AC Reynolds High School
2021-2022 Athletic Handbook
for
Parents/Athletes

Athletic Website: www.acrhs.buncombeschools.org
Athletic Facebook Page: @acrathletics
(Rockets Athletics at AC Reynolds High School)

T.E.A.M.
(Together Everyone Achieves More)

ACRHS Principal: Doris Sellers
Asst. Principal/Athletic Director: Steve McCurry
   Email: charles.mccurry@bcemail.org
Asst. Principal: Kasey King
Asst. Principal: Steve Bowlin
Asst. Principal: Nathan Padgett

Certified Athletic Trainer; Cele Rodriguez LAT, ATC
   Phone Number: 828-476-6291
   Email: noemeli.rodriguez@unchealth.unc.edu

School Contact Information
   Main School Number: 828-298-2500
   Gym Number: 828-298-4413
   Fax Number: 828-298-2002

Athletic Booster Club:
   President: Angie Parker
   Email: acrboosters@gmail.com
HEAD ATHLETIC TRAINER: CELE RODRIGUEZ, LAT, ATC

- Emergency Action Plan
- Concussion Protocol
- noemeli.rodriguez@unchealth.unc.edu
- (828)476-6291
- Bachelors Degree in Athletic Training from Appalachian State University
- Born and raised in Haywood County North Carolina
ASSISTANT ATHLETIC DIRECTOR – COACH LAWS

Duties include:

- Hall of Fame Banquet
- Field Scheduling
- Setting up for football games
- Trophy Case & Name Plates in gym lobby
- Weight Room scheduling & maintenance
ATHLETIC DEPARTMENT GOALS

1. Safety of our players. Make sure all game and practice areas are safe. Supervision of all athletes, locker room, weight room and overnight trips.
2. Sportmanship: Shoe respect for our opponents, our players, coaches, and game officials.
3. Communicate with parents, players and administration.
4. Have teams that are mentally and physically prepared to compete at the highest level.
5. We want the best facilities: keep game areas and dressing rooms clean, lock up facilities after games and practices.
6. Keep all paperwork up to date and follow rules of NCHSAA and Buncombe County Schools.
ACR High School
1 Rocket Drive
Asheville, NC 28803

Athletic Philosophy

We believe that participation in interscholastic athletics is a vital part of the total educational experience. It is our aim to make available the opportunity to participate in athletics to all students at Reynolds High School. With this premise, the athletic program of Reynolds High School will be administered on the basis of educational values. These will include academic, attendance, and behavioral requirements; as well as adherence to North Carolina High School and National Federation of State High School rules. Within the framework of these regulations, the primary goal of the Reynolds High School athletic program will be to provide for the growth and development of student athletes in a positive atmosphere that nurtures a positive self-concept. Emphasis will be placed on the physical, social and academic growth of each student athlete. Our athletic program will seek for each participant to reach his or her fullest potential as a high school student athlete while always respecting the individual dignity of every athlete. We want to provide the best possible opportunity for our athletes to have a positive learning experience through interscholastic athletics.
Mission Statement

The mission of the Reynolds High School Athletic program is to strive for excellence in the educational and athletic arenas within an atmosphere of sportsmanship. Our program will strive to develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

Educational Goals of the Reynolds High Athletic Program

Competence

We will strive for an athlete in our program to be competent in terms of:

Skill Development

Knowledge and strategies of the game

Fitness/Conditioning/Healthy Behavior

Character

We will strive for every athlete in our program to demonstrate the following virtues:

Responsibility

Accountability

Dedication

Trustworthiness/Fair Play
Self-Control

Civility
We will strive for every athlete in our program to demonstrate civility towards others by showing:
Respect
Fairness
Caring

Citizenship
We will strive for every athlete in our program to demonstrate citizenship through actions showing evidence of:
Loyalty/Commitment
Teamwork
Role Modeling

North Carolina High School Athletic Association
Rules and Regulations
For Eligibility, You

- Must be a properly enrolled student at the time of participation.
- Must not have exceeded eight consecutive semesters of attendance or have participated more than four seasons in any sport since entering grade 9.
- Must not have graduated from high school.
- Must be under 19 years of age on August 31, 2019
• Must live with your parents or legal custodian within the school administrative unit.
• Must have passed the minimum academic load during the previous semester, and meet local promotion standards.
• Seniors must also pass the minimum load, even if they need fewer for graduation.
• Must have received a medical examination by a duly licenses physician, nurse, practitioner, or physician’s assistant within the previous 395 days.
• Must not have been convicted of a felony, or adjudicated for an offense that would be a felony if committed by an adult.
• Must not accept prizes, merchandise, money or anything that can be exchanged for money as a result of athletic participation.
• Must not have signed a professional contract, have played on a junior college team or be enrolled in college.
• Must not participate in unsanctioned all-star or bowl games.
• Must not be guilty of unsportsmanlike conduct, or ejected from the previous contest.
• May not as an individual practice or play during the school day or work day.
• May not play, practice or assemble as a team with your coach on Sunday.
• May not dress for a contest or practice if you are not eligible to participate.

This summary of key NCHSAA athletic regulations is provided so that students and parents can be made aware of the rules that affect eligibility. Please understand that there are general statements only. See your principal, athletic director, or coach if you have questions or need further explanations of details and expectations.
A.C. Reynolds High School Athletic Program

Rules and Regulations

• Dual – Sport Participation

A. **Two school teams in same season** - Athletes may be permitted dual participation on two school teams in the same season provided the athletes and coaches involved can resolve all conflicts in advance regarding expectations, practices, and participation in games or contests. Further, the athlete agrees that if they quit or are dismissed from one dual sport they will not be allowed to continue in the other dual sport for the remainder of that season. The Athletic Director must approve dual participation of any athlete and the athlete must sign the dual participation form indicating their primary and secondary sport.

B. **School and non-school participation** – Dual participation on a non-school team is allowed as long as the athlete commits to his or her high school team as their primary commitment. No school practice, contest, game, or team function can be missed for non-school participation without advance approval of the school coach and athletic director. All non-school athletic participation during the school year is secondary to participation in Reynolds High Athletics and not to be encouraged or discouraged by the Reynolds High Coaching Staff. Any athlete who without prior approval misses a school athletic practice, contest, game, or function to participate in a non-school athletic event will be suspended from all school athletic participation for 6 weeks to be served in season that
the athlete participates in. A second occurrence would result in a one full calendar year ban from all athletic participation.

- **Quitting a Sport by Athletes**
  
  C. No athlete may quit one sport and start another sport in the same season.
  
  D. No athlete may quit one sport and then participate in off-season workouts for another sport during the season that the athlete quits.
  
  E. No athlete may quit one sport and then start a sport of another season until the season of the sport that was quit is completely over.
  
  F. An athlete that quits a sport will not be allowed to participate a maximum of only one season; either the fall, winter or spring season.
  
  G. Quitting a sport is not to be viewed as a penalty that prevents an athlete from being allowed to participate on other sport teams. However, this athlete cannot participate in another sport until the sport season they quit is over.

- **School Discipline, School Attendance, and Athletic Participation**

  H. An athlete or team member that is assigned school or teacher detention is still eligible for practice and contests on the same day.

  I. An athlete or team member that is assigned in School Suspension will be disciplined by the coach of the team they are a member of according to the team rules of that individual team. This could include additional fitness requirements, loss of playing time, not being allowed to participate in practice or dress for games, or even dismissal from team.
J. An athlete or team member that is assigned Out of School Suspension is not eligible to attend or participate in practices or contests for the duration of the suspension.

K. An athlete must be in attendance at least one half of the school day to be eligible to practice with their team, take part in any team activity, or participate in an athletic event on that day. The head coach is responsible for checking the absence and sign-out sheets daily in order to enforce this policy. Exceptions to this policy must be approved in advance by the Athletic Director or Principle.

- Confrontation Policy

L. Any discussion with a parent, guardian, or person concerning athletic matters that becomes confrontational will be ended immediately by the affected coaching staff member by instructing the person to call the athletic director or administration of Reynolds High School to schedule an appointment or conference. If appropriate, a conference will be scheduled with the concerned individual, Coach, and Athletic Director or administration present.

- Return of School Athletic Uniforms, Equipment, and Payment of Athletic Fees

M. All uniforms and equipment issued by the school to an athlete must be returned in good shape or must be paid for before an athlete can play another sport or season. All athletic fees must be paid by established payment dates for continued participation in Reynolds Athletics.
- **Playing Time**

N. Playing time strategies will not be discussed with a coach here anytime at Reynolds High School. Playing time strategies are entirely left up to our coaches here at Reynolds High School. Questions about playing should be a player coach discussion in private with no parent involved.
IN ORDER FOR ATHLETES TO PRACTICE:

- Students must be currently enrolled at ACRHS
- Must have current physical on file
- Must complete all forms on Family ID (www.familyid.com or 1-888-800-5583 ext. 1)
- Must pay $50.00 Athletic Participation fee by 2nd day of practice ($38.00 travel fee/$12.00 insurance)
- Home-schooled students must be enrolled in at least 2 classes at ACR
ELIGIBILITY:

- Athletes must pass 3 out of 4 classes
- Sophomores must have 6 credits: Juniors 13 credits: Seniors 20 credits
- Athletes must not have been convicted of a felony
- Athletes must live in the Reynolds district or have a Schedule C on file
- Upon entering Freshman year – only 4 years of eligibility
- Athletes cannot turn 19 before August 31st
- Home-schooled students must let you know their intent 10 days prior to the 1st official practice day of each season
DEAD WEEKS AND TWDS:

- The week of July 4th
- The week of the Coaches Clinic
- The 1st two weeks of the start of the Fall, Winter & Spring Sports Seasons
- The last 5 days of the Fall Semester and the last 10 days of the Spring Semester
- Cannot practice on TWD until 3pm. Athletes can only come in for treatment before 3pm.
- Students must be in school at least ½ day in order to practice or play
ATHLETIC BUDGET

Goals:

- Common sense spending
- Take care of uniforms and equipment
- Buy uniforms on rotating basis (every 5 years). New purchases include wrestling, girls' basketball, boys' & girls' soccer, boys' tennis and football
- No free food for coaches/players from concession stand
- Coaches' Informational sheet: list immediate family
WEATHER RELATED DECISIONS

- No practices & No games/meets/matches on days that have early dismissal from school for students that is weather related.
- School cancelled because of weather: schools will be informed by approximately 11am regarding whether practices or games can be held that day.
- NO practices or team activities can take place during a teacher work day unless permission is specifically granted from the Central Office.
- Student Athletes must be present at least half of the day in order to practice or play.
PARKING

- Absolutely NO PARKING in front of Baseball concession stand
- Absolutely NO PARKING on our track
- For any sport, please have parents pick up athletes in one of these areas: cafeteria parking area, junior lot or senior lot.
- Softball games: Please remind parents to park in space and NOT where the buses park.
- No pets are allowed anywhere on campus.
BUNCOMBE CO. DRUG & ALCOHOL POLICY

- In force 24/7 – 365 for all athletes
- Confirmation of violation results in:
  - Coaches’ decision
  - 1st offense: 3 game suspension or 15 school days
  - 2nd offense: 1 year suspension from all athletics
  - 3rd offense: No longer eligible to play athletics at any Buncombe Co. School
CONCESSION STAND

- WE NEED PARENTS REP FOR EACH TEAM
- 60/40 split for team fundraisers
- Use only concession stand food & drinks
- No students are allowed to work in concession stand
- No free food for athletes or coaches
BOOSTER CLUB YEARLY FINANCIAL SUPPORT

- Every team that wins a championship gets t-shirts & plaques. State Championship rings (up to $135)
- Coaches stipends: summer pay
- Half price student tickets for all home play-off games
- Upkeep of grass on athletic fields & equipment $4000/year
- Sponsorship of Hall of Fame Banquet
- Ken Rudeen Scholarship Male & Female Awards
- Coaches summer meeting dinner
BOOSTER CLUB

- Revenue is earned through:
  - Sale of Booster passes
  - Advertising from banners and Jumbotron
  - Concession stand sales
  - Mega 50/50