



HERITAGE ACADEMY

Instilling High Moral Standards & Academic Excellence

Athletic Handbook 2023-2024

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Administration

Head of School: Sean Harrison

Athletic Directors: Yandell Harris, Moe Reed

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: _____

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ATHLETIC DIRECTORY

Athletic Director – Boys	Yandell Harris	yharris@heritagepatriots.com
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Basketball – Varsity Boys	Andrew Howell	ahowell@heritagepatriots.com
Basketball – Varsity Girls	Moe Reed	moereed@heritagepatriots.com
Cheer – Jr. High	Jennifer Sims	Jendsims@gmail.com
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Our Philosophy

1. The athletic program at Heritage Academy is student centered and is an integral part of the 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 the 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 the 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. 4. Never confront an official/umpire before, during or after a game.
5. 5. Never confront players, coaches, or fans at any time.

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 can accept the actions of others, thus enhancing effective communication. As parents, you have the right to understand what expectations are placed on your child. This begins with clear communication from your coach.

Communication You Should Expect from the Coach

1. When and where practices and contests are held.
2. Expectations the coach has for your child 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 child 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 that 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 the 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 by the Athletic Director.
6. Coaches distribute summer practice and weight training information before summer vacation.

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 of School.

Travel Dress

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

Game Day 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 child at home.
2. Ways you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.
4. Treatment of your child, mentally and physically.

Issues Not Appropriate to Discuss with Coaches

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

Procedure 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 contacting 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 the parent and the 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. Call and 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 will be held in the spring. These ceremonies are scheduled by the coach and the Athletic Director. The coach will determine appropriate dress.

Overnight Stays

The school will provide accommodation 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 communicates 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.

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 player that 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:
 - o Complying with all policies and procedures found in the HA Middle & High School Student 2023-2024 Handbook.
 - o Taking responsibility for one's actions.
 - o Striving to do the right things at all times, especially when adults are not present.
 - o 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 HA sporting event (game, practice, competition) in order to attend a non-HA sporting event. Exceptions will be considered on a case-by-case basis by 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 to focus 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 some Heritage students or not.

EXTRACURRICULAR ATHLETIC ELIGIBILITY

Absence from School – Heritage Academy

A student who is present four (4) hours or more will be considered present for the day. A student present for less than four (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 interschool 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

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.

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 one class, he/she will be placed on probation and could be removed from the activity or team.
3. If a student is failing two 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.

This handbook is designed 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 forms 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.***

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.

(Parent Signature)

(Date)

Medical Information

Please complete fully: ***This is very important!***

_____ 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.

In the case of athletics, students must present their current physical form to the coach prior to the first practice. This form will remain on file in the Athletic Director's office.