

2023-2024
STUDENT & PARENT HANDBOOK



TRI-CITIES

ATHLETICS



TRI-CITIES ATHLETIC'S PURPOSE STATEMENT

To instill responsibility, respect, and integrity to develop our athletes into individuals who display these values throughout their lives.

TRI-CITIES MISSION STATEMENT

Through effective collaboration, we will transform our students into college and career-ready citizens empowered to change the world.

TRI-CITIES VISION STATEMENT

Through effective collaboration, we will achieve comprehensive success for every student.

BULLDOG PRIDE

In support of our purpose, we look for our athletes to demonstrate **"BULLDOG PRIDE"** character skills:

Purpose

Resilience

Integrity

Discipline

Empathy

EXTRACURRICULAR ACTIVITY CODE

The extra-curricular code covers GHSA (Georgia High School Association) and FCBOE (Fulton County Board of Education) policies regarding extra-curricular participants. All athletes and parents are responsible for reading and signing the code prior to participation through the online athlete clearance process. The following rules are in addition to the code and Tri-Cities Athletic team rules. All athletes participating in Tri-Cities Athletics are required to adhere to the following:

ATTENDANCE

In the best interest of the athlete and the team, the athlete must attend and participate in ALL practices, competitions, and tournaments. A student must be in school for (4) hours to participate in the activity that day.

It is preferred that athletes notify their coach one week (7 days) prior if they are planning to miss a practice, competition, or tournament. If a last-minute emergency occurs, please inform your coach as soon as possible.

If an athlete has an unexcused absence from any practice, competition, or tournament, the following may take place:

- First offense – athlete may be suspended from the next event.
- Second offense – athlete may be suspended for the remainder of the season and removed from the Teams Sports' class (if applicable).

ATHLETIC CLEARANCE

To remain in good standing, athletes must be cleared online, including having a valid physical that lasts the duration of the sport's season, a minimum of 2 weeks prior to the sports GHSA start date. Also, their Rank One account must be 100% completed.

Students who have not been cleared by the deadline may be removed from the team and/or Teams Sports' class for the remainder of the school year.

Approximate GHSA Start Dates:

- Fall Sports (June 30)
- Winter Sports (September 30)
- Spring Sports (December 15)

INJURIES

When an injury occurs to an athlete and medical treatment is required, the following steps must take place.

- Report injury to the athletic trainer. The athletic trainer will determine the next course of action.
- If the athlete must go to a doctor for care, the student-athlete will be unable to participate until the athletic trainer has received a signed release from the Doctor as per District policy.
- Athletic trainer must release student in order to practice.

When an injury occurs to an athlete and NO medical treatment is required, the following steps must take place.

- Report injury to the athletic trainer. The athletic trainer will determine the next course of action.

All existing injuries need to be discussed with the head coach and athletic trainer prior to the season. This would include asthma and any allergies.

DRESS CODE

In the athlete's best interest, the following will be the standard personal gear recommended for practices and competitions. These standards will be enforced for the interest and safety of the athlete.

- Proper athletic shoes - A shoe that can be tightened and tied completely (as appropriate for the sport.) (No slides/Flip flops allowed in the weight room)
- Hair will be pulled up and out of the face
- No jewelry
- Other specific details as determined by the coach (each sport is unique.)

Athletes are provided lockers in the locker room (if applicable) - personal and athletic belongings should be secured in the assigned locker with a combination lock. Athletes who choose not to lock their belongings in the locker room risk losing their items, and this loss will rest solely on the athlete, not the school.

PLAYING TIME

Being a member of a Tri-Cities Athletics team does not guarantee any playing time. Coaches will play the athletes who demonstrate proper behavior at practices and games.

This includes:

- Following the rules
- Good work ethic
- Academic Eligibility
- Sportsmanship
- Commitment to the program
- Attendance

Playing time is solely at the discretion of the head coach. Starters and subs can change throughout the season.

ACADEMICS & CLASS CONDUCT

Academics are the top priority; extracurricular activities are a privilege, not a right. Schoolwork must be taken care of. Any type of classroom disruption i.e., Referral, Suspension, and/or Tardiness, may result in a suspension or dismissal from the program.

A GPA of 2.0 or higher is mandatory to be able to play and participate. (Per GHSA guidelines)
****Head coaches have the autonomy to raise the minimum mandatory to be able to play GPA for their respective sport.***

An athlete's attitude and respect for others will reflect the program, school, and community. Remember this even when we are not at a Tri-Cities Athletics event.

SOCIAL MEDIA

Any type of negative posting via text, Facebook, Twitter, Snap-Chat, Instagram, email, or any other form of social media/technology will not be tolerated and may result in suspension or immediate removal from the program. Any infraction and course of discipline are at the discretion of the Head Coach and/or Administration as outlined in the TCHS and FCBOE Discipline Plan.

SPORTSMANSHIP

The Tri-Cities Athletic program encourages good sportsmanship, and we expect that all athletes practice good character with teammates, coaches, and opposing teams. Concerns should be directly discussed with the coach. We will not tolerate any show of unsportsmanlike conduct, and the athlete responsible will be disciplined according to the Tri-Cities High School Discipline Plan and GHSA rules of play. Any violence or physical conduct towards players, coaches, and opposing teams may result in an athlete being dismissed from the program immediately. This includes both on and off the court/field of play, related or unrelated to the sport participating in, during, or outside of the season.

NCAA/ELIGIBILITY CENTER

As students pursue their dreams of playing sports at the collegiate level, we want to emphasize the significance of understanding the NCAA/Eligibility Center Process. This process determines your eligibility to compete athletically at NCAA member schools. It is crucial to navigate this path with knowledge and foresight, ensuring that you meet the necessary requirements.

While our coaches and counselors will provide valuable guidance throughout your high school journey, we encourage you to take an active role in your own future. Seek answers to your questions, familiarize yourself with the process, and be proactive in meeting the necessary criteria for NCAA eligibility.

Here are a few key points to consider:

- **Familiarize Yourself with the NCAA/Eligibility Center:** Visit the NCAA website (www.ncaa.org) and explore the Eligibility Center section. Familiarize yourself with the eligibility requirements, core course requirements, registration process, and other essential information.
- **Communicate with Your Counselor:** Schedule regular meetings with your school counselor to discuss your academic progress and ensure that you are on track to meet NCAA eligibility standards. Work closely with your counselor to ensure your high school coursework aligns with the NCAA's academic requirements.
- **Stay Informed about Core Course Requirements:** Understand the minimum number of required core courses in English, math, science, social studies, and other subjects that you need to complete during high school. Take challenging courses that meet NCAA criteria and consult with your counselor to ensure compliance.

- **Maintain Academic Excellence:** Strive for academic excellence throughout high school. Maintain a strong GPA and challenge yourself with rigorous coursework. Remember, your academic performance plays a significant role in NCAA eligibility.
- **Register with the NCAA Eligibility Center:** Begin the registration process with the NCAA Eligibility Center during your junior year of high school. This step is crucial to officially declare your intention to play sports at the collegiate level.
- **Be Mindful of Amateurism Rules:** Familiarize yourself with NCAA amateurism rules to ensure that you maintain your eligibility status. Understand the regulations regarding financial aid, agents, and other activities that could impact your amateur status.
- **Take advantage of online resources, webinars, and informational sessions** offered by the NCAA and other reputable sources. Stay informed about updates and changes in NCAA eligibility requirements.

By understanding the NCAA/Eligibility Center Process and actively engaging in the steps outlined above, you can position yourself for success in pursuing collegiate athletic opportunities.

SIGNING DAY

We take pride in the achievements and dedication of our student-athletes. We understand the importance of celebrating their commitment to competing at the collegiate level. To ensure that our students who choose to matriculate to post-secondary competition are recognized, we have established athletic signing day ceremonies.

Different sports have specified periods during which student-athletes can participate in athletic collegiate signing. Our athletics department will host two signing day ceremonies. These ceremonies will provide a platform for our student-athletes to announce and celebrate their commitment to collegiate athletic programs officially.

The first signing day ceremony aligns with the national signing day, which will take place on Wednesday, February 7, 2024. This event will honor student-athletes ready to formalize their commitment on this designated day.

The second signing day ceremony will occur in early May, allowing additional student-athletes who have made commitments after the national signing day to participate in a collective celebration of their achievements.

It is essential that student-athletes communicate their intentions to participate in the signing day ceremonies and provide the required paperwork to ensure a seamless and meaningful celebration of their accomplishments.

We encourage all student-athletes who are committing to collegiate athletic programs to take advantage of these signing day ceremonies as they serve as memorable events to acknowledge their hard work, talent, and future endeavors in the world of athletics.

CONTRACT ADDENDUM FROM COACH/SPORT

Each coach has the right to add an addendum to this Athletic Contract - addendums will reflect the uniqueness of each sport and will be added and honored as a portion of this signed contract. Coaches who add addendums will provide a copy to the parent and athlete.

PARENT/GUARDIAN/FAMILY/SUPPORTER CODE OF CONDUCT

Parents and Guardians play a critical role in developing their child's character by reinforcing appropriate behavior. This is especially true in a competitive environment. We believe that parents' verbal and non-verbal positive actions are effective learning tools for their children.

For all Tri-Cities Athletic events to be a positive, wholesome, and rewarding experience for all involved, the following code of conduct must be followed by parents/guardians and family members/supporters when in attendance.

- A. Your child's participation on a team is a privilege, not a right. Keep athletic competitions in perspective. It is a part, not the focus, of your child's educational experience. Your child is expected to behave appropriately, which includes good sportsmanship, supporting his/her teammates, and winning/losing with sportsmanship. Parents are asked to behave in a similar fashion.
- B. Be positive: encourage your child to do their best when competing. Cheer for good play, and refrain from negative comments/gestures.
- C. Officials: treat officials with respect. Their job is to do their best to enforce the rules. Do not complain or argue about calls/non-calls during or after an athletic event - you/the individual may be removed from the athletic event and potentially future events if this occurs.
- D. Fans/Coaches: treat others in attendance with dignity and class. You may not agree with a coach's strategy, but during/after the game is NOT the time to discuss it. Schedule an appointment to voice your concerns with the coach. Playing time is not a discussable issue. The best practice is to wait 24 hours before contacting the coach after a game/contest/match with concerns.
- E. Be a role model: your child is watching you. Set a high standard of behavior so your child can be proud of you. Your behavior can affect your child's performance. Represent your child, their school, and the program with integrity, dignity, and class.

With my electronic signature attached, it is acknowledged that the parents and athletes have read and agree to abide by the Tri-Cities High School Athletic rules; it is also acknowledged that by signing this contract, it is on behalf of all parents/guardians/family supporters of the athlete.