

THOMAS SUMTER ACADEMY DEPARTMENT OF ATHLETICS

MISSION STATEMENT

The mission of Thomas Sumter Academy is to develop, in a safe and Christian environment, well-rounded individuals who are fully prepared for college and life.

STATEMENT OF PHILOSOPHY

The athletic program at Thomas Sumter Academy is student-centered and an integral part of the student's total educational experience. Thomas Sumter believes in a comprehensive physical activity program for all students. The athletic program seeks to promote mental, emotional, and social health in addition to the physical development necessary for an active life. The program is designed to provide positive learning opportunities for each student who participates, to reflect the school's ideas of diversity, continual growth and achievement, and the development of the student's greatest potential. Furthermore, the program's goal is to provide equity among all teams and for all students so that all participants and teams have a chance for success. Thomas Sumter seeks to cultivate a strong set of values for all student-athletes, such as self-discipline, integrity, sacrifice, commitment, teamwork, team and school spirit, self-confidence, and the development of physical fitness. Decision-making skills, good citizenship, good sportsmanship, and the promotion of individual maturity should also result from athletic participation. These characteristics assist in the development of individual and team attitudes that are beneficial for a successful season and for future life.

Interscholastic sports offer the athlete an opportunity to compete at the highest level, locally and statewide. The school encourages each student to be engaged to the best of his/her ability in the sports of his/her choice. The athlete shall be expected to maintain the same academic standards as any other Thomas Sumter student.

We live in a world where individual statistics and adulation of a player have become important. Parents are more and more concerned that their child's performance is "in the paper." This focus has greatly damaged the basis for playing a sport. Students should play to be a part of a team, to play for the team rather than ever considering personal reward, and to experience being a part of something more important and bigger than themselves.

We will, of course, put names and records in the paper when appropriate but our primary focus is for student-athletes to play for Thomas Sumter Academy and for the team. We will discourage inappropriate focus on publicity for individuals. Thomas Sumter will attempt to provide as many levels of participation as feasible given adequate facilities, staff, and schedules.

THOMAS SUMTER DEPARTMENT OF ATHLETICS

This handbook contains policies and regulations that govern extracurricular athletics at Thomas Sumter Academy. This Athletic Handbook is an extension of the Thomas Sumter Academy Student Handbook and all rules and regulations as set forth by the Head of School.

GOALS

1. Develop improved health and physical fitness.
2. Develop and improve physical and cognitive skills.
3. Develop desirable social values and attitudes.
4. Develop specialized knowledge, skills, and appreciation of sports.
5. Foster good sportsmanship at all times.
6. Develop highly competitive teams.
7. Develop the ability to successfully work with others.

SPORTSMANSHIP

Thomas Sumter Academy conducts an extensive interscholastic athletic program in the belief that team experiences contribute significantly to the development of character and school spirit. Sportsmanship and fair play are vital parts of this training.

Coaches, student-athletes, parents, and faculty are expected to dedicate their commitment to controlling their emotions in challenging situations. Respect begets respect. Thomas Sumter expects our entire school community to be respectful of all, on and off the field/court of play.

We play hard, while we respect our opponents and their efforts. Thomas Sumter athletic teams represent all of us. Spectators represent us as well, so it is important that we all practice sportsmanship and fair play. We want visitors to our campus, as well as our hosts when we play at other schools, to notice clearly that there is something special about the Thomas Sumter family.

We encourage and endorse school spirit and the enthusiastic support of parents and friends of the school. Focusing on these topics, we expect adults to uphold the same high standards as the students. Taunting and disrespect for opponents and contest officials are expressly prohibited and will be closely scrutinized by contest officials.

Thomas Sumter will not tolerate any spectator, either student or adult, whose behavior is disrespectful toward officials, coaches, players, cheerleaders, or other spectators. Neither will Thomas Sumter allow any type of spectator behavior that either detracts from the proper conduct of the game or disadvantages a player or team. Thus, all concerned will have the opportunity to look forward to our athletic contests and enjoy them to the fullest extent.

Rules and Regulations: SCISA Code Of Conduct

Philosophy - The South Carolina Independent School Association believes that interscholastic athletics are an integral part of the total educational program. High standards of behavior, scholarship, and citizenship are important to a sound athletic program. Students volunteering to participate in athletics must assume the responsibilities of this privilege and are required to meet these expectations. Moreover, adults shall be models of good sportsmanship and will lead by example by demonstrating fairness, respect, and self-control. Athletes, coaches, officials, and fans shall at all times conduct themselves in a reasonable and sportsmanlike manner. Each person will be responsible for his/her words and actions at all SCISA athletic events and will conform his/her behavior in adherence to the Code of Conduct.

Athletic Code of Conduct

Sportsmanship Expectations

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating, or participating in any SCISA athletic event and shall conform my behavior to the following code of conduct.

1. I will treat any coach, parent, spectator, player, official, or any other attendee with respect regardless of race, creed, color, national origin, religion, sex, or ability.
2. I will not engage in unsportsmanlike conduct with any coach, parent, spectator, player, official, or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, spectator, player, official, or any other attendee.
4. I will not use drugs or alcohol while at any athletic event. I will not attend, coach, officiate or participate in an athletic event while under the influence of drugs or alcohol.
5. I will not use tobacco (including smokeless types) while at any athletic event.
6. I will not engage in the use of profanity.
7. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, spectator, player, official, or any other attendee.
8. I will not initiate a fight or scuffle with any coach, parent, spectator, player, official, or any other attendee.
9. I will not argue with officials or go through the motions indicating dislike or disdain for a decision.
10. I will not make any degrading remarks about any official, coach, athlete, or school. I will not make any degrading remark or criticism of any official, coach, athlete, or school to the media or on social media.
11. I will not detain or attempt to stop an official following the contest to request a ruling or explanation of actions taken by the official. I will not follow or "chase" an official after a contest is over.
12. I will not leave the bleachers or stands and enter the playing area to protest, object, criticize, or question a call.

13. I understand that conduct that leads to my removal from an athletic event may be considered a serious violation of the code of conduct.

14. I understand that as a coach or as a school administrator, that the removal of a team before the completion of the game may be considered a serious violation of the code of conduct.

15. I hereby agree that if I fail to conform my conduct to the code of conduct while attending, coaching, officiating, or participating in a SCISA athletic event that I will be subject to disciplinary action by SCISA.

Consequences - Any one or more of the following penalties may be imposed upon any school, coach, spectator or athlete upon a violation of Code of Conduct or Constitution of this association.

WARNING - A warning is an official notice that an inexcusable, unethical, or unsportsmanlike action is a matter of record and any such act must not happen again.

PROBATION - Probation is a more severe type of penalty and is for a specified time period. A team on probation shall not play in any play-off, championship, conference tournaments, or invitationals.

SUSPENSION - Suspension is a severe penalty which may be imposed for any specified time period during which a team, individual, or coach is not allowed to participate. The suspension may be for one or multiple activities.

FINE - Fines may be levied for each infraction or violation. A fine may be levied in addition to one of the above penalties. All fines must be paid within ten (10) calendar days from the date of the notification.

DEMONSTRATION OF PROPER BEHAVIOR - A player or coach disqualification is typically a public event. A player may also be required to complete community service while a coach will have a team meeting to apologize for inappropriate or legal behavior.

School Responsible for Conduct of Players, Fans, and Coaches

Each School is responsible for the actions and conduct of its coaches, athletes, and fans before, during, and after the game. In the case of unsportsmanlike conduct on the part of the coaches, school officials, players, students or spectators of a school, the school will be subject to discipline by the Athletic Committee. All FINES will be directed to the offending school. The school will be responsible for paying any fine within ten (10) days of receiving notification of the fine.

Handling A Fracas

Should a fracas begin, only members of the coaching staff will go on the field to stop the fracas. All substitutes and other team personnel are to remain in the team box. The officials are instructed to stay in control of the contest and not allow a fracas to begin, but once one has begun, they cannot get physically involved. Any athlete who leaves the team box or bench area and enters the field or floor area will be disqualified. All cameramen should be instructed to continue filming. This film will be vital to the Athletic Committee's investigation of the incident.

Procedures for Interschool Complaints

1. All violations of the Constitution or the Code of Conduct must be reported in writing to the Athletic Office.
2. Such violations, if possible, should be resolved directly between schools. The Athletic Office will be happy to assist in the resolution. The Athletic Committee reserves the authority to review all cases to ensure that such violations have been dealt with properly.
3. If direct school to school contact with the assistance from the Athletic Office fails, then the matter will be brought before the Athletic Committee at their next, regular scheduled meeting. Each school must submit a written brief containing all known facts pertinent to the incident. This information should be complete to the point that it will be possible to reach a valid decision without further investigation. The written brief must be submitted at least five days prior to the Athletic Committee Meeting through the Athletic Office. The Committee may require the presence of any or all of the parties involved. All parties involved will be offered an opportunity to appear before the Committee.

Rules and Regulations: Guidelines For Penalties And Fines

During a school year, situations may arise involving the rules and regulations pertaining to the rules of the game, eligibility, required forms, schedules, entries to tournaments, and unsportsmanlike conduct are considered by the Athletic Committee. In order to avoid inconsistencies and to assist the Athletic Committee in being uniform in its dealings within the Association, these guidelines have been established. The Athletic Committee has the authority to raise or lower a fine depending upon the severity of the offense.

Ejections/Disqualifications of Players and Coaches:

Conduct that leads to an ejection/disqualification will be considered as serious unsportsmanlike conduct or a violation of a safety rule. Depending upon the severity of the offense, a player or coach may be warned, fined, suspended or placed on probation. These offenses are cumulative over the student's career. The disqualification of a coach will be considered on a case by case basis.

Guidelines For a Player Disqualification/Ejection From an Athletic Event

First Offense: An Official warning and a one game suspension. If the disqualification is for unsportsmanlike, or flagrant illegal conduct, a \$100 Fine. Note: Additional games may be assessed due to the nature of the offense.

Second Offense: A \$200 fine and suspension until an appearance before the Athletic Committee or SCISA staff.

Third Offense: Will result in the termination of eligibility (reinstatement may only be granted by the Athletic Committee and a \$500 Fine if reinstated by the Athletic Committee).

Disqualification/Ejection of a coach: An official warning and \$250 fine. The Committee could also consider suspension if the incident so warrants.

Disqualification/Ejection Procedure: School Procedure of a Player or Coach

Disqualification:

1. The school will file a completed Form B (Disqualification/Incident Report) by 10:00AM of the next school day following the disqualification. Exception: If the school has another game before the next school day the disqualification must be reported by email (athletics@scisa.org) before the next game.
2. The school shall suspend the player for the next contest.
3. Appeal Process:
 - A. The school shall notify SCISA of the intent to appeal the disqualification by 10:00AM of the next school day following the disqualification. Exception: If the school has another game before the next school day the disqualification must be reported by email (athletics@scisa.org) before the next game.
 - B. The school shall file a written appeal brief within 24 hours of the conclusion of the contest to SCISA by e-mail or fax. The appeal must include conclusive video evidence that either the wrong player was identified or that a rule was misapplied. The Review Committee has sole discretion in the video evaluation.
 - C. The school shall mail a \$100 Appeal Fee.
 - D. The player may participate during the appeal process.
 - E. If the appeal is successful, the \$100 shall be returned to the school. If the appeal is unsuccessful, the \$100 shall be forfeited to SCISA.
4. Any school that permits a student who was disqualified/ejected from a contest to participate in the next contest shall forfeit the contest and pay a \$100 fine.
5. If any school or coach permits any suspended coach or athlete to participate in any athletic contest in violation of the suspension, the coach shall be suspended and the program subject to probation. All games shall be forfeited. A \$250 fine will be issued.
6. The school shall have the player complete the required return to play protocol as outlined by SCISA.

Ten Dollar Fine

The party responsible for a schedule change after schedules have been filed in the Athletic Office (football, basketball, baseball, volleyball and softball). This fine is paid directly to the Officials Booking Director. Per change fee.

Fifty Dollar Fines

1. Failure by a school to submit a Certificate of Eligibility prior to participation in a contest. This includes inadvertently omitting a name. A school places the name of an ineligible student on a Certificate of Eligibility and the student does not participate. Note: Any student in uniform and permitted in the team area is considered to have participated.
2. Minor unsportsmanlike conduct by players, coaches, or fans.
3. Failure to file a required form on or before the deadline in the Athletic Office.

One Hundred Dollar Fine

1. A school permits a student to practice/play without a completed Physical and/or Parents' Permission Form.

2. Unsportsmanlike conduct of players, coaches, or fans.
3. Failure to have a representative at a State Rules Clinic.

THOMAS SUMTER ACADEMY DEPARTMENT OF ATHLETICS GENERAL POLICIES

1. SCISA rules will govern all sports sanctioned by the association.
2. Students should not be unduly influenced to participate in a sport or to participate in one sport over another. Thomas Sumter cannot get involved in sports specialization. All coaches and all teams should enthusiastically promote the overall Thomas Sumter Athletic Program.
3. Games or scrimmages may not be held on Sundays.
4. If a student-athlete has been injured and proceeds to see a medical physician for examination, he or she must provide written documentation from a doctor, physician's assistant, or nurse practitioner giving clearance to return to play or other restrictions. TSA will honor the most recent note received when clearing or withholding an athlete.
5. Voluntary practices may be held on Sundays with the approval of the Athletic Director.
6. Athletic Medical Release and Code of Conduct Forms - All students participating in competitive athletic teams must turn in a completed medical health and sports physical forms. Any student that does not have a current form on record will not be permitted to participate until all of the necessary paperwork is completed. These forms should be turned in to the Athletic Department.
7. Athletic Eligibility - In order to participate in interscholastic athletics, a student cannot fail any academic course during each grading period. This eligibility is determined on the day report cards are issued. We firmly believe that if a student is too sick to attend classes, the student should not participate in athletics, including practice, for that particular day. If a student has a valid medical excuse or a valid non-academic commitment, approved in advance by the Athletic Director, the student may participate in the daily athletic activity. The student must present the excuse to the Main Office and coach before participating.
8. If a student-athlete is dismissed from a team or voluntarily leaves a team before the end of that season, he or she will not be permitted to tryout or participate in any sport during the following season of that calendar school year.
9. A student-athlete involved with a team whose season is still in progress may not practice with the next season's team until the current season has officially ended, unless special arrangements have been made with the Head Coach of the team whose season is in

progress. Any type of special arrangement must get Athletic Director approval before it ever becomes a reality.

10. A student-athlete can only move up from one athletic level to the next.
11. Coaches may select the players they wish to move up to the next athletic level only with the approval of the Athletic Director at the end of a team's regular season. All players in a particular grade level are not automatically invited to move up to the next athletic level. Only those players deemed ready to move up to the next athletic level will be invited by the coach to move up.
12. All concerns related to athletics will be fielded by the school's Athletic Director. The Athletic Director will not field any questions related to playing time!

The 24-Hour Rule

At Thomas Sumter Academy, all students and /or parents are required to wait at least 24 hours before speaking to any coach about matters related to game decisions. These individuals are to abide by the following procedure when communicating with any TSA coach:

Complaints will be registered in the following order:

Step 1) Player to Coach Interaction

- Allow the student athlete to communicate with the coach about any issue he or she has. This will allow both parties to participate in open dialogue about the issue at hand.

Step 2) Player & Parent to Coach

- If the matter is not resolved, please schedule a time when both the student-athlete **AND** the parent can meet with the coach.

Step 3) Parent, Head Coach, and Athletic Director

- In certain circumstances, a meeting between the parents, head coach, and athletic director may be required. This meeting will be scheduled by the athletic director.

If the need arises to have a discussion with a coach, the discussion must be limited to your student-athlete. In meeting with any coach, please understand that playing time as well as other student-athletes will never be topics open to discussion. You are the advocate for your student-athlete; conversations outside that realm can result in gossip and rumor, which TSA takes a strong stance against. Parents are not to skip the chain-of-command when discussing athletic-related matters.

Playing time is not guaranteed. It must be earned by the student-athlete and is up to the discretion of the Head Coach.

The enforcement and interpretation of all rules regulated in the Thomas Sumter Athletic Handbook are at the sole discretion of the Athletic Director and the Head of School.

Quitting A Sport

Student-athletes that quit and/or are dismissed from a team will not be permitted to tryout or participate in any sport during the following season of that calendar school year. For example, an athlete that quits or is dismissed from a Winter Sport, such as Basketball, will not be permitted to play Baseball, a Spring Sport, during that same school year.

Dual-Sport Athletes

Athletes are required to designate a primary sport if he or she is participating in multiple sports during the same season. The sport designated as the primary will take precedence in the case a conflict arises between the student-athlete's two obligations.

It is understood that instances may occur that will lead to the athlete having to choose the secondary sport as the precedent for that specific occurrence. All decisions will need to be communicated with the Head Coaches of both sports.

INTERSCHOLASTIC ATHLETICS

Thomas Sumter Academy offers a broad spectrum of competitive sports ranging from those requiring years of experience and skill to those that can give a competitive experience to a beginner. We hope the guiding principles can help students choose a positive athletic experience.

Fall Sports

Varsity Football (B): Grades 9-12

B-Team Football (B): Grades 5-8

Varsity Volleyball (G): Grades 10-12 (14)

Junior Varsity Volleyball (G): Grades 8-10 (14)

B-Team Volleyball (G): Grades 5-7 (14)

Varsity Tennis (G): Grades 8-12 (10)

Junior Varsity Tennis (G): Grades 7-10 (10)

Cross Country (G & B): Grades 5-12

Varsity Cheerleading (G): Grades 9-12

Junior Varsity Cheerleading (G): Grades 6-8

Winter Sports

Varsity Basketball (G & B): Grades 9-12 (12)

Junior Varsity Basketball (G & B): Grades 8-10 (12)

B-Team Basketball (G & B): Grades 5-8 (12)
Varsity Basketball Cheerleading (G): Grades 9-12
Junior Varsity Basketball Cheerleading (G): Grades 5-8
Archery (G & B): Grades 6-12
Sporting Clays (G & B): Grades 6-12

Spring Sports

Varsity Baseball (B): Grades 9-12 (14)
B-Team Baseball (B): Grades 5-8 (14)
Varsity Softball (G): Grades 9-12 (14)
B-Team Softball (G): Grades 5-8 (14)
Varsity Soccer (B): Grades 8-12 (14)
Varsity Track & Field (G & B): Grades 5-12
Varsity Golf (B): Grades 8-12 (14)

The School Administration and Athletic Department reserves the right to increase or decrease both the grade levels that may participate in a sport and the total number of players on a team in any individual sports in which cuts are offered.

Athletes are not permitted to skip a level of competition without discussion between the Varsity Head Coach of that program, the Athletic Director, and the Head of School. The decision will not be enacted without approval from the Head of School.

Varsity Teams

Membership on a high school varsity team generally requires several years of experience in the sport. This level is very competitive with the goal of vying for state championships. Varsity team members will engage in a season of conditioning and strength training in addition to the competitive season. Thomas Sumter schedules many of the strongest teams in the private and public school leagues.

Certain sports, such as Football, Basketball, Volleyball, and Cheerleading may require attending a team-camp off-campus. So, students should always be mindful of the level of commitment and sacrifice it takes to be a part of a varsity squad. Coaches should also communicate the requirements expected for team members in the off-season and in-season.

Fall sports, such as Football, Volleyball, Cheerleading, and Cross Country, will begin practice before school starts. So, students and parents need to adjust their calendars and coaches need to notify the students when practices will start well in advance.

All Varsity Sports will require pre-season and in-season strength and conditioning training. This training will be driven by the demand of the sport and will help with injury prevention. The coach of each sport will determine the number of minimum workouts required to participate.

Junior Varsity Teams

Participation at this level is for girls and boys who are not yet physically ready or experienced for varsity competition. JV teams are striving for maximum skill development, competitiveness, and winning seasons. These teams are essential parts of the construction of the varsity's success in the future.

While strength and conditioning training is not required at the Junior Varsity level, it is highly encouraged.

Middle School Teams

At the middle school level, emphasis is on skill development and participation while also striving for winning seasons. Certain sports may not be able to accommodate all students who tryout. The Athletic Department will do its best, within its means, to find qualified coaches and opponents for these athletes.

At all levels, Thomas Sumter Academy does not adhere to an "all players get equal playing time" policy, but our coaches are considerate to each athlete having a meaningful role on their respective team.

SCISA ATHLETIC ELIGIBILITY RULES

The primary purpose of school is participating in one's own EDUCATION. The participation in athletics is a privilege for students who are in good academic standing. An ineligible student-athlete is not allowed to participate in any type of team practice or to participate in any type of game competition against another school. "Dressing out" and/or being in the team bench area are considered to be forms of participation.

1. A student is ineligible if his/her nineteenth birthday is before July 1st of that school year.
2. A student must have received credit for at least four one-credit courses from the previous school year to be eligible for the first 9-week marking period. Credits earned during summer sessions may be accepted from an accredited school.
3. Eligibility during the current school year will be determined by the first quarter/first semester/third quarter grades.
4. A student must attend a full academic day in order to participate in a practice or to play in a game on any given day. All class absences must be excused absences. We firmly believe that if a student is too sick to attend classes, the student should not participate in athletics, including practice, for that particular day. If a student has a doctor's appointment (or other

non-academic commitment), the student must still attend a minimum of three classes in order to participate in any daily athletic activity.

EIGHT SEMESTER RULE: All students will have Eight (8) Consecutive Semesters of Eligibility beginning when he/she first enters the ninth grade, regardless of whether he/she participates in athletics. Exceptions to the Eight Semester Rule may be granted by the Athletic Committee for a DOCUMENTED MEDICAL CONDITION, caused by an illness or injury, which prevented his/her attending school sufficiently to pass.

A request for a waiver may be considered at the time that the facts have been determined. Example: Student A was unable to attend school during the tenth grade because of an extended illness. A request for a waiver could be made and considered as soon as he/she recovers. All requests for waivers must be made in writing by the Headmaster.

Requests for an Eight Semester Waiver must contain the following:

1. A written request from the school for an Eight Semester Waiver.
 2. A copy of: A. Birth Certificate; B. Complete Transcript.
 3. Documented medical information from a licensed healthcare provider stating the causal relationship between the medical condition and the school absences.
 4. Detailed attendance records clearly indicating and corresponding to absences directly related to the documented medical condition.
 5. Statement from the school administration attesting to the academic failure/retention due to excessive absences caused by a documented medical condition. Also, detailed information addressing how/why academic assistance would or would not be able to bring the student up to standard.
 6. A written appeal brief must be filed, in its entirety, ten days prior to a scheduled meeting.
 7. The school may request to personally appear before the Athletic Committee.
- Presentations to the Athletic Committee shall be limited to 15 minutes.

THOMAS SUMTER ACADEMY DEPARTMENT OF ATHLETICS **TEAM TRYOUT GUIDELINES**

If tryouts are necessary, which will be dictated by the number of student athletes, and approval by the Athletic Director and Head of School, coaches will follow these guidelines:

1. Inform parents and students when and where tryouts will be held. A sign-up sheet for those trying out will be posted in the front office and/or on the Athletic Department's door. This sheet is necessary to see how many students will be at tryouts on the first day.
2. Inform all players regarding criteria for evaluation.
3. In the fall and winter, tryouts will be conducted on the first three days of organized practice.

4. Because of the month-overlap between the winter and spring seasons, it is rarely possible to have the whole team together for the official start of the spring sports season. In the case that tryouts cannot be held with all potential team members present, tryouts can be held on an individual basis. The individual tryout must be approved by the winter coach, the baseball/softball coach, and the Athletic Director.

THOMAS SUMTER ACADEMY DEPARTMENT OF ATHLETICS **PRE-SEASON PRACTICE**

1. A coach will supervise a pre-season (varsity players only) strength and conditioning program three to four times per week.
2. Holiday Practices:
 - Thanksgiving: No practice on Thanksgiving Day.
 - Christmas Holidays: There will be a gym schedule with each team given a particular time. Basketball coaches are encouraged to work together on gym times.
 - Practice is not allowed on Christmas Eve or Christmas Day
3. If an athlete is participating in an in-season sport at Thomas Sumter and an out-of-season sport, the in-season sport at Thomas Sumter takes precedence and the coach of the out-of-season sport will require the athlete to compete in the in-season sport if there is a conflict.

REMINDERS TO STUDENT-ATHLETES:

1. Thomas Sumter does not have the enrollment to support "sport specialization."
2. Students should be encouraged by all coaches to compete for Thomas Sumter and not for off-campus organizations.
3. Any student-athlete who cannot attend practice or a game must notify the coach in person or by a phone call. Practice can only be missed with permission from a coach or a doctor. Missing practices may cause an athlete not to play in games.
4. A student-athlete must attend practice to observe even though he may not be able to participate unless excused by a coach or physician. (Example: a student-athlete with a broken arm can still review films, observe plays, and participate in skill sessions). However, a student who has a contagious illness, should not attend practice. This should be discussed with your coach.
5. If requested by the head coach, athletes will be expected to make up all missed practices. These practices will include all fundamental work and conditioning that was missed.
6. A student-athlete who has been injured and/or under a physician's care must bring a statement from the physician that the student-athlete is ready to return to practice and/or game participation. Any limiting condition must be clearly stated in the letter. This is for the protection of the student-athlete.