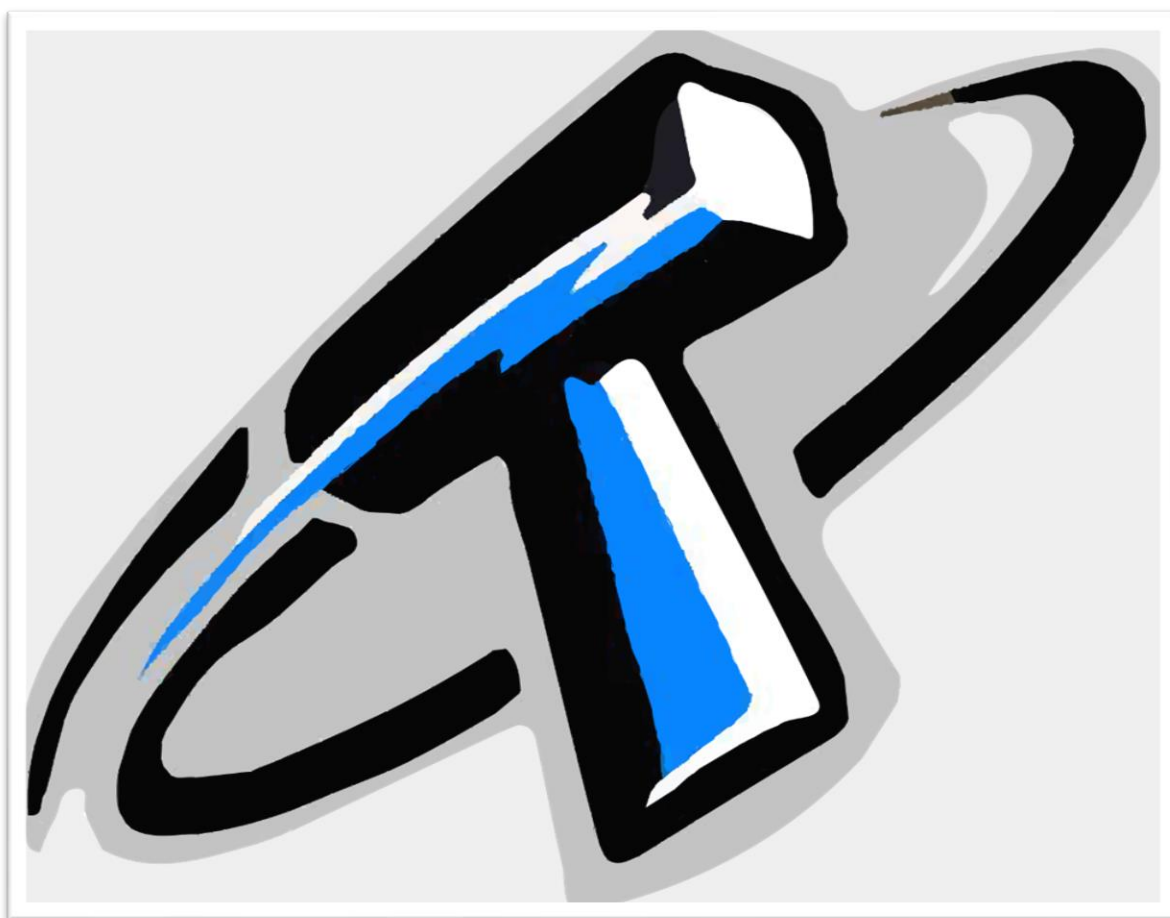


# 2024-2025 Titans Athletics

**“THE STANDARD IS THE STANDARD”**



**Student-Athlete/ Parent  
Handbook**



**Titans Athletics - Student Athlete/Parent Handbook**  
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**LETTER TO THE STUDENT ATHLETE & PARENTS**



*Titans Athletics*

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Dear Student Athlete & Parents:

Welcome to **TITANS ATHLETICS**, a tradition of excellence! Our program represents the very best in competition, coaching, equipment, schedules and organization. We are recognized as one of the strongest academic and athletic programs in the State of California!

This handbook has been put together specifically for the parents and student athletes who will be competing on one or more of our high school athletic teams. I hope the contents will help you better understand our athletic program, procedures, and expectations for our student athletes. I have faith that you will make a total commitment to our coaches, school, and athletic program. Only by making this commitment will you and our athletic teams reach our full potential!

My door is always open if you have any questions concerning our athletic program. I hope you have a great year in "Hercules Titans Athletics."

Yours in Sports,

Dean Grecco & Mack Carminer  
Co Athletic Directors  
Hercules High School

## **HERCULES TITANS DEPARTMENT OF ATHLETICS STATEMENT OF PHILOSOPHY**

The primary purpose of our competitive sports program is to provide experiences that will enable our students to progress toward established educational objectives. These objectives include the following qualities: physical strength, endurance, vitality, neuromuscular skills, courage, alertness, resourcefulness, good sportsmanship, character, high moral standards, loyalty, and a healthy self-concept. Our coaching staff is dedicated to helping the student athlete reach these goals. Both the physical and psychological growth of each student is conscientiously considered when planning and implementing our athletic program.

Our coaches are aware of the individual needs of our youth as well as the social implications of being able to work as a member of a team. Students will be given the opportunity through extensive training, excellent equipment and facilities, and the best of coaching to reach their maximum potential, athletically, if they dedicate themselves to our program.

Our district's goals are to also produce young men and women who have the capacity to be successful citizens in our highly competitive society. We are committed to achieving these goals. We want our student athletes to leave Hercules and be able to say that they are proud to have been a part of "Titans Athletics".

## THOUGHTS ON SUCCESS

Why do some people in life succeed and others do not? In athletics many times two people with similar talents will end up going in different directions. One will succeed while the other does not. For success in athletics or any other endeavor in life the following fundamental ideas and principles are essential:

You must first make a commitment to what you want to do. This is known as "**The Decision.**" By making this commitment, you must make athletics an important factor in your life. If you are unable to make this decision your practice and training is not truly "**Serious**" and you can expect your performances to show it.

Along with this commitment you must have a tremendous **Desire to Excel**. Talent alone does not insure success. **Desire**, backed by **Faith**, knows no such word as impossible.

Once committed, you have to set specific **goals** for yourself. This gives you something to work for and achieve. If you don't know where you are going, any road will take you there. **You must know where you are headed.**

To reach your goals, you must dedicate yourself to reaching them. Work hard (practice) and sacrifice, let nothing deter you. Time after time a person's will power becomes the key factor in the success vs. failure "Game."

**The Proper State of Mind** is also a must for success. This is the winning attitude that says **I can!!!** I will get the job done regardless of the cost. This state of mind includes a great desire to excel and the perseverance to overcome the obstacles you are bound to encounter. Success is the result of overcoming weaknesses and problems.

You also have to be mentally tough during practice and competition. Anyone can practice when he or she feels like it; champions' practice and train every day. During competition, go for it!!! Remember: **winners expect to win.**

I believe each of our teams at Hercules can be successful this year. For this to occur, all team members must be totally committed to the same purpose and goals. It has been said, "It's better to have one man working with you than many men working for you."

**Let's all be champions and turn our dreams and goals into action!**



## WINNING ATTITUDES

To succeed in athletics and also in life an athlete must develop winning attitudes. The following are principles that our coaches believe must be developed and incorporated into our lives:

1. The **BELIEF** that "**WINNING**" is a "way of life" that can only be developed and maintained through a constant desire for it.
2. The **BELIEF** that "**EXCELLENCE**" is derived by having goals of near impossibility; and these goals should be foremost in each person's mind.
3. The **BELIEF** that being satisfied with yourself can only bring about a complacent, lazy nature which leads to failure.
4. The **BELIEF** that defeat is never failure unless accepted and left unchallenged.
5. The **BELIEF** that "**HARD WORK**" pays off, even though at times it doesn't seem to show it.
6. The **BELIEF** that "**SELF DISCIPLINE**" is the key to any type success.
7. The **BELIEF** that the "**TEAM'S SUCCESS**" is more important than an individual's success.
8. The **BELIEF** that "**WINNING**" is a quality that few possess, and so we should be proud to tell others about it.
9. The **BELIEF** that "**PROPER LEADERSHIP**" is the primary responsibility of every "**WINNER**".
10. The **BELIEF** that the "**ROLE OF A LEADER**" is to lead. Helping someone younger, or less fortunate does this.
11. The **BELIEF** that the principles established by our founding fathers - like reverence for our flag and to our National Anthem, are as important today as when they were originated.

## ELIGIBILITY REQUIREMENTS

To participate in athletics a student must:

1. Live with one's parent(s) or legal guardian(s) in the West Contra Costa Public School District or have a parent(s) or legal guardian(s) that is employed by the WCCUSD.
2. Be enrolled in 6. subjects in the high school or the 4 basic subjects of math, science, english, history
3. Turn in or have on file (a) **copy of a certified birth certificate**.
4. Complete all WCCUSD requirements. (medical history, physical, consent to participate)
5. 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade Participation:
  - Have not been in high school more than 4 years since first entering the 9th grade.
  - Have not reached 19 years of age before August 1 of the current school year.
  - **ELIGIBILITY IS BY QUARTER!!!** To be eligible first quarter a student must finish the previous Q4 school year with at least a **70 average (2.0)** and be making "**satisfactory progress toward graduation**". To be eligible for the second quarter a student must have at least a **70 average (2.0)** at the end of the first quarter! **ALL COURSES** THE STUDENT IS TAKING WILL BE USED IN DETERMINING THE END OF EACH QUARTER AVERAGES!!!
6. A student, who is not eligible at the beginning of the season, may become eligible the next quarter by using the formulas above.
7. \* ACADEMIC PROBATION\* Are for seniors only and are only for 1 quarter per 4 quarters during senior year of high school.
  - In order to qualify for probation, the student must have passed at least 4 classes in the marking period. The student must show that they are attending ALL classes regularly and making an effort to pass the class. Chronic tardiness and absences will disqualify the student from being granted a waiver.
  - A probation meeting must be held with the Principal, Student, Parent, Athletic Director, and Coach.
  - Student Athletes name must be forwarded to the district Athletic Director for file.
  - The Principal is the only person who may grant probation, provided all above criteria is met.

## ATHLETIC POLICIES AND PROCEDURES

Participation in athletics is a privilege, not a right. The student athlete must earn this privilege through dedication, desire, and discipline. Without the pursuit of these, the athlete can in no way do justice to himself or herself or our school. The student athlete must maintain a strong sense of discipline in order to be a good citizen and student, which will allow him/her to achieve athletic excellence. Our coaching staff believes that a tradition of winning is established and maintained upon these principles. To achieve a determined course of action for the pursuit of athletic achievement and the character training of young people, the following policies and procedures must be understood and followed by the student athlete.



1. **School & Athletic Attendance:** Student athletes are expected to be at school and in class on time each day. Academic grades must come first. Failure to attend class will result in poor grades resulting in ineligibility in athletics. The coaching staff will check grades periodically. **Excessive absenteeism may result in suspension from a contest(s) and/or removal from a team(s).**
2. Athletes who have chronic tardiness and/or chronic absences may be suspended by the coach or athletic director

High school student athletes must be in school 2 instructional periods on the day of a contest in order to participate. If the contest is on Saturday, student athletes must be in school 2 periods on Friday. Senior leave will does not count as an instructional period.

Student athletes are expected to be at all practices. A student athlete, who for some reason cannot make a practice, should notify a coach of that sport in advance. We do not expect our athletes to miss practice due to after school activities!!

3. **Student Athlete Behavior:** Student athletes are expected to maintain proper standards of behavior during school, practice, contests and travel. **Our student athletes will be leaders!!!** Expected behavior includes:

- **Complying with all rules and regulations in the student handbook.**
- Using appropriate language; no cursing or use of obscene gestures
- Girls acting as young ladies and boys acting as young gentlemen; Public Display of Affection (PDA) will not be tolerated.
- Being courteous and showing respect for others. There is nothing wrong with saying, "Thank You," "Yes Sir or Ma'am," "Please," etc.
- Showing a willingness to cooperate with your team members and coaches; being a team-oriented person not an individual; coming to the realization that your team always comes first!!

4. **Personal Health:** The use of alcohol, tobacco or abusive drugs of any kind will not be tolerated. These have been proven to be detrimental to mental and physical performances. Athletes desiring to smoke and/or drink are not the athletes we want competing for and representing our program.  
**COACHES should not tolerate any kind of substance intake from athletes**

Student athletes should also avoid an improper diet or improper rest. These two factors will greatly influence your performances. On competition days, eat sparingly. Always eat 3 to 4 hours before competition.

5. **Personal Appearance:** Since our student athletes are constantly in the eyes of the public, they become a representative of the school and community and are in a position of leadership. Therefore, the student athlete's personal appearance not only reflects his or her attitudes but also the attitude of those whom they represent. Student athletes will be required to abide by the following dress code:

- Student athletes are expected to be well groomed and to dress appropriately at all times during school hours and when attending school-sponsored activities.
  - Sunglasses may be worn only during appropriate times as deemed by the coach of a sport.
6. **Practice:** Student athletes are to report directly to their respective assigned areas at the beginning of their athletic practice. Loitering in the school buildings will not be tolerated. The coach of that sport will handle tardies. Student athletes reporting late must have a pass.

Student athletes are not to leave money or valuables in the locker room during practice or at any other time. These are the student athlete's responsibility!!!

7. **Equipment and Fines:** Student athletes will be responsible for any equipment and/or uniforms issued to them during a sport's season. The student athlete will be fined for any equipment damaged or lost.

All equipment shall be turned in the week following the last contest of a sport's season. Any student athlete not turning in all issued equipment and/or uniforms, or clearing fines for damaged or lost equipment, shall be subject to diplomas being held and **will not be allowed to move to or participate in another sport** until the issue has been cleared up.

8. **Travel:** Student athletes will travel to and from athletic contests on the team bus. Any exceptions to this rule will be made one day in advance with the coach of that sport. Student athletes may be released only to their parents after a contest. Coaches will have the discretion to decide if players ride to and from games or be released to parents after the event.

Student athletes will dress and conduct him or her in a manner that will reflect favorably upon our teams at all times while traveling to and from contests.

9. **Jobs:** Student athletes will arrange jobs and any other activities so as not to conflict with practice and contests. This includes rescheduled contests.

10. **Bus Rules:** Student athletes will abide by the following rules while traveling to and from athletic contests:

- Always enter and exit the bus through the front entrance only.
- Place all trash in a trash bag; do not throw on the floor.
- Do not climb or sit on top of seats.
- No jam boxes!!! Only personal stereos with earphones will be allowed. Earphones are to be taken off before exiting the bus.
- No horseplay!
- Gather all equipment and personal items before exiting the bus.



## ATHLETIC CONTESTS

This is where we show what we are made of. People will judge you, our coaches, school and community by the way we play and act during a contest. All the long, hard hours of work can pay off if you are mentally ready to compete. Be mentally tough and ready to accept any challenge that arises during competition. Compete and act as a **champion!**

**Contest Appearance** – Student athletes will wear school issued uniforms and equipment only! Uniforms, wind suits, and warm-ups will be properly fitted and worn appropriately (no sagging, pants leg up or down, etc.). During competition student athletes will wear jerseys tucked in their shorts unless the jersey is designed for being worn outside. Athletes will be well groomed to the coach's satisfaction. Stereo earphones are not to be worn before, during, or after competitions.

Always remember when you are at a contest in a *Titans* uniform, you are no longer an "individual," but a representative of your team, school and community. Always show Pride and Class!

## HERCULES TITANS EXTRACURRICULAR DRUG AND ALCOHOL POLICY

The WCCUSD recognizes that the educational environment it provides is appreciably disrupted by the use of drugs and alcohol. The district also recognizes that drug and alcohol use by students participating in extracurricular activities presents special concerns about the dangerous combination of drugs and/or alcohol and extracurricular activities. While the misuse or abuse of alcohol, illegal drugs, prescription and even non-prescription drugs is unsafe for any student, the physical demands placed upon activity students in practice and competitions make such misuse or abuse dangerous.

## CONSEQUENCES FOR DRUG POSSESSION

First Offense: An activity student, who is caught with possession for the first time will be required to satisfy the following criteria:

- (1) The student will be denied participation in the next competition beginning with the first scheduled competition following the offense
- (2) The activity student must attend a drug online education program at the activity student's expense. The counselor, activity student, and his or her parents/guardians will determine the length and manner of counseling. Proof of counseling through an approved or certified program must be provided to the WCCUSD Athletic Director.

(3) The activity student may continue to participate in his/her extra-curricular activities only after the activity student's parent/guardian signs a Continuance of Participation Waiver that releases the WCCUSD of any responsibility in case the activity student should have any adverse reaction(s) related to the positive test indicating illegal drug or alcohol use. .

Any activity student's refusal to meet any of these criteria will result in his/her immediate removal from all extracurricular activities.

Second Possession: An activity student that is caught will be suspended from all extra-curricular activities for the remainder of the season. During the suspension, the activity student will then become part of the general population and be subject to the general student reasonable suspicion testing policy.

## **INSURANCE**

All students must have health and accident insurance coverage to participate in athletics. For students to participate in athletics, parents must verify that their child is covered by an insurance policy or purchase a policy. It must be clearly stated 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 result in disability, paralysis or even death.

Policy information and claim instructions and forms for insurance purchased through the schools may be picked up in the department of athletics office located at the high school.

## **QUITTING A SPORT**

Any student athlete wishing to quit a sport must first meet with the director of athletics. The director of athletics or the coach of that sport will then contact the student athlete's parents or guardians. If a student athlete quits a sport at any time during the season, he or she is not eligible to participate in another sport until the season of the sport dropped is over unless there is a mutual agreement between the two coaches that are involved.

## **PARENT/COACH COMMUNICATION**

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 our student-athletes. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with communication from the coach of the child's program.

Communications You Should Expect from Your Child's Coach:

1. Philosophy of the coach
2. General expectation
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 practice

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 well 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 the team and all student-athletes involved. As you see from the list above, certain topics can be and should be discussed with your child's coach. The topics listed below should NOT be discussed with your child's 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 student-athlete, or coach and parent. These conferences are encouraged but never after a game when emotions may be high. It is important that all parties involved have a clear understanding of the other person's position.

#### If You Have a Concern to Discuss with a Coach

1. Call the coach to set up an appointment
2. If the coach can't be reached, call the athletic director to help set up the meeting for you.
3. Please never 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.

#### What to do if the Meeting with the Coach Doesn't Provide a Satisfactory Solution

1. Call and set up an appointment with the director of athletics to discuss the situation.
2. At this meeting the appropriate next step can be determined.

## **EJECTION POLICY**

1. A player ejected from a contest for unsportsmanlike or dangerous conduct shall be ineligible for the next contest.
  - The player must pass an online class and have it signed by the AD and sent into the league for records. The player cannot compete in the next contest until they have passed the online class and have shown proof. \*See AD for more information\*
2. A player ejected from a second contest will be ineligible for the rest of the season.

## **LETTERING POLICY**

Each sport will set requirements for an athlete to earn a Varsity Letter. These requirements are on file in the director of athletics office. Letterman jackets will be purchased by the individual student athlete. Hercules do not purchase letterman jackets. To receive a jacket an athlete must meet the following three requirements:

1. Lettered in a VARSITY sport
2. Completed their season.
3. Be a current team member of the sport that the student athlete lettered in

## **SOCIAL MEDIA**

Student/athletes at Hercules High School is held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your family, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team. Instagram, Facebook, Twitter, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of student/athletes here at Hercules High School in one form or another. Student-athletes should be aware that third parties, including the media, faculty, future employers and NCAA universities and coaches, could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, our athletic program and Hercules High. This can also be detrimental to a student/athlete's future college and employment options. Examples of inappropriate and offensive behaviors concerning participation in online communities may include, but are not limited to, depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

- Information that is sensitive or personal in nature or is proprietary to the athletic program or Hercules High School, which is not public information (examples: tentative or future team schedules, student/athlete injuries and eligibility status, travel plans/itineraries or information).

Please keep the following guidelines in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all social media applications.
- If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the athletic program and Hercules High School. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or Hercules High School.

**Failure to adhere to this policy and guidelines may subject you to disciplinary action, which may include suspension or permanent removal from the team.**

## **HAZING**

The ***National Federation of High Schools*** defines hazing as “Any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate.” Hazing includes acts that carelessly or intentionally endanger the physical or mental health or the safety of another person for the purpose of initiation or as a condition for membership or affiliation with a school organization or promotion to a grade level.

Examples of hazing include, but are not limited to the following:

- Forced consumption of any drink, drug, or controlled substance
- Forced prolonged isolation
- Forced exposure to the elements
- Forced participation in pranks or unlawful acts
- Other forced activity
- Sleep deprivation
- Carrying physically heavy items
- Other activities that cause humiliation, physical, or mental harm

California has a strong Anti-Hazing Law that provides for punishment in the form of fines and/or imprisonment to person or persons found guilty of hazing. The West Contra Costa School District has a zero tolerance policy toward hazing. Student athletes are not to participate in any form of hazing activities. Student athletes should report any acts of hazing to a coach, a principal, or the director of athletics.

## **CYBER BULLYING**

Cyber bullying includes, but is not limited to, the following misuses of technology: harassing, teasing, humiliating, intimidating, threatening, or terrorizing another student or staff member by way of any technological tool, such

as sending or posting inappropriate or derogatory email messages, instant messages, text messages, digital pictures or images, or website postings (including blogs) which has the effect of:

- a. Physically, emotionally or mentally harming a student;
  - b. Placing a student in reasonable fear of physical, emotional or mental harm;
6. Bullying shall mean an intentional electronic, written, verbal or physical act or series of acts:
- a. Directed at another student or students
  - b. Occurs in a school setting
  - c. That is severe, persistent or pervasive
  - d. That has the effect of doing any of the following:
    - i. Substantially interfering with a student's education;
    - ii. Creating a threatening environment; or,
    - iii. Substantially disrupting the orderly operation of the school.

WCCUSD has a zero tolerance for any form of cyber bullying. Athletes involved in the practice of this behavior will face disciplinary actions or suspension from the athletic team.

### **COLLEGIATE ELIGIBILITY & THE NCAA ELIGIBILITY CENTER**

To participate as a freshman at a National Collegiate Athletic Association (NCAA) Division I or Division II college or university, a student athlete must fulfill the academic requirements of the NCAA. The **NCAA Eligibility Center** must certify these requirements. Any senior student athlete that intends to participate in Division I or II athletics, as a freshman must register and be certified by the NCAA Eligibility Center. Student athletes should register with the NCAA Eligibility Center before or early in their senior year. Application and registration process are available online at [www.ncaa.org/eligibilitycenter.net](http://www.ncaa.org/eligibilitycenter.net) or may be obtained in the counselor's office or athletic department.

In order to be certified by the NCAA Eligibility Center and be eligible in a Division I or Division II college for the 2023-24 school year, the student athlete must:

<b>Division I:</b>	<b>Division II:</b>
<b>16 Core Courses</b>	<b>14 Core Courses (if enrolling prior to August 1, 2013)</b> <b>16 Core Courses (if enrolling on or after August 1, 2013)</b>
<b>4 years of English</b>	<b>3 years of English</b>



<b>Division I:</b>	<b>Division II:</b>
<b>16 Core Courses</b>	<b>14 Core Courses (if enrolling prior to August 1, 2013)</b> <b>16 Core Courses (if enrolling on or after August 1, 2013)</b>
<b>3 years of math (algebra 1 or higher level)</b>	<b>2 years of math (algebra 1 or higher level)</b>
<b>2 years of natural or physical science (including one year of lab science if offered)</b>	<b>2 years of natural or physical science (including one year of lab science if offered)</b>
<b>1 extra year of English, math, or science</b>	<b>2 extra years of English, math or science;</b> <b>3 extra years if enrolling on or after August 1, 2013</b>
<b>2 years of social science</b>	<b>2 years of social science</b>
<b>4 years of additional core courses (from any category above, or in a foreign language, non-doctrinal religion or philosophy)</b>	<b>3 years of additional core courses (from any category above, or in a foreign language, non-doctrinal religion or philosophy);</b> <b>4 extra years if enrolling on or after August 1, 2013</b>

A list of approved core courses (academic requirements) for Hercules High School is available in the counselor's office.

## Academic standards

### Division I eligibility

- All students entering college must have completed 16 core courses in high school.
- Students must earn a minimum required GPA in core courses and a combined SAT or ACT sum score that matches this GPA on a sliding scale, which can be found in the [NCAA Eligibility Center Quick Reference Guide \(.pdf/270K\)](#). Requires [Adobe Reader](#) (latest version recommended).

### Division II eligibility

- All students entering college prior to August 1, 2013, must have completed 14 core courses in high school.
- All students entering college on or after August 1, 2013, must have completed 16 core courses in high school.
- Standards require a minimum GPA of 2.0 and a combined minimum SAT score of 820 or sum ACT score of 68.

### NCAA core courses definition

- An academic course in one or a combination of these areas: English, mathematics, natural/physical science, social science, foreign language, comparative religion or philosophy.
- A four-year college preparatory course and a course at or above the high school's regular academic level, for example, an AP® class or outside college course.

Remedial courses, or those taught at a slower pace or that cover less content are not admissible. And not all classes that meet high school graduation requirements meet NCAA course work requirements.

Help your students check your high school's list of approved core courses on the [NCAA Eligibility Center High School Portal](#).

Meeting NCAA admission requirements does not guarantee admission into college — it simply determines whether students may participate in athletics during their freshman year. Students must follow each member college's admission policies and apply directly to that college.

## TOOLS FOR COLLEGE-BOUND STUDENT ATHLETES

**Guide for the College-Bound Student-Athlete** is available in the athletic department or on line at [www.ncaa.org](http://www.ncaa.org). This is a great tool to better serve the student-athletes and their parents with the process of preparing for the selection of a college or university. The guide focuses on key elements as they occur from the beginning and through the final decision. In addition, it also includes the NCAA Eligibility Center procedures.

**The Student Athlete and College Recruiting** is a valuable educational tool for the student athlete (and their parents) that aspires to attend college and participate in collegiate athletics. This handbook covers the following four subjects: academics, athletics, marketing, and recruiting. This resource tool is available at [www.dynamitesports.com](http://www.dynamitesports.com) or from Dynamite Sports, P.O. Box 101, Lemoyne, Pa. 17043-0101 (717-554-4950 phone).

## THE ATHLETE'S PLEDGE

Individual and team success in sports results from commitment. The extent to which young student athletes are able to make such commitments reflects their maturity as well as their dedication to family, friends, school, and team. Your coach already has made a similar kind of commitment. A copy is located on the next page. For these reasons, we ask you to read and agree to the following pledge:

As a student athlete in my school, I promise:

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
2. To maintain my health and fitness levels by following the training rules as prescribed by my coach and the Hercules Athletic Department.
3. To play hard and to the limit of my ability, regardless of discouragement, knowing that true athletes do not give up nor do they argue, cheat or taunt opponents.
4. To reflect the knowledge that a commitment to victory is nothing without the commitment to work hard in practice.
5. To be courteous to visiting teams and officials.
6. To respect the integrity and judgment of officials and accept their decisions.
7. To attend every practice unless excused by my coach in advance.
8. To understand that my future as a responsible adult relates more to my academic than my athletic activities.
9. To find the time to satisfy my family relationships and responsibilities.
10. To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
11. To reflect good breeding by expressing my feeling and ideas intelligently and appropriately.
12. To reflect my belief that true strength involves gentleness and that even the toughest athlete is sensitive to others.

## **THE COACH'S PLEDGE**

The Coach's Pledge extends beyond knowledge of athletics and reaches into the life of each of his or her student athletes. It is one of the most important responsibilities in the school and involves at least the same level commitment that coaches expect of their student athletes. Mutual respect and team membership are to be expected equally of student athlete and coach and, for the coach, involve the following promises:

As a coach in my school, I promise:

1. To be a model of appropriate language and behavior.
2. To respect and dignify each of my student athletes as an individual.
3. To promote the safety of each student athlete and to ask no more in practice or competition than each is capable of delivering.
4. To teach athletes that it is better lose fairly than win unfairly.
5. To promote the conditions and circumstances that encourages each athlete to realize his or her full potential.
6. To impose time demands that acknowledges the primary importance of each student athlete's academic and family responsibilities.
7. To promote among all student athletes and coaches a solid sense of team membership.
8. To reflect in my coaching, the best and most recent thinking / strategy in my sport.
9. To assist, whenever appropriate and mutually convenient, with the post-high school planning of my student athletes as it relates to athletics.
10. To be available to parents at times that is mutually convenient.
11. To work, whenever appropriate, with other school personnel to guarantee the best interest of each of my student athletes.
12. To refuse to criticize an opponent, an official or others associated with sports activities.

## **THE PARENTS/SPECTATORS' PLEDGE**

Cooperation among coaches, student athletes, parents, spectators and school personnel is essential if students are to realize the values of athletic participation. Like coaches and student athletes, parents and spectators must make commitments to the athletic program to assure such cooperation. We ask that you read the following Pledge and, as needed, discuss your reactions with the coach or the school Athletic Director. Thanks for your help!

As a parent or spectator, I promise:

1. To attend as many athletic contest and athletic school functions, as my schedule will permit, that involves my child. Also to join and participate in my child's sport booster club, as my schedule will permit.
2. To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he or she is in school.
3. To assure that my child will attend all scheduled practices and athletic contests.
4. To require my child to abide by the athletic department's student athlete handbook and training rules.
5. To acknowledge the ultimate authority of the coach to determine strategy and player selection.
6. To promote mature behavior from students and parents during athletic contest
7. To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
8. To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in school and college.
9. To 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.
10. To treat visiting teams and officials as guests, extending to them every courtesy.
11. To be modest in victory and gracious in defeat.
12. To respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions.

## HIGH SCHOOL SPORTS/ACTIVITIES OFFERED

Sport	Boys	Girls	Co-Ed	Season
Band			x	Yearly
Cheerleading			x	Yearly
Cross Country – Varsity / JV	x	x		Fall
Dance			x	Yearly
Drama				Yearly
Water Polo	x	x		Fall/Spring
Football – Varsity / JV / 9 <sup>th</sup>	x			Fall
Swimming – Varsity	x	x		Fall
Volleyball – Varsity / JV	x	x		Fall/Spring
Basketball – Varsity / JV / 9 <sup>th</sup>	x	x		Winter
Wrestling	x	x		Winter
Girls Flag Football		x		Fall
Soccer – Varsity / JV	x	x		Winter
Track & Field – Indoor				Winter
Badminton – Varsity / JV	x	x		Spring
Baseball – Varsity / JV	x			Spring
Golf	x	x		Spring
Fast Pitch Softball – Varsity / JV		x		Spring
Tennis – Varsity / JV	x	x		Fall/Spring
Track & Field – Varsity / 9 <sup>th</sup>	x	x		Spring

Boys' Sports Offered – 13

Girls' Sports Offered – 13

Co-Ed Sports Offered – 3

Teams Fielded – 29

# TCAL CHAMPIONS

**Baseball** 2014 2016

**Boys' Basketball** 2014 2017 (NCS 2003)

**Girls' Basketball** 2014 2015 2016

**Girls' Swimming**

**Boys' Swimming** 2014 2015 2016 2017 2018 2019

**Boys' Cross Country**

**Girls' Cross Country**

**Cheerleading**

**Football** 2011 2012 2021

**Badminton** 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2022

ACCAL 2006 2007 2008 (NCS 2016) 2024

**Girls' Softball**

**Boys' Soccer** 2014

**Girls' Soccer** 2016

**Boys' Track & Field**

**Girls' Track & Field**

**Boys' Water Polo**

**Girls Wrestling** 2014

**Girls' Water Polo**

