

UpROAR Leadership Academy



Athletic Handbook

UpROAR Leadership Academy
5500 North Tryon Street
Charlotte, NC 28213
Phone: 980-299-0080

Website: www.uproarleadership.org

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Dear Stakeholders and Cadet-Scholar Athletes:

Welcome to UpROAR Leadership Academy Athletics!

The mission statement of the UpROAR Leadership Academy Athletic Department is to **provide a positive environment which promotes leadership, teamwork, competitiveness and discipline.** UpROAR Leadership Academy Athletics helps to fulfill the mission and vision of the school by:

- Providing a safe and respectful environment for participants and patrons;
- Exhibiting leadership abilities in all athletic events;
- Maintaining high expectations for ourselves and others in all situations

UpROAR Leadership Academy Athletics is an important part of the cadet-scholar life and our goal is to provide an environment of competition, cooperation and teamwork that will assist in the development and portrayal of leadership and self-discipline for all cadet-scholars. While winning is important to any competitor, the lessons learned and the abilities gained in the midst of competition are the most important attributes.

Our coaching staff is dedicated to assisting cadet-scholar athletes in reaching their maximum potential as an athlete, but more importantly, as a leader. UpROAR Leadership Academy offers a wide variety of teams and all cadet-scholars are encouraged to try out for any and all sports that are offered. Participation in multiple sports is encouraged. A strength and conditioning program is provided all year for in-season and off-season training.

This handbook contains the policies, guidelines and philosophies which govern the ULA Athletic Program as well as some of the more important rules required by the school and our governing leagues.

We ask that you read this handbook thoroughly with your cadet-scholar athlete(s). All of the forms in this Handbook must be read and signatures provided on file before a cadet-scholar athlete can participate.

We look forward to having a great year in athletics!

Ms. Genesis Newsome - Director

Ms. Dominia Blount - Head of School

Ms. Courtney Heikkila - Athletic Director

Basic Information for UpROAR Leadership Academy Athletics

Teams and Sports

UpROAR Leadership Academy offers the following sports:

Fall

Winter

Boys Basketball

Girls Basketball

Spring

Tryouts

ULA has a competitive sports program. Rosters / teams are created through the process of tryouts. The team will consist of players possessing academic stability, energy, time availability, commitment, passion for the game, positive attitude, character, and ability.

Junior Varsity Teams

There is a possibility that sports could possess Junior Varsity (JV) teams depending on the degree of participation from students. The game schedule of these JV teams will depend upon the availability of other schools that also have JV teams.

Athletic Fees Policy

The Athletic Department will charge an Athletic Fee for participation in school sports. The Athletic Department operates solely on this Athletic Fee, ticket fees, concession sales, donations and specified fundraisers.

- The Athletic Fee is \$25 for Middle Grades Cadet-Scholar Athletes and \$50 for High School Cadet-Scholar Athletes. This fee is due once a cadet-scholar successfully is placed on a roster after the tryouts but before the first game / athletic event for that sport. A cadet-scholar athlete who has not paid their fee will not be able to participate in their sport(s) until the fee is paid.

Athletic fees are **NON-REFUNDABLE**. This includes ALL instances of stopped or suspended participation including (but not limited to):

- Quitting a team
- Injury
- Loss of eligibility (i.e. major violation of school policy, failing grades, etc.)
- Expulsion or withdrawal from UpROAR Leadership Academy

Note: It is school policy that transcripts and final grades will NOT be issued to a cadet-scholar until ALL payments and fees (including Athletic Fees) are PAID.

Required Documents and Documentation (Page 1)

The following forms / documents are **required** for any ULA Cadet-Scholar to participate in athletics. All forms must be completed, signed, and turned in prior to tryouts or team practice. Physical forms must be printed, completed by a doctor, and given to the Athletic Director). Any missing forms will prevent cadet-scholars from participating, this includes tryouts.

- Approved Physical Form for the academic year
- Concussion Acknowledgement Form
- Cardiac Arrest Acknowledgement Form
- Participation Form
- Steroids Acknowledgement Form
- Standards of Conduct Acknowledgement for Cadet-Scholar Athletes
- Commitment and Acknowledgement of Rules and Regulations

Physical Exam Form

Cadet-Scholar athletes participating in the athletic program are required to have a current physical exam performed by a doctor which clears the cadet-scholar athlete to participate in athletics.

Cadet-scholar athletes will not be able to participate in tryouts, practices, or games (ANY sport / athletic activity) without a current physical.

A physical conducted and signed by a physician with the past 12 months must be on the appropriate form available at the following link:

Additional Forms:

These forms are combined into one document which can be found at the front office or using this link:

- Medical History Form
- Sudden Cardiac Arrest Forms
- Concussion and Traumatic Brain Injury Form
- Student Acknowledgement of Rules
- Steroid Notification Form

Athletic Handbook (last pages of this document)

Please sign and return the following pages to the Athletic Director:

- UpROAR Leadership Academy Standards of Conduct for Cadet-Scholar Athletes
- UpROAR Leadership Academy High School Expectations Form
- Expectations Commitment & Acknowledgement of Rules and Regulations

Required Documents and Documentation (Page 2)

Doctor's Notice of Physical Limitations

Stakeholders and cadet-scholar athletes are reminded that there are inherent dangers and risks of injury in all athletic events. It is essential that stakeholders, cadet-scholar athletes, coaching and training staff, along with physicians, work together to see that each cadet-scholar athlete is in good health before participation in a particular sport.

If a cadet-scholar athlete sustains a sports-related physical injury that limits him/her from any specific requirements of that sport, he/she will need to have a written report from a physician sent to the Athletic Office before that cadet-scholar athlete will be considered exempt from participation. A note from a doctor will be considered only as a caution for a limited period of time. If the cadet-scholar athlete is asking to be exempt from an activity, a physical examination with a written report from a specialist in that particular practice of medicine will need to be sent to the Athletic Office. This report will require a physician's signature. This policy is designed to protect cadet-scholar athletes from serious injuries.

Schedules, Maps, Parking, and Transportation Information

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Game Schedules and Maps

All Game/Meet Schedules and team transportation information will be posted on www.uproarleadership.org. Game dates, times, and addresses to away games will also be posted in the school's Google Calendar prior to the beginning of the specific event. You can also find information on the ULA Athletics Facebook page @ulatigers and Instagram page @ulatigers.

Note: Please frequent these resources as game information can change throughout the season, including at the last minute.

Transportation and Travel Arrangements

Providing safe and reasonable transportation to and from athletic events is an important responsibility of the Athletic and Transportation Departments and our coaching staff. School buses/vans will be used whenever possible in transporting cadet-scholar athletes to games and events.

Transporting Cadet-Scholars To and From Games

Unless otherwise approved, cadet-scholar athletes are to utilize the transportation provided by the school. Rare and specific instances where this may be approved are:

- 1.) If a contest is held in or near a city or town where the cadet-scholar resides and time is of the essence for the cadet-scholar to complete homework, other school-related commitments or in case of an emergency, the stakeholder or other adult specifically identified may take the cadet-scholar home as long as the request has been submitted to the Athletic Department **at least (1) day prior to game / event** and the Coach has notified the cadet-scholar that the request is approved.
- 2.) If the cadet-scholar athlete becomes ill or is injured and needs immediate transportation, a stakeholder (parent or guardian) may transport the cadet-scholar athlete **with permission of the Coach**.

Please note that **UNDER NO CIRCUMSTANCES** are cadet-scholars allowed to transport themselves or other cadet-scholar athletes to or from an extra-curricular event when school transportation is available.

Parent and Volunteer Drivers

In the event that we do not have enough buses/vans available, parent volunteers will be needed to help transport the team. All volunteers transporting students must have a passed Volunteer / Background on file with the front office and a signed Policy Regarding Use of Private Vehicles form on file for field trips and athletic events. All persons transporting UpROAR Leadership Academy cadet-scholars must attend a brief Driver Orientation session, which is to be scheduled through the Administration Office via the Transportation Director.

Schedules, Maps, Parking, and Transportation Information

(Page 2)

Picking up Cadet-Scholar Athletes After an Athletic Event

It is very important that stakeholders are **ON TIME to pick up their cadet-scholar athlete** as soon as practice or games are over or as soon as he/she has arrived back to campus after an away game. We cannot ask the coaching staff to stay late to supervise your cadet-scholar athlete.

In addition, please note that cadet-scholar athletes may only be picked up by someone who is not a parent/guardian/sibling if the Athletic Director/Coach has received written permission from the parent/guardian **at least one (1) day prior to the event.**

Scholar-Athlete Participation and Eligibility (Page 1)

Absences and Tardies

A scholar-athlete absent from school on game day will NOT be able to participate in a game unless arrangements have been made with the Athletic Director and approved by the Head of School. The scholar-athlete must be in school **ALL DAY** to be considered eligible for practice, games or meets that day.

A doctor's appointment is an exception if a physician's note is brought to the school office when the scholar-athlete returns to school. Special consideration may be given in a particular situation when the Athletic Director and/or Head of School is notified. This also applies to practices.

Academic Requirements:

Per the Cadet-Scholar and Stakeholder Handbook, in order for a student to maintain eligibility for extracurricular activities (as defined above), he or she will be required to maintain a 2.5 or above in ALL of his/her classes during a nine-week quarterly grading period in accordance with the **Eligibility Assessment Policy** laid out below. This is equivalent to maintaining a 65% or better in all classes for high school cadet-scholars. Class grades used to determine eligibility will be based on the average grade for each class entered at the end of each quarterly grading period. For cadet-scholars in middle grades where there is no GPA at the current time, cadet-scholars must be passing all classes with a 70% or better.

Behavior Expectations:

If a scholar-athlete receives ROAR Academy, the scholar-athlete is suspended for one week from athletic participation / dressing out. The athlete is permitted to attend practices and/or games, but will not be able to participate.

If a scholar-athlete receives an additional ROAR Academy, the scholar-athlete is suspended for two weeks from athletic participation / dressing out. The athlete is permitted to attend practices and/or games, but will not be able to participate.

If a scholar-athlete receives a third behavior incident and/or receives OSS, the scholar-athlete is removed from the athletic team.

Eligibility Assessment Policy

All grades will be checked at the end of each quarter, called the *quarterly grade check*.

Cadet-Scholars who are passing all classes at the quarterly grade check are fully eligible to participate in all extracurricular activities and will not be subject to a grade check until the next quarterly grade check.

Cadet-Scholars who at the quarterly grade check that have lower than a 2.5 GPA, or percentages outlined above, will be put on a 3-week academic probation period but will continue to be eligible to participate in their extracurricular activities (clubs and/or athletics) during those 3 weeks. At the end of the 3 week period a second grade check will be conducted. At that second grade check, and in order to be removed from academic probation and have their full eligibility restored, the cadet-scholar must have a passing grade in the class he or she was failing at the time of the initial grade check. If the cadet-scholar is passing the class at the second grade check, then that student is fully eligible to participate in extracurricular activities for the remainder of the quarter. Grades will not be checked again until the next quarterly grade check. If the cadet-scholar is still failing the same class, then he or she loses eligibility for the remainder of the quarter.

Cadet-scholars failing two (2) or more classes at the initial quarterly grade check are ineligible to participate in extracurricular activities for a period of 3 weeks. At the end of that 3 weeks, grades are checked again. If the cadet-scholar is passing the failing classes, then their eligibility is restored. If they are now only failing one (1) of the classes, then they are on academic probation for the next two (2) weeks and will be eligible to participate in their extracurricular activities (clubs and/or athletics) during those 2 weeks. At that 3rd grade check full eligibility is restored if the student is passing the class. If the student is not passing the class, then eligibility is lost for the remainder of the quarter.

The following will also apply during the period of ineligibility:

- At the discretion of the Head of School in consultation with the Athletic Director, and/or instructors, a particular student's eligibility may be reassessed at any time during a quarter, on a case by case basis.
- At the discretion of the Head of School in consultation with the Athletic Director, and/or instructors, an ineligible student may continue to *practice or participate* with his or her team or group in order to maintain involvement.
- An ineligible student will NOT be allowed to participate, or travel with their team to any home or away extra-curricular competitions.

Academic Responsibilities

The primary vocation of every UpROAR Leadership Academy Cadet-Scholar is to be a *scholar first*. This includes scholar-athletes. A scholar-athlete who misses school due to an athletic competition is responsible for keeping up with his or her schoolwork.

- Any work that is due during a period that the scholar-athlete will miss due to an athletic competition or event should be turned in **BEFORE** the missed class period, if the instructor

allows.

- Scholars should communicate with instructors **BEFORE** missing class about when any tests, quizzes, presentations, or in-class assignments that they will miss should be taken or made-up. Unless another date is discussed and decided upon by the instructor before the absence, the scholar should plan to complete these assignments **the day that they return to class**.

These policies are in place to help scholar-athletes develop the skills necessary to manage the various demands and responsibilities of life. These are skills that will help scholars excel in post-high school education, as well as the working world where plans must be made in advance to account for work that will be missed due to a planned absence.

UpROAR Leadership Academy

Standards of Conduct For SCHOLAR-ATHLETES

Being a scholar-athlete is a privilege, not a right. Scholar-athletes are scholars first and athletes second and are held to a high level of standards, expectations and behaviors.

The scholar who chooses to participate in the athletic program will be observed by many public and private schools, media, parents, guests, peers, teachers, and the public at large.

Each coach is responsible for the conduct of the scholar-athletes within that particular program. Therefore, the coach may provide a set of rules explaining conduct and penalties for both minor and major infractions of the code of conduct enumerated here:

1. A scholar-athlete in any sport is required to be neat, clean shaven, well groomed, (per the Cadet-Scholar Handbook) and in proper uniform for warm-ups, games, practices, and travel (this includes shirt, shorts, socks, and shoes). Not being in proper uniform may result in game suspension or being sent home from practice.
2. A scholar-athlete shall exhibit a lifestyle which represents the school in a positive manner at all times. This includes during holidays, trips or field trips. Failure to commit to this lifestyle may result in the forfeiture of the opportunity to participate in the athletic program. Lifestyles include, but are not limited to:
 - a. A scholar-athlete shall not steal or use another person's property without permission of the owner (game suspension will be imposed).
 - b. A scholar-athlete shall not use obscene, vulgar or any other unsportsmanlike language at any time (suspension will be imposed).
 - c. scholar-athletes who engage in any criminal activity or violations of civil law may be denied participation in an extracurricular program. Recognizing the varying degrees of severity of the violations (misdemeanors or felonies), consequences for such involvement may result in denial of participation depending upon the offense's nature.

3. A scholar-athlete must completely abstain from the use of alcohol, tobacco products, and drugs. Refer to the UpROAR Leadership Academy Cadet-Scholar/Stakeholder Handbook.
4. A scholar-athlete must be ready to display effort, cooperation, respect, and support for coaches and other team members.
5. A scholar-athlete must display a good attitude. Negative attitude towards the coach or other scholar-athletes will not be tolerated.
6. A scholar-athlete is expected to be on-time and prepared. Any scholar-athlete late to the game may not be allowed to start unless cleared by the coach.
7. A scholar-athlete must notify the coach prior to practice if they will be absent from practice.
8. All scholar-athletes with their coaches are responsible for keeping the gym floor swept, locker room clean/picked up, and fields and uniforms maintained.
9. A scholar-athlete who receives an in-school or out-school suspension while a member of a team will be required to miss two games/or one meet, *in addition to* any game/meet missed while serving the suspension. This is applicable *in or out of season*. scholar-athletes who are in more than one sport (dual sport athlete) will miss both games of each sport in which they are participating. These games/meets missed will be the next games/meets on the schedule (if a scholar-athlete is in dual sports, the next game/meet for both sports are missed). Neither the scholar-athlete nor the coach may choose a different game/meet.
10. Scholar-athletes must be in attendance at school All Day to participate in practices or games that day unless he/she has prior permission from the Athletic Director or principal.
11. If a scholar-athlete quits or is removed from the team, that scholar-athlete may not receive their letter in that sport or attend the varsity fall, winter or spring team parties for that sport.

I Have Read and Understand These Expectations _____ (Scholar-Athlete)

I Have Read and Understand These Expectations _____ (Stakeholder)

UpROAR Leadership Academy HS EXPECTATIONS

(Sign each paragraph/section)

I. Expectations of the COACHES

- A. A structured and disciplined program that leads to unity and teamwork.
- B. Attention given to each student-athlete to develop fundamentally sound sports skills.
- C. Opportunity, as situations permit, for each scholar-athlete to play as much as possible.
- D. Support any discipline issues as a result of school-related behaviors.

I Have Read and Understand These Expectations _____ (Scholar-Athlete)

I Have Read and Understand These Expectations _____ (Stakeholder)

II. Expectations of the SCHOLAR-ATHLETES

- A. A positive attitude and learning spirit and acceptance of responsibility for one's own actions.
- B. Must maintain passing grades in all subjects. When a problem arises, the student immediately sees the teacher and secondly, sees the coach.
- C. Arrive on time for practices and games and will notify coach in person or email if something arises.
- D. Any outside training during the season of one's school sport is NOT recommended by coaches and the Athletic Director (please see them for reasons).
- E. Encourage good sportsmanship from fellow scholar-athletes, coaches, officials and stakeholders at every game and practice by demonstrating good sportsmanship.
- F. Listen and learn from the coaches.
- G. Encourage my stakeholders to be involved with my team in some capacity, because it is important to me.
- H. Understand that scholar-athletes are held to a high standard and acknowledge that it is a privilege (not a right) to participate in sports.
- I. Refrain from engaging in social-media disputes involving individuals or matters of the team or school.
- J. Abide by the policy that the use of cell-phones is PROHIBITED during practices and games.
- K. When complaints arise, I will first seek the coach and coaching staff to resolve any issues. If further discussion is needed, I will involve my stakeholders in talking with the coach, if at that time and that time only the issue has not been resolved, we will then involve the Athletic Director or School Administration may get involved.

I Have Read and Understand These Expectations _____ (Scholar-Athlete)

I Have Read and Understand These Expectations _____ (Stakeholder)

III. Expectations of the STAKEHOLDERS

- A. Conduct myself in a positive manner at all times (not berating officials, students, or coaches).
- B. Understand that game decisions, playing time, and positions played are the sole responsibility of the head coach and staff.
- C. Support and be involved in my scholar-athlete's sport as much as possible.
- D. At Practice and Games/Meets: Parents are welcome to observe practices but to avoid confusion, there is no coaching from the sidelines. The scholar-athletes can only listen to one coach at a time.
- E. At Home: Encouragement of my scholar-athlete(s) in the development of his/her skills and team spirit. Avoid negativism in my presence towards other scholar-athletes or the coaches.
- F. When complaints arise, I will ask my scholar athlete to first speak with the coach and coaching staff to resolve any issues. If further discussion is needed because the athlete and/or stakeholders don't believe the issue has been resolved they may ask for a meeting with the coach , then stakeholders can ask for a meeting with the Athletic Director or School Administration may get involved.

I Have Read and Understand These Expectations _____ (Stakeholders)

IV. Expectations - TRAVEL

Scholar-athletes are expected to travel to and from all practices, games and contests in transportation provided by or arranged by the school. On some occasions, scholar-athletes may travel with their stakeholders with prior approval from their coach. Scholar-athletes may not leave an athletic event with anyone other than their stakeholder unless written permission is given to the Athletic Director and coach prior to the game. Even with written parental permission, scholar-athletes may not leave an athletic event with anyone under the age of 25 unless that person is a sibling or family member.

- I. All school vehicles must be cleaned by the scholar-athletes after each use.
- II. The driver of the team is the ultimate authority, and all scholar-athletes must submit to his/her instructions.
- III. No extra riders (non-team members) will be allowed to ride in the school provided vehicle(s). Any exception to this will be verbalized by the coach prior to the event.

NOTE: Any scholar-athlete who does not comply with the above mentioned travel rules will forfeit his/her right to travel/play with the team.

I Have Read and Understand These Expectations _____ (Scholar-Athlete)

I Have Read and Understand These Expectations _____ (Stakeholder)

V. Expectations - UNIFORMS & EQUIPMENT

I have read and agree to abide by all the policies for Uniforms and Equipment outlined in the Athletic Handbook. These policies include (but are not necessarily limited to) the following:

- I. The proper uniforms are worn during practice(Athletic Gear), games, and travel.
- II. The student-athlete will be held financially responsible for any lost or misplaced equipment.
- III. Current replacement costs will determine the amount for which the scholar-athlete will be held accountable, but this amount will be, at minimum, \$75.00 for a uniform piece.
- IV. The cost of any uniform returned in a condition whereby it cannot be reissued will be charged to the

scholar-athlete. This includes uniforms that have been improperly laundered, cared for, or stored.

- V. Scholars-athletes will not be allowed to continue or begin a new season until all financial obligations have been cleared (unless other prior arrangements have been approved).

I Have Read and Understand These Expectations _____ (Scholar-Athlete)

I Have Read and Understand These Expectations _____ (Stakeholder)