

THE HERITAGE ACADEMY TRAINING RULES are a vital part of the Athletic Department's program. It is a privilege to participate in athletics, and this privilege is extended to all students provided they are willing to assume certain responsibilities.

- As representatives of the Heritage Academy student body, their team, and their family, our athletes are expected to conduct themselves in an appropriate manner throughout the school year and in particular during the training period of the sport in which the athlete is participating.
- Each athlete must discipline himself or herself to be a good citizen and student in order to achieve excellence.
- In order for a determined course of action for the pursuit of athletic achievement and the character training of our athletes, the following Athletic Training Rules must be understood and agreed to among the School, the athlete, and the athlete's parents.

Team Policies

- Tobacco: Any athlete using tobacco in any form will be in violation of the Training Rules.
- Alcoholic Beverage/Controlled Substance: Any athlete using or in possession of alcoholic beverages or a controlled substance will be in violation of the Training Rules.
- Arrest: Any athlete who is arrested for a felony or gross misdemeanor as defined by SC Law during the season will be in violation of the Training Rules.
- Practice and Games: All athletes are required to be at every practice and contest regardless of injuries unless absent from school due to illness or family emergency or because of participation on a school sponsored trip. If absent from school for part of a school day, the athlete may not participate in practice or a contest that day without approval from the Athletic Director and the appropriate Division Head.
- Presentation of Training Rules: The Head Sport of each sport will meet with the team members prior to the season to present the Training Rules. Following the presentation of the Rules, the student athlete then becomes responsible for following the Training Rules.

Penalties for Violation of Training Rules

Violations of the Athletic Training Rules will be reviewed by the Head Coach of each sport. The Head Coach of each sport, in consultation with the Athletic Director (and the Division Head and/or the Head of School, if appropriate), will determine the penalty for a violation based upon the following criteria, as well as whether the violation is a first or second offense:

- A violation of a Training Rule may result in being denied the privilege to practice or participate in athletic contests for a specific length of time or an indefinite suspension from the team. Note: an athlete who is suspended from one team may not join another team during the same season.
- An athlete involved with drugs or alcohol is subject to the guidelines stated in the School's Drug and Alcohol Policy adopted by the Board of Trustees.

Questions and Concerns

The first line of communication needs to be between the athlete and his/her coach. It is important for parents to encourage their child to assume the responsibility of communication with the coach. This includes questions about playing time and reporting absences from practice.

The second line of communication needs to be between the parent and the coach. This communication needs to be during a scheduled meeting, and the subject needs to remain the subject of the individual child, not other team members, and the concern at hand.

The final line of communication should be with the Athletic Director. This meeting may involve the athlete, the coach, and the child's parents.

Heritage Academy Training Rules

Violation of any of the training rules will result in appropriate disciplinary action taken by the Head Coach and/or the Athletic Director (the Division Head and/or the Head of School, if appropriate), and could result in your dismissal or suspension from the team.

Name: _____
(Please Print Clearly)

I have read the Training Rules. I will abide by the Rules in the spirit of doing everything I can to help the Hurricanes!

Signed: _____ Date: _____

We will do everything we can to help our child understand the purpose of the Training Rules, and we will help him/her abide by them.

Signed: _____ Date: _____