

# **THE EAST ATHLETIC HANDBOOK**

## **1. Introduction**

You are receiving this handbook because you have indicated a desire to participate in an interscholastic athletic program offered at East High School. We are very pleased that you have made this decision, and we hope that your experiences will be positive as well as educational. Participation in athletics is both a privilege and an honor. It gives all students the opportunity to learn leadership skills, to gain self-confidence, self-discipline, organization skills, decision-making skills, and also encourages them to set goals. These skills can be learned whether you are the super star or the last person picked for the team. These skills are learned everyday and in every practice by all those who are willing to work toward them. This is why we encourage every student to participate in every activity possible. Once you have decided to participate, there are many questions that both you and your parents may have regarding the athletic program. In order to assist in making the athletic experience a more positive one, this handbook has been assembled to answer questions about the guidelines and philosophy of the athletic department. We hope that this will be of assistance, and we encourage you to use it as a reference throughout the year. If you or your parents have any additional questions, please feel free to contact any of our head coaches or the athletic director.

All aspects of any interscholastic program (including cheerleading) are to be subject to and in compliance with all established rules and regulations of the Ohio High School Athletic Association (OHSAA) and the East High School Student Handbook. All athletes are subject to the guidelines of this handbook year round which includes time during the summer and seasons when the athlete does not participate in a school-organized program.

## **2. Conduct and Character of Student/Athletes**

Interscholastic Athletics are a privilege and students make a choice to participate. In so doing, the student also chooses to adhere to the athletic participation rules. An East student athlete will not do anything that will jeopardize their chances for playing, or their team's chances of success. These rules and procedures apply during the entire year once joining a team, on and off school grounds, 24 hours per day, 7 days per week. Failure to represent the school and community in a positive light and failure to comply with these rules and procedures may result in a suspension or expulsion from participation in East High School athletics.

Good sportsmanship and exemplary conduct are to be exercised by all athletes of East High School, at all times and in all situations. In matters pertaining to personal behavior in which athletes are involved, such as violations of sportsmanship, attacks on officials, insubordination, and other acts of misbehavior, East High School officials and coaches and/or the Ohio High School Athletic Association shall have jurisdiction to determine the penalties involved and whether or not the pupil may participate in athletics.

## **3. Physical Examination**

No student athlete shall be eligible to compete in any interscholastic conditioning, practice, game, or event without a current physical on file with the athletic director. A physical is good for one (1) calendar year from the date of the physical.

If an athlete should receive an injury while participating in a sports related activity (conditioning, open facilities, practices, or game situations) he/she should immediately report that injury to a coach or supervisor. Failure to do so may result in more serious physical injury to the athlete.

Any athlete receiving an injury or having any condition that requires a doctor's care must obtain a doctor's release before resuming participation in any sports related activity.

Any student that is pregnant will be withheld from participation in practice or games unless a release is secured from the attending physician.

#### **4. Insurance Waiver**

No student shall be permitted to compete in any interscholastic conditioning, practice, game, or event without proof of appropriate insurance provided on an insurance form or waiver.

Neither East High School nor any employee of the school assumes responsibility for monetary compensation of injured athletes.

### **5. Training Rules and General Expectations**

#### **A. Commitment**

In order to be successful, a student-athlete must place the highest priority on academics, health, and training. All team members are valuable, and each team needs to know that it can count on its members to be there. Often this means sacrificing social life, family trips, and other events; which come in conflict with the rigors of training and competition. Learning how to make choices is one of the most valuable life lessons an athlete takes from a good athletic program. This commitment extends beyond the field or court and into the classroom and community.

#### **B. Attendance at school**

Students must be in attendance at school on the day of an event in order to participate in extracurricular activities. A student must be at school for the majority of the school day to participate that night; or the day before for a non-school day event. Exceptions may be made for special circumstances. Also, students and parents must attend a mandatory pre-season parent meeting when applicable.

#### **C. Attendance at all team functions**

All student-athletes are expected to attend all team functions at all times. This includes but is not limited to meetings, practices, games, film study and all other events deemed necessary by the coaching staff.

Coaches are to present each player with his/her attendance policy at the beginning of the season. This policy will address all absences including whether an absence is excused or unexcused. The policy will outline expectations and consequences for punctuality, attendance and failure to attend mandatory events. A copy of this policy will be made available to the building principal and superintendent as soon as it is made available to the student athletes.

Consequences for missing mandatory events will be determined by each head coach. Those consequences can include but are not limited to extra conditioning, suspension from practice, being withheld from portions of a game, being held out of an entire game(s) or possible dismissal from the team.

Student athletes who are under suspension from school shall not be permitted to participate or attend any team activities until the suspension has been served in its entirety and the student athlete has returned to school.

#### **D. Attendance at concurrent events**

When school activities run concurrently, the student athlete must communicate with both coaches/advisors to keep both informed of all activities. The student athlete, along with both coaches/advisors should work together to allow the student athlete to remain in good standing with both groups/teams.

#### **6. Out of Season Sports Activities**

Any student who is not participating in a sport in a current season may train or workout in preparation for any other sport, with the consent of the coach. No athlete may participate in workouts for any other sport when they are currently participating in an interscholastic sport without the permission of his or her current coach.

#### **7. Eligibility**

In order to be eligible to compete in interscholastic athletics (including cheerleading) students must comply with all Ohio High School Athletic Association guidelines which include but are not limited to the following:

A. During the immediately preceding grading period, the student must have received passing grades in a minimum of five one-credit courses or the equivalent, which count toward graduation, and have a 1.0 grade point average.

B. In order for a junior high school student to be eligible, that student must have received passing grades during that grading period in 75% of his/her classes for the preceding grading period in which the student was enrolled.

#### **8. Theft**

Any athlete who is guilty of theft against his/her teammates, opposing team members, officials, school property, or property of another school will be disciplined according to the student handbook and may be dismissed from the team depending on the severity of the incident.

#### **9. Damage of Property**

Any athlete who damages school property (East or its opponents) or property of an individual will be responsible for the repair or replacement of that property including all costs of material and labor. The means and methods for such repair are to be determined by school authorities. The athlete will be disciplined according to the student handbook, and he/she may be dismissed from the team based on the severity of the incident.

## **10. Athletic Trips and Transportation of Athletes**

Teams shall travel to and from all events only by authorized transportation as arranged by the athletic department. All student athletes shall ride to and from all athletic contests on the school provided transportation. Exceptions can be made to allow student-athletes to depart from an event with their legal guardian. This exception should only be used in very rare and infrequent occasions. The exception will be decided at the discretion of the head coach.

## **11. Tobacco, Alcohol and Drug Usage**

An athlete shall not possess, use, transmit, sell, offer to sell, intend to sell, conceal, consume, share, transfer, handle, smoke, deliver, build altering chemicals, look-alike drugs, alcohol, narcotics, marijuana, stimulants, amphetamines, barbiturates, tranquilizers, intoxicants, solvents, inhalants, or any mood altering chemical, drug or abuse of prescription drug and counterfeit substance tobacco or tobacco product, or any objects designed to inject, conceal, smoke, or enhance the effects of an item previously listed or any object deemed drug related such as rolling papers, etc.

All infractions are to be channeled through the principal and athletic director whose responsibility it shall be to notify the athlete, athlete's parent(s)/guardian(s), and the athlete's coaches of the infraction.

The athlete may be prohibited from representing East Jr.-Sr. High School in any interscholastic practice or competition until a decision is reached in the case.

The observation or report by an administrator, faculty member, coach, or law enforcement agency or admission by a student is sufficient evidence to confront the subject with impending disciplinary action(s). If it is established that the charge was correct, the following action(s) will be taken:

### **Consequences**

First Offense - Immediate denial of participation from the team and forfeiture of all rights as a team member. This shall be for the remainder of the current season in which the athlete is involved. This penalty may be reduced to suspension from no less than, but not limited to 2 football contests or 4 contests in any other sport if the athlete agrees to complete a certified and accepted counseling/intervention program, and abides by any and all requirements and recommendations of that counseling agency. All expenses of the counseling program are the responsibility of the athlete. An unexcused absence from a session will immediately reactivate the original denial of participation. Example: an athlete caught with illegal drugs, alcohol, or tobacco during basketball season will be suspended for the remainder of that season. If he/she agrees to complete a program of counseling from an approved agency the suspension would be reduced to not less than (4) games. The athlete must attend practice. He/she must travel, not in uniform, with the team at the discretion of the coach. The athlete must also agree to have revoked any leadership positions such as, but not limited to, team captain and will not hold any leadership positions on athletic teams for the remainder of the school year.

Second Offense - Immediate denial of participation from all sports for one (1) full calendar year.

Third Offense - The student-athlete found in a third violation shall be denied participation for the remainder of his/her athletic career. After one (1) full calendar year from determination of guilt an appeal can be made to the athletic commission contingent upon substantiated rehabilitation.

### **Self-Referral**

If an athlete voluntarily admits to use or abuse of any forbidden substance prior to an investigation and/or questioning of a suspected situation, the athlete shall not be subject to any penalty if the athlete agrees to undergo professional assessment/evaluation and /or treatment by a professional counselor from an approved agency and abide by all requirements and recommendations of that agency. This shall be in lieu of first offense penalties and the next infraction shall be treated as a second (2nd) offense, Self-Referral may be used only once in an athlete's career

## **12. Felony Convictions**

Any athlete who is convicted of a felony while his/her sport is in season will result in denial of participation from the team immediately and forfeit all rights as a team member.

## **13. Athlete Expectations/Disciplinary Actions**

### **A. Proper Sportsmanship**

While representing East High School, all student athletes are expected to exhibit the greatest level of sportsmanship. All student athletes will be respectful to teammates, opponents, coaches, opposing coaches, officials, members of the media and fans from both schools at all times. Student athletes are expected to play within the rules at all times and never resort to acts that could be considered illegal, unfair or unethical. Student athletes should be humble in victory while remaining gracious in defeat. Any student athlete who is unable to show proper sportsmanship, on and off the field, may be assigned consequences that include but are not limited to extra conditioning, suspension from practice, being withheld from portions of a game, being held out of an entire game(s) or possible dismissal from the team.

### **B. Disqualification From An Athletic Contest**

The student athlete ejected from any contest will have privileges to participate withheld pursuant to the guidelines of the Ohio High School Athletic Association. This includes, but is not limited to, suspension from regular season contests and being ruled permanently ineligible to participate in a particular sport(s).

## **14. Individual Coaches' Training Rules**

All head coaches are authorized to establish and enforce any additional training rules and regulations pertaining to discipline, conduct, and personal appearance of athletes. Student-athletes shall be groomed and in compliance with school codes of dress and to the satisfaction of their coach. In no circumstances, however, may these rules not be in accordance with existing policies regarding participation in interscholastic athletics.

## **15. School Closing Policy**

On days that school has been officially cancelled for students, all facilities will be closed. Students may assume that school activities for the total day are cancelled unless notification is received from the administration and/or the coach(es) to the contrary. Attendance at an athletic activity when normal school activities have been cancelled due to inclement weather is never mandatory.

## **16. Equipment**

Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach within seven (7) days of the last game. A student will be charged for the replacement cost of new uniforms and or equipment beginning on the eighth (8) day. Also, grades and schedules will not be released until all obligations are met.

## **17. Conflict Resolution/Chain of Command**

When conflicts or issues arise it is important that they be addressed immediately, and as directly as possible, so that they can be promptly resolved. It is also important for parents and students to recognize that coaching strategy and playing time are not appropriate subjects for complaint. In addition, parents should follow any instructions from the coach about the best way/time to approach the coach with questions or concerns.

The following steps should be followed when attempting to resolve any issue involving an athlete and his/her participation on an athletic team.

**Step One:** Student-Athlete contacts coach – The student athlete should present the conflict/issue to the coach as soon as possible. It is always best for students to become their own advocates. It is expected that the majority of concerns will be resolved at this first meeting.

**Step Two:** Parent contacts coach – If needed a parent may contact a coach directly, but not directly before, during, or after a practice or game. A parent should email or call a coach to set up a meeting time to discuss the issue, no such meeting shall take place directly before or after a practice or game.

**Step Three:** Contacting the Athletic Director -- If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. The AD will respond to student athletes and parents in a timely manner as to the disposition of their concerns.

**Step Four:** Contacting the Principal -- If there is still not a satisfactory resolution, the student or parent may contact the building principal. The A.D. should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

**18. Student Hazing**

Hazing activities of any type are inconsistent with and disruptive to the educational process, and prohibited at any time in school facilities, on school property, and/or off school property if the misconduct is connected to activities or incidents that have occurred on school property. No administrator, faculty member, or other Board of Education employee shall encourage, permit, authorize, condone, or tolerate any hazing activities. No student shall plan, encourage, or engage in any hazing. Hazing is defined as performing any act or coercing another, including the victim, to perform any act of initiation into any class, team, or organization that causes or creates a substantial risk of causing mental or physical harm. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy. Administrators, faculty members, and other employees of the Board shall be alerted to possible situations, circumstances, or events that might include hazing. If hazing or planned hazing is discovered, the students involved shall be informed by the discoverer of the prohibitions contained in this policy and shall be ordered to end all hazing activities or planned activities immediately. All hazing incidents shall be reported immediately to the coach, principal or superintendent.

I acknowledge that I have received a copy of the East High School Athletic Handbook and agree to abide by its contents.

\_\_\_\_\_ Student Name (Printed)

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

\_\_\_\_\_ Parent Name (Printed)

\_\_\_\_\_ Parent Signature

\_\_\_\_\_ Date

