

INDIAN CREEK HIGH SCHOOL

2020-2021 ATHLETIC HANDBOOK

Please return the verification form to the athletic office. The form must be on file with the athletic director before participation in any sport takes place. Only the back page needs to be returned to the athletic office.

INDIAN CREEK HIGH SCHOOL

ATHLETIC HANDBOOK

PHILOSOPHY

The Indian Creek High School athletic program and participants believes in education based athletics and supports the mission, vision, and educational supports of the school.

OBJECTIVES:

1. To promote the importance of excellence in the classroom and on the athletic fields.
2. To develop appropriate behavior at school, at home, and in the community.
3. To develop respect for team members, opponents, coaches, officials, families, and community.
4. To guide each athlete to achieve his/her potential.
5. To develop an athlete's ability to work as part of a team.
6. To teach and develop fundamental skills in the sport in which the athlete chooses to participate.
7. To promote the will to prepare.
8. To develop each athlete's knowledge of the sport and teach the rules of the game.
9. To provide opportunity to learn life-long health habits.
10. To teach proper care of equipment, school property, and the property of others.
11. To develop self-discipline.

ELIGIBILITY

Indian Creek High School is a member of the IHSAA and follows established rules listed below. To be eligible to represent the school in inter-school athletics, an athlete:

1. Must be a regular, bonafide student at Indian Creek High School.
2. Must have completed 10 separate days of organized practice days in said sport under the direct supervision of the high school coaching staff, preceding the date of participation in inter-school contests.
3. Must have taken and received passing grades in at least five full credited subjects or the equivalent during his/her last grading period, except that the semester grades will take precedence at the end of a semester. Athletes must currently be enrolled in at least six full credited subjects or the equivalent to participate.
4. Must not or have not turned 20 years of age before or on the scheduled date of the IHSAA State Finals in a sport.
5. Must have been enrolled at Indian Creek High School last semester or at a junior high school from which Indian Creek High School receives its students:
 - unless he/she is entering the ninth grade for the first time or
 - unless he/she is transferring from a school district or territory with a corresponding bonafide move on the part of the athlete's parent/guardian(s) or
 - unless he/she is a ward of a court; an orphan; residing with a parent who has legal custody; transferring from a former school which is closed; transferring from a

former school which is not accredited; transferring pursuant to a school board mandate; attending, in error, a wrong school; transferring from a correctional school; emancipated; or a foreign exchange student under an approved NASSP program.

NOTE: An athlete must have been eligible to participate at the school from which he/she transferred and have completed the athletic transfer form in the athletic office.

6. Must not have transferred from one school to another primarily for athletic purposes as a result of undue influence or persuasion by any person or group.
7. Must not have been enrolled more than four fall semesters and four spring semesters beginning with grade 9.
8. Must be an amateur. (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract)
9. Must have had a physical examination between April 1 and the first practice and filed with the principal a completed consent and release certificate. The physical examination must be completed by a medical doctor (M.D.) or a doctor of osteopathy (D.O.)
10. Must not have received, in recognition of his/her athletic ability, any award not approved by the principal or the IHSAA.
11. Must not accept awards in the form of merchandise, meals, cash, etc.
12. Must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than the school team. (See rule 15-1a)(Exception for outstanding student-athlete-See rule 15-1b)
13. Must not reflect discredit upon Indian Creek High School, nor create a disruptive influence on the discipline, good order, moral or educational environment in the school.
14. Students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport as a prospective college student-athlete. Graduates should refer to college rules and regulations before participation.
15. Must not hold true competition with or against a student enrolled below grade 9.
16. Must, if absent 5 or more days due to illness or injury, present to the principal, a written verification from a physician licensed to practice medicine, stating athlete's eligibility to participate again.
17. Must not participate in camps, clinics or schools during the authorized contest season. Consult the high school principal for regulations regarding out-of-season and summer.
18. Girls shall not be permitted to participate in an IHSAA tournament program for boys when there is an IHSAA tournament program for girls in that sport in which they can qualify as a girl's tournament entrant.

ADDITIONAL INDIAN CREEK HIGH SCHOOL RULES

19. May not fail more than one class in a grade period (semester grades take precedent).
20. Coaches may require students to attend tutoring sessions, if applicable, while using athletics as an incentive to improve their academics.
21. Jewelry, during competition is sport specific. Please seek advice from coach or officials.
22. Each team member may be required to wear clothing similar to teammates during games.

22. In-season athletes are not permitted to participate in out-of-season open facility or conditioning sessions without coach permission.

TRAINING RULES

Training rules are a matter of self-discipline. The best performance athletes are capable of producing comes only when they are willing to sacrifice their time and effort toward a conditioned, training program which will help discipline their daily habits during their lifetime.

Violations will be handed as individual issues present themselves.

THE FOLLOWING WILL BE USED WHEN VIOLATIONS OCCUR:

TOBACCO

Athletes will not use or possess tobacco products including smoking, snuff, and use of chewing tobacco, or the use or possession of any other inhaled products including vapes or other similar devices.

ALCOHOL

Athletes will not consume, possess, distribute, or transport alcoholic beverages.

DRUGS

Athletes will not abuse, possess, distribute, or transport drugs or look alike drugs. This policy is inclusive of devices used for storage, processing or consumption of drugs. Substances containing marijuana, steroids, hallucinogens, narcotics, amphetamines, or barbiturates will not be used. Student-athletes will not use depressants, stimulants, inhalants or other substances utilized for purposes that violate school policy.

First Offense - Suspension from a minimum of 33% of scheduled contests with other schools beginning at the time of the violation. The student athlete will also agree to be drug tested a minimum of 1 more time during the current sport season.

Second Offense -Suspension from athletic competition for a minimum of 365 days beginning at the time of the violation. The student athlete must complete a substance abuse program during the time of the suspension in order to return to play. The student athlete also agrees to be drug tested a minimum of 2 times during the 365 day suspension.

Third Offense -Suspension from athletics for the remainder of his/her high school career. No exception on 3rd offense.

NOTE:

- A. All violations will be imposed based on the above: Tobacco, Alcohol, and Drugs; however are not limited to other violations occurring, such as Vandalism, Theft, Felony, Arrest, Misdemeanor, and School Suspension
- B. A student athlete must remain in good standing during and after a suspension for the suspension to count as served.
- C. Any student-athlete arrested or detained as a juvenile on such a charge will be suspended from participation pending investigation of the incident. Conviction of a felony at any time shall exclude the student-athlete from athletic participation for one full year (365 days) from day the violation is confirmed. Conviction of a misdemeanor shall be subject to athletic suspension for 33% of the contests on the first offense with practice at the discretion of each coach.
- D. Any suspension that occurs in the last part of the season and in which the violator is unable to fulfill the terms of the suspension, the suspension will carry-over until the suspension is served. This includes the next sport or the same sport the next year.

E. Drug testing results are final and there will be no consideration of retesting.

CONDUCT, CHARACTER, AND DISCIPLINE

The principal or athletic director may suspend a student for a period of time for other incidents that have a detrimental effect upon the athletic program at Indian Creek. The length of suspension for these infractions will be determined by the Principal and/or the Athletic Director. Participation in athletics at Indian Creek High School is a privilege and not a right

ANTI HAZING POLICY

Indian Creek High School is committed to providing the best learning atmosphere for our students. Hazing activities are inconsistent with our educational mission and will not be tolerated in the athletic department. The Indiana Code defines hazing as “forcing or requiring another person (1) with or without the consent of the other person and (2) as a condition of association with a group or organization; to perform an act that creates a substantial risk of bodily injury.” The American Heritage Dictionary, Fourth Edition, defines hazing as: “To persecute or harass with meaningless, difficult, or humiliating tasks. To initiate by exacting humiliating performances from or playing rough practical jokes upon.” The Indian Creek Athletic Department will not tolerate actions by student-athletes that recklessly or intentionally endanger the mental or physical health or safety of a student. This includes, but is not limited to, paddling, beating, branding, exposure to the elements, forced consumption of food or drink, “swirlies”, forced conduct resulting in extreme embarrassment, or any other conduct which could adversely affect the mental health or dignity of another individual. Athletic department employees who permit, encourage, condone or tolerate hazing will be subject to discipline.

ANTI-BULLYING POLICY

Students who commit any acts of bullying are subject to discipline including but not limited to suspension, expulsion, arrest and/or prosecution. 2. Definition: Bullying is defined as overt, unwanted repeated acts or gestures, including: a. Verbal or written communication or images transmitted in any manner (including digitally or electronically); b. Physical acts committed; c. Aggression; d. Any other behaviors committed; by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the targeted student; that create an objectively hostile school environment that places the targeted student in reasonable fear of harm to person or property; has a substantially detrimental effect on the targeted student's physical or mental health; has the effect of substantially interfering with the targeted student's academic performance; or has the effect of substantially interfering with the targeted student's ability to participate in or benefit from the services, activities, and privileges provided by the school. 3. Applicability: The rule applies when the bullying student is in effect 12 months per year/ 7 days per week/ 24 hours per day, on or off school property.

GENERAL DISCIPLINE POLICIES

1. Any student exhibiting behavior deemed detrimental to school purposes may be suspended from athletic activities.
2. A coach may impose rules and regulations above and beyond those written (except those stated in part 2c) in this handbook provided he/she has communicated in writing

his/her intentions to the athletes and parents/guardians and the guidelines below have been followed:

- a. A copy of the additional rules must be turned into the high school office two weeks prior to the first practice and be approved by the principal and athletic director.
 - b. A form showing understanding and agreement of the policies must be signed by the athlete and the parent/guardian and be in the possession of the coach and/or athletic director before participation.
 - c. Standard rules and regulations that all coaches must follow and may not go above and beyond are: Eligibility, Alcohol, Drugs and Tobacco
3. This training and discipline policy will be in effect year round. In the event a student is not participating in athletics at the time of the violation, the penalty will apply to subsequent athletic activity in which the student participates and shall remain in effect until that student successfully completes the suspension.
 4. At the discretion of the coach, the athlete may be required to attend practice during any athletic suspension period. Students suspended out of school may not attend practice.

APPEARANCE

A neat and well-groomed appearance insures that Indian Creek athletes will impress other teams, fans, and officials. Be neat and well-groomed at all times.

HALLS

Athletes are not to wear spikes/cleats the building.

CONDUCT ON ROAD TRIPS

On trips, athletes represent the community, school, and coaches. Therefore, it is expected that all concerned will act in an acceptable manner when traveling and conduct themselves on the bus in a manner in keeping with the rules. Equipment and facilities of the opposing schools will be respected and cared for just like personal equipment.

All members of all athletic teams are encouraged to return to the school on the team bus. In a rare circumstance, a student-athlete may be dismissed to their parents if an agreement is reached and the parent/guardian has completed the Travel Release form in advance and received permission from the Athletic Director. Coaches have the discretion to release students to their parent/guardian(s) in emergency cases without prior notification.

While participating at other schools, students should not be in unauthorized areas of the building. Student-athletes should remain with their team and visit areas designated only for the team.

ATTENDANCE

1. Athletes must attend 4 periods or 2 blocks (academic classes) in order to participate in the event that evening; Athletes must attend four academic classes on Friday in order to participate in any game or practice over a weekend. Prior arrangements may be made in writing to the athletic director or principal in the event an athlete will be gone from school and wants to be eligible to participate the same day.
2. Athletes are expected to be present in all classes the day after a weekday contest, unless excused due to illness or legitimate reason, as approved by administration.
3. An athlete who consistently violates the ICHS attendance/tardy policy is exhibiting behavior deemed detrimental to school purposes and may be suspended from athletic activities.

QUITTING OR BEING DISMISSED FROM A TEAM

1. Once a student begins practice in a sport and his/her squad membership is terminated by a coach for reasons other than being "cut," due to lack of ability, he/she is not eligible to practice or participate in another sport in the current season (including intramural), unless given approval by the athletic director and by mutual consent of the coaches involved. A thorough investigation is to be made.

When an athlete quits a team, he/she may not try out for the next season sport until the team he/she quits finishes its current season. Only mutual consent of the coaches involved and the athletic director may waive this rule.

PRACTICES

1. Athletes will be given practice expectations from their coach.
4. No student is to practice or participate in any sport before having a completed and signed physical form on file in the athletic director's office.
5. No student may participate in a practice or contest unless the athlete and parent/guardian have read and turned in the rules' awareness and verification forms.
6. There shall be no contest, practice, or formal or informal team meeting scheduled on Sunday.
7. During organized practices, all athletes must be supervised.
8. An athlete shall not be eligible for practice or game participation while suspended from school attendance.

When an athlete is injured and misses practice and/or contests for five or more consecutive days, he/she must have a release form from a doctor to return to practice. There must also be a written statement from the parent/guardian(s) stating the parent/guardian(s) are aware of the doctor's release and giving consent for the athlete to begin participating again. This release must be given to the principal or the principal's designee when the coach receives it. Parents/guardians have the right not to consent to a doctor's release if they believe it is not in the best interest of the athlete. The statement must be completed in writing to the coach and athletic director.

SPORTSMANSHIP

9. Sportsmanship and character is a top priority. Unsportsmanlike conduct will not be tolerated, and is a punishable offense.

EQUIPMENT AND SUPPLIES

1. The athlete is responsible for all equipment being returned in acceptable condition. Maintenance and replacement of equipment may be the athlete's responsibility. If equipment has not been returned, the athlete responsible will not be allowed to participate in a subsequent sport until the equipment has been returned or payment for the lost or damaged equipment has been received. The coach and athletic director shall be responsible for the resolution of any such problem.
2. The athlete will be charged the replacement cost for equipment lost or damaged by abnormal use.
3. Equipment issued to athletes remains the property of the school unless the athlete pays part or all the cost with the agreement that the equipment is then the property of the athlete.

RELEASE OF INFORMATION

The athletic department may release information, pictures and statistics of each athlete to opposing schools, area newspapers/TV and colleges when appropriate. The information released will be non-personal in nature. Team photos, individual athletic photos may be taken and released for use in news stories relating to the athlete's performance.

Information released will be limited to name, grade, height, weight, position, etc. At times, GPA information may be released to colleges (only) for possibility of scholarship. Home phone and address will only be released to colleges after permission obtained from athlete and/or parent/guardian. If the athlete or parent/guardian does not wish the information to be released, he/she must contact the athletic department in writing. By reading and signing the rules of the athletic policy, the parent/guardian otherwise grants permission for Indian Creek High School to release the above information.

LOCKERS

Athletic lockers are available. Athletes are responsible for maintaining the area, and are asked to keep belongings locked up at all times.

CHAIN OF COMMAND FOR ATHLETIC DIFFERENCES

To resolve differences that may occur the following chain of command will be used by student athletes and parents when making contact with school officials. Those in the chain of command will direct the order to the proper level if it has not been followed.

For Athletic Issues:

1. Coach
2. Athletic Director
3. Principal
4. Superintendent
5. School Board

Every effort will be made to return all telephone calls or answer requests within 48 hours from the time of initial contact.

TRAINERS AND INJURIES

1. We do have an athletic trainer, Dean Behrmann, available daily. Mr. Behrmann is here from 2:30 each day until each athletic practice or competition has ended. This service is through Franciscan Health.
2. Athletes are required to report all injuries to the coach for medical attention.

ATHLETIC INSURANCE

1. Athletes are responsible for their own insurance coverage.
2. INDIAN CREEK ATHLETIC DEPARTMENT AND THE N-H-J SCHOOL CORPORATION PROVIDES NO ATHLETIC INSURANCE FOR THE PARTICIPANTS.

MEDICAL INFORMATION

Skin Infections (includes MRSA, impetigo, ringworm) - A single infected athlete can quickly become the source of an outbreak that can affect the entire team. It is essential that the Athletic Trainer and coaches know about every skin infection as soon as it occurs/diagnosed by a physician, and that every athlete knows to be evaluated at the first sign of a possible infection.

ATHLETIC AWARD POLICIES

The ICBS Athletic Council has adopted the following rules and regulations for the awarding of athletic awards at Indian Creek High School.

GENERAL ATHLETIC AWARD REQUIREMENTS

1. The athlete must complete the season in good standing and must have conformed to IHSAA eligibility rules and Indian Creek High School rules. Athletic seasons end at the conclusion of the athletic awards program at the end of the respective sport season, or the team's final game, whichever is later.
2. Athletes must attend the awards program to receive the awards. Only the head coach and athletic director may approve extenuating circumstances. Work is not a reason to miss the awards program.
3. All varsity participants shall be academically eligible at the end of their season or they shall not receive their varsity award.
4. All candidates for awards must have returned all equipment loaned to them to the satisfaction of the coach and the athletic director.
5. Players who are injured in relation to their sport may receive special consideration in receiving an award when the minimum requirement is not met.
6. Players must attend a minimum of 90% of all required practices during the athletic season unless excused by the Head Coach. The Head Coach and Athletic Director will make the final determination as to whether a player has met attendance requirements. Injuries will be taken into consideration, but athletes who cannot play in an event are required to attend practice/games if the injury is not too severe.

SPECIFIC REQUIREMENTS

1. Freshmen-Complete the season in good standing and be recommended by the coach. Any player who does not compete in 50% of games needs to be approved by the athletic council and/or athletic director.
2. Reserve-Complete season in good standing and be recommended by the coach. any player who does compete in 50% of games needs to be approved by the athletic council and/or athletic director.
2. Varsity-Complete the season in good standing and be recommended by the coach. Varsity athletes
Also must meet the following minimum requirements:
 - a. BASEBALL- Non-pitcher play in 1/3 total innings. Pitchers start 1/5 of the games. Relievers appear in 1/4 of total innings. The athlete must be certified for sectionals.
 - b. BASKETBALL-Play in 1/2 of the season's quarters and be certified for sectionals.

CROSS COUNTRY- Compete in 60% of varsity races and be certified for sectionals.

- c. FOOTBALL – Play 60% of varsity quarters and be certified for sectionals.
- d. SOFTBALL – Play 1/3 of all varsity innings. Athlete must be certified for sectionals.
- f. SWIMMING - (Boys and Girls)

Total Points needed to letter:

First year—150, Second year—140, Third year—125, Fourth year—100

Minimum Meet points:

First year—50, Second year—40, Third year—30, Fourth year—20

How to earn points:

Meet points: athletes awarded individual points scored in meets

Attendance: 1 point per practice; absence (excused or unexcused) deduct 5 points
Off Season: 5 points for each swim/dive meet participated, 20 points for participating in 50% of long course (summer season); 10 points for participating in short course pre-season
Other: ICHS record- 40 points, state qualifier- 40 points, regional qualifier (diving) 20 points*

*divers will receive points for their highest achievement

The coach may recommend a team member for a varsity award. All varsity athletes must be certified for the sectional meet.

- g. TENNIS – Play ½ varsity matches and be certified for sectional.
- h. VOLLEYBALL – Play ½ of the varsity matches and be certified for sectionals.
- i. TRACK – (Boys and Girls)
 - 1. Participate in 60% of all meets.
 - 2. Meet point requirements set up by the track coach. A point system will be established prior to each season (based on personal best times and times in meets including county, conference and sectionals). The points system is to be approved by the athletic director and principal before the track season begins.
 - 3. Be certified for sectional.
- j. WRESTLING – Compete in 50% of all matches and be certified for sectionals.
- k. GOLF – Participate in 60% of varsity matches. Be certified for sectionals.
 - 1. CHEERLEADING – Must participate during the entire season (football or basketball). Each cheerleader will receive one varsity letter per season of participation. A separate varsity letter may be earned in football and basketball. Must attend all regularly-scheduled practices and all games scheduled for participation.
- e. MANAGERS- Must attend all practices and games assigned by the head coach.
- f. STATISTICIANS, CAMERA PERSONS, TIMERS, AND OTHER GAME WORKERS – Must be present at all games or matches during the sport season. The worker will receive one letter for every two sport seasons in which he/she participates. (1/2 letter each sport)

The preceding requirements are minimum requirements and the coach and/or athletic director reserve the right to withhold an award if a player quits the team or engages in conduct unbecoming to Indian Creek High School prior to the last game or the awards program, whichever comes later.

A varsity letter may be recommended by a coach and approved by the athletic council and/or athletic director in unusual cases or in cases of outstanding performances, even though the minimum requirements have not been met.

Athletes who earn varsity awards and receive the privilege of wearing an Indian Creek High School athletic jacket also take on the responsibility of representing the school. Athletes should be careful that they do not embarrass themselves, their school, or their community. No other lettering or insignias may be worn on sweaters or jackets except those presented by the athletic department.

PARENT/SPECTATOR CODE OF CONDUCT

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and/or practice.

I will support the coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will not ridicule or yell at my child or other participants for making a mistake or losing a competition.

I will respect the officials and their authority during games and will never question, discuss, or confront the officials at a game field.

I will not engage in any unsportsmanlike conduct with any official, coach, player or parent, such as taunting, using gestures, or the use of profane language.

I will never enter the field of play unless permitted by an official.

Failure to comply with any of these above statements may result in the following actions being taken:

1. Verbal warning by the Athletic Director or Principal
2. Written warning by the Principal and possible no trespassing order
3. Suspension from the remainder of the sports season and no trespass order
4. Suspension from athletic events for 365 days and no trespass order

NOTE: The severity of the infraction may result in advanced disciplinary actions

2020-2021 Rules Verification for:

Athlete's Name

RULE REMINDERS

RULE AWARENESS VERIFICATION

I have read and understand the rules and regulations as listed in the Indian Creek High School Athletic Handbook. I agree to obey the rules and I understand the possible consequences if they are not followed.

PARENT/GUARDIAN PERMISSION TO PARTICIPATE

I hereby give my permission for the above-named student to engage in IHSAA or Indian Creek High School approved activities as a representative of his/her school. I give my consent for the above-named student to accompany the team or group as a member on its out of town trips. I also give my consent that emergency medical treatment be given, if needed. I understand that neither the school nor the athletic department carries insurance for injuries sustained in the interscholastic program.

RISK AWARENESS VERIFICATION

I understand and acknowledge that organized secondary athletics involve the potential for injury which is inherent in all sports. I acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of the rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death.

WE THE UNDERSIGNED, ACKNOWLEDGE THAT WE HAVE READ AND UNDERSTAND ALL ASPECTS OF THE HANDBOOK AND GRANT PERMISSION AND CONSENT AS REQUIRED.

DRUG TESTING AWARENESS VERIFICATION/WAIVER- YEAR ROUND

We the undersigned, acknowledge that we have read and understand the corporation drug testing policy. By signing below, each athlete agrees to participate in the random drug testing. Should a positive test result occur, recommendations for eligibility to participate will be based upon the guidelines in the athletic handbook. Those guidelines will be imposed, in addition to any consequences required to be imposed by the drug testing policy. Further, by signing below, I give permission for my son/daughter to be included in the drug testing pool.

WEBSITE PHOTOGRAPHY AWARENESS PERMISSION/WAIVER

We the undersigned, give the permission to school assigned photographers to submit photos of our son/daughter, and be published onto the Indian Creek Athletics website.

Student Signature

Date

Parent/Guardian Signature

Date

JMH Consent for Athletic Training Services

Student Name: (full legal name)

Address:

City: _____ State: _____ Zip: _____

Birth Date: _____ Age: _____

Legal guardian/parent name(s): _____

Telephone: _____ Cell: _____

Email: _____

Emergency Contact Name:

Emergency Contact Phone: _____ Cell: _____

Other: _____

I, _____, the parent or legal guardian for the Student listed above, do hereby consent to the Student receiving athletic training services from the schools athletic training provider. I understand that during the course of these services certain health information related to Student's athletic training services may be used and/or disclosed for treatment, payment or healthcare operations purposes, or as otherwise required by law.

I further consent to certain health information being disclosed to school personnel, including but not limited to, coaches, school administration, and/or staff, as necessary.

I understand this consent is subject to my revocation at any time, except to the extent that action has been taken in reliance on this consent. Otherwise, this consent shall expire at the end of the school year or the Student's current athletic season, whichever is later.

With these signatures we are consenting to the handbook rules, the drug testing waiver, and Athletic Training Consent Form.

Parent/Guardian Signature (required)

Date

Athlete's signature (required)

Date

