

# HAMPTON CITY SCHOOLS MIDDLE SCHOOLS

SCHOOLS, SPORTS AND ASSISTANT PRINCIPALS IN CHARGE OF ATHLETICS

South Schools: Eaton, Syms, Andrews and Jones

North Schools: Lindsay, Kilgore, Tarrant and Phenix

FALL - TRACK

WINTER - VOLLEYBALL

SPRING - BASKETBALL

SCHOOL	NAME OF AP/PRINCIPAL	PHONE NUMBERS
Andrews	Sierra Ware	(434)316-3566 OR 268-3353
Kilgore	Ron Holloman	434-1917 and 850-5042
Eaton	Kenneth Crum	303-3180 OR 825-4543
Phenix	Rodney Richardson	412-5282 OR 268-3645
Syms	William Taylor	239-4544 OR 850-5050
Jones	Meredith Miller	757-850-5363 or 268-7156
Lindsay	Jacinta Harris	232-6353 or 896-6640
Tarrant	Tandie Taliaferro	896-7540 or 206-4430

## Central Athletic Office

Beth Mair  
Coordinator of Athletics  
757-727-2014  
757-903-1307

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## **Philosophy of HCS Athletics**

The Hampton City School System believes athletics are an integral part of a student's education. Through sports our students incorporate a number of skills that will enable them to be productive members of the community.

Athletics are an extension of the classroom: therefore emphasis is placed on successful academic achievements as well. Athletics should also promote citizenship in both the school and community. Coaches and athletes are continuously observed. As a result, these individuals must be positive role models on and off the field, within the school and the community. Participation in sports provides opportunities to experience subjecting oneself to authority, working as a team member, controlling emotions, and learning to live with success and failure.

Coaches perform a critical role in the development of our student athletes desire to reach his or her fullest potential. Therefore they should be prepared each day for practice and games and have a schedule of events to help all student athletes reach their fullest potential.

## **Sportsmanship**

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

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

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness towards your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

# National Federation Coaches Association

## CODE OF ETHICS

The function of the coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she was the coach's own, and his or her welfare should be uppermost at all times. Accordingly, the NFCA Board of Directors has adopted the following guidelines for coaches:

The coach shall:

- Be aware that he or she has a tremendous influence, for either good or ill, in the education of the student-athlete and, thus, shall never place the value of winning above the value of installing the highest ideals of character.
- Uphold the honor and dignity of the profession. In all personal contact with student-athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- Take an active role in the prevention of drug, alcohol, and tobacco abuse.
- Avoid the use of alcohol and tobacco products when in contact with players.
- Promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- Master the contest rules and teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with the cheerleaders, pep club sponsors, booster club and administrators.
- Meet and exchange cordial greetings with the opposing coach to set the correct standards for the event before and after the contest.
- Never exert pressure on faculty members to give student-athletes special consideration.
- Never scout opponents by any means other than those adopted by the league and/or state high school athletic association.

## **Job Description - Head Coach**

The HCS head coach for each sport will have the following responsibilities:

- Organize and conduct a pre-season meeting with students interested in trying out for a team.
- Develop practice schedules.
- Inventory, issue, and maintain equipment during the season. Collect and inventory at completion of season.
- Assure safety and proper conduct for all members of the team during practices and competitions.
- Secure all rooms, buildings, and facilities after use.
- Direct all questions, complaints, comments, etc. to the school assistant principal in charge of athletics.
- Develop and implement, when necessary, an emergency plan for injuries and illnesses.
- Stress good sportsmanship at all times.

## **Information, Protocols, Etc. For HCS Middle School Athletics**

### **Academics**

The first priority of a HCS middle school athlete will be academics. Completing homework is non-negotiable. All homework is to be completed. If a student receives multiple incomplete grades or zeroes they will be not in good standing. Students will not participate in practice or games when not in good standing. If a student is making unsatisfactory academic progress, it may cause the student to not be in good standing.

### **Activity Fees**

It is a requirement that every athlete on a team must pay a \$20.00 activity fee to their coach. After the coach has collected everyone's money, he/she will turn the money into the athletic director for deposit. If a student plays more than one sport, he/she will pay \$20.00 for each sport they are in. An athlete should not play in competition until he/she has turned in their money for that sport.

### **Attendance**

Our middle school athletes will be expected to be present in school the day of practice or games in order to participate. In school suspension is not considered in good standing. Students will not participate in practice or games when not in good standing.

### **Behavior**

Our middle school athletes are expected to exhibit good behavior in the classroom and on the playing field. Poor behavior that leads to ISS or OSS assignments will result in the student not in good standing. Students will not participate in practice or games when not in good standing.

### **Budget**

Funds to support the middle school athletic program come from Fund 94. Fund 94 is managed by the CAO. The CAO will determine the need for uniforms and equipment, order necessary equipment, and complete the financial paperwork for payment to the vendor(s).

### **Cancellation of Games and Practices**

Canceling events is entirely the responsibility of the School Building Administration. Coaches are not to decide on cancellation unless given that responsibility by the Administration. Games scheduled on days when school has been cancelled will be postponed. Any changes to this situation will be made by the Administration. If school is


cancelled because of inclement weather, no practice can be held without the approval of the SUPERINTENDENT.

### **Concussion Protocol**

Coaches should review the HCS concussion Traumatic Brain Injury/Concussion Protocol. Copies of the protocol can be found in the Assistant Principal in Charge of Athletics office and the nurse's office.

### **Coaches Mandatory Training**

All HCS middle school coaches must have the following training prior to working with our athletes:

1. **Concussion Education Course** - Virginia Senate Bill 652 and our School Board Policy on Concussion Management are in effect. To ensure HCS meets these state and local requirements, the HCS Athletic Department is requiring that every coach in middle school sports take the concussion education course. Please refer to : NFHS Concussion Course. This course is free, and is available online at [www.nfhslearn.com](http://www.nfhslearn.com). It takes less than 30 minutes to complete. At the end of the course, coaches will receive a certificate. Coaches should print off the certificate and give it to their assistant principal.
2. **Child Abuse Training** - Child Abuse and Neglect: Recognizing, Reporting, and Responding for Educators  This is provided by the Virginia Department of Social Services training division.
  - a. Individuals must select the "Required Training/Courses"
  - b. Then select the "Child Abuse and Neglect: Recognizing, Reporting, & Responding (for educators) (Web page)."
3. **CPR/AED Training** - Please work with Human Resources to schedule training.

### **Eighth Grade Students**

8th grade students in Hampton City Schools can participate in the following high school junior varsity sports: cross country, football, field hockey, cheerleading, basketball, softball, baseball, soccer, wrestling, indoor track and outdoor track. 8th grade students who do play on a high school team may also play the same sport for their middle school.

### **Eligibility Requirements**

Our middle school students will be expected to maintain a "good standing" at their school in order to participate in interscholastic activities. Good standing will be determined by four categories: Academics, Attendance, Behavior and Sportsmanship.

## **General Coaching Duties**

- Make the appropriate game decisions.
- Submit a team roster to the assistant principal prior to the first competition. Additional players to be added to the roster should be given to the assistant principal as soon as possible.
- Ensure that each athlete has a completed physical and concussion report on file with the assistant principal before any conditioning, practicing or competition.
- Keep accurate record keeping, to include: maintain a scorebook or score sheet as a permanent record,
- Maintains record of practice and game attendance of the athletes.
- Conduct a preseason meeting with parents and athletes outlining the requirements to be a member of your specific sports' team.
- Have a completed and keep readily available emergency medical card for each athlete and coach. The back of the VHSL physical would be appropriate.
- Submit a request for transportation needs to the Athletic Director with date, and desired time of departure as soon as your schedule is set.
- Regularly check your athletes' academic progress.
- Administer first aid, if needed. You should report all injuries to the assistant principal. The school nurse should be kept informed.
- Have an emergency action plan in place at all times to secure the safety of our athletes and coaches.
- Ensure heat or cold weather practices adhere to the VHSL guidelines and recommendations.

## **Insurance for Athletes**

The Virginia High School League and Hampton City Schools recommend that all athletes have health insurance. Coverage could be through a family or supplemental policy.

Parents should be advised that supplemental insurance has been purchased by Hampton City Schools for all student-athletes. Information on the insurance company and how to file a claim will be sent to all coaches to hand out to parents.

## **Parent Expectations**

The parent should feel free to speak to you about the treatment of their child, ways to help their child improve and concerns about their child's behavior. The parent should not expect a coach to speak to them about playing time, team strategy, play calling and other student athlete situations.

If a parent has a concern the correct protocol would be:

1. Athletes should talk to the coach.



2. Parents should set up a meeting with the coach.
3. Parents should set up a meeting with the Athletic Director.
4. Parents should set up a meeting with the Athletic Director.

**A parent should never approach or confront the coach before, during, or after a game or practice.**

### **Physicals**

An athlete must have a physical on file with the assistant principal prior to any type of activity with a team. This includes: conditioning, practicing, competition, etc. The physical must be on the proper VHSL form, which can be found on: [www.vhsl.org](http://www.vhsl.org). or on the HCS athletic website.

### **Sportsmanship**

Our HCS middle school athletes will exhibit the highest standards of sportsmanship. Students will be respectful to officials and coaches. Students will not be in good standing if the following behavior occurs: being ejected from a game, receiving technical fouls, communicating with spectators, showboating, trash talking, etc.

### **Team Grade Breakdown**

Coaches should try to have their team represent all grade levels (6-8). It is recommended by CAO, teams be composed of at least two(2) 6th grade students, four(4) 7th grade students and the remaining 8th grade students.

Volleyball teams can have no more than 15 student athletes.

### **Transportation**

The Hampton City School Division will provide transportation for all players, personnel and coaches of athletic teams in authorized school vehicles when a contest has been scheduled at an opponent's facility.

The assistant principal sends in the school's transportation request in a timely fashion. Transportation Numbers: 727-1079, 727-1080 and 727-1081. Other transportation considerations:

1. A first aid kit must be taken on all athletic trips and must contain the completed medical cards of each athlete on the trip.
2. The coach is responsible for the behavior of the athletes.
3. All athletes should be at the designated departure site 15 minutes prior to departure.
4. Athletes that miss the bus without the approval of the coach and arrive at the contest later shall not be allowed to participate.
5. The coach is responsible to see if the vehicle is left clean and picked up.
6. All participants are expected to conduct themselves in an appropriate manner while

representing Hampton City Schools. Foul language or obscene actions will not be allowed.

7. Coaches while traveling must position themselves on the bus where they can best chaperone their athletes.

8. Only assigned personnel may ride on school transportation. Spectators or coaches' family members are not permitted to ride.

9. All students shall return home on the same bus or vehicle in which they traveled to the contest. The only exceptions would be if they have secured a travel release signed by the parent. Release form in appendix.

### **Volunteer Coaches**

The HCS middle school athletic program will not have volunteer coaches.

### **COVID19 Protocols**

Due to the changing CDC and DOE guidelines, please check with your assistant principal regarding up to date protocols.

## Volleyball - General Information

(BEGINNING IN JANUARY 2022)

Day of Activity	Monday and Wednesday
Time of Practice	After School
Match Times	4:30 pm
Admission	Free
Supplies/Uniforms	Supplied by the athletic department
Buses	Request buses through transportation
Rules	VHSL Volleyball Rules will apply

### **The Matches**

- Open to all students in GOOD standing (grades, attendance, attitude, conduct, sportsmanship, etc.)
- Permission or Emergency card must be completed for every athlete
- All matches will be best 2 of 3 to 25 points won by two, rally scoring system.
- Regular season matches are in either North or South Schools.
- Each division will play 6 games- 3 home & 3 away, scheduled within their division in the regular season.
- The top two teams from each division will advance to the City-wide play-off.
- Ties will be broken comparing head-head, then # games won-lost % in head to head games, then won-lost % in all games in the division and finally by the beginning of the season draw .
- During the All-City Play-off, the North #1 seed will play the South #4 seed for each of the girls and boys teams and the South #1 seed will play the North #4 seed for each of the boys and girls teams. Likewise, the #2 seed from North and South will play the opposite #3 seed. The winners of each will advance to a semi-final contest followed by a final.
- If a student is wearing glasses, they are required to have a sports band. They will be asked to leave the court and not return until properly equipped.