

**EAST CLINTON LOCAL SCHOOLS**  
**ATHLETIC DEPARTMENT**  
**INTERSCHOLASTIC ATHLETICS**  
**HANDBOOK**  
**FOR**  
**PARENTS AND STUDENTS**

**Building Champions and Ambassadors**

*“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”*



*“Some people dream of success... while others wake up and work hard at it.”*

## EAST CLINTON LOCAL SCHOOLS

174 Larrick Road  
Sabina, Ohio 45169

Office of the Director of Athletics

Dear Parents and Students:

The athletic program is an integral part of the East Clinton Middle and High School educational program and is organized to meet the needs and interests of our students. The program's major goal is the total development of the individual through wholesome competition.

This handbook has been prepared for use by all Parents and Students in the East Clinton Local School District. It clearly defines all policies and procedures of the East Clinton Local Schools. It has been written to ensure uniformity in the conduct of all sports and to serve as a basis for periodic re-evaluation of the total program.

By agreeing to participate in athletics at East Clinton, you have accepted the responsibility to familiarize yourself with the contents of this manual and to comply with all policies and procedures of the East Clinton Local Schools, the East Clinton Athletic Department, as well as the Ohio High School Athletic Association. You are obligated to uphold them, regardless of personal feelings or differences of opinion. In the event that a policy proves undesirable or outdated, it can be revisited, revised or eliminated through careful review and shared dialogue.

While it is the responsibility of the Athletic Director to ensure compliance with these rules, a broad base of community support is necessary to meet their intent. Athletic competition should be an enriching experience that teaches social skills and contributes to the physical and emotional maturity of the student athlete. Attaining this objective will be furthered by all in the athletic community supporting both the spirit and the intent of the regulations set forth in this handbook

I look forward to your participation to our athletic program. If you have any questions, please feel free to call me at 584-7450 at any time.

Sincerely,

Jim Marsh  
Director of Athletics

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## **PART I**

### **INTRODUCTION TO THE EAST CLINTON INTERSCHOLASTIC ATHLETIC PROGRAM**

#### **PHILOSOPHY OF EAST CLINTON LOCAL SCHOOLS ATHLETIC PROGRAM**

Athletics have had a significant influence on American culture and society and enjoy unique status in the American value system. We believe that participation on an interscholastic athletic team is a worthwhile experience, which all students should have the opportunity to pursue. East Clinton Local Schools encourages the right of every student to participate in the interscholastic athletic program without regard to gender, race or creed. We support the regulations and spirit of Title IX legislation and do not limit one sex in the enjoyment of any right, privilege, advantage or opportunity.

Since interscholastic athletics are philosophical extensions of the physical education program and classified as co-curricular activities, the goals and objectives of athletics should be supportive of and consistent with the goals and objectives of the total educational program. When conducted properly, athletics can positively contribute to intellectual, physical, social and emotional development. Growth is accomplished when an athletic program, conducted by educationally oriented coaches, provides the means to achieving these ends.

Students who choose to participate in our athletic program will be expected to conform to basic standards of conduct and to demonstrate a degree of self-discipline and self-sacrifice for the welfare of their team. Athletes will also be expected to demonstrate respect for the dignity and rights of others, good sportsmanship, and respect for authority.

In order to more fully realize the educational value of athletics, the athletic program should:

- Emphasize the 3 “C”s: Character, Citizenship and Civility
- Promote academics
- Promote the physical and emotional well-being of all participants
- Be an integral part of the total education program
- Have the same administrative governance as the total education program
- Be conducted by certified coaches with training in First Aid/CPR/AED
- Supplement, not supplant, the district’s physical education program
- Be conducted within the letter and spirit of all applicable rules and regulations

## **MIDDLE SCHOOL**

The Middle School interscholastic athletic program addresses the physical, social, and emotional needs of early adolescence. The approach to athletics is less competitive, with opportunities to participate expanded in recognition of the physical, mental, and social changes middle school students are experiencing. Values should be as follows:

Coaches who value playing all team members

Working on learning and improving the fundamentals of the sport

Have a strong discipline team

## **HIGH SCHOOL**

Athletic participation at the Varsity level is more competitive than the Middle School program and the Junior Varsity (JV) program and Freshman program functions as a transition between the two. Varsity competition is based on ability and participation in this program requires a significant commitment of time as well as adherence to more stringent team and Athletic Department rules. Parents and athletes are advised to take this into consideration when deciding whether or not to participate at the JV or Varsity level. In order to fully appreciate a family's commitment to JV/Varsity competition and to avoid miscommunication and unrealistic expectations, parents and students must understand that:

- Practices/contests are often scheduled on Saturdays and during vacation periods. Athletes are required to participate in all practices/contests unless excused by the coach. Excessive unexcused absences will result in disciplinary action, which might include dismissal from the team.
- Squad selection is based on ability and "cuts" are made at the discretion of the coach.
- "Playing time" is based on ability and substitutions are made at the discretion of the coach.
- Athletes who fail to complete a season may not be awarded a letter/certificate or receive credit for the season.

## **MIDDLE SCHOOL/HIGH SCHOOL ACADEMIC RESPONSIBILITIES**

East Clinton Local Schools recognizes that a student's first priority must be to the academic program. Since participation in the athletic program requires a significant commitment of time, parents are encouraged to monitor their child's academic progress. When required to do so, student athletes must attend help sessions arranged with their teachers prior to practicing or competing with their team.

## **ADMINISTRATORS' RESPONSIBILITIES**

1. The building Principal may delegate certain responsibilities and authority to the Athletic Director, but ultimate responsibility rests with the Principal, Superintendent, and Board of Education.
2. The building Principal is responsible for the conduct of coaches, players, spectators and other employees of the school.
3. The building Principal assumes responsibility for informing these groups of the code of behavior expected during participation of Athletic Events.



## PART II

### ATHLETIC DEPARTMENT POLICIES AND PROCEDURES

#### ATHLETIC CODE OF BEHAVIOR

All East Clinton student-athletes are expected to behave responsibly while in school and while participating in team practices and contests. During the season, student-athletes must conform to several Athletic Department policies as outlined in the Code of Behavior letter that athletes and parents are asked to sign. Signed copies of the letter are forwarded to the Athletic Director and kept on file.

Each coach is responsible for ensuring that the **Code of Behavior** is fully explained (not just merely distributed) and properly signed by each athlete and his/her parents. Copies of this letter can be obtained from the Athletic Director's office. Athletes must not be allowed to practice with a team unless a signed copy of the Code of Behavior is returned.

Coaches are responsible for distributing the Acknowledgment Form to all athletes.

**If a coach feels a student athlete has violated the code of behavior, a team rule, or accumulated an excessive number of unexcused absences that would result in a suspension or dismissal from a team, the coach must contact the Athletic Director and submit his/her recommendation for disciplinary action. The Athletic Director, after consultation with the Principal, and discussing the circumstances with parents, shall render a decision.**

#### **ATHLETES ARE EXPECTED TO:**

1. Understand and abide by the rules and regulations of the game and respect the integrity and judgment of officials.
2. Conduct themselves in a mature fashion at all times.
3. Demonstrate self-control and mutual respect at all times.
4. Avoid the use of profanity, abusive language or gestures in dealing with opponents, officials or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that younger athletes emulate their behavior.
7. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
8. Place athletic competition in its proper perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
9. Refrain from using cell phones on the field, in the locker room, and in the gymnasiums.
10. Have a Physical Form turned in to the Athletic Director, prior to any workout, practice or competition.

11. Use of Dietary Supplements while an Athlete at East Clinton Local Schools could result in suspension from school.

**PARENTS ARE EXPECTED TO:**

1. Conform to accepted standards of good sportsmanship and behavior.
2. Respect officials, coaches and players and extend courtesies to them.
3. Refrain from feet stomping, disrespectful remarks, and the use of noisemakers.
4. Be quiet when players need total concentration such as but not limited to: free throw in basketball, a serve in tennis and volleyball, or a swing in golf.
5. Obey the regulations of the school. Those who do not conform will be brought to the attention of school authorities.
6. Understand that schools are responsible for the conduct of their respective spectators, whether at home or away.
7. Refrain from shouting disapproval of calls made by the officials.
8. Refrain from any form of tobacco (inside the building) and alcohol use.
9. Refrain from bring pets on school property.

**SPORTSMANSHIP**

## ELIGIBILITY RULES

In order to participate (workouts, practices, and games) on an interscholastic athletic team, a student *must* satisfy the following eligibility rules. These standards are established by the Ohio High School Athletic Association (OHSAA).

1. A student athlete must have completed and have a current physical form filled out by a medical doctor on file with the Athletic Director.
2. All student athletes must be enrolled in an approved medical insurance program or have a school waiver form on file in the Athletic Director office. The policy is intended to provide insurance when accidental bodily injury is sustained by a student while participating in a school-sponsored activity.
3. High School students must be passing five credits towards graduation, excluding any Physical Education class and must achieve a minimum GPA of 1.0. Students in College Credit Plus (CCP) classes must be passing the equivalent of 5 full credits. A student enrolling in the seventh grade for the first time will be eligible for the first grading period regardless of previous academic achievement. Thereafter, in order to be eligible, a student in grades 7 or 8 must currently be enrolled in school the grading period immediately preceding the season and received passing grades during that grading period in *a minimum of five* subjects in which the student received grades. A student receiving an “F” will be placed on academic probation until the next grading period. A student receiving an “F” while on academic probation will be declared academically ineligible. A student failing more than one class in any grading period will be declared academically ineligible.
4. If a student enrolled in high school attains the age of 19 before August 1, the student shall be ineligible to participate in high school interscholastic athletics for the school year commencing in that calendar year. If a student enrolled in grades 7 or 8 attains the age of 15 before August 1, the student shall be ineligible to participate in 7th & 8th grade interscholastic athletics for the school year commencing in that calendar year.
5. An Emergency Medical Authorization Form is completed, signed and on file with the student athlete’s coach.

## TRYOUTS AND SQUAD SELECTION

When it warrants the limiting of squad size or when an unusually large number of students try out for a team, coaches must establish a plan for selecting those students who will make the greatest contribution to the team. Such plans are discussed with the Athletic Director and include:

- Equal opportunity for all eligible candidates
- Methods of selection
- Procedure for notifying students

Each coach shall be responsible for justifying “selection and cuts” and demonstrating that tryouts were conducted fairly, when requested to do so by the Athletic Director.

## CHANGING SPORTS

Whenever students enlist in the athletic program by joining or “trying-out” for a specific team, they assume a responsibility and commitment to that team and coach. Dropping out of a sport is discouraged. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. The dropping of a sport and subsequently transferring to another sport shall be in accordance with the following guidelines:

1. An athlete who is dismissed from a squad for disciplinary reasons (e.g. violation of the Code of Behavior, insubordination, excessive unexcused absences, social suspension, etc.) shall not be allowed to participate in another sport for the remainder of that sport’s season or until the period of social suspension expires.
2. An athlete who wishes to leave a team and transfer to another may do so provided he/she leaves while in good standing and only after discussing with the coach the reason for leaving and after returning all issued uniforms and equipment. The Student Athlete must have approval from the coaches and the Athletic Director.
3. Changing teams will not be permitted after the second week of the season or after the final “cut” has been made on either the team being dropped or the team being joined.

## **FIRST AID PROCEDURES**

1. First aid is the immediate and temporary care given to an injured or ill athlete until the services of a physician or emergency medical technician can be obtained. To this end, in order to protect athletes from further injury, the following steps should be followed:

1. **STOP** play immediately at the first indication of possible injury or illness.
  2. **LOOK** for obvious signs of injury or illness.
  3. **LISTEN** to the athlete's description of the complaint.
  4. **APPLY** appropriate first aid techniques according to your training.
2. Coaches are expected to have a fully stocked first aid kit with them during all practices and games. A first aid kit and supplies for re-stocking should be obtained from the athletic trainer and should be checked daily to ensure that it is fully stocked.
  3. Ice is located in the room across from the Athletic Director's Office, in the multi-purpose room, and next to the football locker room.
  4. Drinking water should be available at all practices and games. Each coach is responsible for securing a water cooler at the beginning of a game from the Athletic Director. Coolers should be rinsed out after every use and allowed to dry. Under no circumstances should water be left in coolers overnight or should coolers be used for any other purpose.

### **Procedures to follow in case of accident or illness**

1. Render appropriate first aid.
2. Coaches should have the Emergency Medical Forms of all athletes' with them at all times.
3. If, in your judgment, the injury requires immediate medical attention, an ambulance should be called.
4. Parent(s)/guardian(s) should be contacted and instructed to either meet their child at school or at the hospital emergency room. Students may only be released to the care of an adult who is listed as an emergency contact.
5. If a parent/guardian or emergency contact cannot be reached, the coach must accompany the athlete to the hospital and remain with the athlete until a family member arrives.
6. If the injury occurs during an AWAY contest and the coach must accompany the athlete to the hospital, the contest will be stopped at that point, and the team will return to the school under the supervision of the bus driver.
7. Promptly notify the Athletic Director of the injury.

In addition, injured students shall not be allowed to practice or play in a contest following an injury until they have a medical release. *If a student receives a medical release they are responsible for getting it to the coach or Athletic Director as soon as possible.*

## HEAD INJURIES

One of the most dangerous injuries that a coach must properly recognize is a head injury. Serious head injuries should be considered a medical emergency since they can be life-threatening. *Early recognition and proper intervention are critical and a conservative approach must always be taken.* If there is the slightest question or doubt that a head injury is anything but a minor bump to the head, it should be treated as a concussion and the athlete should be removed from all further competition/practice.

## HEAT ALERT

1. During the early fall and late spring, hot and humid weather could create a condition that would subject athletes to heat stress problems. Most times serious problems can be prevented by following simple precautions. Heat related illness includes:
  - a. **Heat Cramps** – cramps or spasms of active muscles caused by intense, prolonged exercise in heat and depletion of water and electrolytes due to sweating.
  - b. **Heat Fatigue** – feelings of weakness and tiredness caused by depletion of water and electrolytes due to sweating.
  - c. **Heat Exhaustion** – extreme weakness, exhaustion, headache, dizziness, profuse sweating, and, sometimes, unconsciousness. This medical emergency is caused by extreme depletion of water and electrolytes.
  - d. **Heat Stroke** – an acute medical emergency caused by a breakdown of the body's temperature regulatory mechanism that blocks one's ability to perspire. If left untreated, this results in a dangerously high body temperature, disorientation, seizures, possible unconsciousness or coma.
  
2. Practices and precautions should:
  - a. Provide for the gradual acclimatization to heat through a graduated conditioning program, which can produce 80-90 percent acclimatization after 7-10 days.
  - b. Provide water breaks, scheduled for a minimum of 10 minutes for every half hour of strenuous exercise in heat, during which water, preferably iced water, is available in unlimited quantities. **Water should never be withheld from athletes.**
  - c. Provide for water breaks and rest periods taken in shade areas. Coaches should reduce the amount of required clothing and equipment during hot and humid weather since cooling by the evaporation of perspiration is directly related to the amount of exposed skin.
  - d. Schedule practices during the cooler time of day.

- e. Be on the alert for signs of trouble and obvious weight loss.
  - f. Encourage athletes to eat a well-balanced diet to ensure that the electrolytes lost through perspiration are replaced.
2. During periods of **high temperature and humidity**, it may be necessary to alter game/practice routines and, under extreme conditions, cancellation or delay may be necessary. On days when the possibility for heat stress is likely, the Athletic Director shall provide guidance on temperature and humidity and determine which game and/or practice conditions will immediately go into effect for the following temperature/ humidity readings:

**60°F - 66°F** – Safe to participate, but observe those athletes susceptible to heat illness.

**67°F - 77°F** – Caution – Unlimited water on the field; mandatory water and rest breaks; cool body surfaces.

**78°F & Above** – Danger level – starting time for practices/games delayed until temperature/humidity reading falls below 80°F.

3. When a heat alert goes into effect, coaches will be advised of the condition.

## **ELECTRICAL STORMS**

In the event we experience thunderstorms, coaches must take immediate action to provide for the safety of their athletes. ***If lightning or thunder is observed anywhere in the sky, all activity must stop immediately.*** All team members must be escorted into the building, or in the event you are away, onto the team bus or into a building. Visiting team members, coaches and officials must also be invited into the school building.

Once the storm has passed the area, ***activity can resume only if no lightning and thunder has been observed anywhere in the sky for a minimum of thirty (30) minutes.*** Coaches must exercise good judgment; it should be on the conservative side. If your team is engaged in an official contest in which officials have been assigned, the decision as to if and when to resume the contest must conform to the above guidelines.

## **CANCELLATIONS**

1. All cancellations due to weather or any other unforeseen circumstances will be made by the Athletic Director after consultation with the coach. When the Athletic Director is not available, the coach, in consultation with a building or school administrator, will be responsible for cancellations.
2. After consultation with the coach, the Athletic Director will reschedule all canceled contests.
3. The coach will be responsible for notifying athletes of any changes in the schedule.
4. Cancellation of contests is usually made by the home team when activities are outdoors and involve the conditions of the playing field. Cancellations made for hazardous road conditions are usually made by the visiting team.
5. Cancellations on school days for whatever reason will be made between 1:00 and 2:00 p.m. There may be exceptions to this timeframe especially during playoffs.
6. When school is closed or closes early due to inclement weather or other emergencies, scheduled contests and practices on that day may still happen.



## **OBSERVANCE OF RELIGIOUS HOLIDAYS**

The East Clinton Athletic Department recognizes the rights of all students to practice their religion, observe religious holidays, and attend religious services and education programs. All requests to be excused from practice and/or games for religious purposes will be honored without penalty. Coaches are expected to establish a climate of mutual respect, tolerance, and appreciation among team members and be sensitive to a student's religious beliefs. Under no circumstances will a student be discouraged from practicing their religion.

It is the student's responsibility to inform the coach when they will miss practice for religious reasons.

The scheduling of scrimmages or games shall be prohibited on the following religious holidays. Middle School team practices will not be conducted on these days.

- Rosh Hashanah (two days beginning at sunset of previous day)
- Yom Kippur (beginning at sunset of previous day)
- Christmas Day (beginning at sunset of the previous day)
- Passover (first and second day beginning at sunset of previous day)
- Holy Thursday (evening)
- Good Friday
- Holy Saturday (evening)
- Easter Sunday

## **CONFLICTS WITH EXTRACURRICULAR ACTIVITIES**

East Clinton High School and Middle School each provide numerous opportunities for its students to participate in extracurricular activities. These activities are conducted according to an overriding philosophy that is consistent with the academic program. Students are encouraged to take advantage of these opportunities; however, students should not be allowed to sacrifice the quality of their academic program to participate in athletics.

The Athletic Department recognizes that students should have the opportunity to engage in a broad range of learning experiences. However, a student who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position of conflicting responsibilities. Students are cautioned not to overextend themselves. Participation on athletic teams requires a demanding commitment of time to a rigorous schedule of practice and competition that in addition to weekdays includes, at the JV and varsity levels, weekend, holiday, and vacation days. Generally, middle school practices and contests are limited to weekdays when school is in session.

Parents and student-athletes have a responsibility to notify a coach immediately whenever a conflict arises, and they should attempt to resolve the conflict. If it becomes apparent that conflicts will continue on a regular basis and a student cannot fulfill his/her obligation, he/she should withdraw from one of those activities.

## **PARENT PARTICIPATION**

It will be the responsibility of each coach to maintain positive relations with parents, community, organizations and the media. When representing East Clinton, coaches should use good judgment, refrain from using profanity or abusive language, and should not lose their temper. Parents are entitled to answers to legitimate questions, regarding their child's performance or status; however, coaches should not be subjected to verbal abuse. In the event that hostile feelings or arguments ensue, the meeting should be immediately terminated and another meeting scheduled with the Athletic Director.

## **FACILITY RENTAL**

Anyone seeking to use the District facilities must fill out an application form. This does not apply to coaches of East Clinton Local Schools for the use of an East Clinton Team.

Any outside group must submit their request with the Athletic Director and must secure a certificate of liability insurance. All requests need to be approved by the Superintendent.

## TRANSPORTATION

1. All requests for transportation must be made by the coach to the Athletic Director at the beginning of each season. Each request should indicate exact trip location and time of departure.
2. Special transportation requests can be arranged provided they are made at least two days in advance.
3. Coaches must inform their athletes of these rules for bus trips, and strictly enforce them.
4. It is the coach's responsibility to ensure that his/her athletes behave responsibly while on the bus. Athletes should be reminded that as a team member, they are representing East Clinton, and any misconduct will negatively reflect on their team, coach, and school.
5. **All** coaches must accompany his/her team on a bus. Only in emergencies will a team be allowed to travel on a bus without a coach being present.
6. **All High School team members and coaches** must ride the bus to each event and back to the school, where they will depart to go home. Middle School team members and coaches must ride the bus to each event and have the option to ride home with their parents/guardians.
7. The following rules apply to all bus trips:
  - a. No food (gum) or beverages on the bus.
  - b. Athletes shall clean off their cleats before boarding.
  - c. All trash (paper, tape, wrapping, bandages etc.) shall be picked up before getting off.
  - d. Heads, arms, and hands shall remain inside the bus at all times.
  - e. Athletes shall remain seated, refrain from throwing objects, and keep their hands to themselves.
  - f. Emergency doors shall *not* be used as an exit, except in an emergency.
  - g. All equipment (ball bags, hurdles, water coolers, etc.) are to be placed so that all emergency exits are kept clear.
  - h. All team members shall return to the school of origin – no drop-offs will be allowed en-route.
8. Students are not permitted to drive their automobiles to away contests; however, under unusual circumstances, parents may be permitted to drive their children to or from contests with the permission of the Athletic Director. In those instances, parents should speak to the coach prior to the contest/event and put their request in writing to the Athletic Director.

## **AWARDS SYSTEM**

A system of awards has been established to recognize the contributions and achievements of all members of East Clinton athletic teams. It is the coach's responsibility to establish criteria for the awarding of participation credit at the varsity, junior varsity, freshman, or middle school levels. The criteria shall be explained to all squad members at the beginning of a sport season. It should take into consideration an athlete's level and quality of participation during a season as well as during his/her previous years' contributions in that particular sport. A record of each student's participation on athletic teams will be maintained by the Athletic Director.

1.     **Varsity** - First-time varsity award winners will receive a letter, and certificate. For subsequent varsity awards, athletes will only receive a pin insert and a plaque. All awards will be distributed at the culminating end of season gathering.
  
2.     **Junior Varsity** –Recognized with a certificate at the end of season gathering by the coach.
  
3.     **Middle School** – Participants will be recognized with a certificate at the end of season gathering by the coach.

### **PART III**

#### **ALCOHOL, TOBACCO, DRUGS and STEROIDS**

As a parent/guardian, you are an important influence in your student athletes' lives. You can be an important defense against underage and illegal use of alcohol, tobacco and other drugs. Parents/guardians should learn about drugs and alcohol and take a position against their illegal use by young people and regularly share with their athletes both their information and their feelings about drug abuse.

Any student caught using or possessing any illegal substance will receive the following consequences. This policy will be in effect 7 days a week, 365 days a year. This will start in Middle School and restart count in High School

1. First Offense: Suspended for 20% of the current season.
  - a. Suspension will carry over to the next season if necessary.
  - b. Must enroll and complete a counseling program approved by the Athletic Director and Principal.
  - c. Failure to complete counseling will result in dismissal from all athletics until completed.
2. Any other Offense: Suspended for a minimum of 20% up to dismissal from Athletics for the rest of their high school career.

#### **SOCIAL BEHAVIOR**

Social behavior is defined by behavior directed towards society, or taking place between members of the same social group. (Classmates, Teachers, School and their employees, community members, and etc...).

Any student athlete who is involved in social behavior that is harmful or disrespectful to anyone mentioned above will have the following consequences:

1. First Offense: Suspended for 10% of the current season.
  - a. Suspension will carry over to the next season if necessary.
2. Any other Offense: Suspended for a minimum of 20% up to dismissal from Athletics for the rest of their high school career.

**PART IV**

**FORMS**

**Acknowledgment Form**

It is the responsibility of the parents and students to read the East Clinton Parent and Student Athletic Handbook prior to participating in our athletic program. The information contained in this handbook outlines the Policies, Rules, and Regulations that govern our program. The school district requires that you and your student athlete sign this Acknowledgment Form and return it to your son/daughter's coach. Please Return as soon as possible. No student athlete will be allowed to participate in a competition until this form is signed and returned.

I have read and understand everything in said above pages. If not followed I may be benched for a set time set forth by Athletic Director and Principal and up to being eliminated from the team.

Student Athlete Name Printed	Date
Student Athlete Signature	Date
Parent/Guardian Name Printed	Date
Parent/Guardian Signature	Date

## **ATHLETIC CODE OF BEHAVIOR**

All East Clinton student athletes are expected to behave responsibly while in school and while participating in team practices and contests. During the season, student athletes must conform to several Athletic Department policies as outlined in the Code of Behavior letter that athletes and parents are asked to sign. Signed copies of the letter are forwarded to the Athletic Director and kept on file.

Each coach is responsible for ensuring that the **Code of Behavior** is fully explained (not just merely distributed) and properly signed by each athlete and his/her parents. Copies of this letter can be obtained from the Athletic Director's office. Athletes must not be allowed to practice with a team unless a signed copy of the Code of Behavior is returned.

Coaches are responsible for distributing the Acknowledgment Form to all athletes.

**If a coach feels a student athlete has violated the code of behavior, a team rule, or has accumulated an excessive number of unexcused absences that would result in a suspension or dismissal from a team, the coach must contact the Athletic Director and submit his/her recommendation for disciplinary action. The Athletic Director, after consultation with the Principal, and after discussing the circumstances with parents, shall render a decision.**

### **ATHLETES ARE EXPECTED TO:**

1. Understand and abide by the rules and regulations of the game and respect the integrity and judgment of officials.
2. Conduct themselves in a mature fashion at all times.
3. Demonstrate self-control and mutual respect at all times.
4. Avoid the use of profanity, abusive language or gestures in dealing with opponents, officials or spectators.
5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves.
6. Set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and that younger athletes emulate their behavior.
7. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team effort.
8. Place athletic competition in its proper perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.
9. Refrain from using cell phones on the field, in the locker room, and in the gymnasiums.
10. Have a Physical Form turned in to the Athletic Director prior to any workout, practice or competition.
11. Refrain from using dietary supplements while an athlete at East Clinton Local Schools. Use at school could result in suspension from school.



**PARENTS ARE EXPECTED TO:**

1. Conform to accepted standards of good sportsmanship and behavior.
2. Respect officials, coaches and players and extend courtesies to them.
3. Refrain from feet stomping, disrespectful remarks, and the use of noisemakers.
4. Be quiet when players need total concentration such as, but not limited, to free throws in basketball, a serve in tennis and volleyball, or a swing in golf.
5. Obey the regulations of the school. Those who do not conform will be referred to school authorities.
6. Understand that schools are responsible for the conduct of their respective spectators, whether at home or away.
7. Refrain from shouting disapproval of calls made by the officials.
8. Refrain from any form of tobacco and alcohol use.
9. Refrain from bringing pets on school property.

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Parent/Guardian Name Printed

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Date

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Parent/Guardian Signature

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Date