

Titan Athletics



Frequently Asked Questions

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www.uhstitans.com



1) How can I begin to participate?

Maybe you had the opportunity to meet a coach at a sign up or informational meeting, but even if you didn't the best way to find out how to get involved in a particular sport is to contact the head coach of that sport. You can find their email address on www.uhstitans.com, under the athletics tab select "Coaches". Many (but not all) programs have stuff that goes on outside of the regular season including camps, conditioning, weight training, open gym, fundraising, informational meetings, etc. Make sure to contact the coach, so you don't miss anything.

2) Is all that "other out of season stuff" mandatory?

Nothing outside of the official season can be mandatory. You can try-out simply by showing up on the first day of try-outs. You should however, attend any pre-season meetings that a coach may have. You should also understand that off-season programs are designed to make you better. High School is a time when students start to decide what they really enjoy and then work like crazy at it.

3) What forms do I need to turn in before I can participate?

You will need to turn in a COMPLETED physical packet. Currently, that packet contains 5 forms. You can find those forms at www.uhstitans.com under the athletics tab select "Forms" or pick up a packet at the school. This physical packet MUST be turned in prior to participation of any kind including try-outs, conditioning, open gyms and summer workouts. Once the season begins there will be other forms to complete depending on the sport including transportation, Pay to Participate, Media, Transfer forms.

4) If I turn forms in, will I ever have to turn them in again?

YES! Physical packets are only valid for 365 days from the date of the physical, so you will need a new sports physical each year. Additionally, the FHSAA will often update certain forms in the early summer. If they update forms, you must complete them again, even if the previous one has a valid date on it. You should check with your coach or the Athletic Director near the end of school each year to find out if there are new forms for the upcoming school year. It is best to always complete an entire physical packet each time you have a new physical, not just one form from the packet.

5) I just moved here and had to have a physical when I enrolled. Can I use that physical for my sports physical?

Unfortunately, the physical form you turned in when registering, may not be used for sports physicals. The FHSAA requires that a sports physical be completed on an "EL 2". When registering for school, the physical must be done on a Department of Health form. The two forms are not interchangeable. Contact your doctor to see if he or she will complete the "EL 2" form based on your previous physical. This is at the discretion of the doctor and will vary from doctor to doctor.

6) What is the FHSAA?

The Florida High School Athletic Association (FHSAA) is the major governing body of high school athletics in the state of Florida. They provide the framework for interscholastic athletics and are the sanctioning body for University High School as well as over 700 member schools in Florida. Additionally, they establish the eligibility criteria for student-athletes; this includes academics, transfers, residency, and age eligibility. You can find specific eligibility guidelines on www.uhstitans.com, under the athletics tab select "eligibility".

7) Is there any cost to participate on an Athletic team?

Yes. The Volusia County School District has implemented a "Pay to Participate" fee. A \$75.00 fee will be charged for the first sport each year that you participate in. A \$25.00 fee will be charged for the second sport each year that you participate in. This fee is required each year. You should also expect to provide appropriate footwear for the sport you are participating in. There may be other

standard equipment or protective devices that you will be responsible for (shin guards, eyewear, knee pads, braces, gloves, etc.). Each team may have additional needs you will be responsible for (uniforms, camps). Your coach will provide that information at the beginning of the season before you submit a Pay to Participate fee. Often fundraising opportunities will exist to help defray the team requirement costs.

8) Why do you charge \$75.00 for “Pay to Participate”?

The Volusia County School District has implanted this fee to help schools defray the cost of providing the interscholastic athletic program. These fees, along with gate receipts, provide the funds to run the day to day operations of the athletic program including but not limited to officials, tournament entry fees, awards, the cost of substitutes for coaches when they need to be out for district tournaments, printing costs, transportation, membership dues, and facility insurance among others. This Pay to Participate fee allows our programs to continue to operate. ***Please note this is called Pay to Participate. This does not imply that everyone will receive equal playing time or that you are guaranteed playing time at all. ***

9) I want to play three sports at University, I want to play for a club team, my parents want me to work and I need to keep my grades up. How can I do all the summer stuff, play for my club team, work, and get a little relaxation?

The short answer is YOU CAN'T. You will have to make some tough decisions about what you can and can't do in the summer. You can't be everywhere at one time. The key is communication. Tell your coaches what the summer is like for you. Tell them what you are going to be able to do. Tell them that you still want to play once the season comes around, but that you can't do EVERYTHING in the summer. The worst thing you can do is ignore your coach and then act like it is no big deal. COMMUNICATION is the key. Everyone will respect that and look forward to working with you. This same principal applies during the school year. You will be faced with many opportunities that will ask you for your time. YOU will need decide where your priorities are.

10) Can I play multiple sports during the school year?

Absolutely. We encourage it. We want you to do as much as you can and still maintain your grades. Since many of our athletic seasons will overlap, you will need to communicate with both coaches to determine a revised try-out schedule (if necessary) that will accommodate your current sports competition schedule. YOU will need to make both coaches aware of your situation. They won't automatically know what your plans are. Once however you make a commitment to one sport, you will be expected to follow through with that commitment. You will not be able to join the next sport until your current sport (even if you decided to leave the team for any reason) season has concluded.

11) How often do teams practice and where do they practice?

You can reasonably expect practices or competitions 5-6 days a week and for practices to last approximately 2 hours. Occasionally, they may be a little less and sometimes a little more. Your coach will outline the regular practice schedule near the beginning of the season. It is expected that you will be present at all practices, competitions, and team functions. When you make a commitment to your team, they expect your presence and your absence is not only detrimental to you but to your teammates as well. If you have a conflict please direct these concerns to the coach prior to missing a practice or event. There may be times when a practice or competition will need to be adjusted for some reason. These reasons are often out of the coach's control. Most teams practice and compete on the campus of University High School. I have listed some exceptions below.

Swimming – Deltona/Four Townes YMCA

Bowling – Deltona AMF Lanes in Orange City

Golf – Debary Golf & Country Club

Soccer – PFC Emory Bennett Park

Varsity Football – Deltona High School Stadium (Competitions only)

Occasionally, we may use River Springs Middle School for practice purposes as well. Athletes will be expected to provide their own transportation to and from these off campus facilities.

12) How are teams chosen at University?

We have sports that need/require try-outs and cuts, while others that don't. Sports that need/require try-outs will outline the try-out procedures on the first day of practice. Try-outs may last a single day, while other teams may take a week. Team selection is one of the most, if not the most difficult part of coaching and is never easy. All of our coaches will take careful efforts to be delicate when dealing with "cuts". They will try to look at the big picture, both today and for the future. Each coach/program will look for different things when it comes time to select a team. The bottom line is that you need to go out there, do your best, and take the experience as a learning experience.

13) I've heard the Volusia County doesn't have freshman teams. Does that mean ninth graders can't participate?

No, that is not the case at all. All eligible students are able to try-out or participate on varsity and JV squads. Your skill level and maturity, will determine what squad you will be best suited for. Generally speaking, most freshmen will be placed on JV squads and seniors will only be eligible to participate on the Varsity level. Special cases will be evaluated on a case by case basis.

14) What are the training rules that I must follow?

We expect that student-athletes will work to maintain good physical fitness, treat their bodies with respect, and refrain from illegal, negative, and dangerous activities. Do not drink alcohol, take drugs, smoke or partake in other illegal substances. These behaviors are not advantageous for athletic activities but they are also against school rules and are criminal activity. If caught, you face criminal prosecution, school discipline and team discipline. We also encourage student-athletes to practice good nutritional habits. Questions regarding nutritional supplements should be directed towards the Athletic Trainer or a medical professional. Athletes are also advised to get the proper rest for their bodies to recover from physical activity and the stressors of the day.

15) What about team rules?

Each athletic team and coach develops their own set of team expectations. Coaches will outline those expectations, rules, procedures, and discipline at the beginning of the season. Many also ask that parents sign off on their acknowledgement of these expectations.

16) What if I am not in school?

If you are absent from school for some reason, you are not permitted to participate in that day's after school activities. You must be present for more than 50% of the school day. If you are a dual enrolled student, you must be present for more than 50% of the class periods you are assigned to University High School. If you are participating in some form of a school sponsored event, you are classified as being in attendance. If you have received any kind of suspension for disciplinary reasons, you are also suspended from all athletic activities during that time frame.

17) What if I am a home-schooled student or non-traditional student but am interested in participating on an athletic team?

If you are a home school student or other non-traditional student, you must register your intent to participate on an athletic team PRIOR to the official pre-season start of that sport. Your intent must be filed with the FHSAA prior to the first day of practice. Please visit www.uhstitans.com and select the athletics tab for specific directions on how to register your intent to participate.

18) What role does Sportsmanship play in University Athletics?

TREMENDOUS! We pride ourselves on our integrity, hospitality, and sportsmanship as a school and as an athletic program. As a Titan Athlete, your actions are always being noticed. We have been recognized by fellow schools, our community, officials, and the FHSAA for our sportsmanlike behavior. We expect that you work as hard as you can and that you compete as hard as you can, but we keep it on the field. We do not appreciate or tolerate trash talk, back talk, or showboating towards fellow competitors, coaches, fans or officials. We are all Titans. What you do in a Titan uniform will reflect on our entire student body, staff, and community. We expect parents to be supportive and cheer like crazy. There is never a time when yelling, derogatory remarks, or questioning is acceptable towards student-athletes, coaches or officials during competition. Treat our competitors and officials as you would wish treatment for your child.

19) How can parents get involved in Titan Athletics?

The easiest way to get involved is to join the Titan Athletic Booster Club. This organization is comprised of parents and other community members who wish to provide support to the entire Titan Athletic Department. This group provides financial and physical support to our athletes. They help fund scholarships for in-need student athletes, athletic training supplies, equipment & supplies, run the concession stands at events among other functions.

Another way parents can get involved is to help run athletic events. We are always looking for people to announce, run the scoreboards, scorebooks, take tickets and other functions depending on the event. If you are interested in helping in this way, please contact the Athletic Director at 386-968-0013 ext. 46255 or email slhahn@volusia.k12.fl.us.