

**T.C. ROBERSON
HIGH SCHOOL**

**Athletic
Department**

Athlete/Parent Handbook

Welcome to the TC Roberson Athletic Program!

TC Roberson High School has an exemplary athletic history of achievement and excellence. Our student-athletes are held to a high standard and encouraged to continue in developing the TCR reputation. We hope your student-athletes' involvement in this program will provide many rewarding and worthwhile experiences.

The Interscholastic Athletics Program of the Buncombe County Schools System is an integral part of the total school program, and as such is designed to help our students become better school, community, state and national citizens.

The mission statement of TC Roberson High School Athletics, within the Buncombe County Schools System, is to strive for excellence in the educational and athletic arenas within an atmosphere of sportsmanship. Our programs will strive to develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

Athletic Goals:

The goal of the TC Roberson athletic department is to provide opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline, acceptable personal and social behavior, and character. Members of teams and organizations must always serve as exemplars of high moral character and must demonstrate appropriate academic commitment, which is expected of all students.

Participation in high school athletics at TC Roberson is "a privilege, not a right." The athletic program at TC Roberson High School is designed to produce well-rounded citizens who can take their place in a community and in society. The program is intended to develop leadership skills, a sense of responsibility and accountability, and sportsmanlike attitudes of the student population.

One of the main goals of the athletic department is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, teammates, officials, coaches, administrators and spectators. Winning is a product of discipline and hard work, but winning at any cost is not the goal.

Forward

This handbook is designed to inform the student-athlete and his/her parent(s) of the rules, regulations and policies of the Athletic Department. The coaching staff at TC Roberson High School believes that success in athletics is established and maintained through adherence to the principles outlined in this handbook. Participation on TC Roberson High School athletic teams is strictly on a voluntary basis. Athletics are extra-curricular activities conducted after the regular school day. The athlete must earn the privilege of participation through dedication, desire and discipline. Because participation is voluntary, certain basic requirements are necessary in order to make the athletic program a wholesome, successful and meaningful experience.

The requirements have been kept to a minimum, but important items are listed below in order to ensure the athletes' full understanding before making the decision to participate. All students at TC Roberson High School will adhere to all Buncombe County policies, and the uniform consequences for violations. However, the Athletic Department may also discipline athletes, because of their high visibility and their place as leaders of the school. The TC Roberson Athletic department will enforce the rules and regulations as described in this handbook. Parents and athletes are asked to sign an acknowledgment document, stating that they have read and understand the information included in this handbook.

Misconduct includes inappropriate behavior while you are involved in any way with an athletic department program, including practice, games, and travel. Insubordination or other examples of defiance toward coaches, officials, bus drivers or others in authority or who have responsibility for your safety are examples of misconduct. If a student-athlete is suspended from school or a team, such suspensions could impact participation in the current and/or following season.

Specific disciplinary actions cannot be listed since varying circumstances, the severity of the infraction, and the athlete's reaction to being corrected provide too many variables. Coaches and/or the Athletic Director will handle individual

instances in a manner that seems best suited to the situation but athletes should note that appropriate responses by coaches or the Athletic Director could range anywhere from a verbal reprimand to suspension or expulsion from the team.

TC Roberson Athletic Information

Class Time

The Athletic Director and Principal (Designee) shall approve the time athletes may be excused from class for regular season athletic events, tournaments and NCHSAA Playoffs. Class time is valuable instructional time and every effort should be made to ensure that the loss of class time is minimal. Student-athletes are responsible for any work they miss during their absence.

Transportation

The athletic department will provide transportation to and from athletic events. All student-athletes, managers, trainers, scorekeepers, statisticians, and other personnel are required to travel with the team on a certified activity bus/county car to and from athletic events. For some sports, coaches may allow student athletes to be signed out after an athletic event to ride home with their parents only. A student athlete is not allowed to travel home with another student athlete's parent.

Informed Consent

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules and warnings, report physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

Athletic Training

The athletic department will provide a certified Athletic Trainer to provide the possible care for our athletes. Athletes are offered a wide variety of services (prevention and treatment) to help meet the demands of athletic competition.

The following are guidelines to follow when using the athletic training room:

1. Do not enter without consent from athletic trainer, coach or athletic training student aid
2. Only athletes being treated are allowed in athletic training room
3. Do not attempt to treat yourself
4. Wear appropriate clothing to and from the athletic training room
5. Do not use or remove any supplies without permission

Inclement Weather

A decision will be made by our Buncombe County Athletic Director regarding practices/contests to be held when out of school for inclement weather. Every effort will be taken to make this decision by 1pm.

Dressing/Locker Rooms

Only IN-SEASON teams are allowed to use the Athletic Lockers. Coaches will supervise their dressing facilities. Custodians are expected to clean dressing rooms daily, but are not expected to pick-up equipment and clothing left behind by athletes. DO NOT, under any circumstances wear cleats inside the buildings or walk across the gym floor.

Athletes are encouraged to secure all valuables. The athletic department will not be responsible for lost or stolen personal belongings.

Attendance

It is the responsibility of all athletes to attend school on a regular basis. They should set an example for all other students. Athletes cannot participate (dress out) in practice or a game unless they are in attendance at school for at least half the day (2 periods). Exceptions may be made by the Athletic Director, Principal or Coach.

- All athletes will attend TC Roberson High School (Middle/Early, Nesbitt or Community) on a daily basis.
- Athletes should be present in ALL classes during the school day unless excused by parents, faculty or administration.
- If he/she attends school he/she will be expected to practice unless excused by the coach.

A student who is out of school suspended is not eligible to practice, play or attend any meeting during the time of suspension. If the suspension includes the last day of school before a vacation or weekend, the student becomes eligible the next calendar day after the last day of the suspension.

Dress

Athletes are encouraged to dress in an appropriate manner whenever they represent TC Roberson High School

Obligations

All athletes are required to replace lost uniforms or damaged equipment either by payment or with the equivalent of the lost article. Athletes are responsible for clearing all obligations with their coaches before participating or practicing with another sport (good standing). If an athlete fails to take care of his/her financial responsibilities to the athletic department he/she will be ruled ineligible.

Meals

The athletic department does not provide funds to purchase pre-game meals, post-game meals, or overnight accommodations unless covered by the NCHSAA or prior approval from AD.

Team Parents can be organized to help with pre-game meals for the season.

College

The coaching staff will work to qualify as many student-athletes as possible. Information about SAT scores and NCAA Eligibility Center registration is available upon request. In the event that a college recruiter contacts an athlete personally he/she has an obligation to notify his/her coach, guidance counselor, and the athletic department. TC Roberson High School will abide by the rules of the NCHSAA

Team Selection

Athletes at TC Roberson High School are encouraged to participate in as many sports as he/she can. Student athletes may participate in more than one sport during a season with the approval of the coaches and the athletic director. Once an athlete begins the in-season-training period of a sport, he/she should not quit while that sport is in season. If an athlete quits a sport they will be withheld from participation until that season is over (includes playoffs). Each coach has his/her own policy on how he/she selects the team. Coaches will explain their policy to candidates before the season/practice begins. Skill Development sessions and open facilities (open to all, required for none) are allowed, but shall not be held during any tryout period of an in-season sport. All skill development sessions must be voluntary and open to all athletically eligible students.

There shall be no athletic practice during the school day or on Sunday. If Buncombe County Teacher workday, cannot begin until after 3:00pm.

Schedules

We compete in the Western Mountain Athletic Conference, which includes AC Reynolds, Asheville, Enka, Erwin, North Buncombe, North Henderson, Tuscola and West Henderson. We will continue to schedule and compete against established programs whenever possible.

Schedules for all sports are generally completed three months in advance of the season and are available from the athletic director. Schedules can be found on the TC Roberson school website and the TC Roberson Rams Club website.

Admission Prices: Subject to change annually

	Regular Season
Varsity Football	\$7.00 (\$5.00 TCR student)
JV Football	\$5.00
Soccer	\$5.00
Volleyball	\$5.00
Basketball	\$6.00
Wrestling	\$5.00 (Ram Duals excluded)
Baseball	\$5.00
Softball	\$5.00
Track & Field	\$5.00

Tournaments and Playoffs : Prices to be TBD

Rams Club Booster memberships are available for free admission to all regular season events at Roberson.

Substance Abuse/Criminal Violations

The NCHSAA, BCS and TCRHS oppose the use of tobacco, alcohol and other drugs by student-athletes, coaches and officials. The use of alcohol and illegal drugs is prohibited. Medical research clearly substantiates the fact that the uses of these or any mood modifying substances produce harmful effects on the human organism.

The student who wishes to experiment with such substances should remove himself from the team before he/she jeopardizes team performance, team reputation, team success, and physical harm to himself/herself or teammates.

Alcohol/Drugs/Criminal Violations: Student Athletes who are in violation of Board Policy 4354 will adhere to consequences set forth by BCS.

Disciplinary action taken by the Administration may be supplemented by additional disciplinary action by the Athletic Department.

SPECIAL NOTE:

When serving an athletic suspension, the athlete is expected to demonstrate support for HIS/HER teammates. Failure to adhere to these expectations may extend his suspension and/or affect his recognition at the conclusion of the season.

Discipline

The coach may immediately suspend a player for inappropriate behavior detrimental to the team and school. Any suspension period of more than one week shall be determined by a meeting of the athlete's coach or coaches, and the Athletic Director.

NCHSAA Eligibility Regulations

BEFORE PARTICIPATING WITH ANY TEAM THE FOLLOWING MUST BE COMPLETE:

1. TURN IN SIGNED NCHSAA Physical and Concussion FORMS.

Before Participating in an athletic contest the following must be complete:

1. FamilyID
2. Fees for insurance and transportation
3. Physicals must last the entire length of season, including playoffs.

BEFORE PARTICIPATING WITH TEAM THE FOLLOWING MUST BE CHECKED:

- Must be properly enrolled as a TCR student at the time they participate.

BEFORE PARTICIPATING IN AN ATHLETIC CONTEST THE FOLLOWING MUST BE CHECKED

- Must not have exceeded eight consecutive semesters of attendance or have participated more than four seasons in any sport since entering the ninth grade
- No student may participate on an athletic team if his/her 19th birthday comes on or before August 31.
- Must live with parents or legal custodians within the school district (exceptions must be approved by the principal and the NCHSAA).
- Transfer students must sit out 365 days from date of transfer unless approved by NCHSAA/BCS Athletics Director due to medical/welfare of child circumstances.
- Must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester (3 of 4 (sophomore, junior, seniors) or 6 out of 8 blocks (freshman). Students must also meet local promotion standards set by the LEA.
 - Students must adhere to BCS Policy 4400R regarding attendance make-up procedures.
- Must have received a medical examination by a licensed physician within the last 395 days. Students absent from athletic practice for five or more days due to illness or injury shall receive a medical release before re-admittance to practice or contests.
- Must not have been convicted of a felony, or an offense that would have been a felony if committed by an adult.
- Must not participate in unsanctioned All-star or Bowl games.

- Must not be guilty of Unsportsmanlike conduct, or ejected from the previous contest
- Students must purchase Insurance as provided by Buncombe County Schools
- * Parents must attend the pre-season required NCHSAA meeting.

Sportsmanship

The following policy statement from the North Carolina High School Athletic Association (NCHSAA) expresses the concept of sportsmanship as follows: Ethics, integrity, and respect are important values in our daily lives. In the playing arena, they are translated into the word sportsmanship. Good sportsmanship is a vital part of high school athletics and must be reflected in a commitment to emphasize those positive lifetime values taught by interscholastic athletics.

Students and spectators should....

- Realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through behavior the practice of good sportsmanship
 - Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
 - Remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players, through the medium of the contest
 - Be modest in victory and gracious in defeat
 - Respect the judgment and integrity of officials
 - Fulfill the pledge you sign before each sport season
- Athletes are expected to:
- Exemplify high morals, good character and fellowship
 - Respect the integrity of others
 - Abide by the rules of the game in spirit and intent
 - Demonstrate a continuing interest in personal improvement
 - Display good sportsmanship
 - Respect the rights and possessions of teammates, coaches, administrators and officials.

Ejection Policy

Anyone ejected from a contest or observed:

- fighting (throwing a punch)
- biting
- taunting, baiting, or spitting toward an opponent
- use of profanity
- use of obscene gestures
- disrespectfully addressing or contacting an official

Shall be suspended by NCHSAA and may be subject to administrative discipline as well. Must complete NFHS Sportsmanship Course online.

PARENT/COACH COMMUNICATION

By establishing an understanding of each position as a parent/coach, we are better able to accept the actions of the other and provide greater benefit to our student-athletes. As parents, when your child becomes involved with athletics, you have a right to understand what expectations are placed on your child. This should begin with clear communication from the coach of your child's team.

Communication you can expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the team.
3. Location and time frame for practices and games. Parent attendance at practices should be minimal but attendance at games should be maximum!
4. Team rules and policies. Note: These team policies may be different from team to team and sport to sport.
5. Special requirements including equipment, fees, off-season conditioning, etc.
6. Discipline that could result in denial of your child's participation.

Communication coaches can expect from parents:

1. Concerns expressed directly to the coach personally, not through other people.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectation.

There are many positive and rewarding benefits of being involved in athletics in high school. It can, at times, become stressful. It is important to understand that there are times when things do not go the way that you or your child wishes. Being a part of a team requires that one give up some "self" in favor of the "team". It is difficult to accept that your child may not be playing as much as you or they would like. Coaches are professionals. They make their decisions based on what they believe to be the best for all students involved. There are certain issues that can and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Appropriate concerns to discuss with coaches:

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

Issues NOT appropriate to discuss with coaches:

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

Please encourage your child to communicate with his/ her coach first. However, there are certainly situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, please use the following procedures to help promote a resolution to issue of concern:

To have a conference with any coach:

1. Call or email the coach to set up an appointment. This contact information will be provided to parents. Assistance with setting up an appointment can be arranged through the Athletic Director.
2. **Please do NOT attempt to confront a coach before or after a game.** These can be stressful, intense and emotional times for both parents and coaches.

Research clearly indicates that students involved in any extra-curricular activity, including athletics, perform better in school than those who do not and have a greater chance for success during adulthood. Many of the character traits required to be successful in athletics are exactly those that will promote a successful life after high school.

We are glad that you are allowing your child to be a part of the athletic program at TC Roberson High School. We will endeavor to make this a positive experience for your child.

Conclusion

The importance of adherence to all regulations in this book should be apparent. The community, school administrators, coaching staff, and athletic director feel strongly that high standards of conduct and citizenship are essential in maintaining a solid program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and the orderly conduct of sports.

We are glad that you are allowing your child to be a part of the athletic program at TC Roberson High School. We will endeavor to make this a positive experience for your child.

GO RAMS!!