



# **Athletic Handbook for Student Athletes & Parents 2016-2017**

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## A MESSAGE FROM THE ATHLETIC DIRECTOR

Aloha Mai Kākou,

Welcome to Warrior Athletics! Ours is a program rich in tradition where our student-athletes performances and accomplishments are a source of pride that extends well beyond the hills of Kapālama. We are an extension of the curricular program at Kamehameha. Our gyms, fields, pool, and courts are our classrooms; our coaches are our teachers; and where participation in the sports program provides valuable teaching and learning experiences for all involved.

Kamehameha Kapālama Athletics is one of the largest interscholastic athletic programs in the nation based on the number of sports/teams we sponsor and the number of student-athlete participants. Approximately 1,380 student-athletes from grades 7-12 participate on one of 117 teams that the school sponsors, on a yearly basis. Many of those are multi-sport athletes that result in the total number of participants being over 2,000. Multiply the number of students-athletes by two, and conservatively that is the number of parents, guardians, caretakers, who participate in our sports as supporters of our haumana, coaches and program. In any sport season, we have approximately 700 student-athlete participants.

Our full time staff consists of the Athletic Director, two Associate Athletic Directors, three Administrative Coordinators, an Athletic Relations Associate, six full-time and on-call Equipment and Locker Room Attendants, two part-time and one volunteer Strength Coaches, and four full-time Certified Athletic Trainers. Approximately 307 coaches teach our student-athletes. Many volunteer their time, and the vast majority of our coaches have regular full time jobs at places other than Kamehameha.

It is our hope that it is as much an honor for you and your child to be associated with Kamehameha Kapālama Athletics, as it is for our entire Athletic Department staff, and coaches. We are ever mindful that this opportunity is before us due to the foresight and generosity of our benefactress, Ke Ali'i Bernice Pauahi Bishop.

While we applaud the accomplishment of your son or daughter being chosen to be a member of a Kamehameha team, please be reminded that we consider it a privilege to represent the Kamehameha Schools both as a student-athlete and as parents of a student-athlete.

We need for you and your son or daughter to become informed and familiar with the policies contained in the **Athletic Handbook for Student-Athletes and Parents**, and make the commitment to abide by and support program policies and codes of conduct for both student-athletes and parents. Mahalo nui for your support of Kamehameha Athletics.

I Mua Kamehameha!



Glennie Adams, CAA  
Athletic Director

E lawe lilo ka ha'aheo, No Kamehameha ē!  
(Take the victory with pride, for Kamehameha!)

## A MESSAGE FROM THE PO'O KULA (HEADMASTER)

Welcome to our Kamehameha Schools Kapālama Athletics Program! As an athlete for our school you are accepting a tradition of hard work, commitment, loyalty, and “team before self” sportsmanship. You are not only representing Kamehameha, but also its athletic ‘ohana, both past and present. Wearing the Blue and White uniform is an honor and a privilege!

As a Kamehameha Warrior, you are expected to demonstrate appropriate behavior both **on and off** the field, court, or playing arena. Our mission is to enhance the total student experience by promoting sportsmanship and the benefits of interscholastic athletics, developing and providing leadership opportunities for student-athletes, and fostering activities that support school spirit.

To be successful, the coaches, athletes, and parents need to respect and empower each other. We encourage student participation in the athletic program and would like to involve as many students as possible in this interscholastic experience. High school athletics is a competitive experience; therefore, not all who try out will make the team, nor do all those who make the team receive equal participation opportunities during contests.

The interscholastic athletic program serves as one of the extensions of the classroom, attempting to provide learning opportunities, while enhancing the learning within the classroom. All team members, regardless of ability, will be afforded opportunities to develop their social and athletic skills, work ethic and sense of commitment.

It is the intent of this handbook to provide information regarding athletics to all student-athletes who participate in our program. We ask that ***both students and parents*** review this handbook carefully and keep it throughout your participation as a Warrior Athlete.

Parents, please support your child and all of his/her teammates, in their endeavor to develop and grow as confident leaders and contributors. As spectators at games, we expect you to serve as role models for our student body by exhibiting the highest ideals of good sportsmanship. We must never lose sight of the fact that the participants in interscholastic athletics are only “teenagers.”

Parents have always been a tremendous asset to our program and we are grateful for your cooperation, support, and loyalty to athletics. We are looking forward to the coming year and to your continued commitment toward upholding the tradition and pride of our athletic program.

I Mua Kamehameha!

Debbie Lindsey  
Interim Head of School



## LEAGUE AND ASSOCIATION AFFILIATIONS

### **The Interscholastic League of Honolulu (ILH)**

Kamehameha Schools Kapālama is a member of the Interscholastic League of Honolulu (ILH) which is comprised of private schools on the island of O'ahu.

As a member of the ILH, Kamehameha Kapalama adheres to the rules of the National Federation of State High Schools Associations (NFHS) and the Hawai'i High School Athletic Association (HHSAA).

### **The National Federation of High Schools (NFHS)**

The NFHS is a non-profit organization that mandates games rules for all interscholastic sports. It is both a service and regulatory agency that ensures team work on the part of more than 20,000 schools nationwide and enables schools to formulate policies for the improvement of interscholastic activities.

### **The Hawaii High School State Athletic Association (HHSAA)**

The HHSAA is a member of the NFSA. All Hawai'i private and public schools are voluntary members of the HHSAA. The goal of the Association is to provide an organization through which schools can work cooperatively to support and promote athletics as an integral part of high school educational programs. The HHSAA operates the state tournaments, hosts a comprehensive website ([www.sportshigh.com](http://www.sportshigh.com)) that provides general information to the public, as well as information on top athletes, records, team rosters, statistics, photos, and bulletins. The HHSAA also sanctions high school interscholastic athletic events, conducts workshops and conferences for coaches, officials and athletes, provides assistance to leagues that promote sportsmanship and ethics to its membership, and oversees the five interscholastic leagues in the State of Hawai'i:

ILH	Interscholastic League of Honolulu
OIA	O'ahu Interscholastic Association
MIL	Maui Interscholastic League
KIF	Kaua'i Interscholastic League
BIIF	Big Island Interscholastic Federation

## ATHLETICS MISSION STATEMENT

Kamehameha Schools exists to carry out in perpetuity the wishes of Ke Ali'i Pauahi Bishop --to educate children and youth of Hawaiian ancestry to become, in her words, "good and industrious men and women." This will be done through Kamehameha Schools as resources permit.

The Interscholastic Athletic Program at Kamehameha Schools is just one avenue of many that strives to:

- Help promote the development of a student athlete's highest potential by providing them with a vast range of opportunities for the students to build individual and team skills;
- Experience the thrill of competitive sports;
- Learn to cope with victory as well as defeat;
- Practice and carry out good sportsmanship;
- Instill and hone values necessary for the development of respect for self and others;
- Gain respect for authority and rules; and,
- Appreciate the benefits of discipline through training, team work, and commitment.

## ATHLETICS STATEMENT OF PHILOSOPHY

Kamehameha's athletic program supplements the Schools' educational program. Both reflect and represent the standards and values of an institution which exists to promote excellence and responsibility. Student athletes are encouraged to discover and achieve their highest potential with a sense of dignity, respect, pride and compassion, which establishes that mark of responsible citizenship.

Kamehameha continuously strives to develop and maintain a comprehensive athletic program work ethic which encourages the athlete to develop his or her highest potential, respects individual dignity, and contributes to the development of learning skills and emotional patterns that enable student athletes to make the maximum use of his/her education.

To accomplish this requires teamwork and an understanding and commitment to a basic philosophy and general code of conduct by student athletes, parents and staff.

## ATHLETICS GOALS AND OBJECTIVES

It is our hope that through the experiences gained from participating in Athletics at Kamehameha, the student athlete will develop favorable habits and attitudes that will eventually prepare them for a well-rounded adult life in our society. Participation in interscholastic athletics is a privilege that includes responsibilities to the school, the sport, the team, the student body, the community and the student athletes themselves.

In order to achieve our goals, the student athlete shall learn:

- 1 **To work with others** – The team and its objectives must be placed higher than personal desires.
- 2 **To be successful** – We do not always win, but we succeed when we continually strive for excellence. You can learn to accept defeat only by striving to win with earnest dedication. Therefore, develop the desire to excel.
- 3 **To develop sportsmanship** – We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
- 4 **To improve** – As an athlete, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and those characteristics set forth as being desirable.
- 5 **To enjoy athletics** – It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics and to give sufficiently of themselves in order to preserve and improve the program.
- 6 **To develop desirable personal health habits** – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

## SUPPORTING KS ATHLETICS

### Role of the Student Athlete

Athletes are looked to as role models, whether they realize it or not. Even in school sports, student athletes serve as role models to the entire student body, as well as the community at large. In addition, athletic events are popular activities for providing learning experiences for participants and spectators. In this regard, that we ask you as the student athlete to practice good sportsmanship. Good sportsmanship requires as much work as any play or skill you will learn as a student athlete. How our school and

community is perceived is highly influenced by the good sportsmanship you display. As a representative of Kamehameha, your actions are viewed by family and friends, opposing fans, the local community, and the media. The display of good sportsmanship is the "Golden Rule" at KS: **Treat others the way that you wish to be treated, with fairness and respect.** To help this happen, we hold you as a student athlete to the following expectations:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and community.
- Live up to the standards of sportsmanship established by the school administration and coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and peers. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?
- Refrain from taunting, trash talking or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
- Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team and your school in the eyes of the officials and all people at the event.
- Win with humility, lose with grace. Do both with dignity. Avoid excessive celebrating after a play or end of a game.

### STUDENT ATHLETE CODE OF CONDUCT

Participation on any athletic team or squad at Kamehameha Schools is indeed a privilege and all athletes must earn the right to represent Kamehameha by conducting themselves appropriately so that the image of our Schools would not be tarnished in any manner. Thus, providing for the discipline of student athletes in extracurricular activities both on and off campus is a necessary part of any school athletic program.

Inappropriate behavior by a student athlete is subject to discipline as set forth in the Student and Parent Handbook. In addition to the disciplinary policies set forth in the Student and Parent Handbook, student athletes may be disciplined for a variety of infractions specific to athletic related activities. Such examples include, but are not limited to:

- Failure to follow established rules
- Inattention to directions
- Horseplay
- Unsportsmanlike conduct
- Inappropriate language and gestures (profanity, swearing, verbal abuse)
- Theft
- Academic or conduct probation
- Unexcused absences or tardiness to practice
- Destruction or damage to KS property or equipment
- Harassment, intimidation, bullying, or hazing

Possible disciplinary consequences, (Depending on the severity and/or frequency of infraction), may include, but are not limited to:

- Verbal warning
- Written reprimand
- Loss of locker room privileges
- Suspension from the team
- Removal from the team
- Restitution
- Conduct probation

Investigations will depend on the frequency and/or severity of each incident. Students may be placed on administrative leave during the investigation and will be given an opportunity to explain their views before disciplinary action is taken. Efforts will be made to contact parents/guardians concerning serious issues and to protect the confidentiality of all parties. If the disciplinary consequence results in suspension or removal from the team, that information will be communicated to parents first verbally and then with a written, follow-up letter.

Kamehameha Schools Athletics may include additional infractions as appropriate to maintain a safe and orderly learning environment, and additional or alternative disciplinary consequences may be applied. In all cases, KS has the sole discretion to determine the appropriate level of discipline for each incident. Only disciplinary actions which results in a student's removal from the team may be appealed to the Principal.

### **Role of the Parent**

A parent or legal guardian's love, encouragement, and belief in their child's ability can make a world of difference in their child's athletic success. Supporting their child will assure that he or she gets the most out of his or her athletic experience. To help this happen, we hold parents to the following expectations:

- Enforce school rules - Help children understand and follow the policies and rules contained in the Student Athlete Handbook, as well as the Student and Parent Handbook, and support the school when consequences are invoked for a violation of the policies and rules.
- Support regular attendance - Make sure that the student athlete is at team practices, meetings and games on time unless attendance is prevented by an illness, injury or

emergency. If unable to attend, please make sure that the coach is notified in a timely manner.

- Appropriate Interaction with Staff - Open and respectful communication between parents, coaches, athletes, and/or athletics staff to address in a timely manner issues or concerns that arise can only help to strengthen and enhance a student athlete's performance. Coaches will do their best to help the athlete achieve his or her highest potential in any of the competitive sports offered at Kamehameha. Ultimately, however, understanding each party's role both on and off the field and/or court will contribute towards a successful sport season.
- Parent –Coach Relationship - During the season, parents may have questions and concerns that they feel need to be discussed with the coaching staff. Please keep in mind that coaches' are responsible for what is best for the entire team and take into account the needs of the entire team over those of individuals. The following guidelines should be used to determine whether such a topic should be discussed with your child's coach(es):
  - **Appropriate concerns to discuss with coaches:**
    - Treatment of their child which endangers a child's well being
    - Ways to help their child improve
    - Concerns regarding their child's behavior
    - Coaches' expectations and role for their child and the team
    - Ways in which they can help the team (i.e., fundraising, manpower at home games, etc.)
    - Their child's athletic as well as academic progress
  - **Inappropriate concerns to discuss:**
    - Placement on teams (future)
    - Playing time
    - Coaching strategies used during practice or games
    - Other student athletes
    - Problems with other coaches (unless an attempt to communicate directly with that coach was unsuccessful)

There may be times when a private conference between coach and parent is needed. In that instance, the parent should ask to speak or schedule an appointment with the coach in private. **The parent should refrain from talking to a coach about concerns before or after a game.** If a coach cannot be reached, parents are urged to contact the Athletic Director or designee assigned to supervise the particular sport at the directory information in this Handbook who will assist in

arranging the conference meeting. In the event the meeting does not provide satisfactory resolution, or if after meeting the problem continues to exist, parents may contact the Athletic Director or designee for further discussion of the situation or matter.

- Appropriate Behavior and Sportsmanship at Athletic Activities - Respectful and courteous behavior is expected at all KS sport events and competitions. This includes interactions with opposing players, coaches, spectators and support groups as well as, game/league officials, judges, and referees. Individuals exhibiting unsportsmanlike conduct may be subject to KS or league disciplinary rules, such as removal from games/vicinity/campus, or in serious cases, being banned from any participation in or attendance at athletic events.
  - **Examples of Disrespectful and Inappropriate Behavior**
    - Taunting, trash talk and other intimidating actions
    - Not admonishing those sitting around you who exhibit poor sportsmanship
    - Yelling and/or waving arms during opponent' free throw or service attempt
    - Disrespectful and/or derogatory yells, chants, songs or gestures
    - Booing and/heckling an official's decision
    - Criticizing officials in any way and/or displays of temper with an official's call
    - Yells that antagonize opponents
    - Refusing to shake hands or give recognition of good performance(s)
    - Blaming loss of game on officials, coaches or participants and/or displays of temper with coaches
    - Laughing or name calling to distract opponent
    - Use of profanity and/or displays of anger language toward student-athletes, coaches, officials, and other fans that draw attention away from the game
    - Doing own yells instead of following lead of cheerleaders
    - Threats of physical harm toward student-athletes, coaches, officials, and other fans
    - Involvement in a physical altercation

### **Role of the Coach**

Coaches should motivate the athletes they work with and provide them with information that will allow them to train effectively and improve performance. In this regard, we expect our coaches to:

- Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards “Practicing good citizenship is practicing good sportsmanship!”
- Respect the integrity and personality of the individual athlete.
- Abide by and teach the rules of the game in letter and in spirit.
- Describe and define respectful and disrespectful behavior. Stress that disrespectful behavior, especially taunting, trash talking and intimidation will not be tolerated.
- Set a good example for players and spectators to follow:
  - Refrain from arguments in front of players and spectators;
  - No gestures which indicate that an official or opposing coach does not know what he or she is doing or talking about;
  - Not throw any objects in disgust;
  - Shake hands with the officials and the opposing coaches before and after the contest in full view of the public, and demand the same of their players.
- Respect the integrity and judgment of game officials by treating game officials with respect, even there is disagreement with the officials’ judgment.
- Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. A coach should confine his or her remarks to game statistics and to the public and to the performance of the team.
- Instruct athletes and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the number one priority.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
- Not be a party to the use of profanity or obscene language, or improper actions.

### **Role of the KS Athletic Community**

It is our expectation that student-athletes, coaches, family & friends, and fans display proper sportsmanship at all athletic contests. In the simplest of terms, we want every student-athlete participant to experience all that interscholastic competition has to offer. The priority is for the competition to remain with the contestants; with no distractions or disturbances due to poor behavior of coaches, family & friends, and fans. We encourage fans to cheer for their teams but not cheer against the opponent and ask that fans show appreciation for good plays from both teams and individual student-athletes. It really is enough to cheer for student-athletes and support their efforts regardless of the outcome of the game.

## OUR ATHLETIC PROGRAM

The Kamehameha Schools Athletic Program offers a broad range of interscholastic sports. The interscholastic Program strives to promote the development of a student's highest potential by providing students with a vast range of opportunities to practice good sportsmanship, and to appreciate the benefits of discipline through training, team work and commitment.

### Eligibility to Participate In Athletics

A student athlete who maintains a satisfactory academic and conduct record is considered to be eligible to participate in athletics or represent Kamehameha, subject to the following guidelines:

**Pre-season Eligibility Forms** - Each athlete participating in a team activity must have the following forms properly completed and current for the academic school year:

1. **Athletic Participation Agreement and Release:** This form provides parents' consent to allow their child to engage in KS approved athletic activities and releases KS from any injuries, liabilities, losses or damages connected with or arising out of their child's participation in such athletic activities.
2. **Health History and Physical Exam:** This form seeks the student athlete's medical history and includes a physical examination form and medical clearance from a licensed Physician Assistant, Advanced Practice Registered Nurse, or Physician for the student to participate in sports. This form must be completed at least every 13 months.
3. **Student Athlete and Parent Acknowledgement:** This is the Student Athlete and Parents' acknowledgment and agreement to conform their conduct to the expectations set forth in the Handbook and is completed online.
4. **Medical Treatment Agreement and Release:** This form allows KS to provide healthcare services in the event of illness or injury to a student and releases KS from any injuries, liabilities, losses or damages connected with or arising out of medical treatment to or transportation of the student to a healthcare provider.

All student Athletes must have medical insurance coverage, typically by being on a parent's medical insurance policy or by having QUEST. QUEST is a free health insurance program for low-income individuals, and you can apply online at [mybenefits.hawaii.gov](http://mybenefits.hawaii.gov). Students who are not insured are not eligible to participate in any KS athletic program, NO EXCEPTIONS. THE PARENT/GUARDIAN MUST ENSURE THAT THE STUDENT ATHLETE HAS MEDICAL INSURANCE.

- a. If an athlete is seriously injured, he/she must have a doctor's release before he/she can return to practice or compete in athletic contests. PARTICIPATION IN AFTER SCHOOL PRACTICE OR ATHLETIC CONTESTS WILL NOT BE PERMITTED IF THE ATHLETE IS OUT OF SCHOOL ALL OR PART OF THE DAY AS DEFINED BY THE ATHLETIC OFFICE OF THE PRACTICE OR CONTEST FOR REASONS OF ILLNESS OR INJURY. The only exception to this rule is a doctor's release, which must be presented to the athletic trainers and coach prior to the practice or the contest.

It is the parents/guardians' responsibility to contact the department to update information.

**FINAL TEAM SELECTION** – Participation in athletics is both voluntary and a privilege, and is neither compulsory nor a right. While coaches strive to keep as many students as they can without unbalancing the integrity of their sport, other factors such as time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective team size for any particular sport. Coaches will select their final roster for their teams based on the following considerations:

1. Prior to trying out, the coach shall provide the following information to **all** candidates for the team:
  - a. Extent of try-out period.
  - b. Criteria used to select the team;
  - c. Number to be selected;
  - d. Practice commitment if they make the team;
  - e. Game commitments.
2. All student athletes who tryout are considered potential candidates. Therefore, everyone is to be given an equal chance in order for the selection process to be fair and balanced. NO COACH is allowed to have their teams “pre-picked” or selected prior to their actual scheduled try-outs.
3. When a team cut becomes a necessity, the process will include three important elements. Each candidate shall:
  - a. Have competed in a set amount of practice sessions;
  - b. Have performed in at least one intra-squad game;
  - c. Be personally informed of the cut by the coach and the reason for the action.
4. The final selection for any team sport shall be made by the coach, subject only to review for good cause by the Athletic Director
  - a. In the event an athlete appeals the cut as being unfair, he/she may be granted an additional day to try-out.

**PARTICIPATION IN MULTIPLE SPORTS** - Student athletes may participate in as many sport seasons as the student and their parents wish them to participate in without influence from any coach to specialize in one sport.

1. Athletes may also participate in more than one sport in a sports season. To be allowed, a student must be in good academic standing and coaches of both sports must work together. The athlete is to choose one sport as the primary sport. Some practice in both sports is required. Ideally a practice and competition schedule will be created prior to the start of both sports' seasons. All parties involved must communicate openly, effectively and constantly.
2. Although athletes may choose the sport(s) they wish to enjoy, once the season has started no one shall change sports without the consent of each coach involved. Athletes cut from one sport, however, may try out for another sport providing they did not "quit" or were not cut from the first sport for disciplinary reasons.
3. No athlete may start another sport until the previous one has been completed. (Unless approval is given by the current coach)

### **Ineligibility to Participate In Athletics**

A student athlete may be deemed ineligible to participate in athletics or represent Kamehameha if any of the following occurs:

1. **NO HEALTH HISTORY AND PHYSICAL EXAM FORM ON FILE.**  
Upon notification from the Athletic Office, any student on a roster or list who does not have a current Health History and Physical Form on file, **MAY NOT PRACTICE OR COMPETE UNTIL** they have completed a physical examination and turned in their form to the Athletic Office. This policy is strictly enforced.
2. **ABSENCE FROM SCHOOL.**  
Students whose absence from school has been determined by the campus unit office as unexcused are **NOT ELIGIBLE TO PARTICIPATE** in any practice or scheduled league event. Exceptions to this policy require the approval of the Principal or Vice Principal.
3. **STUDENTS ON ACADEMIC OR CONDUCT PROBATION.**  
Students who represent Kamehameha must be in both good academic standing and behave appropriately.
  - A. **ACADEMIC PROBATION** - Students with at least **one (1) "F"** or **two (2) or more "D" grades** for the quarter will be **INELIGIBLE** to represent the school for a minimum of a **(2) two-week period.**

- i. Students **may continue to practice** with their teams or groups during the ineligibility period. Study Hall on/during assigned Study Hall times/dates will be required.
- ii. After two (2) weeks, beginning with the third week, eligibility will be determined if a written clearance from the Principal is obtained. The student must circulate a grade check sheets (or progress reports) to all his teachers, and then submit it to the Principal for their review and/or clearance. Please remember that Administrative clearance to resume participation DOES NOT remove the student from academic probation; therefore student must continue attending study hall for the remainder of the quarter.
- iii. Student athletes with **two or more "F" grades:**
  - a. Students will not be allowed to practice or represent the school in any league scheduled COMPETITION for a minimum of **four (4) weeks**. Study Hall on/during assigned Study Hall times/dates will be required.
  - b. After four (4) weeks, beginning with the fifth week, eligibility will be determined if a written clearance from the Principal is obtained. The student has to circulate a grade check sheet (or progress reports) to all his teachers, and then submit it to the Principal for their review and/or clearance. Again, please remember that administrative clearance to resume participation DOES NOT remove the student from academic probation; therefore student must continue attending study hall for the remainder of the quarter.
- iv. Students on academic probation are not permitted to represent the school in any activities and will have their unscheduled time restricted for a minimum of a two-week period. Administrative clearance to resume participation in activities does not remove the student from academic probation.
- v. Students on academic probation are allowed to sit on the bench with the team. However, they are NOT ALLOWED to suit up and wear their uniform. Students on conduct probation are not allowed to sit on the bench with the team. .
- vi. Athletes with a quarter GPA below 2.0 will be ineligible to compete in state tournaments.

B. **CONDUCT PROBATION** - As stated in the Student & Parent Handbook, Conduct Probation is assigned to a student for repeated infractions of school rules or a major violation. Any student who is placed on conduct probation will not be permitted to represent Kamehameha in any activities and will have their unscheduled time restricted for a minimum of a **two-week period**. During that **two-week period**, they may practice, but may not compete. Other restrictions, such as no early release from school, no riding with the team, or standing or sitting with the team during games, may be imposed. (The dates and duration of the ineligibility period will be determined by the Principal.)

#### 4. **QUITTING A SPORT.**

Being a team member means making a commitment to Kamehameha, the team, teammates, and to the coaches. This commitment begins at the point when team rosters are drawn and then becomes a contract when the teams' eligibility list is submitted officially. The normal rule for athletes quitting a team is that they make themselves ineligible for any sport during that season which has already begun. If a student should break this contract and decide to quit without school sanction (i.e., academic difficulties, misbehavior, etc.), then the following conditions will apply:

- a. Normally an athlete who is dropped from one squad for disciplinary reasons, or who "quits" after competition has begun, shall be ineligible to compete in another sport for two additional consecutive sport seasons.
- b. He or she will also forfeit any individual or team awards, which may have been earned for that particular sport within that particular year.

### **Awards and Recognition**

All Athletic Awards and Letters are issued to student athletes at the end of the academic school year, and are based on the following general criteria:

1. Regular attendance and participation during the season.
2. Being a team member in good standing at the end of the regular season
3. Any responsibilities outlined by the coach prior to the beginning of the season that have been satisfied.
4. All team managers and statisticians are eligible for Letters

All qualifying athletes will receive an Award of a Chenille Letter "K" together with corresponding inserts and certificate (Varsity only), or Letter certificates (JV and Intermediate sports). Letterperson's Jackets are available to all high school letter winners through a KS approved commercial vendor. Other awards may be available. Please check your campus athletic office or website for more information.

## **Male and Female Athletes of the Year**

This award recognizes a Kamehameha male and female senior who excelled in one or more sports and is considered the outstanding senior male and female of the year. The Athletic Directors select the recipient with input from coaches and in consultation with the college counselors. A permanent plaque, remaining with the school, is engraved with the recipient's name and year. A plaque (replica) is also given to the recipient.

## **Scholar-Athletes of the Year Award**

Presented annually to an outstanding male and female senior who excelled in one or more sports and who also excelled in academics with a minimum Grade Point Average of 3.5. The Athletic Directors select the recipient with Input from coaches and in consultation with the college counselors. A permanent plaque, remaining with the school, is engraved with the recipient's name and year. A plaque (replica) is also presented to the recipient.

## **DAY TO DAY STUDENT ATHLETE LIFE**

### **Practice Sessions and Schedules**

Student athletes are responsible for attending and participating in all regularly scheduled team practices, which are held after the regular school day, Monday through Friday, 3:45 PM - 5:45 PM. In addition, practices may be scheduled on Saturdays and non-instructional days, at the discretion of the Coach, but no practices will be held on Sunday. Evening practices may also be scheduled, but only upon the approval of the Athletic Director and Principal. Upon completion of all afternoon classes, athletes should report directly to the locker rooms to prepare and be prompt for practices.

No games (pre-season or during season) shall be scheduled on Sunday. Participation in Sunday playdates in any tournaments will not be allowed.

### **Dress Code and Appearance**

During all regularly scheduled practices and games, athletes are expected to wear their KS issued athletic uniform, unless special circumstances warrant approval otherwise. During any practice or game, no jewelry of any type is allowed. Items that must be removed include: earrings, necklaces, watches, bracelets, finger rings, toe rings, brow rings, belly button rings, nose rings and tongue piercings. Such items may result in lacerations, severe contusions and/or avulsions to both the student and those around him/her. Covering jewelry is not equivalent to removing jewelry. New piercings and tattoos are considered open wounds and are highly discouraged. Students should

ensure proper healing time before participating in athletics. If jewelry is not removed, the student will be removed from participation.

Student Athletes who are members of an athletic team but are not actively participating with their team on any given day must wear their KS school uniform, or when approved, their team t-shirt or polo shirt with school shorts, long khaki pants, or jeans. Shirts shall fall below the waistline of the student. Appearance must be within the standards prescribed in the Student and Parent Handbook. This same dress code applies to student-managers. Failure to abide by the dress code and appearance standards may result in the student athlete's privilege to represent KS at athletic events be rescinded.

### **Early Dismissals**

KS League Sports Coordinators make every effort to schedule games after the regular school day and on weekends during the regular season. There may be times, however, when games may be scheduled that require the student athlete to be released earlier than the end of the school day. Coaches are urged to keep these scheduled games to a minimum and only when absolutely necessary. When a student athlete is released earlier than the end of the regular school day, it is the responsibility of the student athlete to:

- Notify their teacher(s) of periods they will miss.
- Turn in any assignments that are due the day of early release, on the day of release BEFORE leaving for the game.
- Coordinate with their teacher(s) to reschedule any quizzes, exams or presentations scheduled for the day of early release.

## Admission to Games

There is an admission fee to attend all gym sports and varsity football games held on campus. In addition, when Kamehameha Schools hosts a HHSAA Championship, ticket prices will be dictated by the HHSAA. Information concerning HHSAA-sponsored events is usually made available and/or published closer to the scheduled event. Please check with your coach or the HHSAA website at [www.sportshigh.com](http://www.sportshigh.com) for more information. Season passes for coaches to attend all Varsity games are available for purchase through the Athletic Office during Athletic Department Hours 7:30AM-4:15PM Monday through Friday. Season passes are not honored at HHSAA events. If you have any questions, please contact the Athletic Department at 842-8936 for details.

### STANDARD LEAGUE ADMISSION PRICES (always subject to change)

Sport	Adult	Sr. 62+	Student K-12	Adult Activity Card	Officials Pass	Season Admission Discount Card (\$40/10 Free Admit)	ILH Pass
FB (Campus) V/JV/INT	\$5.00	\$3.00	\$3.00 or free with school ID	FREE		N/A	FREE
FB (Aloha)	\$7.00	\$5.00	\$5.00	FREE		N/A	FREE
FB HHSAA Semis	\$12.00	\$5.00	\$5.00	N/A	N/A	N/A	N/A
Volleyball V/JV/INT	\$5.00	\$3.00	\$3.00 or FREE W/ID	FREE	FREE	FREE	FREE
Volleyball Play-off V/JV/INT	\$5.00	\$3.00	\$3.00	N/A	N/A	FREE	FREE
VB HHSAA Campus	\$7.00	\$5.00	\$5.00	N/A	N/A	N/A	N/A
VB HHSAA NBC/UH	\$9.50	\$5.50	\$5.50	N/A	N/A	N/A	N/A
Basketball (Campus) V/JV/INT	\$5.00	\$3.00	\$3.00 or FREE with school ID	FREE	FREE	FREE	FREE
Basketball Play-off V/JV/INT	\$5.00	\$3.00	\$3.00	N/A	N/A	FREE	FREE
Basketball HHSAA Campus	\$7.00	\$5.00	\$5.00	N/A	N/A	N/A	N/A
Basketball HHSAA NBC/UH	\$9.50	\$5.50	\$5.50	N/A	N/A	N/A	N/A
Wrestling Judo / Cheer V/JV/INT	\$5.00	\$3.00	\$3.00 or FREE with school ID	FREE	FREE	FREE	FREE
Wrestling Judo / Cheer HHSAA	\$9.50	\$5.50	\$5.50	N/A	N/A	N/A	N/A

## **Taking Photos or Videos at Games**

In general, the taking of photos and videos at all KS athletic events and competitions is allowed, provided that they do not unreasonably interfere in any way with the operations of any athletic event in anyway. You will be expected to comply with the request of any coach, staff member, and/or game/school official to remove or relocate yourself and/or equipment within the competition area. Failure to do so may result in the loss of the privilege to record or attend future athletic activities.

## **Potlucks and Snacks**

It is KS policy that there will be absolutely NO TEAM POT LUCKS OR REFRESHMENTS AFTER GAMES when visiting another schools' site. Please relay this message to your parents and ensure that this policy is enforced. Prior approval by an Athletic Administrator must be secured to host potlucks on campus following games/practices.

## **Team Fundraising**

All fundraising activities in connection with any KS athletic activity or event must be approved and adhere to KS' policy on student fundraising. The fundraising policies are adopted for the health, safety and well-being of students and include guidelines for the selection of fundraising activities, security requirements for proceeds and sale of perishable food items. For details on the KS fundraising policies, please contact your coach, or view the guidelines online at <http://www.scribd.com/doc/34659811/Field-Trip-Guidelines-and-Fundraising-and-Travel-Guidelines-2010-2011>.

All athletic T-shirt designs should promote the team and the KS spirit of ha`aha`a. Fundraising should NOT begin (e.g. commit resources and/or collect money) until coaches seek and obtain approval from the athletic department.

## **Use of the Name "Kamehameha Schools" and the I Mua Warrior Logo**

The name "Kamehameha Schools" and the I Mua Warrior logo (shown below) are registered and protected as trademarks, service marks, and trade names under federal and state law. They are valuable intellectual property of KS and it is important to protect them and use them properly.



**KAMEHAMEHA SCHOOLS®**

For this reason, the use of these marks in connection with the sale of any products or any commercial activity, or any use of these marks that implies sponsorship or endorsement by KS of any activity (even a non-commercial activity) requires the written approval of KS. To learn more about these requirements, please contact the campus athletic office at 842-8936

## The Use of Nutritional Supplements

Nutritional supplements are widely used by student athletes in high schools nationwide to enhance strength and endurance during performance. These supplements, however, are not regulated by the Food and Drug Administration (FDA) and may contain potentially harmful ingredients such as (but not limited to) creatine, ephedrine, or excessive amounts of caffeine. Given their widespread use, the National Federation of High Schools (NFHS) strongly recommends that all student athletes and their parents/guardians consult with their physician before taking any supplemental nutrition product. While the use of nutritional supplements does not violate the laws, it is KS policy that KS coaches will not dispense any supplement to a student athlete.

## ABSENCES, LEAVES AND TARDINESS

Student athletes are expected to attend all scheduled practices and games during the athletic season, unless excused due to illness or injury. Students whose absence from school has been determined by the campus unit office as unexcused are **NOT ELIGIBLE TO PARTICIPATE** in any practice or scheduled league event. Exceptions to this policy require the approval of the Principal or Vice Principal.

Athletes are expected to arrive on time for all scheduled practices and games, as determined by the Head Coach. Athletes who are late to practice without an approved excuse will be considered tardy and are subject to the disciplinary consequences as set forth in this Handbook.

**Middle School:** Student athletes who are absent from school for more than half of the day will be considered to have been sick and may **NOT PARTICIPATE** in any practice or a scheduled league event. Student athletes need to have attended at least four (4) or more classes/periods within a school day in order to be eligible to participate in any athletic event. (Exceptions to this policy require the approval of a Vice-Principal.)

**High School:** Student athletes who miss part of a school day because of a doctor or dental appointment will be permitted to participate in an extracurricular or athletic event scheduled for that day, evening or weekend, provided that they are cleared by the Unit office before going to the appointment. Likewise, the same is true for a student athlete who is out sick on a game day **PROVIDED** that the athlete is cleared by a licensed physician to participate. The physician's written medical clearance must be presented to the assigned Athletic Trainer/head coach before the student athlete can participate. On the following school day, the coach or advisor must ensure that a copy of the athlete's clearance is presented to the student athlete's Vice Principal.

## **SAFETY AND SECURITY**

### **Reporting School Infractions & Unlawful Activity**

If you or your child witness a school infraction – including discrimination, harassment, intimidation, bullying, hazing or violence – please report the matter to any coach, the Athletic Director, or the principal’s office immediately to permit KS to take appropriate action. KS will investigate and handle such reports in accordance with its policies and procedures. Student suspect(s) will be given the opportunity to explain their views.

After the incident is reported and investigated, administrators may report the offense to local law enforcement officials if the infraction is serious and circumstances so warrant. KS may take disciplinary action, up to and including suspension or release, as determined by KS at its sole discretion. A detailed list of infractions and disciplinary actions can be found in the “Student Discipline” section of the Student and Parent Handbook. For more information about how to report a school infraction, please contact the Athletic Director or principal’s office.

If you witness non-students engaging in unlawful or suspicious activities such as theft, arson or drug-use please report it immediately to KS Athletic staff, or campus security. In cases of an emergency, contact local law enforcement, fire, and/or emergency services officials.

### **Appropriate Interaction with Students**

Athletic staff (coaches, trainers, etc.) who interact with student athletes must ensure that an appropriate teacher/student athlete and adult/child relationship is maintained at all times. Staff should always conduct themselves in a professional manner that is age and culturally appropriate. If a KS athletic staff member is acting inappropriately towards a student athlete, please report the matter to an Athletic Director.

### **Right to Search**

Kamehameha Schools is a private educational institution responsible for the safety of its student athletes and faculty members. As such, KS reserves the right to search student athlete lockers, cars, persons and personal possessions if there is a reasonable suspicion that a student athlete is in possession of contraband items or has violated school rules or criminal laws. Searches may include drug and alcohol testing and/or the seizure of contraband items that may injure student athletes or others. Kamehameha Schools strives to ensure that searches and/or seizures be justified at their inception and reasonably related in scope to the circumstances that justified the initial search and/or seizure.

## **Visitors & Volunteers**

KS depends greatly on parents, relatives and community volunteers to enhance its curriculum and to make such things as field trips and special activities possible. In order to provide the safest environment for student athletes and volunteers, KS requires every volunteer who will be in direct contact with student athletes for an extended period, and/or on a regular basis, to complete a volunteer information, have a TB test on file, and authorized criminal history record check annually before working directly with student athlete athletes.

In all cases, Kamehameha reserves the right to refuse to allow visitors or volunteers, including parents, relatives or caregivers, to participate in its programs and services if, in the opinion of the administrator, there exists a reasonable belief that the visitor or volunteer may pose a risk to the health, safety or welfare of the student athletes.

## **ATHLETIC HEALTH SERVICES**

### **Athletic Training Services**

Kamehameha Schools strives to provide a healthful athletic experience for the entire Kamehameha Schools athletic community, consistent with its medical care standards as set forth in the Student and Parent Handbook. In addition to its campus health professional staff, Athletics provides staff Athletic Trainers, who seek to provide the best healing environment as practicable to return injured or ill athletes to safe competition. This goal requires the cooperation and support of the entire athletic community including athletes, coaches, administration, parents and medical professionals.

The role of the athletic trainers is for prevention, acute care, treatment, rehabilitation, reconditioning and monitoring return to play. Athletic Trainers work under the direction of the schools Medical Director, team physician(s), and the student's private physicians. Any injury or illness requiring treatment beyond the scope of athletic training will be referred to the student's physician or the nearest emergency care facility.

Athletes are not to be in the Athletic Training room unless they are being examined or receiving treatment by the athletic trainer or a coach. All use of the medical or rehabilitation equipment in the training room must be by authorized and qualified personnel of the school district

### **Priority of Service**

Athletes currently in-season will receive first priority of service to prevent serious injury and/or tardiness to practice or events. Other athletes will be serviced as staffing permits. Due to limited resources, off-season practices and events may not be covered by staff athletic trainers. Thorough coverage will begin on the sport's official start date as

determined by the interscholastic league, and will end on the final day of the sport's tournament as sponsored by the HHSAA.

A certified athletic trainer will normally remain on duty at the school athletic training facility during campus practices and scheduled games to provide the most convenient access by all teams. Coverage at in-season practice sites will begin when athletic training staff numbers allow, then by level of activity risk.

Event coverage is determined first by level of risk (collision, contact, then non-contact) and then by location (on campus or off campus),. Whenever possible, collision sports will receive coverage at all campus and off campus events. Post-season tournaments will receive coverage before pre-season tournaments.

### **Illness or Injury Occurring at Practice or Event**

All injuries should be reported as soon as possible to the athletic training staff. Any injury or illness during a practice or event requiring an athlete to miss the remainder of that practice or event must be reported to the athletic training staff. The athletic training staff will assess the condition, treat the condition, or refer the athlete to another medical professional. The athletic trainers will communicate with the students and coaches as to their participation status until release for return to full participation.

When a Kamehameha Schools certified athletic trainer is unavailable for an off campus athletic event, the host athletic trainer is usually responsible for emergency/first aid care of all participants. If there is no host athletic trainer or the athletic trainer is otherwise unavailable, the Head Coach must care for the athletes as outlined above. When a certified athletic trainer is not present, the coach must make very conservative decisions when deciding to return an injured/ill athlete to play. Athletes and parents are not authorized to make athletic health care decisions for Kamehameha Schools.

### **Clearance to Return to Full Participation**

The athletic training staff must clear every injured or ill athlete before returning to full participation, whether assessed/treated by the athletic training staff or not. A physician's clearance is a release to the care of the certified athletic trainer—not a clearance to full participation in athletics.

Clearance is determined by the athlete's ability to participate in practice safely. Clearance is not determined by the athlete's ability to perform at their best. The Head Coach is responsible for determining the time upon which the athlete will return to competition after the athletic training staff provides clearance.

## **Concussion Management**

Kamehameha Schools participates in the Immediate Post Concussion Assessment and Cognitive Testing, also known as “ImPACT,” an innovative program that diagnoses and manages concussions in student-athletes. ImPACT is a computerized exam that assists in evaluating and treating head injuries (e.g. concussion). Student-athletes are required to take an ImPACT test to obtain baseline data.

If a student-athlete suffers a head injury during the athletic season, the athlete will be removed from practice or play until examined by a medical professional trained in the management of concussions. Parents will be contacted as soon as possible with all the details. Upon being diagnosed with a concussion, the athlete will be required to re-take an ImPACT test. The baseline and post-trauma test data from ImPACT is used to help monitor progress and will assist in enabling health professionals to determine when return-to-play is appropriate and safe for the injured athlete. The student must be cleared by a licensed physician assistant, advanced practice registered nurse, or physician to return to sports participation, which will allow KS to begin a gradual return-to-play protocol that adheres to state and national guidelines and must be completed before KS will allow the student to return to play. Many students need a period of cognitive rest to begin the healing process, may need to gradually return to school, and may require accommodations or adjustments to scholastic activities. The Athletic Trainers, in consultation with school personnel (e.g. counselors, administrators, teachers, and school medical staff), will ultimately determine the best course of return-to-play to ensure appropriate management of the injury. The information gathered from the ImPACT baseline test programs may also be utilized and shared in research studies conducted by Kamehameha Schools, the Hawaii High School Association, the University of Hawaii, local physicians, neuropsychologists, the State of Hawaii Department of Education and the National Athletic Trainers’ Association.

For more information regarding concussions, including signs and symptoms, please visit the U.S. Department of Health and Human Services’ Centers For Disease Control and Prevention website and factsheet located at [http://www.cdc.gov/headsup/pdfs/schools/tbi\\_factsheets\\_parents-508-a.pdf](http://www.cdc.gov/headsup/pdfs/schools/tbi_factsheets_parents-508-a.pdf).

## **Student Accident Insurance**

Kamehameha Schools provides limited accident insurance for students for accidental injuries incurred during participation in school functions, activities or trips. This insurance provides accident coverage in conjunction with parents’ personal medical insurance. For more information, please contact the campus athletic office at 842-8936.

## SERVICES AND RESOURCES

### Uniforms, Lockers, Equipment, and Facilities

Athletes are expected to exercise care of school uniforms, equipment and facilities, and to report any abuses to their coach or the Athletic Director. Replacing broken or damaged equipment/facilities can only result in a loss of monies that could be used elsewhere in the athletic program.

1. Athletes may receive the following items (items may vary depending on the sport):
  - (a) One (1) locker (If a locker is not available, they may need to share/double-up). Student athlete must provide their own combination lock.
  - (b) One (1)-set of practice clothes (t/shirt and a shorts)
  - (c) (\*) A set of game uniforms (\*depending on sport)
  - (d) One (1) laundry belt
  - (e) One (1) towel (towels are exchanged on a one-for-one basis)
2. In the event that an athlete withdraws from the team, all items that have been issued must be returned immediately so that someone else can use his or her equipment, uniform, and locker. The head coach is responsible for following up on the return of the uniforms.
3. All uniforms (practice and game) and equipment must be returned in good condition at the end of the season. Any stolen, damaged, missing, or unreturned items will be subject to a finance charge that must be paid before any other items are issued, and before any grades are issued. (Seniors may not be able to graduate until their balances are cleared.)
4. Student athletes will be **charged** the cost of replacement uniforms or equipment. Once uniforms are returned to their respective locker rooms, the locker room attendants will submit a credit slip to the Cashier's Office to credit the athlete's account.
5. Students who have not cleared their accounts will not be able to register for classes for the following semester will not be issued uniforms for any other sport during the next sport season, and students in Grade 12 will not be able to graduate.

### Uniforms

Student athletes' practice and game uniforms are issued under the following guidelines:

1. Laundering of Uniforms
  - (a) **ALL UNIFORMS ARE TO BE WASHED DAILY or after each game AT SCHOOL.**
  - (b) Home washing is to be discouraged unless transportation makes it difficult to return to campus. In such cases, student athletes will be held responsible for any damage to the uniforms washed outside of school.
  - (c) Properly returned uniforms will be washed & dried on the issued wash belts; and returned to the student athletes' lockers.
  - (d) **Absolutely NO PERSONAL ITEMS ARE ALLOWED ON THE WASHBELTS!** Wash belts will not be washed if personal items are found on them.
2. Uniforms and equipment are to be worn only during practice sessions and at interscholastic contests, or upon approval of the Athletic Director. At no time are athletes to wear their athletic uniforms or equipment for:
  - (a) Gym/P.E. classes
  - (b) Work or job
  - (c) Socially
  - (d) School wear (see policy below)
3. Normally, the wearing of athletic uniforms will be reserved for special school occasions, upon the approval of the Athletic Director.
4. Warm-up jackets for certain sports (e.g. baseball, softball, basketball, cheerleading, etc.) may not be worn to and from school. They should be turned in to the locker rooms after every game along with the uniforms to be laundered.
5. Athletes are strongly encouraged to return their uniforms and other equipment on the day of, and directly after their last contest.

## Lockers

Student athlete lockers will be issued according to the following guidelines:

1. Absolutely NO rough-housing and throwing of towels or other objects allowed in the locker room. **Hazing of other players is not allowed, and is subject to disciplinary action.**
2. Since other teams will be using the locker room area, please make an effort to keep this area as neat and clean as reasonably possible.
3. All showers must be turned off after showering. The last person to leave the shower room is expected to check all showers.

4. **No one** except coaches and assigned players **are allowed in the locker room.**
5. **No GLASS** containers are permitted in the locker room areas.
6. All spiked or cleated shoes must be put on and taken off outside of the locker rooms in extreme or muddy weather conditions. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.
7. Towels for athletics are furnished by the school. Each athlete will receive a clean towel when lockers are issued and is expected to place it in the proper barrel after each use in exchange for a clean towel.
8. Equipment must be removed from all lockers by the end of the first school day following the conclusion of each sports season.
9. Athletes may use the phone in the locker room to call home upon permission of a coach or locker room personnel (phone calls are limited to 3-minutes each). Normally, all athletes should make prior arrangements for transportation home at the end of their scheduled practice time. Pay phones are to be used for other calls.
10. Locker room vending machines benefit the athletic department. All bottles and other litter are to be deposited in the refuse containers available and not taken into the building.
11. Report any vandalism or thefts to the locker room attendants immediately and notify the Security Department. (x-8320/x-8332)

### **Equipment**

Student athletes' practice and game equipment will be issued under the following guidelines:

1. All student athletes receiving equipment will be responsible for the equipment issued. If the equipment is lost or is returned with abnormal usage, the athlete will be charged accordingly.
2. All athletic equipment is the property of The Kamehameha Schools, and will not be loaned to outside groups except with the approval of the Athletic Director, and then only in unusual circumstances.

### **Weight Training**

The weightlifting program at KS has several goals and objectives, namely, to: 1) properly utilize a weight training facility in the best interest of all students, 2) provide adequate coaching technique in weight training, 3) provide program alternatives for achieving specific results, 3) insure that the proper safety measures are being employed during all

training sessions, 4) provide responsibility in the proper care of equipment, 5) allow for weight training consultation for all athletic squads and physical education instructors, 6) make available opportunities for students to enjoy the benefits derived from a sound weight training program on a year-round basis, 7) attempt to reduce sport connected injuries through well-developed conditioning, and to 8) present a program for self-improvement that is open to all students, regardless of athletic affiliation .

Athletes are allowed to use the weight room located at Koai'a to improve their strength and overall performance, subject to the following guidelines:

1. **Shirt and shoes are required in the weight room at all times.**
2. The weight room will be controlled by the strength coach. Both out-of-season and in-season coaches may supervise the weight room on a schedule as established by the strength coach when he is unavailable. **AT NO TIME ARE ATHLETES TO USE THE WEIGHT ROOM WITHOUT AUTHORIZED SUPERVISION.**
3. Lifters must work with a partner.
4. Replace all weights on racks immediately following use.
5. Know your limits! Work with the instructor in determining your limits.
6. Do the lifts **CORRECTLY**. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
7. Warm-up with proper stretching exercises.
8. Remember, strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

## TRANSPORTATION AND TEAM TRAVEL

### Transportation to and from Athletic Events

Kamehameha provides limited bus transportation to and from athletic events for its coaches and athletic team members. Transportation for athletic events is arranged solely by the Athletic Department, and may consist of KS school buses, non-school bus vehicles or approved rental vehicles as KS deems prudent and/or necessary. Student athletes are expected to follow and observe the Kamehameha's School Bus Passenger Code, as set forth in the Bus Transportation section of the Student & Parent Handbook, while being transported to and from all athletic events.

## **Permission for Alternative Transportation and to Leave the Group**

As a general rule, student athletes are required to ride in KS approved vehicles and travel as a team with their coaches and teammates and are not permitted to leave the group or travel separately to and from team competitive events, unless prior approval is obtained from KS in writing. Parents/legal guardians shall obtain the Coach or Athletic Director's approval before the athletic event by completing and submitting a written request, using the KS Permission for Alternative Transportation or Permission to Leave the Group forms, to the Athletic office. Forms are available upon request at the Athletic office or online at the Athletic department's website located at: <http://kapalama.ksbe.edu/athletics/forms.php>. Permission for alternative transportation is NOT routinely granted unless there is an emergency or unusual circumstances exist. Permission to leave the group is granted by the respective team coach on a case by case basis.

## **Overnight and Inter-Island Travel**

Team competition may and oftentimes require overnight and/or inter-island travel. This is especially true for HHSAA sponsored tournaments, which involve Varsity teams traveling to O`ahu or the neighbor islands for competition. If travel is required, KS will provide air and ground transportation, including meals and lodging, for coaches and all team members.

Team members travel to and from athletic events together in KS-approved uniform and/or apparel as a team at all times - Family visits are prohibited. All KS policies and procedures governing student behavioral expectations and conduct as set forth in the Student and Parent Handbook apply to student athletes at all times during team travel.

Itineraries are usually distributed to team members 5-7 days before travel. Changes in travel arrangements and itineraries due to personal reasons and/or to accommodate family members are not allowed. Any special circumstances concerning an athlete's travel requires prior approval from school administration. Please notify the Athletic Director, in writing, at least 14-days before team departure. Once approved, families are responsible for the arrangement(s) and cost(s) of the alternative travel.

In the event a student misses a KS-sponsored flight, the student shall not make alternative travel arrangements and will not be allowed to participate in team competition. Families are responsible for any cancellation fees, late charges, and/or reimbursements associated with travel changes, no shows, missed flights, etc. Questions/concerns should be addressed to the Athletic Director.

In the event of an emergency, coaches have the discretion to modify travel arrangements.

## SCHOOL SONGS

### **Sons of Hawai'i (alma mater)**

*By William B. Olson and Theodore Richards*

Be strong and ally ye, oh sons of Hawai'i  
And nobly stand together hand in hand.  
All dangers defy ye,  
Oh sons of Hawai'i,  
And bravely serve your own, your fatherland.

CHORUS:

Ring, ring, Kalihi, ring  
Swell the echo of our song.  
Ray, ray, ray, ray, ray, rah; ray, ray Kamehameha  
Let hills and valleys loud our song prolong.

Be firm and deny ye, oh sons of Hawai'i.  
Allurements that your race will overwhelm.  
Be true and rely ye,  
Oh sons of Hawai'i,  
On God, the prop and pillar of your realm.

CHORUS: (as before)

### **I mua Kamehameha**

*By Charles E. King*

I mua, Kamehameha ē  
A lanakila 'oe.  
Paio, paio like mau  
I ola kou inoa.  
Ka wā nei hō'ike a'e 'oe  
'A 'ohe lua ou  
E lawe lilo ka ha'aheo.  
No Kamehameha ē.

Forward Kamehameha  
Until you have gained the victory  
Go forward, strive, strive in unity  
That your name may live.  
Go forward  
This is the time for you to reveal  
That there is none to compare with you  
Take the victory with pride for Kamehameha

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