



HEIGHTS

**University Heights Academy
Athletic Handbook**

2016-2017



University Heights Academy

1300 Academy Drive • Hopkinsville, Kentucky

(270) 886-0254 • FAX (270) 886-2716 • www.uha-ky.org

Dear Parents and Student Athletes:

The information in this handbook is very important. Please take the time to read this document carefully.

University Heights Academy takes pride in the athletic opportunities that are provided for our students. During each school year approximately 50% of our students participate as a player or a manager.

The Kentucky High School Athletic Association (KHSAA) is designated as the agency to manage high school athletics in Kentucky. University Heights Academy athletic teams compete for state championships in Golf, Boys and Girls Soccer, Boys and Girls Basketball, Wrestling, Boys and Girls Tennis, Boys and Girls Cross County, Volleyball, Softball, and Baseball.

Participation in the University Heights Academy athletic program is a privilege, not a right. Upon making the decision to participate, student athletes and parents must be prepared to make commitments. Participation requires student athletes and parents to accept and abide by the policies and procedures detailed in this handbook, and as required by University Heights Academy in its rules and codes for all students, as well as those of the KHSAA.

One of the most important documents contained in the handbook, the KHSAA Eligibility/Physical Examination Certificate/Consent/Emergency Treatment form must be completed and returned to the University Heights Athletic Office before any student athlete will be permitted to participate in any aspect of the athletic program. KHSAA rules and insurance requirements dictate that student athletes and parents complete all forms, and there are no exceptions to this policy.

If you have questions about any of this information, please do not hesitate to call me in the University Heights Athletic Office. I will be happy to provide you with any assistance that you might require.

Sincerely,

A handwritten signature in black ink that reads 'Grant Shouse'. The signature is written in a cursive, flowing style.

Grant Shouse

Athletic Director – gshouse@uha-ky.org

Athletic Office Phone – (270) 886-0254 Extension 108

Athletic Department Philosophy

The Athletic Department and coaching staff of University Heights Academy is dedicated to the development of the complete student athlete. The athletic staff is keenly aware of the developmental needs of individual student athletes, as well as the social implications and importance of creating an environment in which individuals learn to become contributing members of a team. Along with the privilege of participation in athletics, University Heights provides committed students with an opportunity, through extensive training and quality instruction, to set attainable, individual and team goals while striving to maximize their own athletic growth.

University Heights Academy believes that a program of athletics should be founded on the following principles:

- Athletic participation provides an ideal environment in which to educate the whole person in that it provides a unique opportunity to integrate mind, body, and spirit in the pursuit of excellence.
- A sound athletic program makes an important contribution to the sense of community that exists within the school.
- Participation in athletics enhances the personal and social maturation of student athletes.
- The coaching staff often serves as primary counselors or adult mentors to student athletes.
- While respecting individual achievement, there is inherent value in the pursuit of team accomplishments.

The Fundamentals of Sportsmanship

The ideals of good sportsmanship, ethical behavior, and integrity must permeate every aspect of athletics in our school community. The demonstration of sportsmanship by athletes, coaches, and fans is an expectation that is an integral part of the tradition of University Heights Academy athletics.

Athletic Department Goals and Objectives

Every athletic activity should be an opportunity for players and coaches:

- To be responsible and contributing members of the University Heights Academy community.
- To work with others to reach common goals.
- To overcome obstacles through hard work and determination.
- To play and live by the rules of the game.
- To show appreciation and respect for the efforts of others.
- To promote team play and to develop personal characteristics such as loyalty, cooperation, and fair play.
- To create an environment that will provide physical, mental, and emotional growth for all student athletes.
- To promote participation by providing a wide range of athletic opportunities.
- To develop an understanding of the value of athletics within the context of the entire educational experience.

Athletic Department Expectations of Student Athletes

- Student athletes must abide by all school rules.
- Student athletes must abide by all expectations and rules as provided by each individual coach.
- Student athletes must show good sportsmanship, social behavior, care of school equipment, and care of public and private property at all times.

Athletic Program Funding

Because UHA does not charge an athletic fee, parents are expected to actively support and participate in fundraising efforts. UHA's general operating budget covers coaches' salaries only. Financing for all other aspects of individual sports is the responsibility of each team. This includes but is not limited to staffing the concession stand and gate during home games, providing and serving school lunches on designated days, and other fundraising activities as they become available.

KHSAA Eligibility Requirements

In order to be eligible for competition, the Kentucky High School Athletic Association requires the following for all student athletes:

- Each student athlete must have a KHSAA Athletic Participation/Physical Examination Form/Consent and Release Form completed and turned into the athletic office prior to participation in athletic activities.
- Each student athlete, prior to participation shall have in place medical insurance with coverage limits up to the deductible of the KHSAA Catastrophic Insurance program and such insurance shall remain in force throughout participation.
- Each student athlete must have passing grades in a minimum of five full credit courses.

Responsibility for Equipment

Student athletes are expected to take reasonable care of all equipment that is supplied to them. Replacement cost for equipment that is lost or damaged due to carelessness or other misuse will be assessed to the student athlete.

Academic Policy

When weekly eligibility checks are published on Monday's throughout the school year, any student athlete not meeting the minimum requirements of passing five full credit courses will be declared immediately ineligible for further participation. This period of ineligibility will continue until the student athlete is passing the required number of courses.

Information for the College Bound Student Athlete

Many University Heights Academy student athletes have the talent, desire, and opportunity to continue their participation at institutions of higher learning. To provide the best and most current information to student athletes and their families, University Heights recommends the NCAA website, at www.NCAA.org. The NCAA Eligibility Center handles all inquiries regarding an individual's initial eligibility status.

NCAA Eligibility Center
P.O. Box 7110
Indianapolis, IN 40207
Phone 877-262-1492
Fax 317-223-0799

The National Collegiate Athletic Association
700 W. Washington Street
Indianapolis, IN 46206-6222
Phone 317-917-6222
Fax 317-917-6888

Expectations of University Heights Academy Coaches

- Exemplify high standards of moral character at all times.
- Recognize the inherent individual worth of each athlete.
- Place the well-being of their athletes ahead of the desire to win.
- Provide appropriate and reasonable supervision of athletes.
- Use appropriate language when communicating with athletes.
- Encourage athletes to set and achieve individual and team goals.
- Strive to develop leadership and initiative in athletes.
- Communicate philosophy and goals to athletes and parents.
- Provide a safe environment for practice and participation.
- Utilize appropriate coaching techniques when instructing athletes.
- Teach and abide by the rules of the game.
- Respect the integrity and judgements of game officials.
- Encourage and promote a healthy respect for the entire athletic program, and build and maintain relationships with fellow coaches throughout the University Heights Academy Athletic Program.

Ways to a Better Experience as a Parent of an Athlete at University Heights Academy

- There is a reason that student comes first in student athlete.
- Encourage your child and his or her teammates.
- Never verbally abuse an official.
- Let your son's or daughter's coaches coach.
- Help your athlete accept his or her role on the team.
- You love your child very much, but he or she doesn't know more than their coaches. Neither do you.
- Coaches owe you honesty. Be honest with them.
- Your child doesn't have to be a great athlete to be a good player.
- Be enthusiastic.
- Show respect for opponents.
- Teach your child humility. The spotlight is never too small to share.
- Show your son or daughter how to compete.
- Don't make excuses for your son or daughter.
- Be passionate about your child's team.
- Show your child how to learn from mistakes.
- Let your child have his or her life. It is not your team or your game.
- Games are supposed to be fun. Hard work doesn't change that. Winning and losing doesn't change that.

Ways to a Better Athletic Experience for Athletes at University Heights Academy

- There is a reason that student comes first in student athlete.
- Maintain grades that are better than the minimum needed to remain eligible.
- Respect and love the game.
- Persistence is more important than talent.
- Practice and play hard every day.
- Let your coaches coach you.
- Never argue with an official.
- Help your team win whether you play or not.
- Be passionate about your teammates and about your team.
- Set high standards for yourself and your team.
- Athletics provides you with an opportunity to reveal your character.
- Treat coaches and support personnel with respect at all times.
- When you do a drill, do it right every time.
- Strive to win, but don't be afraid to lose.
- Learn your role. Accept it.
- Don't make excuses for yourself.
- Tell people thank you, and mean it.
- Coaches owe you honesty. Be honest with them.
- Cheer for your teammates.
- Learn from mistakes.
- Be the first one out for practice.
- Do the right thing even when no one is watching.
- You don't have to be a great athlete to be a good player.
- Be willing to do whatever it takes to help the team succeed.
- Make eye contact when your coaches are talking.
- Be a leader in word and action.
- Respect your opponents.
- Strive to get better at what you do worst every day.
- Be enthusiastic.
- Learn to be humble. The spotlight is never too small to share.
- Accept criticism as an opportunity to improve.
- Games are supposed to be fun. Hard work doesn't change that. Winning and losing doesn't change that.
- Compete.

Chain of Command

The athletic experience at University Heights is one that we hope provides satisfaction for all participants and their parents. It is inevitable, however that individuals may have questions or concerns during the course of the year. When issues or concerns arise during the course of an athletic season, parents and student athletes should always consult with the appropriate coach as the initial step in the clarification process. In the event that the issue cannot be satisfactorily resolved at this stage, it is then appropriate for the athletic director to become involved.

University Heights Academy Athletic Department and Head Coaches

Athletic Director	Grant Shouse	gshouse@uha-ky.org
Golf	Josh Hilling	joshua.hilling@lindsey.edu
Track	Faye Hendricks	fhendricks@uha-ky.org
Boys Soccer	Mike Smith	msmith@uha-ky.org
Girls Soccer	Michael Parker	mikeparker6270@yahoo.com
Cross Country	Darren Shrum	dschru001@hotmail.com
Volleyball	Faye Hendricks	fhendricks@uha-ky.org
Boys Basketball	Grant Shouse	gshouse@uha-ky.org
Girls Basketball	Taylor Sparks	tsparks@uha-ky.org
Wrestling	Scott Meredith	wkicinc@gmail.com
Boys Tennis	Amy Edmonson	aedmonson@uha-ky.org
Girls Tennis	Stephanie Meredith	smeredith@uha-ky.org
Baseball	Chris Hamby	chris.hamby@brymak.com
Softball	Mindy Hargrove	mindy.hargrove@christian.kyschools.us
Cheerleading	Shannon Brown	sbrown@uha-ky.org
Certified Trainer	Kara Smith	karasmith0314@gmail.com