



# PANTHER ATHLETICS

## Student Athlete Handbook



**KNOX COUNTY PUBLIC SCHOOLS**

*Inspiring Leaders and Changing Futures... One Child at a Time*

**Amended August 2016**



# **KNOX COUNTY ATHLETIC DEPARTMENT RULES AND EXPECTATIONS FOR STUDENT ATHLETES**

**Knox Central and Feeder School Athletic Programs:  
(Central, Dewitt, Flat Lick, Girdler, GR Hampton, Lay, Knox  
County Middle, and Knox Central High)**

**Athletic Director K-12: Jeff Canady  
606-546-9253 Ext. 1854**

*As an organization we do not emphasize sports as the number one priority in the lives of our athletes. Our commitment is to support the personal growth of our players. We focus on character building skills that are valuable in the futures of our athletes. The central goal of K.C. Athletics is to develop winners on and off the court/field. Winners are not made by records or statistics, winners are made by the caliber of one's character.*

*Playing time is something that is earned. It is not the coaches' obligation at any level to spread out playing time equally. Coaches will reward ability and desire with playing time.*

*Training rules and discipline expectations are an important part of a successful athletic program. The lessons learned have immediate as well as long lasting value. We expect total dedication to our program as exemplified by behaviors as listed in this handbook.*

**Adopted August 2014**

**Modified August 2015, August 2016**

Amendments and additions to this handbook may be made throughout the school year.

## Knox County Athletics

# 2 GOLDEN RULES

- **24 Hours Before Contact:** Parents/guardians must wait 24 hours before contacting a coach about issues that arise during competitive play. Any violation including confronting a coach before/during/or after an athletic game can result in a suspension from facilities for the season. The parent/guardian must contact the coach and/or Athletic Director to setup a time and date for the meeting to take place.
  
- **Attendance in the Classroom Matters:** Students are expected to be in attendance daily and exhibit an even greater commitment to academics than they do to athletics. Effective with the 2015-2016 school year a new district attendance policy will be closely monitored and followed by all athletic and extra-curricular programs. For the 2016-2017 school year, if a student has 8 or more unexcused absences they will be suspended from participation in an athletic program or extra-curricular program (e.g. FFA, FBLA, Beta) for one calendar year. In 2017-2018 the number of unexcused absences is reduced to 6.

## EXPECTATIONS:

1. Be on time whenever time is involved. (10-15 minutes early)
  
2. School attendance – be on time – be present the full day. If your school attendance becomes an issue, the Athletic Director, Mr. Canady, has the right to suspend or remove the student-athlete from participation.
  
3. Attendance at all practices, team meetings, and games is mandatory. While injured players may be unable to play, they are still expected to arrive on time, listen to coaches, and encourage teammates and assist the team.  
\*\*(sore and tired are not injuries.)
  
4. When you step on the floor/field, THINK AND TALK ATHLETICS.

5. Be "UP" for practice. We must be ready to play whenever we step on the court/field.
6. Hustle wherever you go in practice. ALWAYS. This becomes a habit, as does a lack of hustle.
7. Listen at all times - you will not want to make the same mistake someone else did.
8. When you are not participating in a scrimmage or drill, you are to stand watching and listening.
9. When the whistle is blown, everything stops.
10. If you are late for practice, see your coach before you begin with a note from your parent/teacher.
11. If you miss practice, let your coach know before you are going to be absent.
12. Do not leave practice unless your coach knows about it.
13. No profanity allowed at any time - on or off the floor/field.
14. No "showmanship" at any time. "Give yourself up for the team."
15. Do not interfere with the practices of other sports. Stay off the floor/fields completely until they are finished.
16. The use of the locker room: No horseplay - we do not need injuries. No tape, towels, garbage, or other equipment on the floor - Home or Away.
17. See the trainer on all injuries before you go to the doctor. Keep coach informed.  
\*If you need taping, get to the office as early as possible before practice.

18. We are a TEAM and therefore we do things together.

- Sit together during other games (Attendance at these games required.).
- All players must dress properly on day of game and to the game; this will be discussed at a later date.

19. Proper equipment is to be worn at all practices - no jewelry, etc.

20. Positive Mental Attitude - we are in this together.

- mistakes are part of the game - know you will get the job done next time.

21. If you do not understand, ask why it is being done, do not assume that it is wrong.

22. Proper pregame preparation - locker room atmosphere, no junk food before your games. Rest and pre-game hydration is a MUST.

## **WINNING IS AN ATTITUDE**

### **Team Objectives**

1. **Play Hard** - give everything you have every second out on the floor/field – practice or game.
2. **Play Smart** - play and perform within the team's offense/defense and its own physical limitations; then you are playing smart.
3. **Have Fun** -It is just a game, it's supposed to be fun, and we can have fun while we are busy playing hard and playing smart.
4. **Practice as you Play!**

# **ATTITUDE**

**"Attitudes are contagious! Is yours worth Catching?"**

**- Roy Williams**

## **ZERO TOLERANCE:**

1. Any disrespect to coaches (Talking back, eye rolling, etc..)
2. Being un-coachable
3. Lazy or quarrelsome attitude
4. Disrespecting teachers or administrators during school will not be tolerated.
5. Hazing or Bullying of anyone can result in team Dismissal.

Refusal to do what is asked of player will result in proper disciplinary action based on the infraction committed.

# **PRACTICE ARRIVAL**

1. Arrival time means fully dressed, taped and on the floor/field.
2. See or Call your coach personally beforehand if you are going to be late.

# **UNEXCUSED ABSENCES/ DISCIPLINARY ACTION**

1. One unexcused absence will result in a one game suspension.
2. Two unexcused absences will result in a two game suspension.
3. A third unexcused absence will result in suspension from the team.
4. The coaching staff has rarely failed to excuse players for legitimate reasons. Your coach will determine if it's excused or unexcused. **SEE or CALL YOUR COACH IN ADVANCE!!!**

5. Each unexcused absence or disciplinary action will be written up by the coach.
  - First write up will be between the Coach and Student-Athlete. (Copy of write up will be sent home to parent)
  - Second write up will be a meeting between the Coach, Athletic Director, and Parent.
  - Third write up will be given to the Athletic Director for suspension or removal from the team.

A copy of each write up will be kept by the coach and on file with the Athletic Director. It is at the discretion of the Coach or Athletic Director to decide when a write up is necessary.

## SNOW DAYS

Practice or games may be canceled if school is closed. Contact your Coach, don't assume.

## ALCOHOL & DRUGS

Use of alcohol and drugs will be handled according to school policies. A **second violation will result in a removal from the team!**

## TRAINING RULES

1. Wear proper clothes for the conditions: Coat, sweatpants or pants required when leaving practice or game.
2. Curfew: As established by Coach.



## **ROSTER CUTS**

If the number of players who come out exceeds the number that the coaches feel they can't give their fullest attention to, cuts will be made. It is the intention of this program to keep the players that exhibit both the desire and ability to help at some level of the program.

Cutting is a difficult process, but at times it is necessary. It is the hope of our program that all players enter into practice knowing what possibilities lay in front of them, and accepts the coach's decisions. The coaching staff, as practice progresses, will determine the schedule of cuts.

## **TRAVELING RULES**

We expect our players on all our teams to conduct themselves in manner that projects an outstanding image of themselves, our program, and our schools. This happens most when we are on the road. We do not anticipate discipline problems when we travel.

All players are required to travel together at all times.

## **PARENTS**

Your role as a parent of a K.C. ATHLETICS student-athlete is that of support and positive reinforcement. Winning is an attitude. That positive attitude must be consistently put into the player's mind. We will do the best we can while we are with your sons/daughters and we ask that you do the best you can the rest of the time. We as coaches realize we will make mistakes. There will be times you may not agree with something that we did or are trying to do. When you discuss this with your son/daughter, keep the tone positive. Your son/daughter must believe in what we are doing. Remember, winning is an attitude, and we must do everything we can to keep everything positive.

We ask that you communicate with your son/daughter. If you do not understand something that is going on, ask your son/daughter. In our

program, not only are we trying to produce good athletes, but also, more importantly, we are trying to produce great young men/women. Communication is a vital skill in life. Your student-athlete must learn to communicate for themselves at some point in their life. We would like to facilitate this growth. We will communicate with them that if they have a problem, they need to talk to the coaches. If they share a problem with you dealing with their sport, make sure they have talked to a coach first. We as a staff will not communicate with a parent about a player until we have first had a conversation with the player. If further discussion were necessary, we would be more than happy to talk to you. The first part of that discussion will be a recap of your conversation with your son/daughter and our conversation with your son/daughter. Generally, a face-to-face conversation is preferred rather than the phone. Since we will be talking about your son/daughter, it will be preferred that your son/daughter be involved in the conversation.

- **Player talks with coach**
- **Parent talks with player**
- **Parent talks with Coaches**
- **Parent and Coach talks with Athletic Director**

We ask that you follow these steps. We feel that this process will best help us maintain a positive attitude amongst the student-athletes.

**\*\*Parents will discuss player and/or team concerns and problems directly with the head coach. These discussions will not take place right before or after a game.** A meeting will be scheduled. During the meeting, comparisons to other players will not be discussed. Remember, it is not the best players. It is the players that work together the best!

Parents, more often than not, coaches are in a better position to evaluate playing time and determine appropriate playing time because we see everything. We see workouts, practices, meetings, film breakdowns and games. (Where as most parents get an incomplete picture because they only see games.)

Coaching sports is to be done **ONLY** by the coaching staff. Parents agree to

refrain from coaching or directing their child or other players during all games or practices.

## **KC ATHLETICS & ACADEMICS**

1. **BE COMMITTED TO YOUR ACADEMICS** - Go to class every day. Be on time. Take good notes. Sit in the front of the class. Do all extra work possible. **NO CELL PHONES IN CLASS!**
2. **BE COMMITTED TO HAVING CLASS** - Treat teachers, trainers, support staff and all the people you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, to say please, thank you, yes sir, and yes ma'am.
3. **BE COMMITTED TO DO THE RIGHT THING** - We have plenty of school rules . . . know them. Realize if you just try to do the right thing you will be OK. Try to do the right thing and you are as close to perfect as any person can be.
4. **BE COMMITTED TO THE PROGRAM** - Our programs provide many opportunities yet bring many responsibilities. We must be committed to build the tradition of our programs.
5. **BE COMMITTED TO HARD WORK** - Our programs are built on the concept that hard work pays off. We believe that we work harder than anyone else . . . and because of that we always deserve to win. There is a reason we are the best . . . we work hard at it.
6. **BE COMMITTED TO BECOMING A SMART PLAYER** - We believe we work smarter than anyone else . . . We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions; we must play with poise. We prepare mentally for practice and games.

7. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT** - We must have players who believe in our team concept. Our program is built on the concept that the team is bigger than any one player . . . We need unselfish players.
8. **COMMIT YOURSELF TO A WINNING ATTITUDE** - Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our programs are to play against the best opponents available. We never quit or back down.
9. **BELIEVE IN OUR SYSTEM** - Commit yourself to our philosophy, to our system of play. Learn your role . . . then accept yours and do it the best you can.
10. **BELIEVE IN YOURSELF** - Play with confidence . . . think positive . . . realize that you are a great player. Don't get down when you play poorly . . . be a leader. Lead by example.
11. **BELIEVE IN YOUR TEAMMATES** - Communicate with each other . . . help each other. Encourage each other and support each other. Be a friend. We understand that we are all different – be tolerant of teammates and others.
12. **BELIEVE IN YOUR COACHES** - Know that your coaches are trying to make you better people and players. Ask questions . . . don't whine and complain. Learn to take tough coaching. You must believe that the coaches are doing what they think is best for the team.
13. **FUNDRAISING** – ALL players are expected to participate and do their part.









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