



Voyager Academy Student Athlete Handbook

Information in this handbook is aligned with the core values that guide Voyager Academy and the North Carolina High School Athletic Association (NCHSAA). This handbook is provided for the safety of student-athletes and developed for the best interest of the student-athlete in mind.

Ellie Schollmeyer, Managing Director

eschollmeyer@voyageracademy.net

Charles Nolan, EdD, High School Principal

cnolan@voyageracademy.net

TBA

Gwen Johnson, Middle School Principal

gjohnson@voyageracademy.net

Jordan Gatcomb, CAA, Athletic Director

jgatcomb@voyageracademy.net

Voyager Academy Website: www.voyageracademy.net

Phone Number: 919-433-3301

Facebook: VAHSVikings

Athletics Website: www.voyagervikings.com

Twitter: @VAHS_Vikings

Instagram: vahs_vikings

VOYAGER ACADEMY VISION, MISSION & VALUES

Vision: Inspire every Viking to learn, innovate, and thrive.

Mission: Voyager Academy engages every Viking by providing challenging academic instruction and project-based learning in a safe, inclusive, and supportive environment. Families and staff partner together to ensure that every student is prepared for their future opportunities.

The mission of Voyager Academy is to provide students in kindergarten through grade twelve an academically challenging and supportive learning environment. Staff utilizes experiential and traditional learning strategies so that students become responsible, engaged, and innovative members of society. The school's expectation is that all students, working with dedicated faculty and family, will excel academically and socially.



CONFIDENCE

Trust in your own ability and be willing to take academic and leadership risks.



CURIOSITY

Be eFager to investigate and learn about the diverse world around us.



EMPATHY

Be aware of and respecting another person's feelings, experiences, and differences.



REFLECTION

Using past experiences to guide future learning and decision making.



INTEGRITY

Doing the right thing and standing strong in what you believe. Have the courage and discipline to do the right thing.

GOALS FOR VOYAGER ATHLETICS

- Comply with all Voyager Academy and North Carolina High School Athletic Association (NCHSAA) membership rules
- Support Voyager Academy's academic progress
- Instill the desire to excel through preparation, perseverance, and hard work
- Produce a program that is a positive image for the community
- Encourage broad participation among the student body, faculty, staff, and community
- To provide opportunities for student athletes to practice self-discipline and develop student-athletes into responsible citizens in a socially acceptable manner
- To provide opportunities that enable student athletes a chance to enjoy wholesome competition.
- To teach student athletes new skills and to help them improve skills already possessed.

- To provide opportunities for student athletes to learn about good sportsmanship and to exemplify this sportsmanship on and off the field.
- To teach student athletes a respect for rules and authority and to give them opportunities to exhibit this respect.

PURPOSE OF VOYAGER ACADEMY ATHLETICS

Athletics are an integral part of the education of every Voyager Academy student. The Voyager Academy Athletic Department wants to challenge our athletes to develop an appreciation for the concepts of preparation, hard work, commitment, teamwork, and sportsmanship. While we want to promote a winning attitude, we must keep in mind that our primary goal is to instill in our student-athletes the importance of embracing our school's values. It is our hope that through athletics we are able to make a positive, valuable, and lasting impression on our athletes. It is a privilege, not a right to be part of our athletic program.

VOYAGER ACADEMY STUDENT-ATHLETES

1. Treat officials, coaches, opponents, and teammates with respect
2. Accept victory with modesty, defeat gracefully, and never quit
3. Control emotions at all times and never argue with officials
4. Accept decisions as they are made and abide by them
5. Do not swear, cheat, or "grandstand"
6. Keep physically and mentally fit and observe training rules set by your coach
7. Use one's influence on and off the court and field to help develop good spectator sportsmanship

COMMUNICATION FROM ATHLETIC DIRECTOR

1. The athletic department maintains an official Facebook, Instagram, and Twitter account. You can locate the accounts at:
 - **Twitter:** @VAHS_Athletics
 - **Facebook:** VAHSVikings
 - **Instagram:** VAHS_Vikings
2. The athletic department website can be found at: www.VoyagerVikings.com
3. Cancellations/postponements of games will be shared with coaches so they may notify their team.
4. The Athletic Director will also post this information on the athletic website, Facebook, Instagram and Twitter accounts.
5. Coaches will also reach out and inform their team of any schedule changes.

Fall	Winter	Spring
Boys Soccer	Boys Basketball	Baseball
Cross Country	Girls Basketball	Girls Soccer
Girls Tennis	CoEd Cheerleading	Softball
Volleyball		Boys Tennis

Sanctioned High School Athletic Teams

Fall	Winter	Spring
Mens Soccer	Mens Basketball	Baseball
CoEd Cross Country	Mens JV Basketball	Womens Soccer
Womens Tennis	Womens Basketball	Softball
JV Volleyball	Mens Swimming	Mens Tennis
Volleyball	Womens Swimming	Mens Outdoor Track
	CoEd Cheerleading	Womens Outdoor Track
		Mens Lacrosse
		Mens Golf

RECRUITING POLICY

Voyager expressly prohibits coaches, administrators, or stakeholders from recruiting students for the purposes of athletics. All students will be subject to the same admissions criteria regardless of athletic abilities, and should choose to attend Voyager Academy for its academic programs and offerings rather than a particular athletic program.

ATHLETIC COMPETITION IS GUIDED BY THE FOLLOWING IDEALS

Student-Athletes:

1. Play within the rules of the game.
2. Win with humility and lose without excuses.
3. Respect officials and accept their decisions.
4. Never play with intent to injure an opponent.
5. Remember that they represent their schools, their coaches, and their families as well as themselves.

6. Respect the property and facilities of their opponents.

Coaches:

1. Inspire in their players a love for the game and the desire to win.
2. Teach that it is better to lose fairly than to win unfairly.
3. Show restraint and respect when dealing with officials, or any adverse situations or people.
4. Serve as positive role models for their players.
5. Hold their players accountable for unsportsmanlike behavior.

SPORTSMANSHIP

All participants in athletic programs should understand that it is a privilege to participate in Voyager Academy athletic programs and that the student-athlete is representing Voyager Academy, parents, friends, community, coaches, and themselves. Student-athletes' actions, both on and off the athletic field or court, should reflect the Voyager Academy Athletic Department values at all times.

Voyager Academy student-athletes, coaches, administrators, and fans have the responsibility to treat officials, opposing teams, and their spectators as guests. We are to cheer the strengths and victories of our own teams and never denigrate the performance of our teams, our opponent's teams, or the officials. It is therefore necessary that administrators and coaches be individually and collectively responsible for taking every possible step to promote good sportsmanship at every interscholastic event and practice. ~~During athletic contests, Voyager Academy will not tolerate any spectator, either adult or student, whose behavior is disrespectful toward players, officials, or other spectators. Voyager Academy will also not permit any type of spectator behavior that detracts from the proper conduct of the game or puts a player or team at a disadvantage. If a spectator violates this rule they will be asked to leave and will not be issued a refund.~~

NCHSAA CODE OF SPORTSMANSHIP

3.2.1 It is the expectation of the NCHSAA that good sportsmanship is observed in all athletic contests by all parties who participate in or observe the activity. The NCHSAA may penalize a school, coach, student, parent/ guardian, or spectator for unsportsmanlike behavior. Please note the NCHSAA may penalize a school for unsportsmanlike conduct on the part of its spectators. Some specific penalties will be found below; however, the NCHSAA may take any action it deems justified in response to unsporting behavior. A school found guilty of infractions inconsistent with a wholesome athletic program may be

1. reprimanded,
2. placed on probation for a period not to exceed one year, with or without playoff privileges,
3. have its home games taken away for a period of time not to exceed one year, or
4. suspended from participation in a sport or sports for a period of one year.

VOYAGER ACADEMY SPECTATOR POLICY

During athletic contests, Voyager Academy will not tolerate any spectator, either adult or student, whose behavior is disrespectful toward players, officials, or other spectators. Voyager Academy will also not permit any type of spectator behavior that detracts from the proper conduct of the game or puts a player or team at a disadvantage. Spectator ejections will go as follows:

1. **First Offense:** If a spectator violates the sportsmanship policy they will be asked to leave and will not be issued a refund.
2. **Second Offense:** Any spectator asked to leave an athletic event for a second time during the academic year will be banned from all home Voyager athletic events for 365 days starting the day after the second ejection.

NCHSAA SPECTATOR POLICY

A spectator found guilty of misconduct inconsistent with a wholesome athletic program may:

Any inappropriate spectator behavior that is unbecoming of the NCHSAA's values and sportsmanship policy may:

1. be placed on spectator probation; or
2. be banned from attending school contests for a period of time not to exceed one calendar year from the date of the offense; or
3. cause the school to be penalized. In incidents involving criminal misconduct such as assaults, school officials in conjunction with the victims assaulted are instructed to press charges in a court of law. If charges are not filed, the school is still responsible for handling the misconduct.

Under no circumstance is a spectator to approach or contact game officials in any way to question the judgment or decision of an official's call. Any spectator that approaches a game official to question a call will be banned from Voyager home athletic events for 365 days.

NOTE: Schools are responsible and may be disciplined for the conduct of their spectators. Any assault upon, or intimidation of, a game official by a spectator is per se unsportsmanlike conduct by the school and may be dealt with as such.

ATHLETIC CODE

The following rules and policies apply to any student-athlete who are on school property, taking school-sponsored transportation or who is in attendance at school or any school-sponsored activity, or whose conduct at any time or place directly interferes with the operations, discipline, or general welfare of the school:

STUDENT CONTRACT

I agree to abide by the following Code of Conduct; recognizing that my personal conduct on and off the playing field/court is a reflection on myself, my family, my team, the Voyager athletic department, and the Voyager community.

PARENT CONTRACT

I will help to ensure a positive experience for my child by abiding by the Code of Conduct and helping them understand and comply with the following regulations:

STUDENT-ATHLETE EXPECTATIONS

Student-athletes are expected to develop positive habits and to make decisions that are supportive of their athletic preparation and contributions to the team. Participation in interscholastic sports is a privilege, not a right; it comes with the responsibility of preparing your mind and body for your best possible athletic performance and of making decisions that reflect appropriately on you, the school, and the community you represent. The expectations for appropriate and positive behavior will apply to the student-athlete at all times during the athletic season, and the school year, regardless of location or affiliation with the school or athletic program.

Student-athletes who fail to meet these expectations will jeopardize their participation in the Voyager Academy athletic program. Student-athletes may be suspended or removed from the athletic program for school-related and non-school related offenses, as determined by the athletic director and principal according to the guidelines set forth below. Suspensions may carry over from one season to the next, including from the spring athletic season of one school year to the fall athletic season of the next school year. When a suspension is assigned based upon a percentage of the maximum regular season contests allowed in the specific sport and carries over to the next season, the athletic director and principal will determine the conversion of the length of suspension based upon the maximum allowed regular season contests in each sport. The following shall constitute prohibited behaviors and consequences for violations. Consequences are specified; however, the board of education and/or administration shall retain the right to exceed any consequences depending on the seriousness of the offense. The code of conduct covers one calendar year.

CONSEQUENCES FOR BREAKING ATHLETIC CODE OF CONDUCT

The consequences for breaking the athletic code of conduct can range from a verbal or written warning, game suspension, a multiple game suspension, a year suspension, or a permanent suspension from participation in athletics, based on the nature of the misconduct, the level of its severity, and the number of times it occurs. The process will begin with the athlete and coach meeting. Should the student-athlete at that time be found to have broken the athletic code of conduct, the coach and Athletic Director will discuss and agree to the consequences as outlined below.

CONDUCT UNBECOMING OF A VOYAGER STUDENT-ATHLETE

Student-athletes are expected to follow Voyager Academy's honor code and student handbook in addition to the athletic department's handbook. Per NCHSAA, school-assigned consequences for disciplinary infractions must be served as assigned, even if this causes a student to miss an athletic event or practice. Student-athletes who are suspended from school two (2) or more times in one school year will be deemed ineligible for the remainder of the school year.

Participation in the Voyager athletic program is a privilege, and student-athletes are expected to behave in a manner that will reflect positively on their teams and on their school. As representatives of the athletic program and the school, it is the responsibility of the student-athletes to make positive decisions at school and in the community. Behaviors that violate these expectations and reflect poorly on the student-athlete, athletic program, and school will be met with proportional consequences. Such behaviors will be identified at the discretion of the athletic director and principal but may include pictures of using and/or possession of alcohol, tobacco products, drugs, illegal performance-enhancing substances, vapes, or electronic cigarettes, as well as bullying, harassment, hazing, vandalism, theft, assault, and illegal acts resulting in police involvement. Offenses of this nature will be evaluated on an individual basis and may result in suspension or removal from the athletic program, as determined by the athletic director and principal. Alcohol and drug-related offenses that result in police involvement may also be treated as "behavior unbecoming a Voyager student-athlete" and may result in consequences in excess of those outlined in the athletic code of conduct and school code of conduct. Student-athletes who are suspended for "conduct unbecoming a Voyager student-athlete" will continue to support their teammates by attending all competitions, but not be dressed in any portion of the team uniform. Competitions that the student-athlete does not attend will not count as competitions served toward a suspension, unless the principal and athletic director approve this in advance.

APPEAL PROCESS

Should the student-athlete wish to appeal the decision, their guardian must contact the athletic director and Managing Director in writing to initiate an appeal within seven days of suspension. Athletic suspensions are appealable to the Managing Director of the school. The Managing Director will communicate a decision on the appeal within 72 hours. The decisions of the Managing Director regarding athletic suspension are final and may not be appealed.

NOTE

All suspensions will stay in effect during the appeals process.

STUDENT-ATHLETE DISCIPLINE

Student-athletes are expected to follow Voyager Academy's honor code and student handbook in addition to the athletic department's handbook. Per NCHSAA, school-assigned consequences for disciplinary infractions must be served as assigned, even if this causes a student to miss an athletic event or practice.

Student-athletes who are suspended from school two (2) or more times in one school year will be deemed ineligible for the remainder of the school year.

ATHLETIC ELIGIBILITY REQUIREMENTS

In order to be eligible for any athletic activity the student-athlete must meet all eligibility requirements prior to the first tryout/practice date.

1. Per DPI, middle school athletic teams are made up of student-athletes from grades 6th-8th. A student-athlete cannot participate if they become 15 years of age on or before August 31 for middle school athletics.
2. For high school student-athletes, no student may be approved for any athletic contest if his or her 19th birthday comes on or before August 31.
3. All student-athletes must complete the online Athletic Participation Forms prior to attending the first workout and or practice each academic year.
4. All student-athletes must receive and submit a medical examination once every 394 days by a licensed medical physician, physician's assistant or family practitioner in the United States.

PHYSICALS AND PARTICIPATION FORMS

The Athletic Department will confirm each player-student-athlete has an updated physical form and completed participation packet. No student-athlete may participate in any activity without an updated/current physical exam and completed participation packet. All physicals must be submitted on the NCHSAA approved forms for middle and high school participation.

If any of the four (4) required NCHSAA physical forms submitted are found to have been completed under false pretenses (i.e. forged licensed medical provider signature, required medical sections completed by someone other than a licensed medical provider) the student-athlete will be suspended for a period of one (1) calendar year from Voyager athletics from when forms were submitted to the department.

TRY-OUTS

1. Student-athletes must attend the first day of tryouts to be eligible for day 2 and beyond.
2. Students who participate in a Voyager sport held during a previous season - by nature of the end of one season and the beginning of the next season overlapping - will be evaluated when their season is over **or** their previous season coach releases them.
 - **Example:** Cross Country runner who wants to try out for basketball.
 - Students who do not attend the regularly-scheduled tryout(s) for any reason (other than an injury, medical condition, or involvement in a prior season's sport) may request a special individual tryout from the head coach and athletic director, but they are under no obligation to grant such a request.

Note: Tryouts are closed to the public, and may not be attended or viewed by parents or spectators unless approved by the head coach.

TRY-OUT/CUT POLICY

Teams may have a limited number of roster positions, as such; students will need to try out for teams. Each coach will determine his or her team their teams, player position, rotation and minutes played. Neither Voyager Academy coaches nor any member of the Athletic Department will ever discuss other

student-athletes with anyone other than families of that athlete. Coaches are encouraged to create try-out rubrics, in order to specifically discuss areas student-athletes can improve in the future. Your coaches are trained and knowledgeable and have been instructed to keep only players that they feel have the ability to earn playing time and help the team either this season or in future.

NOTE

Making a team one year does not guarantee that a student-athlete will make a team the following season. The athletic department will do their best to avoid scheduling games and matches during school breaks, particularly at the middle school level. However, please understand that varsity athletes may be required to attend games and or practices over school breaks.

ATHLETE RESIDENTIAL REQUIREMENTS - MIDDLE & HIGH SCHOOL

If the student's member school does not have a boundary established by a local board of education (e.g., charter school, regional statewide public school, school operated by the University of North Carolina, non-boarding parochial school, etc.), the student must meet all enrollment criteria for that member school and attend that member school, and shall not participate in interscholastic athletics on behalf of the member school unless the student's primary residence is within either:

- (i) The entire county in which the member school is located; or
- (ii) A 25-mile radius of the member school as measured by an NCHSAA designated computer program

ATTENDANCE POLICY - MIDDLE & HIGH SCHOOL

A student-athlete must have been in attendance for at least 85 percent of the previous semester at an approved high school. Any student must be in membership to be able to make up days missed while in membership (days missed while not in membership may not be made up for athletic eligibility). For a regular 90-day semester, a student may not miss more than 13 days and be in compliance with the 85 percent rule.

At the end of each semester, any participant who has failed to attend school 85 percent of that semester is immediately ineligible.

NCHSAA TRANSFER POLICY:

After initial entry into the ninth grade, and absent a bona fide move as provided in the Residence section of the NCHSAA Handbook:

(a) A student transferring from one member school to another member school within the same LEA must sit out 365 days for athletic participation. The LEA may create criteria for immediate athletic eligibility for transfers within the LEA.

(b) A student transferring from one member school in one LEA to another member school in a different LEA must sit out 365 days for athletic participation. Exceptions for immediate athletic eligibility for transfers from one LEA to a different LEA will be heard by a special NCHSAA transfer committee.

NOTE: If a member school is not part of a defined LEA (e.g., charter school, non-boarding parochial school, etc.), then the member school itself will be considered its own LEA for purposes of this policy (i.e., exceptions involving these member schools will fall under subsection (b) above).

ATHLETE ACADEMIC REQUIREMENTS - MIDDLE SCHOOL

Student-Athletes first entering grade six are academically eligible for competition on middle school teams. All requirements must be met the first semester (fall) in order for this student to be eligible for athletic participation the second semester (winter and spring).

1. Six (6) Semester Rule: No student may be eligible to participate at the Middle School level for a period lasting longer than 6 consecutive semesters beginning with the students' first entry into 6th grade. The principal shall have evidence of the date of each player's entry into the 6th grade.
2. Students must be on track to advance to the next grade level by meeting promotion requirements at their school to be eligible for the Fall semester.
3. Students must earn passing grades in 70% of the number of courses taken in the previous quarter.
4. Student-athletes must pass four (4) out of their five (5) classes each quarter and be passing four (4) out of five (5) classes at the time of mid-quarter progress reports.
5. Student-Athletes cannot have more than 13 total absences (85% attendance requirement) in the semester prior to athletic participation. (This is a State Board of Education requirement according to Board Policy 6860, students who participate in interscholastic athletics must meet all requirements of the State Board of Education.)
6. Cannot participate (practice or play) if ineligible. Student-Athletes and managers cannot participate (practice or play) if ineligible or if suspended from school. This includes being with the team on the bench/sideline.
7. Middle school student-athletes must be present for over half of the day to be eligible for athletic practices or contests.
8. Student-Athletes absent from athletic practices five or more days due to illness or injury shall receive a medical release by a licensed physician before re-admittance to practice or play.

ATHLETE ACADEMIC REQUIREMENTS - HIGH SCHOOL

4. Eight (8) Semester Rule: No student-athlete may be eligible to participate at the high school level for a period lasting longer than eight consecutive semesters, beginning with the student-athlete's

first entry into grade nine, or participation on a high school team as an over age seventh or eighth grade student, whichever comes first. For students who skip the ninth grade and advance directly to the 10th from the eighth, the year prior to entering the 10th grade is considered the year of first entry into ninth grade for athletics.

2. A student, upon entering grade nine (9), is academically eligible for competition during the first semester of high school teams. All requirements must be met the first semester (Fall) in order for this student to be eligible for athletic participation in the second semester (Spring)
3. Student Athletes must earn passing grades (60 or better) in three (3) out of four (4) courses per semester and maintain a 2.0 cumulative GPA to be eligible for athletic opportunities. The student must take at least three courses to be eligible. If the student only takes three courses, all three must be passed. The student must be promoted to the next grade to be eligible for the fall semester, unless the student is a first time 9th grader. Students must be on track to advance to the next grade level by meeting promotion requirements at their school to be eligible for the Fall semester.
4. Student Athletes cannot have more than 13 total absences (85% attendance requirement) in the semester prior to athletic participation. (This is a State Board of Education requirement according to Board Policy 6860, students who participate in interscholastic athletics must meet all requirements of the State Board of Education.) Students must earn passing grades in 70% of the number of courses taken in the previous semester. Seniors must meet this requirement in order to participate in athletics during the Spring sports season of their senior year.
5. Voyager Academy requires a cumulative overall grade point average of 2.0 or above in order to try out and participate in athletics. This includes off-season workouts and team manager positions.
6. Student-Athletes and managers cannot participate (practice or play) if ineligible or if suspended from school. This includes being with the team on the bench/sideline.
7. Student-athletes must be present in three of their four courses to be eligible to practice or play in an athletic contest.
8. Student-Athletes absent from athletic practices five or more days due to illness or injury shall receive a medical release by a licensed physician before re-admittance to practice or play.

SPORTSMANSHIP & CITIZENSHIP

All participants in athletic programs should understand that it is a privilege to participate in Voyager Academy athletic programs and that the student-athlete is representing Voyager Academy, parents, friends, community, coaches, and themselves. Athletes' actions, both on and off the athletic field and court, should reflect the Voyager Academy school and Athletic Department values at all times.

STUDENT-ATHLETE DISCIPLINE

Student athletes are expected to follow Voyager Academy's honor code and student handbook in addition to the athletic department's handbook. Per NCHSAA, school-assigned consequences for disciplinary infractions must be served as assigned, even if this causes a student to miss an athletic event or practice.

Student-athletes who are suspended from school two (2) or more times in one school year will be deemed ineligible for the remainder of the school year. Athletes who are suspended for aggressive or violent incidents may be immediately removed from participation for the remainder of the school year.

PARENTS & GUARDIANS AS SPECTATORS

As a spectator, parents and guardians should:

- Realize you represent the school; therefore, you have an obligation to be a true sportsman, and encourage through this behavior the practice of good sportsmanship by others.
- 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.
- Remember that 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 contest.
- Be modest in victory and gracious in defeat. Respect the judgment and integrity of game officials.
- Respect the decisions of the coaching staff.
- Under no circumstances are you to approach the team, your student-athlete or coach during competition, including half time.

Your coaches are trained and knowledgeable; do not confuse your student-athlete by teaching them techniques that are contrary to what they are being instructed to do by the coaches.

SPORTSMANSHIP EJECTION POLICY

This policy applies to all persons involved in athletic contests, including student-athletes, coaches, managers, and game administrators. The examples below include behavior or conduct which will result in ejection from a contest.

Fighting includes, but is not limited to, combative acts such as an attempt to:

1. Strike an opponent with fist, hands, arms, legs, or feet.
2. An attempt to punch or kick an opponent, regardless of whether or not contact is made.
3. An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate.
4. Leaving the bench area to participate in a fight (contact or no contact).
5. Taunting or baiting.
6. Profanity directed toward an official or opponent.
7. Obscene gestures, including gesturing in such a manner as to intimidate.
8. Disrespect when addressing or contacting an official.

****NGHSAA guidelines will be followed for each ejection.**

VOYAGER ACADEMY EJECTION POLICY

Below are the minimum suspension lengths for student-athletes, managers, and team personnel who are ejected. Suspensions can be longer than what is listed if the offense is deemed severe. In addition, any team personnel ejected from a contest must complete the required NFHS Sportsmanship course before they are able to return to competition.

1st ejection: Suspended from the next game.

2nd ejection: Suspended for the next two games.

3rd ejection: Suspended for one calendar year; and a coach who is suspended shall not coach any team for any grade level during the period of suspension.

HAZING

Hazing is prohibited at all times. Hazing involves any act that subjects teammates to mental or physical discomfort, embarrassment, harassment, or ridicule. In some instances hazing constitutes a criminal act. At a minimum, hazing may lead to immediate dismissal from a team and ineligibility in athletics the following semester.

SUBSTANCE ABUSE/USE

Students will not use, possess, be in the presence of, sell, transport and/or distribute any alcoholic beverage, electronic cigarette (vape devices) or any scheduled drugs or tobacco at any time throughout the entire duration at Voyager Academy.

1. For the following circumstances, a member of an athletic team will be suspended from that sport for the remainder of that season or a period of eight (8) weeks from all athletic activities, whichever is greater:
 - a. Student-athlete has consumed, possessed, transported or was in the presence of illegal use of alcoholic beverages during that athletic season.
 - b. Student-athlete used, possessed or transported non-prescribed drugs during that sport season.
 - c. Student-athlete smoked or possessed marijuana during that athletic season.

If any student-athlete receives a second seasonal or eight (8) week suspension, the student-athlete will lose the right to participate in interscholastic athletics for a period of one (1) calendar year from the date of the last violation. Student-Athletes who are in violation of this code will also be subject to administrative penalty. The above rules will be enforced when it is determined by the athletic administrator or the school administration that an athlete has violated training regulations.

- ~~2. For the circumstance of smoking tobacco, possession of an electronic cigarette (vaping device), or use of any tobacco product, a member of an athletic team a student-athlete will be suspended from athletics until they have met with the school nurse and have taken a cessation course.~~

SPORTSMANSHIP & CITIZENSHIP

All participants in athletic programs should understand that it is a privilege to participate in Voyager Academy athletic programs and that the student-athlete is representing Voyager Academy, parents, friends, community, coaches, and themselves. Athletes' actions, both on and off the athletic field and court, should reflect the Voyager Academy school and Athletic Department values at all times.

SCHOOL ATTENDANCE

Athletes must be in attendance for **over half (3 of 4 block classes)** of the school day in order to participate in a sporting event (practice or game) that afternoon. If the following day there are no classes or it is a Saturday they are unable to participate on that day as well.

Exception to this rule is if the student-athlete notifies their coach and school ahead of time with a note from a guardian that they will be on a college visit or have an academic requirement that cannot be moved.

PRACTICE ATTENDANCE

Athletes are expected to be at all practices and to be on time to each practice. If the student-athlete cannot attend a practice, they should inform their coach prior to the starting time of practice. Student-athletes dismissed from school due to illness will not play or practice that day or the following day if there are no classes or it is a Saturday. Your coach may also have additional rules in regards to attendance.

UNIFORMS & EQUIPMENT

Equipment must be returned within three (3) days following the conclusion of the season or the termination of participation. Each student-athlete must pay for unreturned or damaged uniforms and equipment issued to them. Students who fail to pay for the unreturned or damaged equipment will be ineligible to participate in the next sport season or off-season workouts. **Additionally, students who fail to return uniforms/equipment or to pay the replacement cost will be subject to withheld academic diplomas, removal of parking privileges, senior privileges, and any other privilege designated by the school.**

INJURIES

Student-athletes should report all injuries to their coach and the school athletic trainer. A student-athlete who is referred to a physician cannot return to participation until a physician provides written permission to the coach and athletic trainer.

TEAM RULES

With prior approval of the Athletic Director, additional rules may be established by the coach of the individual sport. If this is the case, each athlete in that sport will receive a written copy of these rules at the first practice session and return an acknowledgment form signed by the athlete and parent/guardian.

Social Media Policy

Student-athletes, coaches, and team personnel are expected to be exemplary representatives of themselves, their teams, and Voyager Academy both at school and in the community. With that in mind, student-athletes shall refrain from posting any content on social media sites that reflects negatively on themselves, the team, the athletic department, and Voyager Academy. Unacceptable content includes, but is not limited to:

- Open criticism of teammates, coaches, Voyager administrators, or opposing players or schools
- References to drugs, alcohol, or illicit substances
- Content of a sexual or adult nature

The first time a student-athlete is discovered to have violated this policy, the student-athlete will meet with their sport's head coach and/or the Athletic Director to discuss the offending content, and the student-athlete will be asked to delete any content deemed inappropriate (if applicable). The discipline that is carried out afterward will be discussed among the coach, Athletic Director, and the Principal of the school

If subsequent violations of this policy occur, further action may be taken, up to and including dismissal from the team.

TERMINATION OF PARTICIPATION

Student-athletes who discontinue participation on a team are to inform their coach of this decision. All uniforms and equipment must be returned within two (2) school days.

MEMBERSHIPS

Voyager Academy High School is a 1A member of the North Carolina High School Athletic Association (NCHSAA) in the Triangle North Athletic Conference (TNAC). Voyager Academy Middle School follows the guidelines under the North Carolina Department of Public Instruction and also competes in the TNAC.

REQUIREMENTS FOR VARSITY LETTER AWARDS - HIGH SCHOOL ONLY

The student-athlete or team manager must ~~complete~~ be a team member for the entirety of the season if ~~physically able~~. Any student-athlete or manager who is dismissed or removed from a team is not eligible for a letter or pin. Guidelines for letters and pins are below and will be given out by the team coach. ~~on what each sport requires for a student-athlete to earn their athletic letter. Once an athlete earns their varsity letter they will then earn a pin in that respective sport when meeting the letter requirements.~~ If you wish to purchase a jacket or sweater for your letter they can be ordered through [NEFF's website](#).

- ~~Cross-country – compete in 3/4 of the meets.~~
- ~~Baseball – play in 40% of the innings. Pitchers are awarded at the discretion of the coach.~~
- ~~Softball – play in 40% of the innings. Pitchers are awarded at the discretion of the coach.~~
- ~~Cheerleading – participate at all the games unless excused by the coach.~~
- ~~Basketball – play in 40% of the halves.~~
- ~~Golf – play in 40% of the varsity matches.~~
- ~~Lacrosse – play in 40% of the quarters.~~
- ~~Soccer – play in 50% of the halves.~~
- ~~Outdoor Track & Field – compete in 3/4 of the meets~~
- ~~Swimming – to be determined by the head coach.~~
- ~~Tennis – compete in 40% of the matches.~~
- ~~Volleyball – compete in 40% of sets.~~
- ~~Wrestling – compete in 40% of the varsity matches.~~
- ~~Managers – attend all practices and carry out all duties as assigned by the coach~~
- **Year 1 on Varsity:** Varsity letter is awarded. Only one letter will be awarded per student-athlete during their time at Voyager Academy. For example, if you are a first year student-athlete and play three varsity sports, one in each season, you will earn your varsity letter during the fall season.
- **Year 2 and forward on Varsity:** Sport specific pins will be awarded to student-athletes each season after a letter is earned.

MIDDLE SCHOOL AWARDS

- All student-athletes will receive a certificate of participation from their team coach.
- Each team can have up to five (5) additional plaques awarded at the discretion of the coach and athletic director.
- Teams that go undefeated during the regular season **and** during the conference tournament will have a banner made with their team record and all athlete, coaches, and manager names listed. These banners will be hung in the middle school gym.
- Any team that wins the regular season trophy and or the conference championship will have their year added to their team championship banner in the gym.

HIGH SCHOOL AWARDS

- Certificates awarded to student-athletes who were named to the all-conference team in their respective sport.
- Plaques awarded for those student-athletes named to all-region and or all-state teams.
- NCHSAA Individual Scholar-Athlete certificates and pins for those who earn an unweighted GPA of 3.5+ for the fall and or spring semester. The Fall/Winter Scholar-Athletes will be recognized at the spring banquet of that same year, while the spring Scholar-Athletes from the previous spring will be recognized in the fall/winter banquet that follows that spring season.

- Each team can have up to five (53) additional plaques awarded at the discretion of the coach and athletic director.

HIGH SCHOOL BANNERS & CHAMPIONSHIPS

Banners will be ordered and displayed in the high school gymnasium for the following achievements:

- Regular season conference champions.
- Conference tournament champions.
- Regional champions / Regional Runner-up
- State Runner-up
- State Champions (provided by the NCHSAA)

NCAA ELIGIBILITY STANDARDS

The NCAA has established a central clearinghouse to certify athletics eligibility for Division I and II. Please visit the NCAA Eligibility Center at: <https://web3.ncaa.org/ecwr3/> for more information.

PLAYING TIME

It is very difficult to accept that a student-athlete may not play as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team and all students involved. Playing time is made at the discretion of the coach. Playing time is not guaranteed because you make the team. Coaches may reduce playing time at their discretion for individual players. Playing time will not be discussed by any method with the coach or athletic director.

PARENT/COACH COMMUNICATION

Both coaches and parents are to abide by the "24 Hour Rule." This means 24 hours will pass from the athletic contest before any discussions occur. It is our desire that positive relations can be maintained between parents and coaches. In the event that hostile feelings or arguments ensue, the meeting should be immediately terminated by both parties and another meeting should be scheduled with the athletic director present. Never approach a coach after or during a contest/practice.

Appropriate concerns to discuss with coaches include

1. What the expectations are for your son/daughter student-athlete during practices and games.
2. Ways to help your student-athlete improve.
3. Concerns about your student-athlete.
4. Academic support and college opportunities for your student-athlete.
5. Injury procedure/protocol should your student-athlete be injured during participation.

Issues not appropriate to discuss with the coach are

1. Playing time.

2. Team strategy.
3. Play calling.
4. Other student-athletes.

Parents are to adhere to the following protocol **in this order** when a conflict arises:

- 1: The student-athlete speaks to the coach directly.
- 2: The student-athlete's parent or guardian speaks to the coach directly. Please set up an appointment the following day or time convenient for both parties.
- 3: If the issue has not been resolved, the parent schedules a time to meet with the athletic director.
- 4: If the parent seeks further assistance after having spoken to the coach and the athletic director, seek advice from the building principal.

PARENTS & GUARDIANS AS SPECTATORS

As a spectator, parents and guardians should:

- Realize you represent the school; therefore, you have an obligation to be a true sportsman, and encourage through this behavior the practice of good sportsmanship by others.
- 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.
- Remember that 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 contest.
- Be modest in victory and gracious in defeat. Respect the judgment and integrity of game officials.
- Respect the decisions of the coaching staff.
- Under no circumstances are you to approach the team, your student-athlete or coach during competition, including half time.
- Your coaches are trained and knowledgeable; do not confuse your son/daughter by teaching them techniques that are contrary to what they are being instructed to do by the coaches.

EMERGENCY ACTION PLAN

Medical emergency situations may arise at any time during athletic events. Immediate recognition and action are extremely important. Each coach will have direct access to this plan. Copies of the EAP will be in convenient and accessible locations at all athletic venues on the Voyager Academy campus as well as our off-site athletic facilities.

INCLEMENT WEATHER

In the event Voyager Academy is closed or released early due to inclement weather conditions, all after-school activities are automatically canceled. These after-school activities include practices, contests, meetings, or other events.

Lightning/Thunder Policy:

- When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes

and take shelter immediately.

- Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

HOT WEATHER INFORMATION

This information comes from the following sources: National Federation Sports Medicine Handbook, NATA Fluid Replacement Guidelines, NCHSAA Handbook, and the American Red Cross Sport Safety Training Handbook, NC Middle School Athletic Manual. Student-athletes should be informed of the information contained in this document.

Temperature (Fahrenheit)	Humidity	Procedure	Hydration Schedule
80 - 90	under 70%	No precautions necessary except close observation of those athletes with a medical history of heat illness or have reported symptoms of heat illness.	5 min. water break every 30 min
80 - 90	over 70%	Unlimited amounts of water are made available on the field. Ice water is preferable. Athletes may obtain water at any time. Coaches should monitor all athletes, especially those with a medical history of heat illness or have reported symptoms of heat illness to the athletic trainer during the season.	5 min. water break every 20 min
90 and above	over 70%	A shortened practice conducted in shorts and T-shirts. Additional fluid replacement breaks are necessary. May need to suspend practice. Unlimited amounts of water are made available on the field. Ice water is preferable. Athletes may obtain water at any time. Lighten the practice routine. Coaches should monitor all athletes.	5 min. water break every 15 min.

Recommendations for Fluid Replacement

Athletes should be educated in the process of hydrating themselves as a 24 hour a day process.

<p>Before exercise:</p> <ul style="list-style-type: none"> • Drink 17-20 ounces of water 2-3 hours before exercise • Drink an additional 7-10 ounces of water 10-20 minutes before exercise 	<p>During exercise:</p> <ul style="list-style-type: none"> • Refer to Hot Weather Guidelines for Athletic Practice 	<p>After exercise:</p> <ul style="list-style-type: none"> • Drink enough fluids to replace any weight loss within two hours of completion of activity • Fluid replacement should be at a rate of 24 ounces for every pound of body
---	---	--

--	--	--

Urine color is an easy method to determine hydration status. Light yellow to clear urine indicates a well-hydrated athlete.

Signs and Symptoms of Heat Problems

<p>Early Stages (sometimes called heat exhaustion)</p> <ul style="list-style-type: none"> ● Cool, moist, pale, ashen, or flushed skin ● Headache, nausea, dizziness ● Weakness, exhaustion ● Heavy sweating 	<p>Late Stages (sometimes called heat stroke)</p> <ul style="list-style-type: none"> ● Red, hot, dry skin ● Changes in level of consciousness ● Vomiting 	<p><u>If at any time the athlete exhibits the following signs and symptoms:</u></p> <ul style="list-style-type: none"> ● refuses water ● vomits ● skin is unusually red, hot, and dry for the weather conditions (dry clothes also) ● starts to lose consciousness <ol style="list-style-type: none"> 1. Send someone to call EMS personnel (Emergency Action Plan). 2. AED devices can be located at the following locations: turf field, high school front desk, high school gymnasium, Hock House, middle school front desk, elementary school front desk. 3. Place the athlete on his or her side. 4. Continue to cool the athlete by using ice or cold packs on the wrists, ankles, groin, and neck and in the armpits. Continue to check breathing and pulse
--	--	--

COLD WEATHER INFORMATION

A safety threat exists when the physically active cannot maintain heat. Cold exposure can be uncomfortable, impair performance, increase injury risk and may be life threatening. Cold Weather is defined as any temperature that can negatively affect the body’s regulatory system. These do not have to be freezing temperatures.

Factors that may contribute to cold injuries include: dehydration; poor conditioning; wearing wet or tight clothing; malnutrition; altitude; or medical conditions associated with poor circulation, such as diabetes, heart disease, anemia, or sickle cell disease. The following guidelines have been established for practice and event participation.

Cold Weather Practice Recommendations:

Wind Chill Temperature ABOVE 36	Normal Practice
33 - 35 with Precipitation	No more than 40 minutes outside per session May return outside after 20 minutes indoors
32 or Below with Precipitation	No Outside Practice
33 - 35 without Precipitation	No more than 1 hour outside per session May return outside after 30 minutes indoors
26 - 31 without Precipitation	No more than 30 minutes outside per session May return outside after 15 minutes indoors
25 or Below without Precipitation	No Outside Practice

The wind chill temperature is how cold people and animals feel when outside. Wind chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind increases, it draws heat from the body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it FEEL much colder and poses a more severe threat to our bodies.

Cold Exposure Can Be Life Threatening - Know the Signs

Early recognition of cold stress is important. Shivering, a means for the body to generate heat, serves as an early warning sign. Excessive shivering contributes to fatigue and makes performance of motor skills more difficult. Other signs include numbness, pain, swelling and redness in fingers and toes or a burning sensation of the ears, nose or any exposed flesh. Eyes may be red and watery, and athletes may complain of headache or dizziness.

As cold exposure continues, the core temperature drops. When the cold reaches the brain, a victim may exhibit sluggishness, poor judgment and may appear disoriented. Speech becomes slow and slurred, and movements become clumsy. If the participant wants to lie down and rest, the situation is a medical

emergency and the emergency action plan should be activated.

Prevention of Cold Exposure Injury

1. In cold weather temperatures proper layered clothing should be worn and encouraged. These include:
 - Several layers around the core of the body to insulate, especially for those individuals who are least active.
 - Long pants designed to insulate. A nylon shell or windpants on top serves well as a windbreaker.
 - Long sleeve shirt/sweatshirt/coat designed to block wind and insulate. These may be layered.
 - Gloves
 - Ear Protection/Hat
 - Wicking socks that do not hold moisture inside. Cotton absorbs and holds moisture; wool is a better alternative.
2. Cold exposure requires more energy from the body. Additional caloric intake may be required to support energy needs.
3. Cold weather activity has similar hydration needs to warm weather activity. Athletes lose more water through respiration and sweat as the air is much drier than in warmer less windy months. Though the thirst reflex is not activated as quickly in cold, a conscious effort to hydrate before, during and after activity should be made.
4. Never allow athletes to train alone in cold weather.

CONCUSSIONS

INFORMATION FOR STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS

What is a concussion? A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

How do I know if I have a concussion? There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly Taking longer to figure things out Difficulty concentrating Difficulty remembering new information	Headache Fuzzy or blurry vision Feeling sick to your stomach/queasy Vomiting/throwing up Dizziness Balance problems	Irritability-things bother you more easily Sadness Being more moody Feeling nervous or worried Crying more	Sleeping more than usual Sleeping less than usual Trouble falling asleep Feeling tired

	Sensitivity to noise or light		
--	-------------------------------	--	--

Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)

What should I do if I think I have a concussion? If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

When should I be particularly concerned? If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

What are some of the problems that may affect me after a concussion? You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

How do I know when it's ok to return to physical activity and my sport after a concussion? After telling your coach, your parents, and any medical personnel around that you think you have a concussion; a doctor visit is required if a concussion is suspected. A medical treatment plan and clearance by the medical doctor is needed before you can return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You will not be permitted to return to play or practice on the same day as your suspected concussion.

You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury

This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.

ACKNOWLEDGMENT

It is the responsibility of the parents/guardians and student-athletes to read the Voyager Academy Athletic Handbook prior to participating in our interscholastic athletic program. The information contained in this handbook outlines the policies, rules, and regulations that govern our program. The athletic department requires that parents and each student-athlete acknowledge all information contained in this document by signing off that they have read and understand the information provided in the athletic handbook.

Student-Athlete Acknowledgement: _____ Date: _____

Parent/Guardian Acknowledgement: _____ Date: _____

- END -