



Vanguard Athletic Handbook

School Year 2025/2026

Section 1) STATEMENT OF PHILOSOPHY

The philosophy of the Vanguard Charter School Athletic Department is to offer the opportunity to be a part of a team to as many of our students as possible. We feel strongly that athletics are extremely important in the development of the mind as well as the body. We feel leadership skills can be developed through athletics. Being an athlete at Vanguard is a privilege; we therefore have the right to expect higher standards of behavior from our athletes than we do the general student body. We expect positive leadership at all times, as well as high levels of achievement academically and athletically. Vanguard athletics also provide a unifying influence upon our student body and between our school and community. Winning is very important to our athletic programs; however, handling setbacks and learning how to deal with adversity is equally important. Being successful through adversity is not always recorded on the scoreboard or in the win-loss records. Finally, as is true in all aspects of education at Vanguard Charter School, our athletic program is committed to the pursuit of excellence, acknowledging that the quest itself is the most significant aspect of achievement.

Section 2) SPORTS OFFERED

Cross Country

Swim

Boys/Girls – Basketball

Boys/Girls - Volleyball

Section 3) PHYSICAL EXAMINATIONS

Each participant is to have on file a completed Parent-School Agreement Form. All sections of the form must be fully completed including signatures of the athlete, parents, Vanguard Coach, and Vanguard Administrator.

Section 4) RULES FOR PARTICIPATION

Introduction:

It is the responsibility of the student-athlete and their parents/guardians to take the time to read the following rules and policies and to make sure the student/athlete understands his/her role in athletics. These standards have been agreed upon by the Vanguard Board, Administration, Principal, and Athletic Department. The following rules are for all Vanguard School athletes, managers, or other students involved in support of an athletic team. The coach of a particular sport may require rules in addition to these rules, which may be stricter than these rules. Participation in Vanguard Charter School Athletics is a privilege, and not a right. Vanguard Charter School expects a higher standard of conduct from its athletes than from students who are non-athletes. If a student does not wish to follow this higher



standard of conduct, then he or she should decide not to be a Vanguard Charter School athlete. During the time a student is a Vanguard Charter School athlete, he or she will be in the public eye and will be representing the school not only while participating in a particular sport, but also at all other times, both in and out of school, and during non-school hours, including vacations.

RULES

1. An athlete shall not at any time, on or off school property, possess, sell, use, or be under the influence of alcohol, illegal drugs, or intoxicants of any kind.
2. An athlete shall not, at any time, on or off school property, possess or use tobacco in any form. This shall include, but not be limited to snuff, chewing tobacco, or smoking tobacco.
3. An athlete shall not engage in actions which result in criminal arrest, conviction, or produce other evidence of criminal wrongdoing that are not in keeping with the general philosophy of athletics. Examples are, but not limited to, shoplifting, theft, vandalism, criminal mischief, drug use/possession/selling, and assault.
4. All of these rules are in effect year-round, 24 hours a day, 365 days a year. That is, the rules are in effect during the season, the off-season, and during the summer and all other vacations.
5. There is an age limitation to participate in athletics. An athlete is eligible so long as he or she is not age twenty on or before the day of the state finals of that given sport.
6. If an athlete is absent from practices for more than ten days due to illness or injury, he or she will be required to present written proof from a doctor that he or she is able to attend practice and participate again. The athlete must then participate in a minimum of 2 practices before being eligible to compete in a contest.
7. Athletes are responsible for the care of athletic equipment issued to them, and may be expected to pay for any lost equipment or equipment which is damaged by carelessness.
8. As a representative of Vanguard Charter School, athletes are expected to be well groomed and neat in appearance at all times. In the event that a student has a documented medical reason for not being able to meet the coach's policy regarding proper grooming, The Athletic Director may exempt that particular athlete from that rule.
9. For the safety of all athletes', wearing jewelry is not allowed during participation in practices of sporting events.
10. An athlete shall practice and participate in only one sport at a time, unless coaches in two programs agree to share an athlete. Prior to discussion with coaches and parents, an athlete will choose their primary sport which will have precedence on conflicting dates. At this point, both coaches, the athlete, his/her parents and the Athletic Director will meet to outline the season in the best interest of the athlete. (Non-school sports of "club teams" are not governed by this rule)



11. An athlete who has been suspended from school cannot practice or play in an event during the suspension or be on the school's ground during the suspension for other activities.
12. In order for an athlete to be eligible for participation, they cannot be more than 10 minutes late in the morning while attending the rest of the school day or cannot leave more than 10 minutes prior to the end of the school day, after being at school all day. Doctor's appointments, or any other pre-approved absences, during the school day must be pre-approved by contacting the Principal, Assistant Principal or Athletic Director. There are exceptions if pre-approved.
13. For Saturday eligibility, an athlete must be in compliance with rule 12 on the Friday preceding Saturday. Additionally, a student who misses Friday with an excused absence turned in prior to the end of the school day Friday is eligible on Saturday.
14. In addition to these rules, athletes are also bound by any other rules of the Vanguard Charter School Handbook, which may apply, and any additional rules which each individual coach may have.
15. An Athlete will attend all scheduled practices and games with the exception of a pre-arranged, excused absence or excused injury. The excused absent must be made between the athlete's legal parent/guardian and the Head Coach. The proper paperwork must be filled out and signed by the parent and Head Coach.

PENALTIES

1. When an athlete fails to follow a reasonable request, the coach shall inform the athlete at that time by removing the athlete from the practice or contest to an area of privacy to inform the athlete of the possible consequences of any further offense.
2. Violations involving possession or use of any kind of tobacco substance will result in the following minimal suspensions:
 - 2.1 First violation involving the possession or use of any kind of tobacco substance would result in a suspension of 10% of the current sports season, or from the participation in the next sports participation.
 - 2.2 Second violation involving the possession or use of any kind of tobacco substance would result in a suspension of 50% of the current sports season, or from the participation in the next sports participation.
 - 2.3 Third violation involving possession or use of any kind of tobacco substance would result in suspension of the athlete for 365 days from the date of the suspension.
3. Violations involving possession or use of alcoholic beverages, illegal drugs, felony, or any misdemeanor which is derogatory to the proper conduct of an athlete shall be enforced as follows:



3.1 A positive drug test will result in the student-athlete being suspended from athletics for 50% of the contests.

3.2 Student-athletes must be re-tested after the suspension has been served and provide a negative drug test to be eligible.

3.3 A second positive drug test will result in the student-athlete being suspended for one calendar year (365 days) from athletics.

3.4. Student-athlete must participate in a drug/alcohol education program at his or her own expense and written notification from the drug/alcohol program must be submitted to the athletic director verifying completion of the program (online program, school guidance counselor, ect.)

3.5 Student-athletes must be re-tested at their own expense and provide a negative drug test to be eligible after testing positive.

3.6 Any student-athlete found to be in possession of illegal drugs (alcohol included) on or off school property will also receive a 50% suspension of their respective athletic season contests even though a drug screen test might be negative.

3.7 Non-violent felony or misdemeanor arrest of a student-athlete or any conduct deemed to embarrass the school or athletic association will result in the student athlete being suspended from participation of 50% of their respective athletic contests.

3.8 Misuse of technology- including but not limited to damaging the reputation of a staff member, coach, student, athlete, bullying any of the aforementioned, or otherwise making disparaging remarks directed at a member of the Vanguard Community on social media, i.e. Facebook, Twitter, Snapchat, Instagram, etc., text messaging, emails, personal messages- will result in loss of 50% of their respective athletic contests.

3.9 A subsequent offense for violating 3.6, 3.7 and 3.8 results in the student-athlete being suspended for one calendar year (365 days) from the date of the second offense.

3.10 In determining the exact number of games a student-athlete is to be suspended, the appropriate percentage will be multiplied times the total number of games scheduled (to include one post season contest) in that particular sport and any fractional outcomes will be rounded to the nearest whole number.

3.11 Any remaining contests that the student-athlete was unable to serve as a suspension due to the season ending will be carried over into that student athlete's next sport per % for the next season total number of contests. Athletic suspensions carry over from one school year to the next per % for the suspension per next season total number of contests.



4. Violations involving lateness or unexcused absences to athletic practices or contests shall be enforced as follows:

4.1 Each coach shall have a tardy policy for athletes to follow, and inform all athletes of said policy.

4.2 Each coach will have definite penalties to enforce tardies that are inexcusable. Penalties such as extra conditioning, skill development or extra weight training are all acceptable provided the activities are beneficial and not unreasonable in terms of the athlete's physical condition

Section 5) MINIMUM ATTENDANCE POLICY

A student-athlete at Vanguard Charter School has two options to adhere to Vanguard's Handbook Policy allowing a student-athlete to be eligible to participate in practice or in any athletic competition scheduled on a school day.

1) Attend school all day (7:55 a.m. - 3:35 pm)

2) The student cannot be more than 10 minutes late in the morning while attending the rest of the school day or leaving early by 10 minutes after being at school all day. Doctor appointments during the school day must be pre-approved by contacting the Principal, Assistant Principal, or Athletic Director. There are exceptions if pre-approved.

Section 7) ACADEMIC REQUIREMENTS

Vanguard Charter School requires student-athletes:

- to maintain a 3.0 GPA to be eligible for participation in a vanguard athletic program.
- to have no more than one course D, during any one-week period, grade verifications will be completed each Friday determining eligibility for the following week. Students must attend practice while they are suspended from play to be eligible to return. Grades will be checked the following Friday allowing an athlete to be reinstated.
- to be accountable to individual class withdraw/fail due to attendance- athlete who is removed from a single class due to absenteeism will receive a two-week suspension. Athletes may regain eligibility by attending Study Hall during that period 100% of the time during suspension.
- to attend all scheduled class periods/work release programs/concurrent enrollment programs/early enrollment programs. Any student who misses 10 class periods in the same course, excused or unexcused, will be removed from all extra-curricular activities for the remainder of the semester.
- Any student participating in truancy acts (sluffing), will be removed from all extra-curricular activities until a meeting is set up between parents, school administration, coach, and athlete to determine permanent consequences, according to Vanguard's truancy policy.



- Any student who misses 10 days of school, excused or unexcused, without a doctor's note or a prior written approval between parents and Vanguard Administration, will be removed from all extra-curricular activities for the remainder of the semester. At Vanguard, athletics can be a very important part of one's high school experience, but the academic commitment is and always will be the most important goal we have. We expect our student-athletes to work to their potential in the classroom in order to become outstanding citizens in our community.

- A student athlete may need to be excused from another class to leave for a scheduled game. Only the AD/Administrators may submit a request for the athlete to be excused from a regularly scheduled class. The AD/Administrator will fill out the required school forms and students/teachers will be notified. Parents will be given the season game schedule and notified of any changes prior to the game.

Section 8) TRANSPORTATION POLICY

The athletic team of which your son/daughter is a member will be making several trips during the course of the competition season. We will be making these trips on a safety-checked bus/van driven by an adult-licensed bus driver (or in the case of the school van, a coach) with coaches on board for supervision. A student-athlete will be required to travel by the school provided transportation both to and from the athletic event. We realize there will be extenuating circumstances, which may require students to use private vehicles driven by their parents/guardians. Permission will only be granted upon written request by the parent/guardian using the Travel Release Permission Form provided by the Athletic Office. This form must be completed and on file in the Athletic Office prior to the event, and the coach must receive the original copy from the student. Permission will be granted only in extreme rare cases.

Section 9) CODE OF CONDUCT FOR PARENTS AND FANS

Vanguard Charter School expects each member to provide a safe environment that promotes good sportsmanship for fans, officials, coaches and players. At a time when society is experiencing increased incidents of physical confrontations and unmanaged anger associated with sports on all levels, Vanguard Charter School wishes to keep our athletes, officials, coaches, and fans safe by insisting on proper behavior and promoting our positive reputation for good sportsmanship. We are proud that the majority of our parents and fans set a behavioral example of the highest standard. However, we are forced to address the issue by the few who do not act appropriately. Vanguard Charter School will not condone or permit inappropriate behavior directed toward players, school staff, the opposing school, or game officials. Such behavior can cause the school to suffer severe consequences and is embarrassing to our school and community. Vanguard Charter School supports conference rules and the emphasis on good sportsmanship. Proper courtesy, behavior and decorum must apply to all situations, and sports are no exception. Parents need to understand characteristics of the structure of school athletics and relationships involved.



1. Participation in high school athletics is a privilege, not a right. Coaches will retain only those players whose skills and attitudes meet the needs of the program, as defined by the coach.
2. The coach alone is responsible for deciding who plays and how much.
3. By allowing one's child to play sports, the parent is, in effect, turning over the child to the coach for the period of time the player is in the sport. The coach will instruct the child and keep the child safe within normal accepted standards.
4. Coaches are professionals and are operating within the best interests of all student-athletes in their charge.
5. It is inappropriate for parents or fans to confront a coach after practice or an event. Parents who have a concern are asked to contact the coach and schedule a meeting at the appropriate time to avoid conflict at a potentially emotional time. If parents cannot reach a satisfactory resolution through a meeting with the coach, they may then contact the Athletic Director.
6. Swearing or making derogatory comments about the officials, coaches, players of either team, or other parents and fans at an athletic event are never acceptable.
7. Attending an athletic event while intoxicated is not acceptable.
8. Being offensive in any other fashion is not acceptable. Parents and fans that violate any of the above standards of behavior risk sanctions by Vanguard Charter School including, but not limited to:
 - a. A verbal or written warning
 - b. Removal from the contest or premises. Temporary or permanent banishment from attendance at Vanguard Charter School athletic events and/or other school functions.
 - c. Civil or legal action

In conclusion, we commend those parents who always exhibit exemplary behavior and serve as positive role models for our student-athletes. We encourage our parents to volunteer, to become involved with our teams, and to be supportive of the attempts of the entire community to educate our youth. By working together, we will establish Vanguard athletics as a first-class program. We strive to make good sportsmanship at Vanguard Charter School an expectation where the players play, the coaches coach, the officials officiate, and the FANS ARE POSITIVE!

Section 10) EXPECTATIONS OF ATHLETES

Athletes at Vanguard Charter School are expected to be a positive role model both in and out of school. They are expected to treat authority figures with the respect due them, and to take an active and productive role in the classroom and the community in general. Also, they are expected to live up to all



team, department, and school rules and policies. As an athlete of Vanguard Charter School, the student-athlete is expected to live up to a higher standard of expectations. We are proud to have students in athletics and hope that everyone's experiences are both enjoyable and rewarding.

Section 11) RISK STATEMENT

As you embark upon your participation in athletics at Vanguard Charter School there are several things of which you and your parents need to be aware:

Participation in athletics presents a possibility of injury. Most injuries that occur are relatively minor scrapes, scratches, sprains, strains, etc. However, more serious injuries are possible. More serious injuries could possibly include cuts, muscle tears, tendon or ligament damage, neck and spinal cord injuries, and head injuries. It should be recognized that these conditions may require major surgery, or may result in paralysis or even death. The coaching staff of each sport will teach proper techniques for each skill and provide safe areas for practice and competition. Your awareness is imperative that these injuries are possible and following directions can save your life. Your coaches will provide additional information regarding potentially dangerous activities in their sport. Vanguard Academy Charter School is not liable for any financial incurrences such as medical supplies, doctor bills, hospital bills, medical bills of any form, prescription cost, or lost wages for work hours missed, due to injury/death from participation in Vanguard Charter athletic programs.



Player and Parent Signature Page

Vanguard Charter Athlete Agreement

Parent's or Legal Guardian's Name _____ (print)

Player's Name _____ (print)

Team Contract

By signing this contract, you agree to the team rules and responsibilities and understand the consequences of not adhering to them.

• Parent's Signature _____ Date _____

• Player's Signature _____ Date _____

Attending Games

By signing this contract, you agree to the team rules and responsibilities for attending practices and scheduled games.

• Parent's Signature _____ Date _____

• Player's Signature _____ Date _____

Hazing and Consent

I have been informed by my coach of the District policy prohibiting hazing and initiation.

As a condition of my participation on the Vanguard Basketball team, I agree to abide by this policy and refrain from hazing or related initiation activity of any kind.

I understand that my involvement in any hazing or initiation will result in disciplinary action, which may include suspension, expulsion exclusion, transfer to a different school, and/or loss of participation in all extracurricular activities.

• Parent's Signature _____ Date _____

• Player's Signature _____ Date _____



Concussions and Head Injuries

I have read, understand and agree to abide by the Vanguard School District policy about concussions and traumatic head injuries for the purposes of “sporting events” sponsored by the District.

I also acknowledge my responsibility to report to my coaches and parent(s) any signs or symptoms of concussion or traumatic head injury.

• Player’s Signature _____ Date _____

I, the parent of the student named above, have read, understand and agree to abide by the Vanguard School District policy about concussions and traumatic head injuries for the purposes of “sporting events” sponsored by the District.

• Parent’s Signature _____ Date _____

Parent Conduct

I have been informed by Vanguard Administration of the district policy in regards to parent conduct at all district sporting events.

I understand that my involvement in any inappropriate behavior (including language) or poor sportsmanship towards officials, team members and coaches, or other spectators will result in disciplinary action.

Parent’s Signature _____ Date _____



Vanguard Charter Academy

Travel Release Permission Form

Affidavit of Parental Consent
For Travel Throughout the United States of a Minor Child Without a Parent

Team Name: _____ Team Grade: _____ Team Coach: _____

I, _____,

Of _____ Do hereby authorize

Relationship of this person to player

Of _____, travel as a guardian of
_____, age _____.

Players age

Throughout the United States, including travel by
automobiles, trains, planes, and buses. Overnight travel
will include hotel, motel, or rental home stays while
participating on Vanguard's athletic team from August 1st _____ to August 1st
_____.

Full name of parent or legal guardian

Date

Full name of parent or legal guardian

Signature of parent or legal guardian

Player/students full name
Full name of the person you authorize to travel with this child

Player/students full name

Player/students full name



Vanguard Charter Academy

Medical Release

I/We Do Do Not, have major medical insurance that will cover

Primary Insurance Company _____

Primary Insurance Company Address: _____

City: _____ State: _____ Zip: _____

Primary Insurance company phone number: _____

Insured's ID # (Primary company) _____ Insured's Group # (Primary company) _____

If there is another health plan benefit, provide policy information for secondary plan:

Secondary Insurance Company: _____



Secondary Insurance Company Address: _____

City: _____ State: _____ Zip: _____ Player/students full name

Secondary insurance company phone number: _____

Insured's ID # (secondary policy) _____ Insured's Group # (secondary policy) _____

Parents/Legal Guardians full name: _____

Signature of parent or legal guardian

Date