

Oregon-Davis Jr/Sr High School Athletic and Extracurricular Handbook



2023-2024

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*Contact the school if you need a club's or organization's sponsor's contact information.	

Bringing Our Best Character, Attitude, Teamwork, and Scholarship
Inspiring. Equipping. Applying. Dreaming. Enriching.

Follow the Bobcats at our weekly Bobcat Blast	
Athletic Website	https://websites.eventlink.com/s/oregondavissc/
Facebook	https://www.facebook.com/OregonDavisSC
Twitter & Instagram	<u>@OregonDavisSC</u>
Eventlink	In the App store and online at https://websites.eventlink.com/s/oregondavissc

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* The information in this handbook is subject to change due to board policy and administrative guideline updates.

ATHLETIC/EXTRACURRICULAR MISSION AND BELIEFS

MISSION STATEMENT:

Challenging students to become 21st century citizens.

VISION STATEMENT:

Oregon-Davis Jr/Sr High School:

- ***Fosters a, we are B.O.B.C.A.T.S. environment***
Bringing Our Best Character, Attitude, Teamwork, and Scholarship
- ***reinforces self-motivation and positive work ethic.***
- ***empowers students to become reflective critical thinkers and problem solvers.***
- ***encourages students to engage in the world around them***
- ***develops college and career ready skills in every student***
- ***graduates students who are lifelong learners.***

PHILOSOPHY: Oregon-Davis Jr/ Sr High School believes athletics/ extracurricular activities to be an integral part of a student's education. Values and lessons learned benefit that person in his or her future adult life. Participation in high school athletics/ extracurricular activities are a privilege, not a right, which carries with it varying degrees of honor, responsibilities, and sacrifices. Realizing that the athletes (including managers, student trainers, student statisticians, and cheerleaders)/ extracurricular members represent their school and student body, it is the athletes/ extracurricular member's duty to conduct themselves on and off the field of play in a manner that is becoming to themselves, their team, the Oregon-Davis Jr/Sr High School student body, and the Oregon-Davis Community.

STUDENT ATHLETIC AND EXTRACURRICULAR EXPECTATIONS: The privilege of participating in the Oregon-Davis athletic/extracurricular programs is extended to all students regardless of sex, providing they are willing to assume certain expectations and responsibilities. The greatest responsibilities are to be a credit to the parents, the school, and the community. A student who represents Oregon-Davis must exhibit at all times and year-round the highest standards of personal behavior. When a student becomes an athlete/ extracurricular member, he/she takes on a special expectation for exemplary conduct because there will be times when he/she will be representing the elementary school, or junior/ senior high school to other communities, as well as, his/her own local community. Therefore, he/she should conscientiously fulfill all the rules established for student conduct, character, discipline and for the activity in which he/she is participating. Therefore, it is expected that every athlete/ extracurricular member will:

1. Display a real spirit of cooperation.
2. Display outstanding sportsmanship and school representation.
3. Display proper respect for the opponents, as well as those in authority, including teachers, coaches, and officials.
4. Use language that is socially acceptable. profanity, vulgar talk and obscene gestures will not be tolerated on or off the field of play.
5. Participate in the Random Drug Testing Program for Oregon-Davis Schools.

OREGON-DAVIS BELIEVES THAT:

- The pursuit of excellence is defined as increasing mastery.
- If taught properly, athletics/ extracurricular activities can develop the foundations for success in all aspects of life.
- Through purposeful planning, athletics/ extracurricular activities can foster an atmosphere that can teach the student-athlete moral and social character.
- By bridging students, family, and community, athletics/ extracurricular activities have the ability to create a sense of belonging and to unite our entire community.
- Athletics/ extracurricular activities should create memories for a lifetime and be fun for all.

OREGON-DAVIS VALUES:

- Increased communication with all stakeholders.
- Increased participation.
- Facilities and equipment that meets student needs for safety and increased achievement.
- Increased achievement by our athletes/ extracurricular activities.

ATHLETIC/ EXTRACURRICULAR ACADEMIC REQUIREMENTS

ACADEMICS: Student athletes/ extracurricular members should manage their time in such a way as not to have to miss practices, competitions, or school in order to participate in athletics and achieve success in academics. If this cannot be done, students should NOT be involved in athletics/ extracurriculars. Academics must always be a higher priority than athletics.

ACADEMIC ELIGIBILITY: IHSA Academic Requirements: Requires an athlete to pass a minimum of 70% of classes. Therefore, five full credit subjects during the immediately preceding grading period in order to be eligible the following grading period.

Eligibility for the Fall is based upon the previous school year's second-semester grades. Eligibility for the (start of) Winter is based on 1st quarter grades, and Winter (continued) is based on first-semester grades, Eligibility for the Spring is based on 3rd quarter grades.

If a student-athlete/ extracurricular member is not eligible at the time of try-outs/ at the start of the season, (or mid-way during the winter season), the student-athlete/ extracurricular member will be required to attend study-table and may not participate in contests or practices/ extracurricular activities.

ATHLETIC/ EXTRACURRICULAR HAZING

Hazing is defined as “activity that humiliates, degrades, abuses or endangers regardless of the person's willingness to participate.”

If a student, coach, or parent knows of hazing; he/she must request that it cease immediately and notify the athletic director or sponsor of the situation as soon as it is known.

Following are categories of hazing:

- Physical abuse
- Confinement
- Contact with disgusting substances
- Consumption of alcohol, tobacco, vaping, and illegal drugs
- Wearing of inappropriate clothing or lack of clothing
- Illegal acts
- Humiliation rituals
- Commission or simulation of sexual acts
- Sexual assault or battery
- Acts that take place away from the school

This type of behavior will not be tolerated and is contrary to all ideals of education-based athletics/ extracurricular activities.

ATHLETIC/ EXTRACURRICULAR TRANSPORTATION

BUS POLICY: Student athletes/extracurricular members are expected to ride the team bus to and from away athletic/extracurricular events. If a parent/ guardian of an athlete/ member wishes to bring his/her child home from an away event, that parent must notify the coach/ sponsor in person before taking his/her child. Student fans riding a fan bus to an athletic contest are under the supervision of the coach(es), sponsor(s) riding with the fan bus.

ATHLETIC/ EXTRACURRICULAR AFTER SCHOOL POLICY

Students not having practice or game times scheduled for immediately after school cannot be unsupervised on the school grounds. If the coach/ sponsor is not in attendance, the student must leave the school grounds and return for the practice or game.

Pick-Up Times: Coaches/ Sponsors will inform the student participants of an approximate pick-up time at least a day in advance to the competition/event. Practice schedules will stay as they are set unless otherwise notified. Punctuality Always be on time! Being tardy is disrespectful to your sponsor/coach and your teammates. Excessive tardiness will not be tolerated. Tardiness will result in disciplinary measures according to the activity.

ATHLETIC/EXTRACURRICULAR TECHNOLOGY AND SOCIAL MEDIA

CELL PHONES AND CAMERAS: Cell phones - no texting, no calling, and obviously, NO pictures. The use of cell phones, regardless if it has a built-in camera or not, 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 in the locker room).

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

Should an athlete receive a call or text while in the locker room, he/she should take the phone (still in backpack, gym bag, etc.) out to and cameras may NOT be used inside a locker room for any purpose by a student athlete. This means the hall or outside the building before use. CAMERAS AND PHONES MAY NOT BE USED OR OUT IN VIEW IN THE LOCKER ROOM FOR ANY REASON.

SOCIAL NETWORKING SITES: Student athletes/ extracurricular members are responsible for information contained in written or electronic transmissions (e.g. email) and any information posted on a public domain (e.g. internet, chat room, blogs, Twitter, Facebook, YouTube, MySpace, SnapChat, etc.). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student athletes/ extracurricular members are not precluded from participation in such online social networks; however, student athletes/ extracurricular members should be reminded that they serve as representatives of their team, the programs and Oregon-Davis Community Schools.

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

Athletic/Extracurricular Attendance and Dress

ATTENDANCE: Student-athletes/ extracurricular members must be in attendance at school to be eligible to participate in practice and/or contests/ events.

Attendance Guidelines:

- Students must be in attendance before **11:00 a.m.** and remain in school until the end of the day to be eligible for practice and/or contest that day when school is in attendance for a full day.
- ~~Students that are sent home by the nurse during the school day will not be eligible for practice and/or contest that day.~~

- If the student athlete is absent the entire day from school on Friday he or she will be eligible to participate in practice and/or contest on Saturday.
- School sponsored activities (such as field trips) are considered excused absences from classes and allows the athlete to be eligible for practice and/or contest that day.
- ~~Students properly certified to participate in inter school athletic activities who are absent from school for five consecutive days or who are physically unable to practice for five consecutive days due to illness or injury, must present to their athletic director a statement from a physician holding an unlimited license to practice medicine, that they are again physically fit to participate in inter school athletics.~~
- Athletes are expected to be in their 1st period class the day following a meet or contest.

DRESS POLICY: Participants and spectators are to dress with special care when attending a contest or athletic practice whether at home or away. Keep oneself clean, neat and socially presentable at all times. Students are expected to dress appropriately during the school day, and during extra-curricular contests/ activities, or athletic practice, camps, open gym, etc.

DRESS GUIDELINES: The following limitations are intended to help students make choices in regards to dress for school. Clothing that disrupts education or endangers the student's own safety or that of others is considered inappropriate and will not be permitted to be worn in school. The appearance of our students influences, to a large degree, the impression the community and general public have of our student body; thus, it is to the student's advantage to make a favorable impression.

- All students must wear some kind of soled footwear.
- A student's clothing, person, and hair must be neat, clean, and appropriate at all times.
- The following will NOT be allowed: Overly casual wear, such as short-shorts, miniskirts, bare midriffs, tank tops, halter tops, see-through tops without undergarments, or clothing torn or tattered in unacceptable places. Shorts may be worn, however gym shorts or short shorts are not allowed. The bottom of the shorts must extend down to the top of the knee cap. Offenders will be sent home to change.
- Gym shorts may be worn in Physical Education classes, and during athletic practices.
- Sports bras are permitted with additional coverage since bare midriffs are not allowed. All students including athletes must wear an appropriate top at and away from school.
- Appropriate dress prior to a contest/game, interscholastic activity, etc., is determined by the coach/sponsor leader. Appropriate attire would include shirt/tie, sweaters, dresses and travel sweats.

ATHLETIC AND EXTRACURRICULAR YEAR ROUND BEHAVIOR EXPECTATIONS CODE

Athletic and non-athletic extracurricular student members are required to abide by the following behavior expectations year round, (365 days), from the first day of summer vacation to the last day of school.

Alcohol, Tobacco, Vape, Drugs: Members are not to knowingly possess or attempt to possess, purchase, use, or be under the influence of tobacco, alcohol, drugs, controlled substances, or any other product whose use produces an altered mental physical state.

Felonies, Misdemeanors, Delinquency Acts: Members shall not act in a manner that would bring charges to be filed against them for felonies, misdemeanors, or acts of delinquency such as theft, vandalism etc., that could result in a criminal charge that may be brought forth in juvenile or adult court.

Immoral, Unethical, Inappropriate Activities: Members shall not exhibit personal behavior or act in a manner in or outside of school that reflects poor judgment causing immoral, unethical or inappropriate. Such behavioral action may include, but not be limited to, intimidation; harassment; blackmail; extortion; bullying, disrespect; insubordination; (fireworks, guns, knives, etc.) disruptive influence to discipline, order, moral and of the school.

VIOLATIONS AND CONSEQUENCES: Any athletic or non-athletic extracurricular participant who does not follow the Student Athletic/ Extracurricular Year Round Behavior Expectations Code for 1) Alcohol, Tobacco, Drugs; 2) Felonies, Misdemeanors; Delinquency Acts; 3) Immoral, Unethical, Inappropriate actions will be subject to the following consequences for violation of the behavior expectations code.

Athletic Code of Conduct

First Offense:

The student athlete is automatically suspended from competition for 33% (1/3) of the sport season scheduled contests. The offense will be reduced to 25% of the sport season scheduled contests if the student and parent/guardian agree to serve 16 hours of community service under the direction of the Athletic Director. All community service needs to be completed before athletes will be eligible to participate in a scheduled contest. **If the student is forthcoming and honest, the student can reduce their suspension to 20% of their sport season scheduled contests. (This is brought to the administration before they are made aware of the situation.)**

Second Offense:

The student athlete is automatically suspended from competition for 66% (2/3) of the sport season scheduled contests.

Third Offense:

The student athlete is automatically suspended from athletic participation for one (1)

calendar year (12 months) from the date of the assessment of the penalty.

Fourth Offense:

~~The student athlete is automatically suspended from athletic participation for the balance of his/her high school career.~~

Extracurricular Code of Conduct
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PERFORMING ARTS:

First Offense:

In most cases, removal from leadership position and suspension from participation in the activity for up to 33% of the seasonal activity. In cases of severe violations of the Code, students may be suspended in excess of 33% and/or removed from the production or performance opportunity. A student's participation during the suspension will be determined by the Performing Arts Coordinator in accordance with the specifics of the performance opportunity. Suspension from participation does not carry over into the next performance activity or production season.

Second Offense:

In most cases, suspension for up to 66% of the seasonal activity. In cases of severe violations of the Code, students may be suspended in excess of 66% and/or removed from the production or performance opportunity. A student's participation during the suspension will be determined by the Performing Arts Coordinator in accordance with the specifics of the performance opportunity. Suspension from participation does not carry over into the next performance activity or production season.

Third Offense:

Loss of privilege of participation in all performing arts activities for ~~the remainder of high school career~~; one (1) calendar year (12 months) from the date of the assessment of the penalty.

STUDENT ACTIVITIES AND CLUBS CLASS PERIOD AND OTHER ACTIVITY HEADS:

First Offense:

In most cases, removal from titled position to board/staff status and suspension from club or organization for up to 33% of the school year or up to 33% of seasonal activities. In cases of severe violations of the Code, students may be suspended in excess of 33% and/or removed from the club. During suspension, students may not attend club meetings or competitions.

Second Offense:

In most cases, a second violation in the same year in most cases will result in removal from leadership board or staff status for up to 66% of the school year. A second violation in subsequent years may result in removal from a titled position to board/staff status and suspension from the club or organization for up to 66% of the school year or up to 66% of seasonal activities. During the suspension, students may not attend club meetings or competitions.

Third Offense:

Loss of privilege of leadership participation in the Student Activities Program for ~~the~~

~~remainder of high school career; one (1) calendar year (12 months) from the date of the assessment of the penalty.~~

CLASS PERIOD MEMBERS AND CLUB MEMBERS:

First Offense:

In most cases, suspension from the club or organization for up to 33% of the school year or up to 33% of seasonal . activities. In cases of severe violations of the Code, students may be suspended in excess of 33% and/or removed from the club. During suspension, students may not attend club meetings or competitions.

Second Offense:

In most cases, removal from the club or organization for up to 66% of the school year or up to 66% of seasonal activities. In cases of severe violations of the Code, students may be suspended in excess of 66% and/or removed from the club. During suspension, students may not attend club meetings or competitions.

Third Offense:

Loss of privilege of leadership participation in the Student Activities Program for the remainder of high school career.

ATHLETIC AND EXTRACURRICULAR YEAR ROUND BEHAVIOR EXPECTATIONS CODE CONTINUED

Parent Notifications of Violations: Parents will be notified of all violations that will result in suspension of participation in extracurricular activities. The activity sponsor, coach or principal will contact the student and the student's parent via telephone or face to face conference within five school days from the time the activity sponsor or coach learns of such a violation. At this time the activity sponsor or coach will inform the parent of the violation, discuss with them the appropriate consequences and give the student the opportunity to respond to the allegations.

Voluntary Referral/Admittance of Guilt: It is the intent of Oregon-Davis Schools to assist students with developing responsibility for their actions and to encourage honesty. Therefore, any student who voluntarily reports on themselves as to a violation of the year round behavior expectations of the student Extracurricular Code to the school administration before being reported by some other means will be permitted leniency for the specified violation and offense occurred in succession by the student athlete. First offenses stated penalties will be reduced ~~50%(1/2) for a student's voluntary referral/admittance. Reduction of penalty by 50% (1/2) will be only for the specific offense; (ie. First violation and voluntary referral/admittance of guilt will only reduce the first penalty by 50%(1/2) and not reduce the second and third offense penalties. Voluntary referral/admittance of guilt can only be used one time in the athlete's career. Voluntary Referral/Admittance of Guilt penalty will not be less than 25% of the sport season and 16 hours of community service. To 20% of the scheduled seasons sports contests.~~

SCHOOL VIOLATIONS: Any extracurricular member that is in violation of school rules such as truancy, suspension, classroom disruption, or other punishable acts will be disciplined by the already - established school rules. The member may further be dealt with within the structure of each coach/sponsor/leader's rules for their organization. If a member is suspended out-of-school or assigned PASS for any reason they will be ineligible for all contests, interscholastic performances, or meetings scheduled during the term of his/her suspension. Suspended members can practice during the suspension time.

SPONSOR/COACH / LEADER CODE AND RULES ENFORCEMENT: Participation in high school extracurricular activities is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege not a right, those who choose to participate will be expected to follow the Extracurricular Code of Expectations and Behavior established by the Administration as well as other additional specific sponsors' rules for their activity. Specific coach/ sponsor rules and penalties will be given to extracurricular members by the coach/ sponsor/leader at the first meeting or practice in addition to the Oregon-Davis Extracurricular Code. Coach/Sponsor rules and penalties must first be submitted to the Administration for approval before given to the student and parent.

COACHES /SPONSORS/LEADERS DISCIPLINARY RESPONSIBILITIES:

1. Coaches/sponsors/leaders will be responsible for discipline of minor violations such as disrespect, dress, practice rules, inappropriate language, etc., within their individual organization.
2. Each coach still establishes his/her own rules as to training, practice, curfews, and for any situation not covered in the Extracurricular Code.
3. When disciplinary action is taken, the coach/ sponsor will inform the extracurricular student as to the violation. The coach/ sponsor will also write a summary of the problem to the administration, giving all details involved with the extracurricular member and being the disciplinarian for minor violations.
4. It must be understood that parents will be notified as to the violation and to the action which is to be taken.
5. Major violations need to be reported to the administration.

DUE PROCESS / ENFORCEMENT PROCEDURE:

1. Extracurricular rules will be made available to students at the beginning of each school year. Any additional rules for each individual Organization will be discussed with the members at the beginning of that activity season/school year and distributed to the participants. These must be approved and kept on file by the administration.
2. Students and parents must certify that they have read and understand the rules. Sponsors keep a copy of the certification and submit a copy to the administration. Students may not participate until they have signed that they read and understand the rules. This includes the permission form for Random Drug Testing.
3. When a major violation of the rules is indicated, the administration shall investigate the situation and gather the facts along with the sponsor.
4. The administration shall hold a meeting with the student and coach/sponsor directly involved within 48 hours of the completion of the investigation of the

alleged violation and intent to discipline. (This does not include weekends or holidays)

5. No penalties set forth in the Extracurricular Behavior Expectations Code shall be imposed until the member is afforded an opportunity for an informal hearing/meeting conducted by the administration, the building principal responsible for the administration of the club or activity, and sponsor/coach which includes:
 - a. A written or verbal statement of the charges against the member.
 - b. A summary of the evidence, if he/she denies the charge.
 - c. An opportunity for the member to explain his/her conduct.
 - d. An opportunity for the student to seek guidance, counseling, and assessment information in regards to the student's use of tobacco, alcohol, or other drugs may be addressed.
 - e. If the athletic director decides that a penalty set forth in the Extracurricular Code should be imposed against the member. The administration, within 48 hours of the hearing/meeting, or such additional time as is reasonably necessary, will ~~send a written statement to contact~~ the member and member's parents or guardian describing the conduct, misconduct or violation of the rule or rules, with the reasons for the action taken by the athletic director and with the building level principal in charge of the administration of the club or activity, and the penalty imposed.
6. When a student makes a voluntary referral/admittance of guilt to the administration, the following enforcement procedures shall take place:
 - a. The administration shall call a meeting with the building level principal responsible for the administration of the club or activity, and student which includes:
 - i. A written and verbal statement by the student for admittance of being guilty of any Extracurricular Behavior Expectation Code violations completed upon his/her verbal voluntary referral/admittance to school administration.
 - b. An opportunity for the student to seek guidance, counseling, and assessment information in regards to the student's use of tobacco, alcohol, or other drugs may be addressed.
 - c. The administration will impose the penalty for the correct offense reduced ~~by 50% (1/2) to 20%~~, if the student did make voluntary referral/admittance of guilt to any violation of the Extracurricular behavior Expectation Code to school administration.
 - d. The administration within 48 hours of the meeting, or such additional time as is reasonably necessary will send a copy of the student's written statement and penalty imposed with ~~by 50% (1/2) to 20%~~ reduction of the original stated offense penalty to the student and his/her parents/guardians.

COUNSELING: The school works with the Bowen Center, All athletes in violation of the drug, alcohol, or tobacco policy are encouraged to complete an assessment-counseling program at parental/ guardian expense.

INVESTIGATIVE PROCEDURE: The Principal, Sponsors, and Directors shall enforce all rules and regulations described in the Oregon-Davis Jr/Sr High School Code of Conduct for Extracurricular Activities. The Principal and/or Sponsor/ Director will

conduct an investigation. They will then decide whether or not to suspend the student from participation in events. The Sponsor/ Director will notify the parents ~~by letter~~ if a suspension is issued. If necessary, a randomly selected Sponsor/ Director who has not, or potentially will not be the alleged violator's Sponsor/ Director, will serve as a third party in the investigation.

APPEAL SYSTEM AND HEARING PROCEDURE: Any student or his/her parents or guardian has the right to a hearing on a suspension if he/she or they feel the disciplinary action unjust. They should notify the Principal, Superintendent, and School Board in this order in writing within ten (10) school days after the suspension decision. The purpose of the hearing or appeal is to inquire into the student's alleged violation, and to allow the student and the student's parents or guardian to present evidence on the student's behalf. A hearing panel shall be selected by the Principal, and s/he will conduct the hearing at which time the Sponsor/ Director or her/his designee will explain the suspension decision. The student may then speak in his/her own defense and may be questioned by the hearing panel. The parents or guardian will then have the opportunity to ask questions and present any other information or evidence to the hearing panel. Following the hearing, the parent(s) or guardian will be notified in writing by the Principal of the decision of the hearing panel. The hearing panel's decision may accept, reduce, or revoke the decision of the Sponsor/ Director, but may not invoke a penalty more severe.

COMPASSION AMENDMENT: A student found to be in violation may elect to have his/her punishment waived by qualifying for entering, and successfully complying with all requirements of substance dependency counseling. **THE STUDENT MUST REQUEST THE USE OF THIS AMENDMENT PRIOR TO BEING IN VIOLATION OF THE EXTRACURRICULAR CODE.** This option can be utilized only once during the student's four year career. If dependence is confirmed by a drug assessment, the self-help program of tobacco, alcohol and/or drug counseling may begin. The program entered must be on the list of approved programs available in the high school administrator's office. Expenses for the program are the responsibility of the student or his/her parent(s) or guardian. While attending, and being in good standing in an approved self-help program under this option, a student may participate in activities. A treatment report will be submitted to the Sponsor/ Director on a periodic basis. A verification from the professional treatment agency will be submitted when the student has completed the terms of the dependency treatment. If all obligations of the self-help program are not timely met, the student will be considered in violation of this clause and will be suspended for the appropriate amount of time.

The Code, particularly the rules prohibiting the use of tobacco, alcohol, or drugs. However, students who have a tobacco, alcohol or drug problem are encouraged to enroll in programs to address those problems. The School Board, Sponsors/Directors and administration believe the school has an obligation to work with students who have tobacco, alcohol or drug problems.

HONESTY CLAUSE: A student found to be in violation, may have their penalty reduced from 1/3 based on the discretion of the sponsor and administration. This only pertains to the member's first offense and only if he/she was at a questionable party. When questioned about the party, if the student is honest about his/her attendance and activities he/she may receive a one event suspension. However, if the student denies

any wrongdoing and if there is enough reasonable information to contradict the student's testimony then the student will serve a 1/3 of the activity suspension.

~~In short, tell the truth and miss only one event. However, this will not apply for drug testing or in cases where the various police departments provide names of students to the school who have been in violation of the extracurricular code.~~

ATHLETICS GENERAL INFORMATION

ADMINISTRATION - IHSAA BY-LAWS (Rule 8-1): The following is in conjunction with the Indiana High School Athletic Association Constitution which states: "Contestant's conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school. It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school."

ATHLETIC COMMITTEE:

The athletic committee will consist of the principal, athletic director, teachers, teacher/coaches, lay coaches, parents, and students. The duties of the committee shall be to make recommendations in athletic policies, guidelines, and consider disciplinary action for code of conduct violations.

SPORTSMANSHIP: Good sportsmanship is viewed by the National Federation of High Schools as a "commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines, Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship." Examples of sportsmanship are many and include treating everyone with courtesy (opponents, officials, staff), cheering for your team, not against the other team, treating officials with respect, and using appropriate language and behavior always.

WARNING: The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced equipment and a strict observance of rules, injury can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risk associated with interscholastic sports participation.

COLLEGE BOUND ATHLETES: Those athletes who hope to eventually participate on the collegiate level need to meet NCAA or NAIA guidelines as they relate to recruiting and eligibility. A copy of the guide for the college bound student-athlete is available to the athlete online at www.ncaa.org or www.naia.org. See your O-D guidance counselor for assistance.

IMPORTANT FACTS: Student-athletes will not be cleared to participate in interscholastic athletics at O-D until the following steps have been met:

- Complete the PREPARTICIPATION PHYSICAL EVALUATION PACKET which includes:
 - Pass a physical examination, requiring student/athlete, parent and doctor signatures.
 - Complete History Form.
 - Complete Student and Parent Consent and Release Certificates and Insurance form.
 - Complete Athletic Handbook Random Drug Testing Policy Consent and Release form.
 - Complete Concussion Release and Cardiac Arrest Form.
- Other Expectations:
 - Meet academic eligibility requirements
 - Attend team meeting or meet with coach before practice
 - If a new student to Oregon-Davis, have athletic transfer form on file in MyIHSA.com in the Athletic Office

ATHLETIC OFFERINGS AND AWARDS

Sports Offered:

Sport	Boys	Girls
<u>Fall:</u>		
Soccer	X	X
Cross-Country	X	X
Volleyball		X
Golf		X
<u>Winter</u>		
Basketball	X	X
Swimming	X	X
<u>Spring</u>		
Track	X	X
Baseball	X	
Softball		X
Golf	X	

AWARDS:

- **CERTIFICATES** Awarded to all who participate at all levels.
- **PLAQUES** Awarded to high school athletes; selected by their coach(es).
- **LETTER JACKET** - Athletes will receive notification they may purchase their jacket.
- **LETTERS, CHEVRONS. NUMERALS** Will be awarded by coaches upon completion of appropriate varsity season(s). **Athletes must participate in 75% of the scheduled athletic season. There are special cases that the Administration/Coach can override the 75% completion for a varsity letter.** Athletes may stop by the athletic department to pick-up their letter, chevron, or numeral.
- **SPECIAL PATCHES**
 - Individual or team Sectional Champions will receive a 6-inch State of Indiana patch,
 - Individual or team Regional Champions will receive an 8-inch state of Indiana patch.
 - Individual or team State Qualifiers will receive an 8- inch State of Indiana patch. 4.
 - Individual or team State Champion, Finalist, or runner-up will receive a 10-inch patch.
 - All-Star, All-State, and Academic All-State athletes will receive an 8-inch state of Indiana.

AWARDS NIGHT:

Award nights (Fall, Winter & Spring) are held to honor teams & team members. All athletes are required to attend the awards night honoring their sport (unless excused by the coach) to finish the season in good standing. The awards night is the official end of the season.

ATHLETICS GUIDELINES**PHYSICAL AND CONSENT FORMS (RULE C-3-10) - *REQUIRED FOR PARTICIPATION:**

Between August 1 and the student's first regular or off-season practice (including summer), in preparation for inter-school athletic participation, the student shall have had (1) a physical examination or certification by a physician holding an unlimited license to practice medicine, and (2) written consent of parent or guardian for such participation unless emancipated.

****In addition, athletes are required to submit an athletic handbook acknowledgment form, medical information form, the HIPAA privacy agreement, concussion/cardiac release and the emergency contact form to the athletic director.**

Note: Forms must be submitted prior to the student's first team workout and will be in effect for the entire school year.

CONCUSSION RISK AWARENESS LAW (IC 20-34-7) & SUDDEN CARDIAC ARREST LAW (IC 20-34-8) *REQUIRED FOR PARTICIPATION:

On July 1, 2012 a new Indiana law regarding concussions went into effect. The law, "Student Athletes: Concussions and Head Injuries" requires that each year, before beginning practice for an interscholastic or intramural sport, a high school student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach or the Athletic Department. The law further states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries. In the event that a concussion is sustained somewhere other than Hamilton Heights, the school nurse must be notified.

Effective July 1, 2015, a new Indiana law regarding sudden cardiac arrest goes into effect. The law mimics the concussion law for heart related problems. Parents, coaches and players must be provided an information sheet describing the sudden cardiac arrest signs and symptoms and the necessary emergency management steps to take if an individual experiences any of those signs or symptoms. The law further states that no medical clearance is needed for return of play; however, the athlete has to be removed from play and parental approval for return and 'sign off' must occur each time.

MANDATORY PRACTICES & THE REQUIRED NUMBER OF PRE-PARTICIPATION PRACTICES:

Athletes are required to participate in ten separate days of organized practice under the direct supervision of the high school coaching staff preceding the date of participation in inter-school contests. Only one practice may be counted for any one day. Exception: IHSA tournament series team members and/or individual participants may be considered eligible to participate in an immediately following season's sport contest after five days of organized practice. The IHSA has proposed the following rule concerning the ten pre-participation practices requirement: Should a student, prior to completing the required ~~ten (10)~~ **eight (8)** days of pre-participation practice, fail to attend and actively participate in more than ~~five (5)~~ **eight (8)** consecutive, regularly scheduled pre-participation practices, such student, upon returning, must participate in, prior to participating in a contest, the greater of the number of pre-participation sessions needed to meet the required ~~ten (10)~~ **eight (8)** days of pre-participation practices, or four (4) pre-participation practice sessions. For example, if a student in football is absent following the completion of the fourth pre-participation practice session, then the student, upon returning from such absence, would need to attend and actively participate in ~~six (6)~~ **four (4)** more pre-participation practices sessions prior to participating in a football contest, But, if the same student is absent following completion of the 7th, 8th or 9th practice, then the student, upon returning from such absence, would need to attend and actively participate in ~~four (4)~~ **two (2)** more pre-participation practice sessions prior to participating in a football contest.

DAYS MISSED	NUMBER OF PRACTICES REQUIRED
8-14	2
More than 14 consecutive	3

GUIDELINES FOR PRACTICES & CONTESTS WHEN SCHOOL IS CANCELED.

1. During a declared state or county **travel watch or warning snow-emergency**, NO PRACTICE session or contest will be conducted while under this status.
2. Practices: **Only sports that are in season are allowed to practice, voluntarily.** These may be conducted on a voluntary basis only, assuming a county **watch or warning advisory snow-emergency** does not exist. No player is to be reprimanded if he/she fails to attend.
3. Contest: Games (home or away) will be canceled if we are listed under **a county travel warning not-in-session**. Special administrative considerations may be given if weather conditions improve and the opposing school is agreeable to play. If there is any doubt, a decision to cancel will be made and an attempt will be made to reschedule.

Moratorium: Effective 2004 each IHSA member school shall observe a moratorium during the week, which includes July 4th. During this period, there shall be no contact between athletes and coaches, and no athletic activities conducted. A school may extend that time period if desired.

CONDITIONING AND OPEN GYMNASIUM PROGRAMS:

Member school personnel may organize and supervise conditioning and open gymnasium programs during-the-school year, out-of-season, and summer, so long as the rules and regulations outlined in 15-2-5-, 15-2.6, 15-3.5 and 15-3.6 of the IHSA By-Laws are followed. Coaches should confer with their Principals and Athletic Directors before organizing such programs.

WEIGHT ROOM/FITNESS ROOM:

No student shall use the weight room facilities without adult supervision. Students are urged to request assistance from coaches when planning and initiating a workout regiment. Athletes are expected to follow all weight room rules and regulations including care of equipment, proper storage of weights after use, and all spotting regulations. The weight room is a work area not a social club. **When complete with your workout, the weight room is expected to be picked up and put back. All weights should be put back on the racks and not on the machines or bars.** Please treat it with respect.

PARTICIPATION ON TEAMS OUTSIDE OF SCHOOL ATHLETICS:

Athletes who participate as members of any similar teams in the same sport season, not under the direct supervision and management of their school, shall not be eligible for participation on the school team. Participation in other sports while participating on a school team should only be done with the knowledge of the high school coach.

INSURANCE:**NEITHER THE IHSAA NOR OREGON-DAVIS JR/SR HIGH SCHOOL CARRY ANY KIND OF FIRST-DOLLAR MEDICAL INSURANCE FOR ATHLETIC INQUIRY!**

Due to the nature of athletic activity accidents and injuries may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are required to sign a release form which indicates they accept the financial responsibility for athletic-related accidents and injuries. The IHSAA also carries catastrophic insurance to cover major injuries incurred during participation in approved IHSAA sports programs. More information about the IHSAA plan is available upon request in the athletic office.

CONDUCT, CHARACTER, DISCIPLINE:

a. Any student-athlete who is ejected from a Contest for an unsportsmanlike act the first time during a sports season shall be suspended from the next inter school Contest at that level of competition and all other interschool Contests at any level in the interim, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for ejections. Exception: NFHS playing rules requiring ejection from the contest but NOT deemed Unsporting (Soccer: handball in the box, Softball: illegal bat) provides for elimination from the remainder of the current contest.

However, additional suspension from future contests will NOT be applied. Sportsmanship point deductions will remain consistent with IHSAA Sportsmanship Policy.

b. Any student-athlete who is ejected from a Contest for an unsportsmanlike act a second time during a sport season shall be suspended for the next Two (2) Contests at that level of competition and all other Contests at any level in the interim, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for a second ejection.

c. Any coach, Contest Administrator, School Administrator or Fan who is ejected from a Contest for an unsportsmanlike act the first time during a sports season shall be suspended from the next Two (2) inter school Contest (Home Contests for a Fan) at that level of competition and all other interschool Contests (Home Contests for a Fan) at any level in the interim, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for ejection.

d. Any coach, Contest Administrator, School Administrator or Fan who is ejected from a Contest for an unsportsmanlike act a second time during a sport season shall be suspended for the next Four (4) Contests (Home Contests for a Fan) at that level of competition and all other Contests (Home Contests for a Fan) at any level in the interim, unless an IHSAA a sport-specific rule or policy provides a different protocol or penalty for a second ejection. If any coach, Contest Administrator, School Administrator or Fan who is ejected from a Contest a second time, the principal or his/her designee must meet with the Commissioner or his/her designee.

e. As an additional penalty, a coach who is ejected from a Contest the first time during a sports season must complete the NFHS Teaching and Modeling Behavior course before returning to coach at a competition, and a student-athlete who is ejected from a Contest the first time during a sport season must successfully complete the NFHS Sportsmanship course before returning to competition.

f. This penalty shall be in addition to any other penalties assessed. ~~Any contestant or coach ejected from a contest for an unsportsmanlike act shall be suspended from the next inter-school contest at that level of competition and all other inter-school contests at any level in the interim, in addition to any other penalties assessed.~~

ABSENCE DUE TO ILLNESS OR INJURY:

~~An athlete who misses five (5) consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the Athletic Director or coach before they may again become eligible for participation. Additional practices are required by the IHSAA before regaining eligibility after an extended absence due to illness or injury.~~

NUMBER OF PRACTICES REQUIRED**NUMBER OF DAYS OF SCHOOL/ PRACTICES MISSED**

~~5 to 10 More than 10 consecutive~~

DAYS MISSED	NUMBER OF PRACTICES REQUIRED
8-14	2
More than 14 consecutive	3

SCHOOL SUSPENSION:

- The use of alcoholic beverages, tobacco products, illegal narcotics, anabolic steroids or acts of vandalism, violence, theft, or cheating academically are not in accordance with this Code of Conduct and will be governed by the Code of Conduct.
- Vandalism, Violence, Theft and Cheating Academically are not acceptable behavior for Oregon-Davis student athletes. Discipline for these violations will be handled using the following guidelines.
 - The Athletic Director will be notified by the Principal or Assistant Principal of any of the above mentioned violations.
 - The Athletic Director will notify the head coach and work with the Assistant Principal and/or Principal to administer the appropriate discipline for the above violations.
 - In extreme cases, individuals involved in vandalism, violence, theft or cheating will be suspended for one-third of their sports season.
- If athletes are suspended from school, they will be ineligible for all practices and will be ineligible for contests during the term of suspension.

CITIZENSHIP:

Athletes shall be governed by local and state laws, IHSAA regulations, Oregon-Davis Code of Conduct for Athletes, and the Oregon-Davis Jr/ſr High School Student Handbook. They shall not commit acts of vandalism, violence, theft, or cheat academically. Penalty will be governed by the Code of Conduct which basically states that the athlete will be suspended for 1/3 of the season for his/her first offense, 2/3 of the season for his/her second offense, 1 year or 365 days from date of involvement for the third offense. Subsequent offenses **could will** result in athletic ineligibility for the remainder of the athlete's high school career.

ESTABLISHING TEAM ROSTERS:

The Coaching Staff has been hired for their knowledge and expertise in each particular sport. It is at the discretion of each sport's coaching staff to decide who will be members of the team. It may be necessary to "cut" athletes after trying out for a particular team. Team members may be dropped from a squad anytime during the season for disciplinary reasons violating training rules, etc. Rosters are very essential in determining scholastic eligibility lists.

EQUIPMENT:

Athletic uniforms & equipment are the property of Oregon-Davis Jr/Sr High School. This equipment should be used only during ODJ/SHS athletic contests or practices. All athletic equipment must be returned promptly in good condition when called for, and missing items financially replaced at that time. An athlete who willfully neglects to turn in athletic equipment will be ineligible for all athletics until he/she returns the equipment, or makes restitution, and is in good standing with the Athletic Department.

DROPPING A SPORT:

Any athlete quitting a team will forfeit their athletic award in that sport for that season. In addition, they shall not be permitted to participate in another sport until the season of the sport they have dropped is completed. The only exception being by mutual consent and agreement of both coaches involved, plus the Athletic Director.

PRACTICE REGULATIONS AND VACATION PRACTICES:

1. ~~Eight (8)~~ ~~Ten (10)~~ practices are required before an athlete may participate for the first time in any sport. EXCEPTION: IHSAA Tournament series team members or individuals are eligible after five (5) days of organized practice. (Only one practice per day will count toward the total ten practices.)
2. Athletes are expected to attend all practices, as well as be punctual in attending practice if he/she expects to play. Illness or other extreme emergencies are the only acceptable reasons for missing practice. The athlete or parent should always inform the coach when he/she knows that it will be impossible to attend a scheduled practice. PRACTICE SCHEDULES WILL BE MADE OUT AND ATHLETES WILL BE INFORMED AS TO TIMES OF THEIR PRACTICE BY THEIR COACH.
3. Each coach will set the practice/game attendance policy for his/her sport in regards to family vacations, Christmas or Spring Vacation, or to college visitations. Athletes will be expected to honor these schedules.

MULTIPLE SPORT PARTICIPATION:

The Oregon-Davis Jr/Sr High School Athletic Department promotes the values of student-athletes participating in more than one high school sport. High school coaches should not establish expectations "out of season" which would prohibit or restrict a student's participation in another sport which is "in season." In cases where sports overlap one another, student-athletes need to communicate with coaches of both sports, especially the coach of the upcoming sport, to indicate their desire to compete and try out for that team. A student athlete who wishes to participate in more than one sport in the same season (fall, winter, spring) must have prior approval of the coaches and athletic director. A schedule resolving all practice and competition conflicts must be established prior to the season and the student athlete will be asked to designate a

"primary" sport if necessary. Student-athletes are responsible for participating in practices for each sport. If there is a contest for sport 1, student athletes are still expected to participate in sport 2 practice that day. Student athletes cannot miss more than 3 practices in a row. (Games do not count toward consecutive practices).

DEADLINE FOR PARTICIPATION:

The deadline for reporting for participation in a sport after a suspension is the first day that the IHSAA authorizes practice to start for that particular sport, or the first practice which a coach has called for that sport.

INDIVIDUAL TEAM RULES:

Athletes must remember that each Head Coach may choose to establish additional training rules & regulations that apply to his/her specific team. These may be more stringent than what this policy calls for, provided they are reasonable, lawful, and not in conflict with the policies and regulations of the school and school corporation. Athletes are expected to observe these rules, as well as any listed here.

***ELIGIBILITY RULES TO BE REVIEWED - "THE RULE IS CLEAR AND THE PENALTY IS SEVERE." FOR IHSAA RULE VIOLATIONS.**

1. AGE (RULE C--4-1):

Students whose twentieth birthday occurs before the date of the State Finals in a sport are ineligible for that sport and any occurring thereafter.

2. AMATEURISM (RULES C-5-1, C--5-2, & C--5-3):

All contestants in sports recognized by the Association must be amateurs in the sport in which they wish to participate. Students shall not play under assumed names nor accept remuneration, directly or indirectly, for athletic participation. Any member school students who directly or indirectly sign a professional contract lose their amateur standing and immediately become ineligible only in that sport in which they signed a contract. Member school students shall be considered as violating their amateur standing if they participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs or their representatives, except baseball, golf and tennis out of season,

3. AWARDS, PRIZES, GIFTS (RULES C--6-1, & C--6-7):

The giving and receiving of awards shall: (a) be kept within reasonable bounds; (b) have symbolic value only, and (c) be within the consent and under the supervision of the member school principals concerned. Awards, medals, recognition, gifts and honors shall not be accepted by players or schools from colleges, universities and higher institutions of learning or their alumni.

4. CONDUCT/ CHARACTER (RULE C--8-1):

Contestants' conduct in and out of school shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

5. CONSENT AND RELEASE CERTIFICATE (Rule 3-9):

Every athlete must have the IHSAA Physical Exam Form, now referred to as the Consent and Release Certificate. This form should be properly completed, and on file with the Principal each school year, between May 1 and prior to their first practice. An athlete May Not practice without this and Do Not ask your coach to

let you practice without it.

6. ENROLLMENT (RULE C--12-1):

In order to be eligible for athletic competition during any semester, a student must have enrolled in some high school within the first 15 school days of the semester in which the contest occurs. After enrollment or attending classes in ninth grade, a student is eligible for no more than eight consecutive semesters.

7. ILLNESS AND INJURY (RULE C--3-11):

Students properly certified to participate in inter-school athletic activities, who are absent from school for five consecutive days or who are physically unable to practice for five consecutive days due to illness or injury, must present to their principal a statement from a physician holding an unlimited license to practice medicine that they are again physically fit to participate in interschool athletics.

8. PARTICIPATION (RULE 15 - PHILOSOPHY):

Students should have the opportunity to voluntarily engage in non-school sponsored sports activities provided such activities do not interfere with the student's educational development and the activities do not conflict with the principles of wholesome amateur athletics. The IHSAA wishes to enhance that opportunity while at the same time discouraging the exploitation of student athletes by over zealous individuals and organizations who attempt to impose an obligation on the student, to participate in their programs at any cost. By the promulgation and enforcement of these rules the IHSAA strives to eliminate these abuses.

9. SCHOLARSHIP (RULE C--18-1):

To be eligible scholastically, students must have received passing grades at the end of their last grading period in school in at least five full credit subjects or the equivalent and must be currently passing in at least five full credit subjects or the equivalent. (Semester grades take precedence).

10. TRANSFER STUDENTS (RULE C--19-5):

When a student transfers with a corresponding change of residence by the parent-guardian, the principal of the receiving school shall conduct an investigation and after such investigation may recommend residence eligibility of the student-athlete to the Commissioner provided: (1) the change of residence is bona fide; and (2) there is no evidence of transferring for primarily athletic reasons; and (3) there is no evidence of undue influence. A student cannot become eligible for competition until approval has been granted by the IHSAA. If transfer requirements are not met, a student may be granted "limited eligibility" which allows for participation at the junior varsity or freshman level only for 365 days, or in some cases, a student may be ruled ineligible for athletic participation.

11. UNDUE INFLUENCE (RULE C--20-1);

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both of the parents or guardians of a student as residents, may cause the student to be ineligible for high school athletics for a period not to exceed 365 days and may jeopardize the standing of the high school in the Association.

ATHLETIC COMMUNICATION: PARENTS-COACHES-ATHLETES

TO THE PARENTS:

This booklet has been written to enhance communication between parents, coaches, athletes and school administrators. Please familiarize yourself with the rules and regulations which govern participation in our program. If you have any questions, please direct them to the athletic department, at (574) 867-4561.

Parents are asked to demonstrate their support by attending as many athletic contests as possible. Elementary, jr high, jr varsity, and varsity players really appreciate parents and fans attending their games. Schedules are available in the athletic office and on EventLink at the start of every season.

As you know, athletic participation is loaded with success and failures, setbacks and triumphs. Parents can make a big difference in how these situations are handled. Parents who encourage their son or daughter to go to their coaches for clarification, understanding and counsel are contributing to their child's growth, development and maturity.

COMMUNICATION (PARENTS AND COACHES): As your children become involved in the athletic programs at WGODHS, 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 handled well by all, can be excellent "life lessons" for our children. Discussions between the coach and the athlete to reduce frustration are encouraged,

PARENT-COACH RELATIONSHIP:

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents whose children are involved in our athletic program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

- The coach's philosophy.
- Expectations the coach has for your child as well as all the players on the squad.
- Locations and times of all practices and contests.
- Team requirements, i.e. fees, special equipment, conditioning.
- Procedures we follow should your child be injured during participation
- Discipline resulting in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS:

- All concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance of the practice or contest.
- Specific concerns in regard to a coach's philosophy and expectations.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH:

- The treatment of your child, mentally and physically.
- Ways to help your child improve
- Concerns about your child's attitude and behavior

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for the team and all players involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACHES:

- Playing time
- Team strategy
- Play calling
- Other team members

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 a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern with a coach..... 24 HOUR RULE

- Please do not attempt to confront a coach immediately before or after a contest of practice. These can be emotional times for both the parent and the coach. Wait at least 24 hours before contacting the coach.
- Call to set up an appointment
- If the coach cannot be reached, call the Athletic Director. He/She will set up the meeting

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call the Athletic Director to discuss the situation.
- At this meeting the appropriate next step can be determined

Research indicates a student involved in sports has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. The best education your child may receive, while in high school, is their participation in athletics. We hope the information provided makes both your child's and your participation in the Hamilton Heights Athletic Program a successful and enjoyable experience.

EXPECTATIONS OF ATHLETES:

Athletes at Oregon-Davis Jr./Sr. High School are expected to be a positive role model. It is their duty to be a model citizen in and out of the classroom. They are expected to treat authority figures with the respect due them, and to take an active and productive role in the classroom and community in general. They are also expected to live up to all team, department and school rules and policies. As an Athlete of ~~Hamilton Heights~~

Oregon-Davis High School, the student/athlete is counted upon to live up to a higher standard of expectations.

TO THE ATHLETES:

The Oregon-Davis Jr/Sr High School Athletic Department is very pleased you have chosen to become a member of one of our athletic teams. Interscholastic athletics provide many opportunities for you to grow and develop as a young adult. We hope the friendships you make, the challenges you face, and the excitement you generate will make this season a memorable one.

As an athlete, your actions on and off the field reflect on the entire team, school and community. Your behavior helps shape the perception of those who make decisions that impact the future of Oregon-Davis Athletics.

Oregon-Davis Athletic Teams take tremendous pride in their preparation, dedication and performance. Our athletes work hard, play hard, compete intensely and respect all opponents. They have represented themselves, our school and our community with style and class. We are counting on you to continue this tradition.

You have greater expectations placed on you because you are an athlete, but the rewards are well worth it. Your drive, determination, confidence, mental toughness and emotional control are tested daily. The educational value of athletics lies in how you cope with challenges.

EXTRACURRICULAR OFFERINGS

Extracurricular Activity

- **Academic Bowl**
- **Band**
- **Bridge**
- **Cheerleading**
- **Drama**
- **Dungeons and Dragons**
- **FFA**
- **Fishing**
- **Pep Club**
- **SADD**
- **Student Council**
- **Yearbook**

EXTRACURRICULAR GENERAL INFORMATION

What is Expected of Extracurricular Activity Participants?

Participants in extracurricular activities are representatives of the school district, and must conduct themselves in a manner that reflects positively on the school district at all times. Specifically, they must:

- Be punctual and prepared for all practices, meetings, performances, camps, and/or other scheduled events related to an extracurricular activity
- Treat all school property with respect and ensure that school property is returned upon request and in good condition (excluding reasonable wear and tear)
- Abide by the district's dress and grooming standards for students as well as any dress and grooming standards applicable to the specific extracurricular activity
- Comply with O-D rules, including those related to random drug testing, if applicable
- Be courteous and respectful toward all fellow participants, school faculty and staff members, spectators, parents, and officials, whether from Oregon-Davis or from any other school district
- Provide notice to the coach or sponsor of an activity if they are unable to attend a game, practice, meeting, performance, and/or other scheduled event related to the extracurricular activity
- Comply with and adhere to the behavioral standards identified in the District's Student Code of Conduct.

We want to ensure that each one of our students has an opportunity to be successful. Not all students will have the same level of talent, but every individual can be praised for his/ her work and effort. Every student can feel good about himself/ herself and their role on the team. Oregon-Davis sponsors/ coaches will work to ensure that all our students enjoy participating. When it's time to work, we will work very hard, but we are also going to find time for our students to have fun,

THE OREGON-DAVIS ATHLETIC/EXTRACURRICULAR PARTICIPANTS' PLEDGE

Students, members and their parents/guardians must certify that they have read and understand the rules and consequences for violations of both the Oregon-Davis Athletic and Extracurricular Code and the coach/sponsor/leader which shall be kept on file. I promise to obey all school rules and regulations as stated in the Oregon-Davis Schools Student Athletic and Extracurricular Code, participate in the Random Drug Testing Program for Oregon-Davis School, my coach/sponsor additional rules and penalties, to take care of my equipment and team/squad uniform, and to return them when called to do so, to keep up in my school work, to play hard and clean, to be loyal to the team, to conduct myself at all times in a sportsmanlike way and to be a credit to the Oregon-Davis School Corporation and its school district townships. In today's society, winning many times comes before everything. But if winning comes at the expense of good sportsmanship, then nothing is gained in the long run. Good sportsmanship is the result of a disciplined effort to respect yourself, opponents, officials, coaches and fans. Athletics play a very prominent role in our schools - high school athletics are truly educational in nature, and among the values learned are those associated with good sportsmanship. Ethics, integrity and respect are essential values in our daily lives. On and off the playing field, they are translated into the word sportsmanship. Sportsmanship is one of the strongest educational lessons and lifetime values taught through athletics. The score of any athletic event is generally forgotten over time, but the actions of the players, coaches and spectators are remembered. How do you want your school and yourself to be remembered? Listed below are sportsmanship rules for coaches, players and spectators to follow:

- Realize that a ticket is a privilege to observe a contest and support high school activities. It is not a license to verbally assault anyone or act in an outrageous manner.
- Respect the integrity and judgment of the officials. Never argue or make gestures indicating a dislike for the decision.
- Set a good example. Display no behavior that would incite other people. Treat opposing coaches, players and fans with respect.
- Know and understand the rules of the contest.
- Respect, cooperate and respond enthusiastically to the game.
- Do not heckle, antagonize, demean or distract the officials or opposing team.
- Never criticize players or coaches for a loss of a game...A coach once wrote, "When we lose without excuses and when we acknowledge the better team, we place winning and losing in their proper perspective. That's when we will find out if we can be good at sports."
- Do not use profanity, racial or sexual comments, intimidating language or actions toward others.
- Be a parent, player, coach or loyal supporter of whom your school can be PROUD.

OREGON-DAVIS SCHOOL CORPORATION

EXTRA-CURRICULAR AND DRIVING ACTIVITIES DRUG TESTING PROGRAM/5530.01

The mission of the Oregon-Davis School Corporation is to provide quality learning opportunities for all students, allowing each individual to reach their fullest potential by developing independent thinking, respect for self and others, positive attitudes, everyday living skills, and the motivation to achieve in the competitive world in which we live. The school will provide these opportunities by educating the students to communicate effectively, gather and use information appropriately and accept responsibility for the decisions, which are made in this ever-changing society. Additionally, we believe the school should make a concerted effort to affect ways of helping all individuals in human understanding and relations, tolerance, and respecting the dignity of a person. Ways must be found to help individuals strive for peace among nations, peoples, and cultures. Since the schools are only one agency in a community contributing to the education of individuals, the school must join hands with the home and all community agencies and organizations to make a wholesome and healthful environment for all people.

INTRODUCTION: The effective date of this program is October 1, 1998. This program does not affect the current policies, practices, or rights of Oregon-Davis School Corporation drug, and/or alcohol possession or use, where reasonable suspicion is obtained by means other than drug testing through this policy. Oregon-Davis School Corporation reserves the right to test any student who at any time exhibits cause for reasonable suspicion of drug, and/or alcohol usage.

REASONABLE CONCERN: Oregon-Davis School Corporation has a strong commitment to the health, safety and welfare of its students. Results of studies throughout the United States, and an increased substance abuse problem in Starke County, Indiana, indicate that education alone, as a preventive measure, is not effective in combating substance abuse. Statistics show that the mission of Oregon-Davis Schools has not been realized. Our commitment to maintaining the extra-curricular and driving activities in Oregon-Davis Schools as a safe and secure educational environment requires a clear policy and supportive programs relating to detection, treatment, and prevention of substance abuse by students involved in extracurricular activities and driving activities.

PURPOSE: The drug-testing program is "not" intended to be disciplinary or punitive in nature. Students involved in extracurricular and driving activities need to be exemplary in the eyes of the community and other students. It is the purpose of this program to prevent students from participating in extra-curricular and driving activities while he/she has drug residues in his/her body, and it is the purpose of this program to educate, help, and direct students away from drug, and alcohol abuse; and, towards a healthy and drug free participation. No student shall be expelled or suspended from school as a result of any verified "positive" test conducted by his/ her school under this program other than stated therein.

SCOPE: Participation in extra-curricular and driving activities is a privilege. This policy applies to all Oregon-Davis Schools students in grades 5-12 who wish to participate in extra-curricular and driving activities that are listed in the current student handbook and any other school sponsored extracurricular and driving activities not listed. It also includes any student enrolled in driver's training and any student who wishes to drive to school, from school, or during school.

LEGAL OBLIGATION: Indiana Code 20-8.1-7 sets forth health measures to be governed by school officials. Most specifically, IC 20-8.7-2 establishes the responsibility of schools to assist children found to be ill or in need of treatment.

DRUG EDUCATION: The sponsor or coach of each extra-curricular and driving activity will require the attendance of all prospective participants at one or more drug education sessions. Each prospective participant shall receive a copy of this policy and will also be made to educate the students about the harmful effects and consequences of alcohol, and other drug abuse. Students will receive information as to where they can seek professional help, if needed, for a use or abuse problem.

CONSENT FORM:

It is MANDATORY that each student who participates in extracurricular and driving activities sign and return the "consent form" prior to participation in any extra-curricular and driving activity. Failure to comply will result in non-participation. Each extra-curricular participant shall be provided with a "consent form", a copy of which is attached hereto, which shall be dated and signed by the participant and by the parent/guardian. In doing so, the student is agreeing to participate in the random drug-testing program at Oregon-Davis Schools.

TESTING PROCEDURES:

1. The selection of participants to be tested will be done randomly by the principal/

administrative designee, and selections will be made from time to time throughout the school year. Names will be drawn from one large pool of those agreeing to be tested. Testing may occur on a different day, Monday through Saturday. This variable schedule will keep students conscious of the possibility of being tested at any time during the year. Each student will be assigned a number that will be placed in the drawing.

2. If the student shows signs of reasonable suspicion, the principal/ administrative designee may call the student's parent/guardian and ask that the student be tested. Factors will include, but are not limited to, excessive discipline problems and/or excessive absences from school. Also, a parent/guardian may request testing of his/her student.
3. No student will be given advance notice or early warning of the testing. In addition, a strict chain of custody will be enforced to eliminate invalid tests or outside influences.
4. Upon being selected for a drug test under this policy, either by random draw, reasonable suspicion, request of a parent/guardian, or a "follow-up" test, a student will be required to provide a sample of saliva according to the quality control standards and policy of the laboratory conducting the screening.
5. All students will remain under school supervision until they have completed the collection of saliva specimens.
6. If it is proven that tampering or cheating has occurred during the screening, the student will become ineligible for all the "extra-curricular and driving activities" for the remainder of the school year. This will be reported to the parent/guardian.
7. Immediately after the specimen is taken, the student may return to class with an admit slip of pass with the time he/she left the screening site. The principal/administrative designee must time and sign the pass.
8. The specimens will then be turned over to the testing laboratory, and each specimen will be tested for alcohol, and "street drugs" (which may include all drugs listed as controlled substances under the laws of the state of Indiana). Also "performance enhancing" drugs such as steroids may be tested.
9. The laboratory selected must follow the standards set by the Department of Health and Human Services. It must be certified under the auspices of the Clinical Laboratory Improvement Act (CLIA) and the Joint Commission of Accreditation of Healthcare Organization (JCAHO).

CHAIN OF CUSTODY:

1. The certified laboratory will provide training and direction to those who supervise the testing program, set up the collection environment, and guarantee specimens and supervise the chain-of-custody. To maintain anonymity, the student's number, not name, will be used.
2. The principal/administrative designee will be responsible for escorting students to the collection site. The student should bring all materials with him/her to the collection site and should not be allowed to go to his/her locker. (The administrator should not bring all the students drawn from the pool to the collection site simultaneously. Calling four or five students at a time allows the collection to be carried out quickly and will not cause students to wait a long time, thereby creating a loss of important time from class. Athletes may be called after school, perhaps during practice time.)
3. Before the student's urine is tested by the laboratory, students will agree to fill out, sign and date any form which may be required by the testing laboratory. If a

student chooses, he/she may notify the administrator that he/she is taking a prescription medication.

4. A sanitized kit containing a specimen bottle will be given to each student. The bottle will remain in the student's possession until a seal is placed upon the bottle. The student will sign that the specimen has been sealed. The seal may be broken only by the lab testing the specimen.
5. If the seal is tampered with or broken, after leaving the student's possession and prior to arriving at the lab, the specimen is invalid. The student will be called again as soon as possible. The student will remain eligible for extracurricular and driving activities subsequent to a retest.
6. After it has been sealed, the specimen will be transported to the testing laboratory by lab personnel. The testing laboratory will report the results back to the principal/administrative designee.
7. In order to maintain confidentiality, the container, which contains the saliva swab to be tested, will not have the name of the student on the container. Instead, the student's random identification number will appear on the container. Also the results sheet for the screening will be mailed back to the principal/ administrative designee with no name attached; only the student's random identification number will appear on the results sheet.