



**FLUVANNA COUNTY HIGH SCHOOL
STUDENT-ATHLETE HANDBOOK
2010-2011**

FLUVANNA COUNTY HIGH SCHOOL

3717 Central Plains Rd. Palmyra, VA 22963

Mr. James H. Barlow Jr., Principal

Mr. Scott Morris, Athletic Director

Ms. Sara Miles, Athletic Trainer, Asst. Athletic Director

School Phone: (434) 589-3666

Athletic Department Phone: (434) 591-2077

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FALL COACHING STAFF

BOYS

Football: Jason Barnett (*Acting*)
JV Football:
Cross Country: Tom Casto
Golf: Brian Searcy

GIRLS

Volleyball: Christi Harlowe
JV Volleyball: Diane Greenwood
Cross Country: Rose Brogan
Cheerleading: Tracy Howard

WINTER COACHING STAFF

BOYS

Basketball: Munro Rateau
JV Basketball: Nick Ward
Indoor Track: Tom Casto
Wrestling: Craig Conner
Swimming: Jimmy Small

GIRLS

Basketball: Chad White
JV Basketball: Latoya Franklin
Indoor Track: Rose Brogan
Cheerleading: Tracy Howard
Swimming: Connie Banton

SPRING COACHING STAFF

BOYS

Soccer: Patrick Dieter
JV Soccer: Earl Gibson
Baseball: Mike Sheridan
JV Baseball: Keith Brown
Track: Tom Casto
Tennis: Jason Davis

GIRLS

Soccer: Tara Garcia
JV Soccer: Kristin Davis
Softball: Nick Ward
JV Softball: George Bockman
Track: Steve Szarmach
Tennis: Connie Banton

The Fluvanna County High School Athletic Department

Fluvanna County High School stresses the importance of a well-balanced activities program for students and realizes that many hours are given for study, practice, and participation in any athletic or activity endeavor. Fluvanna County High School encourages parent and community support of students for their achievements, as these activities are instrumental in developing great community interest and pride.

You are invited to support our students and the school through attendance at the various events at Fluvanna High School. You will find them to be most enjoyable and worthy of your time and effort. You can also support our programs by joining the Athletic Boosters Club affiliated with Fluvanna County High School or being a part of our Fluco Athletic Society by being a contributor to our Athletic Department.

School is more meaningful and enjoyable when a student becomes involved in an activities program. Whatever a student's skill or ability level, athletic opportunities are available. While some teams hold try-outs for positions, other sports welcome all participants. Interest and enthusiasm are the most important qualifications. It is our goal as an Athletic Department to enhance all student/athletes skills and to help them to become the most productive person they can be, promoting team work and accomplishment both on the field and in the classroom.

Participation in student activities enhances the regular school day and enriches the school experience. National studies indicate that students who participate in athletics and other activities:

- Have a higher grade point average than non-participants;
- Have a higher graduation rate;
- Have a better attendance record than non-participants; and
- Tend to be successful after college, according to the College Board.

Contributing to our athletic tradition will be a source of satisfaction to the students and the school.

Thank You,

Scott Morris
Athletic Director

Athletic Activity Fee

Due to the economic recession on our economy, Fluvanna County High School is implementing an Activity Fee for each of the extracurricular activities offered at FCHS. The fee will be \$60.00 per student participating, per event that is participated in, included on all levels of competition. (Middle School, Junior Varsity and Varsity levels) For example a three sport athlete will have to pay a total fee of \$180.00 for the year to participate in three sports. This fee is by no means a guarantee of playing time while on the team and will not be collected until after final cuts are made for teams. These fees will be collected before the first real competing event for the season and each student that does not pay the fee before then will not be allowed to compete until the fee is paid.

Fee will be used in purchasing equipment for each sport or activity while also covering the overall cost of officials, travel and other operating expenses.

Fee Description:

- \$60.00 per student per activity in which they are participating
- Must be collected by the first schedule event (will be collected by head coach of the program)
- Students will not be allowed to participate until fee is received
- Qualifying students for free or reduced lunch will be adjusted in this payment. This adjustment must be documented and approved by the school Principal.
- **If you are released from your team, suspended from school and released from the team, or quit the team, the activity fee will not be refunded.**

Fluvanna County High School Athletic Handbook

A Guide for Fluvanna County High School Student-Athletes and their Parents

Contents

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Virginia High School League Eligibility Rules

The Virginia High School League (VHSL) is a member of the National Federation of State High School Associations. All rules and regulations governing secondary school boys' and girls' interscholastic athletic contests and practices are established by the VHSL, the Fluvanna County School Board, and The Fluvanna County High School Administration.

To be eligible to represent Fluvanna High School in any VHSL sponsored interscholastic contest a student shall meet the following requirements:

1. 28-1-1 Bona Fide Student Rule: The Student shall be a regular bona fide student in good standing of the school that he/she represents. (2) Any student who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon his/her school, is not considered in good standing.
2. 28-2-1 Grade Rule: The student shall be enrolled in the last four years of high school (2) eighth-grade students who passed five 8th grade subjects the past school year and reached the age of fifteen on or before the first day of August may compete on the varsity level.
3. 28-3-1 Enrollment Rule: The student shall have been regularly enrolled in the school that he/she represents not later than the fifteenth school day of the semester.
4. 28-4-1 Scholarship Rule: The student shall:
 - (a). For the first semester be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year of the immediately preceding semester for schools that certify credit on a semester basis.
 - (b). For the second semester be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.
5. 28-5-1 Age Rule: The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to complete.
6. 28-6-1 Transfer Rule: The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian.
7. 28-7-1 Semester Rule: The student shall not have been enrolled in the last four years of high school for a period of more than eight consecutive semesters, beginning with the semester in which he/she was enrolled for the first time in the ninth grade. The eight consecutive semesters shall be counted continuously from

that point, regardless of whether or not he/she remains continuously enrolled in school.

8. 28-8-1 Amateur Rule: The student shall be an amateur. An Amateur is an athlete, who engages in VHSL athletics solely for educational, physical, mental, and social benefits he/she derives there from, and to whom the VHSL athletics are nothing more than an avocation.
9. 28-9-1 Athletic Participation/Parental Consent/Physical Examination Rule: The student shall have submitted to the principal of his/her school, prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents consent to his/her participation.
10. 28-10-1 Awards Rule: The student shall not have accepted nor accept from any source whatsoever, in recognition of or as a reward for his/her athletic skill, any award other than letters, medals, charms, cups, plaques, letter sweater, or similar trophies, or any award of value other than intrinsic value. These listed awards may be accepted only when presented or approved by his/her school, or when earned in VHSL sanctioned meets or tournaments.
11. 28-11-1 Independent Team Rule: During the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports, become a member of or participate with an organized team in the same sport which is independent of the school's control as long as such participation does not conflict with the scheduled activities of the school squad or team.
12. 28-12-1 All-Star Participation Rule: The student shall not have participated in an all-star contest.
13. 27-13-1 Sportsmanship Rule: (Also see "Sportsmanship" section of this handbook). Member schools are required to conduct all their relations with other schools in a spirit of good sportsmanship. Acts which are prima facie evidence of failure to abide by this rule are those which are noted below and others of a similar nature which transgress the usually accepted code for good sportsmanship.
 - 27-13-4 Harassment of game officials... such related actions when exhibited in aggravated form are evidence of poor sportsmanship.
 - 27-13-5 Failure of a school to use every means at its disposal to impress upon its faculty, student body, team members, coaching staff and officials the values of sportsmanship in the preparation for, and the conduct and management of interscholastic contests and the importance of observing published or accepted rules governing

coaches, competitors or spectators relating to the conduct of competition.

Penalty: Athlete- any athlete who in protest lays hands on or attempts to lay his/her hands on an official may be declared ineligible by the League or by his/her principal for up to one year. Any athlete who strikes an opponent, a coach, or a spectator during or following an athletic event may be declared ineligible by the league or his/her principal for a specified period of time up to one year depending on the seriousness of the offense. The basis for this policy statement is that a member school shall not be represented by any student whose conduct reflects discredit upon his school.

14. 30-5-1 Ejection of a Player: see “Sportsmanship” of this handbook.

15. 27-11-2 Contest Limitation Rule: No member school may permit its athletes to compete in more than the total number of regular season interscholastic contests as specified in the VHSL handbook. No athletes may participate on the varsity and sub varsity levels in any sport on the same day.

ADDITIONAL REQUIREMENTS FOR ATHLETES/MANAGERS

Participation in interscholastic athletics is a privilege, **NOT A RIGHT**, earned by the student who meets eligibility requirements set by the VHSL, the District, and the School Board. Questions pertaining to the following additional requirements should be directed to the athletic director.

1. Academics: All participants shall exhibit good citizenship as well as maintain the VHSL scholastic requirement of “take 3 – pass 3”, in addition to any further standards prescribed by the Athletic Department.
2. Physicals-medical Examination: All athletes shall have on file in the athletic office a completed VHSL Athletic Participation/Parental Consent/ Physician’s Certificate Form. No student may participate in practices or games unless he/she has a physical on file, which is dated after **May 1st** of the current year.
3. Insurance: All participants, including managers and student trainers, must be protected by school insurance or have personal insurance that will cover any athletic injury. The participant’s parent(s) must sign the last page of the VHSL form stating that they have primary insurance coverage and that Fluvanna County is not responsible for any X-rays, doctor, or hospital bills due to an injury to the participant while he/she is participating with a team involving Fluvanna County High School.
4. Attendance Requirement: **All participants must be in school for at least three full blocks before being permitted to participate in an interscholastic contest,**

practice, or conditioning program that day or evening. Exceptions are few but will be considered by the athletic director and must be approved by the principal.

5. Out-of-School Suspension: Any participant given out-of-school suspension will be ineligible during the suspension. In addition, the principal, Athletic Director, or the Coach may discipline them further by temporary or permanent suspension from the team. **Five** or more consecutive days of Out-Of-School Suspension results in automatic removal from the team or squad.
6. In-School Suspension: Any student-athlete assigned in-school suspension will be ineligible for participation in practice sessions and athletic contests during the assigned period. A student who receives ISS for less than full day(e.g. 1, 2, or 3 periods) will not be penalized. An individual may be penalized by his/her coach for any amount of in-school suspension. Participation may resume on the last day of the suspension (e.g. a student assigned a one day in-school suspension will be eligible for participation at 3:25 p.m. on that day of the assignment).
7. After-School Detention: Any participant assigned after-school detention will be required to attend detention. If a detention conflicts with a practice or a game, the student may not participate for that day, unless approved by the assigning principal or teacher.
8. Eighth-Grade Participation: Eighth graders may participate in athletics on the junior-varsity level if:
 - Has a completed VHSL Physical Form and the Acknowledgement Form on file.
 - Meets all school, Jefferson District and VHSL requirements.
9. School Debts: Students owing any athletic equipment will be ineligible to participate in athletics until debt is paid. A student athlete will not be allowed to participate in another sport until his/her uniform is returned or paid for to the appropriate season coach. Any student owing debt to FCHS will also be ineligible to participate in school activities such as athletic events.
10. Equipment Distribution and Return: Once equipment and uniforms are issued, it becomes the total responsibility of the student. If any of these items are lost, stolen or damaged, the athlete is held financially responsible for replacing it. All payments for lost equipment must be made at the end of the season to the coach or athletic director. **Students will not be allowed to participate in the next season until all uniforms are turned in or replacement fees are paid. All school fees must be paid as well before participation will be allowed on any extra curricular activity team. These fee's are collected in the guidance department.**
11. Dismissal/Quitting Policy: If a student is removed from, or quits a team without mutual release by the coach, he/she is ineligible to try out for a team

for the next season. For spring sports this penalty will carry over into the next school year. In the event that the student is not mutually released, the coach must report within 48 hours to the athletic director that the student has quit or been removed from the team. Should the student wish to appeal, they must notify the athletic director in writing within ten days. The first appeal shall be made to the athletic director (if the coach is the athletic director, then the first appeal will be to an assistant principal); if a second appeal is desired then it should be made to the principal, with the principal's decision being final.

12. **Participation on the Varsity/JV or 8th Grade level:** Please be aware that the assigning of student athletes to the various level of competition will be determined by the Head Coach and his or her assistants. The goal of all programs is to place each student/athlete on the level in which they can compete at a high level while also allowing them to contribute to the success of the team and program in which they are playing on. All head coaches to have the right without objection to re-assign any student athlete to a different level of competition and any time they deem necessary. All tenth graders will first be looked upon as varsity athletes until a determination has been made.

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult roles. By establishing each role, we are better able to understand and accept each other's actions and together, provide a great atmosphere for our children. When your child becomes a part of the Fluvanna County Athletic Department, you have the right to understand what expectations will be placed on your child. This begins with clear communication from the coach of your program

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Coach's Philosophy
- Expectations and goals the coach has for your child as well as for the team/season
- Team equipment, special equipment needs, strength and conditioning programs
- Procedure to be followed if your child is injured during participation
- Game/practice schedule and updates
- Team rules, guidelines and consequences for infractions
- Lettering criteria (if applicable)
- Team selection process

COMMUNICATIONS COACHES EXPECT FROM ATHLETES/PARENTS

- Any concerns should be expressed DIRECTLY to the head coach first
- Then to the Athletic Director
- Then to the Principal of the High School if need be.

Parents should also provide each coach:

- Advance notification of any schedule conflicts
- Advance notification of any illness and injury-whenver possible

It is the goal of everyone that each Fluvanna student-athlete will experience some of the most rewarding moments of his or her lives. It is important to understand that there also may be times when things do not go the way you and your child wish. When this occurs, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- Treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACH (These issues are left up to the coach's discretion)

- Playing time
- Team strategy
- Play calling
- Other student-athletes

IF YOU HAVE A CONCERN TO DISCUSS WITH THE COACH PLEASE FOLLOW THE PROCEDURES LISTED BELOW

- Call the coach to set up an appointment.
- If the coach cannot be reached, call the Athletic Director and ask them to set up a meeting for you.
DO NOT attempt to confront a coach before or after a contest or practice.
These can be emotional time for both the parent and coach

IF THE MEETING DID NOT PROVIDE A SATISFACTORY RESOLUTION

- Call and set up an appointment with the AD to discuss the situation
- At this meeting the appropriate next step can be determined.

Sub-Varsity Play Rule:

At Fluvanna County High School we currently have a sub- varsity play rule which requires a certain amount of playing time on either the Junior Varsity or Middle school athletic team level.

The playing rule for the junior varsity team of each sport requires that each team member make an appearance in at least half of the games played. (ex: if there are 20 jv baseball games scheduled than each player must make an appearance in at least 10 of those games)

On the middle school level each member of the athletic team is required to participate or make an appearance in each of the games played. (ex: if 10 games are schedule then 10 games should be played in, in some capacity)

It is the goal of FCHS athletics to promote good competition at all levels of our athletic department. We by no means are not trying to or will not try to compete in and win every game played. It is also the belief that the more we are able to get each sub-varsity team member to participate in as many games as possible, the better we can only be in the future.

Go Flucos

Responsibility of the parent and coaches to meet before the season starts in order to go over all policies, discipline procedures and requirements in being on the team. This is a mandatory meeting for each parent and must be documented by the Head Coach. Players will not be eligible until the meeting takes place. A sports specific meeting will be scheduled at the beginning of each season.

ALCOHOL, DRUGS, AND TOBACCO

It is the goal of the Fluvanna Athletic Department, its coaching staff, athletic trainers, administrators and faculty that all Fluvanna athletes are drug, tobacco, and alcohol free at all times. The abuse of alcohol and illicit use of drugs can be detrimental to the physical and mental well being of its student-athletes, no matter when such use should occur during the school year. Additionally, use or abuse of alcohol and use of drugs can seriously interfere with the performance of individuals as students and athletes and can be extremely injurious to student-athletes and their teammates, particularly when participating in athletic competition or practice. These rules are a definite part of education in the Fluvanna athletic program. The Fluvanna County School Board has issued the following guidelines/consequences concerning the use of illegal drugs, alcohol, and tobacco.

BY VIRTUE OF RECEIVING THIS HANDBOOK, YOU AND YOUR PARENTS HAVE ALREADY SIGNED A STATEMENT STATING THAT YOU HAVE A COMPLETE UNDERSTANDING OF THE RULES AND CONSEQUENCES LISTED BELOW. ALSO, BY SIGNING, YOU HAVE GIVEN YOUR WORD THAT YOU WILL ABIDE BY THESE RULES AND WILL “NOT USE” WHILE PARTICIPATING ON A FLUVANNA HIGH SCHOOL ATHLETIC TEAM.

1. Any student who has a school related drug or alcohol violation would be suspended from participation in all school-sponsored extra curricular activities for 365 calendar days.
2. Due to the nature of athletics, the above (#1) applies to student-athletes 24 hours a day, on or off school grounds, beginning the 1st day of try-outs and throughout their season. If a student athlete is found to be in violation of this policy then the necessary consequences will be assigned. The principal has the discretion to extend any policy to include other consequences that may affect the health, safety, and performance of student-athletes.

AN ATHLETE POSSESSING TOBACCO PRODUCTS will be suspended until the end of the season on the 1st offense, and banned from trying out for another team the rest of the school year on the 2nd offense.

OTHER EXAMPLES OF VIOLATIONS: Refusing to take an alcohol Breathalyzer, or being charged with possession of alcohol/drugs.

SPORTSMANSHIP

TO OUR FCBS SUPPORTERS/SPECTATORS: We appreciate your support and POSITIVE encouragement! We ask that your behavior be for and not against our coaching staff, visiting teams, officials and, of course, our own student-athletes. Should you have a concern, please be respectful enough to discuss that concern with the coach or administrator at the appropriate time and place.

TO STUDENT-ATHLETE: As a Fluvanna student-athlete, you are expected to conduct yourself with integrity, sportsmanship, honesty, pride, and humility. Your conduct is closely scrutinized as you sit in the classroom, as you travel, and as you compete at home and on the road. You are looked upon as a role model, particularly by your peers and by younger children, and it is important that your personal conduct be above reproach at all times. Realize that you are representing yourself, your team and Fluvanna County High School. Do so with class.

THE VHSL, the Jefferson District and the Fluvanna Athletic Department support and mandate the following consequences:

27-13-6: Players who are ejected from a contest for unsportsmanlike conduct are ineligible for the team's next contest. If the ejection takes place in the final contest of the season, the penalty shall carry over to the next sports season. Any player ejected from a school sponsored sporting event could also be found ineligible for other games or events as determined by the coach and or Athletic Director.

A Fluvanna coach reserves the right to implement their own specific team rules, regulations and consequences that may be more, but not less severe than those listed above.

TEN REASONS TO SHOW GOOD SPORTSMANSHIP

1. Taunting, trash talk and intimidating behavior have no place in high school sports – on the field or in the stands.
2. Your admission ticket allows you to watch the performance of highly impressionable 15-18 year old student athletes; not a license to abuse coaches, officials, players, and other spectators.
3. You want others to treat you the way that you want to be treated and how many of us wanted to be treated with disrespect?
4. We need more positive role models for our student-athletes.
5. People don't always remember the final score – but they always remember the fan in Section 3 who made fools out of themselves.
6. A national survey indicates student-athletes play high school sports to have fun – not to be number one!
7. Coaches and officials are also teachers. Would you harass them in their classroom?
8. Sportsmanship begins with you!
9. Little eyes are watching!
10. **It's simply.....the RIGHT THING TO DO!**

COLLEGE BOUND ATHLETES WORK SHEET

Name: _____

Graduation Year: _____

Sport(s): _____

Core Courses (16) Division I **16 Primary Core**

NCAA Division I requires 16 core courses as of August 1, 2008. This rule applies to any student first entering any division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirements.

- 4 Years English
- 3 Years Math (Algebra 1 or higher)
- 2 Years Nat. /Physical/Natural Science with 1 year of lab
- 2 Years Social Science
- 1 Year additional course in English, Math, or Physical/Natural Science
- 4 Years additional academic courses in any of the above or foreign language, philosophy, or non-doctoral religion.

Core Courses (14) Division II **14 Core-Courses**

NCAA Division II requires 14 core courses. See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

- 3 Years of English
- 2 years of mathematics (Algebra 1 or higher)
- 2 years of natural/physical science (1 year of lab if offered by high school)
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science
- 3 years of additional courses from any area above, foreign language or non doctrinal religion/philosophy.

Test Scores

- Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.

- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. **The writing section of SAT is not used.**
- The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT, English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center Code of 9999 to make sure the score is reported to the Eligibility Center.**

Grade –Point Average

- Only core courses are used in the calculation of the grade-point average
- Be sure to look at your high schools list of NCAA-approved core courses on the Eligibility Center’s Web site to make certain that courses begin taken have been approved as core courses. The Web site is www.eligibilitycenter.org
- Division I grade point average requirements are listed on page two of this sheet.
- The Division II grade-point average requirement is a minimum of 2.000

Weighted Grades

The NCAA rules state that weighted grades may be used by the Eligibility Center under the following conditions:

- Weighting may be applied to courses whose titles indicate they are honors, AP/IB, or advanced.
- A maximum of 1.00 quality point may be assigned.
- The weighted grades are calculated as part of the student’s overall grade-point average. NOTE: Weighed grade that are used only for class rank and do not factor into a students overall grade-point average cannot be used by the Eligibility Center.

(Right now FCHS’s PVVCC classes are not weighted. Request to see what needs to be done to get them weighed has been submitted.

Other Important Information

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- The Sat combined score is based on the verbal and math sections only. The writing section will not be used.
- Students enrolling at an NCAA Division I or Division II institution for the first time need to also complete the amateurism questionnaire through the eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules please go to www.NCAA.org Click on Academics and Athletics then Eligibility are Recruiting.

Please call the NCAA eligibility Center if you have questions. Toll-free number 877-262-1492

TRANSPORTATION

Transportation is provided via school buses or school cars to all athletic teams for all away games and activities.

Away Contests: the Head Coach and the Athletic Director determine departure times with final approval by the Principal. Departure times are set so that it interferes as little as possible with the regular school day.

Expected return times should be provided by the accompanying coach prior to the trip. Please note that these times are estimated. Several factors can cause the times to change. (Overtime, weather, injuries, etc.)

All members of the team are required to depart and return with their team. This includes team members, bona fide scorekeepers, managers, and trainers. Only in the event of an emergency will a team member be permitted to return with his or her parents- no one else! In this event, the parent must directly request such permission from the Athletic Director, by writing a letter and it must be signed, and a copy is to be kept on file in the athletic office. *We will not accept a verbal agreement.*

If the team is participating in a weekend overnight than student/athletes will be allowed to return home with their parents if prior arrangements have been made with the coach and the Athletic Director.

Participants must provide their own transportation home once they return to FCHS. Each participant should make arrangements for their transportation home so that they can leave the high school property within 30 minutes after a HOME CONTEST and within 30 minutes after the team's arrival from an AWAY CONTEST.

FLUVANNA ATHLETIC BOOSTERS

The Fluvanna County Athletic Boosters is an organization designed to provide an additional source of financial support for all student-athletes. The booster club is responsible for maintaining and running the concession stands all athletic events and a fall golf tournament, which are their main sources of income. Volunteers are always needed to help with these activities. Fluvanna County Athletic Boosters are governed by its constitution/bylaws in order to become a more efficient organization.

TRY OUTS

The following policy shall be in effect for those teams that have to make cuts:

1. Coaches will talk to each participant individually about being selected or not selected on that particular team.
2. Tryouts will be scored on an objective basis.
3. A list will not be posted.
4. Participants will not be separated as those who made the team and those who did not make the team.

Hazing of Student Athletes

Will not be supported, tolerated or allowed at any time in any students experience as a member of their appropriate athletic team. All coaches and or students are to report such allocations at any time so they may be investigated by the appropriate administrator.

TWO SPORT ATHLETES

Any athlete that wishes to participate in two sports during the same season should follow the procedures listed below:

1. Written permission from both coaches and the parents to participate.
2. Designate a primary sport.
3. Final approval from athletic director.

ATHLETIC TRAINING AND SPORTS INJURIES

1. **ALL** injuries must be reported to the Fluvanna athletic trainer immediately.
2. If you have an injury or illness that will keep you out of practice or a game, the athletic trainer must be notified as soon as possible.
3. If you have an injury or illness where you are not allowed to practice or compete, you **MAY NOT** return to practice or competition until the Fluvanna certified athletic trainer releases you to return. A Fluvanna coach or parent **MAY NOT** issue this release. If a doctor has given you a note to return, this note must be shown to the Fluvanna certified athletic trainer **BEFORE** you may return.
4. If you see a **DOCTOR**, for **ANY** reason, a note from the physician is required before you may return to an activity. (Two copies must be supplied one given to the trainer and one to the head coach)
5. If you have an injury that requires daily taping, rehabilitation is part of your daily treatment program. You must complete rehab exercises in order to be taped. Taping for games is **NOT** permitted.
6. **INSURANCE:**
All participants, including managers and student trainers, must be protected by school insurance or have personal insurance that will cover any athletic injury. The participant's parent(s) must sign the last page of the VHSL form stating that they have primary insurance coverage designating that the participant has proper accident insurance coverage. Fluvanna County is **NOT RESPONSIBLE** for any x-rays, doctor or hospital bills due to an injury to the participant while he/she is participating with a team involving Fluvanna County High School.

Injuries Occurring on the Playing Site

1. **ATTENTION PARENTS:** If your child is injured during a contest, the best way that you can help is to remain on the sidelines. We ask that you **DO NOT ENTER** the playing area. The Fluvanna trainers will update you with any pertinent information once your child has been treated. They are more willing to address any questions once the situation is under control.

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2. Please know that the certified athletic trainer on duty is in charge of any injury on the scene. Any doctors or emergency personnel that enter the playing area will be asked to identify themselves and remain only as a resource to the Fluvanna athletic trainer.

REGION II AND THE JEFFERSON DISTRICT

Fluvanna County High School competes as a member of the Virginia High School League, Region II and the Jefferson District.

REGION II

DULLES DISTRICT

Broad Run	Loudon County	Park View (Sterling)
Briar Woods	Potomac Falls	Tuscarora
Dominion	Freedom	Wood Grove

JEFFERSON DISTRICT

Charlottesville	Louisa County	Monticello
Fluvanna County	William Monroe	Orange County
Western Albemarle	Goochland	

NORTHWESTERN DISTRICT

John Handley	Sherando	James Wood
Millbrook	Skyline	

EVERGREEN DISTRICT

Brentsville	Fauquier	Kettle Run
Liberty(Bealton)	Warran County	

DIRECTIONS TO OTHER SCHOOLS

Albemarle High School: Take the Hwy 250 bypass into Charlottesville. Turn right onto Hydraulic Rd., follow Hydraulic across Hwy 29 and the high school will be on your left.

Buckingham High School: Take Hwy 15 South to Hwy 60 (appx 16 miles after you cross into Buckingham County). Turn right onto Hwy 60 and take your first right (appx. $\frac{1}{2}$ - $\frac{3}{4}$ of a mile). The high school will be on your left.

Charlottesville High School: Take Hwy 250 bypass into Charlottesville, take Park St. Exit. Turn right onto Park St. and travel about $\frac{1}{2}$ mile. Turn left on Melbourne Rd., and the school will be a $\frac{1}{4}$ mile on your left.

Cumberland County High School: Take 15th South to into Buckingham coming to the town of Dylwin. After such turn left onto 60 east and follow to the town of Cumberland, school is on the left.

Courtland High School: Take the Louisa Exit off of I-64 East and take Hwy 208 towards Louisa, continue to follow Hwy 208 into Mineral. In Mineral take Hwy 208/Hwy 522 north, travel appx. 5 miles and take a right on Hwy 208, follow Hwy 208 appx. 13 miles and turn right onto Rt. 606/Courthouse Rd. Travel on Rt. 606 for almost 4 miles and turn left on Hwy 208. Follow Hwy 208 appx. 6-1/2 miles and turn right on Smith Station Rd., the school is on the right behind the Food Lion.

Fort Defiance High School: Take I-64 west to I-81 north. Take I-81 exit 227 at Verona, then turn left to Rt. 11 south, then right on Rt. 11. Go past the Augusta Military Academy and take the next left.

Goochland High School: Take Hwy 15 south towards Fork Union, at Dixie take Rt. 6 toward Richmond. Goochland High School will be appx. 18 miles on your left.

Louisa County High School: Take I-64 east exit 143, turn left and follow Rt. 208 west for 8 miles into Louisa. Turn right at the traffic light onto Rt. 33 & 22. Go 1 mile and keep straight on Rt. 22. The school is 4-5 miles on your right.

Madison County High School: Follow Rt. 29 North, the school is on the right just before the Madison turn.

Monticello High School: Take Hwy 53 north to Rt. 20. Turn left on Rt. 20 and travel about 1 mile and turn right at the stoplight. The school will on your right.

Orange County High School: Take Hwy 15 North to Gordonsville. In Gordonsville stay on 15 North toward Orange for 9 miles, at the stoplight turn right onto Rt. 20 North. Travel about 1-1/2 miles and turn left onto Selma Rd and the school will be on the right.

For football/baseball/softball/soccer- After you get into Orange go until you see Preddy's Funeral Home, about 200 yards past the funeral home turn right onto Peluso Rd, follow Peluso Rd past the elementary school and the field will on the left.

Western Albemarle High School: Take I-64 west to Exit 107 (Crozet), turn right off the exit and the school will be about 1 mile on the right.

William Monroe High School: Take 15 north to Gordonsville; take Hwy 33 west for appx. 12 miles. When you get to Rt. 29, crossover Rt. 29 and travel another 6 miles on Hwy 33 to a stoplight and turn right, the school will be on your left.

Spotsylvania High School : Take Route 15 North to I-64 East toward Richmond, Take VA-208 Exit 143 toward Louisa/Ferncliff. Turn left onto Va-208/Courthouse Road. Turn Right onto Courthouse SQ/VA-208. Turn right onto E Main ST/US 33/VA-22. Turn left onto E 1st ST/US 522/VA-208 Turn left onto Louisa Ave/US-522/VA208. Turn Right onto New Bridge RD/VA-208/VA-606. Should run into 6975 Courthouse road.

Fluvanna County High School
Athletic Ticket Prices
2010-2011

Football	\$5.00 Adults & Students
Basketball	\$5.00 Adults & Students
Junior Varsity Football	\$5.00 Adults & Students
All Other Sports (1 Game)	\$5.00 Adults & Students

8th Grade Games: **\$4.00 Adults & Students**
(Unless there is a doubleheader with a JV team, price will then be \$5.00)

Free admission is given to athletes in season (with a pass), senior citizen who have a current senior citizen pass (and are 62 and over), and children under 5.

Individual All Season Pass	\$75 Adults	\$60 Students
Family All Season Pass	\$180 for a family of four	

(Families wishing to add additional members of the family to the pass will be charged \$20.00 per person added. This pass is only good for immediate family members. Example: Father, Mother, Brother, Sister

All passes will be available after August 16, 2010 in the athletic office. Should you have any questions regarding any of the passes or for general information please call the athletic office at 591-2077..

Season passes are not valid for pre-season scrimmages which an admission is charged for and also post season play-offs such as district/region or state events.

ACKNOWLEDGEMENT FORM

I have read and agree to abide by the Rules and Regulations in the Fluvanna County High School Athletic Handbook.

By signing this acknowledgement form I am giving permission for Fluvanna County Public Schools, Fluvanna County High School, and Fluvanna County High School Athletic Department permission to use my name, picture, and/or voice in press releases, on websites, or any other media outlet.

Parent or Guardian Signature

Date

Student Athlete Name-printed

Student Athlete Signature

Date

Sport(s)

Please return this form to the athletic department. Failure to return will result in the Athlete being ineligible to play on a sports team.

Thank you.