



WINTER SPORTS MEETING 2017

General Objectives

- Introduce athletic department staff
- Review new VHSL alignment and how it impacts us
- Review Student-Athlete/Parent Handbook
- Review New NCAA Information
- Provide schedule information and use of Big Teams
- Warn of the potential for physical injury & treatment

Athletic Department Staff - Winter

- Director of Student Activities - Roger Cassem
- Assistant Director - Greg Woodle
- Varsity Cheer - Jessica Campbell
- Junior Varsity Cheer - Lauren Atkins
- Basketball (Boys) - Josh Karlson
- Basketball (Girls) - Katie Goodwyn
- Wrestling - Jesse Bell
- Indoor Track - Gene Bowen
- Swim Coach - Linda Haer & Morgan Miller
- Athletic Trainer - Katie Bradtke

New VHSL Classification

Class: 6A (largest classification)

- **Region B: Central Region**

Clover Hill

Colonial Forge

Cosby

Thomas Dale

Franklin County

James River

Manchester

Riverbend

Dominion District

- 3A - George Wythe and Huguenot
- 4A - Monacan and Midlothian
- 5A - L. C. Bird
- 6A - Clover Hill, Cosby, James River

We will continue to play our traditional regular district schedule during the regular season. All regular season games, district & non-district, count when comes to seeding for post-season play.

New VHSL Alignment

<http://rvasportsnetwork.blogspot.com/2017/07/special-report-new-vhsl-configuration.html>

Central Region Playoffs

Team Sports: All in tournament. Teams will be seeded according to power rating based on a point system.

Individual Sports: A set number of entries will be established by the region.

Student Athlete Handbook

2017 - '18

- VHSL Eligibility Requirements*
- CCPS Athletic Policies*
- Manchester High Athletic Department Policies*
- Hazing Policy*
- Parent and Fan Expectations*
- Social Media Policy Statement*
- NCAA New Academic Eligibility Requirements*
- Health Concerns*

VHSL Eligibility

1. Age Rule – Ineligible if **19 on or before August 1st**
2. Scholarship Rule – **Pass 5 credits**; enrolled in 5 credits. 9th graders are automatically eligible until second semester. Eligibility is determined **by semester**, not nine weeks.
3. Semester Rule – 8 Semesters to complete career.
4. Transfer Rule - Students establish eligibility in the 9th grade. To transfer eligibility after that, there must be a **corresponding change of address** into the new school zone. (Specialty Center Students need to remember this)
5. Player Ejection – One game suspension by the VHSL for unsportsmanlike conduct. **Three** games for fighting (scrimmages count)

CCPS Policies

1. School Attendance – In school a minimum of 2 block periods a day to participate

- A doctor's note is required for participation if that is the reason for not adhering to this rule.

2. Athlete Dismissed from or Who Quit a Team.

- The athlete is prohibited from beginning practice with the next season's team until the previous team's season is over. This includes post-season play.

MANCHESTER Policies

- Athletes who are assigned ISD must report it to the D.S.A. (ISD Form given by ISD monitor)
 - Out of School Suspension (OSS)
 - Automatic suspension from team
 - No reinstatement until a meeting including athlete, a parent, the coach & D.S.A. is held
 - Athletes who drive, do not move cars until after practice.
 - Hazing will not be tolerated
- No rituals, “hell” weeks, initiation ceremonies, etc.

Adherence to School Dress Code

- Pants must be attached securely around your waist (no undergarments showing).
- All other clothing (skirts, shorts & tops) must be in accordance with student handbook dress code.
- Athletes who violate these policies will meet with the Director of Student Activities and the head coach of the program to discuss disciplinary action.

Hazing is Illegal

Virginia Code Section 18.2-56

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletic team, grade level activity, or organization.

EXPECTATIONS: Athletes & Parents

Manchester High School strives at all time to provide a safe, supportive, and inclusive atmosphere for all students that is free of discrimination and harassment.

Athletes Be A Good Citizen

- Remember your role as a team member
- Be a role model for younger athletes

Parents Be Supportive

- Stay positive
- Remember the ultimate purpose of athletics

Athletes and Parents Show Sportsmanship

- Cheer positively for our teams
- Be tolerant of game officials and their calls
- Respect our opponents and their fans

PARENT/PLAYER/COACH COMMUNICATION LINES

- From Coach to the Athlete and the Parents
 - *Schedules, lettering criteria, expectations, etc.*
- From Athlete and Parents to the Coach
 - *Concerns, conflicts in scheduling, illness, etc.*
 - *Set appointment to meet with the coach*
- Reasons for Contacting the Activities Director
 - *Concerns about your child's welfare, not playing time, game strategy, or other athletes.*

Remember the "24 Hour Rule!"

Social Media Policy

Constitutional Law: Freedom of Speech and Social Media

Schools may sanction students when:

- postings result in on-campus substantial disruption or there is reasonable foreseeable disruption. (Bullying/threats).
- On-campus lewd/obscene postings

Athletic Department Twitter Page

@MHSLancers



Schedule Information

For team schedules, scores and updates go to

<http://www.manchesterlancerathletics.org>

or

www.dominiondistrictva.org

Student Athletes & Specialization

- http://www.npr.org/sections/health-shots/2017/07/25/539334374/student-athletes-who-specialize-early-are-injured-more-often-study-finds?utm_campaign=storyshare&utm_source=twitter.com&utm_medium=social

“Blue M”

It will be awarded to athletes who earn a varsity letter in multiple sports.



NCAA Information

Significant Changes have been made for Freshman Eligibility. Please use the link below for more information.

<http://www.ncaa.org/student-athletes/future/eligibility-center>



NCAA Core Course Requirements

	Division I	Division II
● English	4 years	3 years
● Math	3 years	2 years
● Natural/Phy Science	2 years*	2 years*
● Additional Eng/Math/Sci	1 year	3 years
● Social Science	2 years	2 years
● Additional Core Courses	4 years	4 years

*One year must be a lab science

NCAA Core Course GPA Requirements

(Class of 2016 and beyond)

Division I minimum Core Course GPA is now 2.3.

- 10 of the 16 classes must be completed by end of junior year.
- They are “locked in” for computing purposes on the first day of the start of their senior year. Courses may not be retaken for strengthening the Core Course GPA once the senior year begins.
- 7 of the 10 must be in English, math and science.

Students with a Core Course GPA between 2.0 and 2.29 may receive a scholarship, but will not be eligible to play in games as a freshman.

NCAA Core Course GPA Requirements

(Class of 2018 and beyond)

Division II minimum Core Course GPA will be 2.2.

- A sliding scale for SAT/ACT will be introduced as well.
- They are “locked in” for computing purposes on the first day of the start of their senior year. Courses may not be retaken for strengthening the Core Course GPA once the senior year begins.
- 7 of the 10 must be in English, math and science.

Students with a Core Course GPA between 2.0 and 2.29 may receive a scholarship, but will not be eligible to play in games as a freshman.

How Scholarships Differ

NCAA DI

Men

- Football (FBS), Basketball may NOT be divided
- Does not guarantee 100% funding
- Head count sports

Women

- Basketball, Volleyball, Gymnastics & Tennis may not be divided.
- does not guarantee 100% funding
- Head Count Sports

NCAA DII

- **ALL Sports** may be divided
- Equivalency Sports

NAIA

Scholarships may be divided

JUCO

DI/DII

Baseball (24), Football (85), Golf (8)
Hockey (16), Soccer (18)
Lacrosse (20)

Division III

No scholarships
Ask about financial aid

NCAA Eligibility Center

- There is no longer an NCAA “Clearinghouse.” It is now the NCAA Eligibility Center. www.ncaaeligibilitycenter.org
- \$75 Registration fee. Students on reduced for free lunch may have this fee waived. Register at the beginning of junior year.
- Transcripts will not be reviewed until the end of the junior year.
- A transcript will NOT be reviewed unless the student-athlete is on an institution’s IRL (Institutional Request List). Colleges and Universities must submit a list of students they are recruiting to the NCAA Eligibility Center. If the student is not on that list and registered with the eligibility center, they cannot be recruited or make an official visit.

NAIA Eligibility Center

- There is no connection with the NCAA Eligibility Center. www.playnaia.org
- \$70 Registration fee. Students on reduced for free lunch may have this fee waived. Register at the beginning of junior year.
- Freshman must meet two of the three entry level requirements:
 - Minimum ACT Score of 18 / SAT 860 (excluding the written portion of test)
 - Minimum GPA of 2.0
 - Graduate in top half of the class

ECinfo@naia.org 826-595-8300

Infectious Disease Prevention

- Student trainers shall use clean towels per player on field.
- No sharing of towels; players bring towel from home.
- Do not share water bottles.
- Athletes should seek trainer's assistance for any open wounds or skin irritations.
- Keep all cuts and scrapes covered at all times.
- Do not share razors.
- Sick players should stay home.
- If using a multiple use watering system, make sure no one's mouth touches the nozzles.
- Wash all cloth items frequently and disinfect other equipment with approved products.
- The CDC strongly recommends that athletes should shower before going home. Not doing so seriously increases the risk of getting Staph and MRSA infections.

Steroid Abuse

30-2-2 Ineligibility for Steroid Use: Consistent with the Code of Virginia, a student who is a member of a school athletic team shall be **ineligible for two** years to compete in interscholastic athletics if it is 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.

Student-Athlete/Parent Handbook

Can be found @ School Website under “Athletics”

<http://www.manchesterlancerathletics.org>

*Review the Student-Athlete/Parent Handbook and **electronically acknowledge** that you have done so by clicking on the link and supplying the requested information and submitting your response.*

RISK OF INJURY

- *I acknowledge that we have been fully advised, cautioned, and warned by the proper administrative and coaching personnel of Manchester High School that our/my child may suffer serious injury including, but not limited to sprains, fractures, brain damage, paralysis, or even death by participating in sports*

For football Players: *No helmet can prevent all head and neck injuries a player might receive while participating in football. **Do not** use the helmet to butt, ram, or spear an opposing player. This is in direct violation of the football rules and such use can result in severe head and neck injuries, paralysis, or death to you and possible injury to your opponent.*

- www.studentinsurance-kk.com For Student Accident
- www.k12studentinsurance.com For Limited Medical

Stadium Parking & Athlete Pickup

- Access to the area in front of the field house will be restricted on nights when there are events in the stadium.

Limited to the following:

- Emergency vehicles, Event Workers, Handicap
 - Satisfy the Fire Marshal
 - Pedestrian Safety

Tobacco Free School

As of July 1, 2015, Chesterfield County Public Schools is a tobacco free school system. Students, employees, parents and visitors are prohibited at times from smoking or using tobacco products in schools, school grounds, offices, facilities, buses, and other school vehicles.

Tobacco products include devices referred to as “**electronic cigarettes**” and “**nicotine vapor products.**”

Adults include individuals using school division property or facilities, individuals contracted to provide services to the school division, and all other persons regardless of their purpose for being in or on school division property.

School division property includes, but is not limited to:

All school division grounds such as lawns, wooded areas, sidewalks, driveways, athletic fields including bleachers and concession stands, parking lots, playgrounds and other recreational areas.

This includes private vehicles while on school property, and at all school sponsored activities including field trips, regardless of location.

All sports Passes

These passes are good for all regular season, home athletic events throughout the school year.

Adult pass - \$65

Student Pass - \$45

<https://osp.osmsinc.com/chesterfieldva/>

Individual Meetings

- Indoor Track: Auditorium
- Girls Basketball: Library
- Boys Basketball: Enclosed Commons
- Swim: B-118
- Wrestling: Gym
- Cheering: B-121