

FAIRFAX HIGH SCHOOL

Handbook for Athletes and Parents

Mission Statement

We want every student-athlete to leave Fairfax High School better than when they started as a result of participating in our athletic program.

Not only in terms of athletic development, but in terms of being a responsible citizen. Extra-Curricular is the other half of your child's education!

The Fairfax High School Activity Office will provide an opportunity for all FHS students to participate in extracurricular, co-curricular, and interscholastic athletics and they will do so while fostering young leaders and character.

The student activities program is an integral part of the total high school educational program. The purpose of these activities is to provide educational opportunities beyond those provided in the classroom curriculum. Many valuable, life-long lessons will be learned through participation in these programs, including: self-advocacy, time management,

communication, leadership, and teamwork. These experiences lead ultimately to the development of better citizens.

Revised July 2017

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ACTIVITIES OFFICE STAFF and COACHES

Nancy Melnick – Director of Student Activities- NAMelnick@fcps.edu

Mike Brown – Assistant Director of Student Activities– MTBrown2@fcps.edu

Cathy Horacek – Assistant Director of Student Activities – CSHoracek@fcps.edu

Jim Patrick – Assistant Director of Student Activities – Jpatrick@fcps.edu

Lorie Spelman- Administrative Assistant – VLSpelman@fcps.edu

The

Fall Sports (August-November)		
Cheerleading	Melissa Clubb	MRClubb@fcps.edu
Cross Country	Mark Whalley	MAWhalley@fcps.edu
Field Hockey	Amber Beaudoin	ABeaudoin@fcps.edu
Football	Jim Patrick	JPatrick@fcps.edu
Golf	Derek Donnelly	DSDonnelly@fcps.edu
Volleyball	Reggie Cruz	RCruz1@fcps.edu

Activities office opens each school day at 7:30am . You can reach us by phone, fax or e-mail. Our hotline will be updated throughout the day and evening to give you the most up to date information on competitions as well as our sports' website.

ACTIVITIES OFFICE: 703-219-2201

FAX: 703-273-2847

WEBSITE: www.fairfaxhighsports.org

Winter Sports (November-March)		
Boys Basketball	Mike Barbee	MJBarbee@fcps.edu
Girls Basketball	Pat Deegan	PGDeegan@fcps.edu
Indoor Track	Hank Wilson	hwwilson@fcps.edu
Swim/Dive	Jennifer Lutz	JALutz@fcps.edu
Wrestling	Tanner Sewell	THSewell@fcps.edu

Gymnastics	Susan Barborek	SMBarborek@fcps.edu
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Spring Sports (February- May)		
Baseball	Rick Freeman	RCFreeman@fcps.edu
Boys Lacrosse	Vinny Miller	VBMiller@fcps.edu
Crew	TBA	TBA
Girls Lacrosse	TBA	TBA
Boys Soccer	Lucas Cook	LJCook@fcps.edu
Girls Soccer	TBA	TBA
Softball	Mike Edwards	MEdwards@fcps.edu
Boys Tennis	Mark Ramsey	RMRamsey@fcps.edu
Girls Tennis	Rick Rivera	RCRivera@fcps.edu
Track	Hank Wilson	hwwilson@fcps.edu

Boosters

Membership

- Booster website – www.fairfaxhighsports.org
 - Forms
 - Sport info such as schedules and rosters
 - Sign up for email notification
- Officers
- President
- Vice President
- Secretary
- Treasurer April Kestyn – April.Kestyn@gsa.gov

Volunteer Opportunities

- Team Representative – help coordinate your team events and volunteers; attend booster meetings, serve as the coach and booster contact for the parents.
- Event Worker – Concessions, Spiritwear, Cake Show

Major Events

- ❖ Wrestling Classic
- ❖ Cake Show
- ❖ Golf Tournament
- ❖ Physicals Night

Spiritwear

- ❖ Look for sales at banquets and athletic events
- ❖ Call Lorie Spelman, she can help you

IMPORTANT DATES

August 1, 2017	Fall Sports Start
August 25th	The Flavor of Fairfax
August 28th	First Day of School
September 15-16	Homecoming Weekend
November 6th	Winter Sports Start
November 20th	Fall Sports Banquet
December 9-10	NOVA Wrestling Tournament
December 18-January 1	Winter Break
December 27-29	Basketball Holiday Tournament
February 19th	Spring Sports Start
March 5th	Winter Sports Awards Banquet
March 26-30	Spring Break
June 2	PROM
June 4	Spring Sports Banquet
June 5	Athletic Physicals
TBA	Graduation
June 15	Last day of school

Other Helpful Websites

Be sure to go to the “*Links*” button on our website for more helpful sites with information concerning Fairfax County, Virginia High School League, and Sports. On the Fairfax County website you can also get school announcements by enrolling in the FCPS “Keep in Touch “ Program. Go to www.fcps.edu to enroll.

Fairfax Athletic Website www.fairfaxhighsports.org

Fairfax County Public Schools - www.fcps.edu/supt/activities

Virginia High School League

www.vhsl.org

Eligibility Rules, Sportsmanship, Tournaments

NCAA Eligibility information:

Contact the NCAA Eligibility Center:

Certification Processing

P.O. Box 7136

Indianapolis, Indiana 46207

877-262-1492

Fax 317-968-5100

www.eligibilitycenter.org

SPORTS MEDICINE INFORMATION

Athletic Trainers

Amanda Johnston, ATC, AEJohnston@fcps.edu, 703-219-2241

Nikki Rhodes, Associate ATC

- Both certified by the National Athletic Trainers' Board of Certification and the Virginia Board of Medicine.
- Both licensed by the Virginia State Medical Board
- Health care providers for all injuries of student athletes
 - Provide care from initial injury through the rehabilitation process.
 - Goal – return athletes to participation in the quickest and safest manner possible.

Team Physician

Dr. Ryan Miyamoto, MD– Fair Oaks Orthopedic Association

3650 Joseph Siewick Dr.

Suite 300

Fairfax, VA 22033

(703) 391-0111

We can often assist with scheduling appointments in a more timely fashion.

Athletic Training Room Hours

- 2:55pm – 4:30pm
- Coverage provided for home events

When an injury occurs

- If serious, attempts will be made to contact you
- If minor, we will evaluate the injury and call you or send a written report if necessary.
- We will take steps to treat and rehabilitate the injury and safely return the athlete to competition.
- We will communicate the athlete's condition and playing status to the coach

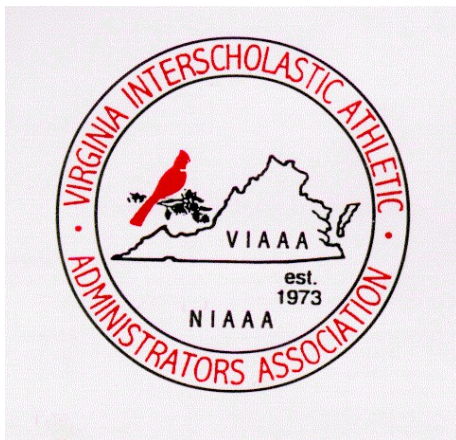


Important Information for Parents & Students

- If the student athlete requires an epi-pen for an allergy one should be given to the coach to be placed in the medical kit for quick access at practices and games.
- If the student athlete uses an inhaler for asthma one should be given to the coach to be placed in the medical kit for quick access at practices and games.
- If the athlete is seen by a physician, please return with documentation so that we can better treat the injury.

Concussion Program

- FCPS uses the IMPACT program to assist in the diagnosis and treatment of concussion related symptoms
- All FCPS Coaches, students, and parents must take the online concussion at <http://www.fcps.edu/supt/activities/atp/>



VIRGINIA HIGH SCHOOL LEAGUE

Mission Statement

The Virginia High School League is an alliance of Virginia's public and approved non-boarding, non-public high schools that promotes education, leadership, sportsmanship, character and citizenship for students by establishing and maintaining high standards for school activities and competitions.

League membership affords member schools numerous benefits that include:

- Equitable competition for all
- Common set of rules for competition
- Student services and leadership education
- Workshops and competition for drama, debate, forensics, creative writing and publications

- State championships in athletic competitions
- Awards, materials and supplies
- Catastrophic insurance for students

Who governs the VHSL?

The Executive Committee shall be composed of 31 voting members including: one principal from each region, at each group level (1A, 2A, 3A, 4A, 5A, 6A) for a total of 12 principals; one representative from the State Department of Education; eight division superintendents of schools; one representative from the Virginia School Boards Association; one Virginia citizen appointed by the Executive Committee from the PTA Board of Managers; six supervisors of athletics/activities at a member school, one from each group level (1A, 2A, 3A, 4A, 5A, 6A); and two members of the Virginia General Assembly. The Executive Director of the League shall serve as a non-voting member of the Executive Committee.

VHSL Classification

VHSL member schools are classified based on enrollment into six groups, 1A through 6A, with schools having an enrollment of 475 or less in the smallest (1A) classification. The remainder of the League's 314 member schools are divided equally into fifths, with the largest schools in Group 6A. Each Group is made up of four Regions. For regular season play, schools are placed into geographically-based Districts, eliminating the need for extensive travel during the regular season. For post-season play, each Region is made up of three districts of five to eight schools each. Districts are constructed based enrollment, geography and balance, to try to provide post-season equity. Schools begin the post-season with Districts Tournaments, followed by Regional and then State Tournament play.

Fairfax County public Schools Participation Policy

Extracurricular and Co-curricular programs

2017-2018

<http://www.fairfaxhighsports.org/library/files/FairfaxHighSports/files/EXTRA%20CURRICULAR%20PARTICIPATION%20POLICY%202010-11.pdf>

Attendance

FHS expects students to be in school all day in order to participate in any extracurricular activity. This includes the day of a competition or performance, the day before, the day after and any practice day. Academics are the main focus of school and it is extremely important that the athletes keep this in mind.

The Coach and Director of Student Activities must approve any exception to this policy. For approval of an exception, the student must bring a note from their parent to the Coach 24 hours before the date of the exception. The note should explain the reasons for requesting an exception from the attendance policy.

After School Help

Students should ALWAYS stay after school for help if needed. Most teachers are available any day after school, however, Thursday is the late bus day. Many teachers may designate another day as well for extra help.

The student should be sure that their coach knows in advance that they will be late for practice and the reason and bring a note from the teacher for the coach.

Coaches will always let students stay for help without any penalties.

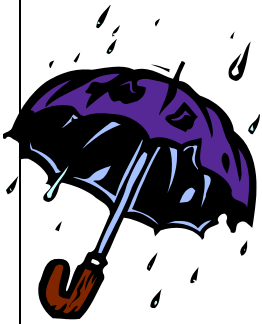
Transportation



Students are required to ride the bus when a bus is provided. There are times when Fairfax County transportation is limited and not available. During those times athletes will be asked to make alternate transportation arrangements, which can include driving themselves or having parents drive.

When a bus is provided, coaches cannot make exceptions to this policy. The Director of Student Activities can approve an exception. If an athlete has extenuating circumstances that makes it impossible to ride the bus to an event or home, they need to bring a note from their parent to the Coach 24 hours in advance for approval.

Postponements



Most cancellations and postponements occur between 1 and 2 PM. We wait as late in the day as possible before we cancel an event. Weather permitting, we try to advise students of the game status before school ends at 2:55.

- Sign-up for email notifications / “Booster Blasts”
- Check the web page – www.fairfaxhighsports.org

Sportsmanship

•VHSL is the governing body for sportsmanship rules

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. (page 32 of the VHSL handbook)*

The Spectator Should:

- (1) Realize that he/she represents the school just as definitely as does the member of a team and, therefore, has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
- (2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
- (3) Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.
- (4) Treat visiting teams and officials as guests, extending to them every courtesy.
- (5) Be modest in victory and gracious in defeat.
- (6) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

The Athlete Should:

- (1) Be courteous to visiting teams and officials.
- (2) Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up nor does he/she quarrel, cheat, bet or grandstand.
- (3) Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
- (4) Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
- (5) Maintain a high degree of physical fitness by observing team and training rules conscientiously.
- (6) Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- (7) Play for the love of the game.
- (8) Understand and observe the rules of the game and the standards of eligibility.
- (9) Set a high standard of personal cleanliness.
- (10) Respect the integrity and judgment of officials and accept their decisions without questions.
- (11) Respect the facilities of host schools and the trust entailed in being a guest.

- Remember to always be POSITIVE -not negative
- Opponents are our guests, please treat them accordingly
- Sanctions – The school can be penalized for unsportsmanlike behavior of fans or athletes.
- We need parents to be positive role models for our athletes and fans
- Good sportsmanship is one of the best ways to exhibit good character and good citizenship

Emergency Care Forms

A new ECC is required each season. Forms are available on line. A link can be found on the Fairfax HS website ;www.fcps.edu/fairfaxhs/, or the FCPS Website, <http://www.fcps.edu/DIT/forms/se3.pdf>. Be sure that each season when you complete the ECC that you have updated all important information, such as, current phone numbers, home, work and cell; emergency contacts; and insurance information.

Tickets

Tickets for all regular season events are \$5 for students and \$6 for parents

- Post season tournaments fees are the following:
 - Conference Tournament \$6
 - Regional Tournament \$7
 - State Tournament \$10
- FHS Booster pass is accepted at regular season HOME events ONLY with ID.

Contest/Practice Conflicts

Students who are members of more than one team or group at Fairfax will sometimes find that they have more than one event scheduled per day. The standard practice at Fairfax is that a contest or performance will take priority over a practice. However, there are exceptions and we will work on a case by case basis when necessary. It is important that students plan ahead and provide their coach and instructors with a copy of their schedule so that complications can be resolved early.

Expectations and Communications

Parental Expectations of Coaches:

Coaches who are: character-based, competent, committed, caring, confidence builders, communicators, and consistent

Communication you should expect from your child's coach:

Philosophy of the coach; Expectations the coach has for your child and the team; Locations and times of all practices and contests; Team Requirements, i.e. fees, special equipment etc.; Procedures should your child be injured; Discipline that may result in the denial of your child's participation

Communication coaches expect from parents:

Concerns expressed directly to the coach; Notification of any schedule conflicts well in advance; Specific concerns in regards to a coach's philosophy and/or expectations; Medical or physical limitations of your child

Examples of appropriate concerns to discuss with coaches:

The treatment of your child, mentally and physically; Ways to help your child improve; Concerns about your child's behavior

Examples of topics not appropriate to discuss with coaches:

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

Parental Expectations for Playing Time:

Coaches should be able to communicate:

Your child's strengths; Your child's weaknesses; How they can improve those weaknesses; How they can demonstrate that improvement; *Not necessarily in a game*

However, playing time is not negotiable.

If you still have concerns:

Call the coach to set up an appointment; Practice the 24 hour rule; Please do not approach the coach before, during, or immediately after a game or practice. These can be emotional times for everybody.

If there is no resolution, please set up a meeting with the Director of Student Activities.

Questions



If you have questions concerning your student's activity please contact the coach. E-mail addresses have been provided in this booklet and each coach is happy to arrange for a time to speak with you. Should you need additional help feel free to contact the Activities Office.

TEAM MEETINGS

At the beginning of each season Fairfax hosts a “Parents Meet the Coaches Night” meeting to give the coaches an opportunity to introduce their staff and program to the parents of the athletes. During the meeting the coaches will go over the following items

- Goals/Philosophies
- Program expectations and practice requirements
- Schedules
- Lettering criteria
- School policies
- Q and A