the coaching staff of each sport.

- Each student participating in tryouts must have a current physical and signed parent-consent form on file in the possession of the coach conducting the tryout.
- Each participant must be a bona fide student in the Wilkinson County Public School District or be registered to attend a Wilkinson County school during the fall semester.
- Tryout dates must be approved in advance by the Principal. The athletic director will submit the required permission forms to the MHSAA.
- Tryouts must be announced at the appropriate school(s) at least one (1) week prior to the beginning of tryouts by the secondary school principal or his designee.
- Tryouts must be conducted after school hours. MHSAA policy must be followed regarding the number of tryout days.
- An additional tryout may be held for new students who have enrolled in school since tryouts were conducted in that particular sport.

Each coach will have a policy on how athletes are selected for the team (“selection policy”). This policy shall be approved by the athletic director and on file in the athletic director’s office.

TITLE IX

It is the policy of the Wilkinson County School District not to discriminate on the basis of sex in its educational programs, activities or employment policies as required by Title IX of the 1972 Education Amendments Act. All athletic activities, whether on the high school, or middle school level are open, within Title IX regulations, to any properly enrolled district student, regardless of sex, who meets the academic, eligibility, and prerequisite requirements as stated in the local, district, state, or national athletic association policy.

ADMITTANCE TO ACTIVITIES

Each sport/activity is considered separate and apart from other activities. In order to avoid athletes attempting to enter a game free of charge to which they are not entitled, each coach should explain this policy to his/her athletes.

ATHLETICS ELIGIBILITY

The Wilkinson County School District offers a variety of interscholastic activities for students in grades seven through twelve (7-12). The purpose of these activities is to promote self-reliance, self-discipline, teamwork, and wholesome competition.

In order to participate in any interscholastic activity, students must meet, at a minimum, the eligibility requirements formulated by the Mississippi High School Activities Association. They shall also meet any 2020-2021 WCSD Athletic Handbook and additional requirements set by the Board of Trustees. Students must meet the following general policies on participation, which aligns with the MHSAA policies.

1. Student-athletes must be enrolled in the Wilkinson County School District.
2. According to Mississippi law, a student must maintain a cumulative course average of at least a 70/C in order to participate in interscholastic sports/activities. Averages will be calculated at the conclusion of the first semester using the semester averages of all courses in which the student is enrolled. **Students who do not have a 70/C average for the first semester will be ineligible for participation in the second semester, per MHSAA policy.**
3. At the end of the school year, each student's cumulative course average for the year will be assessed. This assessment will reflect the average for the previous year using the final grades for each subject. A student who does not have a cumulative average of at least 70/C will be ineligible for the fall semester.
4. High school eligibility begins when a student enters the ninth grade. **To be eligible for the fall semester, a student must be promoted to the ninth grade with at least an overall 70/C average in all eighth-grade courses.**
5. A student who fails the year-end average has an opportunity once during his/her high school career to become eligible for the second semester by achieving at least a 70/C average at the end of the first semester.
6. MHSAA requires students to make "satisfactory progress toward graduation". Beginning as freshmen, students must earn at least three (3) credits in the first semester and six (6) credits for the year in order to meet this requirement.
7. Students who are assigned to the alternative school shall lose their eligibility while assigned to the alternative schools, per MHSAA.
8. **Any student who is absent more than 63% of the day will not participate in same-day after school activities (or a Saturday contest if the student is absent on Friday). An administrative exception may be granted in the case of an extenuating circumstance. (Extenuating circumstances include: funeral or doctor's note)**
10. **Any student who is assigned in-school suspension, expulsion, out-of-school suspension will not participate in any extracurricular activities on the assigned dates of the discipline, including Saturday contests that follow Friday discipline. No exceptions are permitted.**

SPORTS WAIVER/PHYSICAL EXAMINATION

Due to the possibility of injury and the necessity of medical attention, no student will be allowed to engage in high school or middle school sports until the coach has received the required documentation:

- Student Participation Clearance Form, which includes parent permission, proof of insurance, and liability waiver.
- Physical examination by a licensed medical doctor or a statement from his/her family physician that he/she is medically capable of participating in any given sport or activity.

MIDDLE SCHOOL

To be eligible to participate during the present year, students entering the seventh or eighth grade must have passed their previous grade with an average of 70/C or better in all subjects. A student who is not eligible at the beginning of the school year may become eligible for the second semester by earning an overall average of 70/C or better based on first-semester report card grades. Students who are assigned to alternative school shall lose their eligibility.

Middle School Participation in High School Teams

The School Board of the Wilkinson County Public School District discourages seventh and eighth-grade students from participating in high school sports. However, any student desiring to participate must be approved by the Athletic Advisory Committee composed of the middle school principal, the athletic director, and the coach of the sport in question. In making its decision, the committee will consider the following: maturity, emotional stability, size, strength, and scholastic average. The superintendent will be notified when a student-athlete is approved to compete on the junior varsity or varsity level. All forms must be submitted in writing and will be forwarded to the MHSAA for final approval.

ATHLETIC EQUIPMENT

Each head coach is directly responsible for the care and control of all equipment used in his/her program.

1. Athletic equipment and supplies are purchased annually and are subject to the budgetary allocations approved by the school board.
2. The head coach is responsible for making an accurate inventory of equipment no later than ten (10) days following the official close of his/her sports season.

3. Duplicate inventory reports should be made: one copy to the athletic director and one to be retained by the coach.
4. Requests for equipment and supplies should be made following district purchasing procedures.
5. School athletic equipment shall not be worn by athletes except during practices and game periods. Exceptions may be made for special recognition days.
6. Athletic equipment must be properly cared for and each athlete should be properly fitted with athletic equipment with regard to safety.
7. Athletic equipment must be stored and secured by the head coach of each sport.
8. Athletic equipment that is property of this school district will not be loaned to outside groups without the approval of the athletic director. A hand-written receipt for equipment loan should be signed and filed pending the return of equipment. All student athletes must sign an equipment form at the beginning and ending of each season and a copy must be turned in to the athletic director.
9. Issued athletic equipment that is not returned must be paid for by the athlete. The head coach is responsible for turning all collected money into the athletic director.

ATHLETIC INJURIES

Injuries to athletes will occur in interscholastic sports regardless of the precautions taken. However, safe playing conditions, proper coaching techniques, safety equipment, and proper warning regarding possible injuries are essential. An administrator or athletic trainer will verbally review a procedure for medical evacuation, should it be required, with the ambulance service on-site for the athletic contest.

Emergency Evacuation Procedures for Injured Athlete

1. The coach in charge of the activity is to assume the responsibility for the injured athlete. He/she must be prepared to recognize injuries and properly administer first aid and/or refer the injured athletes to appropriate medical personnel.
2. The coach or designated personnel should call for an ambulance or qualified medical assistance.
3. Injured athletes should be accompanied by a coach to whom this responsibility is designated.
4. The emergency medical authorization form should always be in the team's medical kit. On this form is the athlete's parent's/guardian's home and work telephone

numbers, other contact persons, preferred hospital. Allergic reactions should be included in this form.

5. It is the responsibility of the coach accompanying the injured athlete to notify the parent/guardian of the injury and the action is taken. The coach should use discretion and not unduly alarm the parent. Student managers or trainers should not be allowed to inform the parent/guardian of the injury.

6. Either a personal visit to the hospital/home or in less severe injuries, a telephone call by the head coach should occur following an injury to an athlete.

7. A student accident report must be sent to the athletic secretary the day following the injury.

ATHLETIC INSURANCE

The Wilkinson County Public School District requires student-athletes to have accident health insurance. Coaches will maintain documentation on file that this requirement has been met and provide the athletic director with a copy.

AWARDS, LETTERS, AND PROCEDURES –

High School

The following criteria have been approved by the administration and coaches in selecting awards and letter winners in athletics competition.

- The extent of game participation during the current season.
- Dependability on and off-field.
- Attitude toward practice and training rules.
- Growth in team spirit.
- Sportsmanship.
- Attitude and behavior in the classroom and on campus.
- Finish the school year in good standing. (Awards are withheld until all equipment is either returned or paid for.)

FOOTBALL

Nine awards may be given and two special awards presented:

- a. SPORTSMANSHIP
- b. BEST OFFENSIVE BACK

- c. BEST DEFENSIVE BACK
- d. BEST DEFENSIVE LINEMAN
- e. WILDCAT AWARD
- f. MOST IMPROVED PLAYER
- g. MOST OUTSTANDING LINEMAN
- h. MOST DEDICATED
- i. SCHOLAR ATHLETE

VARSITY BASKETBALL (BOYS AND GIRLS)

Eight awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. MOST IMPROVED PLAYER
- c. BEST OFFENSIVE PLAYER
- d. BEST DEFENSIVE PLAYER
- e. SPORTSMANSHIP
- f. SCHOLAR ATHLETE
- h. LADY WILDCAT AWARD (Most Dedicated - GIRLS)
- i. MOST DEDICATED (BOYS)

NINTH GRADE BASKETBALL (BOYS ONLY)

Three awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. BEST OFFENSIVE PLAYER
- c. BEST DEFENSIVE PLAYER

TRACK (BOYS AND GIRLS)

Seven awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. OUTSTANDING SPRINTER
- c. OUTSTANDING DISTANCE RUNNER
- d. OUTSTANDING IN THE FIELD

- e. SCHOLAR ATHLETE
- f. ALPHA YOUNG AWARD (Most Dedicated GIRLS ONLY)
- g. WORDY HICKS AWARD (Most Dedicated BOYS ONLY)

CROSS COUNTRY (BOYS AND GIRLS)

Four awards may be awarded:

- a. MOST VALUABLE PLAYER
- b. MOST IMPROVED PLAY
- c. MOST DEDICATED RUNNER
- d. SCHOLAR ATHLETE

CHEERLEADER

Three awards may be awarded.

- a. OUTSTANDING ALL-AROUND
- b. MOST IMPROVED
- c. SCHOLAR CHEERLEADER

BAND

Five awards may be awarded:

- a. OUTSTANDING MUSICIAN
- b. MOST IMPROVED MUSICIAN
- c. OUTSTANDING FLAG CORPS
- d. SERVICE AWARD
- e. SCHOLAR MUSICIAN

POWERLIFTING

Three awards may be awarded:

- a. MOST OUTSTANDING LIFTER (114-118 LBS. WEIGHT CLASS)
- b. MOST OUTSTANDING LIFTER (198 – SUPER HEAVYWEIGHT CLASS)
- c. MOST IMPROVED LIFTER

SCHOLAR ATHLETE

One (1) scholar-athlete award will be given per high school sport. This award will be given to the athlete with the highest numerical academic average at the end of the first semester.

OVERALL SCHOLAR ATHLETE FOR THE YEAR

One athlete will receive this award for maintaining the highest numerical academic average for the four years through the end of the first semester of senior year. This student will be recognized in the spring. In addition, the name of the recipient of this award will be engraved on a perpetual plaque.

SENIOR SERVICE AWARD

A student who has participated in a sport or activity for four complete years at Wilkinson County High School, beginning with the 9th grade will receive a senior service award their senior year. If he/she has played other sports for four years, they will receive one plaque with all sports listed. These four-year plaques will be given out at the senior awards program.

A student must be in good standing with the school in order to receive an award. The student must participate in an activity for the entire season in order to be eligible for an award.

LETTERMAN JACKETS

Students will be eligible to receive a letterman jacket upon completion of three (3) full years as a high school student within their respective sport or activity. No jackets will be earned before the completion of a student's sophomore year.

Band participants are required to complete two (2) full years of both marching and concert band as a high school student to be eligible to receive a letterman jacket; unless they have received written approval from the band director prior to the season in question.

LETTERMAN JACKETS WILL BE PROVIDED BY THE BOOSTER CLUB IF FUNDS ARE AVAILABLE.

Letterman jackets are not purchased by the Wilkinson County Public School District.

AWARDS, LETTERS, AND PROCEDURES – Middle School

A student must participate in a sport the full season to receive an award (extenuating circumstances will be considered). All students participating in athletics will receive a certificate of participation.

FOOTBALL

Seven awards may be awarded.

- a. MOST DEDICATED PLAYER
- b. MOST VALUABLE BACK PLAYER
- c. MOST VALUABLE LINEMAN PLAYER
- d. MOST IMPROVED PLAYER
- e. MOST VALUABLE PLAYER
- f. SPORTSMANSHIP PLAYER
- g. SCHOLAR ATHLETE AWARD

CROSS COUNTRY (Boys & Girls)

Four awards may be awarded.

- a. MOST VALUABLE RUNNER
- b. MOST IMPROVED RUNNER
- c. MOST DEDICATED RUNNER
- d. SCHOLAR ATHLETE

BAND

Five awards may be awarded:

- a. OUTSTANDING MUSICIAN – BEG. BAND
- b. MOST IMPROVED MUSICIAN – BEG. BAND
- c. OUTSTANDING MUSICIAN – ADV. BAND
- d. MOST IMPROVED MUSICIAN – ADV. BAND
- e. SERVICE AWARD

BASKETBALL

Five awards may be awarded.

- a. MOST DEDICATED
- b. MOST VALUABLE
- c. MOST IMPROVED
- d. SPORTSMANSHIP
- e. SCHOLAR ATHLETE AWARD

CHEERLEADER

Four awards may be awarded.

- a. OUTSTANDING ALL-AROUND
- b. MOST IMPROVED
- c. MOST DEDICATED
- d. SCHOLAR ATHLETE AWARD

TRACK (Boys & Girls)

Five awards may be awarded:

- a. MOST VALUABLE RUNNER
- b. OUTSTANDING SPRINTER
- c. OUTSTANDING DISTANCE RUNNER
- d. BEST IN FIELD
- e. SCHOLAR ATHLETE

SCHOLAR ATHLETE

One (1) scholar-athlete award will be given per school sport. This award will be given to the athlete with the highest numerical academic average at the end of the first semester

BOOSTER CLUBS / SUPPORT GROUPS

The Wilkinson County Public School District recognizes the value of community support groups in relation to the student activities program and encourages participation of interested supporters and booster clubs to help promote greater community awareness.

Booster clubs should work with and coordinate all activities with the head coach by discussing tentative plans and activities considered for the school year.

The club will not attempt to influence or direct the policies of the school administration or school officials who are charged with the responsibility of conducting the athletics/activities programs in the Wilkinson County School District. The club should in no way violate the rules of the Mississippi High School Activities Association.

The athletic director, coaches, and sponsors should work with the booster club/support groups in their projects during the school year.

An organization must receive prior approval from the Principal, Athletic Director, Superintendent, and Board of Trustees prior to any fundraising project.

All funds and plans for a construction project or a project altering buildings or grounds must be submitted to the athletic director prior to the task so Board approval may be obtained.

A copy of the constitution and by-laws of each Booster Club or support group must be on file in the athletic director's office and the organization must operate according to the rules established in its constitution and by-laws.

Booster clubs must conform to all accounting procedures as established by the Wilkinson County Public School District.

The following is a list of active booster clubs:

Wildcats Touchdown Club (High School and Middle School)

Wildcats Hardwood Club (High School and Middle School)

Wildcats Squad Club (High School and Middle School)

Wildcats Band Club (High School and Middle School)

Wildcats Running Club (Cross Country and Track)

WILDCAT RULES

1. Athletes absent from school on the day of a contest will not be eligible for participation. They must be present at least 63% of the day in order to participate. Athletes who are absent on Friday are not eligible to compete on Saturday.
2. Athletes suspended out of school, or in In-School-Suspension will not be eligible to participate in practice or a contest on that day. Student-athletes who are suspended or in ISS on Friday are not eligible to compete on Saturday.
3. Every coach is expected to have complete knowledge and understanding of the Mississippi High School Activities Association Handbook of Rules and Regulations as well as the regulations and policies of the Wilkinson County Public School District.
4. Each coach will make every possible effort to assure that all athletes exhibit behavior beyond reproach in the classrooms, on the campus, and at school-sponsored events. The coach will work closely and cooperate with the principal and classroom teachers to ensure that athletes develop leadership skills and positive attitudes.
5. Students attending Wilkinson County High School must earn at least six credits per year in order to participate in sports.
6. Weekly progress reports are due to the athletic director every Monday.

CODE OF CONDUCT (Athlete)

Students participating in school-sponsored activities are expected to conduct themselves in an exemplary manner which reflects positively on themselves, the school, and the district. Students are subject to all disciplinary policies and procedures in all instances when they are involved in school-sponsored events regardless of where the event is located: at the home school, the athletic field, on the bus, or in another school district.

Code of Conduct for Athletes – Level of Offenses and Disciplinary Action

A. Minor Offenses

1. Inappropriate classroom behavior (per student handbook)
2. Tardiness or missed practices/meetings without proper excuse
3. Inappropriate dress

Disciplinary Actions for Minor Offenses

1. Verbal correction
2. Assigned athletic duties and/or running/sitting out of game or games
3. Conference with parent(s)

B. Major Offenses

1. Defacing or destroying school property
2. Fighting
3. Stealing
4. Committing forgery
5. Defying a coach or school authority
6. Causing disruption in school or on a school bus (per student handbook)
7. Leaving school grounds or assigned area without permission
8. Using abusive language
9. Use of alcoholic beverages or controlled substances
10. Smoking
11. Display of poor attitude or self-discipline
12. Boycotting the team for any reason
13. Positive Drug Test Result
14. Game Day Ejection

Disciplinary Actions for Major Offenses

1. Conference with parent(s)
2. Assigned athletic duties and/or running/sitting out of game or games
3. Dismissal from the program for a specified period of time
4. Permanent dismissal from the program
5. Any other action deemed appropriate by the coach/administration

RULES AND REGULATIONS

Each head coach will be responsible for establishing rules and regulations for his/her particular sport. A copy must be on file with the principal and athletic director. A copy should be provided to parents/guardians. All students, coaches, and parents must sign the student athlete compact each year.

CONDUCT OF COACHES

The conduct of a coach reflects on the integrity of the district as well as the coach. Coaches are in a position to influence young people and should strive to develop individual players and teams into units that will perform at their maximum ability. As role models, coaches are held to a high standard in regard to their public behavior. Coaches will be responsible for having rules for their team. A copy must be given to the athletic director after parents and the athlete have signed. This is to be done yearly. Coaches will be responsible for hosting a parent meeting at the beginning of their season to ensure that parents are aware of the rules for each sport.

CHEERLEADING

Cheerleading is a yearlong commitment, beginning at tryouts and lasting until the end of the school year. Cheerleaders are to perform at all home football and basketball games, designated away games, pep rallies, community events, and other performances scheduled by the coaches. Each member of the squad is responsible for abiding by the requirements of the merit/demerit system as explained in the contract signed by each cheerleader.

DISCIPLINE PROCEDURES

Each coach must ensure that the individual athlete and the team are well disciplined. Coaches and athletes must remember that they represent the school district and should exhibit good sportsmanship at all times.

1. If for any reason, a coach deems it necessary to suspend an athlete from participation or from the team, the parent must be given notice, in writing via certified letter.
2. The parent may appeal a suspension to the coach involved within three (3) days and must be in writing.
3. If an athlete is suspended, boycotts or quits the team for the remainder of the current season, he/she may not participate in any other sport until the sport from which he/she has been suspended is over.
4. If an athlete is suspended, boycotts or quits the team for the remainder of the current season, he/she forfeits credit toward an award of letterman status in that sport for the duration of the current season.
5. Coaches are responsible for advising the athletes and their parents of all rules and regulations pertaining to their particular sport.
6. If an athlete is going to miss practice, they must inform the coach before practice is to be missed.

DUAL SPORTS PARTICIPATION

Because there are sports whose seasons overlap some student-athletes may have conflicts in scheduling. Sports, in-season, take precedence over tryouts in other sports (individual tryouts are encouraged). In the case of an athlete who wishes to participate in multiple sports and scheduling conflicts arise, it is hoped that the two coaches can arrive at a solution. If no agreement can be reached, then a “playoff game” would take first priority, followed by a “district game” next and a “non-district game” last. **Student-athletes are encouraged to participate in as many sports as they wish, and they should be able to do so without pressure from any coach to limit participation to one sport.**

A student-athlete who quits one sport to participate in a second sport will not be allowed to play in the second sport until the season of the sport that s/he quit is over. (Example: J. Doe quits basketball late in the season to play baseball. J. Doe will not be allowed to play baseball, practice or compete until basketball season is over.)

EJECTION OF COACHES / STUDENTS-MHSAA REGULATIONS

The school will be assessed a minimum fine of **\$300** in the event the coach is ejected from an athletic contest. **The school will be fined \$500 for:**

- A team leaving the bench and coming onto the playing area
- A team involved in a fight before or after a contest (from arrival time to departure time)

Any student ejected for unsportsmanlike conduct or a flagrant foul, the student will be ineligible for the next football game or a minimum of two (2) contests in any other sport. If the ejection occurs in the last contest of the season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates. It is the responsibility of the local school authorities to ensure this regulation is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory in all regular-season and postseason play.

If an athlete or coach is penalized, he/she must comply with that penalty. Should a financial penalty be imposed on a coach, it is his/her responsibility to pay the penalty. **The Wilkinson County Public School District will not be responsible for the payment of a coach's fine.**

GUIDELINES FOR COACHES

1. Each coach will make every possible effort to assure that all athletes/cheerleaders/band members exhibit behavior beyond reproach in the classroom, on the campus, and at any athletic facility.
2. Every coach is expected to have complete knowledge and understanding of the MHSAA handbook of rules and regulations as well as the regulations and policies of the school district handbook.

3. If an athlete quits a sport after the first regular-season contest, he/she is not eligible to participate in another sport during that season.
4. Supervision is one of the most important aspects of coaching/teaching. All staff members must understand the liability factors regarding this policy. Failure to supervise students/athletes **AT ALL TIMES** could result in administrative action up to and including termination.
5. It is the responsibility of the coach/sponsor to have an emergency action plan in place regarding injuries and/or emergency situations. Both home and travel situations must be covered under this plan.
6. If an athlete displays a lack of self-discipline, poor attitude, or failure to fulfill his/her commitments to the athletic/activity program, he/she may be suspended from participation in that sport or any other sport for the remainder of the season.

HAZING

The Wilkinson County Public School District, National Federation of State High School Association (NFHS), and the Mississippi High School Activities Association (MHSAA), in an effort to promote a positive atmosphere in all student activities, subscribe to the following anti-hazing statement. It is the intention that this information be shared with all members of the school community.

“Hazing” is defined as any action or situation that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission into any Wilkinson County Public School District organization e.g. groups, clubs, athletic teams, grade-level activities.

Hazing includes, BUT IS NOT LIMITED TO, the following:

- Brutality of a physical nature such as beating, whipping, branding, forced calisthenics, exposure to the elements, forced consumption of food, liquid, alcohol, drugs or other substances.
- Forced physical activity that could adversely affect the physical health or safety of the individual.
- Activity that would embarrass or adversely affect the dignity of the individual or would subject the individual to exclusion from social contact

Generally, hazing can be considered action taken or a situation created intentionally, whether on or off Wilkinson County Public School District properties, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Additionally, any activity which is done or expected of a prospective member, with or without the prospective member’s consent that is not done or expected of a current member, may also be considered as a hazing activity.

As defined by the State of Mississippi, hazing is a crime. Persons involved in hazing may be subject to criminal charges as defined by state law.

SAFETY PROCEDURES FOR ATHLETES

The safety of student-athletes in practice and games is a top priority of the Wilkinson County Public School District. The Athletic Director and supervising coaches must take all necessary precautions to ensure the safety of the athletes.

HOT WEATHER PRECAUTIONS

(The following is a statement by the Committee on the Medical Aspects of Sports of the American Medical Association of the National Federation.)

Spring football training and early fall football practice frequently are conducted in very warm and highly humid weather in many parts of the United States. Under such conditions, special precautions should be observed. Otherwise the athlete is subject to:

- Heat cramps-depletion of electrolytes
- Heat fatigue-depletion of salt and water due to sweating
- Heat exhaustion-excessive depletion of salt and water
- Heat stroke-overheating from the breakdown of the sweating mechanism

Each of these conditions is a separate clinical entity but the development of heatstroke is progressive. Definite symptoms and signs will be manifested before it occurs. If these early warning signs are ignored, the failure of the body to dispose of excess internal heat could progress from heat fatigue to heat exhaustion to heatstroke.

Heat Cramps are only temporarily disabling but the moment of occurrence may be significant.

Heat Fatigue dulls the athlete's skillful alertness and makes him more vulnerable to injury. These illnesses can result in serious physical harm and even death; both are preventable.

Heat Exhaustion and Heat Stroke are preventable only by careful control of various factors in the conditioning program of the athlete. Basic, of course, is an adequate health history examination prior to participation in any practice. With the start of the fall practice, it is essential to provide for gradual acclimation to the hot weather activity. Equally important is the need to adjust salt and water intake to weather conditions. As the athlete becomes accustomed to hot weather activity, he perspires more freely thus dissipating body heat and he excretes less salt thus conserving sodium and potassium. With a graduated training regiment, such acclimation can be expected to take place over a period of about one week.

The old idea that water should be withheld from athletes during workouts has no scientific foundation. In fact, such restriction, by depleting water in the body, can lead to heat fatigue and heat illness. During exercise in the heat, it is essential to replace (at least hourly) the water lost by perspiration. Salt also needs to be replaced daily, particularly during the

acclimation period. Salting of the athlete's food within the bounds of taste will accomplish this purpose.

Even after acclimation, it is advisable to alternate periods of strenuous exercise with periods of rest during hot weather. Also, it is important for the coach to observe his athletes carefully for signs of lethargy, inattention, stupor, awkwardness, or unusual fatigue. Symptoms of water and salt depletion may include sluggishness, headache, nausea, hallucinations, and weak or rapid pulse. If heat illness is suspected, prompt medical attention to these recommended emergency procedures might have vital importance.

Heat Stroke-The collapse of an athlete with dry, warm skin and rapid weak pulse indicates sweating mechanism failure and rising body temperature. **THIS IS AN EMERGENCY, DELAY COULD BE FATAL.** Immediately cool the athlete by the most expedient means; spraying or sponging with cool water is a good method. **OBTAIN MEDICAL CARE AT ONCE.**

Heat Exhaustion-is weakness with profuse sweating and a rapid pulse. This indicates a state of shock due to the depletion of salt and water. Place the person flat on his back in the shade with his head on the ground, level or lower than the body. Give sips of diluted salt water or Gatorade/Powerade type drink if conscious. **OBTAIN MEDICAL CARE AT ONCE.**

The following suggestions are offered to help coaches prevent heat exhaustion and heatstroke during hot weather activity:

- Require a careful medical history and checkup prior to the beginning of practice
- Schedule workouts during the cooler morning and early evening hours during hot weather
- Acclimate athletes to hot weather activity by carefully graduating practice schedules
- Provide rest period of 15 to 30 minutes during workouts of an hour or more in hot weather
- Supply clothing that is white to reflect heat, comfortable to permit heat escape and permeable to moisture to allow heat loss via sweat evaporation
- Furnish Gatorade/Powerade type drink and water in recommended amounts during hot weather
- Watch athletes carefully for signs of trouble, particularly athletes who may not report discomfort
- Remember that temperature and humidity are the crucial factors. Obtaining the relative humidity reading from the weather bureau is an advantage in this regard. Heat exhaustion and heatstroke can occur in the shade
- Alert the hospital emergency room medical and nursing staff of the possibility of heat illness among athletes before an emergency occurs so that they are prepared to care for a stricken athlete
- Know what to do in case of an emergency. Be familiar with immediate first aid practices and prearrange procedures for obtaining immediate medical care, including ambulance service.

- Outlaw the hazardous warm weather use of rubberized apparel or other dehydration devices by players.

PUBLICITY AND PROMOTION

Good publicity and promotion are important to encourage community support for the athletic program. The reporting of news items and game results rests with the head coaches and their staff. They are responsible for promoting their programs by:

- Releasing interscholastic schedules prior to the beginning of each season
- Distributing team brochures, schedule cards, and calendars
- Releasing conference, district, and state news items through the appropriate media channels
- Holding meetings with booster clubs and parents to discuss the season
- Using bulletin boards in school buildings to promote athletics
- Telephoning results to news outlets immediately following contests

SEASON PASSES

Season passes that allow the pass holder admittance to all home regular-season games are available at the high school, middle school, and district offices.

Prices for Students:

Pass High Games Only - \$30

Pass Middle Games Only - \$30

Middle and High Games (Season Pass) - \$45

Prices for Adults:

Pass High Games Only - \$45

Pass Middle Games Only - \$45

Middle and High Games (Season Pass) - \$60

SECURITY PLAN

As a member of the Mississippi High School Activities Association, the Wilkinson County Public School District is required to file a security plan before each school year begins.

This plan provides a sketch of our athletic venues and the Wilkinson County Public School District's use of coaches, staff and the Wilkinson County Police Department.

Each of our venues is staffed with school personnel as well as local law enforcement to provide a safe environment for everyone in attendance.

Each venue will have at least one of our sports medicine staff available for an athletic injury or other emergency situations.

Wilkinson County Fire and Rescue along with American Medical Response provides its services in case of life-threatening situations.

TRAVEL

Transportation

1. The travel list (athletic participants/coaches) must be on file in the office of the principal by noon at least one day prior to departure.
2. Athletes will travel in district-owned or leased vehicles to and from out-of-town events. With administrative approval, booster clubs may provide charter buses.
3. Only school district employees and student members of the team/squad may travel on school district-owned transportation, no other students, spectators, or parents.
4. Athletes must return with the squad. Exceptions will be made if the coach/sponsor has secured written permission from the parent/guardian in advance of the event taking place. No student shall be released at the conclusion of any out-of-town event to return home via alternate means without prior approval by school authorities of a written request from parent/guardian. (Board policy JGFB-E)

Supervision of Athletes

1. Each time a bus is used to transport athletes to and from an athletic contest, a coach must ride with the squad. (Board policy EDDA)
2. Horseplay, profanity, and obscene gestures will not be tolerated.
3. The discipline and good behavior of the squad is the responsibility of the coach.
4. The coach in charge is responsible for returning the bus in clean condition following a trip.
5. Coaches will ensure that all athletes have left the campus after each game before leaving. (Board policy GABAD)
6. Coaches must ensure that the bus is clean and all trash has been cleared off the bus and placed in the proper place.

Meals

1. Coaches/sponsors must stop for meals.
2. Meal arrangements will include only members of the traveling squad, coaches, police escorts, and bus drivers. All athletes must eat together.
3. **The district will furnish meals for student-athletes who participate in Regional, South State, and State Championship contests.**

WEIGHT ROOM

The weight room will be controlled by the coach in charge, both in and out of season. Coaches may supervise the weight room on a schedule established by the athletic director. Athletes may not use the weight room without authorized supervision. Weight room rules:

- Shirts and shoes are required.
- No one is allowed in the weight room without authorized supervision.
- Weights are to be returned to the rack immediately following use.
- All students must work under the supervision of an instructor assigned to the weight room.
- Proper stretching and cool-down exercises are of utmost importance.
- Each student should know and work with an instructor to determine individual limits.
- Roughhousing and horseplay will not be tolerated in the weight room facility.
- Gum, food, or drinks are not allowed in the weight room.
- The use of the weight room facilities by outside groups or school personnel must be approved by the athletic director. (Board policy EBHA)

WILKINSON COUNTY PUBLIC SCHOOL DISTRICT

2021-2022 STUDENT PARTICIPATION CLEARANCE FORM

I hereby give consent for my child, _____, to participate in the Wilkinson County School District's athletic and activities programs during the 2021-2022 school year. I agree to abide by the rules and regulations of my school district and its governing body, the Mississippi High School Activities Association. I hereby authorize and give permission for emergency medical treatment to be rendered for and on behalf of my child, _____, for any injury received while participating in any supervised school activity. This authorization includes, but is not limited to, any treatment deemed necessary by certified personnel, physicians, hospital emergency room physicians and hospitals. We accept the financial responsibility for such medical care or treatment. I hereby release the Wilkinson County Public School District and all school personnel for any and all liability associated with such necessary treatment. I hereby acknowledge that health and accident insurance is recommended for participation in all organized sports and activities and further certify that my child is covered under the health and accident program listed below.

School day insurance: _____ Other insurance: _____
Policy # _____ Policy # _____

In addition, I assume any expenses for liability not covered by the insurance policy above for injury received by the above named student while participating in sports and school activities. I accept full responsibility for medical and hospital expenses and any other related expenses and do hereby hold harmless the Wilkinson County School District and the Board of Trustees, their agents or assignees, of responsibility for any such injury or expenses and waive any and all claims which may arise against them. I realize that participation in organized sports and activities involves the potential for injury, sometimes severe enough to result in total disability, paralysis, or death.

I give the Mississippi High School Activities Association and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes. In addition, I consent to the disclosure, by my child's/ward's school, to the MHSAA, upon its request, of all records relevant to his/her eligibility and participation including, but not limited to, his/her records relating to enrollment and attendance, academic standing, age, discipline, residence, and physical fitness. The Student Participation Clearance Form is required for all students to participate in MHSAA athletic and activity programs.

Parent/ Legal Guardian _____ Phone # _____
Cell # _____ Date _____ (valid 365 from this date)

WILKINSON COUNTY SCHOOL DISTRICT
ATHLETIC DEPARTMENT
EMERGENCY MEDICAL AUTHORIZATION
2021-2022 School Year

This form must be made available by the coach at all team practices and contests for each team member to ensure proper medical treatment by physicians or hospitals in the event of serious injury.

Name of Athlete _____ Date of Birth _____

Grade _____ Gender _____

Parent/Guardian Name _____

Address _____ City _____ MS Zip _____

Parent Cell _____ Parent Cell _____ Business Phone _____

In the event parent/guardian cannot be reached, please contact:

Name Relationship to Student Phone Number

List the sports this athlete plays:

1. _____ 2. _____ 3. _____

Does your child have any allergies? If yes, please explain. _____
YES NO

I hereby give my consent for medical treatment deemed necessary by physicians designated by school authorities and/or transportation to a hospital emergency room for treatment for any illness or injury resulting from his/her athletic participation. Preferred Physician

Name Phone Preferred Hospital

I understand this authorization will only be enforced when I cannot personally be contacted to provide permission for immediate treatment.

Parent/Guardian Signature Parent/Guardian Printed Name Date

RANDOM DRUG TESTING

In accordance with district policy JCDAB, all high school student-athletes are subject to random drug testing that will take place weekly. The district school health clinic provider will utilize software to select students using their student number (not name). Sample collection will take place in a controlled environment under the auspices of the district school health clinic provider and conducted by a certified nurse.

The athletic director will notify students selected for testing 5 minutes before the test is to be administered. **Any student refusing to participate in the drug screening program will be ineligible to participate in competitive extracurricular activities indefinitely.**

In the event of a positive test, the sample will immediately be tested a second time to verify the accuracy of the first test. A student who has confirmed a positive test result will be subject to the consequences listed in Appendix – Policy JCDAB Student Drug Testing Procedure on page 32.

ALCOHOL/DRUG ABUSE POLICY

Student-athletes are considered to be leaders of the school. The conduct and behavior of student-athletes must be exemplary and a good example for all students to follow.

Therefore, the following policies concerning alcohol/drug abuse by student-athletes will be in effect:

1. Any student-athlete in Wilkinson County School District found to be in possession or under the influence of alcohol and/or drugs on the school campus or at any school-sponsored activity on-campus or off-campus will be disciplined according to the school's disciplinary policy.
2. An athlete's use of illegal drugs or alcohol is considered detrimental to the well-being of the athlete. School board members, administrators, and coaches believe that the use or abuse of drugs or alcohol can:
 - Be detrimental to the physical and mental health of the student-athlete
 - Seriously interfere with the performance of individuals as students and as athletes
 - Create an unfair stigma for those student-athletes who do not use or abuse drugs or alcohol
 - Be extremely dangerous to the student-athlete in regards to his participation and performance at games and practices
3. Because of the genuine concern for the well-being of each student-athlete participating in interscholastic sports in the Wilkinson County School District, we suggest that our coaches counsel student-athletes on the serious consequences of alcohol and drug use and look for signs of alcohol and/or drug use such as:
 - alcohol or drug paraphernalia
 - unusual smell or appearance

- serious mood swings
- lethargy or highly irritable behavior
- consistent tardiness or missed practices and/or games

Any suspicion of alcohol or drug use should be reported to the coaches, athletic director and school administrators.

WILKINSON COUNTY SCHOOL DISTRICT ATHLETIC DEPARTMENT

APPENDIX – Policy JCDAB Student Drug Testing Procedure

First Positive Test

1. The district school health clinic provider will provide the athletic director a copy of the test results. This report will be shared with the principal.

2. The athletic director/administrator will contact the parents, student, and coach/activity sponsor and inform him or her of the positive test, and the following procedure will be initiated

a) A parent/student meeting will be held.

b) The student will be suspended from all competitive extracurricular activities (including practice) until a negative test is provided (minimum of 14 calendar days).

c) The student will be required to attend a drug awareness/education program conducted by a school guidance counselor.

The student will meet with the guidance counselor for three (3) sessions during the thirty-day suspension. Failure to attend all sessions will result in continued suspension from competitive extracurricular activities and until all three sessions have been completed.

3. At the end of thirty (30) calendar days, the student is eligible for another drug test.

a) The student may seek drug testing at an approved off-campus facility at the parent's expense.

b) The student may sign up to be retested during the subsequent round of random screenings.

4. If test results are negative, the student will be allowed to resume participation in the competitive extracurricular activity. A positive result will be considered a second positive test, and the student will be subject to guidelines under Section B (Second Positive Test).

Second Positive Test

1. The athletic director/administrator will contact the parents, student, and coach/activity sponsor and inform them of the second positive test, and the following procedure will be initiated:

a) The student will be suspended from all competitive extracurricular activities for the remainder of the semester.

b) The student will also be required to attend a drug education program offered by a community-based behavioral health clinic approved by the Wilkinson County School District.

Failure to complete the program will result in a suspension from all competitive extracurricular activities for one calendar year beginning on the date that the suspension started.

c) After providing proof that an approved drug education program has been completed, the student is eligible for another drug test.

i. Students may seek drug testing at an approved off-campus facility at the parent's expense.

ii. Student may sign up to be retested at the subsequent round of random screenings.

d) If the test is negative, the student will be allowed to participate in the competitive extracurricular activity. A positive result will be considered a third positive test, and the student will be subject to those guidelines under Section C (Third Positive Test).

Third Positive Test

The athletic director/administrator will notify the parents, student, and coach/activity sponsor of the third positive test in a letter by certified mail informing them that the student is suspended from extracurricular activities for the remainder of the school year.

Non-Consecutive Positive Test Results

Positive test results will be treated as cumulative during the school year. For example, if a student tests positive in the fall, tests negative on the next retest, then positive again anytime thereafter during the school year, the second positive test will be a second positive test as subject to consequences thereof.

PROCEDURE FOR REINSTATEMENT

A third positive test establishes that the student has a serious drug problem that must be treated before the student is able to return to extracurricular activities. Following successful completion of a certified drug rehabilitation program and evidence of a series of clean drug tests, the student may apply, in writing, to the athletic director/administrator for reinstatement in competitive extracurricular activities for the following school year.

WILKINSON COUNTY SCHOOL DISTRICT ATHLETIC DEPARTMENT

CONTEST RELEASE FORM

2021-2022 School Year

Student Name _____ Sport _____

By my signature, I request that the Coach allow my child to leave away games with his/her parents rather than ride the team bus back to the school. I understand that my child will only be released after the Coach visibly sees and speaks with a parent each time this occurs.

I further understand that this release only applies to my child being released to a parent and that any other transportation arrangements (i.e. riding home with another parent or relative) require a separate note each time it is requested. Such notes must be received one day prior to the out-of-town contest and approved by school authorities.

Name of Student (PLEASE PRINT)

Student Signature

Date

Name of Parent/Guardian
(PLEASE PRINT)

Parent/Guardian Signature

Date

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.

Concussion Information Form

(Required by MHSAA Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Continued on next page

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete's safety.

MHSAA Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game.
- The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.

- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss of consciousness, usually takes 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

_____	_____	_____
Student-Athlete Name Printed	Student-Athlete Signature	Date
_____	_____	_____
Parent Name Printed	Parent Signature	Date

“BLANKET” PERMISSION TO PARTICIPATE IN A SERIES OF SCHOOL SPONSORED FIELD TRIPS

Sport: _____

School Year: 2021-2022

School: _____

I hereby request that _____

(Student’s Name PLEASE PRINT)

be allowed to participate in athletic team, band, cheer squad, and/or any series of field trips related to one particular athletic activity.

All team members will ride to an event in district owned or leased transportation with the team. Any athlete who arranges independent transportation to an event, without permission from the coach and the Principal in advance, will be ineligible to compete in that event. All team members will return with their squad. Exceptions will be made if the coach/sponsor has secured written permission from a parent/guardian in advance of the event taking place. No student shall be released at the conclusion of any out-of-town event to return home via alternate means without prior approval by school authorities of a written request from parent/guardian (School Board Policy JGFB).

Detailed trip information, including destination, date, time of departure, time of return, purpose, and supervision, will be given to the parents/guardians prior to each trip in the series (Exceptions must be approved by the Principal). If any emergency medical procedures or treatment are required by the student during the trip, I consent to the trip supervisor(s) taking, arranging for, and consenting to the procedures or treatment in his/her or their discretion. In consideration of WCSD allowing the student-athlete to participate in athletics, we agree to release and hold WCSD, its athletic coaches and other employees free, harmless and indemnified from and against any and all claims, suits or causes of action arising from or out of any injury that the student-athlete may suffer from participation in athletics.

NOTE: This form must be signed by a student if the student is 18 years of age or older.

Name of Student (PLEASE PRINT) _____

Student Signature and Date _____

Name of Parent/Guardian Parent/Guardian Signature Date _____

Signature Page

Parent/Student Acknowledgement I have been informed of the district Random Drug Testing Policy (JCDAB) and understand the consequences of refusing to participate in screening and for having a positive result on the drug test.

Printed Parent Name Parent Signature Date

Printed Student Name Student Signature Date

Athletic Handbook
Acknowledgement Page

Parents,

We are publishing the Athletic Handbook on the school web page under the Athletics tab.

Please read the handbook and return this form acknowledging the receipt of the handbook.

We will be happy to furnish you a hard copy if you request one. We are simply trying to save the expense and paper involved in printing copies for each athlete if they have access to the internet.

I, (Print Parent/Guardian Name) _____ and

(Print Student-Athlete Name) _____,

acknowledge the rules, policies and procedures of the Athletic Handbook. I understand that athletics is a voluntary program and no student has an entitlement to participate. I agree to the policies outlined in the handbook.

• I do give permission for my student's picture and name to be published on the internet and/or media such as the newspaper. Yes_____ No_____ (Please initial one)

• I do give permission for my student to use mosquito repellent if it is needed.
Yes_____ No_____ (Please initial one)

Please return this page to the Athletic Department or your head coach.

Parent/Guardian Signature

Date

Student-Athlete Signature

Date

Student Athlete Contract

STUDENT-ATHLETE NAME _____ SPORT _____

I understand that a fulfilling educational sport experience requires the exercise of responsibilities on the part of both personnel associated with the athletics program and student-athletes. As a student-athlete, I understand my responsibility to commit to the principles of self-discipline, collaborative effort and team building, and to be an ambassador for the institution.

Academic Standards

I understand that the athletics department is committed to the philosophy that student-athletes are students first and foremost and that all student-athletes must exhibit behaviors that demonstrate a commitment to maximizing academic success as their first priority. I understand that the athletics department has created the following standards, strategies, and policies to maximize the possibility of student-athletes meeting their academic goals. I understand that I am obligated to comply with these standards:

- Student-athletes must adhere to all academic requirements (study halls, tutoring sessions, etc.) specified by the academic counselor.
- Student-athletes' academic progress is monitored by the academic support program staff. If at any time, the Athletic Director receives academic information that a student-athlete is not meeting his or her responsibilities (i.e. warning notices, probationary status notices, grade point average reduction, excessive absences notices, etc.) the Athletic Director will meet with the head coach and to determine if playing or practice privileges will be restricted, suspended, or terminated.
- If a student-athlete's grade point average drops below a 2.0, he or she will become automatically ineligible to participate until the grade point average returns to the 2.0 minimum.
- Sports schedules are designed to minimize missed class time. While classes missed for regular- or post-season contests are district approved, the expectation is that student-athletes will make every effort not to miss any additional classes and will only do so under extenuating circumstances such as illness or family emergency. Excessive absences may result in restriction of a student-athlete's participation in practice or competition.
- Student-athletes are not permitted to miss any regularly scheduled classes for activities other than scheduled athletics competitions, unless approved by the Athletic Director and the teacher of the class involved.
- Student-athletes are expected to meet all deadline dates for class assignments and are required to make pre-arrangements with instructors when quizzes, tests or special assignments conflict with contest dates.

Behavioral Expectations

I understand that student-athletes are visible representatives of the school district both on campus and off-campus whose behaviors are often closely scrutinized by the media and general public. Student-athlete behavior affects public perception of the school district ethos, athletics department standards, and the character of the student body. Therefore, it is an expectation that student-athletes will demonstrate consistent role model behavior, sportsmanship and self-control. More specifically:

- Student-athletes must be committed to fair play. Intentional acts of unsportsmanlike behavior or cheating will not be tolerated.
- When representing their teams during competition, student-athletes will exercise self-control in all ways including, but not limited to, resisting the use of profanity, demonstrating unnecessary aggression or hostility towards others, making inappropriate physical gestures, taunting or excessively celebrating, and disrespecting coaches, officials, teammates or opponents.
- Student-athletes are prohibited from interacting in any negative way with fans.
- When interacting with the media, student-athletes are expected to remain positive and not use media interviews as a platform to share personal frustrations about the team, coaches, the athletics department or the school district or to make any negative comments about opponents or officials.
- Any actions that result in a student-athlete being sanctioned by school, local, state, or federal authorities may also result in sanctions from the athletics department.

Physical Conditioning and Training

I understand that physical conditioning and training programs in preparation for athletics performance as designed and supervised by coaches and support staff (trainers, strength coaches, etc.) require intense physical activities, constant feedback, and creating benchmarks to maximize each athlete's potential and team success. I understand that participation in training and instruction is an educational process that requires collaboration between athletics staff and student-athletes, especially as such collaboration is intended to minimize the inherent risks associated with intense physical activities that can also be mentally and emotionally challenging. Therefore, I understand the need for and accept the following participation responsibilities:

- Report to my coach or an athletics trainer, any change in my physical, mental or emotional well-being that may affect my ability to participate safely. This includes any additions of prescription medications or over the counter supplements.
- Commit to completing all conditioning activities and practice sessions. I am asked to perform to prepare me for the physical, mental, and emotional stress associated with my sport unless I have documented limitations that have been approved by the medical or counseling staff.

- Refrain from outside activities that will enhance my risk of unsafe participation such as excessive exercise, alcohol consumption, using non-prescription drugs, taking over the counter supplements that have not been approved by the athletics department medical staff, taking steroids or other performance enhancing or illegal drugs.
- Follow the guidelines given to me by my coaches and trainers regarding hydration, sleep, and nutrition.
- Communicate with my coach or trainer any time I feel any abnormal or labored physical response to exercise (i.e. pain, nausea, shortness of breath, dizziness, etc.) and to stop the activity immediately.
- Communicate with my coach or trainer any time I feel incapable of continuing to participate due to any physical, mental or emotional distress. I understand that I will not be subjected to any retribution if I self-report physical, mental, or emotional distress and elect to discontinue participation and if I believe retribution took place, I am obligated to report such to the Director of Athletics.
- Communicate with my coach or athletic trainer if I become aware of another athlete's abnormal or labored physical, mental, or emotional response to any activity.
- Willingly discontinue participation any time a coach, trainer, or strength coach tells me to and, if applicable, follow their directives regarding follow-up meetings with medical staff or other appropriate professionals.
- Recognize that participation decisions must be made by professional athletics staff members. Parents may not override these decisions.

Teamwork and Team Expectations

I understand that team unity and team chemistry are key variables for a positive and successful athletics experience. Commitment to team goals is essential which, at times, may take precedence over individual goals. However, I understand that the athletics department does not subscribe to a team culture based on intimidation or mandatory allegiance to questionable practices and requires that all student-athletes be treated fairly by coaches, support staff, and teammates. Under these conditions, I understand that student-athletes are expected to exhibit a level of selflessness that promotes team goals. More specifically:

- Student-athletes are expected to abide by team rules that have been constructed by the team, approved by the coaches, approved by the sports administrator, and attached to this agreement.
- Student-athletes are expected to abide by all NCAA rules that have been provided in the annual rules orientation session conducted by the athletics department.
- Student-athletes are expected to abide by all athletics department policies that are contained in the athletics department Student-Athlete Handbook which is available online, including, but not limited to the policies that prohibit alcohol consumption, sexual harassment, bullying, drug use, gambling, and tobacco use.
- Student-athletes are expected to report any actions that establish a class system (hazing, initiations, etc.) to their coach immediately.

- Student-athletes are expected to immediately report any behaviors they would describe as abusive by a coach, staff member, or a teammate to the Director of Athletics.
- Student-athletes and coaches are expressly prohibited from engaging in sexual intimacies and other forms of inappropriate conduct with each other. Student-athletes are expected to immediately report any such behaviors which serve to destroy the standard of impartiality and professional trust which must be maintained by all coaches,
- Each student-athlete receives a copy of athletics department JDDB which describes the “zero tolerance” policy toward hazing, initiation rituals, sexual harassment, and physical punishment and is expected to honor and contribute to a culture of respect of self and others.

Prohibition of Retaliation

Creating a culture of personal responsibility requires an assurance to employees and student-athletes that no retaliation will occur against those who report governance association rules violations or misconduct policy violations. Staff and student-athletes are expected to report these concerns to the athletics director or are invited to utilize the institutional ombudsman for this purpose.

I agree to accept the participation standards and policies listed above and knowingly accept that violations of these standards may result in a variety of sanctions by the athletics department including, but not limited to restriction, suspension from, or termination of participation in the athletics program.

Student-Athlete Signature: _____ Date: _____

Parent’s Signature (if athlete under 18): _____ Date: _____

STUDENT- ATHLETE UNIFORM CONTRACT

At the beginning of each athletic season all student-athletes will be issued a school purchased uniform for his/her team. No pupil fees should be required for participation and no mandatory fundraising is allowed. Each student-athlete is responsible for returning the team issued uniform clean and in good repair, within one week of the conclusion of the season.

UNIFORM GUIDELINES

1. Student-athletes must keep the uniform number they are assigned at the beginning of the season and at no time may they change their uniform with a teammate without permission of the coach.

2. Student-athletes must wash and care for their uniform after each contest.

(Please launder uniforms according to directions on tag. Wash all uniforms in COLD water).

3. At no time may a student-athlete alter or change the original shape or form of the uniform.

4. If I fail to return any piece of the uniform assigned to me or if I return the uniform damaged, I understand that I will pay _____ high school the full dollar amount of the uniform, or if required, a cleaning fee.

5. I understand that if I have not returned a uniform(s) or paid what I owe then I forfeit my opportunity to participate in school activities and/or participate with any extracurricular club or athletic team. Including, but not limited to: school dances, athletic teams, intramural sports, field trips and graduation ceremony. The school may also withhold grades, transcripts, and diploma.

I have read and understand the above stated uniform policies and recognize that any failure to return the uniform to my coach at the end of the season will result in my being charged replacement cost of the uniform or complete a restitution process as established by Wilkinson County School District.

Student-Athlete Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Team: _____ Level: _____ Coach: _____

Student-Athletes Name: _____ D.O.B. _____

Uniform Number/Size: _____ Uniform Bottoms/Size: _____

Other Issued Uniform Item(s): _____

Cost of Uniform:\$_____

I agree to voluntarily fundraise/pay for a customized or personalized uniform.

Yes No

Parent's Signature

Date

WAIVER OF LIABILITY AND STATEMENT OF UNDERSTANDING AND RELEASE (Waiver/Release)

School Name: _____

I am the Participant, or parent or legal guardian of each minor child (“Participant”) identified on this form. Each Participant on this Waiver/Release is participating in an athletic activity sponsored by the above-identified school, voluntarily and at our own risk, and understand and agree to the following:

COVID-19 is a virus with no known cure or vaccine, and is highly contagious. Los Angeles Unified School District (LAUSD) is undertaking efforts to protect participants in athletic activities, including COVID-19 testing, social distancing measures, and sanitization of school facilities to minimize the risk of exposure to and transmission of COVID-19, but cannot guarantee that those efforts will prevent the transmission of COVID-19 while on campus and/or participating in school-sponsored athletic activities. LAUSD is allowing such athletic activities to proceed in recognition that such activities can promote and enhance the mental and physical health and well-being of its students, but encourages students and parents to seriously consider the potential risks of such participation as a result of COVID-19.

I/We can be exposed to or contract COVID-19 while on campus and/or participating in school-sponsored athletic activities. I have read and understood the above warning concerning COVID-19. I/We choose to accept and assume the risk of contracting COVID-19 to participate in school-sponsored athletic activities. These athletic activities are of such value to me that I accept and assume the risk of being exposed to, contracting, and/or spreading COVID-19 in order to participate in these activities. I/We understand that if I/We are not comfortable or cannot agree to execute this Waiver/Release then I/We may not participate in school-sponsored athletic activities.

I/We hereby expressly waive, and release WCSD, the Board of Education of WCSD, and its members, employees and agents, from any and all rights, claims, lawsuits or damages of any nature whatsoever arising directly or indirectly from COVID-19 infection or transmission related to my participation in a school-sponsored athletic activities. I understand that this waiver means I give up my right to bring any claims, including for personal injuries, death, disease, or any other loss, including but not limited to claims of negligence, and give up any claim I may have to seek damages, whether known or unknown, foreseen or unforeseen. I understand and agree that this waiver and release is intended to be interpreted broadly in favor of WCSD.

Also, this Waiver/Release shall apply to any and all school-sponsored athletic activities occurring from the date below until June 30, 2022, or revoked in writing by Participant, whichever date is earlier. Revocation of this Waiver/Release shall not affect any rights of WCSD et al. with respect to athletic activities occurring prior to such revocation or termination and is intended to survive revocation or termination of this Waiver/Release.

I/We attest that I/We are 18 years or older and if any minor child is identified on this form, that I/We are the parent or legal guardian of such minor child.

Signature: _____ Date: _____
Print Name: _____

This form is provided on behalf of:

The minor children identified as: Print Name: _____
Print Name: _____
Print Name: _____
Print Name: _____

Opioid Information Sheet

Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

What are the risks and side effect of opioid use:

- Tolerance- meaning you might need to take more of a medication for the same pain relief.
- Physical dependence-meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Depression
- Low levels of testosterone that can result in lower sex drive, energy and strength
- Itching and sweating
- Confusion
- Sleepiness and dizziness
- Nausea, vomiting, and dry mouth

Risks are greater with:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Be Informed

Make sure you know the name of your medication, how much and how often to take it, and its potential risks and side effects.

Opioid Information Sheet

IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

Never take opioids in greater amounts or more often than prescribed.

Follow up with your primary health care provider within ___ days.

Ø Work together to create a plan on how to manage your pain.

Ø Talk about ways to help manage your pain that do not involve prescription opioids.

Ø Talk about all concerns and side effects.

Help prevent misuse and abuse.

Ø Never sell or share prescription opioids.

Ø Never use another person's prescription opioids.

Unless Specifically advised by your healthcare provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids

KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Options may include:

- Pain relievers such as acetaminophen, ibuprofen, and naproxen
- Some medications that are also used for depression or seizures
- Physical therapy and exercise
- Cognitive behavioral therapy, a psychological, goal-oriented approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.

For current and up-to-date information on opioids, you can go to:

<http://www.cdc.gov/Opioids>

Student-athlete Name
Printed

Student-athlete
Signature

Date

Parent or Legal
Guardian Printed

Parent or Legal
Guardian Signature

Date

Our Expectations for Student-Athletes

Student-Athletes in the Wilkinson County School District will:

- Accept and understand the responsibility and privilege of representing their school and community
- Demonstrate active involvement in their sport and acquire the basic athletic skills and essentials of teamwork necessary for competition.
- Demonstrate:
 1. Sportsmanship at all levels of competition
 2. Leadership
 3. Respect for others
 4. Understanding and tolerance
 5. Hard work
 6. Commitment
 7. Discipline
 8. Personal integrity
 9. Self-control
 10. Responsibility
 11. Good citizenship
- Develop self-knowledge (e.g. awareness of strengths, areas in need of further development, and strategies for success)
- Demonstrate pride in themselves, their community, their school, and their team
- Recognize the importance of a healthy lifestyle
- Maintain athletic eligibility in accordance with the MHSAA and the Wilkinson County School District requirements
- Demonstrate a willingness to place the good of the team above themselves

Our Expectations for Parents

It is our hope that all parents of Ledyard High School student athletes will:

- Foster in their children those attitudes and habits most conducive to positive participation as articulated in “Our Expectations for Student-Athletes”
- Support Wilkinson County School District Athletics in its efforts to acquire necessary funding
- Be attentive to the performance of the coaching staffs and the administration of Wildcat Athletics
- Support Wildcat Athletics whenever possible through volunteer efforts, attendance at athletic contests, and participation in booster clubs
- Help us to foster a spirit of cooperation between Wildcat Athletics and local businesses, community groups, and other town agencies.

Parent/Coach Relations

Your child, as a member of a Wildcat athletic team, will experience some very rewarding moments. It is important to understand that there also may be times when things do not go the way you or your child wish. It is at these times that discussion with the coach is encouraged. Situations such as ways to help your child improve, concerns about your child's attitude, and academic support and college opportunities would be appropriate. It is very difficult to accept your child's not playing as much or where you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all of the students involved. While certain things can be discussed with your son's/daughter's coach, other things should be left to the discretion of the coach. Team strategy and other athletes are examples. It is also important to remember that playing time is determined by only the coach. We encourage athletes to bring their questions about such things directly to the coach. If you would like a conference with the coach, please follow these guidelines:

1. Contact the coach for an appointment.
2. If the coach cannot be reached, call the athletic director. A meeting will be set up for you. Please do not attempt to confront a coach with your concerns immediately before, during, or immediately after a contest. These can be emotional times for both the parent and the coach. If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the athletic director.

Summary

The purpose of this handbook is to acquaint student athletes and their parents or guardians with interscholastic athletics with the Wilkinson County School District. Hopefully, the information presented will provide answers to the questions most often asked about our programs. We hope you have a wonderful and rewarding experience. Final key points: In order to participate, a student must:

- Be academically eligible
- Have parental permission
- Have medical clearance

Team members are required to:

- Maintain academic eligibility
- Attend all scheduled practices and contests
- Adhere to all team rules and regulations
- Exhibit good sportsmanship at all times

If you have any concerns, please contact the Director of Athletics at 601-645-0008 or 601-888-4228.

2020-2021 ATHLETIC CONTRACT

As a student athlete, I understand that participation on an interscholastic team is a privilege and a commitment, not a right. I have read and understand the expectations for student-athletes contained in the Wilkinson County School District Student-Athlete Handbook and any additional specific team policies. I also understand that this contract shall be in effect for this academic year.

As a team member, I am dedicated to keeping myself in the best physical condition possible in order to perform to the best of my ability and to contribute to the success of the team. As such, I agree that I will not use, possess, buy, or distribute any beverage containing alcohol, any tobacco product, marijuana, steroids, or any controlled substance other than as directed by a physician.

I have read and understand the sports contract and I am aware of the consequences of its violation.

Print Student-Athlete's Name: _____

Signature of Student-Athlete: _____

Date: _____

Year of Graduation: _____

Sport(s) Participating In: _____

WE HAVE READ AND WE UNDERSTAND THIS CONTRACT AND WE HAVE DISCUSSED IT WITH OUR SON/DAUGHTER. WE RECOGNIZE OUR RESPONSIBILITY IN ENSURING THAT OUR SON/DAUGHTER ABIDES BY THE PROVISIONS OF THIS AGREEMENT.

Signature of Parent/Guardian: _____

Date: _____