

J. Frank White Academy

Athletics Handbook



2025-2026 Academic Year

J. Frank White Academy
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Introduction

J. Frank White Academy (JFWA) believes in the value of athletics as an essential part of a student's educational experience. Participation in sports provides opportunities for students to develop discipline, teamwork, leadership, resilience, and character. This *Athletics Handbook* serves as a comprehensive guide for scholar-athletes, parents/guardians, and coaches to ensure athletic programs align with JFWA's mission and core values of **Trust**, **Respect**, and **Responsibility**.

Unless otherwise specified, the policies and procedures outlined below apply to both middle school and high school/senior high JFWA scholar-athletes.

Philosophy of Athletics

Athletics at JFWA are designed to:

- Enhance physical and mental health.
 - Promote teamwork and collaboration.
 - Develop skills for overcoming challenges.
 - Teach sportsmanship and ethical conduct.
 - Foster school spirit and community engagement.
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Membership and Governance

JFWA is a member of the [Tennessee Secondary School Athletic Association \(TSSAA\)](#) and abides by all regulations and bylaws set forth by the association. The Academy's athletic programs adhere to state and national standards for interscholastic sports.

Eligibility Requirements

- Adhere to all expectations and policies outlined in the *JFWA Athletics Handbook* and the *JFWA Student Handbook*.
- Maintain academic eligibility as outlined by the [TSSAA](#) and JFWA guidelines.
- Submit all required medical forms, including a completed physical examination.
<https://tssaa.org/physical-forms>
- Demonstrate good citizenship and comply with the JFWA Student Code of Conduct.
- Attend all required practices, games, and team meetings unless excused by the coach.

Middle School Participation Guidelines:

- **Equal Opportunity:** All students are encouraged to participate, with an emphasis on inclusion and skill development.
 - **Playing Time:** Coaches strive to provide meaningful playing opportunities for all team members, focusing on effort and improvement.
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- **Multi-Sport Participation:** Students are encouraged to explore multiple sports to develop a broad range of skills and interests.
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Roles and Responsibilities

- **Athletic Director (AD):** Oversees all athletic programs, ensures compliance with regulations, and serves as a facilitator and mediator for unresolved concerns.
- **Coaches:** Responsible for player development, team management, and fostering sportsmanship.
- **Scholar-Athletes:** Expected to prioritize academics, fully commit to their teams, and follow all rules, guidelines, policies, and procedures. This role is for all JFWA scholar-athletes, regardless of age.
- **Parents/Guardians:** Encouraged to support their child's/dependent's academics, athletic participation, and the goals of the program.

All roles defined above are expected to adhere to the appropriately designated code of conduct outlined below, as well as all stated JFWA (and LMU when applicable) policies and procedures.

Code of Conduct for Scholar-Athletes

Scholar-athletes are expected to:

- Represent JFWA with **integrity** and **sportsmanship**.
 - Respect teammates, coaches, officials, and opponents.
 - Abide by team rules and maintain academic commitments.
 - Refrain from using drugs, alcohol, or tobacco.
 - Follow all [TSSAA](#) and Academy rules and guidelines
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Code of Conduct for Parents and Guardians

Parents and guardians play a vital role in creating a positive athletic environment. Please refer to the attached **Code of Conduct for Parents/Guardians of Student-Athletes** for detailed expectations, including:

- Encouraging respectful communication with coaches and officials.
- Supporting the academic and athletic balance for student-athletes.
- Respecting all [TSSAA](#) guidelines, including rules about unsportsmanlike conduct and fines.
- Following the procedure detailed below to address any concerns with coaches:

Procedures to Address a Concern

1. If a concern arises, parents should first encourage their child to speak directly with the coach to resolve the issue.
2. If the issue is not resolved, parents should contact the coach via email. Coaches will respond within 48 hours to address the concern.

- **24-Hour Rule:** Wait at least 24 hours after a game or practice before contacting the coach. This allows time for emotions to settle and ensures a more constructive discussion.
 - 3. If the issue remains unresolved after contacting the coach, parents should reach out to the Athletic Director (AD) via email. The AD will investigate and respond within 48 business hours.
 - 4. If necessary, the appropriate institutional administrator will be involved to investigate the matter and provide a resolution.
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Participation Expectations

- **Attendance:** Regular attendance at practices and games is required.
 - **Communication:** Notify coaches promptly of any conflicts (including, but not limited to, illness, schedule conflicts, etc.)
 - **Sportsmanship:** Behave respectfully toward officials, opponents, and teammates.
 - **Academic Performance:** Maintain satisfactory academic progress.
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Health and Safety

The health and safety of our student-athletes are paramount. JFWA ensures:

- Access to **certified athletic trainers** after practices and/or games.
 - Compliance with [TSSAA concussion protocols](#).
 - Regular communication with parents regarding injuries and recovery plans.
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Facilities and Equipment

JFWA provides state-of-the-art athletic facilities and equipment. Students are responsible for:

- Proper use and care of equipment.
 - Reporting any damage or loss immediately.
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Athletic Awards and Recognition

To celebrate high school/senior high athletic achievements, JFWA offers:

- **Varsity letters** and awards for outstanding performance.
- **Recognition ceremonies** to honor teams and individuals.

Middle School Athletes:

Middle school athletes are recognized for their **commitment**, **effort**, and **sportsmanship** in end-of-season events, ensuring that their contributions are celebrated.

Disciplinary Procedures

In the event a student-athlete is found to be in violation of any rules, procedures, guidelines, or policies outlined here, in the JFWA Student Handbook, or on the website, the following steps may be taken:

1. **Meeting** with the coach to address the concern.
 2. **Inclusion** of the AD for further review.
 3. Possible **suspension** or **removal** from the team.
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TSSAA Guidelines

JFWA adheres to the following TSSAA policies:

- **Eligibility:** Academic and attendance requirements must be met.
- **Conduct:** Unsportsmanlike behavior from players, coaches, or fans may result in fines and other disciplinary actions.
- **Ejections:** Fans ejected from contests must reimburse the Academy for fines and may face additional restrictions.

Additionally, JFWA adheres to all policies and regulations noted in the [*TSSAA Handbook*](#).

Communication Channels

- **Coach:** First point of contact for team-specific concerns.
 - **Athletic Director:** Escalation point for unresolved issues.
 - **Administrator:** Final point of review if necessary.
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Addendum for Middle School Athletics

Middle school athletics at JFWA takes a development-first approach to athletics. Middle school athletics programs focus on **foundational skill development**, **character building**, and **fostering a love for sports**. These programs are designed with the holistic development of young athletes in mind, emphasizing physical, emotional, and social growth.

Goals of Middle School Athletics:

- Introduce students to the **fundamentals** of various sports.
- Build **confidence** and **self-esteem** through positive experiences.
- Teach the importance of **teamwork**, **perseverance**, and **responsibility**.
- Encourage **physical activity** and healthy lifestyle choices.

Holistic Development:

- **Emotional Growth:** Coaches provide support to help students manage the challenges of competition and teamwork.
 - **Social Skills:** Participation in athletics fosters friendships and builds communication skills.
 - **Academic Balance:** Students are supported in maintaining a balance between academics and athletics, emphasizing time management and prioritization.
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Parental/Guardian Support:

- Encourage **positive reinforcement** and celebrate effort over outcomes.
 - Support the values of **sportsmanship** and **teamwork** both on and off the field/court/course.
 - Communicate openly with coaches about any concerns or questions.
 - Adherence to the procedure for addressing a concern with coaches detailed on page 3 (including the **24-hour rule**).
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Conclusion

Participation in athletics at JFWA is a privilege that comes with responsibilities. This handbook is designed to ensure that all stakeholders work together to create an environment of excellence, respect, and growth for our scholar-athletes. JFWA Administration reserves the right to withhold, suspend, or remove any scholar-athlete from athletic participation for failure to meet classroom-level and/or school-level academic and behavior expectations. Thank you for your commitment to upholding these values and supporting the mission of JFWA.