

Athletic Handbook
For
Student Athletes



2025-2026

MISSION STATEMENT

Our mission is to provide learning opportunities through educational athletics that will empower our student athletes to grow as lifelong learners.

The Athletic Handbook will in no way supersede or replace policies set forth in any county policies.

SPORTSMANSHIP

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

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

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches, and spectators. Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is exciting but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All AHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

Assault of sports officials, coaches, or administrators (SB-16): This bill became law on March 31, 2002, and creates new crimes of harassing, menacing, and assaulting sports officials, coaches, and administrators. The punishments are harsher than normal for convictions of harassment, menacing, and assault. For example, a second-degree assault can carry a sentence of up to 10 years in prison, but under the new law, a second-degree assault of a sports official, coach, or administrator could result in a sentence of up to 20 years.

Student athletes and parents are responsible for paying AHSAA fines. Fines must be paid by no more than seven days after the incident.

ALABAMA HIGH SCHOOL ATHLETIC ELIGIBILITY: Please reference

www.ahsaa.com BEFORE THE FIRST PRACTICE

The following things are required by the student athlete **before the first practice** with any team:
(1) Set up a DragonFly account <https://www.dragonflymax.com/> and complete all the required forms to participate in athletics. Student-athletes must also turn in a signed form the CHS Student Athlete Handbook

The following things are required by the student athlete **before the first contest** with any team:
1) All DragonFly requirements were completed. (2) Meet academic eligibility requirements **according to the AHSAA**; (3) Attend parent/athlete team meetings.

ATHLETIC ELIGIBILITY

Students must display qualities of good citizenship if they wish to participate in extracurricular activities. Failure to be a good citizen at all times may result in probation and/or suspension from all extracurricular activities. This includes appropriate internet usage, off campus activity, and activities that violate moral turpitude, etc. Playing athletics for Calera Schools is a privilege and should be treated as such.

The Alabama High School Athletic Association Constitution states:

Any pupil who is under temporary suspension or whose character or conduct is such as to reflect discredit upon the school is not eligible. A student's attendance, attitude, and classroom effort must be acceptable to the school in which the student is enrolled. Rule 1, Section 15, AHSAA By-Law

ATTENDANCE ELIGIBILITY

Students must currently be enrolled in the school's feeder pattern (a Calera school) to tryout or participate in extracurricular activities.

Daily attendance at school and practice is expected. For an athlete to be eligible to participate in any after-school activity he/she must be present in school on the day of the activity. If the activity is to be held on a Saturday, then the student must be in attendance in school on the preceding Friday.

To be considered in school a student may be in school at least one-half of the school day. Students are required to be in school a minimum of 3 hours and 30 minutes on said day. If he/she is not in school from that time until the end of the school day, then he/she is not to participate or be involved in any way with the activity. Practices are considered an activity. Any exceptions must have the approval of the principal. An athlete must be in school on a regular basis to be eligible to participate in athletics. An athlete who accumulates an excessive number

of absences or tardies as designated in the student handbook will be placed on probation for a specified time. If absences continue during this time, the athlete will then be suspended from athletic participation until the attendance problem is resolved. An athlete who has excessive tardies to school and/or classes will be subject to restriction from athletic participation.

SCHOOL DISCIPLINE

Attendance at athletic events, whether a participant or spectator, and at practice is prohibited during the suspension period. If school rules are broken, the student athlete will be subject to the normal punishment for such misbehavior as well as subject to penalties under the Athletic Handbook. In no case will athletic rules circumvent or take the place of school rules. The student athlete will not be eligible to participate in contests and practices during the suspension period.

AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and observance of athletic policies. Student athletes, managers, trainers, and cheerleaders are eligible to earn awards. Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. **No awards will be issued to an athlete until all equipment for his/her sport is turned in to the coach.**

INFORMATION FOR ATHLETES

Accidents/Injuries

All accidents or injuries, at home or away, are to be reported to the trainer and/or coach immediately.

Changing a Sport/Quitting a Team

If a student athlete is cut from a team, he/she may join another team or program in that sport season. A student athlete cannot quit one sport to join another sport until that sport season is concluded. For example, one cannot quit football to go out for basketball until football season is completed. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches. Appeal can be made to the athletic director if circumstances warrant consideration.

A request for appeal and/or conference should be processed in the following order:

- Player to Coach
- Player and parent to coach
- Player, parent, coach and Athletic Director
- Player, parent, coach, Athletic Director and Principal

Conflicts Between Activities

Students are sometimes involved in concurrent activities, and there may be conflicts in schedules. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the student athlete will play in it.

Doctor Visits

Medical expenses are the responsibility of the athlete/family. Written verification from the doctor is required when a physician removes an athlete from practices or games. Written verification from the doctor is required to return to athletic competition.

Dress

Participation in Calera athletics is a privilege, not a right. To be successful the participant must be well disciplined and willing to put aside individualism for the benefit of the team. Conforming to a dress code is part of this process. It is very important to our team/school reputation that our student athletes dress appropriately during the school day and at all school functions. An individual coach may add additional rules related to the dress code outside of the school handbook for his or her team.

Equipment

Equipment checked out by the athlete is his/her responsibility. It is to be kept clean and in good condition. Loss of issued equipment will be the athlete's/parent's financial obligation. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met. Equipment includes any issued supplies from the training room. Multi-sport athletes must turn in all equipment from their previous sport before beginning their next sport. For example, a football player must return all equipment before he starts the basketball season.

Insurance

All Calera student athletes are required to have medical insurance and must upload a copy of their current insurance card to DragonFly before participating in first practice and/or competition.

Parent Behavior at games

Parents should conduct themselves in a positive manner at games. Parents should display good sportsmanship.

Parent Participation (Practice or Tryouts)

Practices and tryouts are closed to the public unless otherwise communicated with the head coach of the respective sport.

- **Parent video**-No video of tryouts or practice is allowed.

Participation in Two Sports in One Season

Student athletes may participate in more than one sport during one season with the approval of both coaches. Practice schedules will be worked out between the coaches involved. Consideration should be given to the importance of the sport (ex. Varsity versus non-varsity,

playoffs versus regular season, and the games versus practice). If contests conflicts, coaches will decide in which contest the student athlete is to compete. The student athlete must realize that extra time for practice is necessary to compete in two sports in one season. The student athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the student athlete may be cut from the sport(s).

Team Tryout Policies

Each coach of varsity sports has his/her policy on how he/she will choose his/her team. Arrangements for tryouts must be made for athletes involved in overlapping sports seasons. It is the responsibility of the student athlete to contact the coach and discuss possible conflicts well in advance of tryouts.

Training Room

The training room is available to all athletes. Athletes are offered a wide variety of services to help meet the demands of athletic competition. The following are guidelines to be followed when using the training room.

1. No student is permitted in this room without the athletic trainer or coach being with him/her.
2. Only student athletes needing treatment and/or rehabilitation of an athletic injury are allowed in this area.
3. All taping, bandaging, and treatments will be done by the athletic training staff.
4. Wear appropriate clothing. We are a co-ed facility.
5. Take a shower after practice before receiving treatment.
6. Do not use or remove supplies without permission. No athlete may participate until all issued supplies have been returned or paid for.

Transportation

Transportation to athletic events is provided by the Athletic Department when appropriate. Parents may be called upon, at times, to help transport his or her athlete to a contest.

***Under no circumstances will an athlete transport other athletes.
Faculty/Staff/Non-Faculty Coaches cannot transport athletes.**

Gym

1. **Leave the gym better than you find it after use.**
2. Close and lock all gym doors after you leave.
3. Take all personal belongings and program equipment when you leave.
4. No gum, food, candy or drinks allowed in the gym.
5. Only non-marking tennis shoes on the floor. (No boots, Sperry's, etc.)
6. Do not play with the shot clock or use gameday chairs for everyday leisure seating.
7. Use tarps on the floor for any activities such as, but not limited to, pep rallies, Veterans Day programs, concerts, dances, ROTC events etc.
8. Do not hang on the rims or the nets.
9. Do not sit or lay on the main goals.
10. Turn off gym lights before leaving. Lights are located outside Coach Rial's office (Zones 1, 2, 3).
11. Return all chairs or tables with tennis balls after borrowing or using

***** Brooms and dustpans will be located inside the equipment closet. The floor mop will be located in the hallway near the locker rooms. DO NOT USE floor mop for wet spills.**

Weight Rooms

1. Students are not allowed in the weight room without a school faculty member present.
2. Every coach needs to introduce proper techniques to all lifts utilized in your weight program prior to allowing players to lift.
3. We will use spotters on all free weight lifts, make sure the players are properly trained on how to safely spot each other prior to working out.
4. Players must have a current physical on file prior to participating in workouts.
5. The equipment in the weight room is very expensive and is expected to be taken care of. Everything in the weight room has a specific space to be stored. Please make sure that your team cleans it before leaving.
6. Players should be dressed before entering the weight room.
7. No feet on the benches.

***We will adjust the schedule each sport season. Teams can also double up to make sure everyone has an opportunity to use the facility.