

POCAHONTAS MIDDLE SCHOOL



ATHLETIC HANDBOOK

Welcome to Pocahontas Middle School! I am so excited that you have decided to tryout for an extracurricular sport. As a former collegiate athlete, I understand the incredible role that athletics can play in your life now and in the future. I encourage you to practice hard, play hard, and have fun!!

This handbook is to inform you of the specific policies and regulations for interscholastic athletics at Pocahontas Middle School. Please read this handbook carefully and share with your parents. You and your parents must sign the Acknowledgment and Consent form (page) and return it to your coach before you may participate in practices and/or games.

On behalf of the coaching staff, we wish you a great season! Go Hawks!

Kim Sigler, Principal

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Contact Information

If you have any questions regarding the handbook please contact:

- A. Your child's coach
- B. Athletic Director- Ms. Tammy Ozolins- 804-364-0830
- C. Principal- Ms. Sigler – 804-364-0830

Try Outs

While each tryout will be specific to the sport, and the numbers of athletes trying out, the coaches will make every effort to give you a fair and honest tryout. The coaches will be using a rubric, which will help them judge your skills. Scores will be tabulated and the team will be selected. In some cases, where there is a high student interest, tryouts may be broken into separate days, usually by grade level. Coaches will schedule meetings with players and/or parents to discuss players' strengths and weaknesses.

Eligibility/Scholastic Requirements

Fall and Winter sports- must have matriculated to the next grade level to be eligible.

Gymnastics and Spring Sports- must have passed English, Math, Science, and Social Studies to be eligible to try out/participate in an interscholastic sport.

You shall not have reached the age of 15 on or before August 1 prior to the start of the school year.

Physical Examinations

You must also have a complete Henrico County Public Schools Middle School Student Participation Parental Approval and Physical Examination Form, to try out or even attend any sport's practice.

The physical examination must be performed by on or after May 1 of the preceding school year. A student's physical will be valid for the whole school year. This is a countywide requirement and is intended to protect your safety and well-being. Once you turn in the physical form to the coach of the sport you are trying out for, that card is kept on file with the Athletic Director for the rest of the school year and the other coaches will have access to that information.

Conduct

Team membership is both an honor and a responsibility. Proper conduct, as outlined in the *Henrico County Code of Student Conduct*, is expected at all times, both on and off the field of play. As a student athlete, you represent the best of Pocahontas Middle School. We pride ourselves on good sportsmanship. In addition to these general policies and regulations, a list of specific team rules may be distributed to those athletes who are selected for a team.

Consequences

Consequences of violations to the HCPS Code of Conduct and/or Pocahontas' discipline policies may include, but are not limited to the following:

- 1st Administrative Detention.....Conference
- 2nd Administrative Detention.....One Game Suspension
- 3rd Administrative Detention..... Two Game Suspension

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Out of school suspension or Pathways.....Game Suspension and NO Practice or Participation during Suspension/or Removal from the Team

- Students serving In-School Suspension may not participate or compete in a game while in Pathways.

Inappropriate behavior on the bus during team travel will result in a One Game Suspension.

Any misconduct during team practices or games will result in a One Game Suspension

Attendance

You must be in attendance in school for at least two full blocks to be allowed to practice or to participate in a scheduled game. If you have been released from school through the clinic because of sickness you are not eligible to participate in athletic events that afternoon (practice or game).

If you do not participate in PE class due to illness or injury, or have a note detailing such, you will NOT be allowed to participate in that day's after school athletics.

Practice

You are expected to attend all practices unless absent from school. Practice begins promptly at 3:30 PM (you must be properly dressed and in the appropriate location) at this time and ends between 5:15 and 5:30 PM. Parents should be in the parking lot no later than 5:30 PM.

In order to participate, you must be on time for all practices and games.

Athletes should report to the locker room immediately after school and are NOT allowed to go to the bus ramp, parent pick-up areas or loiter on other areas of the campus. Violations will result in disciplinary consequences.

You are expected to attend all practices unless you are absent from school or have made prior arrangements with the coach (es). Unexcused absences from practices, matches or school may result in dismissal from the team. If you are absent from practice the day before a game, you may not be eligible to start or play in that game.

Practices are closed to those not participating/coaching the session. This serves to avoid unnecessary distractions.

Locker Rooms

One team per session will be assigned the “team” locker room and the other teams’ members will use their regular PE lockers. Secure all personal items, clothing, and books inside your LOCKED locker. Do not leave anything on the bench or the floor.

Use the restroom while in the locker room before practices and games. There is no re-entry into the locker room unless it is an emergency or you are with the team and coach.

To prevent injuries, horseplay in the locker room is not allowed. Eating and drinking in the locker room is not allowed. Males and females are NOT allowed in each other’s locker room under any circumstances.

Once you are dressed and ready for practice, double check your belongings and locked locker and proceed to your team’s appointed meeting area. After practice, gather all your belongings and leave your area of the locker room clean and neat. Proceed to the front of the building to meet your ride.

Playing Time

The amount of playing time for any individual athlete is at the discretion of the coaching staff. Coaches make every effort to maximize participation.

Bus Transportation

You are required to ride the bus to an away game and are encouraged to return to Pocahontas on the bus (for “team” and equipment purposes). All the rules and regulations of the Henrico County Code of Conduct apply to bus transportation for extracurricular activities.

Roll will be taken upon departure from Pocahontas and before returning from the away event. If you are not returning to Pocahontas on the bus after an away event, your parent must sign you out with the coach before leaving the school grounds. If your parent has made prior arrangements for you to ride home with another parent, a note should be given to the coach before the game and the parent taking the child home must sign you out with the coach before leaving the school grounds.

Equipment/Uniforms

You must maintain and return uniforms that are assigned to you. Coaches will maintain accurate records of uniform issuance.

Damaged uniforms must be repaired or replaced by the parent. Henrico County has set a maximum parental responsibility fee for uniforms at \$125.00.

Cleats should NOT be worn in the building.

Illness/Injuries

Current emergency information and insurance information (on the green card) must be on file with the coach. The card should be turned in immediately after making the team.

If you are under the care of a physician, whether for injury or illness, documentation must be provided from the physician when the athlete first sees the doctor and before the athlete is allowed to resume participation.

If your doctor has prescribed you with an inhaler, make sure you bring it with you to practices and games.

Notify one of your coaches IMMEDIATELY in the event of an emergency.

Inclement Weather

In the event if inclement weather, a decision will be made about which games will be cancelled by 2:30 PM. Please do NOT call the office prior to 2:30 PM, as the information will NOT be available. Time is needed during the regular school day for coaches and athletic directors to communicate with each other about the decision. For a practice, the decision will be made by 3:00 PM.

An announcement will be made to the students prior to the end of the school day as to which practices/games are cancelled. Students will be encouraged to ride their regular bus home. Please discuss contingency transportation plans for cancellations BEFORE the need arises.

In the event that our teams have already started an AWAY contest and it is cancelled due to inclement weather, any student who does NOT have a parent present to take him/her home will be brought back to Pocahontas on the bus. Please discuss these pick up plans for AWAY games with your parents.

Parental Responsibility

1. Fill out and turn all forms in promptly:
 - A. Emergency Card
 - B. Volunteer Form (not mandatory)
 - C. Transportation Form
2. Pick up athletes on time from practices (5:30 PM) and games (6:00-6:30)
3. Sign athletes out with coach at games if they will not be riding the bus home.
4. Write a note to the coach if your child will be riding home with another parent.
5. Lost or damaged uniforms and equipment must be repaired or replaced by the parent. Henrico County has set a maximum parental responsibility fee for uniforms at \$125.
6. Parents are also encouraged to volunteer to help in various capacities for sports teams during the year. Providing refreshments and snacks, operating concessions, videotaping, operating down markers and chains, working at the scoring table, helping to set up fields and equipment are but a few examples. Please fill out the volunteer form (you may get a copy from the main office) and the Acknowledgement and Consent Form that your return to the coach.
7. From time to time, a team may conduct a fundraiser to enable them further enhance that sports training equipment or uniforms. Your participation and cooperation is encouraged and very much appreciated as these purchases directly benefit your child's athletic experience.
8. Obtain a physician note if your child is not allowed to participate.
9. Provide a physician note of release when athlete may return to full participation.
10. Make sure you child has their proper equipment with him/her including medications such as inhalers.

Acknowledgement and Consent

Please read all of the materials in this handbook carefully. Parent(s) and student(s) should discuss these policies and procedures thoroughly. If you have any questions, please contact the coach, athletic director, or principal.

The student is not allowed to try out until a copy of this page is completed and returned to the coach. Student and parent signatures below are acknowledgment that you have read and understand the contents of this handbook and consent to abide by these policies and procedures.

ATHLETE'S NAME (print) _____ Grade _____

ATHLETE'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN (print) _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

PHONE (day) _____ (evening) _____ (cell) _____

EMERGENCY CONTACT (name) _____ (phone) _____

RETURN THIS PAGE TO YOUR COACH IMMEDIATELY!



Directions to Away Games

BROOKLAND

9200 Lydell Dr, Richmond, VA 23228. Phone: 261-5000. Take Broad St. or I64 to Parham Road North. Turn left on Parham Road and continue across Woodman Rd. Turn left on Lydell Dr.

BRYD

9400 Quioccasin Road, Richmond, VA 23233. Phone: 750—2630. From Pocahontas turn left on Three Chop. Follow Three Chopt to Pemberton Road. Turn right, follow to Quioccasin Road. Turn right on Quiocassin.

CHICKAHOMINY

9450 Atlee Station Rd., Mechanicsville, VA 23111. Phone: 730-8240. Take I64 West to 295 East, Hanover Exit (Rt.301). Take 301 North to stoplight at Atlee Station Road. Turn left; school 1 mile on right.

FAIRFIELD

5121 Nine Mile Road; Richmond, VA 23233. Phone: 328-4020. Take I 64 East. Take 9 Mile Road. East Exit. Cross Laburnum, pass Eastgate Mall (Fairfield Commons). School on right next to mall.

HOLMAN

600 Councourse Blvd., Glen Allen, VA 23059. Phone: 364-1300. Take I-295 to Nuckols Rd North. Turn right on Concourse Blvd.

HUNGARY CREEK

4090 Francistown Rd., Glen Allen, VA 23060. Phone: 527-2640. Take Broad St. East approximately 2.5 miles. Make a left onto Gaskins Road. Stay straight onto Hungary Road. Make a left onto Francistown Road.

LIBERTY

13496 Liberty School Rd., Ashland, VA 23005. Phone: 752-6020. I64 West to 295 East, to Rt. 1 North. Follow Rt. 1 to Rt. 54 and turn left (stoplight in Ashland). Go 4 miles. Turn left on Rt. 810, go approx. 2 blocks. Liberty is on the left.

MOODY

7800 Woodman Rd., Richmond, VA 23228. Phone: 261-5015. Take Broad Street or I64 to Parham Road North. Turn left on Parham, follow to Woodman Road. Turn right on Woodman Road. Moody will be approx. 1 ½ mile on the right.

OAK KNOLL

10295 Chamberlayne Rd., Mechanicsville, VA 23116. Phone: 365-4740. Take I 64 West to 295 East. 295 East 39 301 North. Oak Knoll is on 301 approx. 3 to 4 miles from the exit on the left.

ROLFE

6901 Messer Rd., Richmond, VA 23231. Phone: 336-8730. Take I 64 East to Exit 46 (Laburnum). Turn right onto Laburnum to Library Road (approx. 5miles). Turn right, go 1 block, Turn right onto Messer (behind Varina).

SHORT PUMP

4701 Pouncey Tract Rd., Glen Allen, VA 23060. Phone: 360-0800. From Pocahontas parking lot, turn right on Three Chopt. Follow to light at Pump Road, turn right, and follow Pump Rd. across Broad St. Pump Rd. becomes Pouncey Tract. Follow Pouncey Tract to school- on the right.

STONEWALL

8021 Lee Davis Rd., Mechanicsville, VA 23111. Phone: 730-3307. Take I 64 West to 295 East. Take 295 East to Tappahannock Exit. You will now be on Rt. 360. Follow 360 until you come to the first major intersection. Turn left at Lee-Davis High School. Stonewall is approx. ½ miles on the left.

TUCKAHOE

9000 Three Chopt Rd., Richmond, VA 23228. Phone: 673-3720. From Pocahontas parking lot, turn left onto Three Chopt. Follow Three Chopt across Parham Rd. After you cross Parham, Tuckahoe is on the left.

WILDER

6900 Wilkinson Rd., Richmond, VA 23227. Phone: 515-1100. Take Broad St. east to Parham Rd., turn left, or take I 64 to Parham Rd. exit and turn left. Follow Parham Rd. across Rt. 33 and Rt. 1 until it ends at Rt. 301. Turn right onto 301 and follow 2nd stoplight at Wilkinson Rd. Turn left and go approx. 2 blocks (past Little League field), turn left at Old Sellers Lane. Wilder is on your right.