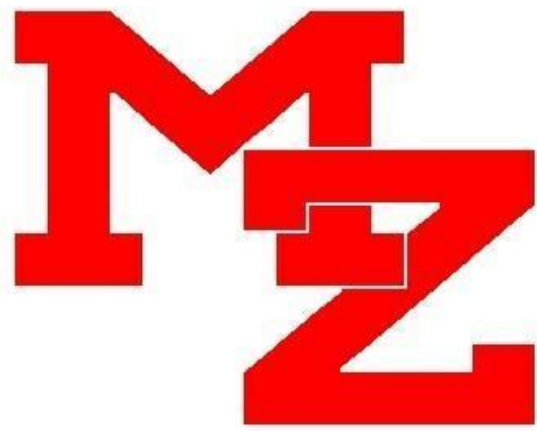


**Mt. Zion
High School**



**Athletics
Handbook**

2022-2023

Dear Student-Athlete/Parent,

I want to welcome you to the Mt. Zion High School Eagle family. You are now a part of a proud Eagle Family that exemplifies tradition and culture.

We are excited to be able to present you with the opportunity to explore the strength of your character, work ethic, and sportsmanship in the pursuit of growth and excellence. We strive to foster an environment of rigor to test resiliency in order to develop outstanding young people that are prepared for the next level. Our commitment to you is to provide the resources and support you need to succeed in academics and athletics, while ultimately providing you with the skills needed to be successful in life.

Representing the Eagles comes with a high level of expectations that we expect you to embrace fully with excitement and enthusiasm. It is an honor to wear the red, grey, and white and we expect you to continue to separate our colors from others with dignity and respect.

Thank you for making each and every member of the Mt. Zion community proud for upholding the rich legacy the generations before you have instilled.

Eagles work harder,

Wade Traylor
Mt. Zion High School Athletics



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Mt. Zion High School

Mission Statement

Driven by a refusal to accept failure, the Mt. Zion High School athletics program serves to develop young ladies and gentlemen of strong integrity, tradition, work ethic, and responsibility.

Vision Statement

The vision of Mt. Zion High School athletics is to drive student-athletes for a lifetime of impact.

Core Values - RISE

Respect – Hold yourself and others to a standing of high honor, demonstrating trust and dignity.

Integrity – Stand strong as an EAGLE when others wish to see you stumble.

Service – Serving the community to better the culture, influence the youth, and instill the intrinsic quality of giving back.

Excellence – Play Smart, Work Hard, Refuse Failure.

Core values reflect those principles that serve as the measure of success - regardless of the outcome on the field.

Core values define who we are, not how we did.

Core values are those attributes that, whether experiencing the highest high or the lowest low, will not be compromised or abandoned.

Carroll County Program Expectations

We expect programs to positively change the lives of their student-athletes.

We expect programs to work and play harder than our opponents.

We expect programs to be better prepared than our opponents.

We expect programs to be more fundamentally sound than our opponents.

We expect programs to be more disciplined than our opponents.

We expect programs to compete with more passion than our opponents.

We expect programs to exhibit better sportsmanship than our opponents.

We expect programs to compete for the top spots in their region/district each year.

Mt. Zion High School Expectations - Coaches

We expect coaches to strengthen and create programs and opportunities that will help all student-athletes reach their highest levels of academic, athletic and personal success.

We expect coaches to provide an inclusive and growth-oriented environment in which coaches and staff lead and develop student-athletes in the pursuit of preparedness for the next level of sport and life.

We expect coaches to embrace and be dedicated to Mt. Zion culture, traditions, and family. We fly with eagles first and always.

We expect coaches to deepen all relationships by fostering communication, collaboration and accountability.

We expect coaches to promote mentorship, leadership and professional development.

We expect coaches to follow, promote, and exemplify our core values, expectations, and rules, by-laws, and policies set forth.

We expect coaches to innovate and bring a high level of enthusiasm for each opportunity presented to the student-athletes.

We expect coaches to maintain all qualifications necessary to be in compliance.

Mt. Zion High School Expectations – Student-Athletes/Parents

We expect student athletes/parents to fully embrace the program and opportunities in which they participate to reach the highest levels of academic, athletic, and personal success.

We expect student athletes/parents to embrace and be dedicated to Mt. Zion culture, traditions, and family. We fly with eagles first and always.

We expect student athletes/parents to follow, promote, and exemplify our core values, expectations, and rules, by-laws, and policies set forth.

We expect student athletes/parents to accept and understand the individual value they provide to our programs.

We expect student athletes/parents to model strong citizenship through service projects, outreach, and common goodwill within the community.

We expect student athletes/parents to respect and honor the team-first mentality and display a selflessness approach to being a teammate.

We expect student athletes/parents to challenge themselves daily in all things to consistently grow and develop through self-reflection.

We expect student athletes/parents to be mindful and respectful of each program, coach, and official, understanding the underlying principles and values that guide that program.

Student-Athlete Eligibility

MZHS follows all GHSA guidelines pertaining to high school sports eligibility

Attendance

Student-athletes will be permitted to participate in conditioning, tryouts, and games or practice extracurricular activities only if they have been in attendance at least one-half of the day (11:30 a.m.) according to the State Board of Education. Exceptions can be approved or not approved by the principal. Furthermore, student-athletes must be present at practices in order to be eligible for the following contest. This is a matter of student-athletes being able to stay up to date with situational, skills, and conditioning. Practice is NOT optional. Please be diligent in planning vacations, doctor appointments, etc. In the event of an emergency and/or death in the family, discretion will be used by the coach in determining eligibility due to absences.

Grades

Student-athletes must Pass 70% of classes for the semester (5 out of 7 classes) immediately preceding participation or try-outs.. We expect each student-athlete to strive for the best of their abilities academically. Exceptions can be approved or not approved by the principal.

Discipline

We expect a high level of character from each student-athlete as well as them to set the standard in terms of how Eagles carry themselves. This is not a role to be taken lightly. Student-athletes who receive ISS/OSS may not participate in any contest on the day they are suspended (ISS or OSS). Additional suspensions from contests are at the discretion of the coach. Students in ISS may practice while they are serving ISS. Practice is not allowed if a student is serving OSS. Discipline for lesser infractions will be a coach's decision based on the consistency of the student-athletes discipline issues. Exceptions can be approved or not approved by the principal.

Physical Paperwork

Student-athlete safety is paramount. Every student-athlete must have a current and clear athletic physical packet on file prior to participating in any practice, workout (in-season or off-season), contest, or tournament game. This packet includes a signed medical physical evaluation, concussion waiver, cardiac arrest waiver, insurance verification and parent consent/release form. The paperwork is effective for one (1) calendar year. Please, notify the coaching staff of any underlying medical issues that could factor into student-athlete safety so we can take the appropriate precautions.

Quitting

Any student-athlete that quits a team midseason will forfeit eligibility for the remainder of that season in any sport. Quitting a sport will be recognized by all coaches as where the student-athlete's priorities are and in turn could have an impact on upcoming seasons.

Practice Policy

In order to be competitive, we expect coaches and student-athletes to be prepared mentally and physically for every contest. Practices are understood to be highly intense learning environments to stimulate as close to game-like situations as possible. Practices will contain refinement and implementation of new skills, strategies, plays, etc. Therefore, practice is mandatory unless otherwise specified by the coach during periods that are acceptable. Student-athletes that do not attend practice are not eligible for the following contest barring an emergency related absence. Student-athletes who continue to miss practice may be dismissed from the team at the coach's discretion. In addition to setting the tone in practice, we also expect this time to provide team unity that aligns with our Eagles first mentality. While we recognize how important the community is in supporting our programs, all practices across the MZHS Athletics Program are only open to student-athletes, coaches, and staff. This is to eliminate distractions, create unity within the team, and maximize focus. Failure to follow this policy will result in losing playing time.

Eagles Serving Others – Community Service Projects

Supporting the community is a high priority for MZHS. Each program, including the student-athletes participating in that program are expected, but not limited to perform a minimum of two (2) service projects each season. This is coordinated by the head coach and executed by the whole program. One of these service projects will be directed in improving MZHS directly while one will be set to improve the community we serve. In addition to the two (2) service projects, each team is expected to participate in our Eagles Serving Others project of working with the elementary school as often as possible. Exceptions can be approved or not approved by the principal.

Playing Time

Mt. Zion High School is thankful for the level of community support, talent, and dedication that we get to work with through athletics. We view this as a blessing not to be taken for granted but also an opportunity to push harder and achieve more. MZHS athletic programs seek to be competitive while preparing student-athletes to move forward which creates an environment of competition. Students should not take playing time for granted. This is a competitive aspect of athletics that we wish to see students embrace and work for. Playing time is decided upon by the coach on a variety of different aspects, however, the coach will take the approach of "team>me". The discussion on playing time will be limited. The role each student-athlete plays is a crucial part to any success we have as a program. Roles can include Starter, bench player, practice player, manager, reserve, alternate, etc. We expect each student-athlete to embrace this role with humility and give their absolute best.

Twenty-Four Hour Rule/Chain of Command

Athletics can get intense, especially when they are in an environment with passionate people. There may be situations where you may find yourself upset directly following a game. We ask that you please respect the nature of the emotional setting and follow the twenty-four-hour rule. If you would like to speak with the coach, please allow twenty-four hours to pass and revisit the situation to set up a meeting to discuss the issue at hand. Emotions rise in the moment and people are often left speaking out of character. We simply ask for a cool down period so both parties can discuss the issues reasonably to find a resolution.

We also understand the, "Can I speak to your supervisor!" approach is taken at times but we expect the chain of command to be followed regarding any issue that may arise. Please resolve any issues directly with the coach first and foremost, then proceed to move up the chain. A lot of times a simple conversation with the coach can resolve most issues. Chain of Command: Assistant/Position Coach or Head Coach, Head Coach, Athletic Director, Assistant Principal, Principal.

Social Media

Social media has become a large part of our society, and it continues to grow day after day. We understand that many people use social media to express their emotions, whether they be positive or negative. We ask everyone to use social media responsibly and to maintain a positive connotation with their posts in regards to any and all things connected to Mt. Zion High School Athletics. Cell phones need to be monitored closely and should be as limited as possible during practices, competitions, and any time in which the student-athlete should be focused on the competitive goal.

Offseason Workouts

Offseason workouts, open gyms, camps, conditioning etc. are expected from each program prior to the official season starting. Student athletes are expected to participate in as many offseason workouts as possible

Fundraising/Playing Dues

Mt. Zion High School does not expect any student to "pay to play". We provide and encourage all suitable student-athletes the opportunity to play regardless of financial standing. There are dues that may be associated with each program that can be paid up front, or paid through fundraising. Each program will participate in fundraising activities set forth by the coach to offset the dues of equipment, officials, concessions, etc. Each student-athlete is expected to participate to reach the fundraising goal set by the coach. In the event of a student athlete not reaching their fundraising goal, the remaining balance will be paid based upon equipment/apparel that student-athlete received. Exceptions can be approved or not approved by the principal.

Facilities/Equipment

We expect all student-athletes to have a high level of respect for the facilities and equipment we allow them to use. Coaches work hard to take care of the facilities and equipment we have, as well as work to get equipment donated, fundraised for, and purchase some personally. We expect the student-athletes to be prideful and take ownership in their home facilities. It is also expected that student-athletes treat away facilities and equipment with respect. MZHS Eagles will leave each locker room clean and organized. Trash will not be left in bleachers, bathrooms, fields, etc. If a locker room, field, bleachers, etc. are found to be in any other state but clean and organized, the student-athletes will be held accountable for any and all misuse. The consequences from the inability to uphold these expectations will be decided upon by the coach. We expect to set the standard and be the example in our conference when it comes to all things athletics.

Attire/Uniforms

Personal appearance is expected to be taken seriously and at a high level. We expect each student athlete to set forth and be the example to which others follow.

Student-athletes are expected to dress appropriately on game-days, typically wearing their uniform or warm-ups per each program. Student-athletes should never wear any other school's apparel in any way, regardless if they had once attended that school or have family that attend that school. We are proud to be Eagles and we expect this of all student-athletes, coaches, and community members.

Uniforms are provided by the school. Additional pieces of the uniform may be purchased by the student-athlete but will be organized and ordered by the coach of each program. All additional accessories must match the school colors red, gray, and white. Individual cases may be evaluated by the coach for any and all exceptions. It is expected to be in full uniform to be eligible to participate in any contest. Failure to comply will result in forfeiting the ability to play in that contest until compliance is achieved.

Transportation

Student-athletes will be transported to and from each contest on a Carroll County bus (with the exception of certain sports/events). Student-athletes are expected to follow all guidelines set forth in their behavior on this bus. The bus is only permitted for MZHS student-athletes participating in the contest that day. Parents, siblings, friends, etc. are not permitted to ride the bus with the student-athletes. Transportation after any contest may be arranged with the parents, and is at the head coach's discretion as long as the student-athlete is signed out on the coaches' sign out sheet. Failure to sign off will result in disciplinary action. Furthermore, student-athletes are expected to be picked up from practice in a timely manner. We cannot have coaches, staff, and student-athletes waiting for an extended period of time without just cause. Please be in communication with the coach in the event of an emergency situation.

Sportsmanship

As stated in GHSA handbook, "The GHSA and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all GHSA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated, and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today's event."

We expect all student-athletes, parents, community members, and coaches to be highly regarded in the terms of sportsmanship. We expect you to keep our core values (RISE) in mind when dealing with any situation regarding athletics. We are building champions of life first and foremost. Keeping a high level of sportsmanship is key when developing strong character. Situations involving "bad calls", disrespectful players, close wins and losses, etc. must be carried out with a high level of class and humility. We expect student-athletes to be respectful to opposing fans, players, and coaches. We expect student-athletes to see the bigger picture and subdue any selfish mannerisms for the betterment of the sport.

Carroll County Schools Code of Conduct Expectations

Participants representing the Carroll County School System in interscholastic activities are expected to conform to certain standards. Each participant in interscholastic activities is expected to be an example of excellent conduct, high standards of personal appearance, and good citizenship. When a student does not meet the required standards, proper discipline measures will be enforced.

Coaches will communicate expectations of behavior, academic progress, sportsmanship and consequences for not meeting expectations to all participants. Team/activity rules and consequences will be established.

Student-athletes removed, suspended, or dismissed from interscholastic activities because of violations of Carroll County Discipline Code, and/or Local, State, or Federal Laws will not regain eligibility by transferring to another Carroll County School. Likewise, the Carroll County School System will honor other school systems suspension or dismissal of student-athletes from interscholastic activities which transfer to the Carroll County School System. Concerns related to these types of actions may be specifically addressed to the principal/designee.

When it is necessary to take disciplinary action that is severe in nature, such as a lengthy suspension or expulsion of a participant, the principal must be consulted to assure that he/she could support the recommended action, which may be taken.

Externally suspended student-athletes and student-athletes in alternative school for disciplinary reasons may not condition, tryout, practice, or participate in extracurricular activities.

Carroll County School System's disciplinary code is to be strictly enforced at all times.

Student-athletes involved in performance activities are not to use tobacco, illegal drugs, legal synthetic drugs, look-alikes, steroids or alcohol.

If a student who participates in extracurricular activities is discovered using tobacco, illegal drugs, synthetic drugs, look-alikes, steroids or alcohol, he/she will receive the same disciplinary action as any other student and any additional punishment, which is considered appropriate by the advisor. The principal must be consulted of any additional punishment to assure that he/she could support the recommended action.

Student-athletes who have been properly notified of this requirement may be prohibited from participating in performance activities.

Whenever there are problems of such consequence that might bring appeals or protests to the administration, whether in practice, games, or in the dressing rooms (example: fights, destruction of facilities or equipment, confrontations with officials or parents, technical fouls, expulsion from a game or contest, etc.), a written report should be submitted to the principal the next morning after the occurrence.

Mt. Zion High School Code of Conduct

Student-athletes of Mt. Zion High School are expected to carry themselves with the utmost dignity and character. The administration, coaches, teachers, and community regard Mt. Zion as an honorable, respectful community in which we expect to be maintained. Each individual program will have rules and procedures that student athletes are expected to follow based on the nature of each sport having different circumstances. Those rules will be reviewed with the student-athletes, enforced by the coach, and backed by the administration. It is necessary to understand that the consequences student-athletes receive are on a case by case basis and may appear unjust through different perspectives; however, there are several factors that are taken into consideration when coaches and administration deliberate on said consequences. Student-athletes are also to adhere to the MZHS Athletic Program Code of Conduct outlined through three levels of consequences.

*****Student-athletes may be dismissed for any of the following offenses depending on the severity and/or repetition of each violation. *****

Mt. Zion High School Offense/Consequence Tiers

Level I Offenses – Coach/Practice Based Consequences

Class disturbance
Bus disturbance
Failure to comply
Skipping class
Profanity
Public display of affection
Violation of school rules
Dress code (uniform, warmups, etc.)

Level II Offenses - Suspension Worthy Violations

Academic dishonesty
Absences (from school, or practice)
Repeat Skipping class, repeated tardiness
Vandalism
Repeated violation of school rules
Unauthorized use of technology cell phones, laptops, etc.
Fighting
Off campus violations
Any repeat disturbance or compliance

Level III Offenses - Release Worthy Violations

Bullying
Weapons
Sexual harassment
Theft
Severe Off campus violations
Assault of students or teachers
Repeated fighting
Alcohol, Drugs, tobacco
Gang related activity