



**Allegheny High School &
Covington Middle School**

**ATHLETIC HANDBOOK
2023-2024**

ALLEGHANY HIGHLANDS PUBLIC SCHOOLS

The administration of Alleghany Highlands Public Schools is pleased that you have chosen to participate in interscholastic athletics at AHS and CMS. Participation in athletics is beneficial to students, parents, and to Alleghany High School. Research shows the correlation between extracurricular participation improves both grades and school culture.

Athletics provide not only physical outlets for our students, but also the opportunity to teach character, values, and life lesson educational opportunities. High School athletics emphasize character traits such as respect, responsibility, trustworthiness, fairness, caring, and citizenship.

Participation in middle and high school athletics is a privilege, not a right. The purpose of this handbook is to inform athletes and parents of some of the rules and regulations that will be enforced at both Alleghany High School and Covington Middle School. Please review this material, sign the form at the back and return it to your head coach. Retain the handbook for future reference.

- ***Fall Sports: Fall Dead Period is July 27-August 5, 2023***

Football- July 27, 2023

Allowable First Contest Date-August 21-26

Volleyball- July 31, 2023

Allowable First Contest Date-August 21

Sideline Cheer- July 27, 2023

Allowable Stunt Date at Games-August 23

Golf- July 24, 2023

Allowable First Contest Date-July 31

Cross Country- July 31, 2023

Allowable First Contest Date-August 23

- ***Winter Sports: Winter Dead Period is November 6-November 15, 2023***

Boys Basketball- November 6, 2023

Allowable First Contest Date-November 27

Girls Basketball- November 6, 2023

Allowable First Contest Date-November 27

Indoor Track- November 6, 2023

Allowable First Contest Date-November 27

Wrestling- November 6, 2023

Allowable First Contest Date-November 27

Swimming- November 6, 2023

Allowable First Contest Date-November 27

- ***Spring Sports: Spring Dead Period is February 19- February 28, 2024***

Softball- February 19, 2024

Allowable First Contest Date-March 11

Baseball- February 19, 2024

Allowable First Contest Date-March 11

Track- February 19, 2024

Allowable First Contest Date-March 11

Boys Soccer- February 19, 2024

Allowable First Contest Date-March 11

Girls Soccer- February 19, 2024

Allowable First Contest Date-March 11

Boys Tennis- February 19, 2024

Allowable First Contest Date-March 11

Girls Tennis- February 19, 2024

Allowable First Contest Date-March 11

MISSION STATEMENT

The Alleghany Highlands Public Schools Athletic Department exists as an extension of the regular curriculum and to provide the student athlete the best and most consistent opportunities to develop attributes that will lead towards positive character development. Athletics at Alleghany High School and Covington Middle School will be conducted to provide entertainment for students, staff, and community supporters. The AHPS athletic program will provide a wholesome sense of competition, pride, and achievement. High standards of excellence for participating coaches, athletes, and staff will be the top priority and expectation for both AHS and CMS.

The conduct of all individuals associated with the AHPS athletic programs will be such that it reflects positively on the school. The athletic program shall comply in all cases with VHSL, Virginia Department of Education, and Alleghany Highlands Public School's Rules and Regulations.

OBJECTIVES OF THE AHPS ATHLETIC DEPARTMENT

- Conduct AHPS athletic programs that achieve a high level of interest and support of student, faculty, alumni, and local community
- Employ an athletic staff of integrity, knowledge, skills, accountability, and leadership qualities that enable programs to achieve physical, mental, and moral benefits to the AHS and CMS student-athletes
- Provide student-athletes with support systems to promote academic success and on-time graduation
- Hold high expectations of success in competitive athletic opportunities
- Provide AHS and CMS student-athletes and coaches with adequate practice and competitive facilities
- Provide proper medical assistance and communication with our athletic trainer
- Communicate properly and consistently with all appropriate administration, staff, coaches, players, parents, maintenance, and community

Goals of the Alleghany Highlands Public School's Athletic Department

1. Provide our student-athletes with the best possible coaching staff(s), opportunities, facilities, equipment, and athletic experiences
 - Work with local businesses, and alumni to help our student-athletes
 - Fundraise
 - Help our student-athletes achieve every possible goal they wish to obtain
2. Support the education of the AHS and CMS student-athlete
 - Make the grades (HIGH EXPECTATIONS)
 - Tutoring services are available (Make it known that it is okay for a student to miss the first 20 minutes of practice for extra help when needed (without penalty on the playing field))
 - ACHIEVE a "WINNING CULTURE" throughout our athletic dept.
 - Work with students on scholarships, SATs, ACTs,
 - Communicate frequently with contacts (local, alumni, colleges, coaches)
3. Continue strengthening the relationship between AHPS and the local community
 - Create Alleghany Highlands Public School's Athletics as "**THE**" place to be
 - Involve our local youth. Have camps, invite them to games, create workdays to work on athletic facilities and invite our community and area youth to help (kids would love to be able to come and work with older players on our fields, athletic facilities, etc...)
 - Alumni Games (in the appropriate sporting events)
 - Invite alumni who played college athletics to come in a speak to teams or to groups of high school athletes wishing to play at the collegiate level
4. Compete at the highest level of competition, EXPECT TO WIN
 - Provide adequate coaching staff(s)
 - Be in it for the right reasons
 - Have goals throughout your programs
 - Have high expectations and standards for yourself and program and hold yourself and program accountable

ATHLETE ELIGIBILITY REGULATIONS

VHSL Physical Forms and Concussion Training

All athletes must have a physical after May 1 of the previous school year. The form must be completed entirely. Each year, student-athletes and their parents must be properly informed of the signs and symptoms of "Concussions", Sudden Cardiac Arrest, and the school's policies and procedures pertaining to each. The following portions of the VHSL physical form must be completed:

1. Athletic Participation: athletes must complete this part.
2. Individual Eligibility Rule: athletes must read these rules and sign forms.
3. Student Medical History: this section must be completed by athlete and parent and signed by both.
4. Physician's Certificate: it is required that the section be completed and signed by the physician.

5. Acknowledgement of Risk and Insurance Statement: this section must be completed and signed by a parent or guardian.
6. Emergency Permission Form: this section must be completed and signed by a parent or guardian.
7. Annual training on concussions and sudden cardiac arrest.
8. Emergency cards must be completed for each athlete during each new sports season.

GENERAL RULES AND REGULATIONS

Equipment Issue

1. Each student athlete will be issued certain basic equipment and uniforms
2. Other necessary equipment may be the responsibility of the athlete.
3. Each athlete is responsible for the equipment and uniforms issued.
4. All lost equipment and/or uniforms must be paid for at the replacement cost.
5. Athletes who have not returned equipment or uniforms or paid for lost or damaged equipment or uniforms will be placed on activity restriction and will not be allowed to participate in any other extracurricular activities.
6. Athletic equipment and uniforms belong to AHS and CMS and are to be worn only for designated school activities.
7. Members of athletic teams in possession of equipment or uniforms not issued to them may be disciplined.

DRESS CODE FOR ATHLETES

There is an established dress code for Alleghany High School athletes. The dress code is mandatory and will be enforced. Male athletes will wear dress pants (NO JEANS), collard shirt, and dress shoes. Female athletes will wear skirts, dresses, or dress pants (NO JEANS), and dress blouse or sweater. A coach may choose to have team wear matching warm up suits or shirts. This dress code applies to home and away events. During spring sports, most teams will change into their uniforms before leaving the school to travel. The enforcement of this policy will be part of the coaches' evaluation. Students will not be released from class to change until the approved time for dismissal by the administrative team.

Covington Middle School athletes are required to dress appropriately on game days. Specific dress codes exist for individual coaches-most of whom will require athletes to wear a shirt with a collar at a minimum. Coach's dress code regulations are mandatory within reason, and athletes who do not follow the dress code will be subject to penalty at the coach's discretion.

EJECTION FROM A GAME DUE TO UNSPORTSMANLIKE Conduct

Students will be suspended for the next game/activity if he/she is ejected from a game due to unsportsmanlike conduct. Students will be suspended for two games/activities if ejected for leaving the bench/sideline and three games for fighting. For any player ejected a second time, whether it be the same season or another season, that player could be ineligible to play or participate in any sports/athletic activities at AHS or CMS for the remainder of the current school year depending on the basis for the ejection(s).

A player or coach who is ejected for fighting, biting, aggressive physical contact or uses/directs profanity toward a contest official, shall be ineligible for the team's next three contests.

Hazing

Hazing will not be tolerated in any form. It is important to realize that hazing is an action taken or a situation created intentionally, whether on or off school grounds, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Such activities may include, but are not limited to the following:

- Use of alcohol or other drugs

- Paddling of any form
- Creation of excessive fatigue
- Physical and psychological shock
- Hair cuts
- Morally degrading or humiliating games and activities which are not consistent with school rules or the regulations of the school district
- Hazing is against the law in the state of Virginia and is prohibited at Alleghany Highlands Public Schools. Hazing can result in lawsuits and criminal prosecution. A coach can be held individually liable for hazing incidents. Students who engage in hazing activities will be removed from school activities and face disciplinary action.

VIRGINIA HIGH SCHOOL LEAGUE INFORMATION

The Virginia High School League (VHSL) is an organization of public high schools in Virginia. The League seeks to encourage student participation in desirable school activities by conducting or supporting programs of interscholastic activities. The VHSL was developed in 1913 in Charlottesville, Virginia. It publishes annually a code of rules for all VHSL activities in the state. These rules are from the Eligibility Regulations, Section 28, of the Virginia High School League Handbook

27-13-1 SPORTSMANSHIP RULE-*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. All incidents of conduct relating to either athletic or academic activities that are violations of the Sportsmanship Rule must be reported to the Virginia High School League.*

28-1-1 BONA FIDE STUDENT RULE-*The student shall be a regular bona fide student in good standing of the school which he/she represents.*

28-2-1 GRADE RULE-*The student shall be enrolled in the last four years of high school.*

28-3-1 ENROLLMENT RULE-*The student shall have been regularly enrolled in the school which he/she represents not later than the fifteenth school day of the semester.*

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 and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or 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.*

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 compete.*

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 their parents, parent, or guardian. Home instruction does not constitute enrollment in a public school. Home schooling is a process through which Virginia Code compulsory education requirements may be met, as is private schooling. Home schooling is the equivalent of school enrollment for Transfer Rule purposes, and determining whether the student has met Scholarship Rule requirements of having passed five academic subjects recognized by the Virginia Department of Education in the most recent prior semester.*

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.*

28-8-1 AMATEUR RULE-*A student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, and social and pleasure benefits derived there from.*

28-9-1 ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION RULE-*The student shall have submitted to the principal of their 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 their parents consent to their participation.

Students must be enrolled in Alleghany High School or Covington Middle School to participate.

CMS ELIGIBILITY

- VHSL eligibility rules will apply to middle school athletics.

COACHES WILL COMPLETE the following columns on the eligibility list:

- **Last Name**
- **First Name**
- **Middle Initial**
- **Birthdate**
- **Date of Entry into the 9th grade (this is in your handbook)**
- **Latest physicians certificate-mm/dd/yy**

Sixth graders may participate in middle school sports on a sport-by-sport basis.

The following stipulations for penalty free departure for cheerleading will apply at CMS:

- 1.) A cheerleader must notify the coach of their intent NOT to participate during the winter season **prior to** October 1.
- 2.) She/he understands that the option to vacate a spot on the squad to try out for an alternate athletic team is final and that she/he will not be permitted to rejoin the squad if unsuccessful in making a winter sport team.

TRANSPORTATION

Athletes must ride to away games on the bus. Any exception to this must be requested in writing by the parent or guardian and presented to the Athletic Director. Only the parent or guardian may transport the athlete to the contest.

Athletes may be excused from returning on the bus if the parent or guardian requests so, on the appropriate Alleghany Highlands Public Schools form. The athlete must ride with another parent or adult. **This form must be signed by both the athlete's parent/guardian and the parent/guardian the athlete is riding home with from the game. This form must be signed and filled out each time an athlete is riding home with another parent/guardian. The completed form must be given to the coach.**

Students may ride the activity buses after practices to their designated stops and be picked up at these stops. Activity buses leave CMS at 6:15 and AHS at 6:30.

OUT OF SEASON PRACTICE RULE

The Executive Committee of the Virginia High School League in February 2011 passed a sweeping change to the Out of Season Practice Rule. Starting August 1, 2011 teams will be able to engage in sport specific workouts. Sports' specific equipment and school facilities may be utilized. Coaching instruction is permissible. No games or scrimmages may be conducted and there can be no contact in football. Athletes must have a current VHSL physical form and a signed concussion education form on file. There will be four "Dead Periods" during the year in which there can be no contact with athletes, unless those particular sports seasons are going on. This includes weight lifting, conditioning, Open Gyms, etc. **All out of season practices must be voluntary and cannot be used to determine team members.** All in season sports will have priority in the use of school facilities. This rule will be covered in all coaches' meetings.

ATHLETIC BOOSTER CLUB (Name TBD)

The Athletic Booster Club (Name TBD) provides our student athletes a substantial lift in the various contributions the club makes throughout the year. Every effort should be made to support the club and attend meetings. **These meetings are open to each coach, player, and parent who would like to participate.** Your input will help in expanding the role of the club and involvement of the community within our athletic program. **Without the work of the Athletic Booster Club (Name TBD), both AHS and CMS athletics would be missing a lot of opportunities!**

ATTENDANCE REGULATIONS

Alleghany High School places an emphasis on the educational progress of all students. With this as a guide, all athletes are expected to be in school in order to participate in practices and/or contests. Students who have been suspended from school or have an activity restriction will not be permitted to participate in athletic activities until the suspension is complete or the activity restriction lifted. Furthermore, students serving an in-school suspension must complete all ISS time prior to participation.

Students must be in attendance for two blocks during the day to participate in athletic events. A student who checks out of school, must have a note from a parent/guardian to check out. It is a priority that students properly check out and check back in at the main office at Alleghany with the attendance secretary and/or administration.

Students that check out and/or are not present for two blocks and/or do not attend school at all during the day, may NOT participate in athletic events unless the student is checking out or missing school for a professional appointment (in which case an excuse must be turned into the main office). This rule does not apply to students who have an approved early release for fourth block in their academic schedule. Students must present notes to the main office when checking back into school from a professional appointment.

EXAMPLES OF PROFESSIONAL APPOINTMENTS:

- Doctor/Dentist/Medical Appointment
- College Visit(s)
- Court
- Military Recruitment Visit(s)
- School Activities: Field Trips, Internships, Doing work at another school, etc...

Students who check into school late without an excuse from a professional appointment must be present at least two blocks in order to participate in athletic events.

Students who check out and have not been present for two blocks (and do not have an excuse from a professional or medical appointment) when checking back in may not participate in athletic events.

NON-PROFESSIONAL APPOINTMENTS:

- Forgot uniform
- Go get something to eat
- Haircut
- Tuxedo and dress measurements/alterations

Students may not check out and check back into school and participate unless they checked out for a professional appointment (a written excuse must be presented to the main office upon checking in). This rule does not apply to approved fourth block early release. Any athlete who abuses this rule will be subject to

penalties (ex. 1 game suspension, etc...) This will be left to the coach's discretion, but it needs to be enforced! COACHES NEED TO EMPHASIZE THIS WITH THEIR ATHLETES.

NOTIFICATION OF DISMISSAL AND DEPARTURE TIMES

- Coaches inform athletes at a minimum the day prior to the event of both dismissal and departure times.
- Morning announcements on the day of the event will remind athletes and teachers of these times.
- Coaches will provide a team roster to all AHS and/or CMS staff
- Coaches will take roll prior to departing the AHS/CMS parking lot(s). Coaching staff will notify the office of students not present for roll call.
- All participating athletes share in the responsibility of making sure they are dismissed by their teachers at the appropriate times by monitoring the time and reminding teachers/staff if necessary.

PARKING/PICK-UP FOR PARENTS AND ATHLETES

Parking or pick-up behind the school is prohibited at all times due to safety concerns. Students and others involved in school activities are in and around the facilities at the back of the school.

Students are to park in designated student lots—the front lot and the gravel lot above the baseball field—at all times, including during games and practices. Parents/guardians are to pick their student-athletes up in either of these same parking areas. The front circle is to be kept clear for activity buses.

RSCHOOL AND TWITTER ACCOUNT

Athletic events are updated on RSchool at www.threeriversdistrictva.org. You can also find out about sports updates by our AHPS athletic Twitter account. Athletes and parent/guardians, please visit this website or visit the AHS Twitter account for schedule updates and announcements. Coaches need to let the Athletic Director know if there are changes in practice schedules, etc.

If you do not wish to have your son's and/or daughter's name posted on this social media site, or picture, then please sign the "OPT OUT" form and return it to the Athletic Director or Principal at AHS or CMS.

AHPS Athletics & Activities Facebook to come soon!

PLAYERS WHO QUIT A TEAM

Any athlete selected for a team who quits during the season may not participate on another team or out of season workouts during that particular sport season. **THIS INCLUDES OPEN GYM AND WEIGHTLIFTING.** They are eligible to try out for a team during the next season (fall, winter or spring).

PLAYING TWO SPORTS IN ONE SEASON

Student-athletes may be permitted to participate in two sports during one athletic season (i.e. fall, winter, or spring). The head coach of both teams must be in agreement with this plan, and there will be a signed contract between all parties involved (both coaches, student-athlete, and parent/guardian).

STUDENT CONDUCT

Athletes are expected to maintain high standards of conduct and behavior at school and away from school. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct such as, but not limited to, theft, vandalism, disrespect, immorality, or violations of the law will not be tolerated. Such violations may result in removal from a team by the coaches/administration.

INDIVIDUAL COACH'S TEAM RULES

A coach has established team rules and regulations that include and are somewhat different than the school's minimum. The coach will explain such rules at the beginning of each season.

SOCIAL MEDIA

Social media that reflect illegal activity, or is derogatory/threatening, etc., toward the school, coach, team, teammates, etc., can result in disciplinary action by the coach and/or school.

SPORTSMANSHIP

Athletes are expected to be courteous to opponents, coaches, and officials. Allegheny High School and Covington Middle School athletes are expected to be modest in victory and gracious in defeat. VHSL regulations require that an athlete who is ejected from a game sit out the next game(s).

Expectations of Parents

1. Be positive with your son/daughter. Let them know that they are accomplishing something by being a part of the team.
2. Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best.
3. Encourage participants to follow the rules. Whether they are first string or seventh string, remember each player on a team has a role.
4. Coaches work with athletes and know their talents. Respect that!
5. Insist that the participants respect team rules, school rules, game officials and sportsmanship.

Self-Respect begins with Self-Control.

6. Encourage participants to improve their self-image by believing in themselves.
7. Encourage participants to play for the love of the game.
8. Remember that the coach is involved because he/she is sincerely concerned with the well-being of the student-athlete and is an experienced professional. Coaches have different approaches with people and situations. Students' lives are enriched by interaction with different types of leaders.
9. Remember: at a competition you, the parent, represent your town, the school and your son/daughter.
10. Please be a positive role model

Issues Not Appropriate for Parents to Discuss with the Coach:

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

ATHLETIC TRAINER

The athletic trainer (ATC) shall provide support, care, and medical assistance to our athletic teams. Coaches and/or student-athletes should refer any injury concerns to the athletic trainer immediately. Coaches should follow recommendations regarding participation as communicated by the ATC. The ATC may recommend further medical assistance and/ or evaluation. For the convenience and safety of our athletes, radios are available for communication with the athletic trainer. The ATC will provide medical supplies for each team prior to the season. These should be returned at the conclusion of the season. All VHSL physical forms and concussion training forms will be filed with the ATC.

HEAT AND HYDRATION

As noted on the VHSL website, heat illness and injury can range from a simple muscle cramp to life threatening heat stroke. Catastrophic heat injuries are preventable. The most important components in preventing heat injury are the prevention of dehydration and limiting activity when temperature and humidity make it near impossible for the body to cool through evaporation of sweat.

You will find some important links on the VHSL site related to heat and hydration below. Please visit these sites and familiarize yourself with the most recent information related to this topic:
[http://www.vhsl.org/sports_medicine/sAthletic Booster Club \(Name TBD\)_heat_and_hydration](http://www.vhsl.org/sports_medicine/sAthletic%20Booster%20Club%20(Name%20TBD)_heat_and_hydration)

The athletic trainer has the final call on how temperature/weather affects practices.

CONCUSSIONS

The recognition and treatment of concussions are major points of emphasis from Alleghany Highlands Public Schools, the VHSL and all medical groups. The General Assembly has mandated that all schools have a concussion plan.

ATHLETIC PAPERWORK

ALL PARENTS, GUARDIANS, AND ATHLETES MUST SIGN A FORM STATING THAT THEY HAVE READ AND UNDERSTAND AND AGREE TO THE SUDDEN CARDIAC ARREST GUIDELINES, CONCUSSION IN SPORTS GUIDELINES, AND THE ATHLETIC PLEDGE.

ALLEGHANY HIGHLANDS PUBLIC SCHOOL'S ATHLETIC PLEDGE

I _____, have received a copy and agree to the terms of the Alleghany Highlands Public School's Athletic Pledge. I understand that if I break this pledge, I will be responsible and held accountable for my actions. I realize that being a part of the athletic and/or extracurricular program(s)/activities is a privilege, which means there may be penalties for inappropriate behaviors and/or actions.

By committing myself to the high standards and expectations of Alleghany Highlands Public School's athletics and/or extracurricular activities, I agree to the following guidelines as a student/athlete:

- 1) I pledge to abstain from any drug, tobacco or alcohol substance abuse on the Alleghany Highlands Public School's campus or off-campus that would be in conflict with both the Alleghany High School and Covington Middle School student handbook, athlete's handbook, Virginia High School League handbook, and/or could be in conflict with federal or state laws.
- 2) I pledge that I will be held accountable for my actions and understand that by using, selling and/or purchasing any drug and/or alcohol products on the Alleghany High School or Covington Middle School campus or off-campus, I am subjecting myself to the following penalties and violations:

A) First Offense: Results in suspension from the Alleghany Highlands Public School's athletic and/or extracurricular program(s)/activities that the student is currently involved with for 10 weeks from the date the student is found breaking their agreement in this pledge in possession, distribution, selling, and/or using alcohol and/or drugs.

B) Second Offense: Results in suspension for the remainder of the school year in all athletics and/or extracurricular program(s)/activities at Alleghany High School or Covington Middle School. Under Alleghany Highlands Public School Board Policy JFCI, the student-athlete will participate in the Substance Abuse-Student Assistance Program.

- 3) I pledge that I will be held accountable for my actions, and understand that by using, selling, and/or purchasing tobacco products on the Alleghany High School or Covington Middle School campus or by using,

selling, and/or purchasing tobacco products off-campus, I am subjecting myself to the following penalties and violations:

A) First Offense: Possession of tobacco will result in a one-week suspension from all athletics and/or extracurricular program(s)/activities

B) Second Offense: Possession of tobacco will result in a five-week suspension from all athletics and/or extracurricular program(s)/activities.

4) I pledge to conduct myself in a mature and responsible manner at all times on and off of the Alleghany High School and Covington Middle School campus. I understand that as an athlete if I am ejected, then VHSL rules will apply. If I am ejected a second time, whether it be the same season or another season, then I understand that I could be ineligible to play or participate in any sports/athletic activities at AHPS for the remainder of the current school year depending on the circumstances of the ejection(s).

5) I pledge to be responsible for all team apparel and equipment issued to me and agree to return such equipment at the conclusion of the season. If lost, or unaccounted for, then I agree to pay or reimburse Alleghany Highlands Public Schools for the full cost of the equipment.

6) I pledge that I have been properly advised and instructed by the administration and/or coaches on the standards, rules, and guidelines that I am to follow while a member of the Alleghany Highlands Public School's athletic and/or extracurricular program(s)/activities.

7) I pledge that I have a completed up-to-date Virginia High School League (VHSL) physical form on file from a licensed practitioner and agree to follow all guidelines and precautions associated with my completed VHSL physical on file.

8) I pledge that I have been trained on the risks and potential short-term and/or long-term effects of concussions by the administration, athletic trainer, and/or coaches.

9) I pledge that I will abide by all team rules that are outlined by my coaches.

10) I pledge that I have been properly advised and informed of any risks or injuries that I may be involved in while participating in Alleghany High School and Covington Middle School's athletic and/or extracurricular program(s)/activities. I acknowledge that I am subjecting myself to possible injury, which may result in a partial or even permanent impairment. Having been instructed and cautioned by the administration, athletic trainer, and/or coaches, it is still my desire to compete and participate in the Alleghany High School and Covington Middle School's athletic and/or extracurricular program(s)/activities.

11) I understand that participation in activities, groups and teams is a privilege at Alleghany High School and Covington Middle School. The use of social media by a student that is illegal or considered to be "unbecoming of a Mountaineer or Falcon" may result in discipline including suspension or removal from the activity, group, leadership position or team.

By signing below, I understand that as a student/athlete, I am voluntarily participating in the athletic and/or extracurricular program(s)/activities in Alleghany Highlands Public Schools. I will represent AHPS to the fullest capacity and will abide by the AHPS student handbook, athletic handbook, team rules, and the Virginia High School League handbook.

Student/Athlete Signature: _____ **Date:** _____

As a parent/guardian, I have read, been instructed by the AHS and CMS administration, athletic trainer, and/or coaches, and agree to the Alleghany Highlands Public School's Athletic Pledge. I understand that my child will be participating in activities governed by Alleghany Highlands Public Schools and the Virginia High School League (VHSL).

This form serves as permission for my child to participate in all athletic and/or extracurricular program(s)/activities sponsored by Alleghany High School, Covington Middle School, and/or the Virginia High School League.

If an infraction occurs and disciplinary action is taken, the parent and/or guardian and student may set up a meeting with the coach and athletic director.

Parent/Guardian Signature: _____ **Date:** _____