



TABLE OF CONTENTS

INTRODUCTION	4
MISSION STATEMENT.....	4
Our Athletic Department	4
SCHOLASTIC ATHLETIC OFFERINGS	4
ATHLETIC DEPARTMENT CORE VALUES	4
Our Coaches	5
Our Parents	5
Expectations	5
Our Athletes	5
ATHLETIC DEPARTMENT EXPECTATIONS, PRACTICES & POLICIES	6
Eligibility for Interscholastic Participation	7
Academic Probation.....	7
Athletic Conduct/Discipline Policies	7
School Suspensions	7
Substance Abuse/Tobacco/Vaping	7
Consequences for Substance Abuse/ Tobacco/Vaping.....	7
Protocol for Resolution.....	8
Attendance at School	9
Dress Code	9
Transportation	9
Playing Time.....	10
Participation Fees	10
Required Forms.....	10
Uniforms.....	10
Team Pictures.....	11
Communication.....	11
Inclement Weather/Cancellations.....	11

Concussion Policy.....	11-12
Additional Team Expenses.....	13

INTRODUCTION

The York Preparatory Academy Athletics Handbook is a reference guide for coaches, student-athletes and parents concerning the policies that govern interscholastic athletics at York Preparatory Middle School and High School. The coach of an athletic team reports to the Athletic Administrators and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at York Preparatory Academy. The Athletic Admin will administer these rules and regulations as they relate to inter-team and inter-coach relationships. Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated. Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school and middle school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules. Thank you for your participation in our athletic program.

MISSION STATEMENT

The mission of York Preparatory Academy is that its students possess the knowledge, skills, character, and determination necessary to excel in their chosen post-secondary pursuits and in life.

OUR ATHLETIC DEPARTMENT

Ryan Bridges-Athletic Director-Ryan.Bridges@yorkprepasc.org

Alina McDonald-Athletic Admin – Alina.McDonald@yorkprepasc.org

SCHOLASTIC ATHLETIC OFFERINGS

FALL	WINTER	SPRING
CROSS COUNTRY (COED) (MS, V)	GIRLS BASKETBALL (MS, V)	BASEBALL (MS & V)
GIRLS VOLLEYBALL (MS, JV, V)	BOYS BASKETBALL (MS, JV, V)	BOYS AND GIRLS SOCCER (MS & V)
	DANCE (MS & V)	

ATHLETIC DEPARTMENT CORE VALUES

Individual student growth in each of these four areas will be a focus in every sport, every season.

- **Knowledge:** Students will actively seek to understand the importance of self and team, and rules and regulations of their chosen sport.
- **Skills:** Students will attain a set of skills that will enable them to successfully engage in their chosen pursuits.

- **Character:** Students will develop the courage and integrity needed to consistently make noble choices that will positively affect themselves, team and others.
- **Determination:** Students will build the resolve and tenacity required to overcome obstacles and failure, the work ethic to achieve success in their pursuits, and the intrinsic motivation to continue to improve themselves throughout their lives.

***York Prep Athletes will set the standard for their peers, their families, and their teams on and off the field/court at all times. We expect the same effort in the classroom as we do on the court. We expect leadership and good decisions at all times and will settle for nothing less from all Athletes on all teams in all sports.**

-Putting on our jersey/uniform means you accept and support these expectations and core values.

OUR COACHES

Coaches at York Prep are the most significant components of the athletic program. They are both teachers and active participants at the same time. They have the responsibility to model moral and ethical behaviors and attitudes at all times. In order to be an effective coach and role model, YPA's coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and work effectively under the authority of the Athletic Admin and York Prep Administration. Our coaches take seriously the opportunity they have to mold young lives centered around character.

OUR PARENTS

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times.

EXPECTATIONS

Being the parent of an athlete requires commitment and understanding built upon the following expectations:

1. It is the responsibility of the parent to ensure that the student-athlete attends practices and has arranged proper transportation. Students should be picked up promptly after a game or practice so the coach does not have to wait. Excessive late pickups will result in removal from any sports team.
2. All practices and tryouts are closed to the public. This allows the coaching staff to have the full attention of their players and does not cause distractions.
3. After games and matches (a 24 hour wait period) is required to schedule a meeting, an email conversation with coaches. Immediately following a contest where issues have occurred, please postpone contacting the coach until after the 24-hour period. In teaching character and conflict resolution skills, the student-athlete should address the

coach before parents. If the concern remains, parents should make an appointment with the coach to discuss the issue. If the issue still remains unresolved, parents should contact the Athletic Dept. to discuss the situation. **Parents are not allowed to discuss playing time with coaches at any point in the season. Any violation of this expectation may result in an athlete's removal from the team.**

4. Parents, while engaged in the sports event, please allow the coach to be the coach. **DO NOT COACH YOUR STUDENT-ATHLETE FROM THE STANDS.** If you choose to coach from the stands, this runs the risk that they will be removed from play and/or necessitate removal from the team.

OUR ATHLETES

YPA student athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests upon the shoulders of the student athlete, for it is the student athlete who is accountable to his/her parents and coach.

ATHLETIC DEPARTMENT EXPECTATIONS, PRACTICES & POLICIES

Eligibility for Interscholastic Participation

All student athletes at York Prep must be exemplary members of the student body. Therefore, standards of academic achievement have been adopted in order for student athletes to establish and maintain eligibility.

Student-Athletes at York Preparatory Academy have three basic obligations:

1. Academic – expected to attend class, complete assignments, and complete credit requirements for high school diploma and eligibility requirements for interscholastic activities. Refrain from making grades less than a C. (2.0)
2. Behavior – expected to abide by the Behavior Policy in the York Prep Academy handbook and refrain from any unacceptable behaviors that prevent or deter the student from achieving academic goals. Bullying or locker room harassment will not be tolerated. Student(s) will be subject to YPA's disciplinary policy.
3. Athletic – expected to participate in all practices, team meetings and games. Adhere with all team policies as set forth by the coach.

Academic goals for student-athletes are:

1. Increase effort in class by completing all assignments on time and attending classes regularly... Refrain from making grades less than a C.
2. Reduce behavior issues that interfere with academics.
3. Increase core GPA.

4. Increase SAT and ACT scores.
5. Make use of Tutoring, Content and Credit Recovery.
6. Stay on course for graduation on time.

Academic Probation

During the season, grade checks will be performed by the guidance counselor, athletic dept, or their designee. High school student athletes cannot have two (D's) in any class, or one (F) in any class. If a student has two (D's) or one (F), he/she will be placed on academic probation.

Probation will last five school days. Middle school student athletes need to have 60% or above in all core classes. If not, they will be placed on academic probation. During this time, students are allowed to practice with the team and sit on the bench during games. They cannot participate during games, dress out for games or have an early dismissal or travel with the team to away games. Also, during this time, the student must meet with their teacher(s) during office hours or tutoring sessions to receive any additional tutoring or work needed to increase their grades. After five school days, grades will be checked again by the guidance counselor and/or athletic admin. If the student no longer has two (D's) or one (F), they are eligible and able to return to the team in full capacity. If their grades are not high enough (C or above), another five-day probation period will be imposed with the same guidelines. After the five-day period ends, another grade check will happen. If the grades are still not a (C or better), a ten (10) day probation period will begin. During this time, students are NO longer able to practice with the team. If the student's grades have not improved at the end of the (10) day period, he/she will be ineligible for the remainder of the season.

*Student athletes who raise their grade before the five day probationary period is over can automatically return to full participation on their team once acknowledged by Athletic Admin, guidance counselor, or their designee.

Athlete's Conduct/Discipline Policies

1. **Participation in interscholastic athletics is a privilege, not a right.** The behavior of student athletes participating in interscholastic activities is governed by policies and procedures outlined by York Preparatory Academy and the SCHSL.

Sportsmanship Statement

- Promote and uphold good sportsmanship
 - Behave in a manner that positively reflects YPA, team and community
 - Refrain from use of profanity, vulgarity and unsportsmanlike behavior
 - Show respect for opposing players, coaches, spectators and support groups
 - Maintain self-control at all times
 - Accept victory as well as defeat with pride
2. Individual team rules will also govern the behavior of student athletes.

3. Each school/program will have an athletic meeting after tryouts that will communicate to parents and athletes the expectations, responsibilities, rules, regulations and policies governing athletic participation.

School Suspensions

All students must be in good behavioral standing through the entire tenure of their respective sport season.

- Students who are sent to ISS 2 times during the season will be suspended from the team for 1 week; Any further ISS will result in removal from the team.
- Student athletes who are suspended out of school will be immediately removed from the team.
- Student athletes who receive a referral from a teacher will be considered for suspension from the team for up to 5 days.
- Student athletes who accrue too many absences and/or are in seat recovery will be suspended from the team until their attendance is back in good standing with their Principal, Counselor, Athletic Admin, or their designee.

Protocol for Resolution

1. Parents/Athletes: In the event that an athlete or his/her parents are unhappy with any infraction of the athletic team or department, the proper process to reach a resolution is as follows:

- A. Athlete to Coach
- B. Parent to Coach
- C. Coach to AD
- D. Parent to AD
- E. AD to Managing Director
- F. Parent to Managing Director

Parents should always schedule an appointment to conduct these meetings. A parent should never approach a coach immediately before, during or after any practices or contests as these are the times that emotions are high and constructive resolutions are not likely to occur.

Coaches are required to make every effort to schedule a meeting with a parent if the parent requests such a meeting.

2. Coaches: In the event that a Head Coach has a grievance with a policy or decision made by the athletic department, then the proper process to reach a resolution is as follows:

- Head Coach to AD
- Head Coach to Managing Director

Assistant Coaches will follow the same process with the exception of beginning with a meeting to the Head Coach before consulting the AD.

3. Communication: We will send out all communication through schoology, email, and our school website at yorkprepsc.org.

ATTENDANCE

Practices, games and matches are mandatory. Student athletes are expected to attend all practices and games unless they are sick, have a family emergency, are receiving academic support or if they have been excused by the head coach. If a student athlete is injured they should still attend practices to support their team and to stay current with the team unless they are excused by the coach or athletic trainer. Student athletes are expected to be punctual and prepared for every practice, game or match. Student athletes who do not show up for a practice or game without informing the coach will be given a 5 day suspension from the team.

-Student athletes are expected to be at school and in class on time each day. If student athletes are habitually late/tardy to school or class, or have to be on an attendance plan will be placed on probation for up to 5 days or removed from the team.

On game days:

-All student athletes must be in attendance at school for at least ½ day in order to play that day.

*Medical/Dr notes can be provided which would allow for student athlete to play

-All student athletes should be in their designated area at the time instructed by the coach.

Students who are late will run the risk of not being allowed to play that day.

DRESS CODE

York Prep athletic teams will have the following game day dress options (Coach's decision)

1. Collared shirts, ties, dress shoes and dress slacks
2. Dress, skirt, or dress slacks, blouse and dress shoes
3. Team shirts or gear
4. Other options as approved by the School and Athletic Department

TRANSPORTATION

York Prep will provide transportation to all athletic events, (except holiday, winter or spring break games/tournaments). If circumstances prevent the school from providing transportation, then the parents of the student will be responsible for transporting their child to the event. Players and coaches are responsible to make sure the bus is cleaned after any away contest. Students are not allowed to drive personal vehicles to games, matches, etc. Special circumstances may arise that

require a student to ride home with parents after a contest. This may only take place after the parent has contacted the head coach in advance and received prior permission. A Student Transportation Form must be signed by the parent and given to the coach. Under no circumstance will a student be allowed to ride home with anyone other than a parent or guardian.

Teams that travel for overnight games will have procedures for trips sent out from the coach/athletic dept prior to the trip.

PLAYING TIME

Playing time is earned through practice and is 100% decided at all times by the coach. At no time during the season are parents allowed to discuss playing time with the coach. Any attempts during the season may result in an athlete being removed from the team.

PARTICIPATION FEES

Participation fees are essential to help fund the cost of interscholastic athletics; transportation to athletic events, game officials, tournament entry fees and supplementary equipment and supplies. Fees will be collected per student athlete listed below.

- Athletics Sports Fee: \$100 per athlete per sport
- In the event an athlete chooses to no longer participate or has to be removed from a team, the athletic fee will not be reimbursed.

Payment of Fees can be accessed through the school website: <https://www.yorkprepsc.org/>. Select (Fee Pay) under the Menu Tab. If fees are not paid, students will be ineligible to participate in that sport. With financial concerns, contact Ryan Bridges, Athletic Director-ryan.bridges@yorkprepsc.org

REQUIRED FORMS

Students must have a current signed sports physical on file with the Athletic Department along with a signed medical release form before they are allowed to try-out.

For an athlete to practice or play varsity sports at York Preparatory Academy the Athletic Department must have on file: Go to - www.planeths.com

- Current sports physical form signed by physician, athlete and parent. (**Physicals must be renewed annually starting April 1st for the upcoming school year**).
- Signed Medical Release Form
- Signed York Prep Athletic Handbook
- Paid athletic fee. All athletic fees are due before the first scrimmage game for each sport.

UNIFORMS

York Prep Academy will be responsible for purchasing uniforms from the contracted vendor. All coaches will be in charge of distribution and collection of all school-owned uniforms.

Uniform Care:

Uniform cleaning will take place once coaches have put all used uniforms in the bin outside the Athletic Director's office. Coaches will pick up uniforms from rack in Fieldhouse lobby by the elevator after cleaning by maintenance/custodial staff

TEAM PICTURES

Team pictures will be scheduled for each team **by the athletic dept** . The date and time for each team photo will be published on the athletic department website and Schoology. Team and individual photos will be taken at the designated time.

COMMUNICATION

Communication is critical to the success of the athletic department and must be efficient and effective. Primary Methods:

1. Schoology: Each team will have a Schoology Group that is accessible to the parents of athletes, the athlete, coaches, and Athletic Directors. Coaches will utilize Schoology to post announcements, updates to games/ practices, results, ticket information, dismissal times, and last minute changes. Schoology is the primary communication tool for YPA Coaches.

Athletic Website/ Calendar: The Athletic Website will have tryout information, team schedules,

INCLEMENT WEATHER / CANCELLATIONS

There will be no practices or games on days when inclement weather forces the closure of school. Game and practice cancellations will be at the discretion of the York Prep administration. The decision to cancel a game or practice will be made as early as possible (No later than 1:00 PM) to allow student-athletes the opportunity to communicate with their parents. Parents will be notified of a cancellation via the athletic website and Schoology.

Lightning Policy - The Athletic Trainer on staff will communicate directly with the coaching staff to remove athletes from the playing field to seek shelter and give clearance to return to practice.

Tornado watch/warning-The Athletic director and York Prep Admin will make a decision as early as possible to cancel games.

-In the event weather becomes an issue during a game, the umpires and coaches have the discretion to wait out or cancel a game in progress.

CONCUSSION POLICY/CONCUSSION TIMELINE

The Athletic Trainer on staff will communicate with athlete, parents and coaches about concussion protocol on returning to play. [Concussion Policy Link](#)/ [Concussion Facts Link](#)

Sample Concussion Timeline

- Athlete Completes Tryouts and Makes the Team
- Athlete Completes Baseline ImPact Testing
- Athlete Sustains Concussive Injury Mechanism
 - Athlete is removed from play if it occurs during practice or game.
 - Athlete reports it to the Staff Athletic Trainer if the athletic trainer is not present.
 - I.e. athletic trainer is at another field or if sustained at away game
 - Even if the injury is sustained outside of school activities (i.e. car accident)
- Athlete is evaluated by the staff athletic trainer ASAP.
 - SCAT5 performed
 - ImPACT Post-Injury Test Performed
 - Parents are contacted (if they do not already know, they will be informed of the injury) and informed on concussion management/next steps.
- Athlete is referred to physician with SCAT5 and ImPACT test results.
 - Athlete will be sent with a form for the physician to fill out to determine if a follow up visit before return to play protocol begins is necessary.
- Athlete is out of activity until symptom free for at least 48 hours.
 - Classroom accommodations will be made if necessary
 - Athlete will report to the athletic trainer every school day to perform a symptom checklist.
 - SCAT5 will be re-performed every other school day until an overall score of 90% or higher is achieved.
- Once symptom free for 48 hours, Post-Injury ImPACT testing will be performed daily until results return to baseline levels.
- Athlete will return to physician to be cleared to begin Return-To-Play protocol if the physician warrants a second visit after the first visit where the athlete was diagnosed.
 - The physician can choose to release the athlete after the initial visit to begin RTP with the athletic trainer once symptom free for 48 hours and ImPACT and SCAT5 testing has returned to normal levels.
- Return to Play protocol will be performed.
 - Day 1 - light aerobic activity
 - Day 2 - light warm up plus sprints
 - Day 3 - light warm up, shuttle sprints, burpees, plyometrics, medicine ball slams, agility drills, etc.
 - Day 4 - Non-contact practice
 - Day 5 - Full-contact practice
 - Day 6 - Full Return To Play
- Assuming everything goes symptom free, the athlete will be cleared to Return-To-Play.

ADDITIONAL TEAM EXPENSES – In cases where team members are given the opportunity to purchase non-mandatory equipment (bags, t-shirts, etc.) through York Prep, no cash or checks are to be collected by York Prep coaches. Coaches must have prior approval from the Athletic Director to offer additional equipment, etc. to players. In addition, NO cash/checks will be collected by coaches for overnight trips. Please contact the Athletic Dept. office for information on student billing.