

HOLMAN MIDDLE SCHOOL



HUSKIE HANDBOOK

**The Official Holman Middle School Athletic Policies and
Regulations Handbook**

PRINCIPAL'S MESSAGE

Dear Holman Middle School Student-Athletes and their Families,

It is the purpose of this handbook to set forth the operating procedures for the students, families, and athletic staff at Holman Middle School. It is hoped this handbook will facilitate the process of seeking information about administrative policies and procedures as well as smoothly and efficiently providing a framework within which the Holman Middle School Athletic Department will operate smoothly and efficiently..

We believe, as research indicates, students who are involved in co-curricular activities have a greater chance of success in school - as well as in life. Many of the character traits required to be a successful participant on an athletic team are the exact same ones that will translate to a successful life after middle school. We hope the information contained in this handbook will make your experiences at HMS more enjoyable.

Have a great season and GO HUSKIES!

Brian P. Fellows, Ph.D.

Principal

If you believe in yourself, have dedication and pride and never quit, you'll be a winner. The price of victory is high, but so are the rewards.

Paul "Bear" Bryant, Head Football Coach

6 National Titles, University of Alabama, 1958-1982

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Try Outs

While each tryout will be specific to the sport, and 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 player's strengths and weaknesses.

ELIGIBILITY/Scholastic Requirements

You must pass English, math, science and social studies to be eligible to try out/participate in an interscholastic sport. Student athlete should be prepared upon request by coach to provide documentation of grades.

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

Gymnastics and Spring sports-must have passed four core subjects at the end of the first semester.

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 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 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 Holman Middle School.

Good sportsmanship is a must. Treat opponents, teammates, coaches, managers, parents and referees with respect. Demonstrate a positive attitude at all times towards teammates, coaches, refs and spectators. Listen to and follow the coaches' directions without argument.

You should not roam around the school during practices or games, particularly when visiting another school. The team should always stay together.

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 Holman's discipline policies will include, but are not limited to the following:

*1st Unexcused Absence from Practice or game.....Sit Out One Game

*2nd Unexcused Absence from Practice or game.....Removal from Team

*1st Administrative Detention or teacher assigned detention of 45 minutes or longer.....
Conference and one game suspension

*2nd Administrative Detention or teacher assigned detention of 45 minutes or longer Two
Game Suspension

*3rd Administrative Detention or teacher assigned detention of 45 minutes or longer
Removal from team

** Expectation is that student will rejoin team activities at the conclusion of the detention.

In-School suspensions or out-of-school suspensions

*1st assignment results in loss of participation during the day(s) of suspension and one game.

*2nd assignment results in removal from team.

Note: Any infraction that results in an out-of-school assignment for three or more days is automatic removal from the team.

Inappropriate behavior on the bus during team travel will result in a one game suspension.

Any misconduct during team practices or games (home or away) will result in a one game suspension



Attendance

You must attend at least 2 full blocks during the school day 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 dress for activity in PE class due to illness or injury, even with a note, you will NOT be allowed to participate in that day's after-school athletics.

Practice

Practice begins promptly at 3:30 PM (you must be properly dressed and in the appropriate location by 3:30) . Practice 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 in other areas of the campus. Violations will result in disciplinary consequences.

Tardiness is not acceptable. If you have an after-school appointment with a teacher, you must get a pass from that teacher with the time you left the classroom. You will have fifteen minutes to dress and arrive at the proper location for practice.

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 (*See consequences* for more information). 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 and/or make players nervous which ultimately could cause accidents and injuries.

Always warm up properly before practices and games. Each coach will have a standard warm-up routine that you should follow. Horseplay, before, during or after practice will not be allowed. To further prevent injuries, all jewelry must be removed before practices and matches.

Proper practice wear is a must. School clothes, dress shoes, cutoff jeans, and long jeans are not allowed. Some teams have practice uniforms and these must be worn according to the coaches' directions.

Athletic shoes must be worn securely. Warm-ups will be needed for colder weather and traveling to away games in the winter months.

Locker Rooms

One team per season 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 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 rooms 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 Holman 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 Holman and before returning from the away event. If you are not returning to Holman 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.

Uniforms are to be machine-washed and hung to dry. Do NOT use the dryer. Damaged uniforms must be repaired or replaced by the parent. The coach will inform you of the replacement cost. Because of safety issues, athletes will not be allowed to participate if they are not properly dressed or are lacking in required equipment. Cleats should NOT be worn in the building. They should be put on and taken off on the sidewalks outside 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 stating that the athlete may not participate due to said illness/injury, and a follow up note needs to be provided from the physician to clear the student eligible to play.

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

Inclement Weather

In the event of inclement weather, a decision will be made about which games will be cancelled by 2:15 PM. **Please do NOT call the office prior to 2:15 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 Holman on the bus. Parents and students should discuss these pick-up plans for AWAY games prior to the need.



Parental Responsibility

1. Fill out and turn all forms in promptly:
 - Emergency card
 - Volunteer Form (not mandatory)
 - 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. The coach will inform you of the replacement cost.
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 on the back of the Acknowledgment and Consent form that you return to the coach.
7. From time to time, a team may conduct a fundraiser to enable them to further enhance that sport's 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.



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 acknowledgement 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) _____

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Directions to away games

Note: All directions (including statements of mileage) were obtained using Mapquest.com

BROOKLAND - 9200 Lydell Dr, Richmond, VA, 23228. Phone: 261-5000.

From Holman and Concourse Blvd., turn LEFT onto Nuckols Road. Merge onto I295 South. Take US 33 EXIT 49B toward Richmond. Turn RIGHT onto Staples Mill Road. Turn LEFT onto E. Parham Road. Turn LEFT onto Lydell Dr.

Total miles from Holman Middle School= 9.98 miles

BYRD - 9400 Quioccasin Road, Richmond, VA 23233. Phone: 750-2630.

From Holman and Concourse Blvd., LEFT onto Nuckols Rd. Merge onto I295 North. Merge onto I64 East via EXIT 53B. Take Gaskins Rd. SOUTH – EXIT 180A. Turn LEFT onto Quioccasin Rd. Byrd Middle School will be on the left.

Total miles from Holman Middle School= 8.07 miles.

CHICKAHOMINY - 9450 Atlee Station Rd., Mechanicsville, VA 23111. Phone: 730-8240.

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Merge onto US-301 North - EXIT 41A toward Hanover. Turn LEFT onto Atlee Station Rd. Chickahominy Middle School will be on the RIGHT.

Total miles from Holman Middle School= 14.17 miles

ELKO- 5901 Elko Rd. Sandston, VA 23150. Phone: 328-4110

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Take the US 60 exit, EXIT 28B, toward Seven Pines/Bottoms Bridge. Turn Right onto VA-156/Elko Rd. Elko Middle School is on the left.

Total miles from Holman Middle School = 27.7 miles

FAIRFIELD - 1521 Nine Mile Rd., Richmond, VA 23233 Phone: 328-4020.

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Merge onto Creighton Road via EXIT 34B. Turn LEFT onto E. Cedar Fork Rd. Proceed straight at the light to arrive at the track/fields and tennis courts. To arrive in main entrance Turn RIGHT off of E. Cedar Fork Rd onto Nine Mile Road. Fairfield Middle School will be on the left.

Total miles from Holman Middle School= 21.81 Miles

HUNGARY CREEK - 4090 Francistown Rd., Glen Allen, VA 23060. Phone: 527-2640.

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Take the US-33 E exit, EXIT 49B, toward Richmond. Turn RIGHT onto Staples Mill Road. Take the 2nd Right onto Springfield Rd. Turn LEFT onto Francistown Rd. Hungary Creek Middle School is on the left.

Total miles from Holman Middle School= 5.72 Miles

LIBERTY - 13496 Liberty School Rd., Ashland, VA. 23005 Phone: 752-6020.

From Holman and Concourse Blvd., turn right onto Nuckols Road (.4 mi). Take 1st right onto Shady Grove Rd (.6 mi). Shady Grove Road becomes Cauthorne Road (2.2 mi). Turn RIGHT onto Ashland Rd (3.8 mi). Turn slight LEFT onto Blanton Road (3.0 mi). Turn left onto VA-54/W. Patrick Henry Road (.7 miles). Take the 1st LEFT onto Libery School Road (.3 mi). Liberty Middle School is on the LEFT.

Total miles from Holman Middle School= 11.1 miles.

MOODY - 7800 Woodman Rd., Richmond, VA 23228 Phone: 261-5015

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Take the US-33E exit, EXIT 49B, toward Richmond. Turn RIGHT onto Staples Mill Rd/US-33 East. Turn LEFT onto E. Parham Road. Turn RIGHT onto Woodman Road. Moody Middle School is located on the RIGHT.

Total miles from Holman Middle School = 10.1 miles

OAK KNOLL - 10295 Chamberlayne Rd; Mechanicsville, VA 23116. Phone: 365-4740

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Merge onto US-301 N / Chamberlayne Rd via EXIT 41A toward Hanover. Turn RIGHT onto Hanover Wayside Rd. Take the 1st RIGHT to stay on Hanover Wayside Road. Turn LEFT onto US-301 South. If you reach Old Lansdown Rd. you have gone too far.

Total miles from Holman Middle School = 18.72 miles.

POCAHONTAS – 12000 Three Chopt Road, Henrico, VA 23233. Phone: 364-0830

From Holman and Concourse Blvd., turn Left onto Nuckols Rd (1.9 miles). Turn Slight right onto Cox Road (2.0 miles). Turn RIGHT onto Three Chopt Road. Pocahontas Middle School is on the right.

Total miles from Holman Middle School = 5.2 miles

ROLFE - 6901 Messer Rd., Richmond, VA. 23231 Phone: 336-8730.

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Merge onto US-360 W via EXIT 37B toward Mechanicsville (3.1 miles) Turn LEFT onto E. Laburnum Ave. Continue to follow E. Laburnum Ave. (8.75 miles). Turn RIGHT onto Library Road (.3 miles). Turn LEFT onto Messer Road. Rolfe Middle School is on the LEFT.

Total miles from Holman Middle School= 27.8 Miles

SHORT PUMP - 4701 Pouncey Tract Rd. Glen Allen, VA 23060 Phone: 360-0800

From Holman and Concourse Blvd., turn Right onto Nuckols Road. Turn Left onto Pouncey Tract Rd. Short Pump Middle School is on your left.

Total miles from Holman Middle School = 3.6 miles.

STONEWALL - 8021 Lee Davis Rd., Mechanicsville, VA 23111 Phone: 730-3307.

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Merge onto US 360 E. Mechanicsville Tpk (1.6 miles). Turn LEFT onto Lee Davis Road. Stonewall Middle School is on the LEFT.

Total miles from Holman Middle School = 18.1 miles

TUCKAHOE - 9000 Three Chopt Rd, Richmond, VA 23228 Phone: 673-3720

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 North. Merge onto I64 East. Take the Parham Rd. exit, EXIT 181. Turn RIGHT onto N. Parham Road. Turn LEFT onto Three Chopt Road. Tuckahoe Middle School will be on your left.

Total miles from Holman Middle School = 8.1 miles

WILDER - 6900 Wilkinson Rd., Richmond, VA. 23227 Phone: 515-1100

From Holman and Concourse Blvd., turn Left onto Nuckols Rd. Merge onto I295 South. Merge onto US 301 Chamberlayne Rd. via EXIT 41B. Turn LEFT onto Wilkinson Road. Wilder Middle School is on the Left.

Total miles from Holman Middle School = 14.03 miles.

