

STUDENT-ATHLETE HANDBOOK



2024-2025

Daniel Morgan Middle School
Department of Athletics
Student-Athlete Handbook

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Introduction

We are pleased that your child has chosen to participate in the interscholastic athletic program at Daniel Morgan. Participating in athletics is beneficial to both the student and to the school. However, if maximum benefits are to be attained through athletic participation, it is essential for an athlete to meet certain standards.

We encourage you, as the parent of a student athlete, to read and support the rules and regulations as set forth in this handbook for student Athletes. Please review this material, sign the form at the back of the book, and return it to your athlete's head coach prior to the first practice session. Please retain the handbook for future reference.

On behalf of the administration and coaching staff, we want to thank you for your support of your student athlete and the coaches who work on their behalf. We welcome the opportunity to serve your student athlete.

The Department of Athletics of Daniel Morgan Middle School has as its primary goal the task of establishing and maintaining an outstanding program of interscholastic athletics for the students it serves. The major objective of the program is to provide wholesome opportunities for students to develop positive attitudes, favorable habits, and rewarding experiences through individual and group living in a democratic setting.

It is the responsibility of our coaches to be good teachers, both in the classroom and on the field of play. **Coaching is teaching.** It is our desire to convey the basic principles of good techniques and fair play to each student-athlete.

With these ideas in mind, the Daniel Morgan Athletic Handbook has been compiled to assist you, the student-athlete, with the basic policies and procedures of the Department of Athletics. It will be to you and your parents' advantage to become completely familiar with the contents of this handbook. Should you have questions, please contact the Athletic Director for her advice and counsel.

We wish you an exciting and rewarding year in athletics.

Mrs. Beth O'Donnell, Principal

Mr. Jacob Houser, Athletic Director

DMMS Athletic Activities Offered

AUGUST – SEPTEMBER – OCTOBER

Football 7th- 8th
Boys Cross-Country 7th– 8th
Girls Cross-Country 7th– 8th
Cheerleading 7th– 8th
Girls Basketball 7th
Girls Basketball 8th

NOVEMBER – DECEMBER – JANUARY

Wrestling 7th– 8th
Girls Volleyball 7th
Girls Volleyball 8th

JANUARY – FEBRUARY – MARCH

Boys Basketball 7th
Boys Basketball 8th
Cheerleading 7th- 8th

MARCH – APRIL – MAY

Track and Field – Boys/Girls 7th– 8th
JV Baseball 8th
JV Softball 8th
JV Boys Soccer 8th
JV Girls Soccer 8th

Code of Parent Conduct

Parenting can be both rewarding and challenging during athletic participation. Parents have the right to understand the expectations placed on their student-athlete when they become involved in our program.

Communication expected from parents:

1. Notification of any schedule conflicts well in advance of the date in question.
2. Specific concerns with regard to a coach's philosophy, actions, and/or expectations.
3. Disclosure of other issues as they apply to your child's participation on the team.

There are situations that may require a conference between the coach and the parent. These are to be encouraged when necessary as it is important that both parents and coaches have a clear understanding of each other's perspective. If a meeting is necessary, the following procedure should be followed:

1. The parent should contact the coach, express their interest in a meeting, and pick a mutually agreeable time to discuss the issue.
 - It is important to remember that we practice the **24-hour rule** regarding interaction between parents and staff before and after a practice or contest. These can be emotional times for all and we ask that there be a period of **24 hours** if there is an incident that requires a meeting. This is to allow all parties involved time to address the issue properly.
2. If a conference among the athletic director, coach, and parent is still necessary after the coach and parent have met, the following procedure should be used to help resolve any concerns:
 - Call to set up an appointment.
 - The Daniel Morgan Middle School telephone number is 540-667-7171.

Appropriate concerns parents should discuss with the coach:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Concerns about your child's academic progress.

Issues not appropriate for parents to discuss with the coach:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

Student Responsibilities and Procedures

Pre-Season Tryout and Practice Information

Athletic Participation/Parental Consent/Physical Examination Form

- No student athlete will be allowed to begin tryouts or practice until this form has been completed and participation approved.
- Athletic Participation – This section must be filled in and signed by the candidate.
- Parental Consent – This section must be filled in and signed by the parent or guardian.
- Student's Medical History – Must be filled in by the student or parent and signed by a physician.
- Physician's Certificate (VHSL Physical Form) –
 - It is imperative that this section be completed and signed by a physician no earlier than May 1st of the current year.
 - Prior to participating in team tryouts and/or practice, a student-athlete must have an approved VHSL athletic physical on file in the Director of Student Activities' office.
 - No student athlete will be allowed to begin tryouts or practice until this form has been completed and participation approved.

Insurance

- Parents are advised to thoroughly research and investigate their insurance plans and the related coverage for school athletics, rescue squad usage, emergency room visits and any other related medical expenses. Health insurance should be provided by the legal guardian through a personal policy. Students who do not have a valid physical are not covered by the emergency VHSL policy the high school has in place. Daniel Morgan Middle School and the School Board of the City of Winchester will not accept responsibility for payment or treatment for injuries resulting from a student involved in interscholastic sports or activities.

Eligibility Requirements

- All rules and regulations as set forth by the Virginia High School League, Northern Valley Junior League, and the School Board will be followed.
 - Age:
 - An 8th grade student-athlete is eligible to participate if he/she has not reached the age of 15 on or before the first day of August of the school year in which he/she wishes to compete.
 - A 7th grade student-athlete is eligible to participate if he/she has not reached the age of 14 on or before the first day of August of the school year in which he/she wishes to compete.
 - Sixth graders may participate in Cheerleading, Cross Country, Wrestling and Track as long as they do not take the place of eligible 7th and 8th graders on the team. (abide by each school's district policy).
 - Scholarship:
 - A student athlete must remain academically eligible throughout the season. If

grades drop below more than one “F”, the athlete will be removed from the team until the grades are satisfactory.

- Independent Teams:
 - A student-athlete may, while a member of a school team in any sport, become a member of or participate during the sports season with an organized team in the same sport independent of the school’s control. However, this independent participation should not interfere with the scheduled activities of the school.
- Sunday Rule:
 - No member school may schedule or play an athletic contest on Sunday. Neither can they conduct an organized practice on Sunday.
- Physical Education
 - All student/athletes must participate in Physical Education class as required.

Team Selection

- In accordance with our department philosophy, it is our desire to see as many students as possible participate in athletics at Daniel Morgan Middle School.
- Teams will provide the following information to all candidates for the team:
 - Length of the tryout period (minimum of three practices)
 - Criteria used to select a team
 - Practice commitment if they make the team
 - Game commitment
- When a team cut becomes necessary, a coach:
 - Will personally contact all students cut from a team and provide a reason for the action.
 - Coaches may discuss alternative possibilities for participation in the sport or other opportunities in the athletic program.

Overlapping Sports

- The sports calendar may have the first day of practice for winter and spring season beginning prior to the end of the previous season. This may create an attendance issue for an athlete who participates in sports in consecutive seasons. It may also create an issue for the coach of a team for the upcoming season when conducting a tryout and selecting team members. The following guidelines should be followed in these situations:
 - An athlete must complete the season she/he is currently involved in prior to trying out for a team in the next season. The current season will continue until the team finishes all play, including postseason, and all equipment issued has been returned.

- If a coach schedules a preseason meeting with prospective athletes, the meeting should be scheduled so as not to interfere with a practice session of a team currently in season.
- The coach of a team for the upcoming season should exercise good judgment when selecting team members. In the event a prospective team member is participating on a team which is in season, the coach should consider the following:
 - Previous experience
 - Prior participation and recognition
 - The abilities and talents of the prospective athlete.
 - The coach should talk with the athlete, a previous coach, the coach of the team on which the athlete is presently participating and the Athletic Director.
 - The coach may also attend an athletic contest to observe the athlete. If a video of a previous season is available, the coach may use this as well.
- At no time should an athlete be penalized because he/she is presently participating on another team during a prior season and is unable to attend tryouts and team meetings.
- It is not considered a penalty if an athlete does not immediately earn a starting role on the team because he/she was not available due to previous athletic participation.
- In rare instances, athletes may possess the ability to participate in more than one sport in the same season. Coaches should attempt to work out practice and event schedules in such cases. Communication will be vital in these circumstances.

During Season

Eligibility

- A student athlete must remain academically eligible throughout the season. If grades drop below more than one "F", the athlete will be removed from the team until the grades are satisfactory.

Student-Athlete Conduct

- Regular attendance is expected at all practices and competitions. Team-based consequences and/or make-up sessions may be issued by the head coach for absences.
- A student-athlete may be declared ineligible for participation in any athletic activity if he/she:
 - Is found to be delinquent by the courts or put on probation by the courts
 - Conducts himself/herself in a manner that, in the opinion of the school administration, would reflect unfavorably upon the school

Student-Athlete Attendance

- Regular attendance in school is mandatory in order to participate in athletics. Student-athletes are expected to be at school on time. On days following competitions, student-athletes are expected to be in school on time.
 - If a student-athlete is found to be in violation of the school attendance and tardy policy, the athletic administration and coaching staff will follow school and athletic policy as outlined in the School Discipline section of this handbook. Tardy and attendance violations by a student-athlete may result in a suspension of participation in athletic practices, events, and games. If such behavior continues, the student-athlete may be dismissed from the team.
 - Student-athletes who are absent from school during regular school hours will NOT be permitted to practice or play in any competition scheduled for that day. Students must ARRIVE at school no later than 10:30 in order to play or practice that day. Student Athletes should be present in all classes unless there is an absent excuse with a doctor's note, court note or administrator approved absence.
 - Student-athletes who leave school without permission during regular school hours will not be permitted to practice or play in any competition scheduled for that day.
 - *Exceptions* to the attendance policy may be made for doctor's appointments, court appearances, or other absences that receive administrative permission. Verification of the aforementioned exceptions must be presented when the student returns to school.

Practice/ Game Attendance

- Each team member is required to attend **ALL** practices and games.
- Student-athletes who find it necessary to miss practice must make necessary arrangements personally with their respective coaches. This should always be done before, not after, missing practice. If this occurs more than 2 times (unexcused), the athlete can be removed from the team.
- In case of illness, team members should notify their coach prior to practice time.
- If an athlete misses practice (for whatever reason) the day before a game/meet/match, it is up to the discretion of the coach as to whether the athlete will start or play in that game.
- Athletes are to be picked up immediately following practice and at the end of games/matches.
- Failure to do this will result in the following consequences:
 - 1st time: Warning from coach
 - 2nd time: Can not participate in next game
 - 3rd time: Dismissal from the team

School Discipline

- Winchester Public School student code of conduct will be followed for all athletics teams. Violations of this policy will mirror school discipline and athletes may be subject to additional team discipline.
- If a student-athlete receives a suspension, in-school, off-site, or out-of-school, (ISS, OSR, OSS) he/she is also suspended from participating in any athletic activities the same day(s) of the school suspension. Athletic activities include practices, games, and/or any other team activity.
- If a student-athlete receives detention, after-school detention, lunch detention, or other, they may practice but could be subject to team discipline.

Hazing

- Hazing will not be tolerated in any form. It is important to realize that hazing is an action taken or a situation created intentionally, whether on or off the school grounds, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Such activities may include but are not limited to the following:
 - Use of alcohol or other drugs.
 - Paddling of any form.
 - Creation of excessive fatigue.
 - Physical and psychological shock.
 - Hair cuts.
 - Morally degrading or humiliating games and activities which are not consistent with school rules, policy, or the regulations of the school district.
- Hazing is against the law in the state of Virginia and is prohibited in the Winchester Public Schools. Hazing may result in lawsuits and criminal prosecution. A coach can be held individually liable for hazing incidents. Students who engage in hazing activities will be removed from school activities per the Student Handbook.

Sexual Harassment

- Sexual harassment is generally defined as any unwelcome verbal, nonverbal, or physical advance of a sexual nature. It is against the law and will not be tolerated by coaches or athletes. The following are recommendations for preventing sexual harassment:
 - Do not engage in excessively personal conversations.
 - Never use sexually explicit language or tell sexually explicit/off-color jokes.
 - Do not send personal letters, emails, or gifts.
 - Do not comment on the physical appearance, including the manner of dress and specific physical attributes of athletes or colleagues.
 - Avoid to the greatest extent possible physical contact with or touching of another individual. If this is necessary in the course of professional responsibilities, make sure another adult is present and it is done in an open area.
 - Do not give student-athletes rides home alone or even in groups where eventually only one student will remain in the car alone with the adult.

- Do not meet off school property with individual student-athletes. On overnight trips exercise extreme caution and propriety regarding interaction with student-athletes.
- All school trips must be approved by the administration.
- **Reporting Harassment:** Any student who is a victim or witness to any personal harassment by another student or school employee should report the incident to an administrator, counselor, teacher, coach, or other staff member immediately. If any student would like to discuss an incident, administrators and/or counselors will be available upon request. Disciplinary action will be taken and may include a report to the School Resource Officer.

Drug and Tobacco in Athletics Policy

- This policy applies to any student-athlete who participates in an interscholastic athletic program that is sponsored by Winchester Public Schools.
- The unlawful purchase, possession, use, or distribution of controlled substances as defined in Policy JFCFA and tobacco, or the misuse of any such substance that would endanger the safety of a student-athlete, will not be permitted.
- The goal of this policy is to maintain both the physical and mental well-being of student-athletes by banning the use, possession, or distribution of illegal substances, alcohol, tobacco, or any substance which, if improperly used, would adversely affect the student-athlete's health and/or well-being. At the beginning of each sports season, all participating student-athletes shall acknowledge receipt of the policy that they will not use, purchase, possess or distribute alcohol, tobacco, vapes, or other illegal drugs or misuse any substance which would adversely affect the student-athlete's health and/or well-being. Parents must also sign the acknowledgment to indicate their understanding of the program and receipt of the policy through online activity registration.
- School officials will be proactive in preventing violations of this policy and will discuss with the individual student-athlete any suspicions they have of violations. Suspected violators of this policy may be required to undergo drug screening, as directed by the principal or designee. All assigned discipline will follow WPS protocols and procedures.
- Winchester Public Schools Athletics Drug Regulation (See Page 19) All athletes and parents are required to sign an acknowledgement of this policy prior to the first team practice.

Student-Athlete Communication

- Communication with student-athletes will occur using Winchester Public School platforms. Email and Talking Points will be the primary mode of communication. Coaches are to refrain from texting student-athletes in accordance with Winchester Public School policy GM.

Social Media Guidelines

- The student-athletes are forewarned of the abuse of social media and how it represents the student-athlete, teammates and/or coaches. Social media post that are deemed inappropriate will result in immediate dismissal from the team:
 - Considered unsportsmanlike, derogatory, demeaning, or threatening in nature to an opponent, an opposing team, coach and/or teammate

- Encourages violence towards a opponent, an opposing team, coach and/or teammate
- Violates the WPS student code of conduct

Individual Coach's Rules

- A coach may establish additional rules and regulations with the approval of the Athletic Director and school principal for his or her respective sport. At the start of the season, the coach will explain such rules pertaining to a particular sport.

Sportsmanship Rule

- Any student-athlete who is assessed an unsportsmanlike foul in a contest, must be removed from the contest immediately. The Head Coach and Athletic Director have the discretion as to when the player may return to the contest.

Personal Grooming / Attire

- Athletes are required to wear proper attire at practice, games and other events involving team activities. At all times, during practice and games, a player must wear a shirt.
- Undergarments are not to be worn as outer garments.
- In accordance with NVJL rules, the athletes must leave the playing area and report to a locker room or other appropriate area if they must change their shirt. Attire worn to a game or other team events must meet the standards for school dress outlined in the student conduct code or as specified by the coaching staff.

Transportation/ Athletic Trips

- Transportation is provided for all away games. coaches may not transport athletes without pre-approval by the Athletic Director. Departure times are determined by the head coach and Athletic Director. Departure times are set so that they interfere with instructional time as little as possible. The Principal's and Athletic director's approval is required if teams are to be dismissed from classes early.
 - Only team members and personnel are permitted on the bus to and from the contest. No other people may ride the bus with the team.
 - Participants should also return to school with the team on the bus unless there are special circumstances in which case a participant may return from an away contest with his/her parents, and no one else. In that event, the parent must directly request such permission from the head coach in writing at least 24 hours in advance. A participant may not return with any other person, unless written permission, approved by the Principal, is given to the head coach.
 - If a player or manager fails to ride the school-provided means of transportation to an athletic contest, the player or manager will not be permitted to participate or be a part of the team for the contest. He will not be allowed to return with the team.
 - Participants are reminded of the proper conduct to and from the contest while on the bus.
 - Players are requested to wear proper attire as specified by the coach.
 - Dress should be neat and representative of the school.

- If food or drinks are allowed to be eaten on the bus approval must be given by the coach after conferring with the bus driver. Team members and coaches are responsible for clean up and trash removal.
- Any individual who commits an act of vandalism on the team bus or at the event may be dismissed from all athletics for one calendar year and be required to make full restitution for the damages.
- Participants must provide their own transportation from DMMS to their residence after games. Each participant and his/her guardian must make arrangements for transportation home so that the participant leaves the middle school property promptly after a home contest and promptly after the team's arrival at DMMS after an away contest.
 - Students are not permitted to remain on school grounds after practices or games unless they are in a supervised activity.
 - Unsupervised students are subject to disciplinary action per the Student Code of Conduct.

Changing Sports After the Season Starts

- After the completion of the first official contest, a student-athlete is ineligible to join another athletic team unless the head coach of both teams agree to the team change and the team change is approved by the Athletic Director.
- If any student-athlete is dismissed or voluntarily leaves the team after the completion of the first official contest, he/she will be ineligible for any off-season conditioning program unless approved by the head coach of their former team and the Athletic Director.

Uniforms and Equipment

- A student-athlete is responsible for all team uniforms and equipment that has been issued to him/her.
 - All equipment must be handled with the utmost care.
 - Lost or damaged equipment must be paid for at the rate of replacement cost.
 - Students who have delinquent bills will not receive any school-sponsored awards or be allowed to try out/practice for another sport until the obligation has been met.
 - School athletic equipment is to be used for practice or games only, unless otherwise authorized by the coach.
 - Team members possessing unauthorized equipment will be disciplined accordingly.
 - At the end of the season each athlete must personally meet with the coach to return equipment and verify the condition of the equipment.
 - Players that are still delinquent at the end of the school year will be turned over to the administration.
 - After athletic contests each player is responsible to return his equipment to the coach or appointed assistant to be checked in and laundered.

DMMS Event Schedule Conflicts

- At times a student may be faced with a conflict of DMMS event schedules.
 - A student shall be allowed to make his/her event choice without penalty or pressure from the team coach or activity sponsor.
 - A game or performance has priority over a practice.

After the Season

- Return all school equipment to the head coach.
- Participate in some form of off-season activity or another sport to maintain a degree of fitness.
- Conduct yourself in a manner befitting your sport, your school, and yourself.

Duties and Responsibilities of the Athletic Director

The duties and responsibilities of the Athletic Director:

- Be responsible for the supervision of all DMMS interscholastic programs.
- Work with staff to secure facilities following all athletic events.
- Provide for the efficient handling of all athletic funds in coordination with the school bookkeeper.
- Obtain bids and make purchases for athletic equipment consistent with the division's procurement procedures.
- Supervise ticket sales, event staff, officials, security personnel, and financial expenses for home athletic contests.
- Submit stipends for coaches, sponsors, and support personnel.
- Provide adequate safety provisions in all sports for both participants and spectators and provide a periodic check of all facilities for safety and suitability.
- Maintain buildings and grounds in the athletic areas in collaboration with WPS maintenance and DMMS custodial staff.
- Develop effective relations with outside groups, such as booster associations and others.
- Represent the school at athletic meetings.
- Arrange all middle school team schedules and publicize dates, sites, and times of contests.
- Make the necessary arrangements for transporting teams to athletic events.
- Assist head coaches in maintaining a system of inventory for equipment for all sports.
- Establish school rules and policies governing athletic contests in cooperation with the principal and coaching staff members.
- Work cooperatively with the principal to ensure that the coaches of all interscholastic teams know their described duties and responsibilities.
- Assist the principal in recruiting and staffing athletic positions.
- Conduct staff meetings on a regular basis to review policies and procedures.
- Be responsible for evaluating the head and assistant coaching staff.
- Insist that the success of the program be judged on the merits it offers for participants—values of being a team, discipline, cooperation, responsibility, and good sportsmanship.
- Ensure that the ideals of good sportsmanship are practiced at all athletic events.
- Assist coaches in planning for team award banquets.
- Work with school personnel to provide appropriate coverage for all events.
- Coordinate and supervise fundraising activities for DMMS Athletics.
- Assist coaches in communicating to parents in the event of game and practice cancellations, rescheduled dates, and expected return times from away contests.
- Be responsible for other duties assigned by the school principal.

Duties and Responsibilities of Coaches

All coaches are official representatives of Daniel Morgan Middle School and the Winchester Public Schools system. Coaches have the responsibility for the guidance of team members. The work of the coach must be an integral part of the educational program through character development, encouragement of academic achievement, and enforcement of school rules and policies.

Coaches are expected to:

- Know and enforce Winchester Public School Board policies, Daniel Morgan Middle School, and athletic department policies, and the rules of the National Federation of State High School Associations and the Northern Valley Junior League.
- Coaches must follow the WPS Boundaries Policy (Section G- Personnel Code GM). Electronic and online communication between staff members must be transparent, accessible to supervisors and parents/guardians, and professional in content and tone.
- Know the rules of their sport. They should provide students with thorough conditioning and comprehensive fundamentals of the sport to ensure the safety of all participants. Coaches are responsible for making athletes aware of appropriate safety equipment at all times when participating in a sport.
- Report all sportsmanship violations and ejections to the Athletic Director immediately following the contest in which the action occurred.
- Give due process to all student-athletes. If a student has particular needs, it is the responsibility of each coach to inform the student, parent, and school administration of the issue at hand and help seek an appropriate remedy. There should be consultation with the student, parent, and administrator before a student is dismissed from a team.
- Be responsible for submitting a complete roster of participants trying out for a team to the athletic department at the conclusion of the first week of practice. Additions or deletions should be submitted regularly as needed.
- At least ten (10) days prior to the first scheduled contest, provide a roster of team members, including managers, to the athletic department. This roster should include the name of participants with uniform numbers listed in order by number, grade in school, and position(s) played.
- Utilize the PowerSchool, Talking Points, or paper forms for emergency contact information at all times, especially at away competitions.
- The head coach will be available to participate in the team-parent meetings each season.
 - All coaches will conduct preseason meetings on the night predetermined by the coach and Director of Student Activities.
 - Coaches will give participants and their parents copies of team rules and procedures.
- During the Parent meeting, the coach should emphasize the following to each participant:
 - attendance requirements for practice.
 - proper care of the locker room and equipment.
 - respect for authority.
 - good sportsmanship, both in victory and defeat.

- report all injuries to the coach or trainer.
 - school policy on the use of tobacco products, alcohol, and illegal drugs.
- Supervise all participants until their departure from DMMS after practice or games. No students should be left unsupervised at any time. Coaches are responsible for their athletes and must provide appropriate supervision.
- Be responsible for the cleanliness of the bus after use.
- Assist the Athletic Director in the preparation of the playing facility for contests.
- Assist the Athletic Director in securing the playing facility after a contest.
- Work with and follow the directions of the athletic trainer for injured athletes.
- Do not provide any medication to participants.
- Be responsible for issuing proper and safe equipment to each participant.
- Coaches should keep an accurate record of equipment issued and make sure that the equipment is returned at the end of a season in an appropriate condition.
- Supervise all participants in the locker room before and after practices and at home and away contests.
- Be responsible for the practice and game facilities to make sure that these areas are kept clean.
- Provide proper selection and supervision of coaches.
- Provide the Athletic Director with end-of-the-season awards by the predetermined dates.
- Plan for team awards recognition ceremonies/banquets.

Drugs and Tobacco in Athletic Program

Generally

This policy applies to all student athletes participating in interscholastic athletic programs sponsored by Winchester Public Schools.

The unlawful purchase, possession, use, or distribution of controlled substances as defined in Policy JFCF and tobacco, or the misuse of any such substance which would endanger the safety of a student athlete, will not be permitted.

The goal of this policy is to maintain both the physical and mental well-being of student athletes by banning the use, possession, or distribution of illegal substances, alcohol, tobacco, or any substance which, if improperly used, would affect in a negative way the wellbeing of the athlete. At the beginning of each sports season, all participating student athletes shall acknowledge receipt of the policy that they will not use, purchase, possess or distribute alcohol, tobacco, or other illegal drugs or misuse any substance which could endanger their safety during that particular sports season. Parents must also sign the acknowledgment to indicate their support of the program.

School officials will be proactive in preventing violations of this policy and will discuss with the individual student any suspicions they have of violations. Suspected violators of this policy may be required to undergo drug screening, as directed by the principal or designee. The screening procedure will be provided at no cost to the athlete, but must be administered at a facility chosen by the school. Refusal by the student or the parent for screening will preclude further participation in athletics for that student.

If it is determined by a positive drug test, confession of the athlete, or other proof that the athlete violated this policy, the following consequences will be initiated:

Consequences

1. First Violation:

A. Suspension from the team and required participation in a drug intervention program as follows:

1. Tobacco: Ten (10) school day* suspension from the team** and mandatory participation in a tobacco use cessation program;
2. Alcohol and Other Drugs or Abused Substances: Fifteen (15) school day* suspension from the team** and mandatory participation in an alcohol/drug use cessation program;

B. The building principal or designee will schedule a meeting with the athlete, parent(s), and coach as soon as possible following the confirmation of tobacco or drug use. At this meeting, the student and parents will have an opportunity to present any information relevant to the situation. Following this meeting, if the principal or designee is satisfied that the policy has been violated, a suspension from the team, as prescribed, will begin immediately. Written notification will be provided to the parents that will detail the conditions and the endpoint of the team suspension;

C. The Coordinator for Safe and Drug Free Schools will have a screening interview with the athlete and parent(s) as soon as possible from the start of the suspension. Based on the

interview, the coordinator will design an intervention program suitable for the athlete. If the Coordinator confirms that satisfactory progress is being made in the intervention program, the athlete may participate in practice while serving the team suspension days;

- D. Refusal by the athlete or the parent to participate in the intervention program will preclude the athlete's further participation in athletics at the school; and
- E. The athlete remains subject to random drug testing for the remainder of that sports season at the discretion of school officials.
- F. In addition to the above, VHSL rules require that a student who is a member of a school athletic team be ineligible for two (2) school years to compete in interscholastic athletic competition, if it has been determined by the school principal and Division Superintendent that the student used anabolic steroids during the training period immediately preceding or during the sport season of the athletic team, unless such steroid was prescribed by a licensed physician for a medical condition.

2. Second Violation:

A. Suspension from the team and required participation in a drug intervention program as follows:

- 1. Tobacco: Fifteen (15) school day* suspension from the team** and mandatory participation in a tobacco use cessation program;
- 2. Alcohol and Other Drugs or Abused Substances: Twenty (20) school day* suspension from the team** and mandatory participation in an alcohol/drug use cessation program;

B. Upon confirmation of a second violation of the policy by an athlete, the building principal or designee will schedule a conference with the athlete, parent(s), and coach as soon as possible following the confirmation of tobacco/drug use. At this meeting, the student and parent(s) will have an opportunity to present any information relevant to the situation. Following this meeting, if the principal or designee is satisfied that the policy has been violated, a suspension from the team, as prescribed, will begin immediately. Written notification will be provided to the parent(s) that will detail the conditions and the endpoint of the team suspension;

C. The Coordinator for Safe and Drug Free Schools will have a screening interview with the athlete and parent(s) as soon as possible from the beginning date of the team suspension. Based on this interview the coordinator will design an intervention program suitable for the athlete;

D. Refusal of the athlete or his/her parent(s) to participate in the intervention program will preclude further participation in school athletics;

E. Upon satisfactorily attending all the prescribed intervention sessions and a negative drug screen test at the end of the team suspension, the athlete will be permitted to return to full participation;

F. The athlete remains subject to random drug testing for the remainder of that school year at the discretion of school officials.

3. Third Violation:

- A. A third incident of violating the policy by any athlete will result in the permanent team suspension of the individual's participation on any athletic team sponsored by Winchester Public Schools;
- B. Upon confirmation of a third violation of the policy by an athlete, the building principal or designee will schedule a conference with the athlete, parent(s), and coach as soon as possible following the confirmation of drug use. At this meeting, the student and parents will have an opportunity to present any information relevant to the situation. Following this meeting, if the principal or designee is satisfied that the policy has been violated, the athlete shall be prohibited from any further athletic participation while enrolled at that school. Written notification will be provided to the parent(s) of prohibition from any further school athletic competition.

This policy applies to all athletes participating in athletic programs sponsored by Winchester Public Schools. Students moving from middle to high school with one or no violation will begin the count anew. However, if a student violated the policy at the middle school two or more times, his or her count at the high school will start with the second consequence (violation), and he or she will be subject to random drug screening while participating in high school athletic programs.

* School days: Should a suspension from a team occur at a time when the suspension would continue to the next school year, the Virginia High School League calendar season practice days prior to the start of the school year will be counted toward completing team suspension days. Should a suspension from a team occur at a time that would incorporate a school break or vacation and a team is previously scheduled to practice or play during that time, such days would count toward the team suspension.

** Team suspension: No athlete may participate in any contest until all assigned team suspension days are complete. If it is determined that an athlete is making suitable progress in his/her cessation program, such athlete may return to practice five practice days prior to the end of the team suspension.

Approved:

April 21, 2003, Rev. November 1, 2021

This document is due to the Athletic Director ASAP

Student Name _____ Birth Date _____ Age _____ Grade _____

Parent's/Guardian Name _____

Address _____

Contact Numbers:

Cell 1: _____ Cell 2: _____

Work: _____ Email: _____

In an emergency, if parents cannot be contacted:

Notify (Name) _____ Phone _____

Family Doctor _____ Phone _____

Insurance Co./Med. Coverage _____ Policy # _____

CONSENT FORM: In case of severe emergency, we give our consent for coaches and team physicians to use their own judgment in securing medical aid and ambulance service in case the parents cannot be reached.

Known Allergies: _____

Special Instructions: _____

WINCHESTER PUBLIC SCHOOLS DRUG PLEDGE/ HANDBOOK ACKNOWLEDGMENT FORM

I pledge that I will not use, purchase, possess or distribute alcohol, tobacco, or other illegal drugs or misuse any substance which could endanger my safety during the season. If I break this pledge, I understand that I will be suspended or dismissed from the team. Furthermore, I understand that, upon reasonable suspicion, I will be subject to testing for the use of illegal drugs by a licensed testing facility.

I have read and understand the Daniel Morgan Middle School's Student-Athlete Handbook and the penalties as stated therein. Furthermore, I pledge to abide by all of these rules.

Student Athlete's name (please print) _____

Student Athlete's signature: _____

Parent's name (please print) _____

Parent's signature: _____

Date _____