

2011 - 2012  
LONG BEACH  
SCHOOL DISTRICT  
HANDBOOK  
for  
STUDENT  
ATHLETES





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## **ATHLETIC STATEMENT**

This athletic handbook is designed to inform student athletes and their parents of the rules, regulations and information that helped develop the rich tradition of competition in Long Beach Athletics.

Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Athletic Department and other specific coach's rules for their sport. Each student athlete represents his/her school and student body. It is the student athlete's duty to conduct himself/herself in a manner becoming the student athlete, his/her family, schools and the community.

While an attempt has been made to answer as many questions as possible and provide information on all aspects of athletic participation, it is possible that you may have some questions that are not answered here. Please contact the principal and/or athletic director for this information.

The athletic department will enforce all rules and regulations as described in this Athletic Handbook. Parents and athletes are asked to sign an acknowledgment document located at the end of this handbook stating that they have read and understand the information included in the Handbook and that the athlete is subject to disciplinary measures should he/she violate the rules and regulations set forth in this Athletic Handbook.

## **DEPARTMENTAL PHILOSOPHY**

The goal of the Athletic Department is to provide the best opportunities for student athletes to excel in teamwork, sportsmanship, self-discipline and character. In addition to developing skill in a sport, the purpose is to provide each participant with experiences that will be positive and memorable and that help develop the capacity for commitment to a cause, acceptance of responsibility and loyalty toward any chosen endeavor.

## SPORTSMANSHIP

The following policy statement from the **National Federation of State High School Associations** expresses the concept of sportsmanship as follows:

*The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.*

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

**Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.**

**All MHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.**

**Assault of Sports Officials, Coaches, or Administrators (SB-16): This bill became law on March 31, 2002, and creates new crimes of harassing, menacing and assaulting sports officials, coaches and administrators. The punishments are harsher than normal for convictions of harassment, menacing and assault. For example, a second-degree assault can carry a sentence of up to 10 years in prison, but under the new law, a second-degree assault of a sports official, coach, and administrator could result in a sentence of up to 20 years.**

# MISSISSIPPI HIGH SCHOOL ATHLETIC ELIGIBILITY

A student must meet the following minimum scholastic requirements at the end of a semester and at the end of the year if the pupil is to be eligible for the next year:

## ACADEMIC RULE

### **JUNIOR HIGH (7<sup>th</sup> and 8<sup>th</sup> Graders)**

To be eligible for participation as a seventh grader, a student must be promoted from sixth grade; and for participation as an eighth grader a student must be promoted from seventh grade. A pupil must pass the core classes of his/her grade level and achieve at least an overall average of 70 in each of the four basic courses the previous year in order to be eligible to participate during the present year. (Math, English/Reading, History and Science) Eligibility is verified again after first semester.

A pupil who is not eligible at the beginning of the school year may become eligible the second semester only once during the student's junior high school career by passing the four basic courses with a 70 in each course.

### **(9<sup>th</sup> - 12<sup>th</sup> graders)**

To be eligible to compete in MHSAA sanctioned activities (band, choir, forensics, cheer, dance and all sports), a student must meet certain criteria each semester. They must have earned three credits toward graduation and a overall 2.0 GPA each semester. The students' academics will be checked at the end of each semester. If the academic standards are not met, a probation period of one (1) semester will be issued. The student may become eligible after completing a successful semester. A total of six (6) credits must be earned by the end of the year and an overall 2.0 GPA must be maintained.

### **OUT OF SCHOOL ONE OR MORE SESSIONS:**

If a pupil who is eligible for a given session drops out of school for one or more sessions, he/she is then ineligible until he/she passes all subjects during a semester. STUDENTS who are on a 4 by 4 schedule must pass six (6) of eight (8) credits at the end of each school year.

### **NON-DIPLOMA BOUND:**

Special education students will be academically eligible if they are making satisfactory progress according to the committees reviewing their Individual Education Plans (IEP).

## **GENERAL ELIGIBILITY RULES**

To be eligible to participate in interschool activities, a contestant must:

**A.** Be a bona fide student, having enrolled not later than the 15<sup>th</sup> day of any semester of participation, and deport himself/herself satisfactory.

**B.** Any pupil who becomes 19 years of age prior to August 1<sup>st</sup>, shall be ineligible for interschool competition.

**C.** Those children whose parents or guardians are teachers/administrators of the district, may attend the school where the parent/guardian is employed. If the child transfers back to their home school, he must sit out a year before becoming eligible, unless the parent/guardian is no longer employed by the school system the child attended. Eligibility in a sport will not be granted to a student at another school once the season of a sport has begun. This will only be granted if the parents have made a bona fide move, or the season at the home school has been completed.

**D.** The eligibility age of a 7<sup>th</sup> - 9<sup>th</sup> grader is as follows:

1. 7<sup>th</sup> grader must not have reached 14 prior to August 1<sup>st</sup>
2. 8<sup>th</sup> grader must not have reached 15 prior to August 1<sup>st</sup>
3. 9<sup>th</sup> grader must not have reached 16 prior to August 1<sup>st</sup>

**E.** 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> graders must provide a certified copy of their birth certificate.

**F.** All athletes must have been examined by a physician and have been declared physically fit.

**G.** All athletes must have proof of insurance to compete.

**H.** Players can not be transferred back to a middle school team once he/she competes on the high school or junior varsity level.

**I.** Varsity Players may not participate on a non-school team or in an outside sport activity in your sport(s) during your school's specific season with the exception of a tennis, golf, swimming, track, or cross country team member, who may participate as an independent in two outside activities on non-school days during the season of that sport.

**J.** You must sign a drug-testing release form to be eligible for any extra curricular activities!

**K.** Student athletes allowed to wear hats by their coach shall wear them correctly at all times. Hats are never worn backwards or tilted at any time! Sunglasses may be worn only during appropriate times as deemed by the coach of a sport. Headsets are never to be worn in public.

**L.** You must not have participated in any non-sanctioned all-star game.

**M.** You may not dress in uniform for an athletic contest or sit on the bench in a game uniform or be on the field or court as a player if you are not eligible to participate in the game or event. You may, however, continue to practice **during school hours.**

## **SUMMER COMPETITION RULES**

The following rules and regulations govern participants in athletic activities following the close of their school's sports season.

**A.** Athletes may participate in any activity during the summer months.

**\*\*** Summer is defined as the time following the last competitive event of any sport at a given school. Once all teams have concluded regular and post-season play - summer workouts may begin.

**B.** During a School's Sports Season an independent team can be made up of no more than 50% of the number that make up the starting number of varsity players. The penalty for violation is loss of high school eligibility for all participants.

(Ex. 4 varsity baseball/softball, 2 basketball, 5 soccer or slow pitch).

The Calendar Committee and the MHSAA Executive Committee have recommended and passed the following regulations for summer activities:

1. Limit the number of games played during the summer months as indicated below. (These dates do not include the two approved team camps mentioned in the MHSAA Handbook.)
  - Football - 7 playing dates for 7 on 7 plus 2 approved team camps
  - Fast pitch and slow pitch softball - 12 dates for games plus 2 approved team camps
  - Basketball - 12 dates for games plus 2 approved team camps
  - Baseball - 12 dates for games plus 2 approved team camps
  - Other sports - 12 dates for games plus 2 approved team camps
2. Designate a dead period\* whereby no school athletic activity (including weightlifting) should occur. This date will be set by MHSAA.

# Overall Participation Rules

## SPECIFIC SPORT'S RULES

**FOOTBALL** - Teams may practice 20 days before 1<sup>st</sup> game. A player shall not play in more than 6 quarters per week unless there is a postponed game to be played. A player may not be allowed to participate in spring football practice unless they are enrolled in that particular school. A max of 10 games may be played and 1 classic game.

**BASKETBALL** -A player will be limited to 6 quarters of play per evening. A max of 26 games may be played (tournaments included), and teams are allowed 18 playing dates.

**BASEBALL** - A pitcher may pitch no more than 17 innings per week. A max of 26 games may be played (tournaments included), and teams are allowed 18 playing dates.

**TENNIS** - Sixteen tennis matches may be played with a maximum of 2 per week.

**CROSS COUNTRY** - A team may enter 10 runners (7 + 3 alternates) per event. The max number of meets will be eleven. One event per week is allowed.

**GOLF** -A team will consist of 5 players and the top 4 will be used. The max number of golf matches will be 16. The max golf matches per week will be 2.

**TRACK** - The max number of track meets will be 13. One per week.

**VOLLEYBALL** -The max number of matches will be 36, allowing 2 matches per week. Tournaments are to be played on weekends only.

**SOFTBALL** - Two playing dates may be used per week, with max of 26 games. There is a maximum of 18 playing dates.

**SOCCER** - One game may be played per week (Mon. - Thurs.) with a max of 26 games allowed (tournaments included).

**\*\* Cheerleaders, Dance Squads, Speech, Debate, Choral Music and Band \*\***  
Each of these organizations, have specific MHSAA Manuals describing their rules.

## BEFORE THE FIRST PRACTICE

The following things are required by the student athlete before the first practice with any team:

1. Meet academic eligibility requirements
2. Take and pass physical examination - p.17
3. Obtain parental signature on physical exam
4. Attend parent/athlete team meeting parent and athlete sign Acknowledgment of Athletic Handbook Document - p.12
5. Parent information and consent form - p.15
6. Complete the emergency medical card

The necessary forms may be found at the back of this handbook.

## ACADEMIC ELIGIBILITY

Severe academic problems may result in a long-term suspension from athletic competition. Such suspensions may prevent a student from trying out for a sport.

A student who is uncooperative, i.e., sleeps in class, disrupts, refuses to complete work, etc., will be considered a discipline problem which could result in suspension from athletic competition and/or removal from athletics as possible punitive options.

## ATTENDANCE ELIGIBILITY

Daily attendance at school and practice is expected. In order for an athlete to be eligible to participate in any after-school activity he/she must be present in school on the day of the activity. If the activity is to be held on a Saturday, then the student must be in attendance in school on the preceding Friday.

**To be considered in school a student must be in school at least one-half of the school day and check in no later than the end of his/her third period class on said day.**

If he/she is not in school from that time until the end of the school day, then he/she is not to participate or be involved in any way with the activity. Practices are considered an activity. **Any exceptions must have the approval of the principal.**

An athlete must be in school on a regular basis in order to be eligible to participate in athletics. An athlete who accumulates an excessive number of absences or tardies as designated in the student handbook will be placed on probation for a specified period of time. If absences continue during this time, the athlete will then be suspended from athletic participation until it is clear that the attendance problem is resolved.

An athlete who has excessive tardies to school and/or classes will be subject to restriction from athletic participation.

## **AWARDS**

An athletic award is a symbol of athletic accomplishment, good sportsmanship and observance of athletic policies. Student athletes, managers & trainers are eligible to earn awards. No student athlete may receive an award in a sport for which he/she is academically ineligible at the completion of the season or if under suspension for an athletic violation.

Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. Athletes will not be allowed to attend post-season banquets or recognition celebrations nor receive post-season awards if they do not meet these conditions.

## **ATHLETIC CONTESTS**

This is where we show what we are made of. People will judge you, our coaches, school and community by the way we play and act during a contest. All the long, hard hours of work can pay off if you are mentally ready to compete. Be mentally tough and ready to accept any challenge that arises during competition. Compete and act as a champion!

Competition Appearance - Student athletes will wear school issued uniforms only! Uniforms, wind suits, and warm-ups will be properly fitted and worn appropriately (no sagging, pants legs up or down, etc.). During competition student athletes will wear jerseys tucked in their shorts unless the jersey is designed for being worn outside. Hats, caps, dew rags, or other head dress will not be allowed! Athletes will be well groomed to the coach's satisfaction. Stereo earphones are not to be worn before, during, or after competitions.

Always remember when you are at a contest in a Bearcat or Lady Bearcat uniform, you are no longer an individual, but a representative of your team, school and community. Always show Pride and Class!

# FORMS



## **ACKNOWLEDGEMENT OF ATHLETIC HANDBOOK**



**I acknowledge receipt of a copy of the athletic handbook and have read the rules concerning eligibility and conduct for student athletes. I understand the rules and realize that I am subject to disciplinary measures should I violate them. I do agree to participate and conduct myself in accordance with the rules of our athletic department, and with other rules set forth by my coaches.**

**We understand the following:**

- 1. The school agrees to provide:
  - A. Supervision**
  - B. Instruction**
  - C. Proper game and practice equipment**
  - D. Proper safety precautions****
- 2. To abide by all written rules regarding behavior and safety.**
- 3. That participating in athletics may cause injury or possibly death.**
- 4. The school offers a supplemental insurance plan. It is the responsibility of the parents to enroll in this insurance program. Any difference in the basic coverage, deductibles, or other related expenses will be paid by the parent or guardian.**
- 5. The student must maintain an overall 2.0 average to remain in good standing with the MHSAA. Three credits must be earned each semester.**

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**Signature of Student-Athlete**

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**Signature of Parent or Guardian**





# Long Beach Athletic Dept. Permission to Perform



A student will not be allowed to practice or compete in interscholastic athletics until he/she has completed the information below. This information must be on file in the school athletic department.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ D.O.B. \_\_\_\_\_  
 PARENT/GUARDIAN \_\_\_\_\_ HOME PHONE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CELL PHONE \_\_\_\_\_  
 NAME OF FAMILY PHYSICIAN \_\_\_\_\_ PHONE \_\_\_\_\_  
 PREFERRED HOSPITAL \_\_\_\_\_

**SECTION 1: PARENT PERMISSION**

I hereby give my consent for the above student to represent Long Beach Schools in interscholastic athletics and for him/her to accompany the team on athletic trips.

I understand that each student athlete must be medically screened prior to participation in any sport. I hereby give my consent for my child to be examined by a licensed school nurse or medical doctor and the results be released to the Long Beach Public Schools Athletic Department. I further understand that this basic medical screening is general in nature and limited in its scope and does not indicate or assure me that my child is completely free from impairments which may be affected by athletic participation.

I give my permission for the student to participate in organized high school athletics, realizing that such activity involves the potential for injury which is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observances of rules, injuries are still a possibility. On rare occasions, these injuries can be severe as to result in total disability, paralysis, or even death. **I also give the school/coach permission to give or seek medical assistance if deemed necessary.**

**SECTION 2: CONDUCT**

If an athlete shows lack of self-discipline, poor attitude, or does not fulfill his/her commitment to the athletic program, he/she will be suspended from participating on that team for a specified period of time, or the remainder of the season, depending upon the level of the inappropriate behavior.

**SECTION 3: BIRTH CERTIFICATE**

Each athlete must supply a certified copy to the coach and athletic coordinator.

**SECTION 4: INSURANCE**

**The Long Beach Public Schools/Athletic Department is not responsible for any part of your child's doctor/hospital bills. *All participants in interscholastic sports activities, grades 7 - 12 inclusive, must have health and accident insurance in order to take part in the athletic programs of Long Beach Public Schools.*** School-Day insurance is available for those who need it, or to act as a supplemental insurance to an existing program. The information below **must** be completed:

INSURANCE COMPANY \_\_\_\_\_ POLICY# \_\_\_\_\_  
 MILITARY INSURANCE \_\_\_\_\_ ID# \_\_\_\_\_

The undersigned will be responsible for furnishing the athletic department with any changes in the above information.

**My signature attests that I have read, understand, and concur with the information on this form and that I am the parent/legal guardian of the above student. I have read and understand the information and this form and agree to the terms thereof.**

**PARENT/GUARDIAN**  
 SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_









**Long Beach Athletic Dept  
Emergency Medical Authorization**



This form must be made available by the coach at all team practices and contests. This form allows athletes to receive proper medical treatment by physicians or a hospital in the event of an illness or injury.

Athlete's Name \_\_\_\_\_ Grade \_\_\_\_\_ Sex \_\_\_\_\_ Birth Date \_\_\_\_\_

Parent's Name \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Cell  
Phone \_\_\_\_\_

Emergency contact if parents can't be reached:

\_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_ Phone # \_\_\_\_\_

List sports the athlete plays: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

**I hereby give my consent for medical treatment deemed necessary by physicians designated by the school authorities and/or transportation to an emergency room for treatment.**

Preferred Physician \_\_\_\_\_ Hospital \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

**I understand this authorization will only be enforced when parent cannot personally be contacted.**

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
Date



# INFORMATION FOR ATHLETES

## Accidents/Injuries

All accidents or injuries, at home or away, are to be reported to the trainer and/or coach immediately.

## Athletic Seasons

Fall Season:	<u>July 25<sup>th</sup></u>	Volleyball
	<u>August 1<sup>st</sup></u>	Football, Slow Pitch, Softball & Cross Country
Winter Season:	<u>October 17<sup>th</sup></u>	Soccer & Basketball
Spring Season:	<u>February 1<sup>st</sup></u>	Tennis, Fast Pitch, Baseball, Track & Golf

## Changing a Sport/Quitting a Team

If a student athlete is cut from a team, he/she may join another team or program in that sport season. A student athlete cannot quit one sport to join another sport until that sport season is concluded; i.e., one cannot quit football to go out for basketball until football season is completed. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches.

## Conflicts Between Activities

Students are sometimes involved in concurrent activities, and there may be conflicts in schedules. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the student athlete will play in it.

## Doctor Visits

Medical expenses are the responsibility of the athlete/family.

Written verification from the doctor is required when a physician removes an athlete from practices or games.

Written verification from the doctor is required to return to athletic competition.

## Dress

Participation in Long Beach athletics is a privilege, not a right. To be successful, the participant must be well-disciplined and willing to put aside individualism for the benefit of the team. Conforming to a dress code is part of this process. It is very important to our team/school reputation that our student athletes dress appropriately during the school day and at all school functions.

**The following rules are additional to those included in the student handbook:**

1. All athletes must wear appropriate clothing to practice. No cut off or mutilated clothing will be allowed.
2. Individual coaches may add additional rules related to the dress code for each sport.

### **Equipment**

Equipment checked out by the athlete is his/hers responsibility. It is to be kept clean and in good condition. Loss of issued equipment will be the athlete's/parent's financial obligation. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met.

**NOTE: Equipment includes any issued supplies from the training room.**

### **Insurance**

All Long Beach student athletes are required to have medical insurance and must supply information verifying such before participating in practice and/or competition.

### **Participation in Two Sports in One-Season**

Student athletes may participate in more than one sport during one season with the approval of both coaches. Practice schedules will be worked out between the coaches involved. Consideration should be given to the importance of the sport (ex. varsity verses non-varsity, playoffs verses regular season and games verses practice).

If contests conflict, coaches will decide in which contest the student athlete is to compete. The student athlete must realize that extra time for practice is necessary to compete in two sports in one season. The student athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the student athlete may be cut from the sport(s).

### **Recreation/Select Teams**

A varsity-level athlete is not to participate on a recreation/select team during their high school sport's season. Examples of this include, but are not limited to , playing for a select soccer team during the high school soccer season, playing recreation league basketball during high school basketball season, and playing recreation league softball or baseball during high school softball or baseball season. Junior Varsity players may play in a recreational league program; however, the high school team must be their priority in practice time and games.

## **Team Tryouts Policies**

Each coach of varsity sports has his/her own policy on how he/she will choose his/her team. Coaches will explain their team selection policy at the first meeting. Arrangements for tryouts must be made for athletes involved in overlapping sports seasons. It is the responsibility of the student athlete to contact the coach and discuss possible conflicts well in advance of tryouts. A student athlete may be cut from a team anytime during a season for appropriate reasons.

## **Training Room (High Schools)**

The trainer is available to all athletes. Athletes are offered a wide variety of services to help meet the demands of athletic competition. The following are guidelines to be followed when using the training room/trainer.....

1. No student is permitted in the training room without the athletic trainer or coach being with him/her.
2. Only student athletes needing treatment and/or rehabilitation of an athletic injury are allowed in this area.
3. All taping, bandaging and treatments will be done by the athletic training staff.
4. Wear appropriate clothing - we are a coed facility.
5. Do not use or remove supplies without permission. No athlete may participate until all issued supplies have been returned or paid for.

## **Drug Screening Policy**

All students involved in extra curricular activities must consent to random drug testing. A copy of the district drug screening policy and rules may be viewed in the student's regular handbook.

## **Athletic Letters**

A varsity letter is earned - not given. A player must participate in 30% of a varsity playing season to receive a letter.

## THOUGHTS ON SUCCESS

Why do some people in life succeed and others do not? In athletics many times two people with similar talents will end up going in different directions. One will succeed while the other does not. For success in athletics or any other endeavor in life, the following fundamental ideas and principles are essential:

You must first make a commitment to what you want to do. This is known as **The Decision**. By making this commitment, you must make athletics an important factor in your life. If you are unable to make these decisions, your practice and training is not truly serious and you can expect your performances to show it.

Along with commitment you must have a tremendous **Desire to Excel**. Talent alone does not insure success. Desire, backed by Faith, knows no such word as impossible.

Once committed, you have set specific **goals** for yourself. This gives you something to work for and achieve. If you don't know where you are going, any road will take you there. You must know where you are headed.

To reach your goals, you must **dedicate** yourself to reaching them. Work hard (practice) and sacrifice ... let nothing deter you. Time after time a person's will power becomes the key factor in the Success vs. Failure Game.

The **Proper State of Mind** is also a must for success. This is the winning attitude that says I can !!! I will get the job done regardless of the cost. This state of mind includes a great desire to excel and the perseverance to overcome the obstacles you are bound to encounter. Success is the result of overcoming weaknesses and problems.

You also have to be **mentally tough** during practice and competition. Anyone can practice when he or she feels like it; champions practice and train everyday. During competition, Go for it!!!! Remember: **winners expect to win**.

I believe each of our teams at Long Beach can be successful this year. For this to occur, all team members must be totally committed to the same purpose and goals. It has been said, "It's better to have one man working with you than many men working for you."

Lets all be champions and turn our dreams and goals into action!

## **WINNING ATTITUDES**

To succeed in athletics and also in life an athlete must develop winning attitudes. The following are principles that our coaches believe must be developed and incorporated into our lives:

The BELIEF that WINNING is a way of life that can only be developed and maintained through a constant desire for it.

The BELIEF that EXCELLENCE is derived by having goals of near impossibility; and these goals should be foremost in each person's mind.

The BELIEF that being satisfied with yourself can only bring about a complacent, lazy nature which leads to failure.

The BELIEF that defeat is never failure unless accepted and left unchallenged.

The BELIEF that HARD WORK pays off, even though at times it doesn't seem to show it.

The BELIEF that SELF DISCIPLINE is the key to any type of success.

The BELIEF that the "TEAM'S SUCCESS" is more important than an individual's success.

The BELIEF that WINNING is a quality that few possess, and so we should be proud to tell others about it.

The BELIEF that PROPER LEADERSHIP is the primary responsibility of every WINNER

The BELIEF that the ROLE OF A LEADER is to lead. Helping someone younger, or less fortunate does this.

The BELIEF that the principles established by our founding fathers - like reverence for our flag and to our National Anthem, are as important today as when they were originated.

And most important, the BELIEF that GOD is not limited merely to a prayer before and after a contest but is our most important possession, now and forever!

# 2011-2012 Coaching Staff for Long Beach School System

ATHLETIC COORDINATOR: TERRY D'ANGELO

ATHLETIC TRAINER: JENNY LADNER

## HIGH SCHOOL

### **FOOTBALL:**

HEAD COACH: TOMMY BROWDER  
ASSISTANTS: HORACE FORTENBERRY  
MIKE ODENWALD  
BRIAN HOLLIMAN  
WILLIAM BENTZ  
DAVID PETERSON (P) \*\*\*

### **BASEBALL:**

HEAD COACH: MARK ROSS  
ASSISTANTS: MIKE ODENWALD

### **FAST-PITCH SOFTBALL:**

HEAD COACH: SCOTT ZINK  
ASSISTANT: MELANIE HYMEL

### **VOLLEYBALL:**

HEAD COACH / JV: COURTNEY POLLOCK

### **CROSS-COUNTRY:**

HEAD COACH: OLAN WELCH

### **TRACK:**

BOYS:  
HEAD COACH: OLAN WELCH  
ASSISTANT: JASON MORGAN  
JERRY ROUSE (P)

### GIRLS:

HEAD COACH: COURTNEY POLLOCK  
ASSISTANT: MIKE CROPPER

### **TENNIS:**

HEAD COACH: SANDRA BODDIE (P)

### **BASKETBALL:**

#### BOYS:

HEAD COACH: EDMOND BRADLEY  
ASSISTANT: COURTNEY POLLOCK  
ANTHONY WILLIAMS (P)

#### GIRLS:

HEAD COACH: TERRY D'ANGELO  
ASSISTANT: JANET NASH

### **SLOW PITCH SOFTBALL:**

HEAD COACH: REBECCA TILLMAN  
ASSISTANT: MELANIE HYMEL

### **SOCCER:**

#### GIRLS:

HEAD COACH: CHERIE GRIFFITH

#### BOYS:

HEAD COACH: BO VONDERBRUEGGE

### **CHEERLEADERS:**

VARSITY: SHAUNNA McCORMICK  
ASSISTANT: LAUREN WARD

### **DANCE TEAM:**

HEAD COACH: TABITHA MITCHELL

### **GOLF:**

HEAD COACH: PATRICK BENNETT

## MIDDLE SCHOOL:

### **FOOTBALL:**

HEAD COACH: JASON MORGAN  
ASSISTANT: TODD MILLER (P) \*\*\*

### **FAST-PITCH SOFTBALL**

HEAD COACH: REBECCA TILLMAN  
ASSISTANT:

### **SOCCER:**

#### GIRLS:

HEAD COACH:

#### BOYS:

HEAD COACH: SHANE RUTLEDGE

### **CHEERLEADERS:**

HEAD COACH: BRANDI ZINK

(P) - PARAPROFESSIONAL

\*\*\* PAID PARAPROFESSIONAL FILLING EMPTY COACHING POSITION

### **BASKETBALL:**

#### GIRLS:

HEAD COACH:

#### BOYS:

HEAD COACH:

### **BASEBALL:**

HEAD COACH: BRIAN ROLISON  
ASSISTANT: RYAN DAVIS (P) \*\*\*

### **DANCE TEAM:**

HEAD COACH: GABRIELLE FLOWERS

# **A GUIDE FOR COLLEGE-BOUND STUDENT-ATHLETES AND THEIR PARENTS**

## **NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA) ELIGIBILITY REGULATIONS**

In order to practice and play as a freshman at an NCAA Division I or Division II college/university, the student-athlete must satisfy requirements of the NCAA.

Student-athletes must have eligibility for practice and competition in the freshman year certified by the NCAA Initial-Eligibility Clearinghouse. Student-athletes may register with the Clearinghouse online at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). If a student would like a paper registration form, forms are available by calling 888-388-9748. **The best time for a student-athlete to register with the Clearinghouse is following his or her junior year of high school.**

The NCAA Initial-Eligibility Clearinghouse has been established for a review of core courses and high school transcripts for all prospective Division I and Division II student-athletes, who must complete a “Student Release Form” and submit it with payment of \$30.00 to the Clearinghouse. This fee may be waived only if the student-athlete has received a fee waiver for the ACT or Sat (student-athletes should contact their school counselor about this fee waiver). The official high school transcript and ACT or SAT scores must be submitted to the Clearinghouse, which will issue a preliminary certification report that will be available to the student-athlete and the colleges that he/she has selected to receive this information. After graduation, the Clearinghouse will review the final transcript and make a final certification decision.

In order to be certified by the Clearinghouse for the 2003-04 academic year, the student-athlete must:

1. Graduate from high school.
2. Earn a grade-point average of at least 2.000 (based on a maximum 4.000 scale) in a core\* curriculum of at least 13 or 14 academic courses which were successfully completed during grades 9 through 12. Only courses that satisfy the NCAA definition of a core course can be used to calculate the student’s NCAA grade-point average.



# NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

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## KNOW THE RULES:

### Core Courses

- **NCAA Division I requires 16 core courses as of August 1, 2008.** This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- **NCAA Division II requires 14 core courses.** See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

### Test Scores

- **Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- **Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency.** Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

### Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- **Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is [www.eligibilitycenter.org](http://www.eligibilitycenter.org).
- **Division I** grade-point-average requirements are listed on page two of this sheet.
- **The Division II** grade-point-average requirement is a minimum of 2.000.

<b>DIVISION I</b>	
<b>16 Core-Course Rule</b>	
<b>16 Core Courses:</b>	
4	years of English.
3	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
1	year of additional English, mathematics or natural/physical science.
2	years of social science.
4	years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

<b>DIVISION II</b>	
<b>14 Core-Course Rule</b>	
<b>14 Core Courses:</b>	
3	years of English.
2	years of mathematics (Algebra I or higher).
2	years of natural/physical science (1 year of lab if offered by high school).
2	years of additional English, mathematics or natural/physical science.
2	years of social science.
3	years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy).

**PLEASE NOTE:** Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.

**OTHER IMPORTANT INFORMATION**

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.
- 16 core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.
- Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

For more information regarding the rules, please go to [www.NCAA.org](http://www.NCAA.org). Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the Eligibility Center Web site at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/262-1492.

NCAA Eligibility Center  
06/18/09 LK:cr

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE New Core GPA / Test Score Index		
Core GPA	SAT Verbal and Math ONLY	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

# NCAA Core Classes

NAME \_\_\_\_\_  
HOMEROOM \_\_\_\_\_  
GRADUATION YEAR \_\_\_\_\_

QUALITY PTS

A=4

B=3

C=2

D=1

## ENGLISH (4)

\_\_\_/\_\_\_ x1= \_\_\_ \* ENGLISH 1  
\_\_\_/\_\_\_ x1= \_\_\_ \* ENGLISH 2  
\_\_\_/\_\_\_ x1= \_\_\_ \* ENGLISH 3  
\_\_\_/\_\_\_ x1= \_\_\_ \* ENGLISH 4  
\_\_\_/\_\_\_ x1= \_\_\_ CREATIVE WRITING  
\_\_\_/\_\_\_ x.5= \_\_\_ DEBATE  
\_\_\_/\_\_\_ x.5= \_\_\_ PUBLIC SPEAKING  
\_\_\_/\_\_\_ x1= \_\_\_ ORAL COMM.

## MATHEMATICS (3)

\_\_\_/\_\_\_ x1= \_\_\_ \* ALGEBRA 1  
\_\_\_/\_\_\_ x1= \_\_\_ \* GEOMETRY  
\_\_\_/\_\_\_ x1= \_\_\_ ALGEBRA 2  
\_\_\_/\_\_\_ x.5= \_\_\_ ALGEBRA 3  
\_\_\_/\_\_\_ x.5= \_\_\_ TRIGONOMETRY  
\_\_\_/\_\_\_ x.5= \_\_\_ PRE-CALCULUS  
\_\_\_/\_\_\_ x1= \_\_\_ STATISTICS  
\_\_\_/\_\_\_ x1= \_\_\_ DISCRETE MATH  
\_\_\_/\_\_\_ x1= \_\_\_ CALCULUS  
\_\_\_/\_\_\_ x2= \_\_\_ AP CALCULUS

## SOCIAL SCIENCE (2)

\_\_\_/\_\_\_ x.5= \_\_\_ ECONOMICS  
\_\_\_/\_\_\_ x.5= \_\_\_ \* GEOGRAPHY  
\_\_\_/\_\_\_ x.5= \_\_\_ GLOBAL STUDY  
\_\_\_/\_\_\_ x.5= \_\_\_ \* MISS. STUDIES  
\_\_\_/\_\_\_ x.5= \_\_\_ PSYCHOLOGY  
\_\_\_/\_\_\_ x.5= \_\_\_ SOCIOLOGY  
\_\_\_/\_\_\_ x.5= \_\_\_ \* U.S. GOV'T  
\_\_\_/\_\_\_ x1= \_\_\_ \* U.S. HISTORY  
\_\_\_/\_\_\_ x1= \_\_\_ \* WORLD HISTORY

## NATURAL / PHYSICAL SCI (2)

\_\_\_/\_\_\_ x1= \_\_\_ \* BIOLOGY  
\_\_\_/\_\_\_ x1= \_\_\_ ANATOMY / PHYSIOLOGY  
\_\_\_/\_\_\_ x.5= \_\_\_ BOTONY  
\_\_\_/\_\_\_ x1= \_\_\_ CHEMISTRY  
\_\_\_/\_\_\_ x.5= \_\_\_ MARINE SCIENCE  
\_\_\_/\_\_\_ x.5= \_\_\_ ZOOLOGY  
\_\_\_/\_\_\_ x1= \_\_\_ PHYSICS  
\_\_\_/\_\_\_ x1= \_\_\_ SPATIAL INFORMATION TECH  
\_\_\_/\_\_\_ x.5= \_\_\_ ASTRONOMY  
\_\_\_/\_\_\_ x.5= \_\_\_ ENVIRONMENTAL SCIENCE  
\_\_\_/\_\_\_ x.5= \_\_\_ PHYSICAL SCIENCE

## LANGUAGES

\_\_\_/\_\_\_ x1= \_\_\_ FRENCH 1  
\_\_\_/\_\_\_ x1= \_\_\_ FRENCH 2  
\_\_\_/\_\_\_ x1= \_\_\_ FRENCH 3  
\_\_\_/\_\_\_ x1= \_\_\_ SPANISH 1  
\_\_\_/\_\_\_ x1= \_\_\_ SPANISH 2  
\_\_\_/\_\_\_ x1= \_\_\_ SPANISH 3  
\_\_\_/\_\_\_ x1= \_\_\_ SPANISH 4

**4 CREDITS ENGLISH**

**3 CREDITS MATH**

**2 CREDITS PHY. SCIENCE**

**2 CREDITS SOC. SCI.**

**1 EXTRA CREDIT MATH / SCIENCE**

**4 EXTRA ACADEMIC CREDITS**

**Core GPA**

Quality pts/credits

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**16 TOTAL CREDITS**



