

HOLY INNOCENTS' EPISCOPAL SCHOOL



PARENT / STUDENT ATHLETIC HANDBOOK

ATHLETIC DEPARTMENT MISSION

Holy Innocents' Episcopal School seeks to provide a broad opportunity of interscholastic activities for both male and female students in grades 6 through 12 which will support the Holy Innocents' philosophy: "worth and dignity of each student-athlete." Personal traits, including commitment, discipline, team cooperation, individual leadership, sportsmanship, and consideration of others, are emphasized and vital to the success of the Holy Innocents' athletic program.

ATHLETIC PARTICIPATION PHILOSOPHY

It is the intent of Holy Innocents' to provide every opportunity for our sixth through twelfth grade students to participate in as many interscholastic athletic activities as possible. **While some of our sports require a limitation of numbers, others are open to all.** We encourage our young people to be aware of opportunities to participate and take advantage of them.

The Holy Innocents' Athletic Department and Administration will continue to explore broader opportunities for our students to participate in interscholastic athletics in the years to come and will keep you informed of changes in the program.

ATHLETIC DEPARTMENT GOALS

The primary goals of the Holy Innocents' Episcopal School Athletic programs are to accentuate the development of the whole student and to achieve a personal level of excellence in the areas of fitness, team commitment, and sportsmanship.

When a student chooses to become a member of a team, the choices he or she makes will have an impact on not just one's own goals, but on the goals of the team. For this reason, athletics is one of the most significant tools in the educational process of character development and helps to encourage students to lead by example.

ATHLETIC OFFICE

The Holy Innocents' Athletic Office consists of:

Director of Athletics, Ruth Donahoo, 404-303-2150 ext. 349, ruth.donahoo@hies.org

Administrative Assistant, Denise Brignet, ext. 345, denise.brignet@hies.org

Assistant Athletic Director, Bill Railey, ext. 356, william.railey@hies.org

Assistant Athletic Director, Nichole Dixon, ext. 357, nichole.dixon@hies.org

Purchasing Manager, Stacey Davis, ext. 896, stacey.davis@hies.org

Athletic Trainer, Mary Reeve, ext. 359, mary.reeve@hies.org

Strength and Conditioning, Peter Tongren, ext. 344, peter.tongren@hies.org

HOLY INNOCENTS' ATHLETIC ASSOCIATION

The Holy Innocents' Athletic Association (HIAA) is a vital asset to providing the spirit and camaraderie of Holy Innocents' athletics. The HIAA assists in providing teams with banners and signage, capital improvements, team bonding and travel opportunities. This group of parents raises money through Balanced Excellence dues, the Crimson and Gold Program and the annual golf/tennis tournament.

COMMUNICATION

Both parenting and coaching are extremely rewarding and challenging responsibilities. Both parents and coaches want student-athletes to have a positive experience as they participate in interscholastic athletics. Communication is the key to making this goal a reality. Student-athletes, parents, and coaches are all responsible for achieving effective communication.

As student-athletes become involved in athletics, they will experience some of the most rewarding moments of their lives. It is important to understand that at times athletes also may experience disappointment and frustration. At these times, player-initiated discussion with the coach is recommended and encouraged. Coaches should communicate their expectations for all players on their teams and also communicate the locations and times of all practices, team policies, required equipment, and off-season conditioning expectations.

Coaches should also communicate to the player and parents any disciplinary action resulting in the denial of a student-athlete's participation and reasons for that action.

The Parent/Coach/Student Relationship

Parents should discuss with the coach any concerns about their student-athlete's emotional or physical status. Parents should also request from the coach any information about ways that the athlete might improve his or her performance.

Coaches are professionals. They make decisions based on what they believe is best for the team and all student-athletes involved. Sometimes it is difficult to accept that a student-athlete is not playing as much as he or she or the parent desires. However, the judgment and authority of the coach to make decisions regarding playing time must be respected. It is not appropriate for a parent to question or challenge a coach's decision regarding play calling or team strategy. It is never appropriate for a parent to discuss with a coach the status of another student-athlete.

Please do not attempt to confront a coach directly before, during, or after a practice or contest. These can be emotionally charged times for athletes, coaches, and parents. Meetings of this nature do not promote satisfactory resolutions. **Should a parent wish to meet with a coach, the parent should wait at least 24 hours after a contest to schedule the meeting.**

There are situations that may require a conference between the coach and the parent. These meetings are encouraged. If a parent has a concern and would like to discuss it, he or she should call to schedule an appointment with the coach. If the coach cannot be reached, call the Athletic Office so a meeting can be arranged for you. If a parent has an unresolved concern and would like to discuss it, he or she should call to schedule an appointment with the appropriate Assistant Athletic Director.

If the parent still has an unresolved concern, he or she should contact the Athletic Office to schedule an appointment with the Athletic Director.

TEAM GOALS

Sportsmanship

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

1. Always cheer in a positive manner. Positive cheering leads to positive results. There is a time and place for cheering.
2. Do not talk to officials before, during, or after the competition.
3. Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not on what has already happened.
4. Never 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.

Remember that all actions are a reflection of your school.

While each program has goals specific to the nature of the sport, all Holy Innocents' sports programs share the following three goals:

1. **Work to Improve**
Improving through practice and game experience is vital to success.
2. **Work to Have Fun**
Fun is a function of commitment. An athlete is having "fun" when he or she is improving both as an individual and as a member of a team.
3. **Work to Win Championships**
All Holy Innocents' teams are working for the day when as varsity athletes they have the opportunity to compete for State Championships.

Eligibility

Students must be "on track" for graduation according to the following criteria:

1. First-year students (entering 9th grade) are eligible academically. Second semester or quarter first-year students must have passed at least five (5) courses in the previous semester or quarter in order to participate.
2. Second-year students must have accumulated five (5) total Carnegie units in the first year, AND passed at least five (5) courses in the previous semester or quarter.

3. Third-year students must have accumulated eleven (10) Carnegie units in the first and second years, AND passed at least five (5) courses in the previous semester or quarter.
4. Fourth-year students must have accumulated seventeen (16) Carnegie units in the first three years, AND passed at least five (5) courses in the previous semester or quarter.
5. In order for all students to practice or try out, he/she must be academically eligible and have submitted a School Health Form to the Athletic Trainer in the summer or the clinic in the fall.

** 1st semester Religion for 10th – 12th graders does not count toward 5 classes passed for athletic eligibility. Students will accumulate the full half credit of Religion at the completion of the academic year.

PRACTICE AND GAME COMMITMENT

Holy Innocents' athletic programs require a five- or six-day-a-week commitment, depending on the sport and level. Any exception to this policy must be authorized by the Varsity Head Coach and Director of Athletics.

Sunday competition is not allowed, and Sunday practices and/or meetings are prohibited without authorization from the Director of Athletics.

PLAYING TIME

In order for athletes to improve, they must be guided by their coaches and support personnel (strength coaches and trainers) in the areas of strength, conditioning, agility, skill, and mental preparation. This preparation begins in the middle school athletic program and continues into the upper school years. In order to be a consistently competitive athletic program, sub-varsity athletes should receive training that is well structured, disciplined, and fun. The disciplined athlete should improve in a sport if the nature of the program is as follows:

1. The middle school programs are developmental in nature. The JV programs are developmental as well but in terms of preparing athletes for varsity competition.
2. Full commitment, a positive attitude, and good sportsmanship are a minimum expectation for playing time.
3. Coaches, athletes, and parents are willing to risk not winning at the sub-varsity level or prequalifying stage of the varsity season in order to prepare all members of the team for the opportunity to win championships.

It should be noted that all Holy Innocents' teams are playing to win. However, developmental team coaches have an obligation to prepare their athletes and teams for the future, meaning that the strongest players may not always be on the court or field of play in all crucial situations.

At the varsity level, it should be understood that we are playing to improve, playing to have fun, playing to win, and playing to win titles. Our main goal is to get to the playoffs. Our two goals in the playoffs are to win the next game and win the last game, but never at the expense of good sportsmanship.

STYLE OF PLAY

It is the intent of the school to provide a process through the structure of the sports programs and the coaching staff that best prepares all of our athletes for varsity level competition. It is also the intent of the program to adopt a style of play which will provide opportunity for participation, opportunity to support the role player, opportunity to support the gifted athlete, opportunity to defeat superior talent, opportunity to win a title, and be fun.

TRYOUTS

Some Holy Innocents' athletic teams require a tryout process, and others are open to all. Fall tryout dates (except softball) usually occur in early to mid-August and are published on the Holy Innocents' school website. Winter tryouts usually occur in mid-October. Spring tryouts usually occur in late January. Specific tryout dates will also be announced on the athletic web site.

If a student-athlete misses a tryout period (in a limited participation sport) because of an overlapping season, the student-athlete is allowed a full tryout after the previous season ends. This tryout should be conducted in a fair and thorough manner and with an open mind. If an athlete misses a tryout period (in a limited participation sport) and the coach is given advanced notice of one month or more, then the coach should try to coordinate a makeup tryout prior to the start of the planned tryouts. The coach should explain to the parents that the athlete may be at a disadvantage in regards to evaluating the athlete compared to other athletes. If an athlete misses a tryout period due to a personal or family emergency and the coach is notified prior to the tryout, the player will be allowed a tryout after the original tryout date.

Students must have a valid Student Health Form on file in the Clinic before they will be allowed to participate in a practice or tryout.

Middle School Athletic Program

	FALL	WINTER	SPRING
GIRLS	Softball *	Basketball *	Soccer *
	Volleyball *	Swimming	Track & Field
	Cross-Country		Lacrosse *
BOYS	Cross-Country	Basketball *	Baseball *
	Football	Swimming *	Track & Field
		Wrestling	Lacrosse *
			Soccer *

Upper School Athletic Program

	FALL	WINTER	SPRING
GIRLS	Softball *	Basketball *	Soccer *
	Volleyball *	Swimming	Golf *
	Cross-Country	Cheerleading *	Track & Field
	Cheerleading *		Tennis *
			Lacrosse *
BOYS	Football	Basketball *	Baseball *
	Cross-Country	Swimming	Golf *
		Wrestling	Track & Field
			Tennis *
			Lacrosse *
			Soccer *

- These programs require a tryout process and may have limited numbers.

MULTIPLE-SPORT ATHLETES

All Holy Innocents' athletes, parents, and coaches should understand the importance of the multiple-sport athlete to our program and should support, encourage, and allow students to participate in one, two, or three seasons as they so choose. It should also be understood that students who are finishing one athletic season while tryouts are in progress for another season will be given special consideration and an opportunity for a delayed tryout. Injury, illness, and other special situations will be taken into consideration as well, but must be authorized by the Varsity Head Coach and Director of Athletics. At no time should a Holy Innocents' coach encourage an athlete to specialize in one or more specific programs and should do his or her best to support the multiple-sport concept.

SEASON-TO-SEASON TRANSITION

Student-athletes are required to end one season in good standing before they start participating in the next season's sport.

STUDENT-ATHLETE CONCEPT

Any player is allowed to arrive late to practice without penalty if they are seeking academic help after school. The player must notify the coach at least 8 hours in advance. Coaches should not require a written note unless they believe the privilege is being abused.

STRENGTH AND CONDITIONING

Every athlete, parent, and coach should understand that strength and conditioning work is a primary tool for achieving success in all athletic programs. Athletes are expected to participate in both in- and out-of-season workout programs and are encouraged to use the Holy Innocents' Wellness Center located in the Athletic Complex for the most consistent results.

All strength and conditioning activities are supervised and monitored by the Holy Innocents' Strength and Conditioning Staff. At no time is an individual to workout in the Wellness Center without authorized supervision.

INHERENT RISK OF PARTICIPANTS IN SPORTS

Participation in all sports and physical activities involves certain inherent risks and regardless of the care taken, it is impossible to ensure the safety of the participant. All sports require considerable coordination, agility, strength, and a high level of cardiovascular fitness.

A variety of injuries may occur to a participant. Some examples include, but are not limited to: (1) Minor injuries such as scrapes, bruises, strains, and sprains; (2) Serious injuries such as fractures, dislocations, torn ligaments, tendons, and muscles, concussions, and heat illness; (3) Catastrophic injuries such as paralysis and death.

Cautionary documents addressing each sport are posted on the main Athletics web page.

SPORTS MEDICINE

A full-time Athletic Trainer is on staff and available for any athletic medical and rehabilitative needs. The Athletic Training staff, which includes the Head Athletic Trainer and a certified Graduate Assistant, works directly with our Team Physician to ensure the most appropriate course of action when it comes to the student athlete's medical needs. The Sports Medicine staff is here to make any medical situation, emergent or minor, run as efficiently as possible while maintaining the highest standard of care.

The Sports Medicine staff is nationally certified by the National Athletic Training Association's Board of Certification, licensed by the state of Georgia, and certified as professional rescuers in CPR, First Aid, and Automatic External Defibrillators. We make every attempt to control each situation that may occur in a safe and efficient manner. Therefore, with any orthopedic situation that is non-life threatening, we make an effort to avoid transporting athletes to the Emergency Room, as it can be a timely and costly experience. Through our network of physicians that we work with, we are able to expedite the process of obtaining appointments and ensuring the quickest response to the athlete's injuries.

The Sports Medicine staff is able to communicate quickly with a large network of physicians specializing in orthopedics throughout the city of Atlanta. We do have a primary team physician, however, if there is a preference to which physician the athlete is treated by for follow up orthopedic assessments, please communicate this with the staff and we will certainly accommodate.

When an athlete incurs an injury the staff is dedicated to ensuring communication every step of the way. Please be sure that you provide email and phone contacts on the student's physical form clearly printed so that we can contact you in the event that your child is injured. After being evaluated, the Athletic Trainer notifies the coaches and advises them on the level of participation that the athlete can continue with. Each athlete is required to continue with rehabilitation until released by the sports medicine staff and authorization from the team physician.

When dealing with head injuries, the Sports Medicine staff uses the ImPACT system to evaluate a baseline with every student athlete. Attached you will find an informational letter and a consent form regarding

the test. Each student athlete needs a consent form on file in the Sports Medicine department. This consent will be sufficient for the entire athletic career of that student and will not have to be repeated. When an athlete has any head injury the parent will be immediately notified and at home instructions will be given.

Please feel free at any time to contact the Sports Medicine staff with any questions or concerns at 404-303-2150, ext. 359 or mary.reeve@hies.org.

FACILITIES

The Holy Innocents' facilities include Baker Field and field(s) across the street on the South Campus, a six-lane rubberized track, two gymnasiums, a wellness room, a sports medicine training room, a baseball/softball field, and an indoor batting/hitting facility.

TRAVEL

While most of our athletes are transported by school vehicle, there are occasions when parents or students are asked to drive. Parents will be contacted with as much advance notice as possible if assistance is needed in transporting our athletes and should only do so with the approval of the Coach and Athletic Office well in advance.

Athletes may be released to their parents after an away game if approved by the coach in advance. A written, dated, and signed letter with instructions must be received by the coach well in advance of the contest if a student is to be released to anyone else other than his or her parents.

When athletic teams travel overnight, coaches will supply a complete travel itinerary to the Athletic Office, athletes, and parents. The itinerary will include departure and return dates and times, hotel information, including telephone number, complete list of all coaches and students, as well as any additional chaperones, and other information such as items to bring, money, clothes, etc.

As a general rule of thumb, the Athletic Office arranges transportation according to the following tables. Other factors to consider are the number of coaches available to drive per team, if the team is a middle school or upper school team and if the competition is a Saturday middle school league event. Note that the school does not provide transportation to middle school Saturday league events or Saturday events if the majority of the season is scheduled on Saturdays.

PARENTS ASSUME ALL COSTS FOR MEALS.

Regular Season, Single Day Competition						
	Less than 60 miles one way		60-100 miles one way		100+ miles one way	
Passengers	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment
Less than 9	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus
Less than 15	HI Bus	Yellow	Yellow	Yellow	Yellow	Yellow
Less than 30	HI Bus	Yellow	Yellow	US – Coach MS - Yellow	US – Coach MS - Yellow	US – Coach MS - Yellow
Greater than 30	US – Yellow MS - Yellow	US – Yellow MS - Yellow	US – Coach MS - Yellow	US – Coach MS - Yellow	US – Coach MS - Yellow	US – Coach MS - Yellow

State Tournament - Varsity, Single Day Competition						
	Less than 60 miles one way		60-100 miles one way		100+ miles one way	
Passengers	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment
Less than 9	HI Bus	HI Bus	HI Bus	HI Bus	Yellow	Yellow
Less than 15	HI Bus	Yellow	Yellow	Yellow	Coach	Coach
Less than 30	HI Bus	Yellow	Yellow	Coach	Coach	Coach
Greater than 30	Coach	Coach	Coach	Coach	Coach	Coach

Regular Season, Multi-Day Competition						
	Less than 60 miles one way		60-100 miles one way		100+ miles one way	
Passengers	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment
Less than 9	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus
Less than 15	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus
Less than 30	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus
Greater than 30	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus	HI Bus

** The team or team members are financially responsible for all hotel costs associated with out-of-town travel as well as meals.

2+ Day Guaranteed Competition For State Tournaments						
	Less than 60 miles one way		60-100 miles one way		100+ miles one way	
Passengers	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment	No Heavy Equipment	Heavy Equipment
Less than 9	HI Bus & Hotel	HI Bus & Hotel	HI Bus & Hotel	HI Bus & Hotel	HI Bus & Hotel	HI Bus & Hotel
Less than 14	HI Bus & Hotel	Yellow & Hotel	Yellow & Hotel	Yellow & Hotel	Coach & Hotel	Coach & Hotel
Less than 28	HI Bus & Hotel	Yellow & Hotel	Yellow & Hotel	Coach & Hotel	Coach & Hotel	Coach & Hotel
Greater than 28	Coach & Hotel	Coach & Hotel	Coach & Hotel	Coach & Hotel	Coach & Hotel	Coach & Hotel

ATHLETIC SCHEDULES, RESULTS, DIRECTIONS TO AWAY EVENTS

For up-to-date schedules, results, and directions to away events, log on to the HIES website at www.hies.org and click on Campus Life, then Athletics link.

DISMISSAL FROM AWAY ATHLETIC EVENTS

Students may only leave away athletic events with their parents. In the case that a student needs to leave with another person, the head coach of the team must receive notification in writing (note or email) by a predetermined time or by the time the team departs campus. Failure to provide this documentation will result in the student riding the bus back to campus.

VARSITY LETTERS/JACKETS

Students may be eligible to receive a varsity letter if they meet the criteria set forth in a particular program and **should direct their questions pertaining to lettering to the Head Varsity Coach.**

All students who receive a letter are eligible to purchase a letter jacket and may do so from the vendor who will be on campus 2-3 times per year. Letters will be distributed at each end-of-season banquet.

Region and state patches are ordered by the Head Varsity Coach of each program and will be distributed by the coach or Athletic Office.

END-OF-SEASON BANQUETS

Banquets are an opportunity to celebrate team accomplishments. The head coach and the team Mom, through prior approval from the Director of Athletics coordinate banquets. All student-athletes and their parents are encouraged to attend. Awards given to student-athletes are as follows:

Varsity, JV and Middle School athletes: Participation Certificates

1st Year Varsity: Letter/pin

2nd – 4th Year Varsity: Bar pin

In addition, the coach of each team gives: 1) Coach's Award 2) Most Valuable Player
3) Most Improved Player; and any other awards deemed appropriate by the head coach.

DRUG, ALCOHOL, TOBACCO POLICY

Holy Innocents' students have the potential to contribute constructive leadership to our society. The ideal of a Holy Innocents' education includes the development of the whole person – mind, body, and spirit, but the use of illegal drugs and alcohol can endanger the realization of one's potential for learning and for life. Therefore, Holy Innocents' has established education programs and rules of conduct to discourage such behavior. For those who break these rules, the school's interest is in continuing education about the dangers and consequences of such activities, the administration of appropriate consequences for infractions and, when possible, the restoration of individuals to the school community as constructive contributors.

1. **Drug, Alcohol and Tobacco discipline policy goals:**

- a. Maintain uniform school-wide policies for all students;
- b. Discourage the use of drugs, alcohol, and tobacco by students;
- c. Encourage change in illegal and age-inappropriate behavior patterns;
- d. Alert parents and students that the school is opposed to these activities.

2. **Biases used in the development of these policies:**

- a. Keep students involved in activities, if possible;
- b. Administer punishment as quickly, constructively, and effectively as possible and rarely, if ever, carry over punishments (except expulsions) into a new school year;
- c. Make the first offense less punitive than the second.

HARASSMENT, BULLYING AND HAZING:

Holy Innocents' Episcopal School is committed to creating an environment in which all members of the athletic community interact on the basis of mutual respect and the highest standards of personal integrity. Thus, the school is committed to being an institution free of harassment based on such factors as race, color, religion, national origin, sexual orientation, ancestry or medical condition. The school strongly disapproves of and will not tolerate harassment of students by administrators, faculty, staff or other students.

Harassment includes verbal, physical and visual conduct that creates an intimidating, offensive or hostile environment or one that interferes with daily school activities. Some examples include racial slurs, ethnic jokes, posting of offensive statements, posters or cartoons or other similar conduct. Sexual harassment includes solicitation of sexual favors; unwelcome sexual advances; other verbal, visual or physical conduct of a sexual nature; or derogatory comments regarding sexual orientation or slurs of a sexual nature. Any incident of harassment, including sexual harassment of a student by any school employee, student or any other person, should be reported promptly to a coach, administrator, or the Director of Athletics, who is responsible for investigating the matter. Those who receive complaints or who observe harassing conduct should inform the administration immediately.

The athletic department has a zero-tolerance policy as it relates to hazing. Hazing is a term used to describe various ritual and other activities involving harassments, abuse or humiliation used as a way of initiating a person into a group. Any incident of hazing should be reported promptly to a coach or administrator. Those who receive complaints or who observe a hazing incident should inform the administration immediately.

Penalties for harassment, bullying and hazing may include suspension or expulsion from the athletic team in addition to penalties administered by the academic school administration.

All upper school athletes will be required to attend a seminar every year on harassment, bullying and hazing. Seminars will be scheduled by the Athletic Director during each season. Failure to attend a seminar will result in the athlete being ineligible to practice with the team.

DISCIPLINE GUIDELINES

Fighting is characterized but not limited to an altercation where student-athletes engage in multiple attacks with a closed fist, scratching, biting and hair pulling.

Fighting at an Athletic Competition by a Student-Athlete participating in the competition:

Any incident of fighting will be referred to the Athletic Director who will then turn over discipline to the school academic authorities. In addition, athlete may be subject to suspension or removal from athletic team.

Unsportsmanlike Conduct at an Athletic Competition by a Student-Athlete participating in the competition:

The Head Coach of the sport along with the Athletic Director and Team Coach (if different than Head Coach) will decide the discipline for the infraction. Factors to be considered are:

- Has the athlete been involved in prior incidents?
- The severity of the infraction.

Fighting at a Practice (Official or Unofficial):

Any incident of fighting will be referred to the Athletic Director who will then decide based on the severity and circumstances whether to handle the issue internally or turn over discipline to the school academic authorities. Factors to be considered are:

- Has the athlete been involved in prior incidents?
- The severity of the infraction.
- Circumstances surrounding the incident

If discipline is to be handled internally, the Head Coach of the sport along with the Athletic Director and Team Coach will decide the punishment. Athlete may be subject to suspension or removal from athletic team.

Unsportsmanlike Conduct at a Practice (Official or Unofficial):

The Head Coach of the sport along with the Team Coach (if different than Head Coach) will decide the discipline for the infraction. Factors to be considered are:

Has the athlete been involved in prior incidents?

The severity of the infraction.

Circumstances surrounding the incident

The incident and punishment should be reported to the Athletic Director.

Any unbecoming behavior when a student-athlete is representing Holy Innocents' outside an Athletic competition will be referred to the Athletic Director who will then turn over discipline to the school academic authorities.

Any statements on any social media site by a student athlete directed toward any HI coach will be dealt with both by the Athletic Department and the Integrity Counsel. Students may be subject to dismissal from team or any punishment deemed appropriate.

REQUIRED FORMS

The following forms must be CURRENT and on file in the Athletic Office before a student will be eligible to participate in a tryout or practice:

Student Health Form – Grades 6 – 12 (GHSA-mandated form), Part I and II

Student-athletes are required to have a copy of a completed annual physician's physical examination on file with the school before participating in a practice or tryout. Forms must be dated April 1 or after to be considered current for the upcoming school year. A physical is valid for up to 14 months only, per GHSA regulations. For example, a form dated April 1, 2011 would be valid until June 1, 2012. Physical forms are available in the Clinic, Athletic Office, or you may print a copy off our website at www.hies.org, click on "Athletics at HIES" and see the link in the Download section.

General Agreement/Release Waiver for Athletic Participation

Student-athletes are required to have a copy of a completed release waiver for athletic competition on file with the school before participating in a practice or tryout. The release waiver is available online by going to www.hies.org, click on Athletics at HIES, click on the Sports Medicine tab at the top, link for file is on the left hand side.

Impact Letter/Consent Form

Student-athletes are required to have a copy of a completed Impact testing consent form on file with the school before participating in a practice or tryout. The consent form is available online by going to www.hies.org, click on Athletics at HIES, click on the Sports Medicine tab at the top, link for file is on the left hand side.

Holy Innocents' Episcopal School, Atlanta, Georgia
Parent's or Guardian's Consent, Release, and Indemnity
Agreement for a Minor Child to Independently
Drive and/or Ride to and from an Athletic Contest Event

I/We, the undersigned consent for my/our child

(Print Child's Name)

EVENT: _____

DATE: _____

A. _____ to independently drive my/our privately
(Check for permission)
owned vehicle to and from an Athletic Competition held at locations other than the Holy
Innocents' School Campus.

B. _____ to independently ride in a privately
(Check for permission)
owned vehicle driven by other Holy Innocents' students or parents to
and from an Athletic competition held at locations other than the Holy
Innocents' School Campus.

To the fullest extent permitted by law, I/we do hereby release, acquit, discharge and hold harmless Holy Innocents' Episcopal School and its agents and employees from and against all claims, demands, actions and causes of action, damages, costs (including attorney's fees), loss of services, expenses and compensation on account of or in any way accruing out any bodily injury, death or property damage suffered by my/our minor child while driving and /or riding in any of the privately owned vehicles as checked in items A. and/or B. above.

Parent's or Guardian's Signature

Date

Parent's or Guardian's Signature

Date

(NOTE: Both parents must sign this Consent, Release and Indemnity if the child resides in a two-parent household.)

Holy Innocents' Episcopal School, Atlanta, Georgia
Parent's or Guardian's
Consent, Release, and Indemnity Agreement for a Minor
Child to Independently Drive and/or Ride to and from
Swim/Tennis/Golf Practice Event

I/We, the undersigned consent for my/our child

(Print Child's Name)

A. _____ to independently drive my/our privately
(Check for permission)
owned vehicle to and from swim/tennis/golf practice held at locations other than the
Holy Innocents' School Campus.

B. _____ to independently ride in a privately
(Check for permission)
owned vehicle driven by other Holy Innocents' students or parents to
and from a swim/tennis/golf practice held at locations other than the
Holy Innocents' School Campus.

To the fullest extent permitted by law, I/we do hereby release, acquit, discharge and hold harmless Holy Innocents' Episcopal School and its agents and employees from and against all claims, demands, actions and causes of action, damages, costs (including attorney's fees), loss of services, expenses and compensation on account of or in any way accruing out any bodily injury, death or property damage suffered by my/our minor child while driving and /or riding in any of the privately owned vehicles as checked in items A. and/or B. above.

Parent's or Guardian's Signature

Date

Parent's or Guardian's Signature

Date

(NOTE: Both parents must sign this Consent, Release and Indemnity if the child resides in a two-parent household.)