

**NORTH CENTRAL
JR./SR. HIGH SCHOOL
ATHLETIC DEPARTMENT**

2021-2022

STUDENT-ATHLETE HANDBOOK



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SOUTHWESTERN INDIANA CONFERENCE
Established in the Year 1939.

BLOOMFIELD "CARDINALS"

LINTON "MINERS"

CLAY CITY "EELS"

EASTERN GREENE "THUNDERBIRDS"

SHAKAMAK "LAKERS"

WHITE RIVER VALLEY "WOLVERINES"

NORTH CENTRAL "THUNDERBIRDS"

NORTH DAVIESS "COUGARS"

SOUTHWEST FOOTBALL CONFERENCE

NORTH CENTRAL "THUNDERBIRDS"

NORTH DAVIESS "COUGARS"

"Eastern Greene "Thunderbirds"

North Knox "Warriors"

2021-22

Student Athlete Handbook

I. INTRODUCTION

The *Student Athlete Handbook* exists in order that athletes and their parents may better understand their responsibilities and rights when an athlete participates in the North Central Jr/Sr High School athletic program. It shall be understood that the *Student Handbook* of North Central Jr/Sr High School is applicable to all students, including student athletes, and shall have precedent over the *Student Athlete Handbook* should any question arise regarding interpretation of rules.

- A. Organization of Handbook - The handbook is divided into twelve (12) sections. The sections may be located in the handbook in the following order:
- Section I – Introduction
 - Section II – Philosophy
 - Section III - Mission Statement
 - Section IV - Objectives of Participation
 - Section V - Student-Athlete Conduct
 - Section VI - Insurance for Injuries
 - Section VII - Injuries
 - Section VIII - Medical Exams
 - Section IX - College Bound Athletes
 - Section X - Academic Eligibility
 - Section XI – Open Facility Workouts
 - Section XII – Athletic Awards
 - Section XII – Multiple Sport Athletes
 - Section XIII- Unified Strength and Conditioning Program
 - Section XIV- Coach/Parent/Athlete Relationship
- B. Pertinent Points:
1. The principal of the high school has the authority and the responsibility to control the athletic program including staff, participants, and any other individual or organization actively engaged in activities promoting the athletic interests of the North Central High School Athletic Program.
 2. The athletic director is responsible for organizing and administering the athletic program under the supervision of the principal.

II. PHILOSOPHY

The administration and the athletic department agree that:

- a. competitive athletics and activities are desirable and constitute one of the invaluable heritages of all American youth, and that extra-curricular activities are an important and vital part of the American educational system and have great potential to contribute to the sound growth and all-around development of the students;
- b. the standards and ideals established and practiced will influence greatly the youth, the school, and community; therefore, only the best traditions of good citizenship and conduct will be fostered;
- c. the program of activities should conform to and be closely and wholly integrated with the administrative policies of the school to the end that there shall be no undue interruptions or interference with the established rules and

principles. High school interscholastic athletics will be governed by rules established by the Indiana High School Athletic Association (IHSAA) and by those local regulations developed by Northeast School Corporation. The principal of the high school has the authority and the responsibility to control the athletic program including staff, participants, and any other individual or organization actively engaged in activities promoting the athletic interests of the North Central High School athletic program;

- d. the will to win is a natural human trait and entirely desirable, but this urge whether individual or collective, is not to be attained at the price of unfair advantage or gained through violation of established rules and principles;
- e. the welfare of the students takes precedence over any other interest. That all athletic activities should be school controlled and school directed;
- f. the athletic department should be a close-knit organization and all sports should be considered in their right perspective with each other and with the rest of the school program;

III. MISSION STATEMENT

The Northeast School Corporation Athletic Department mission is to provide extra curricular opportunities for our students that promote physical, mental, emotional, and social development and growth. The Northeast School Corporation believes that extra curricular activities are an essential part of our schools whole curriculum and we are committed to creating a positive environment with our athletic programs that promote and support the entire educational process.

IV. OBJECTIVES OF PARTICIPATION

The administration and athletic department believe that participation is essential:

- A. to provide a positive image of school athletics for all Northeast School Corporation students;
- B. to strive always for playing excellence that will produce successful teams within the bounds of good sportsmanship and mental health of the student athlete;
- C. to ensure growth and development that will raise the number of individual participants;
- D. to provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities as follows:
 - 1. physical, mental, and emotional growth and development;
 - 2. acquisition and development of special skills in activities of each student's choice;
 - 3. team play with the development of such commitments as loyalty, cooperation, fair play, and other desirable social traits;
 - 4. a focus of interests on activity programs for student body, faculty, and community that will generate a feeling of unity;
 - 5. achievement of goals as set by the school in general and the student as an individual;
 - 6. provisions for worthy use of leisure time in later life either as a participant or spectator;
- E. to provide a superior program of student activities that includes appropriate activities for every boy and girl;
- F. to provide the opportunity for a student to experience success in any activity he or she selects;
- G. to provide sufficient activities to have an outlet for a wide variety of student interests and abilities;
- H. to provide student activities that offer the greatest benefits for the greatest number of students;
- I. to create a desire to succeed and excel;
- J. to develop high ideals of fairness in all human relationships;
- K. to practice self-discipline and emotional maturity in learning to make decisions under pressure;
- L. to be socially competent and operate within a set of rules, thus gaining a respect for the rights of others;

V. STUDENT-ATHLETE CONDUCT

As a student-athlete at North Central Jr/Sr High School, each individual becomes a personal representative of the student body, school, and community. Every student athlete's conduct is under constant scrutiny and evaluation not only during the particular athletic season, but also at all other times, including school vacation periods; therefore, a student athlete's appearance and conduct must be, at all times, beyond reproach. Participation in athletics at North Central High School is

viewed as a privilege and not a right; a student athlete is supposed to be a good example as a student, as a citizen, and as an athlete to other students, parents, and community members at North Central and at other communities. Participation on an athletic team at North Central Jr/Sr High School is allowed at the discretion of the coach of that team, subject to review by the athletic director and principal, in accord with Indiana law. In addition, an athlete must meet or exceed those rules and regulations set forth by Northeast School Corporation and the IHSAA.

Students are not only required to avoid the behaviors prohibited in the *Student Athlete Handbook* but are further required to avoid any behavior that supports or encourages the misconduct of other students. The sanction assigned would be directly related to the nature of the supporting behavior and the violation encouraged by that support.

If a student is not violating the rules, but is present, then he or she could still be implicated in the violations of others. If someone is breaking the rules, a student should walk away, report them, or take whatever steps are necessary to show that he or she is not part of the problem.

With this tremendous responsibility in mind, four general statements of policy regarding rules and regulations are applicable to all student-athletes of Northeast School Corporation. All athletes will adhere to these rules and regulations. Coaches will enforce all rules and regulations.

Eligibility requirements established by the Indiana High School Athletic Association must be met and maintained.

Athletes will meet and maintain standards established by the Northeast School Corporation herein to be called the *Student Athlete Handbook*.

Administrators and/or coaches may set guidelines in addition to those standards listed in the *Student Athlete Handbook*. These rules are referred to as "Supplemental Rules".

The Athletic Council is a group composed of the athletic director, assistant athletic director, principal of the high school, one school board member, and two non-coaching teachers (or the guidance counselor and one non-coaching teacher). The purpose of the council is to act upon any special circumstances that may arise. Included in this area of responsibility, but not limited to, are the hearing of appeals from an athlete regarding his/her conduct, deciding special awards, and imposing penalties for major violations of the rules of the athletic department. The decision of the Athletic Council is FINAL.

- A. Indiana High School Athletic Association Rules and Northeast School Corporation Rules: To be eligible to represent your school in interscholastic athletics you must follow all of the general eligibility rules set and adopted by the IHSAA and NESC each year. The IHSAA rules can be found on their website www.ihsaa.org
- B. Athletic Handbook Rules - The rules listed in this section are adopted for North Central Jr/Sr High School athletes with the intention of promoting citizenship and developing good behavior and positive attitudes. **Note: These rules are in effect year-round.**
1. Attendance and Participation - Athletes must be in attendance for the entire school day in order to practice or participate in contests on that school day. Verified appointments with medical personnel (doctor's notes) and any school related absence that falls under the "Does not count" rule, (field trips, jurisprudence, immediate family funerals etc...) do not affect contest and/or practice eligibility.
 2. Attitude - A student athlete shall display exemplary attitude, behavior, and citizenship at all times, not just during a particular athletic season.
 3. Lost Equipment - The athlete must return all equipment issued to him/her: If the equipment is lost and/or stolen, the athlete must pay the school the amount required to replace the missing item(s).
 4. Quitting a Team - An athlete must remain on the squad (in the sport in which he/she is participating) until the entire schedule has been completed and/or until he/she has been released by the coach. An athlete who quits the team will not receive any awards, nor be permitted to play on a different sport/team in the same season until one of the two criteria above is met:
 5. Rebellious Behavior - Insubordination, abusive or critical language, toward anyone, fighting, lack of full cooperation, lack of maximum effort, and harassment and/or intimidation (verbal, written, physical, and/or sexual) are all examples of misconduct which are strictly prohibited.
 6. Profanity - A student-athlete shall not use language, which is deemed abusive, offensive, or disrespectful by school personnel. A student-athlete shall not use obscene gestures or conduct, or possess materials that are considered obscene by school personnel.

7. Responsibility - The conduct of all phases of participation in interscholastic activity, including practice sessions, trips to and from athletic contests, and residence away from home for participation in athletic contests, and participation in the contest itself, shall be according to the rules and dictates of the coach and Northeast School Corporation.
 - a. The head coach of each varsity sport may require that athletes practice or participate in contests on a weekend or vacation day, (never on Sunday). As is the case with each and all sports, athletes who choose to be on a team are expected to make a commitment to their sport, coach, and teammates. This means that athletes are expected to attend all practices and contests and thus meet and fulfill the same requirements as their teammates. While the majority of the non-school day practices and/or contests will be at the varsity level, there will upon occasion be instances in which non-varsity athletes will have an attendance obligation. Any penalty, which results from a violation, shall be determined by the grade-level head coach of the sport with approval from the administration.
 - b. Off-season Participation Rules – Athletes, who participate on an organized team not school sponsored during the school off-season, must note IHSAA eligibility rules. While coaches are expected to inform their players about the participation rule, it is the athlete's responsibility to know the rule. Ask the athletic director if in doubt.
 - c. Team Travel - Athletes are required to attend and return from any contests via means of the transportation provided by the school. Exceptions may be made only if in the coach's mind a need exists to permit the athlete to travel from the athletic event with his/her parents. The coach must be notified in advance in writing by the parent. At no time will an athlete be approved to drive or to travel with another student. A student riding a fan bus to an athletic event is required to return via the fan bus unless the parent receives approval from the bus supervisor for the student to return home with him/her.
 - d. Removal from Team - Upon occasion it may be necessary to suspend or remove an athlete from a team. In that event the coach of the sport from which the athlete is suspended or dismissed will discuss the matter with the athlete. His/her parents are to be contacted regarding the decision. Depending upon the circumstances, an administrator might be involved in this action.
 - e. Definition of Summer - Summer begins with **the close of the school year**, and ends prior to the first week of IHSAA practices for fall sports. It is expected that winter and spring sports end their summer calendars at least one week prior to the official beginning of the IHSAA fall season.
 - f. Summer Camps/Clinics - For all school-sponsored camps and clinics, and non-school-sponsored camps and clinics for fall sports, attendance must be terminated prior to Monday, Week 4. For non-school-sponsored camps in other sports, attendance must be terminated prior to Monday of Week 5.
 - g. Open Facility Programs and Conditioning Programs – Operation of open facility programs must be terminated prior to Monday of Week for all sports. These programs may resume the first day of school. A conditioning program may be extended through Saturday of Week 4. These programs may resume on the first day of school.
 - h. Moratorium Week – NCHS coaches will follow the IHSAA moratorium calendar. Moratorium week is a week when no athletic activities, including conditioning, will be conducted. During this seven-day period, there shall be no contact between athletes and coaches.
8. Suspension from School - are of two types:
 - a. Out-of-school/RISE - The athlete who receives an out-of-school suspension shall not practice and/or participate in athletic contests until the suspension period is complete. For an out-of-school suspension, the time period begins immediately upon being suspended by the administration. The suspension period is completed at the end (12:00 a.m.) of the last day that the suspension is in effect.
 - b. In-school - The athlete who receives an in-school suspension shall practice and/or participate in athletic contests during the actual suspension time. In-school suspension begins on the day that the student first spends in the suspension room. It is completed at the close of the school day on the last day the athlete serves in suspension.
9. Practices and/or contests shall be postponed in the event of school closing or early dismissal due to inclement weather. Exceptions require approval by the principal.
10. School-sponsored athletic activities are never held on a Sunday.
11. All school rules are in effect at extracurricular activities.

12. CELL PHONES AND CAMERAS:

Cell phones and cameras may **not** be used inside a locker room for any purpose. This means no texting, no calling, and obviously no videos or pictures. The use of cell phones/cameras is not permitted in the locker room at any time. **NO EXCEPTIONS TO THE RULE.** This rule applies to all players, managers and coaches (coaches may use a cell phone in their office, not the locker room). Should an athlete receive a call or text while (s)he is in the locker room, (s)he should take the phone (still in backpack, book bag, gym bag, etc.) out to the hall or outside the building before use. **CAMERAS AND PHONES MAY NOT BE IN USE OR OUT IN VIEW IN THE LOCKER ROOM FOR ANY REASON.**

*A violation of this rule will result in immediate penalty, which could include dismissal from the team. If a photograph or video is taken, the matter may be turned over to legal authorities for possible prosecution.

13. SOCIAL NETWORKING SITES:

Student-athletes are responsible for information contained in written or electronic transmissions (e.g. e-mail) and any information posted on a public domain (e.g. internet, chat room, blogs, Facebook, YouTube, Twitter, Snapchat etc.). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social networks; however, student-athletes should be reminded that they serve as representatives of their team, the athletic program and the Northeast School Corporation

Texting, tweeting and uses of other social networks to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior and unbecoming of a North Central student-athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior, will be considered in violation and subject to athletic discipline or suspension per policy guidelines.

14. STUDENT DRUG TESTING PROGRAM -

Northeast School Corporation and North Central Jr/Sr High School believe that drug and alcohol abuse in the school is a threat to the safety and health of students, faculty, and staff. It jeopardizes the efficiency and the quality of our educational programs. The risks associated with such abuse may include the possibility of impaired judgment, diminished capacity, and deterioration of the organs of the body, addiction, and conditions that substantially inhibit a person from performing to his/her fullest ability. The primary purpose of this program is not intended to be disciplinary or punitive in nature. Education directs students away from drugs and alcohol abuse and toward a healthy, safe, and drug free life.

The extra-curricular activity (driving to school, athletics, co-curricular activities, and clubs or student groups) programs of North Central Schools are an integral part of the school system and the North Central community. The recognized value of extra-curricular participation to a student's personal development has given these activities a high priority in the total school program. All students should be encouraged to participate in extracurricular programs of the school, but the opportunity for such participation is not an absolute right. It is a privilege offered to students and necessitates that students meet the high standards set by the Northeast School Corporation. Driving to school is not a right but a privilege granted to students under conditions that include operating the vehicle in a safe and legal manner. One condition set by the school shall be an agreement by the student to submit to testing for the use of drugs and alcohol, if selected, in accordance with the testing program. Every student intending to participate in any extracurricular activity must submit a permission slip at the beginning of the school year or on the first date of enrollment to be eligible for such activities. If the student agrees to participate in the random drug testing program and participates in an extracurricular activity during the school year, the student may not decline to participate in the random testing program upon the completion of the season or activity; the student will remain in the random testing pool for the entire year. The program will be applied to all middle school and high school students (7-12), male and female, who participate in extracurricular activities, and/or who drive to, from, or during school.

1. STUDENT DRUG TESTING "RANDOM TESTING"

It is **MANDATORY** that each student who attends North Central Jr/Sr High School sign and return the consent form indicating his/her intentions to participate in co-curricular, extra-curricular activities and/or to drive to school. Failure to comply will result in non-participation and/or no permit being issued. Each student shall be provided with a consent form, which shall be dated and signed by the student, parent or guardian and returned by the announced date or within five days of enrollment. If the student indicated that he/she intends to participate in extra-curricular activities and/or drive to school, it is mandatory for the student to participate in the random drug-testing program at North Central Schools for the entire school year.

The implementation of this program will not affect the policies, practices, or rights of the North Central Schools in dealing with drug and alcohol use where reasonable suspicion is obtained by means other than the random sampling provided within this program.

A chemical test of the student's breath, saliva and/or urine will be conducted at the discretion of the school corporation.

Any attempt or effort by any student to alter a urine sample that has been submitted for drug testing, or that is being submitted for drug testing, will be considered a severe disruption. This includes possession of chemicals identified as agents known to invalidate such tests. The student who produces the urine sample and/or the person(s) who attempted to alter the urine sample will be subject to suspension and/or a recommendation for expulsion. Students

will be given a three hour window to provide a urine sample for testing. If the student refuses to provide a urine sample, staff will initiate obtaining a sample using an alternate collection method.

If a student first tests positive in the random testing program, the student's parents will be notified by telephone and receive a certified letter. The student will also receive the consequences listed in section D

C. ATHLETIC HONOR CODE POLICY FOR SUBSTANCE ABUSE:

1. Being a Student-Athlete at North Central Jr/Sr High School is both an honor and a privilege. With this privilege comes additional responsibility to model appropriate behavior. Without question, student-athletes are held to a higher standard. This responsibility applies year-around, not just during the athlete's season of participation.
2. Student-athletes must participate in the random drug screening program on a year-around, not just during the athlete's season of participation.
3. Student-athletes would be in violation of the Athletic Honor Code for possession and/or consumption of alcohol, illegal drugs, or drugs not prescribed to them. Student-athletes may not possess, use or be under the influence of any substance which is, or the student-athlete has reason to believe is, or which is represented to be a narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, stimulant, legend drug, depressant, inhalant, or intoxicant of any kind, or any item that closely resembles or is represented to be any of the foregoing items. This includes e-cigarettes/vaping devices that include THC in the "vape."
4. If a student-athlete is at a party or location where any of these violations are occurring he/she should leave IMMEDIATELY.
5. Violations of the Athletic Honor Code may result in removal from sports, social probation, and suspension or expulsion.

D. CONSEQUENCES FOR EACH SUBSTANCE ABUSE POLICY VIOLATION:

Use or possession of alcohol or illegal drugs, including prescription drugs not prescribed to the student is prohibited.

1. **FIRST VIOLATION-** The student is not eligible to participate in any extra-curricular or co-curricular events (games) until a negative test result. The student will also be suspended for 25% of the athletic contests for that season. Also, the student athlete must meet with the high school counselor 3 times - 30 minutes each session; 2 sessions before the 25% suspension is over and 1 time at the end of the school semester. The 25% suspension is figured from the regular season schedule.
2. **SECOND VIOLATION-** The student is not eligible to participate in any extra-curricular or co-curricular events (games) until a negative test. The students will also be suspended for 50% of the athletic contests for that season.
3. **THIRD VIOLATION-** The student is not eligible to participate in any extra-curricular or co-curricular activities for 365 days/1 year from the date the violation occurred.
4. **FOURTH VIOLATION -** The student is no longer allowed to participate in any extra-curricular or co-curricular activities for the remainder of their career at North Central Jr/Sr High School.

****All substance violations including drugs and alcohol are cumulative over their high school years. Junior High violations will not carry over into their high school careers. They will begin high school with a clean slate.** This includes all positive drug test results that were conducted for random testing, positive drug tests for reasonable suspicion, violations in substance abuse policy and/or arrests and convictions involving drugs and alcohol from community violations..

****Athletes that test positive for Drugs or Alcohol may be retested at the discretion of the Principal or Athletic Director**

E. TOBACCO/ELECTRONIC CIGARETTE/VAPING POLICY –

Use or possession of tobacco products, electronic cigarettes &/or vaping devices is prohibited. Testing Positive for Nicotine in a random drug test will not result as a violation. This is strictly for use or possession on school grounds/properties.

1. **FIRST VIOLATION-** The student must serve the penalty as outlined in the Student Handbook. In addition the athlete is suspended from competing in 10 % of the athletic contests for that season.
2. **SECOND VIOLATION-** The student must serve the penalty as outlined in the Student Handbook. In addition the athlete is suspended from competing in 25% of the athletic contests for that season.
3. **THIRD VIOLATION-** The student must serve the penalty as outlined in the Student Handbook. In addition the athlete is suspended from competing in 50% of the athletic contests for that season.

4. **FOURTH VIOLATION-** The student must serve the penalty as outlined in the Student Handbook. In addition the athlete is suspended from competing for the remainder of that season.

****All substance violations including drugs and alcohol are cumulative over the high school years. Junior High Violations will not carry over into their high school careers. They will begin high school with a clean slate.** This includes all positive drug test results that were conducted for random testing, positive drug tests for reasonable suspicion, violations in substance abuse policy and/or arrests and convictions involving drugs and alcohol from community violations..

****Athletes that test positive for Drugs or Alcohol may be retested at the discretion of the Principal or Athletic Director**

- E. General Provisions (rules provided for the purpose of governing those athletes relative to substance abuse).
1. Rules regarding substance abuse violations are in effect year round; that is off-season and summer as well as in season.
 2. If the violation occurs while the athlete is out of season, the suspension will be served in the next season the athlete has established prior participation (i.e. received a NCHS letter or participation points). Freshmen athletes will have the opportunity to establish participation in any sport. In all cases, the athlete will not be allowed to circumvent the rule and must finish the season in which the suspension occurred in good standing.
 3. Substance abuse violations that occur during an athlete's high school years are not erasable as they relate to subsequent violations. All are counted and are erasable only when an athlete graduates from NCHS.
 4. The rehabilitative process begins immediately after reasonable suspicion or confirmation, if the violation occurs during a vacation or summer, the rehabilitative process will begin as soon as possible.
 5. Nothing in this policy shall be construed to require the school corporation to follow the provisions of the Process and Pupil Discipline Statute (IC 20-8.1-5) in removing a student from participation in any extra-curricular activity.
 6. Controlled Substance is any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, steroid, tobacco product, mood-altering chemical, intoxicant of any kind including alcoholic beverages. Such terms include marijuana and any other chemical, substance or drug look-a-likes whether in fact such substance actually is a controlled substance.
 7. Being excluded from extra-curricular activities for an athlete means no practice, team conditioning/weight lifting or contest participation.

F. Felonies, Misdemeanors, Acts of Delinquency, and Other Acts of Behavior Which Reflect Discredit Upon the School

A student may be suspended from athletics for the use of violence, force, coercion, threat, intimidation, passive resistance, or other conduct constituting an interference with the athletic program. If the student athlete is on school property, going to or from school or going to or from a school activity, on school property at any time, during and immediately before and after any school activity at any location, traveling to and from school or to and from a school activity, he/she may be suspended for urging other students to engage in the above conduct. Damage or theft involving school property, intentionally causing bodily harm to fellow students or school employees, intimidating any student, possessing weapons, violation of local, state, or federal law, or failing in a substantial number of instances to comply with the directions of coaches and/or rules of the athletic program and the school are all grounds for suspension.

A student may be suspended from athletic participation for engaging in unlawful activity on or off school grounds if the unlawful activity may reasonably be considered to be an interference with school purposes or an educational function, or the student's removal is necessary to restore order or protect persons on school property. This includes any unlawful period when a student may not be attending classes or other school functions.

If a student is arrested and they are not on school property, going to or from school, or going to or from a school activity; then the issue will not be dealt with by the school unless it is an interference with the educational process or to protect persons at the school. The issue is between law enforcement, the court system, and the parent or legal guardian.

G. Supplemental Rules - In the interest of fairness athletic policies should be applied to all athletes in all sports. While those rules listed in the *Student Athlete Handbook* are applicable to all athletes, each varsity or grade level head coach may desire and even need to establish some additional rules that are needed in order to make his/her sport function more smoothly. These rules are not to supersede the departmental rules or school rules but are to be viewed as supplemental in nature.

- H. Conference Process - A suspended or team-dismissed athlete and his/her parent(s) are entitled to understand the decision for imposing a penalty. Procedures are in place to ensure this information is made accessible to those athletes and/or parents who wish to discuss the matter in a conference setting.
1. The conference must be requested within five days after the athlete is notified of his/her suspension or dismissal from the team.
 2. Following the conference the athletic council review committee will decide to support the suspension or team dismissal, modify the suspension or dismissal, or to declare the suspension or dismissal invalid.

VI. INSURANCE FOR INJURIES

In order to eliminate any confusion relative to athletic injuries, expenses, and insurance, please note the following:

- A. Northeast School Corporation expects each athlete to have accident coverage before participating in athletics.
- B. Northeast School Corporation will not pay any injury-related expense sustained by athletic participants.
- C. All Northeast School Corporation students may enroll in the "School Accident Protection For Your Children" insurance plan used by the school corporation. School insurance is made available at the beginning of school to all students.
- D. Grade nine (9) students who participate in interscholastic football are eligible to enroll in the regular school accident insurance plan for a fee (cost may increase); those football players enrolled in grades 10-12 must pay a special fee (cost may increase) in order to receive the school insurance accident coverage that applies to football injuries.
- E. The IHSAA purchases a Catastrophic Insurance policy that covers all athletes participating in IHSAA sports. (This does not include cheerleading.) However, this policy is excess insurance and pays up to \$1,000,000, (the amount may increase) only after the athlete's insurance has paid the maximum amount. It should be noted that neither the Northeast School Corporation, nor the IHSAA carries any kind of "first dollar" athletic insurance.

VII. INJURIES

The very nature of athletic competition provides for potential risk and injury. Even with protective equipment, proper supervision, and sound instruction, injuries still occur. In extremely rare cases, even paralysis or death could result. All athletes and parents need to be aware of the potential hazards that exist within the athletic arena. We in the North Central High School Athletic Department will always do whatever we can to ensure that our athletes have a safe and healthy athletic experience and we must also follow IHSAA guidelines/rules pertaining to athletes returning to action from injury or illness. Contact the Athletic Trainer for details pertaining to your child's return.

One way Northeast School Corporation (NCHS) ensures a safe and healthy experience is by partnering with Union Hospital to provide a certified athletic trainer to the student-athletes of North Central High School. The athletic trainer provided to NCHS is nationally certified and state licensed. The athletic trainer is available during athletic practices and during most athletic events. If not on site, each head coach has the ability to communicate via telephone with the athletic trainer. All injuries sustained while participating in athletics must be reported to the coach and/or the athletic trainer.

Consent: - By signing the application for athletic participation, I consent to allow athletic trainers and/or attending physicians to perform: injury prevention, evaluation, and/or treatment during school athletic activities designated by the school, including pre-participation physicals. I also give my consent to allow administration of over the counter medications for use in first aid, limited to topical applications (i.e., bacitracin antibiotic ointment, hydrocortisone cream, anti-fungal creams, etc.) and oral antacids (i.e. Tums, Rolaids, etc).

Acknowledgment and Release: By signing the application for athletic participation, I acknowledge that my son/daughter knows the risks involved in athletic participation, I understand that serious injury, and even paralysis or death is possible as a result of such participation and I choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I release and hold harmless the athletic trainers, physicians, and any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action because of any accident or mishap involving the athletic participation of my son/daughter.

Medical Records: All information regarding the medical condition of an athlete is considered confidential. However, pertinent information may be shared with the coaching staff, athletic training/medical staff, athletic department administration, school nurse, and school corporation administration to facilitate proper care of the athlete. No further release of medical information will be made without written consent of the athlete and his/her parent/guardian.

VIII. PRE-PARTICIPATION PHYSICAL EXAMINATION

Before participation in any open-facility workout, practice or contest, an athlete must have on file in the athletic director's office an IHSAA physical form. The form must be signed by a physician and parent/guardian and dated after April 1 to be valid through the upcoming season. The signing physician must hold an unlimited license to practice medicine. Forms signed by nurse practitioners, physician assistants, or chiropractors will not be accepted. Per IHSAA rule, the physical examination must be completed on or after May 1st to be valid for the next school year.

IX. COLLEGE BOUND ATHLETES

Those athletes who will eventually participate on the college level need to meet N.C.A.A. guidelines as they relate to recruiting and eligibility. A copy of the N.C.A.A. guide for the college bound student-athlete is available to the athlete online at www.ncaa.org. You may also see your NCHS guidance counselor for assistance.

X. ACADEMIC ELIGIBILITY

This section of the handbook contains information that is pertinent only to the high school student in athletics.

A. Academic Eligibility - In order to participate in athletics a student must be in good standing with the school academically. This means to participate in extra-curricular contests a student must meet the IHSAA standard of passing at least 70% (5 classes) of the classes at the end of each nine weeks and the semester. If a student does not meet these standards he/she will not participate in extracurricular contests during the next nine weeks grading period. Students not academically eligible **are** permitted to practice.

B. Athletic Study Table:

Coaches may require athletes to attend study tables as part of their in season practices.

XI. OPEN FACILITY WORKOUTS

The purpose and design of open facility workouts is to improve an athlete's out of season conditioning, as well as increasing strength, speed, skill and knowledge of a particular sport. These workouts are not viewed as a team practice, but an opportunity for self-improvement. The decision to hold an open facility workout is at the discretion of the head coach and must be approved by the NCHS athletic administration in advance.

All athletic teams and coaches will abide by IHSAA guidelines regarding open facility programs. **Open facility workouts are open to all high school students within the corporation. All participants in open facility workouts must be enrolled in the Northeast School Corporation. North Central athletes may not participate in open facility workouts at other schools per IHSAA policy. Any second semester North Central Eighth grade student may attend open workouts after the eighth grade season of the sport holding the workout has been concluded.** Furthermore, any eighth graders in attendance must conclude his/her workout no later than 8:00 p.m. on school nights.

The athletic department encourages attendance by athletes who are not participating members of a team that is in-season at the time of the workout, but stresses that participation is strictly voluntary. Parents are responsible for safe transportation to these workouts and are expected to pick up their children in a timely manner.

IHSAA Definitions Regarding Open Facility Programs:

The IHSAA definitions of athletic participation are outlined by the IHSAA bylaws. Please refer to the IHSAA website IHSAA.org for copies of the bylaws.

XII. ATHLETIC AWARDS

A. Athletic Awards - Those athletes who meet all guidelines as described herein will receive an award upon conclusion of the season.

B. General Requirements to receive awards (all sports):

1. The athlete must be eligible for awards according to all rules and regulations set forth by the Indiana High School Athletic Association and the NCHS *Student Athlete Handbook*.
 2. The athlete must complete the season and maintain good standing throughout the season. The loss of good standing means the athlete will not receive honorary awards for that season(s) in which the violation is penalized.
 3. Injured and/or seasonally ill athletes (must be medically excused) may or may not receive awards. These situations are of two types:
 - a. An athlete who meets all performance and good standing requirements before being injured or becoming seasonally ill can be lettered through the regular process.
 - b. An athlete in good standing who is injured or becomes seasonally ill before meeting performance requirements may or may not letter. In order to award a letter or present a performance award the head coach (if he/she feels the award should be issued) should request a ruling from the athletic council.
- C. Types of Awards – Various types of awards are available to athletes, managers, student athletic trainers, and cheerleaders.
1. Participation Awards - certificate received by athletes for reserve level (Junior Varsity and Junior High)
 2. Varsity Letter - A white block "NC" will be awarded the first time an athlete meets the requirements. Athletes who meet all general requirements to receive awards may earn a letter by meeting one or more of the following standards. In special circumstances coaches discretion can be used to award a Varsity Letter.
 - a. Senior athlete who completes the season in good standing will receive a letter. Seniors shall not compete on a reserve team unless approved by the athletic director for special circumstances.
 - b. Baseball and Softball - Must play in 50% of the total varsity games.
 1. Or appear in 25% of total varsity games as a pitcher or pinch hitter/runner.
 - c. Basketball (Boys' and Girls') - Must play in 50% of the total varsity quarters.
 - d. Cheerleading - Must complete the season as a varsity cheerleader in good standing.
 - e. Cross Country (Boys' and Girls') - Must participate in 50% of all varsity meets and be among top seven varsity runners.
 - f. Football - Must participate in 50% of the total varsity quarters.
 - g. Golf (Boys' and Girls') - Must participate in 50% of all varsity meets or have total points among the top eight scores.
 - h. Tennis (Boys' and Girls') - Must participate in 50% of the regularly scheduled varsity matches (excluding tournaments).
 - i. Track (Boys' and Girls') - Meet at least one of the criteria listed below:
 1. Place at the SWIAC Conference Meet, Sectional ect.
 2. Score 20 or more points in a season
 - j. Volleyball - Must participate in 50% of total varsity matches.
 - k. Managers - Must be a manager for the same sport for two (2) years or be a manager for two (2) different sports in the same year.
 3. Honorary Awards - Awards are given in each sport to those athletes who have earned distinction as being the most outstanding in a category. At the Varsity level these athletes will receive a plaque. At the Junior Varsity and Junior High level these athletes will receive a certificate.

a. Fall Awards

1. Cross Country (Boys' and Girls')
 - a. Most Improved
 - b. Most Valuable Runner
 - c. Ladybird Pride (Women's)
 - d. Woodsmall Award (Men's)
2. Football
 - a. Offensive Player of the Year
 - b. Most Valuable Offensive Lineman
 - c. Defensive Player of the Year
 - d. Most Valuable Defensive Lineman
 - e. Special Teams Player of the Year
 - f. Kegan Ennen Memorial Thunderbird Character Award
3. Volleyball
 - a. Most Kills

- b. Most Blocks
 - c. Most Assists
 - d. Most Digs
 - e. Most Service Points
 - f. Best Service Percentage
 - g. Mental Attitude
4. Golf (Girls')
 - a. Lowest season average (season)
 - b. Fewest putts (season)
 - c. Mental Attitude
 - d. Most Improved

B. Winter Awards

1. Basketball (Boys')
 - a. Randy Stuck Award (Mental Attitude Award)
 - b. Leading Rebounder
 - c. Assists Leader
 - d. Highest FG%
 - e. Highest FT%
 - f. 3 Pointer Award
 - g. MVP Award
2. Basketball (Girls')
 - a. Leading Rebounder
 - b. Ladybird Pride
 - c. Assists Leader
 - d. Highest FG%
 - e. Highest FT%
 - f. 3 pointer award
 - g. MVP Award
3. Cheerleading
 - a. Most Spirited
 - b. Most Improved
 - c. Most Valuable
 - d. Mental Attitude

C. Spring Awards

1. Baseball
 - a. Ace on the Mound
 - b. Thunderbird Pride
 - c. Rookie of the Year
 - d. Most Improved
 - c. Golden Glove
 - d. Offensive Player of the Year
 - e. Defensive Player of the Year
2. Golf (Boys')
 - a. Lowest season average (season)
 - b. Fewest putts (season)
 - e. Mental Attitude
 - f. Most Improved
3. Softball

- a. Ace on the Mound
 - b. Ladybird Pride
 - c. Rookie of the Year
 - d. Most Improved
 - c. Golden Glove
 - d. Offensive Player of the Year
 - e. Defensive Player of the Year
- 5. Track (Boys' and Girls')
 - a. Most Improved Athlete
 - b. Most Valuable, Field Events
 - c. Most Valuable, Running Events
 - d. Most Points Scored
 - g. Mental Attitude

D. General Awards

- 1. Jacket - An athlete who earns the letter is eligible to purchase a Thunderbird jacket. The jacket shall be of the color and design traditionally designated by the school.
- 2. Patches - Teams and individuals who have distinguished North Central High School by winning county conference, sectional, regional titles are eligible to purchase such patches through the school selected vendor. The athletic department shall purchase any state qualifier, state runners-up or state championship patches.
- 3. North Central High School has a partnership with NEFF for Letter jackets and patches. Information regarding how to purchase these items can be found on the school website under athletics.

Dual Sport Requirements

When competing in multiple sports during the same season, students and coaches will do the following prior to the start of the season:

- a. The Student will declare a primary sport and a secondary sport
- b. The Coaches will meet with the athletic director to determine a schedule of practices and develop a list of prioritized contests.
- c. The athlete must practice regularly in both sports
- d. The athlete will not be permitted to miss any practices or contest in either sport without the consent of both coaches
- e. Prioritized contest levels are as follows
 - 1. Contests take precedence over practices
 - 2. IHSAA Tournament takes precedence over regular season contests
 - 3. Conference games take precedence over non conference contests
 - 4. Tournaments
 - 5. Non-conference contests
- f. If the lettering requirements for both sports are met, then the athlete will be eligible to receive letters and awards in both sports.
- g. All final authority regarding conflicts and clarification of policies shall be vested in the Athletic Director

XIII. UNIFIED STRENGTH AND CONDITIONING PROGRAM

The Northeast School Corporation has adopted a unified strength and conditioning approach. The strength and conditioning program will be directed by the NESC Strength and Conditioning coach or Advanced PE teacher under the direction of the Athletic Director. Coaches are encouraged to utilize the weight room under the direction of the NESC Strength and Conditioning Coordinator. Weight room usage and the lifting program will also be under the direction of the Strength and Conditioning Coordinator who is under the direction of the Athletic Director.

XIV: NORTH CENTRAL JR/SR HIGH SCHOOL ATHLETIC DEPARTMENT

Parent/Athlete/Coach Relationships and Communications

A. Facts:

- ◇ Parenting and coaching are both extremely difficult vocations.
- ◇ Coaches and parents both want the athletes to have a positive experience as they participate on an athletic team.
- ◇ There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have an understanding of the other's position.
- ◇ Communication is the key to making the positive experience become a reality. Athletes, parents and coaches are all responsible for effective communications.
- ◇ Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood.
- ◇ Many of the character traits required to be a successful participant in athletics, are exactly those that will promote a successful life after high school

B. Communications coaches expect from players:

- ◇ Athletes should express concerns immediately and directly to the coach.
- ◇ Notification of any schedule conflicts well in advance.
- ◇ Specific concerns in regard to a coach's philosophy and/or expectations.

As your children become involved in the athletic programs at NCHS, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. These experiences, when well-handled by all, can be excellent "life lessons" for our children. Discussions between the coach and the athlete to reduce frustration are encouraged.

C. Communications parents should expect from the coach:

- ◇ Expectations the coach has for your child as well as all members of the squad.
- ◇ Locations and times of all practices, contests, and meetings.
- ◇ Team requirements, (fees, forms, special equipment, practice packs, off-season conditioning, etc.)
- ◇ Procedure, should your child be injured during participation.
- ◇ Any discipline measures that result in the denial of your child's continued participation on the team.

D. Appropriate concerns to discuss with coaches:

- ◇ Concerns regarding your child's mental and physical status.
- ◇ Ways to help your child improve in the activity.
- ◇ Concerns about your child's behavior.

It is very difficult to accept when your child is not playing as much as you may hope or at the level you believe they are capable. However, the decision must be made by the coach or coaches without undue influence from the parents. Coaches are professionals. They make decisions based on what they believe to be best for all athletes involved. Those decisions have a measure of subjectivity that you may not agree with, yet must accept. Please allow your child to enjoy the experience of athletic participation, without pressure or negative remarks about their performance. Comments to your child that questions the competence of the coaching staff or game officials will only harm your child's opportunity to grow and learn from this experience.

E. Issues not appropriate to discuss with coaches:

- ◇ Team strategy.
- ◇ Play calling.
- ◇ Playing time (asking how the student-athlete could improve his/her skills is welcome)
- ◇ Other student-athletes.

F. If you have a concern to discuss with a coach:

- ◇ Call to set up an appointment with the coach. The NCHS phone number is 812-397-2132.
- ◇ If the coach cannot be reached, call one of the Athletic Directors at: 812-397-2132.
- ◇ An Athletic Director will be happy to discuss the mission and purpose of the NCHS athletic program and to offer suggestions on ways to best communicate your concerns with the coach.
- ◇ **Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.**

G. What a parent can do if a meeting with the coach does not resolve the concern:

- ◇ Call and set up an appointment with the Athletic Director for that sport to discuss the situation.
- ◇ The appropriate next step can be determined at this meeting.
- ◇ The Athletic Director will not discuss playing time, team selection or what team level your child is playing (varsity, junior varsity or freshman). These topics are the responsibility of the coach and will not be overruled by an Athletic Director, or School Administrator.
- ◇ The Athletic Director can only discuss issues regarding your child and will not discuss or compare other student-athletes.

Participation in school athletics should be an enjoyable and learning experience for the student-athlete. The behavior and attitude of the parent(s) is critical in this process. Years from now, you will care deeply about your grown child's health, and happiness – but you will care very little about how many points they scored in a ballgame, meet or match. Please help us to teach the important lessons that come from playing high school sports. These experiences can make a positive impact on their ability to handle the tremendous challenges of life.

Great teams have players, coaches and parents pulling together toward a common goal. Thank you for trusting us to do our part!