

Hillsboro City School Student Athlete Handbook



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 safe learning environment.
2. Educate Coaches. Coaches will be provided opportunities to attend clinics enhance technical and relationship skills.
3. Provide safe, sanitary, and accommodating facilities. Prior to the start the school year, the athletic administrator will inspect the facilities for hazardous conditions. Any problems in this area will be remedied.

At the seasons end, coaches will recommend upgrades and changes to facilities. These recommendations will be studied, and if feasible, 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 the one athletic team during a school year.

Provide Personal Development of Student Athletes Nurtured by Athletic Participation:

1. Strengthening of self-esteem. Coaches will develop physical strength, sport skills, and coordination in athletes to help develop a more positive awareness of themselves.
2. Accountability and responsibility for actions. Coaches may impose team discipline for actions that are deemed inappropriate. (Example: disrespect shown 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 goals attainable.

4. Growth of self-discipline in and out of 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 personal hygiene habits and choosing to stay alcohol and drug free.

Making 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 study requirements.

Provide Encouragement for Meeting Academic Expectations

1. Promote district attendance policy. Coaches will enforce the district attendance policy. Athletes must be in school by the end of 2nd period in order to participate that day in either a practice or scheduled competition. Exceptions must be approved by the principal or athletic administrator.
2. Coaches will promote academics as the 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 the team members after selections and explain their roles on the team. Together the two will set goals for the season and define expectations as a team player.
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 as a team member. Those athletes unable to meet the expectations will be subject to team consequences. (i.e...., loss of playing time, unable to travel with team, etc.)

Sportsmanship

By promoting sportsmanship, ethics, and integrity in extracurricular activities work in 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, cheerleaders, 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.

Hillsboro student athletes are put into the position of being role models within the school, the community, in the South Central Ohio League, and around the state. Athletes are to conduct themselves as positive role models by being a good sport. As a good sport knows athletic competition builds character and shapes lifetime attitudes. Integrity, fairness, common decency, courtesy, and respect are inherent principals of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

As a Hillsboro student athlete, your sportsmanship goal 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 talk, 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 the value of 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 things about an individual athlete and Hillsboro 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 the athletic contests. As such, spectators should conduct themselves in an appropriate manner for 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 the 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 out youth by providing them the opportunity to lead in the manner they deem appropriate.

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 the development of our student athletes into well-rounded individuals. They are the role models that our athletes observe day after day in practice and games. 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 the opponents before and after the game.
- Controlling tempers at all times in and out of the competitive arena.
- Modeling appropriate language and behavior in practices and games.

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

Any player ejected or disqualified for unsporting conduct or flagrant foul shall be ineligible for all contests for the remainder of that day. In addition, the player shall be ineligible for all contests at all levels in that sport until two regular season/ tournament contests (one in football) are played at the same level as the ejection or disqualification. When ejection or disqualification of a player results from illegal substitution in baseball, fast pitch softball or basketball, the two contest suspension does not apply.

If the ejection or disqualification occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during or traveling after the contest(s).

A student who is ejected or disqualified a second time shall be suspended for the remaining of the season in that sport.

A student who has been ejected or disqualified for unsporting conduct for the second time in the season during the last contest shall be ineligible for a period of time/ number of contests subject to discretion of the Commissioner. The period of ineligibility shall commence during the next sport in which the student participates.

Any athlete ejected from a context 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 an 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 in 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 principal. Coaches/ Advisors also reserve the right to be wholly responsible for selecting the members of their team. As much, coaches may choose to deny participation privileges to any potential student athlete that has been proven to be a discipline or behavior problem or has been disrespectful of their duties as a representative of the Athletic Department or Hillsboro City Schools. This will apply at any time during the calendar year throughout each and everyday.

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 South Central Ohio League, and the Ohio High School Athletic Association. The following points outline specific expectations by the Hillsboro Athletic Department.

1. Abide by the constitution and rules of the OHSAA.
2. Demonstrate sportsmanlike conduct and show respect for the teammates, competitors, game officials, fans and coaches.
3. Be present and on time for all competitions, practices, and meetings.
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. Student athletes are responsible for returning **all** equipment issued to them 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 season. No student athlete will receive an award, grade 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 recognitions/ 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. Any violations of Federal, State, and Local statutes that is unbecoming of a student athlete.

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 outlines in the Student/ Parent Handbook will be enforced in conjunction with Athletic Department consequences.
2. During the season, an athlete shall not use, abuse, possess, transmit, or conceal alcoholic beverages, tobacco (smoking or smokeless), and look-a-like or controlled substances as defined by law. It is not a violation for a student to use a 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 shall not violate any Federal, State, and 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 athletic season and the next two 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. (i.e.... 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. (i.e.... a golfer receives participation denial for 20% of season, but does not complete the suspension before the end of 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 not participate 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 up 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 terms of 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 will 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

1. A “season” is defined as that 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 the last competition in which the team competes
2. A suspension from school means suspension from a team from 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. They may watch a contest by purchasing a ticket and watching from the stands. Participants must have a conference 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 and Age Limitations for Students

High School Students participating in extracurricular activities must have a 1.5 Grade Point Average (G.P.A.) and pass five credits in the preceding grading period to be eligible for participation.

Middle School student must have a 1.5 G.P.A. and pass 75% their courses.

Grades of athletes are monitored on a weekly basis by the Athletic Director. Any student athlete receiving at least one D or F on the weekly grade check must attend Study Table at least twice the following week. Any athlete not attending Study Table at least twice will be ineligible to participate in any scheduled contests during the following week.

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 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 that turn 19 before August 1, are ineligible to participate in high school interscholastic athletics for the school year commencing in that school year.

Attendance Requirements

Student 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 exemptions 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 with the coach for a private conference. Attempting to discuss coaching decisions or methods immediately after a contest is not appropriate.
2. A concern that has not received adequate attention by the coach may be presented to the Athletic Director for further review. This step should only be taken after a meeting with the coach.
3. After the item 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 Closing and Cancellation of Contests

When Hillsboro City Schools close for an emergency situation due to inclement weather, there will be no competitions, whether scheduled home or away unless approved by school administration.

Early Dismissal

Although it is not encouraged, at certain infrequent times students must be excused from class in order to participate in extra-curricular 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 on 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 extra-curricular activities to and from location of the contest.

Students may ride home from an event with their parent/ guardian if a written parental request is approved by the Athletic Director or Principal prior to the student leaving the event.

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.

Participation Fee

High School - \$25 per activity

Middle School - \$15 per activity

This fee must be paid prior to participating in the first scheduled contest of the season. In the event the fee causes a financial hardship, arrangements can be made with the Athletic Director for the payment.

Dual Participation

Athletes may participate in more than one sport or activity during a season. Following 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-student makes the choice the first time and from that time on it is on an alternating basis, with no student choice after first time.
- Students pay both fees.
- All other conflicts are to be worked out with the Principal/ Athletic Director/ ect.

Forms Required for Participation

1. Completed OHSAA approved physical form signed by the physician and parents
2. Emergency medical card
3. Insurance forms filled out and on file.
4. Athletic Department Code of Conduct.
5. Liability release form on file
6. 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 of Hillsboro City School 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, cautioned, and warned by the proper administrative and coaching personnel of the Hillsboro City School District that our/my child may, by participating in this activity, be 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 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 all medical bills and costs 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.

Adopted by the Hillsboro City Schools Board of Education for the 2007-2008 school year.

Agreement of Outlined Rules

By signing this document, I verify that I have read the stated rules and consequences. I agree that these rules and consequences are fair and just and I will abide by them while a member of a Hillsboro athletic team.

Student Signature _____

Date _____

As a parent/guardian of a Hillsboro student athlete, I verify that I have read the rules and consequences outlined in this document. I agree that I will help my student athlete abide by these rules while a member of a Hillsboro athletic team. I also verify that I have read and received a copy of the Hillsboro City Schools Student Athlete Handbook, that I understand the form and that I agree with the terms of authorization.

Parent/ Guardian Signature _____

Date _____

Failure of either the student or parent/guardian to sign the form will result in the student being ineligible to participate as a member of a Hillsboro City School athletic team/squad.