

# South Newton Student Athletic Handbook

5/31/2016

**Participation in athletics and representation of South Newton is a privilege. This honor will only be extended to those athletes worthy of representing our school in a positive light during school, competition and in the community. As with any privilege it may be taken away if the student athlete breaks any of the rules laid out in this handbook.**

## PHILOSOPHY

The athletic program is part of the total educational program of South Newton Middle-Senior High School, understanding that the athlete is a student first, athlete second.

The purpose of our program is to help improve our students' physical, mental, social, and moral qualities. The athletic program concerns itself with the belief that there is a definite need for the individual to strive for success in both academic and athletic leadership, scholarship and sportsmanship through competition.

## CODE OF CONDUCT

The Indiana High School Athletic Association's constitution and by-laws, Rule 8, Section 1, states "Any contestant whose habits, conduct or character in or out of school, during the school year or the summer, are such as to reflect discredit upon his/her school or the Association may be declared ineligible by the Athletic Council. It is recognized that principals, the administrative authority vested in the school, may exclude such contestants from representing their school."

Athletes and cheerleaders at South Newton High School represent themselves, their families, their teammates and their school in more places and in front of more people than the average student. Their actions and conduct reflect directly on all of these.

An athlete involved in any of the following situations may have his/her case heard on an individual basis. These situations may result in probation, suspension or expulsion from athletic competition and could result in the dismissal from the team:

1. The arrest and/or conviction of a felony or misdemeanor.
2. The act of theft from any school or student.
3. Being in trouble with the law.
4. Conduct in or out of school, in season or out of season, that
  - a. reflects discredit upon the school
  - b. creates a disruptive influence on the discipline, good order, morale or educational environment in school or on any team. Traffic violations are an exception to this rule. (This is in accordance with Rule 8, Section I of the IHSAA handbook.)
5. Any student athlete who breaks the aforementioned rules or violates the substance policy will not be eligible for post season awards. This applies to local, conference and state level awards.

**All South Newton student athletes are expected to show great pride and respect for team mates, students, faculty and the facilities. The helping of others and taking care of equipment and facilities is expected from all student athletes. (*i.e.*, picking up weight room, locker rooms and your team's equipment)**

## **ACADEMIC REQUIREMENTS FOR PARTICIPATION IN EXTRA-CURRICULAR ACTIVITIES**

To be eligible to participate in any extra-curricular activity a high school student must have no more than one (1) "F" on his/her report card. Semester grades take precedence over nine weeks grades. Eligibility will carry over from spring semester to fall semester.

A middle school student will be eligible if he/she has no more than one (1) failing grade on his/her report card. Middle school students' eligibility will also be checked at mid-term. At that time they could gain or lose their eligibility. Eligibility will also carry over from the spring to the fall for middle school students.

**All students must carry 5 hours to be eligible according to IHSAA rules.**

## **STUDY TABLES**

Any student that has an F on their report card at the end of the 9 weeks will be required to attend study table for 1 hour after school Wednesday. When they are finished with study table they are expected to go to practice. If they do not report to practice this will be considered an unexcused absence.

If at the mid-term grade report the athlete no longer has an F in that class or classes they may be excused from attending the study table.

If at mid-term an athlete receives an F on their report they will be required to attend study table. Any athlete that is required to attend study table because of mid-term report will have their grades checked weekly. If they have no F's on their weekly grade check they will not have to attend study table.

Study tables are not optional. Any student skipping study tables will be subject to disciplinary action.

## **ATTENDANCE**

Student/Athletes are expected to be in school. If a student /athletes miss any part of the school day he or she will not be eligible for practice or athletic events. Acceptable reasons for missing school would be doctor's appointments, funerals, drivers test, college day or court. Documentation will be required.

## **HIGH SCHOOL ELIGIBILITY**

Each athlete is required to:

1. Pass a physical examination before the first practice.
2. Have an athletic insurance form or waiver on file with the Athletic Department.
4. Follow all the rules imposed by South Newton High School and each individual coach.

5. Meet all standards set by the IHSAA.
- 6. Turned in IHSAA concussion/Sudden cardiac arrest forms.**
7. Present to your principal written verification from a physician licensed to practice medicine stating that you may resume participation after you have been absent five or more consecutive days due to illness or injury.

## **PARENT MEETING**

All coaches will hold a parent meeting annually for the parents of the athletes participating in that sport. It is highly encouraged that athletes and parents attend this meeting to clarify all rules and regulations, training rules and to open lines of communication between parents and coaches.

Discussion of topics such as game strategies, playing time and other players are not permitted by parents. Athletes may talk to the coach about game strategy and playing time as long as it is done at the appropriate time and place.

**Coaches will not meet with parents after a game, win or lose.**

**Parents/spectators are encouraged to come and support their South Newton Athletes at all athletic events. Parents/spectators are also encouraged to be supportive of coaches, other players and officials. Parents/spectators are expected to show good sportsmanship just as we expect it from our student athletes. Swearing at players, coaches or officials will not be tolerated.**

**If a parent/spectator has a concern they are encouraged to call the coach and set up a meeting. Coming into a practice un-announced or confronting a coach after a game would not be appropriate times to meet with a coach. If your meeting with the coach was not satisfactory a meeting can be set up with the Athletic Director.**

**Unsportsmanlike behavior will be dealt with a warning. If a second offense occurs the parent/spectator will be asked to leave and suspended 1 game. If a third offense occurs the parent/spectator will be suspended for the remainder of the season. If a 4<sup>th</sup> offense was to occur the parent/spectator would be suspended for the remainder of the school years athletic events.**

## **ATHELTIC TRAINER/CONCUSSIONS**

All student athletes will now be required to have a concussion test done before participating in any extra-curricular events. South Newton will use the Impact system. All tests will be recorded by a computer. If a concussion is suspected the athlete will then repeat the test to help confirm, no athlete will be allowed to participate until they are symptom free and cleared.

**All South Newton Athletes will Have ImPact testing Their freshman and Junior years to help with return to play after a concussion**

If a student goes to the doctor for an injury and brings a note stating they cannot participate they will also need a note from that doctor clearing them to play.

## **CHANGING A SPORT**

If an athlete is cut from the team, he/she may join another team or program in that sport season. **If an athlete quits a team, he/she may not join another team without mutual consent from both coaches involved.**

## **SHARING OF ATHLETES**

When an athlete is participating in two sports that athlete must declare a major. Coaches should also meet before the season to discuss possible conflicts. **If either coach should object to sharing the athlete due to conflicts the athlete will not be able to participate in both sports.**

The sport which is declared the major will take precedence if a conflict should arise. The athlete should always do his/her best to attend as many practices of both sports.

**Conference and state tournaments will always take precedence over other activities.**

## **PRACTICES, VACATIONS, SCHOOL CLOSINGS, AND SCHEDULE CONFLICTS**

All team members are expected to attend all practices. Practice schedules during school vacations are set by the coach. Practices are not allowed when school is called off during the day for weather related reasons. When school is called off before school starts, extra-curricular activities and practices will be cancelled for the day. Consideration may be given for a special event, such as sectional or tournament play, with approval of the principal. If school is cancelled for an extended time, practice or activities may be conducted with permission of the principal. Note: For schedule conflicts, see board approved policy. The student should inform the athletic director of conflicts. The athletic director will review the case and follow school board policy guidelines concerning schedule conflicts.

## **TRANSPORTATION**

Transportation to all events by bus or van is provided by the school corporation. Transportation will be provided to teams as quickly as possible. Athletes are expected to ride the bus to and from athletic events. **Athletes must ride with the team to their activity to participate.** If there is a change in riding do to unique circumstances, permission must be obtained from the coach. **A letter must be given to the coach and athletic director two days before the activity, due to liability issues.**

## **CELL PHONE USE**

Any cell phone use that interferes with coaching, participation, driving of the bus or invades the privacy of others is strictly prohibited, *e.g.*, taking pictures of other athletes in the locker room. Each coach will implement his/her own policy concerning cell phones and student athletes will be expected to follow those rules. **Any use of cell phones that endangers others or is used to invade the privacy of others or is used to haze may result in a suspension or dismissal from that team.**

## **HAZING**

Any type of hazing will not be tolerated by the South Newton Athletic Department, coaches and the school corporation. Hazing will be dealt with swiftly and could result in suspension or dismissal from the team along with other discipline action according to the handbook.

## **SOCIAL MEDIA**

Athletes should be informed that using any type of social media to personally attack a player or coach will not be tolerated.

- a. First offense will be a one game suspension.
- b. Second offense will be removal from the team for the remainder of the season.

## **ATHLETIC AWARDS/HONOR JACKETS**

Majors and Minors will be awarded according to each individual coach.

An athlete will receive a mascot patch for their first minor and their “SN” for their first major. Special awards will be determined by the coaches and presented at the end of the year banquet.

Once an athlete has earned three minors and one major, or one minor and one major in the same sport, or two majors, he/she is eligible for a varsity jacket.

Managers will be eligible for an honor jacket under this policy. Their letter will have an “MGR” inset.

An athlete needing financial assistance in purchasing a jacket should contact the Athletic Director.

**Award banquets will be held for athletes in the fall and winter.**

**Athletes that have been suspended for breaking training rules or have been arrested will not be eligible for post season awards.**

## **SUBSTANCE ABUSE POLICY**

Any use of tobacco, alcohol, drugs and prescription drugs without a prescription, in season or out of season, during school or out of school is prohibited. If an athlete is caught breaking the Substance Abuse Policy the following actions will be taken:

1<sup>ST</sup> offense – Suspended from competition for 20% of the season.

2<sup>ND</sup> offense – Athlete will be suspended from competition for one calendar year from point of infraction. An athlete will be allowed to practice at coach's discretion if the coach believes it will not be a distraction to the team. **If the athlete is allowed to practice he/she will not be allowed to dress or sit on the bench for games.**

3<sup>RD</sup> offense – Suspension from athletics for the remainder of middle/high school career.

## **SOUTH NEWTON MIDDLE/HIGH SCHOOL** **RANDOM SCREENING POLICY & PROCEDURES**

### Purpose

South Newton Middle/High School believes that all students can be successful. This is especially true when obstacles that impede success are removed. The implementation of a random drug screening policy will offer students of South Newton Middle/High School a substance abuse-free environment. The purpose of this program is to create a supportive environment in which students are able to make responsible and healthy choices.

### Scope

This program will include every student who participates in any school sanctioned extra-curricular activity, such as athletics, clubs, work programs, etc. Any student who wishes to drive to school will also be required to participate. Participation in the drug screening program is a condition of participation. Students or their parents/guardians who do not give consent will not be allowed to participate in a school sanctioned activity or drive to school until consent has been given. All students who fall into these categories will be required to submit a urine sample if they are selected during the random screening process. Failure to give consent to participate or submit a sample will be considered as a positive result. This policy and procedure will not violate the rights or liberties of any participant in accordance with local, state, and federal laws.

The effective date of this program will be January 1, 2006.

### Legal Obligation

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

### Drug Education

The administration will inform the parents of students of the conditions and expectations of the screening program and will provide a consent form. The consent form must be signed and returned prior to participation.

### Philosophy

The philosophy of the program is to assist students in making healthy life choices. The purpose of this program is to educate, help, and direct students away from substance and alcohol abuse; and towards a healthy and substance-free participation. No student shall be expelled or suspended from school as a result of any verified positive test conducted by the school under this program other than those stated therein. However, a student will be suspended from extra-curricular activities and/or driving privileges if found in violation of this policy.

### Testing Procedures

The testing procedure will consist of established procedures of the company contracted to take and process the samples given by the students. A copy of these procedures will be made available to parents, guardians, or students upon request.

1. Students' names will be placed into a pool/database and assigned a number. A list of students will be randomly selected by the testing company. The list will be sent to South Newton High School. Students will be given no advance notice or early warning of testing. The administration will bring each student to submit a sample. An area for sample collection will be provided that will ensure privacy and the integrity of the sample. The sample will be collected by a representative of the testing company.
2. If the student shows signs of reasonable suspicion, the administration may call the student's parent/guardian and ask that a student be tested. Factors will include, but are not limited to, excessive discipline problems and/or excessive absences from school. Also, parent/guardian may request testing of his/her student. A parent/guardian may request that their child be tested twice if they are not originally selected. This is to avoid the misuse of the process due to the cost of each test.
3. All samples will remain under the supervision of the administration of South Newton High School. The sample will be analyzed by the testing company. In addition a strict chain of custody will be enforced to eliminate invalid tests or outside influences.
4. All students will remain under the administration's supervision until they have produced an adequate sample. If the student is unable to produce a sample, the student may be given up to twenty four (24) ounces of fluid. If the student is still unable to produce a sample within one hour, the student's parent/guardian will be notified that the student will not be able to participate in the activities he or she is currently involved until a sample is produced.
5. If it is proven that tampering or cheating has occurred during the collection of the sample, the student will become ineligible for all

activities until results are produced by the parent/guardian at their own expense.

6. The laboratory selected must follow the standards set by the Department of Health and Human Services and must be certified under the auspices of the Clinical Laboratory Improvement Act (CLIA).

#### Chain of Custody

1. The student will be escorted to the testing site by an administrator/designee. All students will not be sent to the testing site simultaneously. Testing four to five students at a time allows the testing to be carried out quickly and will not cause students to wait a long time, thereby creating a loss of important time from class.
2. Once at the health suite (testing area), the student must sign in and, as soon as called by the collection technician (or designee), provide a specimen.
3. The collection technician (or designee) will give each student being tested a specimen container. At that time the student will sign a verification form indicating the specimen container is untainted. The specimen container will remain in the student's possession until a seal is placed upon the specimen container by the collection technician (or designee). The student and collection technician (or designee) will sign that the specimen has been sealed. The seal may be broken or opened only by the laboratory testing the specimen.
4. If the seal is tampered with or broken after leaving the student's possession and prior to arriving at the lab, the specimen is invalid, and will be discarded without being tested.
5. The students will enter the restroom provided by the collection technician (or designee). Students will be instructed to remove coats and wash their hands in the presence of the supervisor. The door will be closed with the student by himself/herself in the restroom to provide a urine specimen. The supervisor will wait outside the restroom. The commode will contain a blue dye so the water cannot be used to dilute the sample.
6. The laboratory personnel will transport the specimen to the testing laboratory. The testing laboratory will report the results to the principal (or designee).

#### **POSITIVE TEST RESULTS AND APPEAL**

In the event a student tests positive by the laboratory, that result will be sent to a Medical Review Officer. The Medical Review Officer shall be a licensed physician with knowledge of substance abuse disorders. The role of the Medical Review Officer is to review and interpret positive test results. The Medical Review Officer is a physician knowledgeable in the medical use of prescription drugs and pharmacology and toxicology of illicit drugs. It will be the Medical Review Officer's role to determine any valid medical reason for the positive test. The Medical Review Officer will contact the principal (or designee) of the results. The principal (or designee) will contact the custodial parent/guardian and the student about these results. If an acceptable reason for the positive test is not established, the test will be considered "failed," and then the principal (or designee) will be contacted regarding the results.

In the event of a failed test, the student and custodial parent/guardian will be told that a restriction from participating in any of the listed activities and/or driving to school will be imposed for thirty (30) days. The student or his/her custodial parent/guardian may appeal by requesting that the urine sample (kept by the lab for a year) be tested again by the laboratory (or another accredited laboratory) at a cost to the student or his/her custodial parent/guardian.

To be able to resume the privilege of participating in activities and/or driving to school, the student will be tested again at the expense of the student or his/her custodial parent/guardian. This testing may occur at any time. The student will also be required to receive substance abuse assessment from an outside agency at the expense of the student or custodial parent/guardian. The results of this assessment will be forwarded to the principal (or designee).

If the student fails a test a second time, the student will be restricted from activities and/or driving to school for one calendar year. This restriction begins from the time the student or custodial parent/guardian is notified. Multiple failed tests are indicative of continued substance use and will mean that the student will be referred for professional evaluation to be paid for by the custodial parent/guardian.

#### WCMS Collection Procedures

Both WCMS and its collectors ensure the integrity and security of the specimen throughout the entire collection process. Our collectors are DATIA certified and follow all DOT regulations. We rely on our collectors to perform their job professionally and provide the donor's modesty and privacy.

- Step 1: Student checks in with collector and removes coat and empties pockets.
- Step 2: Collector writes the students assigned ID number on chain of custody, and has student sign his/her name on copy 2 of the chain of custody, student then initials both specimen labels.
- Step 3: Collector gives student a collection container to provide a specimen.
- Step 4: Collector prepares restroom for donor (stool will have dye and faucets turned off).
- Step 5: Collector explains to student, he/she will need to void about half way into specimen container, not to flush and bring specimen out to collector when finished.
- Step 6: Student enters restroom by him/herself, closes door, provides sample, hands specimen to collector. Students will not leave or have his/her sample out of their view until WCMS completes the remaining steps.

- Step 7: Collector checks specimen temperature and color.
- Step 8: Collector pours specimen into 2 vials (opened in front of student) then seals bottles and places specimen labels (initialed by student) on sealed bottles.
- Step 9: Collector places the sealed specimen and chain of custody in the plastic bag and seals the specimen bag.
- Step 10: Sealed bag with all items will be secure and transported back to WCMS, where they will be picked up and sent to out to our lab.

### **APPEAL PROCESS**

If a student athlete is suspended or dismissed from their team for conduct unbecoming an athlete or breaking the substance abuse policy they have 10 days to appeal the ruling to the athletic counsel. The Athletic Counsel is made up of the head varsity coaches, Athletic Director, Principal and a teacher and parent representative. The decision of the counsel will be final.

Consent forms will be located in the Middle School and High School offices. A consent form needs to be signed and kept on file in the Athletic Director's office.

### **SCHOOL SONG**

“Rebel Rouser”  
(Tune of Illinois Loyalty)  
“Go Rebels, Fight Rebels, Go, Fight, Win  
We’re loyal to you Newton High  
Our opponents we all will defy  
United we stand, we’re the best in the land  
Fight on for South Newton High Fight, Fight!!!

We’re red and we’re gray Newton High  
Our spirit will live never die  
Fight on for South Newton’s fame  
And then we will make a name  
For the Rebels of South Newton High”

Please sign and return to your coach.

### **ATHLETIC CONTRACT**

By signing below you have agreed to follow the rules set forth in this book and the rules given to you by your coach. Each individual coach may have rules that are additional to the ones stated in this handbook.

I \_\_\_\_\_ agree to follow all the rules in this  
Sign\date

Handbook and the rules, attendance polices and training rules given to me by my coach. I also agree to represent myself, family, teammates, team, coaches and South Newton, in season and out of season, in a manner that would make everyone proud. I understand that if I am not capable of following these rules set forth by the school and my coaches I could lose the privilege of representing my school in Extra-Curricular Activities.