

PILLOW

ACADEMY



Excellence in Education

**ATHLETIC
HANDBOOK**

2018 – 2019

Grades 6-12

Pillow Academy
Greenwood, MS

PILLOW ACADEMY

Excellence in Education

2018-2019 Athletic Handbook

Grades 6-12



9601 Highway 82 West
Greenwood, MS 38930

Telephone: 662-453-1266
Coaches' Office: 662-453-8275
Fax: 662-455-6484

www.PillowAcademy.com



Table of Contents

I AM A PILLOW MUSTANG.....	7
Athletic Directory.....	9
Athletic Directory.....	10
Eligibility for Athletics.....	11
Sportsmanship Guide.....	12
Our Philosophy.....	12
The Responsibility of the Athlete.....	13
The Responsibility of the Fan/Parent.....	13
Athletic Lines of Communication.....	14
Parent/Coach Relationship.....	14
Communication You Should Expect From the Coach.....	14
Communication Coaches Expect From Players.....	14
Parents/Students should notify the Coach regarding:.....	14
Appropriate Concerns to Discuss with Coaches.....	14
Issues Not Appropriate to Discuss with Coaches.....	15
Procedure to Follow If You Have a Concern to Discuss With a Coach:.....	15
General Information.....	15
Conduct.....	15
Forms.....	16
Physical Strength and Conditioning.....	16
Practice.....	16
Sunday Practice.....	16
School Attendance.....	17
Travel Dress.....	17
Game Day Dress.....	17
Awards Ceremonies.....	17
Communication.....	17
Overnight Stays.....	18
General Athletic Rules.....	18
Purpose of Guidelines.....	19
Athletes Participating in Multiple Sports.....	19
Two Seasonal Sports.....	19
Participation in Overlapping Sports.....	19
Points of Emphasis.....	19

Termination from a Team after the Season Begins 20

Athletic Facilities Use Policy..... 20

ATHLETIC TEAMS..... 21

 Archery 21

 Baseball..... 21

 Basketball..... 22

 Seventh and Eighth Grade Basketball 22

 Junior High Basketball 22

 Varsity Boys’ and Girls’ Basketball..... 22

 Cross-Country 23

 Fastpitch/Softball..... 23

 Football 23

 Golf..... 24

 Boys Soccer 24

 Girls Soccer 24

 Tennis..... 25

 Track and Field..... 25

2018 - 2019 CALENDAR..... 27

I AM A PILLOW MUSTANG.

I AM A WINNER. THIS IS MY CREED.

Pillow and winning will become synonymous terms principally because of my efforts.

Winning will not be automatic; neither will I win simply by wanting to win.

Wanting to win is not enough. I, the individual Mustang, will become a winner and will help my school become a winner because I realize that any worthwhile endeavor requires personal commitment – a price must be paid, a price whose currency is hard work, dedication, and sacrifice, along with injury and frustration.

I will become a winner because I have determined in my heart to pay this price of blood, sweat, and tears and am now proceeding with the necessary daily installments.

I realize that regardless of my talents, I have an important contribution to make to my team and that the deeper meaning of being a Mustang is my own willingness to make personal sacrifices for the good of my team and my teammates.

I deeply believe that regardless of whether I am the least or the greatest athlete on my team, I have an important part to play in my team's success. Every time I give my best effort on and off the field or court, in practice or in games, I make my team a better team.

Every time I take it easy and do less than my best, I hurt myself and my team with both my attitude and my actions.

I realize that my team is no stronger than I - the individual athlete. Therefore I make the following personal commitment:

I will keep faith with my God, my teammates, and myself. I will pay the price of heat and grime, sweat and fatigue, aches, and blisters so that my teammates may keep faith with me. I will expect to win, but will not demand that winning be easy.

I strongly believe that I will be a better person because of this personal commitment and that the world will be a better world because of me.

I will not forget that even though I may sometimes lose, I will never become a loser, for

I AM A WINNER IN THE TRUEST SENSE.

I AM A PILLOW ACADEMY MUSTANG!

Athletic Directory

Head of School	Rodney Brown	rbrown@pak12.com
Athletic Director for Girls	Durwin Carpenter	dcarpenter@pak12.com
Athletic Director for Boys	Mike Beagle	mbeagle@pak12.com
Principal	Tim Burton	tburton@pak12.com
Archery	Hannah Branson	hbranson@pak12.com
Baseball	Jud Thigpen	jthigpen@pak12.com
Assistant	Neil Turner	nturner@pak12.com
Assistant	Chad Hankins	chankins@pak12.com
Jr. High Baseball	Chad Hankins	chankins@pak12.com
Basketball		
Varsity Girls	Durwin Carpenter	dcarpenter@pak12.com
Assistant	Mignon Hodges	mhodges@pak12.com
Assistant	Holly Ann Singh	hasingh@pak12.com
Varsity Boys	Wes Prather	wprather@pak12.com
Assistant	Nick Serio	nserio@pak12.com
	Chad Hankins	chankins@pak12.com
Jr. High Girls	Durwin Carpenter	dcarpenter@pak12.com
Assistant	Mignon Hodges	mhodges@pak12.com
Assistant	Holly Ann Singh	hasingh@pak12.com
Jr. High Boys	Wes Prather	wprather@pak12.com
Assistant	Nick Serio	nserio@pak12.com
	Chad Hankins	chankins@pak12.com
Fastpitch	Jud Thigpen	jthigpen@pak12.com
Assistant	Meggan Nix	mnix@pak12.com
Football		
Varsity Football	Tripp McCarty	tmcarty@pak12.com
Assistant	Mike Beagle	mbeagle@pak12.com
Assistant	Mike McLendon	mmclendon@pak12.com
Assistant	Nick Serio	nserio@pak12.com
Jr. High Football	Neil Turner	nturner@pak12.com
Assistant	Matt Hudson	mHUDSON@pak12.com
Assistant	Chad Hankins	chankins@pak12.com

7th Grade Football
Assistant

Neil Turner
Matt Hudson

nturner@pak12.com
mudson@pak12.com

Athletic Directory

Golf

John Pielemeier

jpielemeier@pak12.com

Soccer

Girls Soccer
Assistant

Amy Coleman
Mary Clare Taylor

acoleman@pak12.com
mctaylor@pak12.com

Boys Soccer
Assistant

Serafin Simon
Matt Hudson

ssimon@pak12.com
mudsonr@pak12.com

Tennis

Holly Ann Singh

hasingh@pak12.com

Track

Girls
Assistant
Assistant

Bobby Tolbert
Amy Coleman
Mary Clare Taylor

btolbert@pak12.com
acoleman@pak12.com
mctaylor@pak12.com

Boys

Tripp McCarty

tmcarty@pak12.com

Cheer

Varsity
Jr. High
Assistant

Millie Vemer
Romney Brock
Merritt Reichle

mvemer@pak12.com
rbrock@pak12.com
mreichle@pak12.com

Eligibility for Athletics

The Pillow Academy Athletic Department strives to uphold the high ideals of success in academics, self-discipline, sportsmanship, morality, and respect for law and authority in all extracurricular activities. Therefore, the following guidelines are in effect for all students participating in athletics at Pillow Academy.

The Administration and coaches at Pillow Academy strongly believe that student-athletes should remain drug, alcohol, and tobacco free. Use of these substances not only hinders performance, but also threatens the health and welfare of the student. To assist in the administration of this policy, a committee has been formed to discuss any incident where drugs, alcohol, and/or tobacco are involved. The purpose of this committee is to reinforce the importance of abiding by our training rules and to impose fair and consistent discipline for violations. The committee will consist of the Athletic Directors, the High School Principal, and the Head Coach of the player involved in the violation. Any Athlete who is caught violating the policy on the use of drugs, alcohol, and tobacco will be required to appear before this committee.

Eligibility Guidelines

1. Students using or found in possession of illegal drugs will face severe disciplinary action by the Administration.
2. Students who must leave school early due to an inter-school event are expected to take any regularly scheduled tests before they leave. They are also expected to turn in any assignments due on that day.
3. No student will be permitted to participate in inter-school contests for more than four years after entering the 9th Grade.
4. A student will not be permitted to participate in inter-school contests if he or she has reached the age of 19 prior to August 1.
5. Students are required to maintain a passing average in 4 subjects if they are to remain eligible for athletics. Student averages will be checked at 3-week intervals and at the end of each 9-week grading period. Any student not passing 4 subjects, at the aforementioned intervals, will be placed on probation. Any student on probation and not passing 4 subjects during the next grading interval will be ruled ineligible for games. Students will be allowed to continue to practice with the team. Eligibility can be regained by acquiring a passing average in 4 subjects during the next or any following grading period.

If a new student, entering grades 9-12, registers and is accepted as a student at Pillow Academy the following policy will be used to determine their eligibility to participate athletics:

1. A new student, in grades 10-12, enrolling from an MAIS member school without a bona-fide move, according to MAIS regulations, cannot compete in an athletic contest for one year.

2. A new student enrolling from a non-MAIS member school without a bona-fide move:
 - A. Student must be registered two weeks prior to the first contest of the season in the sport the athlete wishes to participate.
 - B. Student must be registered for a period of two weeks before they can compete in an athletic contest but will be allowed to practice.
3. A new student enrolling from an MAIS member school or a non-MAIS member school with a bona-fide move:
 - A. If the student is registered prior to the playing of the first athletic contest of the season in the sport the athlete wishes to participate the student is eligible to participate.
 - B. If the student is registered after the first athletic contest of the season has been played but prior to the final date an athlete may be added to a roster under the MAIS regulations: The coach of the team the athlete wishes to join along with the Athletic Directors and Headmaster will determine if the athlete will be allowed to become a member of that team and participate in athletic contests for that sport.
 - C. According to MAIS rules, the student must be enrolled for a period of one week before he can compete in an athletic contest.

Academic Requirements for all New Students that want to participate in athletics:

1. All students entering grades 9-12 must take and pass an admission test administered by a school official.
2. Must have passed 4 (Four) academic subjects the prior semester.
3. If transferring during the semester student must be passing 4 academic subjects.

Sportsmanship Guide

Our Philosophy

1. The athletic program at Pillow Academy is student centered and is an integral part of the student's total educational experience.
2. Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
3. The school athletic department and administration strongly believe in being accessible to parents and supportive of the coaching staff.
4. We constantly strive to improve communication with the students and parents. For our program to be successful, it is necessary that everyone understand the focus and direction of the program.

The Responsibility of the Athlete

An athlete is often respected and admired by the student body, spectators, and the children in the community. The role is filled with responsibility. Good sportsmanship can be shown by the following:

1. Remember that you are representing yourself, your school, your family, and your community.
2. Respect the integrity and the judgment of the officials.
3. Live up to the standards of sportsmanship established by your coach.
4. Display positive actions in public at all times.
5. Athletes that engage in conduct that causes them to be removed from a game by the officials or by the coaches or actions that reflect poorly on Pillow Academy in the opinion of the administration are subject to discipline by the coaches as well as by the administration.

The Responsibility of the Fan/Parent

Spectators at an athletic contest have an important role in displaying good sportsmanship. As a group, your actions may have the biggest impact on how others view our school.

Fans should:

1. Compliment student-athletes in their attempts to improve and learn.
2. Respect both players and fans of opposing teams.
3. Know and understand the rules of the game and cheer good performances.
4. Never confront an official/umpire before, during, or after a game. Please use discretion when reacting to a call with which you disagree.
5. Never confront players, coaches, or fans at any time. Physical or verbal abuse of a Pillow Academy employee may result in a \$500.00 fine and a one year ban from all Pillow Academy athletic events.

Violations of these rules of conduct could lead to forfeiture of the contest, the school being placed on probation and fined, or the parent/fan being denied access to future contests and or fined by the MAIS.

Athletic Lines of Communication

Parent/Coach Relationship

Both parenting and coaching are extremely challenging responsibilities. By establishing and understanding each position, we are able to accept the actions of others, thus enhancing effective communication. As parents you have the right to understand what expectations are placed on your child. This begins with clear communication from your coach.

Communication You Should Expect From the Coach

1. When and where practices and contests are held.
2. Expectations the coach has for your child and the team.
3. Procedure if an injury occurs during participation.
4. Team requirements/rules for participation.
5. Notification whenever any disciplinary action results in your child being denied participation in a practice or game.
6. Coaches will be required to have a parents meeting prior to the season.

Communication Coaches Expect From Players

As students become involved in athletics, they will experience some of the most rewarding moments of their lives. It is important to understand at times students may experience disappointment and frustration. At these times, student-initiated discussion with the coach is recommended and encouraged.

Parents/Students should notify the Coach regarding:

1. Any schedule conflict well in advance.
2. Any special health concerns.
3. Any injuries, treatment, or rehab.

Appropriate Concerns to Discuss with Coaches

1. Any unhealthy mental or physical strain you detect in your child at home.
2. Ways you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your child's behavior.
4. Treatment of your child, mentally and physically.

Issues Not Appropriate to Discuss with Coaches

1. Team strategy or play calling.
2. Other student athletes.

Procedure to Follow If You Have a Concern to Discuss With a Coach:

1. Make an appointment with the Athletic Director to set up a meeting with the coach. Never approach the coach immediately after a game unless the coach requests the meeting.
2. If the Athletic Director cannot be reached, call the High School Principal to set up a meeting with the appropriate coach and the Athletic Director.
3. Please do not confront a coach immediately before, during, or immediately following a contest or practice. These can be busy and emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings always require calm, rational attitudes.

If the meeting with the Athletic Director and the coach does not result in resolution of the problem, the following steps should be taken:

1. Call and set up an appointment with the High School Principal to discuss the situation.
2. At this meeting the appropriate next step can be determined.

General Information

Conduct

The conduct of athletes must reflect the fact that they represent Pillow Academy. In the athletic and academic arenas, athletes' behavior must epitomize a positive attitude and a strong work ethic. According to this code, athletes must:

1. Play hard and play for the love of the game.
2. Respect officials and accept their decisions without question.
3. Win without boasting and lose without excuses.

Forms

Each student must have a current physical, a permission to participate form, a permission to treat form, and insurance information on file with the Athletic Director before he or she begins practice.

Physical Strength and Conditioning

The philosophy of the strength and conditioning department is to ensure that each athlete is given the proper training to prevent injury. Athletes will challenge their power, speed, strength, and flexibility and will receive mental and nutritional training. Each athlete will use the safest and most effective programs to reach set goals. The girls' and boys' weight room is located in the field house. All athletes will participate in year-round strength training (in-season and out-of-season).

Practice

Specific guidelines concerning practice times and schedules are outlined with each sport. General practice information includes the following:

1. Days and times of practice are communicated through individual coaches.
2. The seventh grade football team and junior high basketball teams practice during the school day.
3. With prior notice, a coach may call a special practice session.
4. A storm does not cancel practice. There are inside athletic areas where teams can practice.
5. Holiday practices must be scheduled by the coaches with at least two weeks prior notice. These practices are approved through the athletic director.
6. The coaches distribute summer practice and weight training information before summer vacation. Summer practices follow MAIS guidelines.

Sunday Practice

Any Sunday practice must be approved by the Athletic Director. These practices cannot be mandatory and must not interfere with church or family obligations. Athletes will not be punished in any way for missing a Sunday practice.

Sunday practices can only be called if there is a conference game or playoff game on the following Monday. Furthermore, Sunday practice cannot begin before 2:00 p.m. and must be over by 4:00 p.m.

School Attendance

Athletes are expected to attend classes the day of a game. They must be in school the morning after a game unless they have prior permission from the principal.

Travel Dress

When students report to games, they should be appropriately attired. Coaches will determine appropriate attire.

Game Day Dress

Athletic teams should plan to wear a special “Game Day” shirt in lieu of the school uniform. Athletes will be able to wear this shirt only on days they are participating in an athletic event. School uniform pants will be worn with the Game Day shirt. All members of the team must wear the approved “Game Day” top or the entire team may forfeit this privilege. Again, the Game-Day shirts may be worn only on game days or a specific day that has been approved in advance by the administration. Athletes will always be required to dress in a manner consistent with the spirit and values of Pillow Academy - obscene language, symbols, or symbols of sex, drugs, or alcohol on clothing are expressly prohibited.

PA Athletes (Boys and Girls) may purchase a “Game Day” shirt or wind suit. All sports will use the same “Game Day” shirt or wind suit. The Game-Day shirts will be sold in the Mustang Shop. This shirt may be worn only on the day of a game scheduled for the team and the student must participate/be on the roster for that specific team.

Administration will require “dress uniforms” on certain days; the dress day uniform is to be followed even if dress day occurs on a game day.

Failure to follow these guidelines will result in a discipline notice. (See Student Handbook: Dress Code.)

Awards Ceremonies

Jr. High and Sr. High award ceremonies are held to honor the athletes. An award ceremony will be hosted by each sport. These ceremonies are scheduled through the coach and the athletic director. Appropriate dress will be determined by the coach.

Communication

Student athletes are under the direct supervision of a superior coaching staff. It is important that the athlete communicate directly with the coach. If a parent would like to talk with the coach or has a concern, he or she may contact the specific coach by calling the athletic office: 662-453-8275. Coaches have teaching responsibilities throughout the day. Phone calls will be returned as soon as possible.

Overnight Stays

The school will provide accommodations for athletes only during state playoffs when the athletic competition is more than 100 miles from Pillow Academy and begins prior to 10:00 a.m. or when the athletic competition is more than 100 miles from Pillow Academy and is held on consecutive days.



General Athletic Rules

1. School attendance is mandatory the day after the game unless the athlete has a doctor's excuse. Athletes must be in school.
2. Any player that receives In-School Suspension (ISS) will also be suspended from practice on the day of the suspension. There may also be additional penalties administered by the athletic director or the coaching staff.
3. Any player that receives out-of-school suspension will also be suspended from practice and from games during the suspension period. There may also be additional penalties administered by the athletic director or the coaching staff.
4. Smoking and drinking by players are prohibited. Use of alcohol and tobacco is destructive to the training process. The use of these substances can result in game or practice suspension or dismissal from the team.

Purpose of Guidelines

1. Reinforce commitment to finishing what you start.
2. Reinforce loyalty to teammates and the program.
3. Prevent athletes from changing sports for inappropriate reasons.
4. Prevent quitting toward the end of an unsuccessful season just to start a new sport.
5. Reinforce to players that may have taken a limited spot on the team that there is an obligation that goes along with being selected to a team.

Athletes Participating in Multiple Sports

Two Seasonal Sports

Athletes may participate in more than one sport during a season as long as the coaches involved and the athletic director give permission. In some situations, it is impossible to play two sports in the same season due to conflicting schedules of practice and events. Athletes playing two sports must fulfill the obligations of each team as set by the coach in order to participate in both.

If conflicts in schedules occur, the coaches, with approval from the athletic director, will determine in which activity the athlete will participate.

Participation in Overlapping Sports

If an athlete is participating in a sport and another sport in which he/she plans to participate begins prior to the conclusion of the first sport, the athlete's primary responsibility is with the first or seasonal sport. No athlete will be taken from one sport at the expense of another sport at Pillow Academy. The head coach of the in season team has the right to deny or grant permission for the athlete to participate in some activities on a limited basis.

Points of Emphasis

It is important for the involved coaches to work together for the benefit of the entire athletic program and not put the athlete in the middle of the controversy.

The end of a sport is obviously the most important time due to playoffs and tournaments. Coaches need athletes focusing on advancing as far as possible without the added pressure of starting a new sport.

Athletes that know they will be involved in overlapping sports must accept the circumstances and take responsibility.

1. The athlete should take responsibility and work outside the seasonal sport on an individual basis to condition and improve skills required in the next sport.
2. The athlete should realize that those players already working on the next sport may have an early advantage.
3. No athlete will be penalized for participating in another Pillow Academy sport.

Termination from a Team after the Season Begins

Once an athlete begins the playing season in a sport and his/her team membership is terminated by the athlete or the coach, for a reason other than being cut due to lack of ability- he/she is ineligible to begin participating in another sport that season. This may be appealed to the athletic director. An exception will require mutual consent of both coaches involved and the athletic director.

Note: The playing season is considered the beginning and ending dates of interscholastic competition.

Athletic Facilities Use Policy

Any outside group desiring to use any athletic facility must have permission from the athletic department. They must also have an employee of the school at the event. This employee will be responsible for unlocking the facility, making sure it is cleaned up after the event, and locking everything up after the event is over.

Pillow Academy reserves the right to charge a rental fee to outside groups wanting to use any athletic facilities for games, tournaments, matches, etc. This rental fee can include payment of faculty and/or maintenance staff for additional time and responsibilities on campus during the event. The outside group may be responsible for providing and paying for security during the event.



ATHLETIC TEAMS

Archery

1. Eligibility: Pillow Academy offers archery to students in grades 7 through 12.
2. Practice: The team practices after school. Practice dates will be announced at a later date.
3. Match: Matches will be announced as the schedule is completed. Please check the schedule for starting times on all matches.
4. Equipment: The school will provide all equipment: jerseys, bows, arrows, quivers, targets. etc.

Baseball

1. Eligibility: Boys in grades 7 - 12 are eligible to try out for the team. Tryouts are held in early spring. Players are evaluated on their defensive skills, pitching ability, speed/quickness, hitting, and the intangibles that make a good competitive ball player and are placed on the varsity or Jr. High team based on their level of skill. The team practices around 30 players on a daily basis with each receiving the instruction and opportunities needed to challenge his ability.
2. B Team: The B Team plays between 12 and 15 games each season. This group is made up of those players who have made the squad but need to develop with more game experience. These players practice each day and are on the varsity squad. The goal for the B Team is to continue to develop potential and talent on a daily basis along with the enjoyment of playing and the competition the sport gives to each player.
3. Practice: Practice will be after school each day during baseball season.
4. Season: The first game will be played February. The regular season can include 25 baseball games. Playing in a tournament counts as one game. The regular season spans from February to the end of April. The following two weeks are for the playoff games.
5. Equipment and uniforms: The school provides all equipment except gloves and shoes.
6. Field: The baseball team takes pride in the upkeep of Louis Coleman Field. Players are expected to help with upkeep when needed.

Basketball

Seventh and Eighth Grade Basketball

1. Eligibility: Pillow Academy students in the 7th and 8th grades may play 7th and 8th grade basketball.
2. Practice: Athletes practice during P.E. periods.
3. Season: The season is the same as the junior high season. All players will dress for home 7th and 8th basketball games. Players will take turns traveling to away 7th and 8th grade games.
4. Equipment/Uniforms: Players will provide all practice uniforms and game uniforms.

Junior High Basketball

1. Eligibility: Students in grades 7-9 compose the junior high basketball teams.
2. Practice: Athletes practice during designated periods. With prior notice, an additional practice may be called.
3. Season: Teams compete in the North AAAA and play a schedule of 16 to 18 games with a conference tournament at the end of the season.
4. Equipment/Uniforms: Pillow Academy provides game uniforms. Athletes provide shoes and practice uniforms.

Varsity Boys' and Girls' Basketball

1. Eligibility: The varsity basketball teams are made up of students in grades 7 - 12.
2. Practice: Practice times will be set by the coach.
3. Season: Basketball season begins the last week of October and ends with the Overall Tournament in late February. The varsity basketball teams play 18-20 regular season games along with 3 invitational tournaments. There are also 3 tournaments at the end of the season; the North, the State, and the Overall.
4. Travel: Travel will be provided by the school.
5. Equipment/Uniforms: Pillow Academy provides game uniforms. Athletes provide shoes and practice uniforms.

Cross-Country

Cross-Country is middle-distance running. In the MAIS high school events, the boys run 5K and the girls run 2 miles. Cross country race courses utilize natural terrain and may include hills, creeks, and other natural barriers.

1. Eligibility: Any student in grades 6-12 may be on the cross country team and run in team meets.
2. Practice: Practices are held every day after school and last until approximately 4:30. All players are expected to be present at every practice. If for some reason a player cannot make a practice, he or she must clear it with the coach before the practice begins.
3. Season: The team runs in 6 to 9 races each season beginning in early September and continuing through the MAIS state meet, which is generally held in late October or early November. Most meets are on Mondays at Mississippi College's Choctaw Trails. Pillow Academy will provide transportation to the meets.
4. Uniforms: Athletes provide their own practice clothes, running shoes, and a pair of green shorts. Uniforms will be provided for each runner.

Fastpitch/Softball

1. Eligibility: Girls in grades 6 - 12 are eligible for varsity. If possible, a B Team will be formed and play as many games as can be scheduled.
2. Practice: Practice will be after school each day during softball season.
3. Season: Girls softball season begins in July and runs through early October.
4. Equipment: The school provides uniforms. Athletes provide their own gloves and cleats.

Football

1. Eligibility: Pillow Academy offers football to students in grades 7 through 12. The teams are made up of a seventh grade team, a junior high team, and a varsity team. There are no cuts from the football teams at Pillow Academy.
2. Practice: The seventh grade team practices during the school day. The junior high and varsity teams practice after school.
3. Games: Seventh grade games begin at 4:30 or 5:30. Please check the schedule. Varsity home games begin at 7:00. Please check the schedule for starting times on away games.

4. Equipment: The school will provide pants, practice jerseys, helmet, shoulder pads, knee and thigh pads, girdle pads, mouth pieces, and game jerseys. Team members are responsible for providing any other equipment deemed necessary by the coach.
5. Weights: Varsity and Jr. Varsity teams have an off-season and an in-season weight program.
6. Spring Training: The junior high has a two to four week spring training in May. The varsity has a two to four week spring training in May.

Golf

1. Eligibility: All students (girls and boys) in grades 6-12 may try out for the golf team.
2. Practice: Golf practice begins in March.
3. Season: The team will play 8-10 matches.
4. Equipment: The school provides golf bags and golf balls.

Boys Soccer

1. Eligibility: Anyone in grades 7-12 may try out for varsity soccer. The players chosen for the “A” team will be selected on the basis of soccer skill, dedication to the team, work ethic, and attitude. The players who do not make the “A” team will be able to compete on the “B” team. The “B” team is a training ground and feeder program for the “A” team. The “B” team players are encouraged to take their roles seriously, as this is the way we build a strong “A” team in the future.
2. Practice: Practice for the soccer team is Monday – Friday after school. All players are expected to be present at every practice. If for some reason a player cannot make a practice, he must clear it with the coach before the practice begins. The amount of time at practice will strongly influence the amount of playing time in a game.
3. Season: The soccer season begins at the beginning of November and ends in February. The first game is in the middle of November, and the state championship game is usually held the first weekend in February.
4. Equipment: The school provides uniforms.

Girls Soccer

1. Eligibility: Any girl in grades 7-12 may try out for girls’ soccer. The players chosen for the “A” team will be selected on the basis of soccer skill, dedication to the team, work ethic, and attitude. The players who do not make the “A” team will be able to compete on the “B” team. The “B” team is a training ground and feeder program for the “A” team. The “B” team players are encouraged to take their roles seriously, as

this is the way we build a strong “A” team in the future.

2. Practice: Practice for the soccer team is Monday – Friday after school. All players are expected to be present at every practice. If for some reason a player cannot make a practice, she must clear it with the coach before the practice begins. The amount of time at practice will strongly influence the amount of playing time in a game.
3. Season: The girls’ soccer season begins in August and ends in October.
4. Equipment: The school provides uniforms.

Tennis

1. Eligibility: All students in grades 6-12 may try out for the Pillow Academy tennis team. Tryouts will be held for the “A-Team” and the “B-Team”.
2. Practice: Practice days will be determined when school starts to avoid conflicts.
3. Season: The tennis team will play 8 – 10 dates in March and April. The State tournament is in May. Players are required to wear the appropriate tennis clothes for both practice and matches.
4. Equipment: The school provides tennis balls and uniforms.

Track and Field

1. Eligibility: Pillow Academy track and field is offered for all students. Students participate on the junior high team or the varsity team for both boys and girls. The junior high team is for students in grades 6 – 9.

Varsity: The varsity team is made up of students in grades 6-12. It is possible for a junior high student to participate on the varsity team. A junior high student may also improve enough during the year so that he or she can be added to the varsity team after the junior high season is completed.
2. Practice: Track practice begins in January (weather permitting). Practice for the first month lasts approximately one hour per day. After the first month, the number of events in which a person participates will determine the length of practice. Practice times will be determined by the coaches.
3. Season: Track meets begin the first week in March. The junior high season ends in late April and the varsity season ends in early May.
4. Equipment: Athletes provide their own shoes and practice clothes.

2018 - 2019 PILLOW ACADEMY 2018 - 2019

- 7** Meet the Mustangs 6:00 p.m.
- 8** First Day
 Grades 6-12 8:00-12:00 p.m.
 Meet & Greet K4 – 5th 9:00-11:00 a.m.
- 9** School for K4-12 Full Day
- 13** Open House 6-12 6:00 p.m.
- 14** Open House K4-K5 6:00 p.m.
- 18** Hardeman Award and Alum of Year 6:00 p.m.
- 19** Prayer Walk 1:30 p.m.
- 20** Open House 1-5 6:00 p.m.

AUGUST 2018						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JANUARY 2019						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 1** New Year's Day
- 7** School Resumes 8:00 a.m.
- 21** M.L. King Jr. Holiday

- 3** Labor Day Holiday
- 28** Homecoming

SEPTEMBER 2018						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

FEBRUARY 2019						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

- 7** Booster Auction
- 11** Registration '19-'20 Ends
- 18** Presidents' Day Holiday
- 27** Late Start 10:00 a.m.

- 5** K4-K5 Parent Conference
- 8** Fall Break
- 12** Qtr. I end
- 16** Late Start 10:00 a.m.
- 18-26** Elementary Book Fair
- 26** Grandparents' Day 9:00 a.m.
- 29** Financial Aid Meeting 5:30 p.m.

OCTOBER 2018						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MARCH 2019						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 7** Dismiss 12:00 p.m.
- 8-15** Spring Break
- 25** Curriculum Meetings '19-'20 9-12
- 26** Curriculum Meetings '19-'20 6,7,8

- 9** Veterans Day Celebration
- 19-23** Thanksgiving Break
- 30** Christmas Parade/No School

NOVEMBER 2018						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

APRIL 2019						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 7, 8** Senior Play
- 19** Good Friday Holiday
- 22** Easter Monday Holiday
- 26** Senior Presentation & Prom

- 7** Winter Formal
- 18-20** 1st Semester Exams Grades 6-12
- 18-20** ½ Days for Elementary
- 21-31** Christmas Holidays

DECEMBER 2018						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MAY 2019						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 3** Spring Fling
- 13-15** Senior Exams
- 15** 6-11 Awards Program 8:00 a.m.
- 16** K4-5 Early Dismissal 12:00 p.m.
- 16** Sr. Awards & Class Day 1:30 p.m.
- 16** Baccalaureate 6:00 p.m.
- 17** K5 Graduation 8:30 a.m.
- 17** Graduation 6:00 p.m.
- 20-22** 2nd Semester Exams 6th-11th
- 20-22** ½ Days for Elementary
- 22** Grades 1-3 Awards 8:30 a.m.
- 22** Grades 4-5 Awards 10:30 a.m.
- 23** Exam Make-up

*School Calendar is subject to change. Revised: 15 June 2018

This handbook is designed in an attempt to provide information to parents and athletes concerning the athletic policies and procedures of Pillow Academy. While many areas have been addressed, there is little doubt that issues and circumstances could arise that are not covered in this handbook. Any questions on interpretation of policies and procedures or any issues or circumstances that arise which are not covered in this handbook will be decided upon by the administration.



Pillow Academy

69601 Highway 82 West
Greenwood, MS 38930

662-453-1266 | Middle and High School Office
662-453-3600 | Elementary and Kindergarten Office
662-453-8275 | Athletic Field House

662-455-9484 (Fax)

PillowAcademy.com