

BEACH DISTRICT ATHLETIC MANUAL

FOR PARENTS AND STUDENTS



VIRGINIA BEACH CITY PUBLIC SCHOOLS
CHARTING THE COURSE



VIRGINIA BEACH CITY PUBLIC SCHOOLS HIGH SCHOOL ATHLETIC PROGRAMS

	Boys	Girls	Coed
Season 1	Cross Country Football Volleyball	Cross Country Field Hockey Volleyball	Cheerleading Golf
Season 2	Basketball Indoor Track Wrestling Swimming	Basketball Gymnastics Indoor Track Swimming	Cheerleading
Season 3	Baseball Lacrosse Soccer Tennis Track & Field	Soccer Softball Tennis Track & Field	

VIRGINIA BEACH CITY PUBLIC SCHOOLS VIRGINIA BEACH, VIRGINIA

Dr. Aaron C. Spence, Superintendent
Dr. Donald E. Robertson, Chief of Staff
Dr. Walter C. Brower, Jr., Senior Executive Director of High Schools
Dr. James J. Smith, Senior Executive Director of Middle Schools
Michael B. McGee, Director Office of Student Leadership

Student Activities

MaryAnn Lafler, Coordinator of Student Leadership
John Cosimano, Coordinator of Student Activities
David Rhodes, Coordinator of Student Activities

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BEACH DISTRICT OFFICERS AND CHAIRPERSONS

Chairman	Mrs. Melissa George	Kempsville High School
Vice-Chairman	Dr. Ryan Schubart	Kellam High School
Secretary	Ms. Leeane Turnbull	Salem High School
Treasurer	Dr. Paula Johnson	Landstown High School
Baseball	Ms. Leeane Turnbull	Salem High School
Basketball	Ms. Tennille Bowser	Green Run High School
Cheerleading	Dr. Ryan O'Meara	Tallwood High School
Cross Country	Dr. Ryan Schubart	Floyd E. Kellam High School
Debate	Dr. Michael Kelly	Frank W. Cox High School
Drama	Ms. Leeane Turnbull	Salem High School
Field Hockey	Dr. Michael Kelly	Frank W. Cox High School
Football	Mr. Troy Walton	Bayside High School
Forensics	Ms. Tennille Bowser	Green Run High School
Golf	Dr. Claire LeBlanc	Ocean Lakes High School
Gymnastics	Mr. Troy Walton	Bayside High School
Indoor Track	Dr. Paula Johnson	Landstown High School
Lacrosse	Dr. Michael Kelly	Frank W. Cox High School
Scholastic Bowl	Mr. Todd Tarkenton	Princess Anne High School
Soccer	Dr. Claire LeBlanc	Ocean Lakes High School
Softball	Mr. Todd Tarkenton	Princess Anne High School
Swimming	Mrs. Melissa George	Kempsville High School
Tennis	Dr. Daniel Miani	First Colonial High School
Track and Field	Dr. Paula Johnson	Landstown High School
Volleyball	Dr. Ryan O'Meara	Tallwood High School
Wrestling	Dr. Ryan Schubart	Floyd E. Kellam High School

VIRGINIA BEACH CITY PUBLIC SCHOOLS

HIGH SCHOOLS

Bayside High School

4960 Haygood Road
Virginia Beach, VA 23455
Telephone: 648-5200

Principal: Mr. Troy A. Walton

Student Activities Coordinator: Ms. Lisa Corprew

Nickname: "Marlins"

Colors: Scarlet and Gold

Frank W. Cox High School

2425 Shorehaven Drive
Virginia Beach, VA 23454
Telephone: 648-5250

Principal: Dr. Michael Kelly

Student Activities Coordinator: Mrs. Jessica Horning

Nickname: "Falcons"

Colors: Forest Green, Gold, and Silver

First Colonial High School

1272 Mill Dam Road
Virginia Beach, VA 23454
Telephone: 648-5300

Principal: Dr. Daniel J. Miani

Student Activities Coordinator: Mrs. Hollie Godfrey

Nickname: "Patriots"

Colors: Columbia Blue, White, and Gold

Green Run High School

1700 Dahlia Drive
Virginia Beach, VA 23456
Telephone: 648-5350

Principal: Ms. Tennille Bowser

Student Activities Coordinator: Ms. Shani Twyman

Nickname: "Stallions"

Colors: Kelly Green, White, and Royal Blue

Floyd E. Kellam High School

2665 West Neck Road
Virginia Beach, VA 23456
Telephone: 648-5100

Principal: Dr. Ryan Schubart

Student Activities Coordinator: Ms. Amy Pratt

Nickname: "Knights"

Colors: Black, White, and Gold

Kempsville High School

5194 Chief Trail
Virginia Beach, VA 23464
Telephone: 648-5450

Principal: Mrs. Melissa S. George

Student Activities Coordinator: Ms. Carlin Conaway

Nickname: "Chiefs"

Colors: Red, Blue, and Silver

Landstown High School

2001 Concert Drive
Virginia Beach, VA 23456
Telephone: 648-5500

Principal: Dr. Paula X. Johnson

Student Activities Coordinator: Mr. David Stock

Nickname: "Eagles"

Colors: Royal Blue, Black, Silver and White

Ocean Lakes High School

885 Schumann Drive
Virginia Beach, VA 23454
Telephone: 648-5550

Principal: Dr. Claire R. LeBlanc

Student Activities Coordinator: Mr. John Williams

Nickname: "Dolphins"

Colors: Navy, Gold, Silver, and White

Princess Anne High School

4400 Virginia Beach Blvd.
Virginia Beach, VA 23462
Telephone: 645-5600

Principal: Mr. C. Todd Tarkenton

Student Activities Coordinator: Mr. William Jauron Brumage

Nickname: "Cavaliers"

Colors: Red, White, and Blue

Renaissance Academy

5100 Cleveland Street
Virginia Beach, VA 23462
Telephone: 648-6000

Principal: Mr. James D. Miller

Student Activities Coordinator: Mr. Shawn McMahon

Nickname: "Gryphon"

Colors: Hunter Green, Black, & Silver

Salem High School

1993 Sun Devil Drive
Virginia Beach, VA 23464
Telephone: 648-5650

Principal: Ms. LeeaneTurnbull-Palette

Student Activities Coordinator: Ms. Sarah Fernheimer

Nickname: "SunDevils"

Colors: Red, Black, Silver, and White

Tallwood High School

1668 Kempsville Road
Virginia Beach, VA 23464
Telephone: 648-5700

Principal: Dr. Ryan O'Meara

Student Activities Coordinator: Mr. Andrew Wynn

Nickname: "Lions"

Colors: Purple, Gold, White and Silver

INTRODUCTION

The purpose of the Beach District Athletic Manual is to inform parents of policies set forth governing athletics and individual athletes at each school.

The following topics are covered in this manual:

- Sportsmanship
- Parent/Coach Communication
- Hazing
- Social Media
- Out-Of-Season Practice
- Insurance
- Athletic Training
- VHSL Physical Examination Form
- Concussion Information and Testing
- Sudden Cardiac Arrest
- VBCPS Grading Scale
- 2.0 Mandate for Interscholastic Activities
- Collegiate Eligibility Requirements
- Team Policy and Sport Specific Information
- The Parental Statement of Understanding

Each school traditionally hosts a sports informational meeting for parents, which includes a description of insurance information, the athletic training program, concussion information, the Athletic Participation/Parental Consent/Physical Examination Form of the VHSL, high school and collegiate eligibility requirements, and Virginia Beach core courses.

If you have any questions concerning this manual or the parent meeting, please contact the student activities coordinator at your school or the Virginia Beach City Public School Office of Student Activities at 263-2030.

VIRGINIA BEACH CITY PUBLIC SCHOOLS SPORTSMANSHIP GUIDE

A Guide for Athletes, Coaches, and Parents

Participation in co-curricular activities is a privilege. As representatives of Virginia Beach City Public Schools, student athletes are expected to conduct themselves in a manner that meets the highest standards at all times.

It is the goal of Virginia Beach City Public Schools to provide all students with opportunities to engage in athletic activities that enrich their education and further develop the core values of respect, responsibility, fairness, trust, and good citizenship.

Engaging in planned instruction teaches good sportsmanship and proper behavior. It is the responsibility of the administration, staff, coaches, parents, and the community at large to create a climate that fosters the development of these behaviors. This is accomplished by encouraging and modeling positive and appropriate behavior within the sporting environment while, at the same time, striving for excellence.

Expectations for the behavior of athletes, coaches, and spectators at athletic contests, practices, and events are outlined below:

Athletes

Athletes are required to meet the following expectations:

1. Be courteous to visiting teams and officials.
2. Play hard and to the limit of your ability, regardless of discouragement. True athletes do not give up nor do they argue, cheat, or taunt opponents.
3. Retain composure at all times and never leave 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 competitor does not offer excuses.
5. Maintain a high degree of physical fitness by conscientiously observing team and training rules.
6. Demonstrate loyalty to the school by maintaining a high scholastic standing and by participating in or supporting other school activities.
7. Play for the love and honor of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Respect the integrity and judgment of officials and accept their decisions without question.
10. Respect the facilities of the host school and demonstrate the behavior expected of guests.

Absenteeism

In order for a student to participate in an athletic practice or contest, he/she must be in attendance for the school day. Exceptions to this policy are only permitted by an excused absence authorized by an administrator.

Coaches

Coaches are required to meet the following expectations:

1. Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
2. Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of your players. Make sportsmanship priority #1.
3. Emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court.
4. Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well-being of individual players and that the most important values of competition are derived from playing the game fairly.
5. Be a modest winner and a gracious loser.

6. Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
7. Cooperate with the school administration in the planning, scheduling, and conduct of sports activities.
8. Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership, and judgment.
9. Pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of the team.
10. Teach athletes that it is better to lose fairly than win unfairly.
11. Demonstrate integrity. Do not allow gambling, profanity, abusive language, or similar violations.
12. Refuse to criticize an opponent, an official, or others associated with sports activities.
13. Properly supervise student athletes under your immediate care and specifically observe a coach's responsibilities during events off school grounds.

Parents/Spectators

Parent/Spectators are required to meet the following expectations:

1. Realize that you represent the school and community and, therefore, have an obligation to be a true sportsman, encouraging through positive 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 wellbeing of the players, victory or defeat are 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.

Athlete/Parent/Coach Communication

Virginia Beach City Public Schools encourages open communication among athletes, parents, and coaches. Both athletes and parents are urged to discuss their concerns with the coach in the appropriate setting and at the appropriate time.

Appropriate concerns to discuss with the coach include issues of mental and physical well-being, strategies for improving individual performance, and issues of behavior.

Issues not appropriate for a parent to discuss with the coaches include playing time, starting positions, team strategy, play calling, and other athletes.

Conflict Resolution

It is desirable for conflicts to be resolved by an athlete with his/her coach. Occasionally, however, situations arise where conflicts are not able to be resolved through this interaction and the assistance of the student activities coordinator and/or principal is needed.

Spectator Conduct

The Virginia High School League requires school districts to monitor spectator behavior at all school sponsored activities. Accordingly, an event supervisor(s) may request any person involved in misconduct to leave the premises and may contact the police for assistance. The school has the authority to suspend individuals from attending all school sponsored activities for spectator misconduct. Virginia Beach City Public Schools appreciates positive support from all spectators.

PARENT/COACH COMMUNICATION

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student athletes. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communications You Should Expect from Your Child's Coach

1. Philosophy of the coach
2. General expectations
3. Locations and times of all practices and contests
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure if your child is injured during participation
6. Team rules, guidelines, and consequences for infractions
7. Lettering criteria
8. Team selection process

Communication Coaches Expect From Athletes/Parents

1. Concerns related to your child's general welfare
2. Notification of any schedule conflicts in advance
3. Notification of illness or injury as soon as possible

Appropriate Concerns to Discuss With Coaches

1. Ways to help your child improve
2. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make decisions based on what they believe to be the best for all student athletes involved. As you have seen from the previous list, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

1. Playing time
2. Team Strategy
3. Play calling
4. Other student athletes

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position.

PARENT/COACH COMMUNICATION (cont.)

If You Have a Concern to Discuss With a Coach,

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the student activities coordinator to help set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature usually do not promote positive resolutions.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the student activities coordinator to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Parent Code

1. Be a positive role model through your own actions to make sure your child has the best athletic experience possible.
2. Be a "team fan", as well as a "my kid" fan.
3. Weigh what your children say; they might slant the truth to their advantage.
4. Show respect for the opposing players, coaches, spectators, and support groups.
5. Be respectful of all officials' decisions.
6. Praise student athletes in their attempts to improve themselves as students, as athletes, and as people.
7. Gain an understanding and appreciation for the rules of the contest.
8. Recognize and show appreciation for an outstanding play by either team.
9. Help your child learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose.
10. If you as a parent have a concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command.
11. Please reinforce our drug and alcohol-free policies by refraining from the use of any controlled substance before and during athletic contests.
12. Remember that a ticket to a school athletic event is a privilege to observe the contest.

Be sensible, responsible, and keep your priorities in order. Participating on a Virginia High School League team is a wonderful opportunity for your child to grow physically, socially, and emotionally.

BEACH DISTRICT PRINCIPALS' ASSOCIATION

ANTI-HAZING STATEMENT

The Virginia Beach City Public Schools and the Beach District High School Principals Association, in an effort to promote a positive atmosphere in all student activities, subscribes to the following anti-hazing statement set forth below. It is the intention of the association that this information be shared with all members of the school community.

Hazing Defined

Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into, or affiliated with, any school group, club, athletic team, grade level, activity, or organization.

Hazing includes, but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including, for example, paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, or participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme or unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment for the student.
- Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

Monitoring On-Going Compliance with the Anti-Hazing Statement

Administrators, coaches/sponsors, and the student activities coordinator should maintain an on-going plan of monitoring for such activities that would be deemed unacceptable according to this statement. All instances in question should be investigated.

Process for the Reporting of Suspected Instances of Hazing

All incidents of hazing should be reported immediately to school administrators.

Adopted by the Virginia Beach High School Principals' Association, February 10, 2004.

BEACH DISTRICT SOCIAL MEDIA POSITION STATEMENT

Social Media has become engrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Beach District Principals' Association recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for the Beach District is a privilege, not a right. The student-athlete and coach represent his or her high school and the Beach District, and therefore, they are expected to portray themselves, their team, and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, school division and Beach District rules and regulations (including those listed below).

Specifically prohibited behaviors include but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students and/or school personnel.
- Nude, sexually-oriented, or indecent photos, images or altered pictures.

Also prohibited are all on-campus connections to off-campus violations of the policy.

- Use of school computers to view off-campus postings.
- Students accessing posts at school on their own devices.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity and a recommendation for expulsion.

Virginia Code Ann. Sec. 18.2-60 states that any person who knowingly communicates in writing, including an electronically transmitted communication, a threat to kill or do bodily injury to a person or a member of his/her family is guilty of a Class 6 felony. Further, any person who communicates, in writing, including an electronically transmitted communication, a threat to kill or do bodily harm to another person on school grounds or premises, on a school bus or at a school sponsored event is guilty of a Class 6 felony.

Virginia Code Ann. Sec. 18.2-152.7 states that "A person is guilty of a crime of personal trespass by computer when he uses a computer or computer network to cause physical injury to an individual."

Virginia Code Ann. Sec. 18.2-152.7:1 states that "If any person, with the intent to coerce, intimidate, or harass any person, shall use a computer or computer network to communicate obscene, vulgar, profane, lewd, lascivious, or

indecent language, or make any suggestion or proposal of an obscene nature, or threaten any illegal or immoral act, he shall be guilty of a Class 1 misdemeanor."

[\[S.B. Policies 6-62 and 6-64\]](#) [\[S.B. Regulations 6-62.1 and 6-64.1\]](#) [\[Virginia Code Ann. Secs. 18.2-152.7; 18.2-152.7:1.\]](#) [\[Virginia Code Ann. Sec. 18.2-60\]](#)

Social Media Guidelines for Student-Athletes

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember - once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. The posting is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember that photos once put on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

Information contained in this document:

- Lee E. Green, J.D. – Baker University, Baldwin City, Kansas.
- Virginia Beach City Public Schools – Code of Student Conduct – Social Networking
https://www.vbschools.com/UserFiles/Servers/Server_78010/File/Parents/CodeStudentConduct.pdf
- St. Thomas Aquinas High School – Social Networking and Athletes – July 18, 2012
St. Thomas Aquinas High School - 197 Dover Point Rd, Dover, NH 03820 - Phone: 603-742-3206 - Fax: 603-749-7822

(Adopted 8-14-2012 by the Beach District Principal's Association)

VHSL OUT-OF-SEASON PRACTICE RULE

27-7-1 OUT-OF-SEASON PRACTICE RULE- All VHSL member school sponsored athletic teams are restricted from any organized activities during designated "dead periods." Out-of-season dead periods shall be 10-day periods beginning with the first permissible practice date of a sports season as published in the VHSL Calendar. A summer "dead period" for all athletic teams shall be from Sunday through Saturday of the week containing July 4th. During dead periods, no coaching, observing or contact between a coach(s) or player(s) may occur in the VHSL member school sponsored athletic team or activity involved. There may be no VHSL member school sponsored practice, open facilities, weight training/conditioning, out of season league(s) or member school sponsored clinics/camps. Outside of dead periods, all VHSL member school sponsored activities may occur on any day except Sundays. Team vs. team competition may occur only in camps or leagues. Schools, districts and/or regions may impose more restrictive guidelines. VHSL catastrophic insurance is not applicable to any out-of-season activities.

27-7-3 Penalty: Any school adjudged guilty of violating the Out-of-Season Practice Rule shall be subject to a fine as stated in 30-5-1 and such disciplinary action, including ineligibility for district championships, as the appropriate district committee, interdistrict committee or VHSL Executive Director may impose.

Additional District Guidelines:

- No spring football practice with pads/equipment.
- No school to school competition.
- All participants must have a current VHSL physical
- Only approved paid or volunteer coaches may work with students during VHSL out-of-season activities.
- Out-of-season activities **CANNOT BE MANDATORY**
- Out-of-season activities **MUST BE OPEN TO ALL STUDENTS WITH A PHYSICAL**
- Out-of-season activities **CANNOT BE CONSIDERED CRITERIA FOR TRY-OUT**

Please make sure that all coaches and student athletes are aware of the specific dates for the **VHSL DEAD PERIODS.**

FALL DEAD PERIOD:	JULY 28 - AUGUST 6, 2022
WINTER DEAD PERIOD:	NOVEMBER 7 - 16, 2023
SPRING DEAD PERIOD:	FEBRUARY 20 - MARCH 1, 2023
SUMMER DEAD PERIOD:	JULY 2 - 8, 2023

INSURANCE

Adequate insurance coverage for an athlete is the responsibility of the parent or guardian. The school system purchases accident insurance for students for coverage while they are involved in secondary school interscholastic athletic activities. The insurance plan includes only those sports, which are under the supervision of the Beach District. It does not include sports clubs offered by individual schools.

It must be clearly understood that no accident insurance plan is comprehensive. It is certainly possible that a child could be seriously injured resulting in sizeable medical costs for which parents are responsible. Serious injury could include, but is not restricted to, loss of bodily function, loss of organs or limbs, paralysis, and even death.

The school system is again offering insurance coverage without a premium cost to the parent with a deductible of \$100.00 per injury.

Insurance information outlined on the following five pages is an attempt to briefly describe the insurance plan. It is not a copy of the policy.

SECONDARY SCHOOLS ATHLETIC ACCIDENT INSURANCE PLAN HIGHLIGHTS

COVERAGE for accidents while participating in secondary school athletics. Travel is also covered, according to policy limits and limitations listed on the next page, when the student is going directly and uninterruptedly to or from conditioning, practice or competition.

FULL EXCESS WITH \$100 DEDUCTIBLE – After a \$100 deductible per incident, benefits are payable up to the applicable maximum for covered expenses that are not recoverable from another plan providing medical expense benefits. If the insured is not covered by another plan providing medical expense benefits, after a \$100 deductible is met, benefits are then payable according to policy limits and limitations.

INPATIENT HOSPITAL SERVICES

Hospital's most common charge for semi-private room & board
(or room and board in an intensive care unit)

Hospital ancillary services (including, but not limited to, use of
the operation room)

OUTPATIENT HOSPITAL SERVICES

Hospital emergency room or ambulatory medical center

Laboratory test

Radiological procedures

PHYSICIAN SERVICES (INPATIENT OR OUTPATIENT)

Services of a Physician (a licensed practitioner of the healing
arts acting within the scope of his or her license who is not 1)
insured; 2) an immediate family; or 3) retained by the
Policyholder)

Anesthetics and the administration of anesthetics

Physical therapy

ADDITIONAL SERVICES

Registered Nurse Services or Licensed Practical Nurse

Ambulance service to or from a hospital

Rental of durable medical equip/artificial limbs, artificial eyes or
other prosthetic appliances

Medicines or drugs administered by a physician or that can be
obtained only with a physicians' written prescription

Artificial eyes or other prosthetic appliances

Repair or replacement of sound natural teeth damaged or lost
as a result of injury

Deferred Dental

Accidental Death Benefit

Accidental Dismemberment Benefit

COINSURANCE PERCENTAGE

70% Usual and Customary (U&C)

70% U&C

70% U&C up to max \$2,000

70% U&C

70% U&C

70% U&C

70% U&C

70% U&C except that an office visit
connected with any such service is
payable up to \$50 per visit up to a
max of 5 visits

70% U&C

70% U&C up to max \$800

70% U&C

70% U&C

70% U&C

70% U&C up to max \$500

70% U&C up to \$600

Max Amount: \$15,000

Max Amount: 30,000

EXCLUSIONS AND LIMITATIONS

The policy does not cover any loss as a result of:

1. Treatment rendered by a family member or a person retained by you or the school.
2. Charges which the insured would not have to pay if he/she did not have insurance or are in excess of usual and reasonable expenses.
3. Any injury that is intentionally self-inflicted; war or any act of war; taking part in a riot.
4. Any injury that is caused by (a) flying in aircraft, except as a fare paying passenger; (b) flying in an ultra light, hang-gliding, parachuting, or bungi-cord jumping; (c) flying in a space craft or any craft designed for navigation above the earth's atmosphere; (d) travel in or upon a snowmobile or any two or three wheeled motorized vehicle or any off road motorized vehicle not requiring licensing as a motor vehicle; or (e) any accident where the insured is the operator and does not possess a current and valid motor vehicle operator's license.
5. An injury for which the insured is covered under Worker's Compensation or Employer's Liability Laws.
6. The insured's participation in a felony.
7. An injury caused by drug addiction or the result of being intoxicated.
8. A sickness or disease or diagnostic test or treatment, except infection which occurs directly from an accidental cut or wound, or ingestion of contaminated food.
9. Expenses incurred in connection with cosmetic surgery or procedures unless required by an injury.
10. That part of medical expenses payable by any automobile insurance policy without regard to fault (does not apply in any state that prohibits such limitation).
11. An injury resulting from participation in or practice in any activity, which is not supervised and sponsored by the policyholder.

DEATH, DISMEMBERMENT OR LOSS OF SIGHT BENEFIT

When a covered injury results in any one of the following losses within 365 days after the date of accident, additional benefits will be paid for the loss of: life-\$15,000; dismemberment of two limbs or eyes-\$30,000; or single dismemberment-\$15,000. If more than one loss results from any one accident, only one amount, the largest, will be paid.

PROCEDURE FOR MAKING A CLAIM

The contact person(s) for insurance claims will be identified at the preseason meeting. Parents must make sure they follow the procedure listed below to help expedite payment by the insurance company:

- STEP 1: Pick up the claim form from the contact person at your child's school.
- STEP 2: Fill out parts 1 and 2. The parent or guardian must complete Part 2 and must sign the authorization and affidavit in Part 2.
- STEP 3: Take the claim form to the individual who was supervising the activity or the contact person for verification as a legal injury.
- STEP 4: The claimant will then take the claim form to the attending provider of services for his medical report. The claimant must send the original claim form to Tower Financial. To activate the claim, page 2 of the form must be filled out or an itemized statement from the provider of services, must be attached. Mail the claim form with any attachments to:

Tower Financial
316 Office Square Lane
Suite 103
Virginia Beach, Va. 23462
757-499-4488 (fax) 499-1522

- STEP 5: Submit all subsequent bills and keep a copy of all records sent to the insurance company.

Any questions pertaining to the filing procedure can be answered by the contact person at your child's school, the Virginia Beach City Public Schools Student Activities Office or a representative of Tower Financial.

IMPORTANT:

1. **Treatment for any injury must be received and claim form filed within 90 days of the date of injury!** The benefit period for the secondary school athletic accident plan is 1 year from the date of injury.
2. **When another plan providing medical expense benefits to an insured is an HMO, PPO, or similar arrangement** for provision of benefits or service and the insured does not use the facilities or services of the HMO, PPO, or similar arrangement for provision of benefits or services, the medical benefits otherwise payable under **this policy shall be reduced by 50%**. This limitation shall not apply to emergency treatment required within 24 hours after an accident when the accident occurs outside the geographic area served by the HMO, PPO, or similar arrangement for provision of benefits or services.
3. **Treatment at an Urgent Care Facility** is considered a physician visit which is not covered under the outpatient emergency room benefit.

NOTIFICATION OF INJURY FORM SAMPLE

SEND NOTIFICATION FORM TO:

TOWER FINANCIAL GROUP
P.O. Box 62263
VIRGINIA BEACH, VA 23466
Phone (757) 499-4488
Fax: (757) 499-1522
claims@towerfinancialgroupinc.com

NOTIFICATION OF INJURY

Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

Reference Number

FOR OFFICE USE

Policy Number

Coverage Code

FORM MUST BE COMPLETED IN FULL & MAILED TO OUR OFFICE WITHIN 90 DAYS FROM THE DATE OF THE ACCIDENT

PART I – ACCIDENT REPORT							
1A. Name of School				1B. Name of School District/Diocese/Association			
2A. Name of Student (Last)		(First)		(Middle Initial)		2B. Social Security No.	2C. Grade
						2D. Birthdate	2E. Sex
3. Nature of Injury (Please describe fully indicating what part of body was injured – e.g. broken arm, sprained ankle, etc.)							
4. Describe how accident occurred. (Please provide all details.) MUST BE A BODILY INJURY DUE TO AN ACCIDENT.							
5A. Was the accident school-related? <input type="checkbox"/> Yes <input type="checkbox"/> No				5B. Is the accident covered under a catastrophic policy? <input type="checkbox"/> Yes <input type="checkbox"/> No			
6A. Did Accident Occur:				6B. a) Date of Accident		6C. Name of Activity	
a) while the claimant was supervised? <input type="checkbox"/> Yes <input type="checkbox"/> No b) during sponsored activity? <input type="checkbox"/> Yes <input type="checkbox"/> No c) during programmed hours? <input type="checkbox"/> Yes <input type="checkbox"/> No d) on activity premises? <input type="checkbox"/> Yes <input type="checkbox"/> No e) while traveling directly and uninterruptedly to or from home premises and school for regular school sessions or school sponsored and supervised activities? <input type="checkbox"/> Yes <input type="checkbox"/> No				b) Time			
				c) Place			
				6D. Name and Title of Supervisor			
7A. _____ Signature of School Officer				7B. _____ Title		7C. _____ Date	

PART II – TO BE COMPLETED BY PARENT/GUARDIAN OR CLAIMANT (IF ADULT)			
1A. Name of Father/Guardian or Claimant (if adult) <input type="checkbox"/> None		1B. Social Security No.	
		1C. Address/City/State/Zip	
2A. Name of Mother/Guardian or Spouse (if adult) <input type="checkbox"/> None		2B. Social Security No.	
		2C. Address/City/State/Zip	
3A. Name of Father/Guardian's or Claimant's (if adult) Employer <input type="checkbox"/> None		3B. Address/City/State/Zip of Employer	
4A. Name of Mother/Guardian's or Spouse's (if adult) Employer <input type="checkbox"/> None		4B. Address/City/State/Zip of Employer	
5A. List all Insurance Company(ies) under which the claimant is insured <input type="checkbox"/> None		5B. Policy Number(s)	
		<input type="checkbox"/> Medicaid <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Govt. <input type="checkbox"/> Medicaid <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Govt. <input type="checkbox"/> Medicaid <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Govt. <input type="checkbox"/> Medicaid <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Govt. <input type="checkbox"/> Medicaid <input type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Govt.	
Affidavit: I verify that the above information regarding insurance is accurate and complete. I understand that the intentional furnishing of incorrect information via the U.S. Mail may be fraudulent and violate federal laws as well as state laws.			
Signature of Parent/Guardian or Claimant (if adult)		Date	
Authorization: I hereby authorize any physician or hospital who has treated or attended to the above claimant to furnish the insurance company or its representative any information requested. A photocopy of this authorization is to be considered valid.			
Signature of Insured (Parent or Guardian if claimant is under 18)		Date	

SEE CLAIM INSTRUCTIONS ON THE BACK OF THIS FORM

NU K-12 VA Tower

NOTIFICATION OF INJURY FORM INSTRUCTIONS

CLAIM INSTRUCTIONS

Treatment must commence within 90 days from the date of the accident.

1. In case of an accident, notify the school/organization immediately.
2. Notify **ALL** treatment facilities (physician's office, hospital, etc.) of this insurance coverage so that any invoices and/or Explanation of Benefits (EOB) can be sent directly from the medical facility to Tower Financial Group.
3. Have Part I and Part II completed on the Notification of Injury form. Do not leave any blank spaces or write "N/A" in any space. If either parent or guardian is uninvolved, deceased, unemployed, self-employed or disabled, please state so. If you are employed, but do not have insurance, please state "NO INSURANCE" and provide us with a statement from your employer that the claimant has no insurance. Otherwise, our office will submit an insurance questionnaire to your employer to be used as verification of no dependent coverage.
4. Attach any itemized bills to the claim form, along with any corresponding Explanation of Benefits (EOB) for each itemized bill. An itemized bill includes treatment rendered, the dates of the treatment, diagnosis codes, physician's or hospital's name, address and tax i.d. number. Balance Due bills are not acceptable. Be sure to attach any receipts for bills paid out-of-pocket. Otherwise, benefits will be paid to the provider of service. Please Note: Both an itemized bill and EOB (if applicable) must be submitted for claims to be considered for accident medical expense benefits.
5. Mail the Notification of Injury form, along with any other applicable correspondence to our office within 90 days from the date of the accident. Do not leave this form with the school, coach, hospital, physician, etc. Our address is **Tower Financial Group, P.O. Box 62263, Virginia Beach, VA 23466** or claims@towerfinancialgroupinc.com. If you need further assistance, feel free to contact Customer Service at **(757) 499-4488**. We will be happy to assist you.

If your medical coverage is under an HMO, PPO or similar plan, you must follow their requirements for obtaining benefits. Otherwise, our benefits may be reduced, where applicable, as stated in the policy provisions. This restriction does not apply in every state.

HIGH SCHOOL ATHLETIC TRAINING PROGRAM

Parents allowing their children to participate in high school athletics accept the risk of injury. To help minimize the risk and to manage injuries when they occur, each school will have access to a certified athletic trainer from The Children's Hospital of the King's Daughters Sports Medicine Program.



Athletic Trainers (ATCs) are allied health professionals, and each is licensed by the Virginia Board of Medicine. In order to become an ATC, one must graduate from a college or university with an accredited athletic education program with a bachelors or masters degree and then pass a comprehensive national board examination. In order to maintain their certification, an ATC must complete continuing education requirements to enhance their knowledge and practice in sports medicine.

There are six domains to athletic training in which ATCs are educated and practice:

1. Prevention of Athletic Injuries
2. Clinical Evaluation and Diagnosis
3. Immediate Care
4. Treatment, Rehabilitation, and Reconditioning
5. Organization and Administration
6. Professional Development and Responsibility

Athletic Trainers are an important link in the health care delivery system. The ATC serve as a liaison between athletes, parents, coaches, physicians, allied health professionals, student activities coordinators, and administrators to facilitate healthy participation in interscholastic athletics. *Please note that the athletic trainer is not required to be present at all practices, but is available via phone.*

For more information:

www.chkd.org/Our-Services/Programs-and-Clinics/Sports-Medicine-Program

www.nata.org/athletic-training

www.bocatc.org

VIRGINIA HIGH SCHOOL LEAGUE, INC.
1642 State Farm Blvd., Charlottesville, Va. 22911

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ATHLETIC PARTICIPATION/PARENTAL CONSENT/PHYSICAL EXAMINATION FORM

Separate signed form is required for each school year **MAY 1** of the current year through **JUNE 30** of the succeeding year.

For school year _____

PART I- ATHLETIC PARTICIPATION
(To be filled in and signed by the student)

Male _____
Female _____

PRINT CLEARLY

Name _____ Student ID# _____
(Last) (First) (Middle Initial)

Home Address _____

City/Zip Code _____

Home Address of Parents _____

City/Zip Code _____

Date of Birth _____ Place of Birth _____

This is my _____ semester in _____ High School, and my _____ semester since first entering the ninth grade. Last semester I attended _____ School and passed _____ credit subjects, and I am taking _____ credit subjects this semester. I have read the condensed individual eligibility rules of the Virginia High School League that appear below and believe I am eligible to represent my present high school in athletics.

INDIVIDUALIZED ELIGIBILITY RULES

To be eligible to represent your school in any VHSL interscholastic athletic contest, you:

- Must be a regular bona fide student in good standing of the school you represent.
- Must be enrolled in the last four years of high school. (Eighth-grade students may be eligible for junior varsity)
- Must have enrolled not later than the fifteenth day of the current semester.
- For the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. (Check with your principal for equivalent requirements.) **May not repeat courses for eligibility purposes for which credit has been previously awarded.**
- For the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester. (Check with your principal for equivalent requirements.)
- Must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move. (Check with your principal for exceptions.)
- Must not have reached your nineteenth birthday on or before the first day of August of the current school year.
- Must not, after entering ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters.
- Must have submitted to your principal before any kind of participation, including tryouts or practice as a member of any school athletic or cheerleading team, an Athletic Participation/Parent Consent/Physical Examination Form, completely filled in and properly signed attesting that you have been examined during this school year and found to be physically fit for competition and that your parents' consent to your participation.
- Must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. (Check with your principal for clarification about cheerleading.)

Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by your League, district and school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, **check with your principal for interpretations and exceptions provided under League rules.** Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized. Additionally, I give my consent and approval for my picture and name to be printed in any high school or VHSL athletic program, publication or video.

LOCAL SCHOOL DIVISIONS AND VHSL DISTRICTS MAY REQUIRE ADDITIONAL STANDARDS TO THOSE LISTED ABOVE.

→Student Signature: _____ Date: _____

PROVIDING FALSE INFORMATION WILL RESULT IN INELIGIBILITY FOR ONE YEAR.

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

PART II- MEDICAL HISTORY (Explain "YES" answers below)

This form must be complete and signed, prior to the physical examination, for review by examining practitioner.

Explain "YES" answers below with number of the question. Circle questions you don't know the answers to.

GENERAL MEDICAL HISTORY		YES	NO	MEDICAL QUESTIONS CONTINUED		YES	NO	
1. Do you have any concerns that you would like to discuss with your provider?	<input type="checkbox"/>	<input type="checkbox"/>		24. Have you had mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>		
2. Has a provider ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>		25. Are you missing a kidney, eye, testicle, spleen or other internal organ?	<input type="checkbox"/>	<input type="checkbox"/>		
3. Do you have any ongoing medical conditions? If so, please identify: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other: _____	<input type="checkbox"/>	<input type="checkbox"/>		26. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?	<input type="checkbox"/>	<input type="checkbox"/>		
4. Are you currently taking any medications or supplements on a daily basis?	<input type="checkbox"/>	<input type="checkbox"/>		27. Have you ever become ill while exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>		
5. Do you have allergies to any medications?	<input type="checkbox"/>	<input type="checkbox"/>		28. When exercising in the heat, do you have severe muscle cramps?	<input type="checkbox"/>	<input type="checkbox"/>		
6. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?	<input type="checkbox"/>	<input type="checkbox"/>		29. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>		
7. Have you ever spent the night in the hospital? If yes, why? _____	<input type="checkbox"/>	<input type="checkbox"/>		30. Have you ever had numbness, tingling or weakness in your arms or legs or been unable to move your arms or legs AFTER being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>		
8. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>		31. Do you or does someone in your family have sickle cell trait or disease?	<input type="checkbox"/>	<input type="checkbox"/>		
HEART HEALTH QUESTIONS ABOUT YOU			YES	NO	32. Have you had any other blood disorders?	<input type="checkbox"/>	<input type="checkbox"/>	
9. Have you ever passed out or nearly passed out DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>		33. Have you had a concussion or head injury that caused confusion, a prolonged headache or memory problems?	<input type="checkbox"/>	<input type="checkbox"/>		
10. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		34. Have you had or do you have any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>		
11. Does your heart race, flutter in your chest or skip beats (irregular beats) during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		35. Do you wear glasses or contacts?	<input type="checkbox"/>	<input type="checkbox"/>		
12. Has a doctor ever ordered a test for your heart? For example, electrocardiography or echocardiography.	<input type="checkbox"/>	<input type="checkbox"/>		36. Do you wear protective eyewear like goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>		
13. Has a doctor ever told you that you have any heart problems, including: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> Other _____	<input type="checkbox"/>	<input type="checkbox"/>		37. Do you worry about your weight?	<input type="checkbox"/>	<input type="checkbox"/>		
				38. Are you trying to or has anyone recommended that you gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>		
				39. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>		
				40. Have you ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>		
				41. Are you on a special diet or do you avoid certain types of foods or food groups?	<input type="checkbox"/>	<input type="checkbox"/>		
				42. Allergies to food or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>		
				43. Have you ever had a COVID-19 diagnosis? Date: _____	<input type="checkbox"/>	<input type="checkbox"/>		
				44. What is the date of your last Tdap or Td (tetanus) immunization? (circle type) Date: _____				
14. Do you get light-headed or feel shorter of breath than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		FEMALES ONLY		YES	NO	
15. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>		45. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY			YES	NO	46. Age when you had your first menstrual period: _____			
16. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>		47. Number of periods in the last 12 months: _____				
17. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?	<input type="checkbox"/>	<input type="checkbox"/>		48. When was your most recent menstrual period? _____				
18. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?	<input type="checkbox"/>	<input type="checkbox"/>		EXPLAIN "YES" ANSWERS BELOW				
				#	>>			
				#	>>			
				#	>>			
				#	>>			
19. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	<input type="checkbox"/>	<input type="checkbox"/>		#	>>			
BONE AND JOINT QUESTIONS			YES	NO	#	>>		
20. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?	<input type="checkbox"/>	<input type="checkbox"/>		#	>>			
21. Do you currently have a bone, muscle or joint injury that bothers you?	<input type="checkbox"/>	<input type="checkbox"/>		List medications and nutritional supplements you are currently taking here:				
MEDICAL QUESTIONS			YES					NO
22. Do you cough, wheeze or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>						
23. Do you have asthma or use asthma medicine (inhaler, nebulizer)?	<input type="checkbox"/>	<input type="checkbox"/>						

→ Parent/Guardian Signature: _____ Date: _____ → Athlete's Signature: _____

PART III- PHYSICAL EXAMINATION

(Physical examination form is required each school year dated after May 1 of the preceding school year and is good through June 30 of the current school year)**

NAME _____ DATE OF BIRTH _____ SCHOOL _____

Height	Weight	<input type="checkbox"/> Male	<input type="checkbox"/> Female
BP /	Resting pulse	Vision R 20/ L 20/	Corrected <input type="checkbox"/> Yes <input type="checkbox"/> No

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance (Marfan stigmata: kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse, and aortic insufficiency)		
Eyes/ears/nose/throat (Pupils equal, hearing)		
Lymph nodes		
Heart (Murmurs: auscultation standing, supine, +/- Valsalva)		
Pulses		
Lungs		
Abdomen		
Skin (Herpes simplex virus, lesions suggestive of MRSA or tinea corporis)		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional (i.e. Double leg squat, single leg squat, box drop or step drop test)		
Emergency medications required on-site: <input type="checkbox"/> Inhaler <input type="checkbox"/> Epinephrine <input type="checkbox"/> Glucagon <input type="checkbox"/> Other:		
COMMENTS:		

I have reviewed the data above, reviewed his/her medical history form and make the following recommendations for his/her participation in athletics:

☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION

☐ MEDICALLY ELIGIBLE FOR ALL SPORTS WITHOUT RESTRICTION WITH RECOMMENDATION FOR FURTHER EVALUATION OR TREATMENT OF:

☐ MEDICALLY ELIGIBLE ONLY FOR THE FOLLOWING SPORTS: _____

Reason: _____

☐ NOT MEDICALLY ELIGIBLE PENDING FURTHER EVALUATION OF: _____

☐ NOT MEDICALLY ELIGIBLE FOR ANY SPORTS

By this signature, I attest that I have examined the above student and completed this pre-participation physical including a review of Part II- Medical History.

→ PRACTITIONER SIGNATURE: _____ (MD, DO, NP or PA)+ DATE**: _____

EXAMINER'S NAME AND DEGREE (PRINT): _____ PHONE NUMBER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

+Only signature of Doctor of Medicine, Doctor of Osteopathic Medicine, Nurse Practitioner or Physician's Assistant licensed to practice in the United States will be accepted.

Rule 28B-1 (3) Physical Examination Rule/Transfer Student (10-90)- When an out-of-state student who has received a current physical examination elsewhere transfers to Virginia and attaches proof of that physical examination to the League form #2, the student is in compliance with physical examination requirements.

PART IV- ACKNOWLEDGEMENTS OF RISK AND INSURANCE STATEMENT

(To be completed by parent/guardian)

I give permission for _____ (name of child/ward) to participate in any of the following sports that are NOT crossed out: baseball, basketball, cheerleading, cross country, field hockey, football, golf, gymnastics, lacrosse, soccer, softball, swim/dive, tennis, track, volleyball, wrestling, other (identify sports): _____

I have reviewed the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts or some other means. He/she has student medical/accident insurance available through the school (yes__ no__); has athletic participation insurance coverage through the school (yes__ no__); is insured by our family policy with:

Name of medical insurance company: _____

Policy number: _____ Name of policy holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participation in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) of health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally, I give my consent and approval for the above named student's picture and name to be printed in any high school or VHSL athletic program, publication or video.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to www.coverva.org or calling 855-242-8282.

PART V- EMERGENCY PERMISSION FORM*

(To be completed and signed by the parent/guardian)

STUDENT'S NAME: _____ GRADE: _____ AGE: _____ DOB: _____

HIGH SCHOOL: _____ CITY: _____

Please list any significant health problems that might be significant to a physician evaluating your child **in case of an emergency**:

PLEASE LIST ANY ALLERGIES TO MEDICATIONS, ETC: _____

IS THE STUDENT CURRENTLY PRESCRIBED AN INHALER OR EPI-PEN? _____ LIST THE EMERGENCY MEDICATION: _____

IS THE STUDENT PRESENTLY TAKING ANY OTHER MEDICATION? _____ IF SO, WHAT? _____

DOES THE STUDENT WEAR CONTACT LENSES? _____ DATE OF LAST Tdap OR Td (TETANUS) SHOT: _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order the injection and/or anesthesia and/or surgery for the person named above.

DAYTIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

EVENING TIME PHONE NUMBER (WHERE TO REACH YOU IN AN EMERGENCY): _____

CELL PHONE NUMBER: _____

→ **SIGNATURE OF PARENT/GUARDIAN:** _____ **DATE:** _____

RELATIONSHIP TO STUDENT: _____

*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment in needed.

→ **I CERTIFY ALL OF THE ABOVE INFORMATION IS CORRECT:** _____

Parent/Guardian signature

The pre-participation physical examination is not a substitute for a thorough annual examination by a student's primary care physician.

CONCUSSION IN SPORTS

Information Sheet for Parents/Guardians

Parents/Guardians of Athletes: In order to help protect the student athletes of Virginia Beach Public Schools, the Virginia General Assembly in accordance with Senate Bill 652 (Concussion in Student-Athletes) has mandated that all student athletes, parents and coaches follow the Virginia Beach Public Schools Concussion Policy.

What is a concussion?

A concussion is a brain injury and all brain injuries are serious. It is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e. a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual. A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having long term problems. In rare cases, repeat concussion can result in edema (brain swelling), permanent brain damage, and even death.

What are the signs and symptoms of a concussion?

*Signs observed by teammates, coaches, parents/guardians include:

1. Appears dazed or stunned
2. Is confused about assignments and positions
3. Forgets instructions and answers questions slowly or inaccurately
4. Is unsure of game, score, or opponent
5. Loss of balance/coordination and moves clumsily
6. Shows mood, behavior, or personality changes
7. Cannot recall events prior to hit or fall
8. Cannot recall events after hit or fall

*Symptoms reported by athlete may include one or more of the following:

1. Headache or “pressure” in head
2. Nausea/vomiting
3. Balance problems or dizziness
4. Sensitivity to light or sound/noise
5. Feeling sluggish, hazy, groggy, or foggy
6. Difficulty with concentration, short-term memory and/or confusion
7. Double vision or changes in vision
8. Irritability
9. Just not “feeling right” or is “feeling down”

*adapted from CDC

How can you help your child prevent a concussion?

Every sport is different, but there are steps your child can take to protect themselves from concussion:

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they properly wear the right protective equipment that is required for their sport (such as helmets, padding, shin guards, eye and mouth guards).
- Learn the signs and symptoms

What should you do if you think your child has a concussion?

1. Seek medical attention right away. A licensed health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a licensed health care professional gives clearance to return. Children who return to play too soon-while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Tell your child's coach about any recent concussions. School personnel should be notified if your child had a recent concussion in any sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.
3. Refer to the Concussion Graduated Return to Play guidelines below to familiarize yourself with the process used to determine when it is safe for your child to gradually return to full activity.

CONCUSSION GRADUATED RETURN TO PLAY

- When an athlete has been evaluated by an athletic trainer and/or a physician for a concussion the following graduated functional return to play will be followed. *The return to play progression will not begin until the athlete is completely symptom free.* Each stage is a minimum 24 hour period; therefore the return to play progression will be a minimum of 4-5 days.
- If the athlete experiences any symptoms, at any point during the rehabilitation stages, the progression will stop immediately and the cycle will resume at the previous asymptomatic rehabilitation stage after 24 hours of rest. If symptoms continue to occur, the athlete will be referred back to the physician for a follow up evaluation.

Rehabilitation Stage	Functional Exercise	Objective of Each Stage
Day 1 – No Activity	Physical/Cognitive Rest	Recovery
Day 2 – Light Aerobic Exercise	Walking, Swimming, Bike	Increase Heart Rate
Day 3 – Sport-Specific Exercise	Running Drills, NO Contact	Add Movement
Day 4 – Non-Contact Drills	Complex Drills, Resistance Training	Exercise, Coordination, Cognitive Load/IMPACT
Day 5 – Full Contact	Following Clearance, Normal Training Activities	Restore Confidence, Assess Functional Skills by Coaches
Day 6 – Return to Play	Normal Game Play	

*Adapted Consensus Statement on Concussion in Sport 5th International Conference on Concussion in Sport, Berlin, November 2016.

- The treatment, management, and return to play determinations will be individualized to each athlete and dependent on circumstances of each specific case and injury. ImPACT testing may also be utilized in the return to play determination, treatment and evaluation of concussions.
- A safe return to play is the ultimate goal regardless of age and level of play.
- After being released for participation by a physician, the athlete must also be cleared by the school's athletic trainer before beginning Day 2 of the return to play progression above. The student-athlete must pass all six stages under the supervision of the certified athletic trainer before being allowed to return to play.

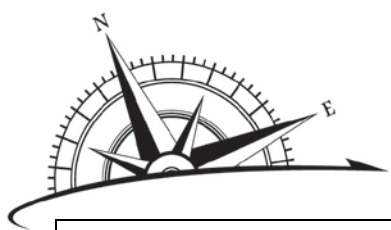
REMEMBER: Don't Hide it. Report it. Take time to recover. It's better to miss one game than the whole season

IMPACT CONCUSSION MANAGEMENT PROGRAM

The Virginia Beach City Public Schools is utilizing an innovative concussion management program for our student-athletes in certain sports having a greater risk for head injuries (cheerleading, field hockey, football, basketball, gymnastics, wrestling, baseball, soccer, softball, diving, high jump, pole vault). The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online computerized exam that each athlete takes prior to an athletic season. In order to participate in any of the sports listed above, student athletes must be tested in the ImPACT program during the preseason. If the athlete is believed to have suffered a concussion during participation, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return-to-play decisions. If an injury of this nature occurs, we will be in contact with you. Post-concussion tests will be taken under our supervision at school. Return-to-play decisions must be made by a physician. Founded by the University of Pittsburgh Medical Center's Sports Concussion Program, this software system is utilized throughout professional sports and at a number of colleges and high schools across the country. Additional information can be found at www.impacttest.com. The exam takes about 25-30 minutes and is non-invasive. The program is set up in a "video game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. It is a simple exam and most who take it enjoy the challenge of the test. One of the reasons concussions are so dangerous is a condition called Second Impact Syndrome. If an athlete sustains a second concussion before completely recovering from the first, the results can be deadly. We understand the competitive nature of sports; however, our top priority is ALWAYS the health and safety of our athletes.

If you have questions regarding the ImPACT program, please contact:

John Cosimano
Coordinator of Student Activities
1413 Laskin Rd, Virginia Beach, 23451
757-263-2030



VIRGINIA BEACH CITY PUBLIC SCHOOLS CHARTING THE COURSE

Sudden Cardiac Arrest (SCA) Information

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA does not just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

Causes: SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use/abuse of recreational or performance-enhancing drugs and/or energy drinks.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside of hospitals each year. About 2,000 patients under the age of 25 die of SCA each year. It is the #1 cause of death for student athletes.

Warning Signs of SCA

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Dizziness
- Extreme fatigue
- Chest pains
- Racing heart
- SCA should be suspected in any athlete who has collapsed and is unresponsive.

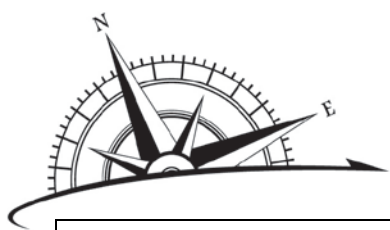
Emergency Response to SCA

- Act immediately; time is most critical to increase survival rates
- Recognize SCA
- Call 911 immediately and activate EMS
- Administer CPR
- Use Automatic external Defibrillator (AED)

Warning signs of potential heart issues:

The following need to be further evaluated by your primary care provider:

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure



VIRGINIA BEACH CITY PUBLIC SCHOOLS CHARTING THE COURSE

Sudden Cardiac Arrest (SCA) Information

Risk of Inaction:

Ignoring such symptoms and continuing to play/practice could be catastrophic and can result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences. These symptoms can be unclear in athletes because people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from the event.

Removal from play/return to play

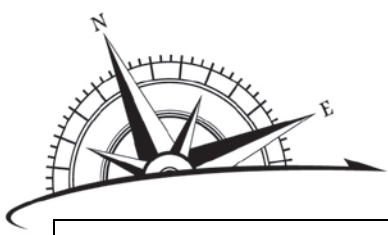
Any student athlete who shows signs or symptoms of SCA before, during or after activity must be removed from play/practice. **Play includes all athletic activity.** Before returning to play, the athlete must be evaluated by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). Clearance for the student-athlete to return to play must be provided in writing.

How can we minimize the risk of SCA and improve outcomes?

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition, and treatment strategies. One important strategy is the requirement for a yearly pre-participation screening evaluation, often called sports physical, and performed by the athlete's medical provider.

1. It is very important that you **carefully and accurately complete the personal history and heart health questions about your family** section of the current "VHSL Athletic Participation/Parental Consent/Physical Examination Form" available at <https://www.vhsl.org/forms/>.
2. Since the majority of these conditions are inherited, **be aware of your family history**, especially if any close family member:
 - a. had sudden unexplained and unexpected death before the age of 50.
 - b. was diagnosed with any of the heart conditions listed above.
 - c. died suddenly /unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning

Information used in this document was obtained from the American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org), and the Sudden Cardiac Arrest Foundation (www.sca-aware.org). Visit these sites for more information.



VIRGINIA BEACH CITY PUBLIC SCHOOLS CHARTING THE COURSE

Sudden Cardiac Arrest (SCA) Information

Parent/Student Athlete Acknowledgement

The Code of Virginia § 22.1-271.8 requires that in order to participate in any extracurricular physical activity, each student-athlete and the student-athlete's parent or guardian shall review, on an annual basis, information provided by the local school division on symptoms that may lead to sudden cardiac arrest. After reviewing the materials, each student-athlete and the student-athlete's parent or guardian shall sign a statement acknowledging receipt of such information, in a manner approved by the Board of Education.

The Code of Virginia § 22.1-271.8 requires that a student-athlete who is experiencing symptoms that may lead to sudden cardiac arrest be immediately removed from play. A student-athlete who is removed from play shall not return to play until he is evaluated by and receives written clearance to return to physical activity by an appropriate licensed health care provider as determined by the Board of Education. The licensed health care provider evaluating student-athletes may be a volunteer.

I have reviewed the VBCPS Sudden Cardiac Arrest (SCA) Information Sheet.

Student-Athlete Name (PRINTED):

Student-Athlete Name (SIGNATURE):

Date:

Parent/Guardian Name (PRINTED):

Parent/Guardian Name (SIGNATURE):

Date:

2.0 GRADE POINT AVERAGE REQUIREMENT FOR INTERSCHOLASTIC ACTIVITIES

On February 18, 1997, the School Board approved standards for participation in interscholastic activities in grades 6-12. The standards, which went into effect September 1997, are part of the school division's ongoing initiative to raise the level of student achievement. The standards are consistent with those in several other area localities and with the school division's determination to provide the kind of education that will prepare our students for the highly complex world of tomorrow.

Athletic and academic competition sponsored by the Beach District and the Virginia High School League are covered by the standards. Intramural sports and individual school extracurricular and club activities are exempt.

The minimum grade point average (GPA) eligibility requirement for participation in interscholastic activities is 2.0. High school students must have earned at least a 2.0 GPA in courses taken the semester/term immediately preceding the semester in which they want to participate. Final grades earned in courses taken during summer school will be averaged with the grades the student earned in courses taken during the second term of the 2021-22 school year to determine a student's grade point average. **Please be aware of the grading scale for VBCPS students (see following page).**

Students who do not meet the GPA requirement in a given semester and who wish to participate, have the option to use a waiver available to them one time during their high school years. The GPA waiver may be used as long as all Virginia High School League (VHSL) requirements are met.

Additional information on using the waiver option and assistance to students desiring additional help to attain eligibility are available at each Beach District high school.

*Please note the **Individual Eligibility Rules** on page 17, as established by the Virginia High School League.*

VIRGINIA BEACH SCHOOL BOARD GRADING SCALE

Modified 10 Point Grading Scale

Range	Letter Grade	Points
93-100	A	4.0
90-92	A-	3.7
87-89	B+	3.3
83-86	B	3.0
80-82	B-	2.7
77-79	C+	2.3
73-76	C	2.0
70-72	C-	1.7
67-69	D+	1.3
64-66	D	1.0
Below 64	E	0.0

NCAA DIVISION I ACADEMIC REQUIREMENTS



DIVISION I ACADEMIC REQUIREMENTS

CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

FULL QUALIFIER

College-bound student-athletes enrolling at an NCAA Division I school need to meet these academic requirements to practice, compete and receive an athletics scholarship in their first year of full-time enrollment.

- Complete 16 core courses in the appropriate areas.
 - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be in English, math or natural/physical science.
- Earn a core-course GPA of at least 2.300.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I sliding scale.
- Submit proof of graduation to the Eligibility Center.

ACADEMIC REDSHIRT

All Division I academic redshirts may receive an athletics scholarship and practice during their first year of full-time enrollment at a Division I school, but may NOT compete.

- Complete 16 core courses in the appropriate areas.
- Earn a core-course GPA of at least 2.000.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I sliding scale.
- Submit proof of graduation to the Eligibility Center.

INTERNATIONAL STUDENTS

Please review the [international initial-eligibility flyer](#) for information and academic requirements specific to international student-athletes.

For information on Division II, view the [Division II academic requirements flyer](#).



TEST SCORES

If a student-athlete plans to attend an NCAA Division I college or university, they should use the sliding scale to review the core-course GPA and SAT/ACT score they will need to meet Division I full qualifier standards. When registering for the SAT or ACT, students should use code **9999** to ensure their test scores are sent directly to their Eligibility Center account. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall2022.

An SAT combined score is calculated by adding critical reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. Students may take the SAT or ACT an unlimited number of times before they enroll full time in college. If a student takes either test more than once, the best subscores from each test are used for their academic certification process.

CORE-COURSE LIST

Student-athletes should check to see if their high school has a list of **NCAA-approved core courses**. No core-course list means courses taken from that high school will not count toward NCAA eligibility.

ONLINE COURSES/ NONTRADITIONAL

Nontraditional courses are classes taught online or through distance learning, hybrid/ blended, independent study, individualized instruction, correspondence or similar means.

These types of courses may be acceptable for use in the NCAA initial-eligibility certification process; however, it is important to make sure the nontraditional program has been approved and appears on the high school's list of **NCAA-approved core courses**.

BE AHEAD OF THE GAME

If student-athletes want to get ahead of the game, they need to register with the **NCAA Eligibility Center** during their freshman/9th year.

After college-bound student-athletes complete their sophomore, junior and senior years, it is important for them to ask their counselor at each high school or program they attended to upload their official transcript to their Eligibility Center account.

Want more information? Visit
ncaa.org/playcollegesports.

Follow us: [@ncaaec](https://twitter.com/ncaaec) [@ncaaec](https://www.instagram.com/ncaaec) [@ncaaec](https://www.facebook.com/ncaaec)

DIVISION I FULL QUALIFIER SLIDING SCALE

Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.550	400	37	2.750	810	59
3.525	410	38	2.725	820	60
3.500	430	39	2.700	830	61
3.475	440	40	2.675	840	61
3.450	460	41	2.650	850	62
3.425	470	41	2.625	860	63
3.400	490	42	2.600	860	64
3.375	500	42	2.575	870	65
3.350	520	43	2.550	880	66
3.325	530	44	2.525	890	67
3.300	550	44	2.500	900	68
3.275	560	45	2.475	910	69
3.250	580	46	2.450	920	70
3.225	590	46	2.425	930	70
3.200	600	47	2.400	940	71
3.175	620	47	2.375	950	72
3.150	630	48	2.350	960	73
3.125	650	49	2.325	970	74
3.100	660	49	2.300	980	75
3.075	680	50	2.299	990	76
3.050	690	50	2.275	990	76
3.025	710	51	2.250	1000	77
3.000	720	52	2.225	1010	78
2.975	730	52	2.200	1020	79
2.950	740	53	2.175	1030	80
2.925	750	53	2.150	1040	81
2.900	750	54	2.125	1050	82
2.875	760	55	2.100	1060	83
2.850	770	56	2.075	1070	84
2.825	780	56	2.050	1080	85
2.800	790	57	2.025	1090	86
2.775	800	58	2.000	1100	86

*Full sliding scale research between the new SAT and ACT is ongoing.

ACADEMIC REDSHIRT



NCAA DIVISION I ACADEMIC REQUIREMENTS



DIVISION II ACADEMIC REQUIREMENTS

CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

FULL QUALIFIER

College-bound student-athletes enrolling at an NCAA Division II school need to meet these academic requirements to practice, compete and receive an athletics scholarship in their first year of full-time enrollment.

- Complete 16 core courses in the appropriate areas.
- Earn a core-course GPA of at least 2.200.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division II full qualifier sliding scale.
- Submit proof of graduation to the Eligibility Center.

PARTIAL QUALIFIER

College-bound student-athletes that do not meet Division II full qualifier standards will be deemed a partial qualifier. All Division II partial qualifiers may receive an athletics scholarship and practice during their first year of full-time enrollment at a Division II school, but may NOT compete.

INTERNATIONAL STUDENTS

Please review the [international initial-eligibility flyer](#) for information and academic requirements specific to international student-athletes.

For information on Division I, view the [Division I academic requirements flyer](#).



TEST SCORES

If a student-athlete plans to attend an NCAA Division II college or university, they should use the sliding scale to review the core-course GPA and SAT/ACT score they will need to meet Division II full qualifier standards. When registering for the SAT or ACT, students should use code **9999** to ensure their test scores are sent directly to their Eligibility Center account. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall2022.

A combined SAT score is calculated by adding critical reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. Students may take the SAT or ACT an unlimited number of times before they enroll full time in college. If a student takes either test more than once, the best subscores from each test are used for their academic certification process.

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Student-athletes should check to see if their high school has a [list of NCAA-approved core courses](#). No core-course list means courses taken from that high school will not count toward NCAA eligibility.

ONLINE COURSES/ NONTRADITIONAL

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BE AHEAD OF THE GAME

If student-athletes want to get ahead of the game, they need to register with the [NCAA Eligibility Center](#) during their freshman/9th year.

After college-bound student-athletes complete their sophomore, junior and senior years, it is important for them to ask their counselor at each high school or program they attended to upload their official transcript to their Eligibility Center account.

For more information on Division II, visit ncaa.org/D2.

Want more information? Visit
ncaa.org/playcollegesports.

Follow us: [@ncaaec](#) [@playcollegesports](#) [@ncaaec](#)

DIVISION II FULL QUALIFIER SLIDING SCALE

Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.300 & above	400	37	2.725	730	52
3.275	410	38	2.700	740	53
3.250	430	39	2.675	750	53
3.225	440	40	2.650	750	54
3.200	460	41	2.625	760	55
3.175	470	41	2.600	770	56
3.150	490	42	2.575	780	56
3.125	500	42	2.550	790	57
3.100	520	43	2.525	800	58
3.075	530	44	2.500	810	59
3.050	550	44	2.475	820	60
3.025	560	45	2.450	830	61
3.000	580	46	2.425	840	61
2.975	590	46	2.400	850	62
2.950	600	47	2.375	860	63
2.925	620	47	2.350	860	64
2.900	630	48	2.325	870	65
2.875	650	49	2.300	880	66
2.850	660	49	2.275	890	67
2.825	680	50	2.250	900	68
2.800	690	50	2.225	910	69
2.775	710	51	2.200	920	70 & above
2.750	720	52			

*Full sliding scale research between the SAT and ACT is ongoing.

NCAA Division II
MAKE IT YOURS.



HIGH SCHOOL ATHLETIC SCHEDULES

Visit the [Beach District](#) website:

Beach District

[MEMBER SCHOOLS](#)[DISTRICT CALENDAR](#)

You are here: [Home](#)

Welcome to the Beach District



School Calendars

- [Bayside](#)
- [Frank W. Cox](#)
- [First Colonial](#)
- [Green Run](#)
- [Floyd E. Kellam](#)
- [Kempsville](#)
- [Landstown](#)
- [Ocean Lakes](#)
- [Princess Anne](#)
- [Salem](#)
- [Tallwood](#)

Parent Meeting Information

- [Beach District Athletic Manual](#)
- [Anti-Hazing Statement](#)
- [Social Media Position Statement](#)
- [Sportsmanship Guide](#)
- [Parental Statement of Understanding](#)
- [Concussion Plan](#)
- [Concussion-Fact Sheet for Athletes](#)
- [Concussion-Fact Sheet for Parents](#)
- [Concussion in Sports Info Sheet](#)
- [Concussions video](#)
- [Steroid Information-Student Brochure](#)
- [Steroid Information-Parent Brochure](#)
- [Energy Drink-The Potential Dangers of](#)
- [NCAA Guide for the College-Bound Student-Athlete](#)
- [NCAA D I Academic Requirements](#)
- [NCAA D II Academic Requirements](#)
- [Beach District Ticket Prices](#)
- [VHSL Physical Examination Form](#)

[Login Here](#)

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SUBSCRIBING TO RSCHOOLS FOR HIGH SCHOOL ACTIVITIES AND SPORTS INFORMATION/CANCELLATIONS

1. Go to the [Beach District](#) website in your internet browser.
2. Click on your school name in the right side frame.
3. Click on Notify Me in the top right corner.
4. Click on the sports of interest to you.
5. Click on the continue button.
6. Click on the activities of interest to you.
7. Click on the continue button.
8. Select when you would like to receive automatic email notifications for the activities shown. When finished, click **Continue**.
9. Complete the steps below:

Your First Name:

Last Name:

Email Address:

A Second Email Address:
(to also receive notifications)

Create Your Password:
(letters or numbers)

Cell Phone Number:
All phone number are 10 digits with no
Dashes (example: 8885585588)

Mobile Provider:

IMPORTANT NOTE: Many spam blockers will not let these auto-notification emails get through to you. This is not something we can control. If you think there is a chance that a spam filter is in place at the email address you provided (either your company or your Internet Service Provider), copy this following paragraph of text into an email message asking them to allow emails from "auto-notify@rschooltoday.com" or "mail.dwebsite.com" to be delivered to you.

HIGH SCHOOL TICKET PRICES

Regular Season Prices

- Varsity General Admission \$7.00
- Varsity Students \$4.00
- JV General Admission \$4.00
- JV Students \$3.00
- Child (not of school age) Free
- High School Athletic Pass (3 or less) \$65.00 each
- High School Athletic Pass (4 or more) \$54.50 each

Admission is charged at the following Beach District regular season sporting events: football (V & JV), basketball (V & JV), gymnastics (V), wrestling (V & JV), soccer (V).

Passes are only good for regular season contests held in Virginia Beach.

TEAM POLICY AND SPORT SPECIFIC INFORMATION

Each sport has its own unique requirements and risks. To insure that the parent is informed prior to authorizing a child's participation in interscholastic athletics, the coach of each sport will speak on health risks particular to that sport at the preseason meeting. Instructional methods used to minimize these risks will also be explained. Questions are welcome.

In addition to becoming eligible and completing the necessary paperwork, each athlete must follow the specific rules developed by the coach. A clear understanding of these rules makes for a pleasant relationship among the parent, coach, and athlete. At the preseason meeting each coach will discuss his/her policy concerning:

1. School and practice attendance:
2. Practice schedule:
3. Training rules:
4. Citizenship/academic development:
5. Sickness/return from injury/emergency care:
6. Competition participation criteria:
7. Parental involvement:
8. Criteria for receiving participation certificates, letters, and other awards:
9. Transportation:
10. Impact/Concussion Information
11. Other Items:

GAME VIDEO

For several years, Virginia Beach City Public Schools has funded a subscription for each high school's football program and other athletic programs to Hudl, an online video storage company designed specifically for housing athletic game footage. Coaches and students gain access to game video for each contest during the season, and students can create highlight tapes using the company's online tools. Should a football coach learn that a player no longer plans to remain with his/her school's football program, the coach will inform the player that he/she will have three school days in which to download and keep any highlight films that he/she created through the school division's purchased subscription. After three school days, the student's Hudl account will be deactivated and access to highlight films and other game video will be denied.

Name of Student

Sport(s)

BEACH DISTRICT ATHLETIC MANUAL PARENTAL STATEMENT OF UNDERSTANDING

The [Beach District Athletic Manual](#) can be accessed online and contains information concerning:

2.0 Mandate for Interscholastic Activities
Athletic Training
Individual Eligibility Rules
Out-Of-Season Practice Rule
Permission for Emergency Care
Sportsmanship Guide
Sudden Cardiac Arrest Information

Acknowledgement of Risk
Collegiate Eligibility Requirements
Insurance
Parent/Coach Communication
Physical Examination
Team Policy and Specific Sports

Anti-Hazing Statement
Concussion Information
Medical History
Participation Expectations
Social Media Position Statement
VBCPS Grade Scale

Parental Statement of Understanding:

- I have reviewed the Concussion in Sports – Information Sheet for Parents and Guardians provided to me at the sports informational meeting, in the Beach District Athletic Manual, or by some other means.
- I have reviewed the ImPACT Concussion Management Program Information Sheet provided to me at the sports informational meeting, in the Beach District Athletic Manual, or by some other means.
- I give permission for my son/daughter to participate in the ImPACT Concussion Management Program as outlined in the *Beach District Athletic Manual*. VBCPS may release the ImPACT (Immediate Post-concussion assessment and Cognitive Test) results to my child's primary care physician, neurologist, or other treating physician, as requested.

Parent/Spectators are required to meet the following expectations:

1. Realize that you represent the school and community and, therefore, have an obligation to be a true sportsman, encouraging through positive 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, victory or defeat are 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.

I understand the policies governing interscholastic athletics in the Virginia Beach City Public Schools through attending a sports informational meeting, the *Beach District Athletic Manual*, or some other means, and by my signature, grant permission for the student's participation. I also understand that participation in school-sponsored activities is a privilege and not a property right; and therefore, the school's principal may suspend my son/daughter from participation by declaring him/her not in good standing if the student's character or conduct is such as to reflect discredit upon his/her school.

Name of Parent/Guardian

Signature of Parent/Guardian

Attended Sports Informational Meeting: Yes ____ No ____

Aaron C. Spence, Ed.D., Superintendent
Virginia Beach City Public Schools
2512 George Mason Drive, Virginia Beach, VA 23456-0038

Produced by the Student Activities Office for the Virginia Beach Middle School League Athletic Manual.
For further information, please call (757)263 2030.

Notice of Non-Discrimination Policy

Virginia Beach City Public Schools does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation/gender identity, pregnancy, childbirth or related medical condition, disability, marital status, age, genetic information or veteran status in its programs, activities, employment, or enrollment, and provides equal access to the Boy Scouts and other designated youth groups. School Board policies and regulations (including, but not limited to, Policies 2-33, 4-4, 5-7, 5-19, 5-20, 5-44, 6-33, 6-7, 7-48, 7-49, 7-57 and Regulations 4-4.1, 4-4.2, 5-44.1, 7-11.1, 7-17.1 and 7-57.1) provide equal access to courses, programs, enrollment, counseling services, physical education and athletic, vocational education, instructional materials, extracurricular activities and employment.

Title IX Notice: Complaints or concerns regarding discrimination on the basis of sex or sexual harassment should be addressed to the Title IX Coordinator, at the VBCPS Office of Student Leadership, 641 Carriage Hill Rd., Ste. 200, Virginia Beach, Virginia 23452, (757)263-2020, Mary.Dees@vbschools.com (student complaints) or the VBCPS Department of Human Resources, Office of Employee Relations, 2512 George Mason Drive, Municipal Center, building 6, Virginia Beach, Virginia, 23456 (757) 263-1133,

Edie.Rogan@vbschools.com (employee complaints). Additional information regarding Virginia Beach City Public Schools' policies regarding discrimination on the basis of sex and sexual harassment, as well as the procedures for filing a formal complaint and related grievance processes, can be found in School Board Policy 5-44 and School Board Regulations 5-44.1 (students), School Board Policy 4-4 and School Board Regulation 4-4.3 (employees), and on the School Division's website. Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/Executive Director of Student Support Services at (757) 263-1980, 2512 George Mason Drive, Virginia Beach, Virginia, 23456 or the Section 504 Coordinator at the student's school. For students who are eligible or suspected of being eligible for special education or related services under IDEA, please contact the Office of Programs for Exceptional Children at (757) 263-2400, FACE Center, 641 Carriage Hill Rd., Ste. 200, Virginia Beach, Virginia, 23452.

Alternative formats of this publication which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write Student Activities Office, Virginia Beach City Public Schools, 641 Carriage Hill Rd., Ste. 200 Virginia Beach, VA 23452-6546. Telephone 263-2030(voice); fax (757) 263-2032; 263-1240 (TDD).

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August 2022