



HERITAGE ACADEMY

Instilling High Moral Standards & Academic Excellence

ATHLETIC HANDBOOK **2021-2022**

625 Magnolia Lane - Columbus, MS 39705

Telephone: (662) 327-5272

www.HeritagePatriots.com

ADMINISTRATION

Headmaster: Greg Carlyle, PhD.

Athletic Director: Sean Harrison

Heritage Academy does not discriminate on the basis of race, religion, ethnic origin, disability, or sex. Qualified applicants of all races and creeds are welcome.

THIS SCHOOL AGENDA BELONGS TO

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: _____

ATHLETIC DIRECTORY

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Varsity Dance	Danette Starks	danettewstarks@att.net
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OUR PHILOSOPHY

1. The athletic program at Heritage Academy is student centered and is an integral part of a student's total educational experience.
2. Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
3. The school athletic department and administration strongly believes in being accessible to parents and supportive of the coaching staff.
4. We constantly strive to improve communication with students and parents. For our program to be successful, it is necessary that everyone understands the focus and direction of the program.

THE RESPONSIBILITY OF THE ATHLETE

An athlete is often respected and admired by the student body, spectators, and children in the community. The role is filled with responsibility. Good sportsmanship can be shown by the following:

1. Remember that you are representing yourself, your school, your family, and your community.
2. Please respect the integrity and judgment of the officials.
3. Live up to the standards of sportsmanship established by your coach.
4. Display positive actions in public at all times.

THE RESPONSIBILITY OF THE FAN

Spectators at an athletic contest have an important role in displaying good sportsmanship. As a group, your actions may have the biggest impact on how others view our school.

Fans should:

1. Compliment student-athletes in their attempts to improve and learn.
2. Respect both players and fans of the opposing teams.
3. Know and understand the rules of the game and cheer good performances.
4. Never confront an official/umpire before, during, or after a game.
5. Never confront players, coaches, or fans at any time.
6. Per MSAIS policy, if a fan is ejected from a contest, the fan will be responsible for fines incurred by both the school, and the fan and will be responsible for serving a 7-day suspension before being allowed to return to MSAIS sporting events.

Violations of these rules of conduct could lead to forfeiture of the contest, the school being placed on probation and fined, or the parent/fan being denied access to future contests and/or fined by the MAIS.

ATHLETIC LINES OF COMMUNICATION

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely challenging responsibilities. By establishing and understanding each position, we are able to accept the actions of others, parents have the right to understand what expectations are placed on your student. These expectations begin with clear communication from your student's coach.

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. When and where practices and contests are held.
2. Expectations the coach has for your student and the team.
3. Procedure if an injury occurs during participation.
4. Team requirements/rules for participation.
5. Notification whenever any disciplinary action results in your student being denied participation in a practice or game.
6. Accepted communication will be through the Remind 101 App.

COMMUNICATION COACHES SHOULD EXPECT FROM PLAYERS

As students become involved in athletics, they will experience some of the most rewarding moments of their lives. It is important to understand at times students may experience disappointment and frustration. At these times, student-initiated discussion with the coach is recommended and encouraged.

GENERAL INFORMATION

CONDUCT

The conduct of athletes must reflect the fact that they represent Heritage Academy. In the athletic and academic arenas, athletes' behavior must epitomize a positive attitude and a strong work ethic. According to this code, athletes must:

1. Play hard and play for the love of the game.
2. Respect officials and accept their decisions without question.
3. Win without boasting and lose without excuses.

FORMS

Each student must have a physical, a permission slip, a concussion form, and insurance information on file with the athletic director before he or she begins practice.

PHYSICAL STRENGTH AND CONDITIONING

The philosophy of the strength and conditioning department is to ensure that each athlete is given proper training to prevent injury. Athletes will challenge their power, speed, strength, and flexibility, and will receive mental and nutritional training. Each athlete will use the safest and most effective programs to reach set goals. The girls' and boys' weight room is located in the field house. All athletes will participate in year-round strength training (in-season and out-of-season)

PRACTICE

Specific guidelines concerning practice times and schedules are outlined with each sport. General practice information includes the following:

1. Days and times of practice are communicated through individual coaches via the Remind 101 app.
2. The seventh grade football team and junior high basketball teams practice during the school day.
3. With prior notice, a coach may call a special practice session.
4. A storm does not cancel practice. There are inside athletic areas where teams can practice.
5. Holiday practices must be scheduled by the coaches with at least two weeks prior notice. These practices are approved through the athletic director.
6. Coaches distribute summer practice and weight training information before summer break.

SUNDAY PRACTICE

Any Sunday practice must be approved by the athletic director. Student athletes may be excused from Sunday practices if they interfere with a church function. Athletes will not be punished in any way for missing a Sunday practice.

Sunday practices can only be called if there is a conference game or playoff game on the following Monday. Furthermore, Sunday practice cannot begin before 2:00 p.m. and must be over by 4:00 p.m.

SCHOOL ATTENDANCE

Athletes are expected to attend classes the day of a game. They must be in school the morning after a game unless they have prior permission from the principal or head master.

TRAVEL DRESS

When students report to games, they should be appropriately attired. Coaches will determine appropriate attire.

GAMEDAY DRESS

Athletic teams may wear spirit gear in lieu of the school uniform only on days they are participating in an athletic event. All members of the team must wear the approved “Team Attire” or the entire team will forfeit the privilege. This privilege is extended only once per week, which is determined by the head coach. Coaches must have game dress approved by the athletic director prior to ordering game day attire.

PARENTS/STUDENTS SHOULD NOTIFY THE COACH CONCERNING

1. Any schedule conflict well in advance.
2. Any special health concerns.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. Any unhealthy mental or physical strain you detect in your student at home.
2. Ways you can contribute to your student’s skill improvement and development.
3. Any dramatic changes you detect in your student’s behavior.
4. Treatment of your student, mentally and physically.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Team strategy or play calling.
2. Other student athletes.

PROCEDURES TO FOLLOW IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Make an appointment with the coach. **Never approach the coach immediately after a game unless the coach requests this. Please allow 24 hours before making contact with the coach.**
2. If the coach cannot be reached, call the athletic director to set up a meeting with the appropriate coach.

3. Please do not confront a coach immediately before, during, or immediately following a contest or practice. These can be busy and emotional times for both parent and coach. Meetings of this nature do not promote resolution.

Productive meetings always require calm, rational attitudes.

If the meeting with the coach does not result in resolution of the problem, the following steps should be taken:

1. Set up an appointment with the athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

AWARDS CEREMONIES

Jr.High and Sr.High award ceremonies are held to honor the athletes. An award ceremony is held in the spring. These ceremonies are scheduled through the coach and the athletic director. The coach will determine appropriate dress.

OVERNIGHT STAYS

The school will provide accommodations for athletes only during state playoffs when the athletic competition is more than 100 miles from Heritage Academy and is held on consecutive days.

COMMUNICATION

Student athletes are under the direct supervision of an exceptional coaching staff. It is important that the athlete communicate directly with the coach. If a parent would like to talk with the coach or has a concern, he or she may contact the specific coach by calling the school office at (662) 327-5272. Coaches have teaching responsibilities throughout the day and will return phone calls as soon as possible.

REMIND 101

Remind 101, and/or any comparable app designed for similar purpose of group texting will be used for communicating with the team.

GENERAL ATHLETIC RULES

1. School attendance is mandatory the day after the game unless the athlete has a doctor's excuse. Athletes must be in school.
2. Any athlete who receives out-of-school suspension will also be suspended from practice and from games during the suspension period. There may also be additional penalties administered by the athletic director or the coaching staff.

3. Student athletes are expected to reflect positive leadership qualities. These qualities include:

- Compliance with all policies and procedures found in the HA Junior and Senior High School Student Handbook.
- Taking responsibility for one's actions.
- Striving to do the right things at all times, especially when adults are not present.
- Seeking to enhance how they interact with and positively influence others.

ATHLETES PARTICIPATING IN TWO SEASONAL SPORTS

Athletes may participate in more than one sport during a season as long as the coaches involved and the athletic director give permission. In some situations, it is impossible to play two sports in the same season due to conflicting schedules of practice and events. Athletes playing two sports must fulfill the obligations of each team as set by the coach in order to participate in both. If conflicts in schedules occur, the coaches, with approval from the athletic director, will determine in which activity the athlete will participate.

PARTICIPATION IN OVERLAPPING SPORTS

If an athlete is participating in a sport and another sport in which he/she plans to participate begins prior to the conclusion of the first sport, the athlete's primary responsibility is with the first or seasonal sport. No athlete will be taken from one sport at the expense of another sport at Heritage Academy. The head coach of the in-season team has the right to deny or grant permission for the athlete to participate in some activities on a limited basis.

Participation in sports outside of Heritage Academy is both encouraged and welcomed. However, student-athletes may not miss an H.A. Sporting event (game, practice, competition) in order to attend a non-H.A. sporting event. Exceptions will be considered on a case-by-case basis through the coach and Athletic Director.

POINTS OF EMPHASIS

It is important for the involved coaches to work together for the benefit of the entire athletic program and not put the athlete in the middle of the controversy.

The end of a season is obviously the most important time due to playoffs and tournaments. Coaches need athletes focused on advancing as far as possible without the added pressure of starting a new sport.

Athletes who know they will be involved in overlapping sports must accept the circumstances and take responsibility.

1. The athlete should take responsibility and work outside the seasonal sport on an individual basis to condition and improve skills required in the next sport.
2. The athlete should realize that those players already working on the next sport may have an early advantage.
3. No athlete will be penalized for participating in another Heritage Academy sport.

ATHLETIC FACILITIES USE POLICY

Heritage Academy athletic facilities are first and foremost intended for the development of our student athletes. Anyone other than Heritage Academy sports teams desiring to use any athletic facility must first have permission from the athletic director, or his designee. All athletes and coaches wishing to use Heritage facilities who are not currently Heritage Academy students must complete and sign a release form and return it to the Athletic Director prior to the use of any Heritage facility. The athletic director, or his designee, must be present at the event. Said designee shall be responsible for unlocking the facility, making sure it is cleaned up after the event, and securing the facility after the event is over. Keys will not be given out for use by anyone who is not a Heritage Academy employee. Heritage Academy teams will take precedence when scheduling use of any facility. Any outside teams must be flexible with scheduling. Heritage Academy reserves the right to charge a rental fee to outside groups wanting to use any athletic facilities for practices, games, tournaments, matches, etc. Outside teams are defined as any team not sponsored by Heritage Academy, whether they include Heritage students or not.

EXTRACURRICULAR /ATHLETIC ELIGIBILITY

ABSENCE FROM SCHOOL - HERITAGE ACADEMY

A student who is present 4 hours or more will be considered present for the day. A student present for less than 4 hours will be ineligible for extracurricular activities for that day.

Note: A student is considered present when on a School Absence (field trip, school extracurricular or athletic activity).

MAIS FOUR CONSECUTIVE YEARS OF PARTICIPATION

Upon entering the 9th grade, a student will have four consecutive years of eligibility in inter-school contests. This is interpreted to mean that a student is eligible for four consecutive years

after entering the 9th grade, regardless of when he/she began to participate. A student may not be 19 before August 1st of their senior year in order to be eligible.

MAIS FIRST AND SECOND SEMESTER ELIGIBILITY

1. To be eligible for the first semester of a school year: A student must have accumulated four major units (credits) the previous academic year. Previous academic year is interpreted to be a complete year or any part of a school year in which a student is enrolled at either a member school or a non-member school.
2. To be eligible for the second semester of a school year: A student who is ineligible the first semester could become eligible the second semester if he or she passed four major subjects during the first semester of that same academic year.

GRADES

Heritage Academy believes all students should perform successfully in the classroom. The following criteria address extracurricular/athletic participation with poor academic performance.

1. Grades will be checked at the end of each grading period (progress reports or report cards).
2. If a student is failing 1 class, he/she will be placed on probation and could be removed from the activity or team.
3. If a student is failing 2 or more classes at the end of any nine weeks grading period, he/she will be ineligible and will not be permitted to play in games or otherwise represent the school until the end of the next progress report. If a student is passing all courses at the next progress report, he/she may return to eligibility.
4. A student may attend summer school or take approved correspondence courses to gain eligibility.
5. For students to be eligible for participation in summer activities, the student's tuition for the previous school year must be paid in full with a zero balance by May 1st.

MAIS UP AND DOWN RULE

FOOTBALL

9th grade football players can be used on both the junior high and varsity football team in the same week without penalty, as long as the players do not exceed the six quarter per week rule. Playing any part of a quarter counts as a quarter.

BASKETBALL

9th grade basketball players can be used on both the junior high and varsity basketball team in the same day without penalty, as long as the players do not violate the six quarter per day rule. Playing any part of a quarter counts as a quarter.

DESIGNATION OF ATHLETIC TEAMS POLICY

WHEREAS, Heritage Academy is an independent school providing education and educational benefits to its students K-12 in Columbus, Lowndes County, Mississippi; and

WHEREAS, the State of Mississippi has enacted the “Mississippi Fairness Act” establishing a policy of this State regarding designation of gender for sports teams; and

WHEREAS, Heritage Academy believes it to be in the best interest of the school and its students to designate its athletic and other teams according to biological sex consistent with the Mississippi Fairness Act;

WHEREAS, the Mississippi Fairness Act provides as follows in section 2 and 3:

Section 2. Legislative Findings and purpose.

(a) There are “[i]nherent differences’ between men and women,” and that these differences “remain cause for celebration, but not for denigration of the members of either sex or for artificial constraints on an individual’s opportunity.” *United States v. Virginia*, 518 U.S. 515, 533 (1996).

(b) These “inherent differences” range from chromosomal and hormonal difference to physiological differences.

(c) Men generally have denser, strong bones, tendons, and ligaments and larger hearts, greater lung volume per body mass, a higher red blood cell count, and higher hemoglobin.

(d) Men also have higher natural levels of testosterone, which affects traits such as hemoglobin levels, body fat content, the storage and use of carbohydrates, and the

development of Type 2 muscle fibers, all of which result in men being able to generate higher speed and power during physical activity.

- (e) The biological differences between females and males, especially as it relates to natural levels of testosterone, explain the male and female secondary sex characteristics which develop during puberty and have lifelong effects, including those most important for success in sport: categorically different strength, speed and endurance.
- (f) While classifications based on sex are generally disfavored, the Supreme Court has recognized that “sex classifications may be used to compensate women for particular economic disabilities [they have] suffered, to promote equal employment opportunity, [and] to advance full development of the talent and capacities of our Nation’s people.” *United States v. Virginia*, 518 U.S. 515, 533 (1996) (internal citations and quotation marks omitted).
- (g) One place where sex classifications allow for the “full development of the talent and capacities of our Nation’s people” is in the context of sports and athletics.
- (h) Courts have recognized that the inherent, physiological differences between males and females result in difference athletic capabilities. *See, e.g., Kleczek v. Rhode Island Interscholastic League, Inc.*, 612 A.2d 734, 738 (R.I. 1992) (“Because of innate physiological differences, boys and girls are not similarly situated as they enter athletic competition.”); *Petrie v. Ill. High Sch. Ass’n*, 394 N. E. 2d 855, 861 (Ill. App. Ct. 1979) (noting that “high school boys [generally possess physiological advantages over] their girl counterparts” and that those advantages give them an unfair lead over girls in some sports like “high school track”).
- (i) A recent study of female and male Olympic performances since 1983 found that, although athletes from both sexes improved over the time span, the “gender gap” between female and male performances remained stable. These suggest that women’s performances at the high level will never match those of men.
- (j) As Duke Law Processor and All-American Track Athlete Doriane Coleman, Tennis Champion Martina Navratilova, and Olympic Track Gold Medalist Sanya Richards-Ross recently wrote: “The evidence is unequivocal that starting in puberty, in every sport except sailing, shooting and riding, there will always be significant numbers of boys and men who would beat the best girls and women in head-to-head competition. Claims to the contrary are simply a denial of science.

- (k) The benefits that natural testosterone provides to male athletes is not diminished through the use of puberty blockers and cross-sex hormones. A recent study on the impact of such treatments found that even after twelve (12) months of hormonal therapy, a man who identified as a woman and is taking cross-sex hormones had an absolute advantage over female athletes and will still likely have performance benefits over women.
- (l) Having separate sex-specific teams furthers efforts to promote sex equality. Sex-specific teams accomplish this by providing opportunities for female athletes to demonstrate their skill, strength, and athletic abilities while also providing them with opportunities to obtain recognition and accolades, college scholarships, and the numerous other long-term benefits that flow from success in athletic endeavors.

Section 3. Designation of athletic teams.

- (1) Interscholastic or intramural athletic teams or sports that are sponsored by a public primary or secondary school or any school that is a member of the Mississippi High School Activities Association or public institution of higher education or any higher education institution that is a member of the NCAA, NAIA or NJCCA shall be expressly designated as one of the following based on biological sex:
 - (a) "Males," "men" or "boys;"
 - (b) "Females," "women" or "girls;" or
 - (c) "Coed" or "mixed."
- (2) Athletic teams or sports designated for "females," "women" or "girls" shall not be open to students of the male sex.
- (3) If disputed, a student may establish his or her sex by presenting a signed physician's statement which shall indicate the student's sex based solely upon:
 - (a) The student's internal and external reproductive anatomy;
 - (b) The student's normal endogenously produced levels of testosterone; and
 - (c) An analysis of the student's genetic makeup.

WHEREAS, Heritage Academy believes a policy based, in part, on the Mississippi Fairness Act is in the best interest of the school and its students;

NOW, THEREFORE, BE IT RESOLVED that the Board of Directors of Heritage Academy hereby adopts a policy to designate its sports and other teams by gender and does hereby designate, consistent with the quoted provisions of the Mississippi Fairness Act, its sports and other teams by gender as follows:

Girls Only

- Dance- Girls only
- Cheer- Girls Only
- Girls' Basketball- Girls Only
- Girls' Soccer- Girls Only
- Girls' Volleyball- Girls Only
- Girls' Track team- Girls Only
- Girls' Tennis team- Girls Only
- Softball- Girls Only
- Girls' Cross Country team

Co-ed Sports

- Football
- Boys' Soccer (MAIS states that if there is an instance that there are not enough girls soccer players to form a team, girls may join the boys team, but not vice versa.)
- Golf
- Mascot

Boy Only

- Baseball
- Boys' Tennis
- Boys' Basketball
- Boys' Track Team
- Boys' Cross Country Team

This handbook is designed in an attempt to provide information to parents and athletes concerning the athletic policies and procedures of Heritage Academy. While many areas have been addressed, there is little doubt that issues and circumstances could arise that are not covered in this handbook. Any questions on interpretation of policies and procedures or any issues or circumstances that arise which are not covered in this handbook will be decided upon by the administration.

FORMS AVAILABLE IN THE OFFICE:

(All must be signed by a parent or guardian)

Heritage Academy Sports History Physical Form

Heritage Academy Physical Form

Heritage Academy Athletic Consent Form

MAIS Concussion Form

Heritage Academy Athletic Facility Usage Request Form

Building Use Release Form

**I AM A WINNER IN THE TRUEST SENSE - I WILL NEVER GIVE UP BECAUSE I
AM A HERITAGE ACADEMY PATRIOT**

COVID-19 PROTOCOLS FOR PRACTICE & WORKOUTS

- Anyone with a temperature of 100.4 degrees or greater will not be allowed to enter workouts or practices until they return with a doctor's note clearing them for activities.
- **Please monitor your child for symptoms and keep them home if they have exhibited any of these symptoms.**
- Masks are recommended to be worn in any situation that could bring them within 3 feet of another athlete or staff member. As there is the potential for cardiovascular damage when wearing a mask during exercise, coaches will always strive to space student-athletes during conditioning drills so that masks do not have to be worn.
- Student-athletes will be responsible for bringing their own water bottles, as water fountains will be unavailable.
- Locker rooms and workout areas will be fogged regularly.
- Bathrooms will be sanitized after each use.
- Hand sanitizer will be available and encouraged for use.
- As we continue to learn more and guidance continues to evolve, these protocols are subject to change.

ACTIVITY PERMISSION

It is my desire to allow _____, a student at Heritage Academy, to participate in school sponsored sports or other activities for the current school year. I understand that occasionally injuries occur in these activities and that Heritage Academy assumes no risk or responsibility for these injuries. I further agree and understand that any claim for medical or other insurance company shall seek to subrogate or make any claim against Heritage Academy or its insurance carrier for any such medical or other expenses, all such claims being hereby expressly and knowingly waived by me.

I release Heritage Academy, the Board of Directors, the Head of School, Coaches, HA Staff, and Volunteers from all responsibility in case of injury.

Date

Parent or Guardian

Date

Parent or Guardian

Please complete fully: THIS IS VERY IMPORTANT!

Medical Information

____ The above named participant is covered for hospitalization under Policy# _____

Name of Insurance Company _____

Address of Insurance Company _____ If _____

Group Policy, give Employer _____ Group# _____

____ The above named participant is not covered by hospitalization insurance.

The student athlete must present a current physical form to the coach prior to the first practice.

This form will remain on file in the Athletic Director's office.