

An Achievable Dream Middle High School



Athletic Handbook



Achievable Dream
ACADEMIES

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ATHLETIC CALENDAR

FALL -

Golf

Varsity Football

JV Football

Boys' Cross Country Girls' Cross Country

Varsity Field Hockey

JV Field Hockey Cheerleaders Debate /

Theatre

Forensics / Scholastic Bowl

Boys' Volleyball

Girls' Volleyball

WINTER -

Varsity & JV Boys Basketball Varsity & JV Girls

Basketball Gymnastics

Indoor Track Boys & Girls Swimming Boys &

Girls Wrestling

SPRING -

Varsity and JV Baseball Varsity & JV Girls'

Soccer Varsity & JV Boys' Soccer Varsity & JV

Softball

Boys' & Girls' Outdoor Track

Boys' Tennis

Girls' Tennis



AN ACHIEVABLE DREAM MISSION STATEMENT

It is our mission to provide a unique challenging disciplined academic environment for children in elementary grades through high school.

It is our mission to challenge and motivate all students to exceed their own expectations in academic achievement and social progress and to instill in all children respect for themselves, respect for their adult leaders and respect for core human values by providing all children with a social, academic and moral education.

It is our mission to enable each child with the support of his/her family, to attain a vision; to develop a personal, Achievable dream that will light the way for success and job in life as a productive citizen.

EDUCATING STUDENTS SOCIALLY, ACADEMICALLY AND MORALLY

AN ACHIEVABLE DREAM ATHLETIC STUDENT/PARENT PARTICIPATION CONTRACT

An Achievable Dream's fundamental goal is high academic achievement for all of our students while preparing our students for post-secondary education or employment. Student-athletes will not be an exception. An Achievable Dream will work diligently to assist our students to be successful both on the playing field and in the classroom while expecting the same level of dedication

The **Spectator** Should:

- 1) Realize that he/she represents the school just as definitely as does the member of a team and, therefore, has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
- 2) Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
- 3) Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.
- 4) Treat visiting teams and officials as guests, extending to them every courtesy.
- 5) Be modest in victory and gracious in defeat.
- 6) Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

The **Athlete** Should:

- 1) Be courteous to visiting teams and officials.
- 2) Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up nor does he / she quarrel, cheat, bet or grandstand.
- 3) Retain his/her composure at all times and never leaves the bench or enter the playing field, court to engage in a fight.
- 4) Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
- 5) Maintain a high degree of physical fitness by observing team and training rules conscientiously.
- 6) Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- 7) Play for the love of the game.
- 8) Understand and observe the rules of the game and the standards of eligibility.
- 9) Set a high standard of personal cleanliness.
- 10) Respect the integrity and judgment of officials and accept their decisions without questions.
- 11) Respect the facilities of host schools and the trust entailed in being a guest.

ACADEMIC ELIGIBILITY

Incoming freshmen (9th graders) are eligible to participate in athletics. Thereafter, you must have passed at least 5 classes the previous semester and have a 2.0 GPA. You cannot be taking one of these passed classes a second time to improve your GPA.

All Athletes who are participating in any Virginia High School League sponsored activity will have to meet academic standards established by the Newport News School Board as well as An Achievable Dream Middle and High School.

Students participating in any Virginia High School League (VHSL) sponsored activity must maintain a 2.0 grade point average the semester before participating in any VHSL sponsored activity.

Students may do so by maintaining a cumulative 2.0 GPA.

Students may also do so by having a semester average of 2.0 the semester before the season.

An Achievable Dream Middle and High School standard is a cumulative 2.5 GPA (See Athletic Participation Contract).

If there are differences between the School Board policies, the VHSL and An Achievable Dream, the provision that establishes the stricter rule will apply. If either the School Board policies, the VHSL or An Achievable Dream regulations contain a condition or requirement that the other one does not, the stated condition or requirement will apply. An example of this tenant is the cumulative 2.5 GPA standard of An Achievable Dream Middle and High School, which is not the standard of NNPS or the VHSL.

An Achievable Dream Student-Athletes will also examine the rigors of the classroom as well as on the playing fields as will participate in a minimum of 2-3 Advanced Placement (AP) classes to include being active participants in SAT prep sessions. Student-Athletes will also engage in community service hours as designated by the academic classification.

An Achievable Dream Student-Athletes must maintain satisfactory academic progress (SAP) throughout their academic and athlete careers to maintain eligibility. Any concerns of discrepancies of these expectations can be addressed to the Principal or the Director of An Achievable Dream Education and Student Services or their designee(s).

DRESS CODE

The An Achievable Dream High School community believes that a student's appearance influences academic performance, personal behavior, and self-image. Our students are expected to maintain a neat, clean, and well-groomed appearance and to dress according to the guidelines presented in the dress code. Our school welcomes parents, guardians, grandparents, school administrators, and business partners throughout the day and we want our students to make a positive impression by dressing appropriately for success in their professional careers.

An Achievable Dream Middle and High School ask parents to partner with us as we prepare students for a four-year or two-year college or the world of work. Being on time, being well groomed and having a positive, hardworking attitude are all qualities we want our students to have as they prepare to leave us. We want parents to be proud of their student(s) who attend An Achievable Dream Middle and High. We want students to also share that pride with his/her parents and community.

Students will not be allowed to attend class or participate in school activities unless they are properly dressed. The administration reserves the absolute right to make the final decision on proper dress and has the right to send a student home to change clothes if dress is deemed inappropriate. **Failure to adhere to the dress code is a direct violation of the parent/student contract which may result in parent/conferences, in school suspension, after school detention, and/or probationary contracts.**

Please refer and adhere to the dress code outlined in the An Achievable Dream Middle and High School Handbook as well as those outlined in the An Achievable Dream Inc. Student-Parent contract.

STUDENT-ATHLETE PLAN FOR ACADEMIC / BEHAVIORAL SUCCESS

Study Hall &Tutorials

We expect AADMHS student-athletes to maintain a minimum of 2.0 GPA for their classes. Study hall will be provided each Wednesday after school to maximize opportunities for the student-athlete to be successful.

Tutors will become available for AADMHS student-athletes during the school year through the guidance department.

All student athletes who have a grade point average **below** a 2.0 must work with a teacher/tutor in that specific class during study hall.

Study hall will be held from 1:00PM to 3:00 PM each Wednesday after school. All student-athletes are welcome to use the study hall to improve their academic status.

Attendance

An Achievable Dream Middle and High expects all student-athletes to attend school every day, on time by 8:05 AM. Each student-athlete is expected to be on time for each class every day.

In order for a student /athlete to practice or play in a game on a given day, the student/athlete must be in school by 9:00 AM that day. The only excuses that will be accepted are from parents, doctors, courts, etc. that explain the specific school acceptable reason for the tardiness.

Behavior/Discipline

During the season, disciplinary action for a violation of the school behavior code will take precedence over the athletic eligibility process. Students are responsible for maintaining eligibility. An ineligible student may not represent the school or team in any contest or scrimmage with another school

Students can be placed in **non-participatory status or deemed ineligible** for the following reasons:

S – Scholastic Record *s/n without effort (student is not passing coursework and is not putting forth effort) or *s/e with effort (student not passing course but is putting forth effort)

A – Attendance

D – Discipline

Procedures

If found ineligible by reason of **attendance, discipline or scholastic record without effort**, the following steps will be implemented:

First Referral: A conference shall be held with the Principal's Designee and two weeks compulsory study hall or an individualized support plan shall be assigned. Notification shall be given to the parents, coach and staff.

Second Referral: The student shall be suspended from the next week of competition but may participate in practice. An individualized support plan shall be assigned. Notification shall be given to the parents, coach, and staff.

Third Referral – The student shall be suspended from the designated sport for the remainder of the season. Notification shall be given to parents, coach and staff.

Referrals for reason of scholastic record with effort:

First Referral: A conference will be held with the Principal’s Designee / Notification shall be given to the parents, coach and staff.

The Principal’s Designee will meet with the appropriate staff to review the following:

- Assessing student’s academic performance
- Resources and/or referrals that should be offered
- Academic support needed for success

The Principal’s Designee, guidance counselor, and teacher will develop an educational plan based on a review of the findings.

Subsequent Referrals: A student shall continue to be eligible based on the student’s following the educational plan. Notification shall be given to the parents, coach and staff.

Appeal: The Principal’s decision shall be final.

Athletics is an extension of the students’ school day; therefore all behavior during your child’s participation in Athletics is governed by the NNPS Rights and Responsibility Handbook as well as the tenants of An Achievable Dream Middle and High School’s Social, Academic and Moral Education curriculum.

I have received a copy of the An Achievable Dream Athletic Policy and Student-Athlete Contract.

Parent (print name)

Student (print name)

Parent’s (signature)

Student’s (signature)

Date

Date