



**Student/Parent
Athletic
Handbook
2022 - 2023**

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Armstrong High School

Athletic Department

Student Activities Director – Glenn Anderson
 Athletic Office – (804) 780-4449 (x302)
 Cell Phone – (804) 543-9097
 Email – ganderso@rvaschools.net

Athletic Teams & Staff:

Fall Sports	Coach	Contact Information
Girls Volleyball	Ian Thompson	Ithomps2@rvaschools.net
Cross Country	Valentino Robinson	valentinorobinson@gmail.com
Football	Jeremy Pruitt	jpruitt@rvaschools.net
Sideline Cheer	Kiara Jordan	Kiara_jordan91@yahoo.com
Golf	Booker Chambers	Bookerchambers86@gmail.com
Winter Sports		
Girls Basketball	Jeremy Pruitt	jpruitt@rvaschools.net
Boys Basketball	Darryl Watts	dwatts@rvaschools.net
Wrestling	Cesar Carvalhaes	cezarcarvalhaes@gmail.com
Indoor Track	Valentino Robinson	valentinorobinson@gmail.com
Sideline Cheer	Kiara Jordan	Kiara_jordan91@yahoo.com
Spring Sports		
Softball	Harry Bailey	bailey.harry64@yahoo.com
Baseball	Steve Armstrong	sarmstrong@rvaschools.net
Girls Tennis	Vacant	
Boys Tennis	Vacant	
Outdoor Track	Valentino Robinson	valentinorobinson@gmail.com
Soccer	Jonathan Metcalf	jmetcalf@rvaschools.net
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Follow Us:

Instagram: @armstrong_athletics

Twitter: @AHSSportsRVA

Facebook: Home Of Armstrong Athletics

School Website: <https://www.rvaschools.net/AHS>

Athletic Website: <https://armstronghs.rschooleams.com> (Please subscribe to 'Notify Me')

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Region 3B and Capital District Information

The **Armstrong High School** athletic program will continue to participate in the **Capital District** for regular season match-ups. The league comprises of the following schools: Highland Springs, Varina, Henrico, Hanover, Atlee, Patrick Henry and Mechanicsville. For regional contests, the Wildcats will participate with **Class 3; Region 3B**. The region is comprised of the following schools: Brentsville District, Goochland, William Monroe, Caroline, Culpeper, Warren County, Maggie Walker, Skyline, Manassas Park, Meridian, and James Monroe.

Virginia High School League Eligibility Rules

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

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

28A-1-1 Age Rule: The student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to complete.

28A-2-1 Bona Fide Student Rule: The Student shall be a regular bona fide student in good standing of the school that he/she represents. (2) Any student who is under penalty of suspension, or whose character or conduct is such as to reflect discredit upon his/her school, is not considered in good standing.

28A-3-1 Enrollment Rule: The student shall have been regularly enrolled in the school that he/she represents not later than the fifteenth school day of the semester.

28A-4-1 Grade Rule: The student shall be enrolled in the last four years of high school (2) eighth-grade students who passed five 8th grade subjects the past school year and reached the age of fifteen on or before the first day of August may compete on the varsity level.

28A-5-1 Scholarship Rule: The student shall:

(a). For the first semester be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year of the immediately preceding semester for schools that certify credit on a semester basis.

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(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.

28A-6-1 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.

28A-7-1 Transfer Rule: The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding change in the residence of his/her parents, parent, or guardian.

28B-1-1 All-Star Participation Rule: The student shall not have participated in an all-star contest.

28B-2-1 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, social and pleasure benefits derived there from.

28B-3-1 Athletic Participation/Parental Consent/Physical Examination Rule: The student shall have submitted to the principal of his/her school, prior to becoming a member of any school athletic squad or team, League Form No. 2 (Athletic Participation/Parental Consent/Physical Examination Form), completely filled in and properly signed, attesting that he/she has been examined and found to be physically fit for athletic competition, and that his/her parents' consent to his/her participation.

28B-4-1 Awards Rule: Students may accept permissible awards presented or approved by the student's school. Permissible awards include trophies, medals, plaques, certificates, cups, ribbons, pins, letters, pictures, event T shirts, event hats, game balls, jackets and suitably inscribed rings or watches which are symbolic (no intrinsic value) in nature.

28B-6-1 Independent Team Rule: During the sports season for the relevant sport, a student may, while a member of a school squad or team engaged in interscholastic sports, become a member of or participate with an organized team in the same sport which is independent of the school's control as long as such participation does not conflict with the scheduled activities of the school squad or team.

Welcome!

I want to thank you for accepting the challenge of participating in sports for Armstrong High School. We hope that this will be a rewarding experience as a student-athlete learning your chosen sport, character building, and life skills. Our staff is comprised of coaches who are interested in the overall development of each and every participant and we strive to be role models on and off the field of play.

Our student-athletes represent not only themselves, but our school and community. It is our expectation at Armstrong High School that they will represent themselves and our school in every situation, on and off the playing field. This expectation includes a **zero tolerance** for bullying and hazing of any sort.

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

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

Contributing to our athletic tradition will be a source of satisfaction and pride long after you graduate from high school. We encourage you to take advantage of all opportunities offered to you during your high school experience.

Sincerely,

Glenn A. Anderson, M. Ed.

Glenn A. Anderson

Student Activities Director

#gowildcats

Code of Conduct

The Armstrong High School athletic department has established the following code of conduct to ensure that all athletes represent RPS and Armstrong High School in a positive manner at **ALL** times. Violation of the following will result in disciplinary action that may include suspension/dismissal from the team:

- Use of tobacco/vaping, performance enhancing drugs, or illegal use of alcohol or drugs.
- Unexcused absences from practices or games as specified by the coach.
- Theft or destruction of school property including the property of schools that Armstrong is visiting.
- Unsportsmanlike or disrespectful conduct toward coaches, school officials, game officials, teammates or opponents.
- Other actions detrimental to the team including involvement in disciplinary actions within the school.

Consequences

Students placed in **ISS (In-School-Suspension)** will have **one warning** (One Free Day). The second time in ISS; **student will not play the first quarter/period** of the next scheduled contest. Students suspended **OSS (Out of School Suspension)** will be suspended from all practices and games during their suspension and after their return for the next scheduled game. Students may not be spectators at the games or in the practice location during such time. Students may also be dismissed from a team due to OSS or other RPS SCORE violations.

- Any student suspended under RPS drug and alcohol policy is suspended from all activities for a period of 10 days or more (School Board and School Policy). Students may also be asked not to return to their team for the remainder of the season.
- Any player ejected from a contest for unsportsmanlike conduct will be automatically suspended from games per the VHSL Policy (PM 30-5-1) (1); Penalties/Fines (10-97). VHSL Regulation – Any student ejected for fighting will be suspended from games (1,2, or 3 contests).

Academics

Per VHSL and RPS; each semester the student shall be enrolled in no fewer than **five subjects**, or their equivalent, offered for credit and which may be used for graduation. The following academic standards must be met and maintained:

- **Rising 9th Graders:** All rising 9th graders who otherwise meet the qualifications for participation in VHSL activities will be deemed eligible to participate in VHSL activities for the **first semester** of the upcoming school year.
- **Rising 10th, 11th, and 12th Graders:** All rising 10th, 11th, and 12th graders who otherwise meet the qualifications for participation in VHSL activities will be deemed eligible to participate in VHSL activities for the first semester of the upcoming school year if:
 - The student **passed 5 courses** in the previous semester; and
 - The student's **cumulative grade point average** is 2.0 or better; or
 - The student had a 2.0 or better grade point average in the **preceding semester**

Scholar Athletes / 'A' Quad 3.0 Club

- Student-athletes who perform on the field of play as well as in the classroom can be nominated for the RPS weekly scholar athlete designation and become in contention for the RPS Scholar Athlete of the Year.
- Student-athletes who achieve a 3.0 for a quarter will be recognized as a member of the Armstrong Athletics & Activities Association ('A' Quad) 3.0 Club
- 'A' Quad also performs various forms of community service throughout the year and we invite you to join in giving back to the community.

School Attendance

Student-athletes must in attendance for a minimum of **two blocks per day** in order to practice or play in a contest/game. Family emergencies and medical appointments must be excused by the Student Activities Director/Administration.

Transportation

Transportation provided by the school must be taken both to and from all contests. When approved by the Head Coach and Student Activities Director, students may ride home with a parent (Uniforms cannot be taken home). Activity buses will be available for practice days, however parents are responsible for picking up their child from the school after contests.

Equipment

Each student-athlete is responsible for all school equipment that is issued to him/her. No athletic awards or letters will be given to any athlete with outstanding equipment. Athletes will be charged the replacement cost of any equipment not returned.

Workouts/Open Gym

Student-athletes participating in any workouts, including the weight room, open gym and conditioning program, must have a current VHSL physical and concussion form on file with the Athletic Trainer. The student must reside in the Armstrong attendance zone; attend Armstrong High School a Specialty School, or a feeder middle school in the Armstrong High School attendance zone.

Participation/Commitment

Any student-athlete that is dismissed from a team or quits a team after the season begins **CANNOT** begin practice or workouts with another sport until the season of the team from which they were dropped has been completed. Exceptions to this rule may only be approved by the Student Activities Director/Administration.

Medical Procedures and Warning

The Armstrong High School Athletic Department attempts to make participation in our athletic programs safe as possible. However, injuries do occur in athletics and student-athletes and parents are warned that serious injury may result from participation in our athletic program. In the event of an injury to a student-athlete, the following procedures will be followed:

- First Aid will be administered to the injured athlete
- If the injury is of a serious nature, the parents and if necessary, the rescue squad will be called • Student-athletes under a doctor's care must be released by the doctor before returning to competition
- Student-athletes should notify their coach and the Athletic Trainer if they are injured

After School Protocol

- **Student-athletes** must be in their assigned areas by **4:15 p.m.** (transition time is from 4:00 p.m. – 4:15 p.m.) - ***ALL student-athletes will exit the school building and re-enter through the Pass Gate, then through the gym to prepare for their respective practices/contests.***
- **Coaches/Sponsors** must remain with their students until the end of practice AND accompany them to the bus.
- **Activity buses** will depart Armstrong High School at **6:45p.m.** unless otherwise specified. Please inform administration of any additional remediation/tutoring after school in advance (include Days/Subject/Location)

VHSL Sportsmanship

**All Student-Athletes At Armstrong High School Are Expected To
Abide By The VHSL Sportsmanship Code At All Times**

Be Courteous to All

Know the Rules

Abide by and Respect the Officials' Decisions

Win With Character, Lose With Dignity

Display Appreciation for Good Performance

Exercise Self-Control

Permit Only Positive Behavior

Parent and Fan Expectations

As a parent and fan of Armstrong athletics, your support of your child at athletic events is important to your child and the school. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials, and other fans.

The enclosed **Sportsmanship Expectation Page** must be signed by the student-athlete and parent and returned to the Student Activities Director. (Google link will be provided)

Student – Athlete Sportsmanship Expectations Form

(From Virginia High School League Handbook)

The Athlete Should:

- Be courteous to visiting teams and officials.
- 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.
- Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
- Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failure.
- Maintain a high degree of physical fitness by observing team and training rules conscientiously. • Demonstrates loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- Play for the love of the game.
- Understand and observe the rules of the game and the standards of eligibility.
- Set a high standard of personal cleanliness.
- Respect the integrity and judgment of officials and accept their decisions without question.
- Respect the facilities of host schools and the trust entailed in being a guest.

The Parent Should:

- 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.
- 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.
- Treat visiting teams and officials as guests, extending to them every courtesy.
- Be modest in victory and gracious in defeat.
- Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

My signature affirms that as a student-athlete representing a Richmond Public Schools team, I have read and understand the sportsmanship expectations listed above. Further, I agree, at all times, to abide and practice these behaviors understanding that failure to do so may result in consequences including, but not limited to, sanctions from the Virginia High School League (VHSL) and the school pertaining to continued or future participation in any VHSL activity.

Student Name (Please Print): _____

Student Signature: _____

Parent Signature: _____

Date: _____

The Richmond Public Schools system does not unlawfully discriminate on the basis of race, sex, color, age, religion, disabilities or national origin in employment or in its educational programs and activities.

Handbook Acknowledgement Form

I do hereby acknowledge that I have read and understood the information provided to me in this document, and that I will abide by these rules and regulations and understand the consequences for failing to do so. (Google Link will be provided)

Student-Athlete's Name (Print): _____

Student-Athlete's Name (Signature): _____

Coach's Name (Signature): _____

Parent/Guardian Name (Signature): _____

Student Activities Director's Name (Signature): _____

Date: _____

Sport: _____

Appendix A

NCAA Eligibility Center Info.

Guide For The College Bound

Student-Athlete

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

Navigating Initial Eligibility During COVID-19

Webinar:

http://fs.ncaa.org/Docs/eligibility_center/Webinar/PSA/2021/Recording_05132021.mp4

Appendix B

NAIA Eligibility Center Info.

COVID Related Decisions Regarding Eligibility

[https://www.naia.org/covid19/files/COVID-Related Decisions Regarding Eligibility.pdf](https://www.naia.org/covid19/files/COVID-Related_Decisions_Regarding_Eligibility.pdf)

Play NAIA Registration Page

<https://play.mynaia.or>

Appendix C

Heads – Up Concussion Fact Sheet

<https://www.cambridgepublichealth.org/services/regulatory-activities/concussions/parent-fact-sheets/fact-sheet-for-parents-hs.pdf>

Appendix D

VHSL ‘Good Sportsmanship’

Parents Playbook

https://www.dropbox.com/s/x10vuooij12k8vv/VHSL_parentsplaybook_v2_Oct17_2019.m4v?dl=0

NFHS Sportsmanship Course

<https://nfhslearn.com/courses/sportsmanship-2>