

SOUTHERN LOCAL SCHOOL DISTRICT
Student-Athlete

TORNADO SPORTS



GENERAL INFORMATION/
GUIDELINES

**GO PURPLE AND
GOLD!!**

2008-2009

Message to Parents

This handbook is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. I am pleased with your interest in the athletic program. I believe that a comprehensive program of student activities is vital to the educational development of our students.

Participating in an athletic program is a privilege. An athlete is held to higher standards both in the classroom and off the field. He represents many people, including past athletes, his family, the community, the school, the coaches, and fellow athletes. Involvement in athletics can be very rewarding.

An athlete has to carry himself with tremendous pride. He must wear the uniform proudly. His actions constantly reflect others. He must realize that he is a role model for the younger members of the community. As an athlete, he has an opportunity to set a good example for those who follow him.

There are many questions which both you and your son/daughter may have regarding the athletic program. The purpose of this handbook is to answer as many questions about the policies of the program as possible. We are hopeful that this handbook will be of assistance to you as your child participates in the athletic program.

Respectfully,

Alan Crisp
Athletic Director

Criteria for Success

Any successful program must involve the entire School Community:

- ❖ Staff-initiated efforts need administrative support
- ❖ Administrative-initiated programs need staff support
- ❖ Programs with both administrative and staff support also need the involvement of student leaders.
- ❖ Parents are a vital component.

School staff, students, and parents all need to know what the goals of the program are and what each group must do to accomplish these goals.

Statement of Southern Athletic Philosophy

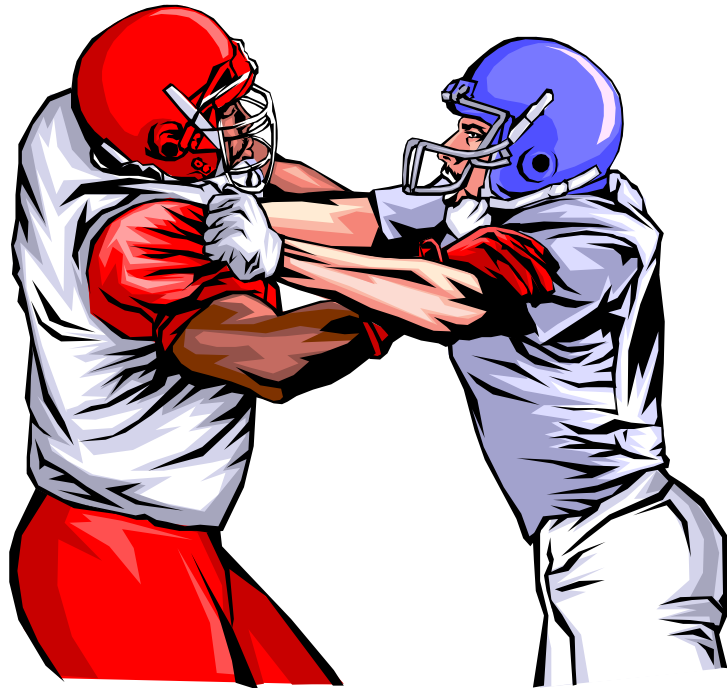
- I. All students at Southern Local Schools are encouraged to participate in activities. The role of interscholastic activities at Southern Local Schools is one of openness rather than exclusiveness. We feel that through participation in the activity program, a student may grow and mature as he/she progresses through the many activity experiences afforded by the program.
- II. The purpose of the interscholastic activity program is to allow those students who qualify academically to participate in activities after the academic day. Participation is a privilege, not a right.
- III. The activity program is never to be considered the primary function of the school. Activities are not a mandatory student requirement and must always be considered secondary to the academic needs and requirements of the student.
- IV. Activities allow a student to participate in extracurricular activities which promote a well-rounded individual and a student to develop to the highest potential. Students may develop a deep appreciation for team participation and team values.



Requirements for Participation

You are not eligible to participate in any sport until the following are completed:

1. Student athletes in grades 7-12 and parents must attend a preseason meeting to cover the rules and regulations found in TORNADO SPORTS, or sign an acknowledgement stating that you have read this handbook prior to the first day of participation.
2. The physical examination must be completed and returned to the coach.
3. An Emergency Medical Form needs to be signed by the parents and returned to the coach.
4. Academic eligibility requirements must be satisfied.
5. All fees need to be paid.
6. You must be officially enrolled with the guidance officer and have the proper paperwork on file.
7. OHSAA authorization form.



Athletic Department Policies

1. PARENTAL ACKNOWLEDGEMENT OF ATHLETIC POLICIES

Southern Local Schools is a member of the Ohio High School Athletic Association, the governing body for high school interscholastic athletic programs. Southern sponsors several athletic teams, including football; volleyball; cross country; golf; cheerleading; boys' and girls' basketball; track and field; softball; and baseball.

We consider the program to be one of the finest in southeast Ohio. To continue growth, starting with the 2006-2007 school term, parents or guardians of prospective athletes will be required to attend a 7th and 8th grade meeting. These meetings will occur prior to fall, winter, and spring sports seasons. The purpose of the meetings will be to inform parents or guardians of the expectations of coaches, participants, and parents. These expectations will be formally prepared in a handbook with copies provided for each participant and parent or guardian. Parents or guardians who are unable to attend the meeting may come to school to view a videotape of the meeting. Any parents or guardians who do not attend the meeting or come to the school to view the videotape will be responsible for the information provided and asked to sign an acknowledgment. Failure to comply could result in your son/daughter not being permitted to participate.

The success of our athletic teams is very important to our total school program. To move to another level in preparation of our student athletes, it is imperative that everyone be a part of this success. Your cooperation will be appreciated.

2. PHYSICAL EXAMINATION

OHSAA physical examination forms for all participants shall be signed by a physician, the participant, and by a parent or legal guardian and must be on file in the athletic director's office before any candidate for a team may participate in any way. These forms necessitate the physician's certification of the individual's physical fitness no less than once each school year. Students are encouraged to get their physical during the summer months. Physicals expire at the end of the school year. Physical records will not be carried over from school year to school year.

3. SCHOLASTIC ELIGIBILITY REQUIREMENTS

To be eligible to participate in interscholastic athletics, grade 7-12, all students will be required to meet certain standards established by the OHSAA and the Southern Local School District Board of Education. These standards are as follows:

A. OHIO HIGH SCHOOL ATHLETIC ASSOCIATION (OHSAA) REQUIREMENTS

1. High School Bylaw 4-4-1

During the preceding grading period, the student must have received passing grades in a minimum of five (5) one-credit courses, or the equivalent, which count toward graduation.

2. Junior High School Bylaw 4-4-4

A junior high school student must receive passing grades in 75% of those subjects carried the preceding grading period.

3. High School and Junior High School Bylaw 4-4-2

The eligibility or ineligibility of a student continues until the start of the 5th school day of the next grading period at which time the grades from the immediately preceding grading period become effective.

4. High School and Junior High School Bylaw 4-4-6

Summer school grades earned may not be used to substitute for failing grades from the last grading period of the regular school year.

B. SOUTHERN LOCAL SCHOOL DISTRICT REQUIREMENTS

The Board permits students in grades 7-12 to participate in interscholastic extracurricular activities if they receive a failing grade in the previous grading period. However, the student will be excluded from participating in the activity if he received more than one grade of "F".

A student enrolling in the seventh grade for the first time is eligible for the first grading period regardless of previous academic achievement.

The definition of interscholastic extracurricular activities is defined as a school-sponsored student activity involving more than one school or school district.

Failure to comply with the grading period eligibility requirements results in extracurricular interscholastic ineligibility for the succeeding grading period.

A student must meet all other eligibility criteria as required by the Ohio High School Athletic Association.

4. TRAINING RULES

- A. Athletes must be in attendance for one-half (½) day of school to practice or participate in an athletic contest. Absences for any part of the day must be approved by the principal.
- B. The student athlete may not at any time during the athletic season use any tobacco products.
- C. The student athlete shall not possess, use, transmit, or be under the influence of any narcotic drugs, hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic beverage, or intoxicant of any kind. Use of a drug as authorized by a physician shall not be considered a violation of this rule. (Exception: Athletes are subject to this rule everyday, in school or out, for the athletic season beginning on the first scheduled practice date allowed by the OHSAA and ending with the awards program for that sport.)
- D. The athlete shall not intentionally cause or attempt to cause damage to school property, including but not limited to, athletic equipment, uniforms, supplies, and personal items of others.
- E. No athlete shall use any form of abusive or profane language or gestures toward a coach, teacher, administrator, authorized participant official or spectator.
- F. No athlete shall physically attack or abuse a coach or his/her property.
- G. All athletes shall comply with specific training rules and regulations for their sport distributed to them by the coach at the beginning of the season.
- H. In addition to the specific training rules distributed by the coach, the athletes will strictly adhere to the rules of the student code.

Penalties-

| | |
|---------------|--|
| Rule A | Possible suspension from game, contest, meet, match, performance, or practice session. |
| Rules B, D, E | <u>First violation</u> -a two-week denial of participation from that activity. <u>Second violation</u> -possible suspension from school; expulsion from activity. |
| Rule C | <u>First violation</u> -20% denial of game participation of the total games scheduled (a minimum of two weeks) and receive counseling at no cost to the district. Counseling must begin during a period of time established by the administrator. <u>Second violation</u> -The student will be denied the right to participate in games, contests, competitions, or event for the remainder of that season plus 20% of the next season the student/athlete participates in. All rules and requirements of the activity MUST BE followed by the student during this time period. The student/athlete may be present at all such events if so arranged by the student and the coach or advisor, but may not participate. <u>Third violation</u> -The student will be denied the right to participate in games, contests, competitions, or events for one calendar year from date of denial. He/she will not be allowed to be part of the athletic team for the purpose of any kind. <u>Fourth violation</u> -The student will be denied the right to participate in games, contests, competitions, or events permanently. |
| Rule F | Expulsion from all activities for one year from occurrence; suspension or possible expulsion from school. |
| Rules G, H | Possible suspension or expulsion from school; possible suspension or expulsion from activities |

- More serious violations may result in more severe punishment.

5. INDIVIDUAL SPORT RULES

Coaches will establish additional rules and regulations with athletic director and principal approval for their respective sports. Penalties will be designated/handled by the respective coaches (with the exception of prohibitions which are governed by policy.)

6. TRAVEL

- A. All athletes will travel to away athletic contests in transportation provided by the school district.
- B. Athletes will remain with their squad and under the supervision of the coach when attending away games.
- C. Athletes who miss the bus will not be allowed to participate in the contest, unless there are extenuating circumstances.

- D. All regular school bus rules will be in effect, including rules pertaining to food, noise, remaining in seats, care of, and respect for equipment.

7. TRAVEL RELEASES

Under certain circumstances, when it creates an inconvenience for the family, athletes may be excused from riding home from an athletic contest on school-authorized transportation. This privilege is to be kept to a minimum since our philosophy continues to be that an athlete is part of a team in all phases of team activity.

To ride on private transportation:

- A. A travel release form must be submitted to the coach following a contest. Athletes will be released only to the parents in person. Parents must sign a travel release in the presence of the coach.
- B. Travel release forms may be obtained from the building principal.
- C. The coach still has the discretion to require athletes to return on the bus with the team.

8. CONFLICTS IN SCHOOL-SPONSORED EXTRACURRICULAR ACTIVITIES

An individual who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position to have a conflict of obligations. Students need to be cautious about participating in too many activities in which conflicts might occur.

When conflicts do arise, the coach and sponsor of the activity will get together and try to work out a solution so that the student does not feel caught in the middle. If a conflict cannot be resolved, the principal will make the decision based on the following:

- A. The relative importance of the event.
- B. The relative contribution the student can make.
- C. How long each event has been scheduled.
- D. A talk with the parents.

Once the decision has been made and the student follows that decision, he/she will not be penalized in any way by the coach or faculty sponsor. If it becomes obvious that a student cannot fulfill the obligations of both school activities, he/she should withdraw from one.

9. RISK OF PARTICIPATION

All athletes and parents must realize the risk of serious injury which may be the result of athletic participation. Southern Local School District will use the following safeguards to make every effort to eliminate injury:

- A. Use only state-certified coaches.
- B. Instruct all athletes about the possible dangers of participation in a particular sport.

10. INSURANCE

Southern Local School District does not provide accident or health insurance coverage for athletes participating in interscholastic athletics. It is the responsibility of the parents to maintain an activity accident and health policy while their child is participating in sports. The school district does offer a supplemental accident insurance policy at the beginning of each year to all students. Information on this policy can be obtained from the school office.

11. AGE (OHSAA BYLAWS: 4-2-1 AND 4-2-2)

- A. High school students (9-12) must be under the age of 19 prior to August 1 of the school year.
- B. Junior high school students (7-8) must be under the age of 15 prior to August 1 of the school year.

12. RESIDENCE (OHSAA GUIDELINES SECTION 2)

- A. A student must live in the district or be approved for open enrollment.
- B. A student establishes residency when the parent or legal guardian of the student resides within the school district attendance boundaries and the student lives in the household.
- C. Refer to OHSAA bylaws 4-6-1 through 4-6-9 for the complete Residency Rule.
- D. Violation of this rule will result in forfeiture of all contests in which the nonresident participated.
- E. A change in custody must be approved by the commissioner of the OHSAA to remain eligible.

13. TRANSFERS (OHSAA BYLAWS: 4-7-1 THROUGH 4-7-13)

- A. Transfer from another school (public or private), without a change in residence of the parents, shall make the student ineligible for one year. Refer to OHSAA unless transfer bylaw for exceptions.
- B. A transfer student may be ruled ineligible by the commissioner of the OHSAA if legally released by formal action of the board of education of the former school.
- C. Refer to OHSAA bylaws 4-7-1 through 4-7-13 for complete transfer rules.

14. CHAIN OF COMMAND

(Note: In dealing with athletic issues, the athletic director will be consulted after the coach.)

Constructive criticism of the schools will be welcomed by the Board when it is motivated by a sincere desire to improve the quality of the educational program or equip the schools to do their tasks more effectively.

Although no member of the community will be denied the right to bring his/her complaints to the Board, he/she will be referred to the proper administrative channels for solution before investigation or action by the Board. Exceptions may be made when the complaints concern Board actions or Board operations.

The Board believes that complaints and grievances are best handled and resolved as close to their origin as possible. The staff should be given the opportunity to consider the issues and attempt to resolve the problems prior to involvement by the Board; therefore, the proper channeling of complaints involving instruction, discipline, or learning materials will be as follows:

1. Employee, including coaches
2. Principal
3. Superintendent
4. Board

If a complaint, which was presented to the Board and referred through the proper channels, is resolved before it comes back to the Board, a report of the disposition of the matter will be made to the Board and then placed in the official files.

The Board expects the staff to receive complaints courteously and to make a proper reply to the complainant.

Matters referred to the Superintendent and/or Board must be in writing and are expected to be specific in terms of the action desired.

15. ATTENDANCE

- A. In order for a student to participate in any contest, game and/or performance, the student must be in school for one-half (½) day-(4 periods).
- B. Students who are absent from school and determined to be excused by the principal may participate in practices and contests. Students who are absent from school and determined to be unexcused by the principal may not participate in practice or contests.
- C. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence was excused.

16. SCHOOL DISCIPLINE REFERRAL

Any student referred to the office for a school rules violation may be denied the privilege of participation in all athletic activities for a period to be determined by the principal.

17. FINANCIAL OBLIGATIONS AND EQUIPMENT

- A. Uniforms-In several sports, the athlete will be required to purchase some of his/her game uniforms which will become his/her property.
- B. Equipment-All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment/uniforms are to be worn for contests and practice only. All equipment/uniforms not returned in good condition at the end of the season will be subject to a financial penalty.
- C. Only uniforms issued and/or approved by the athletic department will be permitted to be worn for contests.
- D. The \$25.00 pay-to-play must be paid before the first contest. A maximum of \$50.00 will be charged in high school. For junior high, pay-to-play will be \$15.00 for each sport.

18. VACATION POLICY

Vacations during an athlete's season are discouraged! However, if a vacation is unavoidable:

- A. Contact the head coach prior to the vacation.
- B. The coach will make determination on excusing absences due to vacation.
- C. Be willing to assume the consequences related to his/her playing time.

19. PUBLIC CONDUCT ON SCHOOL PROPERTY (SOUTHERN LOCAL BOARD POLICY 9150)

All persons on school grounds will be expected to abide by applicable laws, local ordinances, Board policies, and building regulations.

No person on school property will assault, strike, threaten, menace, or use improper, indecent, or obscene language toward a teacher, instructor, or other employees of the schools or students.

No person will disrupt, disturb, or interfere with the teaching of any class of students or any other activity conducted in a school building or upon the campus or grounds.

Whoever violates the above policy and building regulations will be asked to leave the property by whoever is in charge. If the offender refuses, the police will be called. If the offender is a student, the person in charge should report the student to the appropriate principal. The District will cooperate in any prosecution pursuant to the criminal laws of the State of Ohio and local ordinances.

No tobacco of any form will be permitted to be used on school grounds.

20. VARSITY LETTER REQUIREMENTS (SOUTHERN LOCAL ADMINISTRATIVE GUIDELINES SECTION 2431 A-G)

A. General

1. Finish season
2. Turn in gear
3. Attend banquet

B. Football

The athlete must play in one-half ($\frac{1}{2}$) of the quarters, or if injured, receive an award at the discretion of the coach. Participation for two consecutive plays would constitute a quarter.

C. Basketball

The athlete must play in one-half ($\frac{1}{2}$) the quarters, or if injured, receive an award at the discretion of the coach. Participation for one play would constitute a quarter.

D. Track

The athlete must earn an average of one point per regular season meet, place in the league meet, district meet, or if injured, receive an award at the discretion of the coach.

E. Golf

The athlete must be designated to play in one-half ($\frac{1}{2}$) of the regular season matches, or if injured, receive an award at the discretion of the coach.

F. Cross Country

For an athlete to be considered for a varsity letter, he/she must be in the top seven runners for the team and compete in at least one-half ($\frac{1}{2}$) of the invitational meets each season, or if injured, receive an award at the discretion of the coach.

G. Baseball/Softball

The athlete must play one-half ($\frac{1}{2}$) of the innings, or if injured, receive an award at the discretion of the coach.

H. Volleyball

The athlete must participate in one-half ($\frac{1}{2}$) of the regular season games, or if injured, receive an award at the discretion of the coach.

I. Cheerleading

The athlete must participate for a full season of football or basketball, or if injured, receive an award at the discretion of the coach.

J. Senior Athlete Award

Seniors can be granted a letter if they have not met the letter criteria for a particular sport providing they have participated in that sport for two seasons.

ATHLETIC AWARDS

| | | |
|-------------|---|--------------------------------|
| Junior High | Participation Award | Medallion |
| High School | First Letter Second, Third, and Fourth Letters | Sport Pin, Letter Sport Pin |

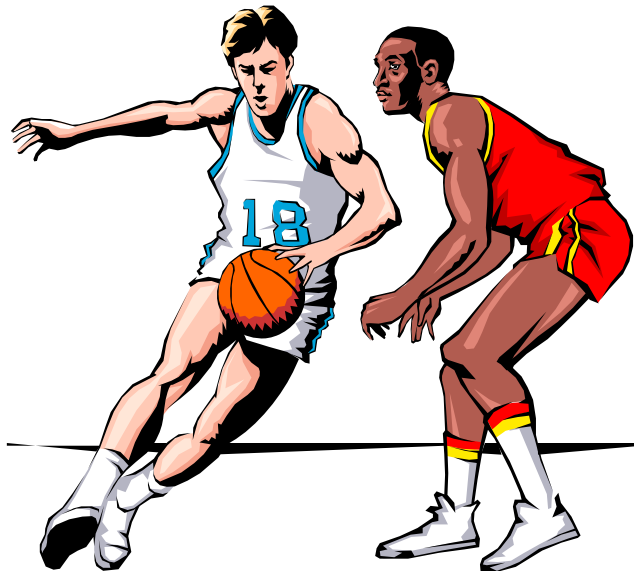
An athlete will only receive one varsity “S” award. This will be awarded the first time an athlete earns a letter.

21. SPECIAL AWARDS

Special awards may be given by the coach with the Athletic Director’s approval.

22. ATHLETIC BANQUETS

To receive their award athletes must attend the athletic banquet. They are to dress appropriately: **Males: dress shirt and tie with dress pants or khakis** **Females: dress, appropriate skirt, or dress slacks and dress shirt.**



The Role of Parents in Interscholastic Athletics

COMMUNICATING WITH YOUR CHILDREN

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their lives they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship, and actual skill level.
3. Be helpful, but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, and for having fun.
5. Try not to relive your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents; so you must not withdraw. Remember that there is a thinking, feeling, sensitive, free spirit out there in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you, win or lose, then they are on their way to maximum achievement and enjoyment.
6. Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will become disenchanted.
7. Don't compare the skill, courage, or attitude of your child with other members of the team.
8. Get to know the coach(es). Then you can be assured that his or her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his or her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear and discomfort.

COMMUNICATING WITH THE COACHES

Communication You Should Expect From Your Child's Coach

- ❖ Philosophy of the coach.
- ❖ Expectations the coach has for your child as well as all players on the squad.
- ❖ Locations and times of all practices and contests.
- ❖ Team requirements (fees, special equipment, off-season conditioning).
- ❖ Procedures should your child be injured.
- ❖ Discipline that results in the denial of your child's participation.

Communication Coaches Expect From Parents

- ❖ Concerns expressed directly to the coach.
- ❖ Notification of any schedule conflicts well in advance.
- ❖ Specific concerns in regard to a coach's philosophy and/or expectations.

Appropriate Concerns to Discuss With Coaches

- ❖ The treatment of your child, mentally and physically.
- ❖ Ways to help your child improve.
- ❖ Concerns about your child's behavior.

Issues Not Appropriate To Discuss With Coaches

- ❖ Playing time
- ❖ Team strategy
- ❖ Play calling
- ❖ Other student athletes

Appropriate Procedure For Discussing Concerns With Coaches

- ❖ Call to set up an appointment with the coach (contact the athletic director to set up the meeting if unable to reach the coach.)
- ❖ Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolutions.)

What If The Meeting With The Coach Did Not Provide a Satisfactory Resolution?

- ❖ Call to set up an appointment with the athletic director or activities director.
- ❖ Determine the appropriate next step at this meeting.



Please sign and Return this page

By signing below, I understand that I am responsible for following the rules and guidelines in this handbook.

Parent Signature

Date

Student Signature

Date