

# **Legacy High School**

## **Athletics**



Thank you for your interest in Legacy Athletics! At Legacy, everyone plays an important role in the success of our athletic programs. Much of what we do will depend on having a coordinated effort with our students, parents, coaches, and staff working together to achieve our goals. This handbook should help you to understand how to be a successful part of our program. Thank you for partnering with us to ensure that our accomplishments will give a sense of pride to our students, staff, and community. Any change to the handbook will be announced and become effective immediately.

Respectfully,

Jarrett Wiggers  
Athletic Director

### **THE EAGLE MISSION:**

Our athletic program was founded with the understanding that athletic competition has the ability to make a vital impact on our students. Being part of a team teaches us selflessness, leadership, work ethic, teamwork, time management and more. Furthermore, Legacy Athletics serve as a motivator to our students to excel in the classroom. Our coaches will be mindful of the fact that our players are students first and athletes second. We will not have a “win at all costs” mentality as this does not represent our priorities.

We hope to give our students the invaluable experience of being a high school athlete. In return, we ask that our students represent the school with pride and excellence. We will display sportsmanship on and off the field of play, and our athletes will display leadership qualities in all situations.

## **SPORTSMANSHIP**

Good sportsmanship is an essential focus at Legacy High School. As athletes come and go, our commitment to sportsmanship will be unwavering. We will strive to promote character in all endeavors and partner with our leadership program to hone these principles. Although sportsmanship is all encompassing, these principles will be our focus as athletes, coaches, and parents.

Athletes will:

- Respect ourselves, our teammates, our parents, our coaches, our community, our officials, and our opponents at all times.
- Represent Legacy High School with pride and personify what it means to be a Legacy High School student athlete in all circumstances.

Parents will:

- Support the team, the coaches, and the school.
- Encourage their child as well as their teammates.
- Address any issues in private by asking for a meeting.

Coaches will:

- Lead their athletes by example on and off the court.
- Teach athletes to give their best, but not to lose sight of how to win and how to lose with grace.
- Treat all people with respect.

## **SPECTATOR CONDUCT**

To ensure a safe environment for all spectators and athletes, spectators are not permitted on the sidelines or on the courts before or during an athletic contest. Everyone associated with an athletic event plays an important role in seeing that our standards of sportsmanship are upheld. The coaches, administration, and AD are responsible to see that spectators are kept off the sidelines and courts. Anyone who observes inappropriate behavior from our fans should address it personally and/or inform a staff member on site of such behavior.

Resist shouting out instructions. This is the coaches' job. When both coach and parents yell, kids get confused. Remember- advice shouted from the bleachers almost never improves performance!

Show appreciation for the play of the other team. We will not attempt to distract or be negative toward our opponents. We will not cultivate hostility toward the other team in any way. We encourage our spectators to cheer for our teams and to be positive no matter the score. When the game is over, we will congratulate our opponents and wish them luck with the rest of their season.

Let the referees do their job. Do not assume the referees care who wins and who loses. Trust that any mistakes made are unintentional. If a referee has to speak to a spectator, we reserve the right to ask that spectator to leave.

## **DRESS CODE**

Also, see Legacy High School Parent/Student School Handbook

- Jersey Day for Athletic Teams: Each team will be allowed to wear their jerseys to school on all game days.
- Legacy athletic t-shirts/sweatshirts may be worn on Fridays.
- Athletes must cover all tattoos before, during, and after participation.
- Athletes are not permitted to wear jewelry during practices or games.
- Undergarments may not be visible and are not acceptable as outer garments in any athletic facility.
- Coaches should dress in proper coaching attire during all practices and games. (no sandals, flip flops)
- Student-Athletes must wear school approved clothing for all practices.(on campus and off)
- Coaches may require athletes to wear team practice gear that has been pre-approved by the Athletic Director or School Director.

### **EARLY DISMISSAL**

Students are responsible for all work missed due to early dismissals for athletic contests. When a student-athlete knows he/she will miss a class for competition, it is strongly recommended that all classwork and homework is arranged in advance. Any long term assignments that come due on a day that an athlete leaves early must be turned in the day before.

### **STUDENT ELIGIBILITY**

Legacy Charter High School is a member of the FHSAA, (Florida High School Athletic Association), which is the governing body for Florida high school athletics. Questions pertaining to FHSAA rules and regulations can be referred to the AD.

### **ACADEMIC ELIGIBILITY**

- Students in Grades 9-12 - must have a cumulative 2.0 GPA based on a 4.0 scale to remain eligible.
- Students have four consecutive years of eligibility, beginning when they first enter the 9th grade.
- Four years after a student enters the 9th grade, that student shall become ineligible for interscholastic athletics.
- A student must be less than 19 years, 9 months of age to be eligible to participate in high school athletics.

—Refer to the AD for any additional eligibility questions.

## HOME-SCHOOL PARTICIPANTS

Legacy will accept home-school students for athletic participation, however, it is the responsibility of the home-school participant to complete all necessary forms and comply with FHSAA guidelines. Legacy is a school of choice and is not a zoned district school for any student. Therefore, additional permission is required from the school choice office before a home-school student may participate at Legacy instead of the school that student is zoned to attend.

## REQUIRED FORMS

The following forms must be turned in to the athletic office one day prior to beginning practice.

- EL2 FHSAA Physical Form-All students are required to have an annual physical examination by a physician. The FHSAA EL2 is the only acceptable form for this.
- EL3 FHSAA Parent/Student Consent Form-Both the student and parent are required to sign this form in order for the student to participate in athletics.
- GA4 form is required from all students that come to Legacy after 9<sup>th</sup> grade. This form verifies that recruiting has not taken place and must be notarized.

## USE OF ATHLETIC FACILITIES

- Legacy athletics is the primary user of the gym. All requests for use of the gym are to be submitted to the Athletic Director for approval.
- The in-season sport has priority for the use of athletic facilities.
- All events and facilities usage must be submitted for approval and entered in the Events Calendar.
- Coaches do not have authorization to schedule, rent, loan, or otherwise provide Legacy facilities to others without prior authorization from the AD or School Director.
- Students are not permitted to use any facility without direct supervision from a school employee.

## GAME DAY PROCEDURES

- Legacy student-athletes will follow all policies and procedures located in the student handbook at all times before, during, and after athletic events.(including away games)
- Uniform and nutrition standards continue until the student-athlete is released to their parents/guardians.
- Student-athletes must be supervised at all times while waiting for a contest to begin.(home and away.

- Student-Athletes are permitted to drink sports drinks during games and practices with the approval of the AD or School Director.
- Coaches must touch base with the team mom before each contest to ensure proper volunteer/transportation coverage.
- Coaches must welcome the visiting team upon arrival, explain accommodations, and ensure they have everything they need.
- Coaches must meet the officials upon arrival, explain the pregame procedures, and show them the facility.

In case of an emergency the following will occur:

- a. Professional medical advice will be sought from the team doctor, trainer or among spectators.
- b. The coach/administrator will work with the parents to determine if emergency assistance should be called.
- c. Emergency assistance will be called if any doubt exists as to the seriousness of the injury.
- d. The coach/administrator will stay in the vicinity of the injured player and designate others to make necessary calls.
- e. The coach/administrator will designate an adult to accompany the injured player to the hospital if the player's parents are not in attendance.
- f. Immediate effort will be made by the coach/administrator to contact the parents of the injured player.
- g. The coach/administrator will work with the family to coordinate any help they may need to provide for other children or to notify family members.

#### **SCHOOL ATTENDANCE**

- Student-Athletes must be present for the entire school day in order to participate in practices or games unless the absence is unavoidable and excused by the athletic director.
- Consideration will be given to a player who arrives before 10am with a legitimate written excuse. This exemption can be used no more than 2 times during that season.
- Participation in games or practices is not permitted if the student athlete was absent due to illness for any part of the school day.

#### **PRACTICE ATTENDANCE**

- Attending practice is crucial for all student-athletes whenever possible.
- Missing practice may result in loss of playing time.
- If missing practice is unavoidable, you must contact your coach in advance whenever possible.

## **FHSAA HEAT ACCLIMATIZATION POLICY**

Heat illness is a cause for concern for high school student-athletes beginning pre-season practices in the warm, summer months and other times of extreme heat. The most serious heat illness, exertional heat stroke, is one of the leading causes of preventable death in these athletes. Heat production during intense exercise is 15 to 20 times greater than at rest and can raise body core temperature one to two degrees Fahrenheit every five minutes unless heat is dissipated. The following policy provides guidelines and procedures for conducting preseason practices and activities to insure the well-being of student-athletes.

**P 41.1 Intent.** The intent of this policy is to require FHSAA member schools to follow a preseason acclimatization and recovery model for all sports that enhances student-athlete well-being. The policy also requires individual schools, or districts, to select and promote a method of environmental monitoring to be used outside the acclimatization period and comply with standard recommendations for practice modifications, for the safety of the student-athlete.

**41.1.1** These policies provide general regulations for conducting preseason practices for secondary school-age student athletes and to provide recommendations for voluntary conditioning workouts.

**41.1.2** These policies should be applied before and during the academic year to ensure the athletes arrive with and maintain adequate sport-specific conditioning.

**41.1.3** Application of these regulations should not be based solely on the information contained here within; but, should represent the minimal safety precautions promoted through the FHSAA. Coaches and Schools are encouraged to review published recommendations through the NFHS or the National Athletic Trainers Association to further protect student-athletes from the harmful effects of the heat.

**41.1.4** Individuals using these guidelines are responsible for prudent judgment with respect to each practice, athlete and facility and each athlete is responsible for exercising caution when following these general requirements.

**41.2 Rationale.** The recommendation of the National Federation of High School Association's (NFHS) Sports Medicine Advisory Committee (SMAC) and the National Athletic Trainers' Association's (NATA) Secondary School Committee, that all sports use acclimatization and recovery principles to develop their preseason practice schedules for the purpose of enhancing the student athlete well-being, is based on the following: The primary focus of the preseason period should be to provide an adjustment period to the intensity and duration of exercise and environmental conditions. These procedures are based upon medical literature. Careful consideration should be given to the various levels of fitness in the high school student-athlete.

**41.3 Definitions.**

**41.3.1 Voluntary Conditioning.** Voluntary conditioning is defined as any conditioning (i.e. running, weight lifting, warm-up, stretching, or cool-down) that occurs outside the season as defined in Policies 20 and 21.

**41.3.2 Official Practice.** An official practice is defined as one continuous period of time in which a participant engages in physical activity. It is required that each practice be no more than three hours (3 hours) in length and consist of no more than 90 minutes of intense exercise. Warm-up, stretching, and cool-down activities are to be included as part of the official practice time. All conditioning and/ or weight room activities shall be considered part of the official practice beginning on the first calendar day of official sport season.

**41.3.3 Acclimatization Period.** The acclimatization period is defined as the first 14 calendar days of a student-athletes' participation, beginning with the first allowable date of practice in that sport or the first day an athlete begins official practice, whichever is later. All student-athletes, including those who arrive to preseason practice after the first official day of practice, must adhere to the safety precautions afforded by this acclimatization policy. This period does not restrict an athletes' availability to participate in a contest but does restrict the amount of total hours an athlete can participate on a daily and weekly basis.

**41.3.4 Walk-Through.** A walk-through shall be defined as an additional teaching/learning opportunity for student-athletes and coaches with no protective equipment (i.e. helmets, shoulder pads, shin guards) or equipment related to a given sport (i.e. footballs, blocking sleds, pitching machine, soccer balls, etc). The duration of any walk-through must not exceed one hour in length. A walkthrough shall not include conditioning or weight room activities.

**41.3.5 Recovery Period.** A recovery period is defined as the time between the end of one practice or walk-through and the beginning of the next practice or walk-through. Physical activity is restricted during this time period.(i.e. speed , strength, conditioning, or agility drills) Walk-throughs are prohibited during this recovery period.

#### **41.4 Procedures**

**41.4.1** Prior to participation in any preseason practice activities, all student-athletes are required to undergo a Pre-Participation Physical Evaluation (see Bylaw 9.7, Form EL 2) administered as required by state law.

**41.4.2** The student and parent or legal guardian, duly appointed by a court of competent jurisdiction, must submit a release form provided by the association (Form EL3CH – Concussion& Heat Related Illness Information Release Form).

**41.4.3** During the first seven days of an athlete's participation, it is required that participants not engage in more than one practice per day.

**41.4.4** If a practice session is interrupted by inclement weather or heat restrictions, it is required the session be divided for the good of the student-athlete's welfare as long as the combined total practice

time for that session does not exceed three (3) hours. The addition of a walk-through session in this situation is acceptable provided it is added because of a weather related disruption, and occurs inside an air-conditioned facility.

**41.4.5** Competition is counted as three (3) hours. An official practice is not permitted on the same day of a competition.

**41.4.6** A walk-through is permitted during Days 1 – 6 of the acclimatization period. However, a one-hour recovery period is required between the end of practice and the start of the walk-through or vice-versa.

**41.4.7** Football only (including spring): Due to the protective equipment required in football, these additional procedures apply: the first two (2) days of practice are restricted to helmets only, days 3-5 can introduce shoulder-pads with shorts and then beginning day six (6) of practice, full gear can be utilized and body-to-body contact is permitted. Student-athletes who begin practice with a team after the start of official practice will be required to follow this same 6 day procedure. During the initial five (5) days, the use of arm shields, tackling and blocking dummies, sleds and other devices can be used for instructional purposes, however, deliberate body-to-body contact is prohibited.

**41.4.8** For football athletes, the first availability for a contest would be after completion of the 6 practice sessions as listed above in 41.4.6.

**41.4.9** Beginning Day 8, it is required that the practice schedule not exceed a 2-1-2-1 format. This means that a day consisting of two practices should be followed by a day with only one practice. One walk-through session may be added to a day with a single practice session. If a two practice day were followed by a day off, a two-practice day would be permitted on the next day.

**41.4.10** On days when two practices are conducted, it is required that either practice not exceed three (3) hours in length and student-athletes not participate in more than five (5) total hours of practice activities on these days, Warm-up, stretching, and cooldown activities are included as part of the official practice time. Practices must be separated with at least three continuous hours of recovery time between the end of the first practice and the beginning of the very next practice. A walk-through is not permitted on days that have two (2) official practices. Weekly practice time shall not exceed twenty-four (24) hours for days 8-14.

**41.4.11** On days when a single practice is conducted, it is required that practices not exceed three hours (3 hours) in length. A walkthrough is permitted after a minimum one-hour recovery period between the end of the first practice and the walk-through, or vice-versa.

**41.4.12** It is recommended that any voluntary conditioning session is limited to three (3) hours maximum per session and these sessions should include the safeguards listed within 41.5 below.

**41.4.13** Cross Country: Individuals must participate in a minimum of 10 practice sessions on 10 separate days prior to the first contest.



**41.5 Hydration and Rest.** Once the 14 day acclimatization period expires or within ANY voluntary conditioning session, each individual school, or district, must select and promote a method of monitoring the environment for heat related concerns and comply with standard recommendations for practice modifications, for the safety of the student-athlete. Schools must continue to adhere to the above hydration/rest policies as well as the time limits and sequencing imposed on practice (2-1-2).

- Rest time should involve both unlimited hydration intake and rest without any activity involved.
- For sports utilizing helmets (i.e. football, lacrosse, baseball, softball and others) helmets should be removed during rest time.
- For every 30 minutes of practice, there must be at least a minimum 5 minute rest and hydration break.
- The area identified for rest should be considered a “cooling zone” and out of direct sunlight. This area can include ice sponges, cold immersion tubs and other cooling alternatives to facilitate the cooling process.
- Coaches should promote a heat injury prevention philosophy by promoting unrestricted access to water at all times without consequence.
- A student-athlete should never be denied access to water if he/she requests.

**41.5.1** Suggested methods of monitoring the environment include:

1. Wet Bulb Globe Temperature (WBGT)
2. Heat Index
3. Digital meters or Psychrometers

#### **41.6 Sanctions on Coaches**

**41.6.1 Level 1 Suspension.** A head coach who commits a violation of any condition listed in Policy 41 will be ineligible to coach or attend any contest, at any level, for a minimum of the next two (2) contests during the period of suspension, in all sports except football. For football, the coach will be ineligible for a minimum of one (1) football game; or

**41.6.2 Level 2 Suspension.** A head coach who receives a second Level 1 Suspension due to a violation of any condition listed in Policy 41, or commits multiple violations in Policy 41 will be ineligible to coach or attend any interscholastic athletic contest in any sport, at any level, for a period of up to six (6) weeks; or

**41.6.3 Level 3 Suspension.** A head coach who receives a second Level 2 Suspension for violating any condition of Policy 41 or commits an egregious violation of Policy 41, as determined in the sole discretion of the Executive Director, will be ineligible to coach or attend any interscholastic athletic contest in any sport for a period of up to one (1) year.