

# Welcome to North Central

Athletic Department Parent Meeting

# Student-Athletes: Student first, Athlete second!

Must pass 5 classes to be eligible @ NCHS.

Freshmen start with a clean slate. Otherwise, we look at your last semester final grades from the previous semester. After each nine weeks, grades are checked again to determine your eligibility.

Coaches may have other rules or study tables during their seasons as well.

# Time Commitment and Management

Understand that sports take up a lot of extra time! It may be tough to have a part time job. It may be hard to keep up your grades. You may have a late game or practice one night and you are still expected to be at school on time the next day.

Coaches may even have some practices in the mornings, on weekends, or during holiday vacation times. In other words, make sure you know what you are getting in to before you commit to it and manage your time wisely once you join the team.

It isn't easy to be a student-athlete but it is well worth it!

# Attendance

You must be at school in order to participate in games or practices. You can't come in for a half day and expect to play without an excused absence note from a doctor or appointment.

Attendance is taken at practices as well. Practices are not a suggestion, they are mandatory most of the time.

# Physicals

All athletes must have a physical dated after April 1, 2022 to be eligible. It is easiest to get them done at school when we offer them each spring.

Final Forms. In order to keep our records online. We need you to register online. This is affiliated with the IHSAA and how we implement our sectional rosters to them. Must do this as well as have a physical paper copy on file in office.

<https://northeasthymera-in.finalforms.com/>

# Risk of injury and Training Policies

Each sport and coach will give you the risk of injury speeches and paperwork. There is an inherent risk of injury in all sports that you play here at NCHS.

We are lucky enough to have a full-time trainer! If you are injured or hurt in anyway, see the trainer. The trainer will inform you of any further steps you should take at that point. Make sure you notify a coach or a trainer of your injuries.

# IHSAA and NC Rules

As a member of the IHSAA, we must follow all their rules and regulations. If you are unfamiliar with any of these rules, ask your coach or school administrators.

North Central also has an athletic handbook, it is available online on our school website. Again, be familiar with all school rules and ask if you don't know!

# Team Rules

In addition to our IHSAA and North Central rules, your coaches may have their own team rules to go over with you at the start of each season.



# Letters and Awards

All letters and awards are listed in the handbook. These will be handed out at the end of the season. Most teams will have a small banquet at the end of the season to pass these out.

If you earn a letter or chevron or pin, we have them in the office.

If you earn all conference or win a sectional or more, the school will buy those for you. Otherwise, anything else would need to be bought by you.

# Eventlink Schedules

All of our schedules are updated in real time on eventlink. Please get an account to stay updated. In this day and age, our schedules change quite frequently so we don't really do the paper schedules any longer.

The schedules are also on our school website and updated daily by Eventlink.com

# Transportation

We will provide bus transportation to and from games. However, if you want to take your child home with you after a game for whatever reason, then you need to have a transportation request on file with the school. This slip will give you permission to take your child home all year. With that being said, you have to physically be at the game and sign out with the coach before leaving with your kid. It must be a parent/guardian and you can only take your child.

# Playing Time and Coaching Decisions.

Playing time is not negotiable. At the high school level, there are no guarantees of everyone playing in the game. Feel free to ask coaches as to why your child isn't playing or encourage your child to ask the coach about it. But don't do it right after a game.

As with any coaching decision, it is best to wait 24 hours before addressing the coaching staff about it. The heat of the moment after a hotly contested game is not the best time to talk about it.

If you feel that after you have met with the coaches, you still don't have an answer then we can set up a meeting with administration and all parties involved.

# Fans/Parents

Cheer your child and teammates on as loud as you want. But please be kind and respectful of all participants, coaches, officials, opponents, etc.

There is a severe shortage of officials in all sports and they are a necessary part of the game as much as anyone. We would love to have officials come here that want to be here due to our crowd control rather than refuse to work our games due to fan abuse.





# Equipment and Locker Areas

Sports equipment is very expensive and our budget is very low. With that in mind, we have to make the best of what we have and take care of it. Please do your best to take care of any equipment that we allow you to use during your season. You are more than welcome to buy your own equipment, but we have team equipment as well.

Uniforms are provided by the school but some coaches and teams may require purchases of certain items to play. Let us know if cost is ever an issue for your child to participate and we will find a way to take care of it.

Also, keep all locker areas clean and organized!



# Team Pictures

After the season has started and teams are set, we will have a day for players and teams to get pictures. The coaches will relay the date and order forms to you during the season. August 21 after school for Fall sports.

# Concessions Help and Fundraisers

Each team helps the athletic department by volunteering to work concessions out of their season. Be prepared to help out when you can.

# Transfers

Anyone who is a new student here that has been at another school previously during their high school career must fill out a transfer report that will be evaluated by the IHSAA for approval. You can't do anything with our teams until this is taken care of.

# Weight Room

All coaches/teams/athletes are encouraged to use our weight room. You must be supervised at all times by a coach in the weight room. You are also encouraged to join our Advanced PE class to lift year round. All athletes should train and lift weights year round not just during the summer or a few weeks before your season.