

**Chattanooga Girls Leadership
Academy**

ATHLETIC HANDBOOK

**MUSTANG
ATHLETICS**



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Welcome!

Participation on an athletic team can be a rewarding and meaningful educational experience that enhances a child's secondary education. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this kind of commitment. The following information defines the interscholastic policies and procedures for all students participating in our athletic programs. The Athletic Department hopes this document provides parents and students with a better understanding of our philosophy, goals and policies. Please refer to the following information when a question about your child's athletic experience arises.

Philosophy of Athletics at Chattanooga Girls Leadership Academy:

At Chattanooga Girls Leadership Academy, we consider athletics an integral part of the educational experience. Athletics provides opportunities that will help students develop physically, mentally, and emotionally. We view the competition of athletics as a healthy educational and physiological activity because it challenges each student to excel, to discover her physical limits, and to work cooperatively with team members. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of contests.

Governing Bodies:

Chattanooga Girls Leadership Academy is a member of the Tennessee Secondary Schools Athletic Association and Tennessee Middle Schools Athletic Association, whose purpose is to organize, regulate and promote interscholastic athletics for middle and high schools in Tennessee. As a TSSAA school, CGLA abides by the minimum standards set forth by this organization. Please note that these are minimal standards and members schools may enforce stricter standards, which CGLA does in many instances. You may access the TSSAA site: <https://tssaa.org/wp-content/uploads/handbook.pdf>

CGLA Athletic Team Information

Standards for Participation:

In order to participate in organized athletics, all student-athletes must have a current physical on file in the athletic office and with the coach of the student's team. Academic and behavioral requirements must be satisfied in order for the student to participate on any level.

- An up to date physical examination must be on file with the athletic director and coach prior to the start of participation. If the physical examination expires in season, the student-athlete will need to provide an updated physical to the athletic director and coach in order to resume participation. All physicals are valid for 12 months from the date of the physical. All physicals must be signed by a licensed health care provider.
- Academics policy - 2.5 GPA and passing on all progress and quarter reports.

Discipline policy - Ineligible – 2 Level 1 referrals. If student receives the first referral during their athletic season, she will be suspended from the team for 4 weeks. Student may not practice or participate in any team activities during the 4 week suspension. Student may not wear athletic apparel during school hours for the period of suspension.
Ineligible – Students receiving 1 Level 2 and/or 3 referral are not eligible to participate on any sports team for the remainder of the current school year.
- Satisfaction of all eligibility requirements of the TSSAA and TSMAA and the Chattanooga Girls Leadership Academy.

Program Goals:

Though the unique nature of each sport dictates its specific objectives, all teams will attempt to:

- Emphasize the development of basic skills, appropriate attitudes, values and team concepts.
- Allow as many students as possible to participate and share the experience and benefits derived from team membership.
- Compete competitively with league and non-league opponents.

Participation at the Varsity level(8th grade MS team and V High School team) is generally limited to the most highly skilled players and those with the ability to interact constructively with other players for team success. The coaching staff will determine the level of play for each student-athlete based on what would be most beneficial to the development and progress of each player and team. It should be understood that playing time could be limited.

Athletic Offerings:

Fall Sports

The fall season begins around August 1st and ends in late October. Informational meetings will be held in June. Parents must attend the informational meeting or their child will not be allowed to participate.

The following sports compete in the Fall:

- Soccer (Middle School and High School)
- Softball(Middle School)
- Volleyball(High School)

Basketball

Middle school basketball begins October 1st and ends mid-December. High school basketball begins November 1st and ends in February. High school varsity teams that qualify for the post-season tournament may be participating into March.

The middle school informational meeting will be held in September. The high school informational meeting will be held in October.

Parents must attend the informational meeting or their child will not be allowed to participate.

Middle School Volleyball

Middle school volleyball begins Jan. 2nd and ends in February. An informational meeting will be held in December. Parents must attend the informational meeting in order for their child to participate.

Spring Sports

The spring athletic season begins the third Monday of March and ends in mid-May. Practice start dates will follow the TSSAA and TSMAA sports calendars. Varsity teams that qualify for the post-season tournament may be participating into June. Informational meetings will be held in February.

- Softball (High School)
- Lacrosse (Middle School and High School)
- Track (Middle School and High School)

Levels of Play:

Junior Varsity:

At the entry level for high school athletics, athletes and their parents should expect the following concepts to be emphasized:

- Developing fundamental skills
- Providing equal practice opportunities for all participants
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine game time, working toward equitable playing time for all participants
- Learning the rules of the game
- Developing an orientation toward and appreciation for team effort in each athlete

- Demonstrating sportsmanship and fair play
- Developing the ambition to achieve at the next level of competition
- Prioritizing skill and character development over winning

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At the highest level of athletic competition in high school athletics, athletes and parents should expect the following concepts to be emphasized

- Developing a high level of proficiency in the physical skills of the sport
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine playing time
- Developing sophisticated strategy, situation analysis, and other mental aspects of the sport
- Specifically defining an individual athlete's role within the team concept
- Fostering maximum commitment to the athletic team
- Understanding and valuing the physical conditioning components of one's sport
- Understanding the importance of individual sacrifice for the good of the team
- Winning within the rules of sportsmanship and fair play.

There are many decisions made on a regular basis by members of our coaching staff that may include which athletes should start a contest, which athlete should play at what position, and the amount of playing time an athlete will be given. Only members of our coaching staff make these very difficult coaching decisions after weighing a considerable number of factors. Generally, the most competitive, skilled team members will play the major portion of contests; however, teams cannot be successful without committed substitutes. These athletes must work as hard as they can to help make their respective teams as competitive as possible and be ready at all times to step forward to compete. They must also demonstrate the perseverance and commitment to strive to advance to a starting role.

Team Tryouts / Selection:

During the tryout period, each coach will provide an explanation of his/her expectations. It is the duty of the student to demonstrate to the coach that they can fulfill these expectations. If a student is not selected for a team, he/she may contact the coach personally for an explanation. Students who are not selected are encouraged to explore other CGLA athletic opportunities on teams that have not finalized their rosters. Please note **TSSAA rules** which state that a student athlete participating in any sport must have at least 10 days of practice before competing in an official game. For this reason, an athlete will not be allowed to join a team after its third official practice without the approval of the Athletic Director. Switching sports is also not allowed after the first contest. The coaching staff of each sport has the sole responsibility for selecting members of the team, determining the level of play, and apportioning the amount of playing time for each student athlete.

Commitment:

Each member of an athletic team MUST:

- Commit to being present at all team activities, including try-outs, practices, meetings and contest with other schools.
- Dedicate himself/herself to becoming an excellent team member and school citizen.
- Strive to continually improve as an athlete.
- Demonstrate pride in team performance and in himself/herself as members of a team.
- Maintain a 2.5 GPA and passing grades in all subjects.
- Refrain from receiving office referrals.

Game/Practice Sessions:

Practices are held daily for approximately 2 to 2 ½ hours, or as appropriate to the activity. Some practices and games may be held on weekends. Most practice sessions do not begin before 3:15 PM. Any team member who must be late or miss practice, games, or meetings must confer with his/her coach. Practice and game schedules sometimes include school vacation weeks. Students and families should take this into consideration when deciding to try-out for our teams. It is expected that students attend all games and practices during the sport season.

Absence Policy:

Unexcused absences from practices may jeopardize retaining a position on the team, cause dismissal from a team and/or loss of playing time at the coaches' discretion.

Excused absences from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

Team Captains:

Captains are elected by team members and/or appointed by coaches. Prior to the selection, coaches will inform the team members of the selection criteria and obligations of the position. The position of team captain or officer is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school. Any student who is involved in a violation of CGLA rules will lose the ability to serve as captain or to be appointed or elected to the position of captain of any school sponsored team for the period of one calendar year. Any sitting captain of a CGLA team will have that position rescinded and will be ineligible to serve for a period of one calendar year.

Chattanooga Girls Leadership Academy for Athletic Honors and Awards:

To be considered for a team award presented by the coach, a student must:

- Display upright conduct and a spirit of fair play at all times.

- Exhibit respect for school personnel, coaches, game officials, and opponents.
- Return all equipment at the completion of the season
- Meet criteria established by the coach.
- Finish the season as a member in good standing on his/her team, which includes being academically eligible in addition to meeting behavior guidelines.

VARSITY LETTER: Receiving a high school varsity letter for programs that are composed of a Varsity and a JV team is an honor reserved for those student athletes who have demonstrated excellence in performance and the commitment and sacrifice appropriate for membership on a varsity team. Students who are on the varsity team for fifty percent of the season and complete the season shall receive a varsity letter, as long as they have excellent attendance, work ethic and have not violated the academic and behavior expectations. The standard for receiving a varsity letter for programs that only have one team will be determined by the coach.

SUB-VARSITY CERTIFICATE: Athletes who do not receive a varsity letter, but have excellent attendance and work ethic will be awarded a Sub-Varsity Certificate to acknowledge their contribution.

MANAGER LETTER: As an integral, non-playing member of a team, managers may also be recognized for the valuable role they play. In order to be considered, managers must:

- Adhere to all general rules and regulations of athletes.
- Fulfill all the duties as outlined by the coach.
- Adhere to all rules and regulations that bind student athletes.

Conflict Resolution:

Athletic involvement can be highly emotional and issues about playing time, team selection, honors and awards can arise. It is very important that these issues be addressed as soon as possible, and as directly as possible, so that they can be resolved promptly. The following model will be used when a problem arises.

STEP ONE: Personal Contact between Student-Athlete and Coach

As a general rule, the issue should be presented as soon as possible to the coach by the *individual* student-athlete. If this route is not *successful*, the coach should be contacted by the student-athlete's parent(s) at an appropriate time in order to schedule a conference. Times to be avoided are:

- Either prior to or immediately after a competition
- Before, during, or immediately after a practice session
- During a time when other students maybe present or when it may be readily apparent to others that a discussion is taking place
- At a time when it is apparent that there would not be sufficient time to provide for a complete discussion

Usually the best solution is to ask the coach either over the phone, via email or in person if an appointment could be made to discuss the issue. A parent or student-athlete could also contact the coach via the Athletic Director. Parents may schedule a conference by emailing the athletic director

at kellifulton@cglonline.com. *It is strongly recommended that the student-athlete join their parent(s) at this meeting to ensure that all sides of the issue can be thoroughly discussed.*

STEP TWO: Personal Contact Between Coach, Student-Athlete and Athletic Director

If a satisfactory resolution is not reached through direct contact with the coach, the student-athlete and/or parent(s) should contact the Athletic Director. As a courtesy, the coach should be informed that this contact is being made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerning parties in an attempt to reach a satisfactory resolution. It is very important for all student-athletes and their parent(s) to know that any comments, concerns, or *issues raised to the athletic director will be addressed with the coach.* Issues concerning coaching personnel may or may not be communicated to others.

Chattanooga Girls Leadership Academy Vacation Policy Governing Athletes:

Vacation

No practices, games, or team activities will be scheduled during vacation days or breaks without the approval of the athletic director.

Summer Practice

Summer practice must follow TSSAA and TSMAA guidelines. CGLA abides by the Dead Period rule. The last week of June and the first week of July, coaches are prohibited from any communication and contact with athletes. The CGLA gym cannot be used by any athlete or athlete's parent during this time.

End of Summer Vacation

Athletes are expected to be at the first day of practice. If an athlete is not at practice/try-outs, he or she may jeopardize his or her chances of making the team.

When athletes miss practice during vacation weeks, coaches will determine the consequences on:

- Principles of fairness to players who attended all scheduled practices
- The importance of conditioning
- Professional discretion

If a player misses more than 3 days of practice, he or she will need to meet with the Athletic Director who will determine that player's eligibility.

Sportsmanship Policy:

CGLA expects all parties present at a contest to display the highest possible level of sportsmanship. CGLA parents and/or legal guardians must complete the CGLA Parent Code of Conduct agreement before a student can participate on a team.

Players, coaches, and spectators should treat opponents, game officials and visiting spectators with respect at all times. CGLA reserves the right to warn, censure, place on probation or suspend (for up to one calendar year) any player, team, coach, or school official determined to be acting in a

manner contrary to the standards of good sportsmanship. Spectators who do not adhere to standards of good sportsmanship may be asked to leave the contest and/or be prohibited from future contests. If you are not sure what details good sportsmanship, please follow this simple rule: Cheer for your own team, but do not belittle opposing teams, players and officials.

Three important TSSAA/TMSAA Rules pertaining to student-athletes should be noted:

1. A player “thrown out” of a game shall, at a minimum, miss the next game.
2. A player “thrown out” of two games during the same season is disqualified for one full calendar yr.
3. Striking or assaulting an official result in disqualification for one full year.

School Athletic Equipment Policy:

Students are responsible for and expected to maintain proper care of all equipment issued to them. Students are responsible for payment of any lost, stolen or damaged items. Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned at the completion of the season. Grades will be withheld for those who do not return or pay for lost/damaged equipment. Additionally those student athletes will not be allowed to participate in another sport. Student-athletes are not to wear uniforms, either practice or game, at any time other than those allowed by specified team regulations.

Athletic Injury Policies:

In the event of an athletic injury, the coach is in immediate control. At away contests, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to “take charge” of the situation and, if warranted, call for emergency care. All sport related injuries must be reported to the athletic director and human resources office. A student may not return to competition without clearance by the athletic director, which may also include written permission from a physician.

Student-athletes who have been treated for an injury must be cleared by the treating doctor prior to resuming participation. There are no exceptions to this policy.

Transportation Policy:

When CGLA provides bus transportation to and from athletic events, student-athletes are required to ride that transportation. The members of the athletic staff feel it is in the best interest of team unity that everyone travel together and share the game experience. As the “guardian” during these trips, the athletic staff must be able to account for the whereabouts of all student-athletes and insure their safety. It is expected that our student-athletes will conduct themselves appropriately while on bus transportation. Any misconduct will result in a penalty including and up to dismissal if warranted. Student-athletes will be responsible for any damages to bus property and subsequent costs to repair or replace.

In the event that there are extenuating personal circumstances or JV/Varsity games are scheduled back to back and a parent wishes to take responsibility for the transportation of his/her son or daughter, it is required, barring unforeseen circumstances, that the parent/guardian provide written and verbal notice to the coach requesting the exception 24 hours in advance. Student-athletes may then ride with their parent/guardian.

Transportation to and from practice is the responsibility of the student-athlete's parent. When traveling to games, if bus transportation is not provided by CGLA, parents may transport CGLA students provided that they travel in a train of three vehicles per TSSAA regulations. The train must stay together, stop together, and return to CGLA together. Parents may choose to transport only their child. If they do this, they may travel alone to games but must arrive at the expected time determined by the coach. Students may not travel or transport others to games per TSSAA regulations. **Travel permission forms must be completed prior to any travel with an athletic team.**

Independent Sport Law:

Students may not compete on an independent team of the same sport during the official TSSAA or TSMAA school season. Refer to the TSSAA handbook for penalties assessed due to this rule infraction.

TSSAA Hazing Laws:

Hazing; organizing or participating; hazing defined

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term "hazing" as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

Failure to report hazing

Whoever knows that another person is the victim of hazing as defined in section seventeen and is at the scene of such crime shall, to the extent that such person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of not more than one thousand dollars.

For additional information please refer to the TSSAA Handbook.

CGLA Athletic Code of Conduct:

Daily Attendance:

Any student-athlete absent from school the day of scheduled game or practice session will not be allowed to participate in that game or practice. A student must be in school for a minimum of 3 ½ hours in order to participate. Students who skip class or do not fulfill their Detention or Saturday School responsibilities will also be ruled ineligible for participation.

Students in “Good Standing”:

All athletes must be a student in “good standing” in order to participate in athletics. “Good standing” is defined but not limited to:

- Adherence to school rules that regulate behavior and attendance
- Respectful behavior towards all members of the school community
- Adherence to athletic academic standards

A student is considered not to be in good standing during the season of play/activity if he/she has an unserved detention or Saturday School. A student found not to be in good standing may be denied the privilege of participating in an interscholastic sport or extracurricular activity.

Academic Duty:

Students will plan their time so that they will devote sufficient energy to their studies to ensure grades representing their true abilities.

Taunting:

Taunting, either as an active team member or as a spectator, at a sporting event is forbidden and may lead to suspension or elimination from the team.

Honesty and Integrity:

Honesty is expected at all times. Stealing and lying will not be tolerated and, subject to due process, will result in immediate dismissal from the team. Any individual who is found in possession of another individual’s personal property will forfeit their privilege to participate on any CGLA Athletic team for at least one full year. Participation on a CGLA athletic team after the one-year suspension will be contingent upon the outcome of a hearing comprised of CGLA Administration and the Athletic Director.

Representation:

Student Athletes are considered representatives of the school at all practices and contests and events. Students will conduct themselves properly when traveling as they represent the community, school and team. Profanity will be discouraged.

Respecting the Spirit of the Game:

Students will realize that officials do not lose a game, but are there for the purpose of insuring the game they are playing is a fair and safe contest for all participants. The officials will be shown courteous respect at all times. Student-athletes will also not employ illegal tactics to gain an advantage.

Respect for the Coaching Staff:

Students will understand that their coaches have their best interests in mind as they plan and guide the athletic team. They will obey the specific rules of the coach.

Respect for school buildings and grounds:

Students will understand that damage to the school building, grounds, or school equipment will result in immediate suspension from the team. The length of such suspension will depend on the severity of the damage as determined by the Athletic Director and Coach.

FINAL MESSAGE TO ALL STUDENT-ATHLETES, SPECTATORS AND PARENTS:

We urge you to support CGLA Athletics by:

- Attending sporting events.
- Lending positive support to our teams and coaches.
- Encouraging all players without regard to their role on the team.
- Helping other spectators and parents to maintain an appropriate sportsmanlike attitude.
- Showing respect for the authority of the game officials.
- Enjoying the Chattanooga Girls Leadership Academy athletic experience

Go Mustangs!