

Calhoun Academy Athletic Handbook

Philosophy

Calhoun Academy strives to develop young people in mind, body and spirit. In that regard, the Calhoun Academy athletic program is an integral part of the school's mission. Similar to all other areas of the school, the athletic program is designed to promote a commitment to excellence. Calhoun Academy believes that competitive team sports represent an important opportunity for young people to experience the values of long-range goal-setting, long-range planning, collaboration, commitment to others, and valuing the importance of each person's contribution. Calhoun Academy does not believe in "winning at all costs", but rather achieving excellence as a team through hard work, determination, fair play, sportsmanship, and accepting the role each is asked to play.

Opportunities

Calhoun Academy competes in the South Carolina Independent School Association (SCISA). Calhoun Academy offers a competitive interscholastic athletic program. The following teams will be offered during the 2010-2011 school year:

Fall Season

- Varsity Football
- Jr. High Football
- Varsity Volleyball
- JV Volleyball
- JV Cheerleading
- Varsity Cheerleading

Winter Season

- Varsity Basketball (Girls and Boys)
- Junior Varsity Basketball (Girls and Boys)
- B-Team Basketball (Girls and Boys)
- JV Cheerleading
- Varsity Cheerleading

Spring Season

- Varsity Baseball
- Junior Varsity Baseball
- Varsity Golf
- Varsity Soccer
- JV Softball
- Varsity Softball

Program Goals

In all sports offered at Calhoun Academy, the three levels of competition, B-Team, Junior Varsity and Varsity, are part of the same program coordinated by the varsity head coach. The B-Team and Junior Varsity interscholastic teams are designed to help students learn the various sports, determine their level of commitment to team based

athletics and prepare them for varsity competition. Although all efforts will be made to secure playing time for every student, student athletes are expected to do their part in earning playing time through proper attendance, attitude and work habits. Other specifics regarding the goals of our program include:

B-Team - The program is designed to meet the developmental needs of its participants. The purpose of the program is to develop skills, sportsmanship, and behaviors that are part of being on a team.

Junior Varsity - Team and individual skills are reinforced in preparing student athletes for the more competitive varsity schedule. Playing time is determined by the coach with a goal of providing most students with quality playing time in as many games as possible.

Varsity – The varsity teams play a competitive schedule including both independent and public schools. Our commitment to excellence requires that we field the best team available from among our student athletes. Varsity selection is based on skill and maturity of the student athlete. Each student athlete’s skill level is reevaluated at the beginning of the season for team membership. Scheduling and playing time considerations are based on what best prepares the team to pursue season long excellence.

Eligibility Policies

The policy of the school is that students must be enrolled in Calhoun Academy in order to be eligible to compete in the athletic program. School sanctioned activities include but are not limited to all try-outs for athletic teams, summer team camps (or camps otherwise recommended by the school), and formal practice sessions, and games.

***7th and 8th grade students may only participate in certain varsity sports and only with parent and school permission. A student must be in at least the 8th grade to participate at the varsity level in football, basketball, baseball and soccer. The athletic director and respective head coach will determine if a ninth or tenth grade student can participate at the varsity level.**

Please contact the athletic director for more information on grade level and age restrictions.

Academic Guidelines for Athletic Participation

A Calhoun Academy student athlete is expected to be committed first and foremost to his or her academic responsibilities. In accordance with SCISA rules, a student participating in interscholastic athletics must take, and receive credit for at least FOUR (4) One Credit Core Subjects **or** Any FIVE (5) One Credit Courses (courses that have not been previously passed) each 6 week marking period. If the student does not meet this standard, the student will not be eligible during the next 6-week marking period. An ineligible student will not be allowed to participate in any practice.

Student Athlete Behavior

Student athletes are expected to be responsible for their behavior both on and off campus and conduct themselves in a manner consistent with the high expectations for all Calhoun Academy students. Student athletes should demonstrate honesty, self-discipline and integrity and serve as role models for other students, particularly for younger students. Student athletes must be respectful of the judgment and decisions of coaches and officials. Student athletes must also respect teammates and opponents. The athletic director and/or head coach will handle any disagreements with coaches, officials, teammates, opponents or fans. Profanity will not be tolerated at any time during the season. Coaches are expected to refrain from the use of profanity and should deal very firmly with any offense by the student athlete.

Sportsmanship

Athletes and coaches are expected to exhibit good sportsmanship at all times. It is also essential that spectators exhibit good sportsmanship as well and adhere to the following guidelines during competition:

- Always cheer in a positive manner. Positive cheering leads to positive results.
- Do not talk to officials before, during, or after the competition.
- Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happened.
PLEASE TRY TO LEAVE CONCERN FOR OFFICIATING TO THE ATHLETIC STAFF.
- Please do not communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.
- Fans should be seated in bleachers or remain in designated areas away from the team and playing areas.

General Team Policies

Start Dates

The Sports Information Sheet marks the first day that a coach may begin required practice sessions for his or her team. 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 ended.

If a student athlete is dismissed from a team or voluntarily leaves a team before the end of a season, that student athlete may not compete or practice with another team during that season, nor can that student athlete practice with next season's team before the current season has ended. The athletic director may consider exceptions to this policy.

Practice and Game Attendance

Student athletes are expected to attend all practices and games unless an illness, death in the family or another significant event prevents their attendance.

In order for a student athlete to be able to participate in a practice or a game, the student athlete must be in school for at least 60 percent of his/her regular class schedule on the day of the event. The appropriate principal and the athletic director must approve exceptions to this policy. It is the responsibility of the student athlete to organize his or her time and priorities so that commitments to both academics and athletics are fulfilled. It is also the responsibility of the student athlete to notify classroom teachers of absences from class at least one day prior to the absence when the absence is caused by an athletic contest. The student athlete is responsible for make-up work resulting from such an absence. All student athletes are expected to be at school on time the day following an athletic contest. A concerted effort is made to schedule games so that a minimum of class time is missed. Any team member who is injured but able to attend school is expected to continue to attend all practices and games unless personally excused by the head coach. Physical limitations do not preclude an athlete from being able to assist the team in some way. Coaches are required to keep practice attendance records throughout the season. If a student athlete must miss a practice session or a game, the coach must be notified at least a day in advance. If excessive absences occur, a student athlete may be dismissed from the team. Parents will be made fully aware of their child's absenteeism record before the child's position on the team is in jeopardy.

Events Held Off Campus

If a team uses school transportation to get to an athletic contest, students must travel to and from the event on the school provided transportation. Parents' approval must be confirmed in writing in advance if a student is to ride with adults other than his or her parents.

Training Service

The Moore Clinic provides a training service to our athletes. A certified trainer is made available to our athletic program.

School Directions

Cathedral Academy - From I-26 W go to exit 209. Take the exit ramp to the stop sign, turn left onto Northside Dr. Go to the traffic light, turn right on to Ashley Phosphate Rd. Travel west pass Cross Country Rd and Windsor Hill Blvd. The school and church are on the right.

Carolina Academy - Take I-95 North to Exite 135 (Hwy 378 east). Follow the sighn through Turbeville to Lake City. Bear right on to 378 Business. Look for a green sign on the right that reads Carolina Academy. Take Country Club Road and go approximately one mile to the school.

James Island Christian School - I-26 to Us 17S Follow US17S and at the Taco Bell and McDonalds there is a fork. You must stay right to turn onto Lockwood Blvd. Turn left onto Lockwood Blvd. Follow the signs to James Island and Folly Beach. This will put you onto the James Island connector over the harbor. Follow until you get to the Folly Beach exit. Turn left onto Folly Road and follow it to Ft. Johnson Rd. The soccer club is on the right. Go to the second set of fields.

St. Andrews School - I-95 to Exit 5. Take Hwy 17 over Talmadge Bridge - as you come over bridge, take the first exit ramp on right. Follow Oglethorpe Ave to East Broad and turn left. Then right onto President St. Follow to Bryan Woods Rd and turn right on to Johnny Mercer. Stay on Mercer Blvd to Penn Walker and turn right. School is on right.

Chas. Collegiate. Take Hwy 17 to John's Island. Follow to Main Rd. Follow for 7 miles to the major intersection on John's Island. Follow straight through the light to the flashing light on Sea Island Academy sign. Take left on Plowground Rd. The school is .02 mil on the left.

Thomas Heyward- Take Hwy 17 to Hwy 278 W. Follow Hwy 278 for approximately 2.5 miles to Malphrus Rd. Turn left. The school is located on the right approximately 400 yards.

Wilson Hall - Take Hwy 378 to Sumter. At the traffic light next to Boyle Oldsmobile Car dealership, turn onto Wilson Hall Rd. There will be a sign for the school. Continue until you see the school on the right.

Richard Winn - Take I-26 to I-77 toward Charlotte. Take Winnsboro exit 41/Rd 41. Stay on Rd 41 until there is a stop sign. Bear left onto Hwy 200. Stay on Hwy 200 until Porter Gas Co. on the right. Turn right just past the gas co. onto Old Chester Rd. RWA is about 2 miles on the right.

Clarendon Hall - Take I-95 N and take exit 108. Turn left on to Rd108. Continue past Summerton Inn Motel. Turn right on the first paved road past the motel (Felton Rd). You will come to the school directly in front.

Orangeburg Prep - Take Hwy 601 to Orangeburg. Bear right on to St. Matthews Rd. Turn right onto Chestnut St. The Upper School is on the left. For football, soccer, baseball and softball turn right at the Upper school. Baseball is located behind the Lower Campus.

Holly Hill - Take Hwy 176 toward Holly Hill. Turn left onto Rd 314 (Bunches Ford Rd). Go straight about 2 miles. School is on the left.

W. W. King - Take I-20 to Exit 39 Batesburg/Wagener. Take a right at stop sign. Go to town of Batesburg . Go to 2nd light and take a left. Go to 1st block and take a right on Hwy 178. Go about 6 miles. You will see a highway sign that says WW King. Sardis Rd will be the next road on your left. School will be on the right.

Florence Christian - I-26 and I-95 to first Florence Exit. Take a right onto Hwy 76. At the third red light on Hwy 76 take a right on 2nd Loop Road. Stay on 2nd Loop Road until you meet Hwy. #301 (Hardee's on the right). Turn right and the school will be approximately 2 miles on the left.

St. John's - Take I-26 East toward Charleston. Take the ROAD 15 exit- EXIT 194- toward JEDBURG / PINOPOLIS. Turn LEFT onto SC-16 and stay on this road for 13 miles. Stay right on #6 and continue approx 2 miles to the school

Thomas Sumter - Take Hwy. 601 to #378 going toward Sumter. Just before you get to Shaw Air Force Base, take a left onto #441. Approximately 6 miles on that road you will see Hillcrest High School on the right and just beyond this, Thomas Sumter will be on your left.

Pee Dee - Pee Dee Academy is located on Hwy. 76 about halfway between Mullins and Marion Take I-95 to Florence or to the nearest cut-off to Marion. The school is located about halfway between Marion and Mullins on the right hand side as you leave Marion. The school is adjacent to Marion County Medical Center

Colleton Prep - Take I-26 East toward Charleston. Merge onto I-95 S via EXIT 169A toward SAVANNAH. Take the SC-64 exit- EXIT 57- toward LODGE / WALTERBORO. Turn LEFT onto BELLS HWY, then turn LEFT onto ROBERTSON BLVD. Turn LEFT onto JEFFERIES HWY. Turn LEFT onto JOHN C CALHOUN ACADEMY RD

Dorchester - Take I-26 East to Charleston. Once you have passed I-95, take the next exit to Rosinville. Turn right on Hwy. #15 going to St. George (approx. 6 miles). Turn left by Dorchester Tractor Co. (John Deere). Go 3/4 mile, turn right at County Bus Shop which is 1/4 to 1/2 miles down this road on the right. Go 3/4 mile and school is on left.

Robert E. Lee - Take Rt. 601 and 378 going toward Sumter. Just before you get to Shaw Air Force Base, take a left on 441 (you will pass Thomas Sumter Academy) until it runs into Highway 15. Take a left on 15 and this will take you into Bishopville. Go all the way through town after you pass Bishopville Jr. High School and turn right on Academy St. Follow the road to the end (approximately 1 mile) and school will be in front of you.

The South Carolina Independent School Association Heat Stress and Athletic Participation

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2004 football season there have been at least 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

- **HEAT CRAMPS** – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.
- **HEAT SYNCOPE** – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposition to heat stroke.
- **HEAT EXHAUSTION (WATER DEPLETION)** – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- **HEAT EXHAUSTION (SALT DEPLETION)** – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- **HEAT STROKE** – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided

certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.

2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break.

WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 – Unlimited activity

65-73– Moderate risk - Allow fluids as needed.

73-82 – High risk - Frequent hydration. Schedule 5 minute breaks every 25-30 minutes

of activity. Monitor athletes.

82 plus – Very high risk - Assess practice activities, modify practice as necessary. Extend cool down breaks.

90+ - Changing practice time and moving to indoor facility recommended. Modify practice schedule . Extend cool down period breaks to 7-10 minutes every 10-15 minutes. Frequent hydration. Monitor athletes.

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.

8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra

products.

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL.

Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

These guidelines are included for reference purpose only. Many factors contribute to potential heat stress such as age, medical history, whether the athlete is acclimated to the heat, type of activity, etc. It is recommended that all athletes be closely monitored at all times for the early signs of heat stress.

Calhoun Academy LIGHTNING PROTOCOL

As inclement weather conditions arise, please follow this protocol.

- Check the weather report before any practice or event.
- Consider monitoring the weather channel.
- Beware of the signs of nearby thunderstorm development.
 - Lightning and thunder
 - Know – identify available shelters and the time required to move your team there.
- Determine the flash-to-bang time. If within close cover and the flash/bang time is less than 30 seconds cease all outdoor activity immediately and move to distant cover immediately.
- Be sure to move away from tall buildings, metal objects, light towers and open fields.
- If you feel your hair stand on end or your skin tingle – crouch immediately.
- Once the storm has cleared, allow 30 minutes after the last sound of thunder before resuming activity.
- Pay attention to lightning threats – not the magnitude of the rain.

***NO GAME OR PRACTICE CAN EVER
BE WORTH THE POSSIBILITY OF
INJURY OR DEATH BECAUSE
SOMEONE DID NOT FOLLOW THE
ABOVE PROTOCOL.***