



Athletic Student Handbook

Welcome to the Northwest Athletic Program!

Welcome to the Athletic Program at Northwest Guilford! You are about to join a program that has a long history of achievement and excellence. Many athletes who have preceded you have provided Northwest with a reputation that is highly regarded in high school athletics. We hope your involvement in this program will provide you with many rewarding and worthwhile experiences and that perhaps you too can make a contribution that will further enhance the reputation of Northwest and its athletic program.

The Interscholastic Athletic Program of the Guilford County School System is an integral part of the total school program, and as such is designed to help our students become better school, community, state and national citizens.

While the academic area is the primary focus of our school, we believe participation in an athletic program affords opportunities, training and experiences not ordinarily available in the regular curriculum. Education should not only provide for the many, but should also furnish a demanding test for those who are gifted physically and are ambitious to excel.

Vision Statement

We envision a school that offers an extracurricular program for its students that is considered a model for all other districts in North Carolina. Our expectation for the extracurricular activities program is that it will match the expectations Northwest High School has for its academic program. Our vision is that the extracurricular activities will be considered an asset to the academic mission of the schools and will enhance all aspects of school life. We envision a program that offers quality facilities that are student and people friendly and quality coaching for its administration. Ultimately, we envision an extracurricular program that all of its participants, students, parents, coaches and administrators, can be proud of and one that promotes lifelong personal and community wellness and contributing, productive citizens.

Conduct

Participation in extracurricular activities, including athletics, is a privilege, not a right. The Guilford County School Board of Education expects all students who represent their school through participation in extracurricular activities to be good representatives of their school community. Students should dress, act and conduct themselves in a way that reflects positively on their school. Each student is expected to display good citizenship at all times. Any type of taunting is expressly prohibited. Taunting includes actions or comments, which are intended to bait, anger, embarrass, ridicule or demean others, whether or not deeds or words are vulgar or racist. Any student who fails to conduct

himself or herself appropriately may have the privilege of participation limited or revoked.

Northwest Athletic Department Goals

The goal of the Northwest athletic department is to provide opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline, acceptable personal and social behavior, and character. Members of teams and organizations must always serve as exemplars of high moral character and must demonstrate appropriate academic commitment, which is expected of all students. Participation in athletics at Northwest is “a privilege, not a right”. In addition to the rules established by NCHSAA, each coach may have rules and expectations for the members of the team, which shall be distributed to all players and parents at the beginning of the season. The Guilford County Schools Code of Conduct applies to all student-athletes on and off the field of play. All students who participate in athletics are subject to disciplinary consequences imposed by coaches and the administration. The athletic program at Northwest High School is designed to produce well-rounded citizens who can take their place in a community and in a democratic society. The program is intended to develop leadership skills, a sense of responsibility and accountability, and sportsmanlike attitudes of the student population.

One of the main goals of the athletic department is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, teammates, officials, coaches, administrators and spectators. Winning is exciting, but winning at any cost is not the goal.

Emotional balance promotes consistency in the lives of athletes that affects everything they do. Everyone wins, especially the athletes, who move comfortably from one responsibility and relationship to another, benefiting themselves as well as their parents, teachers, and coaches.

Beliefs of the Northwest Athletic Department

- We believe the extracurricular activities program is for all students.
- We believe that extracurricular activities are an integral part of the total education program and a unique part of the high school experience.
- We believe extracurricular activities teach students many invaluable, intangible traits that are necessary for productivity in our society such as, but not limited to, self-discipline, personal commitment, loyalty, sportsmanship, teamwork, the value of preparation, and a hard work ethic.
- We believe participation in extracurricular activities enhances student academic performance and school attendance.

- We believe extracurricular activities have a positive effect upon the participant's self-image, mental alertness, social competence and ethical awareness.
- We believe that the spirit of competition and the will to excel are some of the necessary elements associated with extracurricular activities. These elements are valuable to the development of a healthy mind and a productive American citizen.

We believe extracurricular activities are a wholesome equalizer because individuals are judged for what they are and for what they do, not on the basis of the social or economic group to which they belong.

Objectives of the Northwest Athletic Department

- To provide our participants with the best possible administration, supervision and instruction available.
- To provide our participants with quality facilities and equipment that is both safe and people and student friendly.
- To provide our participants with safe, quality transportation to and from all competitions and activities.
- To provide our participants with proper funding to meet all of their needs in the extracurricular arena.

Forward

This handbook is designed to inform the student-athlete and his/her parent(s) of the rules, regulations and policies of the Athletic Department. The coaching staff at Northwest High School believes that success in athletics is established and maintained through adherence to the principles outlined in this handbook. Participation on Northwest High School athletic teams is strictly on a voluntary basis. Athletics are extra-curricular activities conducted after the regular school day. No recruiting of any kind is permitted. The athlete must earn the privilege of participation through dedication, desire and discipline. Because participation is voluntary, certain basic requirements are necessary in order to make the athletic program a wholesome, successful and meaningful experience.

The requirements have been kept to a minimum, but important items are listed in this document so the athlete will understand the school expectations before making the decision to participate. All students at Northwest High School will adhere to the Guilford County Schools Code of Conduct, and the uniform consequences for violations. However, the Athletic Department may also discipline athletes, because of their high visibility and their place as leaders of the school. The Northwest Athletic department will enforce the rules and regulations

as described in this handbook. Parents and athletes are asked to sign an acknowledgment document, stating that they have read and understand the information included in this handbook.

Misconduct can include inappropriate behavior while you are involved in any way with an athletic department program, including practice, games, and travel. Insubordination, impudence, insolence, or other examples of defiance toward coaches, officials, bus drivers or others in authority or who have responsibility for your safety are examples of misconduct. Such behavior will not be tolerated.

Specific punishments cannot be listed since varying circumstances; the severity of the infraction and the athlete's reaction to being corrected provides too many variables. Coaches and/or the Athletic Director will handle individual instances in a manner that seems best suited to the situation but athletes should note that appropriate responses by coaches or the Athletic Director could range anywhere from a verbal reprimand to suspension or expulsion from the team. In addition, the school principal reserves the right to deny any athlete from participating in athletics for any reason.

Eligibility to Participate

A student who is suspended from school is not eligible to practice, play or attend any meeting during the time of suspension. If the suspension includes the last day of school before a vacation or weekend, the student becomes eligible the next calendar day after the last day of the suspension.

A student who is absent from school will not be allowed to practice or attend any meeting of the team or group on the day of the absence. Exceptions such as funerals, field trips, and college visitations must be approved by the principal in advance.

High School Eligibility Requirements (Established by the NCHSAA and Guilford County Schools)

Academic Requirements

Students at schools on the 4 x 4 block schedule must pass a minimum of 3 classes during the semester immediately prior to the semester of athletic participation. Students at schools using the traditional schedule must pass a minimum of 5 classes during the semester immediately prior to the semester of athletic participation.

Attendance Requirement

In order to be eligible for athletic participation, students must have been in daily attendance 85% of the previous semester. In regards to athletic eligibility, daily absences cannot be made up under any circumstances, even if the student attends Saturday classes, extra help sessions, summer school, and/or any other means to make up academic work.

Promotion Standards

All students must meet local promotion standards established by Guilford County Schools. A set number of units/credits must be earned in order to be promoted to the next grade level.

Eight Semester Rule

Beginning with the student's first entry into the 9th grade, the student may not participate in athletics for a period lasting longer than eight (8) consecutive semesters.

Medical Examination

Student athletes must receive a [medical examination](#) once every 365 days by a duly licensed physician, nurse practitioner, or physician's assistant.

Age

A student may not participate in any sport if his or her 19th birthday comes on or before August 31st of the current school year.

Residence

A student is eligible to participate in athletics at the school to which he or she is assigned by the Board of Education, within the administrative unit of residence. Transfers within the Guilford County Schools administrative district are governed by local Board of Education policy.

Student Participation in Interscholastic Athletics

In addition to the athletic eligibility rules established by the NCHSAA, additional athletic eligibility rules have been established by the Guilford County Schools Board of Education.

- Students in grades 10-12 must earn a weighted GPA of 2.0 or higher during the semester immediately prior to the semester of athletic participation. First year freshmen do not have a GPA requirement for the first semester of the 9th grade year, but must earn a GPA of 1.50 or higher during the first semester to be eligible for the second semester of the 9th grade year.
- Annually, prior to participation, parents must provide two proofs of residence.
- Annually, prior to participation, the student and parent must complete an Athletic Participation Form.

A more detailed description can be found in Board of Education policy JI (Student Participation in Interscholastic Athletics) as well as the associated procedures.

Northwest Athletic Information

Preseason Parent Meeting

All sports are expected have a preseason parent meeting before the first contest. At this meeting, the coach will go over expectations, team rules, sportsmanship, and answer any questions. This is a required meeting for all parents of participants on the team. Athletes are invited but not required to attend. If the parent cannot attend this required meeting, the athlete may not be allowed to participate. Before the athlete can participate in any game, the parent must sign indicating the understanding of the athletic department rules for their child.

Transportation and Athletic Early Dismissals

The athletic department will provide transportation to and from athletic events. Parents are allowed to transport an athlete from away games with a signed waiver and permission of the head coach, no exceptions.

Due to the fact that we practice and play at an off campus venue in certain sports such as golf, tennis, and swimming, student-athletes must provide their own transportation to and from practices and contests. Because the safety of student-athletes is a primary consideration in the administration of this activity, students must have the written parental permission for their participation in each specific sport.

Under no circumstances will athletes be allowed to travel with teammates or other parents to or from contests without signed waivers.

All athletes are expected to inform their teachers of any pending early dismissals at least one day in advance and are responsible for any work missed as a result of an athletic early dismissal.

Informed Consent

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules and warnings, report physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

Athletic Training

The athletic department will provide a certified Athletic Trainer and athletic training student aids to provide the possible care for our athletes. Athletes are offered a wide variety of services (prevention and treatment) to help meet the demands of athletic competition. If an athlete sees a physician for an injury and/or illness that would affect their participation in athletics, they need to obtain a release from the treating physician before readmittance to team activities.

The following are guidelines to follow when using the athletic training room:

- Do not enter without an athletic trainer, coach or athletic training student aid
- Only athletes being treated are allowed in athletic training room
- Do not attempt to treat yourself
- Wear appropriate clothing to and from the athletic training room
- Do not use or remove any supplies without permission

Hot Weather

The Guilford County Schools will make all determinations about hot weather guidelines for preseason practices in an attempt to limit heat related issues. During the preseason period, no outdoor practice can take place between the hours of 12 noon and 5pm. Once the school year begins with teacher workdays, all decisions will be made at the school level, realizing that no practices may occur before the end of the regular teacher workday.

Inclement Weather

On the day schools are closed due to inclement weather conditions, all school activities shall be suspended. This rule applies to all games, practices, rehearsals, etc.

On subsequent days when schools are closed due to inclement weather, the Guilford County Schools will determine when school activities (team practices, rehearsals, etc.) may be resumed. All performances and games that are to be played when schools are closed will require the permission of the superintendent or his designee.

Under no circumstances should students be penalized for failure to attend activities when schools are closed even when special permission to proceed has been granted.

Team Pictures

All NWHS athletic teams will have pictures taken by Lifetouch. Athletes are under no obligation to purchase any photos, however NWHS does receive a

portion of the proceeds from these purchases. Coaches will announce and give out the information and dates concerning sport pictures. If you are interested in purchasing pictures, please fill out the Lifetouch flyer completely and return it with your athlete on picture day with a check or money order made out to Lifetouch.

Dressing and Locker Rooms

Coaches will supervise their dressing facilities. Custodians are expected to clean dressing rooms daily, but are not expected to pick-up equipment and clothing left behind by athletes. Under no circumstances should athletes wear cleats inside the buildings or walk in the gym.

Athletes are encouraged to secure all valuables inside their lockers. Locker rooms are not always secure areas so bags and belongings should not be left outside the locker. The athletic department and school is not responsible for lost or stolen personal belongings.

Attendance

It is the responsibility of all athletes to attend school on a regular basis. They should set an example for all other students. Athletes cannot participate (dress out) in practice or a game unless they are in attendance at school.

- All athletes will attend Northwest High School on a daily basis.
- Athletes should be present in all classes during the school day unless excused by the administration.
- If he/she attends school he/she will be expected to practice unless excused by the coach.
- Athletes must be in school by 11:45 each day in order to be counted as present for the school day. If an athlete is not present by that time, then the athlete will not be allowed to participate that day. Certain exceptions can be made, however they must be approved by the principal and athletic director in advance.

Dress

Athletes are encouraged to dress in an appropriate manner whenever they represent Northwest High School

- Must dress appropriately during the school day (NWHS Student Handbook), at practice and for all games.
- Each individual coach may have dress requirements for the team.
- Proper attire, if not participating in the game or practice, should be worn. Under no circumstance should an athlete not participating have on headphones, I-pods, sunglasses or hats.

Obligations

All athletes are required to replace lost uniforms or damaged equipment. Athletes are responsible for clearing all obligations with their coaches before participating or practicing with another sport (good standing). If an athlete fails to take care of his/her financial responsibilities to the athletic department he/she will be ruled ineligible and school consequences will follow, such as nonparticipation in graduation exercises and the withholding of report cards.

Meals

The athletic department will not provide funds to purchase pre-game meals, post-game meals, or overnight accommodations.

Letter Requirements and Awards

An athletic award is a symbol of athletic accomplishment, good sportsmanship, and the observance of athletic policies. If an athlete completes the season in good standing, he/she will receive a letter or participation certificate. The head coach of each sport sets the letter requirements for each sport. Awards shall be held if the student-athlete is not in good standing (debt owed).

The Awards available are the following:

Letter: Awarded when an individual letters in for the first time in any varsity sport.

Sport Pin: After qualifying for a varsity letter in a sport, each additional sport will be designated by a sport emblem to be worn on the letter.

Participation Certificate: Will be awarded to all team members who finish the season in good standing.

Plaques: The Head Varsity Coach shall present special awards at the conclusion of each season.

These awards may be given out to the athletes at the end of the season by the coach. The coach may decide to do an end of the season banquet or get together. This banquet may not charge participants more than \$9 per person. It is highly recommended that all players and participants pay for their own meal unless they have a financial hardship that prevents them from doing so. All should feel welcome to attend regardless of the ability to pay. Please contact a coach if you know of an athlete or parent in this situation.

College Admission

The coaching staff will work to qualify as many student-athletes as possible. Information about re-centered SAT scores and clearinghouse registration is available upon request. In the event that a college recruiter contacts an athlete

personally he/she has an obligation to notify his/her coach, guidance counselor, and the athletic department. Northwest High School will abide by the rules of the NCAA. Information about college recruiting and the Internet scouting service is available on request. Rising juniors and seniors who plan to participate in college athletics need to register with the NCAA Clearinghouse. The clearinghouse certifies that the athlete is eligible for NCAA competition. To register and for more information, go to the website www.ncaaclearinghouse.net

Schedules

Northwest High School competes in the Piedmont Triad 4A Conference in the North Carolina 4A classification. The Conference includes East Forsyth, Glenn, High Point Central, Southwest Guilford and Ragsdale.

Schedules for all sports are generally completed three months in advance of the season and are available from the athletic director.

This year, we will be utilizing a schedule service called Schedule Star. This should help with communicating changes made in the game schedule for each sport. For more information and to sign up for alerts when changes are made, go to www.highschoolsports.net. If you check the website and do not notice a cancellation or do not receive an update, assume that the game is on as scheduled and please refrain from calling the front office. Upon cancellation of a game, the website will be updated immediately and school personnel will use the website as their source of information.

Admission Charges

If admission is being charged, all contests involving a varsity sport including back-to-back JV and Varsity games are \$5 admission. A single JV game is \$5. Postseason games will have higher admission charges.

Sport passes for all home games during the school year, excluding playoffs, can be purchased through the athletic department. Please see the NWHS website under athletic information and documents for more information.

Team Selection

Athletes at Northwest High School are encouraged to participate in as many sports as he/she can. Student athletes may participate in more than one sport during a season with the approval of the coaches and the athletic director. Once an athlete begins the in-season-training period of a sport, he/she should not quit while that sport is in season. If an athlete quits a sport they will be withheld from participation in any other sport or skill development until that season is over.

Each coach has his/her own policy on how he/she selects the team. Coaches will explain their policy to candidates before the season/practice begins.

Skill Development sessions and open facilities (open to all, required for none) are allowed, but shall not be held during any tryout period of an in-season sport. These state mandated dead periods are from the 1st Fall Practice to 9/1; from the 1st winter practice to 12/1; and from the 1st spring practice to 3/15. Other dead periods for skill development are during mid-term exams and the last 5 days of each semester. All skill development sessions must be voluntary and open to all athletically eligible students. Student insurance is required for all those involved in skill development and off-season sessions.

There shall be no athletic practice/workouts during the school day or on Sunday. Practice may begin after 3:50PM during the regular school day and on workdays.

SPORT SEASON	FIRST PRACTICE
FALL	Week of August 1
WINTER	Week of November 1 st
SPRING	Week of February 14 th

Parking For Athletic Events at Northwest High School

Parking information also includes Northwest Middle School Athletic Events held at the High School Athletic facilities such as middle school soccer, football, softball, and track.

Football Stadium:

Sports played here include football, field hockey, cross country finish line, track, boys lacrosse and girls lacrosse. Please park in the student parking lot in the

rear of the high school. To access this lot, take the one-way student drop off loop that circles the main student parking lot. Follow the road down the hill to the football stadium.

Soccer field, Softball Field and Baseball field:

Please park in the student parking lot in the rear of the high school. To access this lot, take the one-way student pick up and drop off loop that circles the main student parking lot. Walk the gravel path to the soccer and softball field. There is no access to the softball field and soccer field by the road between the Middle School and High School.

If there are any spectators with walking limitations, please call the athletic director at 605-3303 to arrange for accommodations.

Substance Abuse Policy

The **North Carolina High School Athletic Association, Guilford County Schools and Northwest High** emphatically oppose the use of tobacco, alcohol, steroids and other drugs by student-athletes. The use of alcohol, tobacco, performance enhancing substances, and illegal drugs is prohibited. Medical research clearly substantiates the fact that the uses of these or any mood modifying substances produce harmful effects on the human organism. The student who wishes to experiment with such substances jeopardizes team performance, team reputation, team success, and physical harm to himself/herself or teammates.

Tobacco (In all forms): research emphasizes that the use of tobacco is physically harmful to young adults. The harm caused by this substance causes several health problems. The community follows the progress of young athletes and any deviation from accepted training rules marks one as unwilling to “pay the price.” If one squad member breaks the rules, the whole team is branded.

Alcohol: There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw the athlete into their drinking session will be the first to criticize them if they do not produce in game situations.

Drugs: Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers. In order to minimize health and safety risks to North Carolina’s student athletes, maintain ethical standards as well as reduce liability risks, school personnel and coaches should never knowingly supply, recommend or permit the use of any drug, medication, performance enhancing substances, or food supplement solely for performance enhancing purposes.

Violations of the Substance Abuse Policy

A violation is defined as the use and/or possession of a banned substance. An athlete can be in violation of the substance abuse policy in any of three ways. These rules apply during the sport(s) season, 7 days a week, 24 hours a day:

1-An athlete admits to the violation.

2-If a substance abuse violation is witnessed by school employee/personnel on or off campus. If an athlete is in violation of the substance abuse policy on any school grounds or campus, this is punishable by immediate dismissal from the team.

3-An athlete is reported by law enforcement to have used or in possession of the substance.

FIRST OFFENSE: Enrollment in an approved substance abuse program and suspension from the team for 14 calendar days. The athlete will not be permitted to practice or participate in any contest or scrimmage. Reinstatement is contingent upon the athlete complying with recommendations made by the coach and the administration.

SECOND OFFENSE: Suspension from athletics for the remainder of that sport season and/or six week suspension plus 20 hours of school service. Reinstatement is contingent upon the athlete complying with written recommendations made by the coach and the administration.

THIRD OFFENSE: Full suspension from all athletic programs for the remainder of the athlete's high school career.

Violations of the substance abuse policy are cumulative during a student's four years in High school. Violations do carry over from year to year.

All athletes must work to their academic potential in the classroom. They must also display good school conduct at all times. Disciplinary action taken by the Administration may be supplemented by additional disciplinary action by the Athletic Department.

Out of School Suspension and In School Suspension

When serving an all day school imposed suspension in ISS or OSS, the student-athlete will be ineligible for all contests, tryouts, and practices during the suspension period until returning to class. The student-athlete cannot participate in practice and games or dress in uniform during the suspension. For OSS, the student is not allowed on school grounds unless given permission by the principal. If a student is assigned ISS for certain periods of the day, the coach may have specific consequences to discipline the athlete.

Student-Athlete Discipline

The coach may immediately suspend a player for twenty-four hours and at the end of that time suspend them for an additional period not to exceed one week (7 days). Any suspension period of more than one week shall be determined by a meeting of the athlete's coach or coaches, and the Athletic Director.

Expenses

Should student-athletes or guardian(s) choose to make purchases related to athletic participation e.g. (camps, trips, clothing, equipment for personal use or any other purpose related to participation) the expenses will be the sole responsibility of that athlete and his/her guardian(s). Northwest High School, Guilford County Schools, and/or the Coaching Staff will in no way to any degree, cover or reimburse voluntary expenses at any time.

Hazing Policy

The North Carolina High School Athletic Association, Guilford County Schools, and Northwest High School encourage coaches and other school personnel to vigorously enforce rules against hazing and similar practices.

Hazing is defined as deliberately subjecting another person to physical, mental, or emotional injury as part of an initiation or prerequisite for membership ... (House Bill 171). It is against North Carolina Law (G.S. 14.35). Regardless of a student's willingness to participate, hazing and other humiliating activities expected of a student to belong to a team or group, have many negative consequences. It obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and a "wholesome athletic environment."

Anyone found guilty of planning or being involved in a hazing incident will be immediately removed from the athletic team. Also, the offender will be referred to the school administration and local law enforcement for the offense.

Sportsmanship

The Guilford County Board of Education values the participation of parents and community in the activities of the schools and encourages adults to serve as role models for students. The Board welcomes visitors to the campuses of the schools and provides for opportunities to observe and learn about the educational programs, to use the facilities in compliance with policies designed for community use of our facilities, and to attend public events, including sporting events, musical and dramatic presentations offered to the public.

While visitors are welcome on campus, the paramount concern of the Board is to provide a safe and orderly educational atmosphere in which disruptions and distractions are minimized. The Superintendent and principal may establish and enforce reasonable rules to address these concerns. In addition, the following requirements apply:

- Spectators at events open to the public are expected to conduct themselves so as to model good sportsmanship and citizenship. This applies to student spectators as well as adult spectators. Spectators shall not:
 - Harass, degrade or heckle players, participants or referees
 - Throw anything on the playing surface
 - Come on the floor, field, mat, and/or track before, during or after a contest without being beckoned by the head coach or administration
 - Approach the coach of either team before, during or after the game
 - Student spectators who violate this policy are also in violation of the Code of Conduct and will be disciplined accordingly

Any visitor to a school or school event who violates this policy will be asked to leave (No Refund or Readmission) and may lose the privilege of coming on campus and/or attending school events in the future.

The following policy statement from the North Carolina High School Athletic Association (NCHSAA) expresses the concept of sportsmanship as follows: Ethics, integrity, and respect are important values in our daily lives. In the playing arena, they are translated into the word sportsmanship. Good sportsmanship is a vital part of high school athletics and must be reflected in a commitment to emphasize those positive lifetime values taught by interscholastic athletics.

Students and spectators should....

- Realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through behavior the practice of good sportsmanship
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
- Remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well being of the players, through the medium of the contest
- Be modest in victory and gracious in defeat
- Respect the judgment and integrity of officials
- Fulfill the pledge you sign before each sport season

Ejection Policy

Anyone ejected from a contest or observed:

- fighting (throwing a punch)
- biting
- taunting, baiting, or spitting toward an opponent
- use of profanity
- use of obscene gestures
- disrespectfully addressing or contacting an official

Shall be suspended by NCHSAA and may be subject to school based administrative discipline as well.

Northwest Athletes are expected to:

- Exemplify high morals, good character and fellowship
- Respect the integrity of others
- Abide by the rules of the game in spirit and intent
- Demonstrate a continuing interest in personal improvement
- Display good sportsmanship
- Respect the rights and possessions of teammates, coaches, administrators and officials.

SUMMARY

This handbook is intended to inform athletes and parents of state and local regulations governing interscholastic athletics. It is our hope that by being aware of rules, regulations, and expectations, unfortunate situations due to lack of knowledge can be avoided. Please understand that this handbook is not all-inclusive. There are many rules and regulations not included and, of course, each coach has the right to make reasonable rules that are more stringent than those outlined in this document.

The importance of adherence to all regulations in this book should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of the regulations. The community, school administrators, coaching staff, and athletic director feel strongly that high standards of conduct and citizenship are essential in maintaining a solid program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of the individual and the orderly conduct of sports. We do not wish to establish arbitrary personal preferences to insure absolute uniformity. The welfare of our students is our major consideration. Hopefully, their welfare transcends any other consideration.

In the event that an athlete fails to comply with these standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program. Therefore, the athlete will be denied the privilege of participating until such time as he or she can prove this desire. The precise period of suspension will depend upon the violation(s) and the attitude of the athlete. Generally, a minimum of one week will be necessary to prove the desire to participate and to comply with all standards, which have been established for the benefit of the athlete and the team. Repeat or flagrant violations may result in total suspension from the athletic program. This will be determined by a consensus of the NWHS administration and coaching staff involved.