# OCEMS ATHLETIC HANDBOOK

Statement of Purpose

The purpose of the middle school athletic program is:

1. To improve the image of the student athlete
2. To strive always for practicing and playing excellence
3. To ensure growth and development that will raise the number of individual participants; that will give impetus to increasing attendance at each contest; that will build up gate receipts; and that will enable a program of continuing upkeep and improvement of facilities.
4. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:

a. Physical, mental, and emotional growth and development.

b. Acquisition and development of special skills in activities of each student's choice.

c. Team play with the development of such commitments as: loyalty, cooperation, fair play, and other desirable social traits.

d. Directed leadership and supervision that stresses: self-discipline, self-motivation, excellence, and the ideals of good sportsmanship in winning and losing.

e. A focus of interest on activity programs for the student body, faculty, and community that will generate a feeling of unity.

f. Achievement of initial goals as set by the school in general and the student as an individual.

g. Provisions for worthy use of leisure time in later life, either as a participant or spectator.

Coaches as well as athletes will need to follow the code of ethics listed below.

CODE OF ETHICS

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a positive relationship between visitors and hosts.
6. To respect the integrity and judgement of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgement by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the individual players.
10. To remember that an athletic contest is only a game---not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

Student Athlete Rules

You must have a physical exam report on file with the athletic director in the office.

**Middle School Athletic Grade Policy**

Students must be passing at least 5 classes in order to participate in any sport at Rising Sun Middle School. Semester grades will take precedent over the 9-weeks grades in order to determine eligibility. Students who do not meet these standards at the 9-week or semester grading periods, whichever is applicable, are not eligible. Students that are ineligible at these times may enter the tutoring program to try and regain eligibility at the conclusion of the above-mentioned grading periods.

Student athletes not meeting any of the above standards at the 9-week progress report time will be placed on probationary status. Students on probationary status must meet with the Athletic Director to develop a tutorial program in order to help the student remain eligible. Probationary students will remain eligible, as long as, they remain in the tutoring program. Tutorial programs should be set up with the cooperation and help of the course teacher and the proper tutorial personnel. Refusal by the student athlete to participate in the tutoring program will result in the student athlete being immediately declared ineligible for the remainder of the grading period. Once identified, probationary student athletes will remain in the tutoring program for the remainder of the grading period and or sports season whichever is longer. The athletic director and coach will monitor the grades of the student athletes to insure they meet eligibility standards set by the school. The athletic director will check mid-term, 9 week and semester grades to aid in the determination of student athlete entering the tutoring program.

A coach, athletic director, parent, or athlete can at any time during the sports season identify and/or request to be placed into the tutoring program. Once placed into the tutoring program, a student athlete must remain in the program for the remainder of the sports season or grading period, whichever is longer.

Students who are on probation and have an electronic monitoring system will not be allowed to play in the games until the device has been taken off

**Attendance-** An athlete must be in school and in the classroom on the day of a scheduled athletic event from the end of lunch period to the end of the school day. The only exception is if the athlete has prior permission from the Principal or Athletic Director.

You are expected to conduct yourself in an appropriate way at school, practice, and games. Inappropriate behavior in any setting will bring about disciplinary action.

**Practices:** All athletes are expected to attend practices. Family emergencies, illness, or doctor's appointments will be excused. If an athlete misses practice, the parent or athlete is to inform the coach about why the athlete missed the practice. A player that misses more than two unexcused practices

may be removed from the team. Players need to come to practice on time. Tardiness will result in loss of playing time and habitual tardiness will result in dismissal from the team. Practices are not open to parents or other guests.

At games, athletes will sit as a team and act appropriately.

**Transportation-** Athletes should ride the bus to and from games. If your parents attend the away games, you may ride home with your parents. If an athlete needs to ride home with someone else after the game, the athlete needs to have a note from your parent stating you can ride home with someone else and prior approval by Principal or Athletic Director.

If your bus behavior is not appropriate, you will not be allowed to go to the next away game. There will be no food or drink on the bus unless the bus driver has given permission.

**Behavior**

Players will be role models on and off the court. The following consequences will occur for misbehavior at school or school related activities.

Consequences

1. After school Detention- Set by Coach in Team Rules

2. Wednesday school- Suspended for 1 game

3. In-School Suspension or ACDC/Out of School Suspension- Suspended for 2 games

4. Any further misconduct will result in dismissal from the team.

Coaches with the consent of the athletic director have the right to dismiss players immediately from the team for poor sportsmanship. Poor sportsmanship consists of but is not limited to the following: taunting, fighting, stomping feet, profanity, questioning officials, throwing any object out of anger, etc.

Parents and family members, we realize that everyone wants their child to play; however their skill level will determine how much playing time they may get. This is the coach's decision. Please remember that they are getting playing time during practice. If you have a problem, please do not approach the coach during or after a game. Parents are not to sit on the bench with the players. Please set up an appointment with the coach by calling the Athletic Director at the school.

**We also want to stress how important that good sportsmanship is. We expect our parents, family members, fans, players, and coaches to represent our school in a positive light. The school has the right to remove fans from the facility and there is a possibility of losing at least 2 home games for poor sportsmanship. Please remember this is just a game. Please do not yell at the referees, coaches, or the players. Words of encouragement are always welcome.**

**Rules:**

Each athlete shall be subject to each of the following rules and procedures

1. **General Behavior:** Athletes are expected to be good representatives of Ohio County Elementary-Rising Sun Middle School before, during, and after athletic competitions and practices.
2. **Training Policy:** Each athlete must have a completed physical examination signed by a physician on file in the Athletic Department before they can begin practicing for their sport. During the season each coach will provide athletes with proper drills and conditioning techniques to maintain physical tone and each athlete shall make every reasonable effort to participate and complete such drills and conditioning techniques.
3. **Insurance:** It is the policy of the Athletic Department that family insurance be used for payments to the hospitals, doctors, X-rays, etc. For injuries incurred through participation in athletics.
4. **Alcohol, Tobacco, Drugs:** The possession, use, association with, or sale of any type of tobacco/alcohol product or any illegal drug is prohibited. The following will be considered violations of this rule:

**A.** The athlete is observed possessing, using, or using any tobacco product, alcohol product, or any illegal drug by a member of the Rising Sun coaching staff, faculty, or administration.

B. The athlete admits to possessing, selling, associating with, or using any type of tobacco product, alcohol product, or illegal drug to a member of the Rising Sun coaching staff, faculty, or administration.

C. The athlete is cited, pursuant to any juvenile or criminal procedure for processing, using, associating with, or selling any type of tobacco product, alcohol product, or illegal drug by any agency of the federal government or the State of Indiana.

The student will be removed from the team immediately and will not be allowed to play the rest of the season.

Rising Sun Middle School abides by IHSAA rules.

5. **Equipment:** Athletes may be issued equipment in order to successfully participate or to prevent injury in certain sports. It shall be the responsibility of each athlete to use all reasonable efforts to protect and return any equipment issued by Rising Sun. Any equipment destroyed or lost by an athlete due to unreasonable or malicious conduct shall be replaced by the athlete at his or her cost and in such an event, the athlete may not participate until such equipment is paid for. No athlete will be permitted to take home any equipment owned by the school without the prior consent of the coach and the athletic director.

6. **Participation:** An athlete who begins the practice season with a sport is expected to finish the season with that same sport. An athlete will not be permitted to start the season with one sport, drop that sport and change to another sport. If the athlete is dropped from the sport by the coach, he may change to another sport with the approval of the athletic director. If an athlete begins a season with a sport, he or she will not begin practice for the next sports season until the end of the first sport season, unless that athlete is excused by the coach. An example would be that a soccer player may not drop soccer to begin basketball practice until excused by the soccer coach.
7. **Transportation:** Rising Sun will provide buses for transportation to away athletics events. Athletes shall travel on the bus to and from events, unless excused by their coach. Please make arrangements to pick up your child promptly after practice and games.
8. **Eligibility:** Students must pass at least 5 subjects in order to participate in Rising Sun Middle School Athletics. Semester grades will take precedence over 9-week grades to determine eligibility. Athletes who have an F on their progress report will be required to meet with the athletic director to develop a tutorial program in order to help the athlete stay eligible. Athletes with an F on progress reportwill be required to attend tutoring. Athletes who do not attend tutoring will be removed from the team.

Rising Sun Middle School will abide by IHSAA rules.

9. **Social Networking and Media Policy:** As an educational institution, Rising Sun Middle School, supports and encourages the rights of individuals to free speech. However, student athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, their community, and/or Rising Sun Middle School. This includes any activities conducted online through social networking sites (I.e Facebook, My space, podcasting, blog sites, You Tube, Twitter, Snap chat, Tic Tok, or chat rooms.) This also includes the practice of sexting which is a term coined by the media that generally refers to youth writing sexually explicit messages, taking sexually explicit photos of themselves or others in their peer group and transmitting those photos and/or distributing these photos. Participation in Rising Sun Middle School athletics is a privilege, not a right. As a student athlete, you are a representative of the school and community, and as such, you are always in the public eye. Keep the following guidelines in mind as you participate in any of the aforementioned public media:

1. Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control at the moment it is placed online, -- even if you limit access to your site.

2. You are not to post information, photos, or other items that could embarrass you, your family, and your team. This includes items that may be posted on your page by others.

3. You should not post your address, phone numbers, birth date, or other personal information. You could be opening yourself up to predators or stalkers.

4. Be aware of who you add as a friend to your site. Many people are looking to take advantage of student-athletes or seek connection with student-athletes to give them a sense of membership on a team.

5. Coaches and athletic administrators can and do monitor these websites. Disparaging remarks about teammates, coaches, or school officials can serve as grounds for suspension from competition or dismissal from teams, as well as possible legal ramifications.

6. Students-athletes will face disciplinary measures for violation of team policies, athletic department policies, and state and federal laws.

10. **Athletic Trainer:** An athletic trainer will be available to athletes and coaches. All athletes should be covered under their parents' medical insurance plan. An athlete who is under a doctor's care must provide a "Return to Play" documentation in order to continue participation in any sport.

**Discipline:**

1. Each head coach may furnish their athletes with specific rules and/or regulations, which apply to that sport, as that coach deems appropriate (the coach will put these in writing and give each team member a copy and the athletic director). To remain a member of that team, the athlete will be expected to adhere to those rules as well.
2. The Principal/Athletic Director may discipline an athlete for any action, which they determine, is detrimental to the school or exhibited poor sportsmanship
3. Any athlete wearing a court ordered ankle bracelet would not be allowed to participate in an athletic contest

**ALCOHOL AND TOBACCO**

The use, possession, and/or selling of any form of alcoholic or tobacco products by an athlete are prohibited. It has clearly been demonstrated that alcohol and tobacco are harmful to an athlete. The use, possession and/or selling these items not only due harm to the athlete, but also to the team, sport, school, and community.

The consumption of alcoholic or tobacco products is considered use. Any alcoholic or tobacco products found in athlete's vehicle or on himself/herself constitutes possession.

A. First Offense:

1. Use or possession will result in a minimum suspension of thirty percent (30%) of the sports scheduled games.

a. Rehabilitation- The student may reduce the penalty to 20% of the contests of the sports scheduled games by submitting to a substance abuse program of assessment, counseling, screening, and/or indicated therapy. The program must have been approved by the middle school administration and may include a recommendation for parent or guardian participation. The cost of the program is the responsibility of the student and/or his or her parents or guardians. The student will serve the

remainder of the entire 30% suspension if the Athletic Director is notified that the student has violated any of the stated conditions of the substance abuse program. If a student fulfills the suspension but does not complete the substance abuse program, then the athlete will lose any awards.

b. Self-reporting- The total penalty will be reduced to 10% of the contests of the sports scheduled games if: 1) the student or the students parents or guardians report the violation to the Athletic Director or a head coach within 48 hours of the violation 2) the student submits to a substance abuse program as described above.

2. If the infraction occurs at the time when less than the number of contests suspended remain, the number of contests not served will carry over into the athlete's next season (the athlete may not be able to use a sport which he/she has not had prior participation in to terminate the carry-over contests).

3. Contests cancelled due to weather will not be considered suspension time.

4. The athlete will attend all practices and appear in street clothes on the bench with the team at contests. He/she will also aid the coach in practices and at games (keeping stats,books, etc.)

5. Any athlete who still has suspension time to serve when his/her season ends will be ineligible to receive any awards for that sport.

B. Second Offense

1. Use or possession will result in a suspension from athletics for one calendar year (365 days).

2. Will be governed by rules A2, A3, A4, and A5 from the preceding section.

3. An athlete who has been suspended a second time is ineligible to receive an award in the sport he/she was involved in at the time of the offense.

4. The athlete will be advised at the time the second suspension is instated that he/she must be reinstated by the Athletic Council to be a candidate for any athletic squad at Rising Sun Middle School.

C. Third Offense

1. The third offense involving alcoholic or tobacco products will result in suspension from athletics for the remainder of middle school career.

ILLEGAL DRUGS

The use of such drugs leads to the deterioration of the mind, body, spirit and overall health of the individuals using them. The possession of illegal drugs by a Rising Sun Athlete cannot be

justified under any circumstances; possession will be considered as serious as offense as their use.

A. First Offense

1. Suspension from athletics for one calendar year (365 days).

B. Second Offense

1. Suspension from all athletics for remainder of middle school career.

V. Appeals of Discipline:

1. Anyone wishing to request an appeal should notify the middle school principal in writing within ten (10) calendar days of the date the student is notified of the suspension. The right of appeal is forfeited if not requested within this ten-day limit.

2. If an appeal is requested, the principal will conduct a hearing with the athlete, the athlete's parents, and the athletic director. The purpose of the appeal hearing is to inquire into the athlete's violation and to allow the athlete and parents or guardians to present evidence on the student's behalf. The principal shall make a final determination in regards to whether the Athletic Code was properly applied to the violation.