



Rising 9th Grade Athletes' Parent Info Sheet

Administration/Coaching Staff

Principal: **Christian Suttle**

Hillgrove Athletic Director: **Sherri Thoroughman**

Cobb Co. School District Athletic Director: **Steve Jones and Donnie Griggers**

Athletic Trainer (PT Solutions): **Sonny Sessions**

Coaching Staff: <http://www.cobbk12.org/Hillgrove/athletics.aspx>

Hillgrove Traditions

Colors: Crimson and Silver

Mascot: Hawks

Special Events: Pep Rallies, Homecoming Parade, Football-Blackout/Whiteout/Pinkout,
Softball-Cancer Awareness, Baseball-Military Appreciation

Event Costs

Varsity Football - **\$7.00** (Parking - Free at all events - except Special Football Lot)

All Other Sports - **\$5.00** - adults, **\$3.00** – students

All Sports Passes (Hillgrove only) - \$90.00 adults, \$75.00 – students (purchase at Hawkfest)

Region/State Playoffs – only GHSA passes accepted at these events

Eligibility/Physicals/Concussion forms

Eligibility:

All 9th graders are eligible when they enter in the fall

Must pass 3 courses each semester to be eligible for next semester

10th graders need 5 credits, 11th graders need 11 credits, 12th graders need 17 credits

Only allowed 8 semester to participate in extracurricular from start of 9th grade year

Physicals - GHSA requires an annual physical exam

No athletic participation of any kind without a physical

Physicals must be completed after April 1 to be good for next year

Athletic Registration Online through Synergy Parent Portal

Concussion Awareness Form - Required for each sport by GA State Law – also online

Multi-Sport Athletes – we want them!

1. Specializing can raise your risk for injury because you are using the same muscles in the same way all the time
2. It makes them a more competitive athlete
3. It keeps an athlete from potentially being burned out by one sport

CCSD Code of Conduct - <http://www.cobbk12.org/centraloffice/adminrules/1/IDF-R.pdf>

365 days/24 hours a day, in/out of season, on/off school grounds

Social Media

Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity.

Some sports have more severe policies/consequences

ISS/OSS – can't participate

Public Relations

Website: <http://www.cobbk12.org/hillgrove/athletics>

Social Media - Twitter -- @hillgrovesports

Positive Athlete Award - <http://georgia.positiveathlete.org/>

Booster Club - Support organizations; Most programs have their own booster club

1. Mostly financial
2. Critical to maintain a level of competitiveness with our opponents
3. Supplements what the school can provide
4. Membership/Being Active is crucial
5. Booster club fees cover the "extras" (Player packs, Banquets, Uniforms, Equipment, Facility Improvements)

Parent Expectations

Booster Clubs - Get involved

Coach/Parent Interaction

- Communication is key
- Commitment

Practice/Games Expectation

- Games/Practices over fall-winter-holiday breaks

College Requirements – handouts provided - www.eligibilitycenter.org

2.3 GPA needed

10 core courses passed before begin 12th grade (16 total needed)

Sliding scale change