

# **HILLSBORO CITY SCHOOLS**



# **STUDENT ATHLETE HANDBOOK**

**2017-2018**

## STATEMENT OF THE HILLSBORO ATHLETIC PHILOSOPHY

The Athletic Department's philosophy is written to guide and direct the planning for the development and enhancement of athletic teams. The statement is as follows:

*The Hillsboro Athletic Department is dedicated to providing opportunities for each student athlete to achieve his/her athletic, academic, personal and social potential.*

Department goals and plans have been created to make the philosophy statement a true focus in the everyday instruction of Hillsboro student athletes. The goals and plans will be updated annually to make sure the athletic programs continue to promote the growth and well being of student athletes.

The Athletic Department is committed to providing the following:

1. Provide safe and sport appropriate equipment. Coaches will recommend equipment purchases to provide adequate competitive and practice resources to insure a safe learning environment.
2. Educate coaches. Coaches will be provided opportunities to attend clinics to enhance technical and relationship skills.
3. Provide safe, sanitary, and accommodating facilities. Prior to the start of the school year, the athletic administrator will inspect the facilities for hazardous conditions. Any problems in said areas will be remedied. At the end of a season, coaches will recommend upgrades and changes to facilities. These recommendations will be studied, and if possible, put into place.
4. Assist in finding post-secondary opportunities. Coaches will assist student athletes who wish to play at the collegiate level.
5. Support all athletic activities. Coaches will encourage athletes to participate on and make a commitment to more than one athletic team during the school year.

### **Provide Personal Development of Student Athletes Nurtured by Athletic Participation:**

1. Strengthening of self-esteem. Coaches will encourage the development of physical strength, sport skills, and coordination in athletes to assist with providing more positive awareness in student athletes.
2. Accountability and responsibility for actions. Coaches may impose team discipline for actions that are deemed inappropriate. (Examples: disrespect show to teammates, coaches, game officials, fans, opposing teams, missing practice, poor behavior on school transportation, etc.)
3. Ability to set and achieve goals. As an individual and as a member of a team, athletes will be encouraged to set goals. Coaches will provide the proper instruction and encouragement to help make the goals attainable.

4. Growth of self-discipline in and out of the competitive arena. Coaches will help athletes understand the importance of making healthy lifestyle choices including, but not limited to, developing healthy eating habits and personal hygiene habits and choosing to stay alcohol and drug-free. Student athletes make a commitment to take part in physical training/conditioning suggestions made by coaches. The structure of athletics will help the student athlete develop efficient time management skills. Weekly grade checks will help encourage student athletes to keep up with homework and independent student requirements.

### **Provide Encouragement for Meeting Academic Expectations**

1. Promote district attendance policy. Coaches will help enforce the district attendance policy. Athletes must be in school by the end of 2nd period in order to participate that day in either practice or scheduled competition. Exceptions must be approved by the principal or athletic administrator.
2. Coaches will promote academics as a top priority.

### **Provide Expectations for Social Responsibilities of Student Athletes**

1. Meet defined sportsmanship expectations. Expectations are clearly defined in the handbook and are expected to be followed along with basic common sense about the appropriate courteous behavior as a spokesperson for the district. Coaches will provide instruction for the student athletes about acceptable behavior as a school spokesperson/role model.
2. Accept individual role as a member of a team. Coaches will meet with team members after team selections and explain their roles on the team. Together, goals will be set for the season and expectations for players will be defined.
3. Make a commitment to team rules, teammates, and coaches. Coaches will create and distribute prior to the start of the season: expectations about practice, travel arrangements, team rules, and individual behavior expectations as a team member. Those athletes unable to meet the expectations will be subject to team consequences (ie: loss of playing time, unable to travel with the team, etc.). This information will be distributed to team members and parents in a pre-season team meeting.

### **Sportsmanship**

By promoting sportsmanship, ethics, and integrity in extracurricular activities work is being done to obtain the goals of building character among all participating individuals and developing a positive school climate.

Good sportsmanship does not just involve student athletes, it involves all segments of the Hillsboro school community: administrators, coaches, parents, community fans, spirit groups, and support/booster groups. By creating a change in attitudes of the community towards good sportsmanship, it is possible to set a good example for future student athletes and fans.

Hillsboro student athletes are put into the position of being role models within the school, the community, in our athletic conference, and around the state. Athletes are to conduct themselves as positive role models by being a good sport. A good sport knows athletic competition build character and shapes lifelong skills. Integrity, fairness, common decency, courtesy, and respect are inherent principles of good sportsmanship. With those qualities, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

As a Hillsboro student athlete, your sportsmanship goals include:

- Developing a sense of dignity under all circumstances;
- Respecting the rules of the game, officials, and their decisions;
- Respecting visiting teams and school representatives as fellow students;
- Refraining from engaging in all types of disrespectful behavior, specifically taunting, trash talking, social media harassment, and other forms of intimidation;
- Looking at athletic participation as a potentially beneficial learning experience;
- Educating other students and fans to understand the rules of the game and to value sportsmanship.

Athletes are representatives of Hillsboro City Schools. Athletes' actions are viewed by family, friends, opposing fans, local community and the media. Displaying good sportsmanship will show the positive attributes about an individual athlete and Hillsboro City Schools.

Hillsboro fans (including parents, administrators, spirit groups, support/booster groups, and community members) are also expected to display good sportsmanship. They will be reminded that they are guests at athletic contests. As such, spectators should conduct themselves in an appropriate manner for a sporting contest among young athletes.

Promoting sportsmanship as a community includes:

- Treating opponents and officials with respect;
- Controlling tempers at all times;
- Being positive with opponents, refraining from swearing or making insulting remarks to opponents before, during or after a contest;
- Letting student audiences know that inappropriate behavior reflects poorly on the school and the team;
- Realize that athletics are part of the educational experience;
- Learning, understanding, and respecting the rules of the game;
- Being positive about all athletes on Hillsboro teams and supporting each of them in the various roles they play on the teams;
- Respecting the task our coaches face as teachers; and supporting them as they strive to educate our youth by providing them the opportunity to lead in the manner they deem appropriate.
- Refraining from posting negative comments related to student athletes, coaches, opponents, and referees on social media.

Responsible administrators or their designees at all athletic events (home or away), reserve the right to remove a spectator from an athletic facility for inappropriate, unsportsmanlike behavior.

Coaches play a very important role in development and modeling our student athletes into well-rounded individuals. They are the role models that our athletes observe day after day in practice and athletic competitions. As such, good sportsmanship for coaches include:

- Treating opponents and officials with respect;
- Setting a good example of how to address other players, coaches and officials;
- Respecting the rules of the game and the decisions of the officials;
- Shaking hands with opponents before and after each game;
- Controlling tempers at all times in and out of the competitive arena;
- Modeling appropriate language and behavior in practices and competition.
- Refraining from posting negative comments related to student athletes, coaches, opponents, and referees on social media.

In addition to the above stated goals, the Ohio High School Athletic Association (OHSAA) has established specific rules for the promotion of sportsmanship and the reduction of participation when unsportsmanlike conduct is displayed during a contest. The OHSAA handbook has outlined consequences for players in the following manner:

Any athlete ejected from a contest will meet with the Athletic Director and may be required by the responsible coach to complete extra activities before joining the team in a competitive manner.

## **Personal Conduct**

Participation on any Athletic Department sponsored team/squad is a privilege. Participants must earn the right to represent Hillsboro city Schools by conducting themselves in such a manner that the image of the district is not tarnished any way. Any participant whose conduct is determined to be a discredit to him/herself, the team or school, during the sport season, shall be subject to disciplinary action up to and including dismissal from the team as determined by the coach, athletic administrator, and/or members of their team. As such, coaches may choose to deny participation privileges to any potential student athletes that has been proven to be a discipline or behavior problem or has been disrespectful as their duties as a representative of the Athletic Department or Hillsboro City Schools. This will apply at any time during the calendar year and throughout each and every day.

## **Code of Conduct**

Athletic Department guidelines have been created with one goal in mind: to allow each athlete to become the best he/she is capable of being. The guidelines are formulated from the conviction that healthy diet, healthy personal habits, and abstinence from alcohol and drugs enhance athletic achievement. These guidelines exist to promote the soundness of body and mind that is the core of the athletic excellence.

## **Expectations for Athletes**

All athletes are governed by the constitution and rules of Hillsboro City Schools, the current athletic conference we belong to, and the Ohio High School Athletic Association. The following points outline specific expectations provided by the Hillsboro Athletic Department.

1. Abide by the constitution and rules of the OHSAA.
2. Demonstrate sportsmanlike conduct and show respect for teammates, competitors, game officials, fans, and coaches.
3. Be present and on time for meetings, practices, and competitions.
4. Follow all training rules. (see below)
5. Follow the guidelines for student conduct as stated in the Hillsboro Student/Parent Handbook for the appropriate building.
6. Show concern for and provide proper care of school property and equipment.
7. Be in school on the day of practice or contest by the end of 2nd period when school is in session.
8. Be responsible for returning all equipment issued to you during the sport season. The student athlete will be financially responsible for any lost equipment. All financial obligations of the student must be taken care of within one week after the end of the sport season. No student athlete will receive an athletic award, report card, or transcript until all equipment is returned and all financial obligations have been met.
9. A student athlete quitting an athletic activity may not participate in a new sport activity until the athlete has received a release from the head coach of the sport being dropped or until the end of that specific sport season.
10. Athletes are expected to attend awards programs to complete their sport season and receive their recognition/awards. Any awards not picked up within two weeks of the sports awards ceremony will be unavailable unless extenuating circumstances prevented receipt of awards in a timely manner.
11. An athlete represents more than the individual. As a representative of the team, school and community, the athlete's conduct and appearance must reflect this additional responsibility. Student athletes should behave in such a way as to be free of any suspicion of breaking training rules and/or unsportsmanlike conduct.
12. A student athlete shall not violate any Federal, State, Local statutes that are unbecoming of a student athlete.
13. A student athlete shall refrain from posting inappropriate comments and/or pictures on social media that would negatively represent the Hillsboro City School district and the Hillsboro community.

## **Training Rules**

1. Any athlete violating the student Discipline Code in the Student/Parent Handbook for the appropriate building at an athletic meeting, practice, or contest will be referred to the responsible building administrator. The consequences as outlined in the Student/Parent Handbook will be enforced in conjunction with Athletic Department consequences.

2. An athlete shall not use, abuse, possess, transport, or conceal alcoholic beverages, tobacco (smokeless or smoking), and look-a-like or controlled substances as defined by law. It is not a violation for a student to use legally defined drug prescribed by an attending physician for the student's own use. The medication is to be treated as outlined in the Student/Parent Handbook.
3. A student athlete shall not violate any Federal, State, Local statutes that are unbecoming of a student athlete.

### **Consequences for Violating Training Rules**

**First Offense** - The student athlete shall be denied participation in 20% of all scheduled competitions. The athlete must seek an assessment from a school recommended agency and follow all recommendations of the assessment.

**Second Offense** - A second violation will result in dismissal from all athletic participation for the remainder of the current athletic season and the next two athletic seasons. The district will again refer the student for professional treatment.

**Third Offense** - A third violation will result in loss of participation privileges for the remainder of the student's career in Hillsboro City Schools.

Suspension from athletic participation will be carried over to the student's next season of athletic participation. (ie: an athlete who participates only in volleyball receives a denial of participation from 20% of volleyball matches of the junior year, but did not complete the suspension by the end of the season. The suspension will be completed at the beginning of the senior season of volleyball.) Also athletic participation denial can carry over from one sport season to another sport season. (ie: A golfer receives participation denial for 20% of the season, but does not complete the suspension before the end of the golf season. The suspension will be completed at the beginning of the consecutive winter sport season, or the spring sport season provided the athlete does no participation in a winter sport.) The concurrent sports season must be completed by the athlete in order to complete the terms of the suspension.

In the case of all suspensions, an Athletic Council (made of the current sport head coach, the Athletic Director, and other building administrator) will meet with the suspended athlete and determine the athlete's ability to participate in practices or other team events until the terms of the suspension are met.

**Self-Referral** - If a student athlete or parent(s) ask a coach, counselor, administrator, or other school personnel for help and an assessment prior to any known violations of this policy, they will not be subject to any Athletic Department disciplinary action provided they follow the recommendations of the school recommended assessment. A self-referral will be considered a first offense, but will not carry any Athletic Department penalties.

A parent/guardian may appeal the suspension with a written request to the athletic director or principal. The request must be submitted within 48 hours of the suspension.

### **Additional Training Rules**

1. A "season" is defined as the period of time from the date of the first practice session, as allowed by OHSAA, through the end of the athletic season. The athletic season ends at the conclusion of that season's awards program.
2. A suspension from school means suspension from a team for the corresponding period of time. While suspended, athletes may not have contact with the sport team in any manner; this includes not being able to attend either home or away contests as a member of the team nor can an athlete attend as a spectator. Participants must have a meeting with the head coach before resuming participation after being suspended.
3. Participants who are constant discipline problems in school or on a team may be dismissed for the remainder of the season from all participation privileges by the team's head coach. Coaches also reserve the right to select team rosters and may choose to deny participation rights to any athlete who is constantly a discipline challenge even if the sport is generally recognized as a "non-cut" team.

### **Scholastic Eligibility & Age Limitations for Students**

High school and middle school students participating in extracurricular activities must have a 1.5 Grade Point Average (GPA) and pass five credits in the preceding grading period to be eligible for participation.

After a student completes the eighth grade, they have eight semesters of eligibility, whether the student participates or not. A student in grade 7 or 8 that turns age 15 before August 1, shall be eligible only at the high school level not to exceed eight semester, whether the student participates or not.

Students enrolled in the high school are eligible until the day they turn age 20 at which point they would become ineligible to participate in high school interscholastic athletics for the remainder of that school year.

### **Attendance Requirements**

Students athletes are required to be in school by the end of 2nd period in order to be able to compete or practice that day. Possible exceptions must be dealt with by the Athletic Director or Principal on an individual basis.

## **Parental Procedure for Registering a Concern**

1. Contact the Athletic Director to set up an appointment at least with the coach for a private conference. Attempting to discuss coaching decisions or methods during and/or immediately after a practice or contest is not appropriate.
2. A concern that has not received adequate attention by the coach may be presented to the Athletic Director further review. This step should only be taken after a meeting with the coach.
3. After the items of interest has been discussed with the Athletic Director, it may be discussed with the responsible building Principal for resolution, if necessary. At this point, the concern may be raised with the Superintendent for further review, if no agreeable solution can be reached.

## **Emergency School Closings and Cancellation of Contests**

When Hillsboro City Schools close for an emergency situation due to inclement weather or other possibly dangerous situations, there may not be competitions, whether scheduled home or away unless approved by school administration. Practices may only be held if approved by the administration.

## **Early Dismissal**

Although it is not encouraged, at certain infrequent times students must be excused from class in order to participate in extracurricular activities. When students must be excused early, the faculty will be notified of the dismissal and provide athletes information necessary to complete missed work. (All dismissals must receive prior approval from the responsible building administrator.) Student athletes are responsible for completing missed work on time allotted by the faculty member.

## **Risk of Participation**

All athletes and parents/guardians must realize the risk of serious injury, which may result from participating in athletics. The Athletic Department will use the following safeguards to make every effort to eliminate injury:

1. Coaches must be certified in Ohio Department of Education certified classes for the prevention and care of athletic related injuries.
2. Certified athletic trainers will be at as many contests and practices as possible.
3. The Athletic Department will provide for education of coaches in the most up-to-date techniques and skills in the corresponding sport.
4. Athletes will be instructed in the dangers of participation in a particular sport.

## **Transportation**

The school district provides transportation for participants in extracurricular activities to and from the location of the contest.

Students may ride home from an event with their parent/guardian for extenuating circumstances if a written parental request is approved by the Athletic Director or Principal prior to the students leaving for the event. However, it is recommended that all student athletes travel to and from events with the team.

All school bus rules will be followed on all athletic trips. Students who choose not to follow transportation rules may lose the privilege of being transported to athletic events.

## **Dual Participation**

Athletes may participate in more than one sport or activity during a season. Following are the guidelines applied in the situations.

- Students have to make the team.
- Playing time will be determined by ability.
- Contests take preference over practices.
- A league contest takes preference over a non-league contest.
- Practice time is shared
- Conflict in contests: students makes the choice the first time and from that time on, it is on an alternating basis with no student choice after the first time.
- If required, students pay fees for both sports.
- All other conflicts are to be worked out with the Principal & Athletic Director.

## **Forms Required for Participation**

1. Completed OHSAA approved physical form signed by physician and parents/guardians.
2. Completed emergency medical form.
3. Completed insurance form.
4. Athletic Department Code of Conduct.
5. Completed liability release form.
6. Completed concussion form.
7. Sudden Cardiac Arrest/Lindsay's Law form.
8. Signed receipt of Student Handbook.
9. Completed eligibility checklist.
10. Any other rules/regulations contracts specified by the head coach through the office of the Athletic Director.

**Authorization For Participation in Interscholastic Athletics**

As parent(s) or legal guardian(s) of a Hillsboro City Schools student athlete, we/I authorize and consent for our/my child's participation in interscholastic athletics for the current school year. We/I understand that the activity in which our/my child will participate is potentially dangerous and that physical injury may occur to our child requiring emergency treatment. We/I hereby acknowledge that we/I have been properly advised, exposed to the risk of serious injury but not limited to sprains, fractures, and ligament and/or cartilage damage which would result in temporary or permanent, partial or complete impairment in the use of his/her limbs; brain; paralysis; or even death. Notwithstanding such warnings, and with full knowledge and understanding of the risk of serious injury to our/my child which may result, we/I give our consent to our/my child to participate.

In consideration of acceptance of our/my child by the Hillsboro City Schools in its Athletic program, we/I agree to release and hold harmless the Board of Education of Hillsboro, its members, the Superintendent of Schools, the Principal, the Athletic Director, all coaches, and any and all other of their agents, and/or employees and agree to indemnify each of them, from any and all claims, costs, suits, actions, judgments, and expenses arising from our child's participation in interscholastic athletics and sports.

We/I hereby give our consent and authorize the Board of Education of Hillsboro and its agents, and/or employees consent on my/our behalf and on behalf of our/my child, to emergency medical care and treatment in the event we are unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

We/I understand and agree that we/I will be responsible for medical bills and costs that may be incurred as a result of medical care and treatment of our/my child.

Students who have made a decision to take part in the athletic program will be required to practice and participate in scheduled contests after school and possibly on non-school days.

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date