

**2018-2019
NORTH CENTRAL
HIGH SCHOOL
JUNIOR HIGH SCHOOL
STUDENT/PARENT
ATHLETIC HANDBOOK**



REVISED JUNE 2018

HANDBOOK COMMITTEE:

Chris Fidler
Joe Fidler
Brian Hughes
Stacy Roth
Eric Smeltzer
Greg Waidelich
Jared Stewart
Joel Boothman
Don Parrish
Brandie Bailey

Individual Sports Schedules and directions to schools can be found by using the following websites. Schedules are subject to change.

www.ncschool.k12.oh.us

www.arbiterlive.com

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This handbook is presented to you because you have indicated a desire to participate in interscholastic athletics at North Central Schools. Participation in interscholastic athletics is a privilege, not a right, which provides a number of opportunities and experiences that can enhance the educational and personal development of the student. The development of self-expression, mental alertness, and team and self discipline are important aspects of an individual's athletic experience. In order to be successful at the individual and team level a great deal of emphasis must be placed on good training habits. The goal of each student athlete should be to discipline his/her mind and body for rigorous competition.

North Central Schools has built a great athletic tradition over the years. North Central athletic squads have won their share of league championships and have been very competitive in tournament competition. Individual athletes and teams continue to set new school records. Many individuals have distinguished themselves by winning conference, district, and state honors. Such a tradition can only be built on hard work and dedication from all those involved in the athletic programs. This tradition is worthy of everyone's best effort, especially the student athlete. To compete in interscholastic sports at North Central you will have to say "no" to certain behaviors an athlete cannot afford. When you wear the North Central Eagle and the school colors you will be expected to uphold the traditions and accept the responsibilities that go with it.

If you are ready to make the sacrifice necessary to be a student athlete, interscholastic athletics can be a satisfying experience for you, your family, and your community.

PHILOSOPHY – "EAGLES"

The primary purpose of the North Central Athletic program is to make available to all students, who are willing and interested, the opportunity to participate and compete in athletics at an organized, competitive level in a safe, properly supervised environment. As a result, we believe that athletics can be a beneficial, enjoyable experience for each student.

The school system including the Board of Education, Athletic Department, Athletic Boosters, etc. annually spends a great deal of time and money on athletic related activities. An immeasurable number of hours are demanded of coaches and student participants alike. This expenditure of time and money cannot be justified by a winning season alone.

The development of positive personal qualities of each student athlete is an important concern. Some of the qualities that an athlete should develop in order to become a positive role model as an "EAGLE" are:

E= Excellence – Outstanding commitment to doing your best at all times and situations whether in practice or games.

A= Attitude – Confidence, believing in your abilities and your teammates. Obeying the rules and respecting the game, your teammates, coaches, officials, and your opponent.

G = Guts - Fortitude and stamina in coping with adversity and difficult situations.

L = Leadership - The ability to positively lead other people by your actions and your words. Setting an example for others to follow. Getting the most out of yourself and your teammates. Winning and losing with class.

E = Enthusiasm – Passionate in your pursuit of your team's goals. Being positive in all that you do.

S= Selflessness - The ability and readiness to sacrifice personal glory and ambition for the good of the whole team. Putting the team before yourself.

Pre-Season Student and Parent's Meeting

The OHSAA requires that all student/athletes and parents/guardians of student/athletes must attend one preseason meeting conducted by the athletic director, principal or their designee. The general purpose of the meeting is to make students and their parents aware of the obligations they must meet in order to have the privilege of participating in interscholastic athletics. Besides reviewing the school's essential eligibility standards, our athletic policies and/or code of conduct and reviewing policies and procedures related to topics like sportsmanship and health and sports medicine issues, attendees will also have the opportunity to break down into smaller groups to meet with the coaches of the students' particular sport.

Each Head Coach shall set up and conduct a pre-season meeting with the parents of his/her team. This meeting should inform the parents of the coaching staff's expectations for their children as well as to go over school/team policy. Items to discuss are (but not limited to): chain of command, coaching philosophy, code of conduct policy, eligibility requirements, attendance policy, doubling policy (if applicable), lettering requirements, and training rules of the coach. Items not appropriate to discuss includes (but not limited to): playing time, other athletes, other sports and other coaches.

Student-Athlete/Parent/Coach Relationship

A clear line of communication is important between the student-athlete, parent and coach. When the student-athlete or parents have a question or concern, the first step is for the student-athlete to speak to their respective coach. If there are still questions or concerns after the initial interaction between the student-athlete and coach, then the chain of command developed by the North Central Local School District in conjunction with its Athletic Department listed below needs to be followed. We ask that you please adhere to the order and follow each step of this line of communication.

1. Assistant Coach (if applicable)
2. Head Coach
3. Athletic Director
4. Building Principal
5. Superintendent
6. Board of Education

If the coach can not be reached, call or email Brian Hughes, Athletic Director at 419-737-3419 or bhughes@northcentralschool.org

Please do not attempt to confront the coach before or after a contest or practice session. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution and in fact often escalate the issue. When a concern arises contact the coach no earlier than 9:00 am after the day of the contest or practice. Contact can be made by phone or email for the sole purpose of making an appointment. No other issues will be discussed or mentioned in this communication.

Once a meeting time has been agreed upon both the student-athlete and parent(s) will attend the meeting. Playing time, playing position, team strategy, play calling, and other parents or players will not be discussed at this meeting.

If concerns still exist after the meeting with the head coach, please do not hesitate to contact the Athletic Director.

The Role of Parents in Interscholastic Athletics

As a parent, make sure your children understand that no matter what happens; win or lose, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure.

Try your best to be completely honest about your child's athletic ability, competitive attitude, and actual skill level.

Don't coach them during participation in a game. It is difficult enough to stay focused in the heat of competition.

Teach them to enjoy the thrill of competition.

Try not to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride. If they are comfortable whether winning or losing, and their role on the team they are on their way to maximum achievement and enjoyment.

Don't compare the skill, courage or attitude of your child with other members of the team, or discuss other team members or coaches in front of your children.

Sporting Philosophy of North Central Schools

The administration and coaching staff of North Central Local Schools are committed to the practice of sporting conduct and ethical behavior during all interscholastic competition. To be successful, it is critical that everyone consistently behaves in a manner that is respectful and reflective of the values of sporting conduct. Unfortunately, the failure on the part of one individual or any group can undermine the effort of all others.

Sporting conduct is defined as those qualities of behavior which are characterized by generosity and a genuine concern for others, and that would include our own coaches, student-athletes and fellow fans; the opposing team, coaches and fans; the contest officials, and the administrators conducting the contests.

STUDENT-ATHLETES

Your participation in athletics is a privilege, not a right. You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- ✓ Every time you compete in an athletic contest wearing the North Central uniform you represent your team, your school, your family, and your community. Accept and understand the seriousness of your responsibility, and the privilege of representing North Central. Always conduct yourself in an exemplary manner that reflects positively upon your team, your school, your family, and the community.
- ✓ Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- ✓ Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- ✓ Treat your opponents as you would like to be treated...with respect.
- ✓ Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team. It is your responsibility to leave any questions in regards to officiating to your coach.

Remember, there's nothing wrong with striving to be the best. But school sports exist to help develop all participants to be their best — their best as individuals, as students, as teammates, as

members of the community — not just their best as athletes.

So when our opponents visit our school, treat them as our guests. When we travel to other schools, please do your best to leave a positive impression and treat everyone with respect.

The OHSAA has established a policy for students ejected or disqualified for unsporting behavior or flagrant fouls. If you are ejected or disqualified:

- You will be ineligible for all contests for the remainder of that day, and
- You will be ineligible for all contests at all levels in that sport until two regular season/tournament contests are played at the same level as the ejection (one contest in football).
- If you are ejected or disqualified a second time in a season, you are subject to additional, stiffer penalties, including suspension from play for the remainder of the season in that sport.

PARENTS/SPECTATORS

Thank you for the support of our athletic programs. Your attendance at events and following our athletic participants and programs is greatly appreciated. We encourage all of you to join our Athletic Boosters and be supportive of all athletic programs as well. Please fill our stands and other athletic venues in support of your sons and daughters and all the hard work they give. We encourage you to bring your friends and neighbors and attend what we believe is always one of the best shows in town as well as an educational experience for our students. Please remember to show your team spirit in a way that reflects positively on our teams, our school, your family, and our community. Please remember that we want everyone who attends an athletic event involving North Central athletes to leave the event with a positive impression of all North Central coaches, student-athletes, parents, and all other supporters of our athletic programs.

Coaching and officiating are difficult and demanding professions. These people are no different from you. They have families and lives just as you do. They may be neighbors or co-workers. Please do not forget they are human beings and make mistakes just like everyone else.

Student/athletes are merely someone's son or daughter who is trying their best. Please respect both our student/athletes and the student/athletes North Central is competing against.

It is becoming more and more difficult to secure people who want to coach and officiate. Buying a ticket for, or attending an event does not give you the right to express disapproval towards, vocally criticize, or heckle the coaches, officials, or students/athletes from any of the teams competing. This includes expression through the use of impersonal, electronic, or handwritten means. Therefore, if you lose your perspective as a fan, behave in what is deemed as an unsportsmanlike manner, and are approached by a member of the school administration or event management regarding the behavior the following will occur:

1. You will be required to complete a FREE online course about the role of parents/fans in sports and sportsmanship.
2. You will be denied attendance at all events North Central is participating in until completion of the course and the certificate of completion is given to the Athletic Director.
3. Should a second event of this nature occur the fan will be denied attendance at events for at least the remainder of the season. A meeting will be held with the Athletic Director, and the High School Principal or his/her designee, to determine when the spectator will be allowed to attend events involving North Central Schools.
4. A third occurrence will result in denial of attendance for at least one calendar year.

The spectator will meet with the Athletic Director and Superintendent or his/her designee to determine if and when the spectator will be allowed to return to any event involving North Central Schools.

5. Remember that attendance at athletic events is a privilege, not a right. Please do not abuse that privilege.

*The administration reserves the right to skip steps in the policy based on the seriousness of the action.

ELIGIBILITY

The Ohio High School Athletic Association has standards that students must meet in order to be eligible to compete in interscholastic competition. The following information will acquaint you with OHSAA bylaws and regulations. *In addition*, there are standards for eligibility that have been adopted by the North Central Board of Education. Make sure that you are aware of these regulations. These regulations are outlined in the section, “North Central Training Rules”. Please refer to <http://www.ohsaa.org/eligibility/EligibilityGuideHS.pdf> and <http://www.ohsaa.org/eligibility/EligibilityGuideMS.pdf> for grades 7-8.

1. SCHOLARSHIP

The OHSAA and Board of Education permits students in grades nine through twelve to participate in interscholastic extracurricular activities if they are enrolled in school and have received passing grades (and/or pass/fail) in a classes adding up to at least five credits or the equivalent and have received no more than one failing grade in the previous grading period. A student who is participating in athletics at North Central is required to be carrying at least six (6) units of credit, and must be passing at least five (5) credits, with no more than one failing grade (F), and a grade point average of at least **1.75** to be considered eligible. Seniors who have at least a cumulative 3.0 GPA and require 5 or less courses in order to graduate, may carry only 5 units of credits to participate in extracurricular activities.

The OHSAA and Board of Education permits seventh and eighth grade students to participate in interscholastic extracurricular activities if they are enrolled in school and have received passing grades (and/or pass/fail) in a minimum of five subjects and have received no more than one failing grade in the previous grading period.

Do not change your course schedule or drop a course without first consulting with your school principal, guidance counselor or athletic administrator to determine whether it will affect your eligibility. Eligibility for each grading period is determined by grades received the preceding nine-weeks grading period. Semester and yearly grades have no effect on eligibility.

Student in grades 7-12 will be excluded from participating in the activity if they have less than a **1.75** grade point average from the previous grading period on a 4.0 grading scale.

A student enrolling in the 7th grade for the first time is eligible for the first grading period regardless of previous academic achievement.

Study tables will be provided **and will be mandatory** for all students (7-12) participating in interscholastic extracurricular activities who are failing or receiving D's in the current grading period. Study tables will be the responsibility of each coach.

The 7th through 12th grade students' eligibility will be for nine (9) weeks. Eligibility will be based on the previous grading period. Failure to comply with the grading period eligibility requirements results in extracurricular interscholastic ineligibility for the nine-week grading period.

The definition of interscholastic extracurricular activities is defined as a school-sponsored

student activity involving more than one school or school district.

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

A student with an IEP may be exempt from the grading provisions set forth in this policy as determined by the IEP team.

Student athletes and parents must sign and return the form at the end of this document to the coach verifying they received the eligibility policy before participation can begin.

Athletes who become ineligible will be notified as follows:

- a. Coach and/or athletic director will notify student athletes.
- b. Building Principal or Athletic Director will notify parents via letter or phone call.

1. CHANGING SCHOOLS – TRANSFERS

Once your eligibility is established at a high school (upon entering the ninth grade), a transfer to a different high school will mean you will lose eligibility for interscholastic athletics at your new school. For the specifics on the period of ineligibility, visit OHSAA.org. (<http://www.ohsaa.org/eligibility/TransferBylawGuidance.htm>)

Always check with your school principal before you change schools to determine whether it will affect your eligibility.

3. SEMESTERS OF ELIGIBILITY

When you enroll in grade 9 the first time, you have 8 semesters of athletic eligibility taken in order of attendance whether you participate or do not participate.

4. AGE LIMITATIONS

Grades 9 – 12: On the date a student turns 20 years of age he/she becomes ineligible for interscholastic athletics.

Grades 7 – 8: If you are 15 years of age prior to August 1, you are ineligible for the school year in grades 7 – 8.

If you are 15 years of age prior to August 1, you are eligible to participate in athletics in grades 9 – 12. Consult your principal for procedures to follow. You are eligible to participate only for (8 semesters) of high school interscholastic athletics.

5. AWARDS

You may receive an award or merchandise as a result of your participation in school or non-school competition from any source, provided the value does not exceed \$400.00 per award. At no time may any student/athlete receive a monetary award (cash or check).

6. COMPETING UNDER A NAME OTHER THAN YOUR OWN OR FALSIFYING YOUR ADDRESS

If you compete under a name other than your own or falsify your address, you immediately become ineligible.

7. OPEN GYM

An “Open Gym” is a facility in which the doors or gates are unlocked and open for unstructured free play, and no one is restricted from observing the play. The school may designate the sport to be played.

Athletes may participate provided:

- A. Participation is not limited to a select group of students within a school.
- B. There is no designation of who shall play on which team or who shall play whom except by the students who participate.
- C. Regulation timing is not kept.
- D. Written scoring is not kept.
- E. No individual invitations, oral or written, are extended.
- F. There is no coaching or instruction.

These regulations pertain to both school and non-school facilities.

PLEASE NOTE: *Athletes shall not be required to attend open gyms.*

8. GYM PRACTICE FACILITY SCHEDULE

Gym Practice Schedules will be assigned according to the following:

- 1. Academic and/or school related functions (Ex. Choir / Band)
- 2. H.S. sports in season
- 3. J.H. sports in season
- 4. H.S. sports out of season
- 5. J.H. sports out of season
- 6. K-6 sports / Non-Sanctioned Sports teams
- 7. Pioneer community

*Gym times are reserved through the Athletic Director. If by chance gym times must be adjusted, each program will be notified by the athletic director. The changes will also be made on the school webpage online calendar (<http://www.ncschool.k12.oh.us/>). Please check the calendar daily for updates.

9. INSTRUCTIONAL PROGRAMS

Athletes in the sports of Basketball, Volleyball, Baseball, Golf, Track, Cross Country, and Softball are subject to the instructional program regulations.

These include:

- A. Camps, clinics, workshops, etc. that involve team play may be attended from June 1 – July 31.
- B. Individual skill instruction may be received at any time in individual or group lessons.
- C. There is no limit on the number of players from the same school participating on the same team from June 1 – July 31.
- D. An athlete may have no contact in an instructional program with the school coaching staff except during the season of the sport or for 10 days from June 1 – July 31.

10. NON-INTERSCHOLASTIC PARTICIPATION

Bylaw 10-3-3 allows athletes to participate in non-interscholastic competition prior to and after the school season during the school year under the following conditions:

- A. The number of players from the same school on the squad (roster) is limited to: baseball and softball – 4, volleyball – 3, basketball – 2, soccer and field hockey – 5, ice hockey – 3. This rule is not in effect from June 1 – July 31.
- B. A player may continue to play with a non – interscholastic team in a national qualifying tournament after July 31 until the team is eliminated but no later than Labor Day.
- C. During the school year outside the school’s sport season, an athlete may try out, practice and compete in a non-interscholastic program.

- D. Participation in a non-interscholastic contest while a member of a school squad in the same sport is PROHIBITED. An athlete becomes a member of a school squad by participating in an interscholastic contest (scrimmage, preview or regular season contest).
- E. An athlete may have no contact with the school coaching staff in a non-interscholastic program except from June 1 – July 31.

PENALTY FOR VIOLATION: Maximum for any athlete except a senior is ineligibility for the ensuing season; for a senior, ineligibility for all sports for the remainder of the school year.

11. RECRUITING OF ATHLETES

You will be ineligible if you are recruited by a person or group of persons to change schools. It may also affect the eligibility of the school athletic teams.

12. USE OF ALCOHOL, TOBACCO, AND ILLEGAL DRUGS

You are prohibited from using any form of alcohol, tobacco, or illegal drugs at the playing site of an interscholastic contest. The penalty is disqualification from that contest. The student/athlete has an obligation to exhibit moral and responsible conduct. Students that are cited, charged and/or arrested by any law enforcement agency for any offense excluding traffic violations may be handled the same as the first, second and third violations of the Drug, Alcohol and Tobacco Policy of the Athletic Handbook.

13. STEROIDS

A student who uses anabolic steroids or other performance enhancing drugs is ineligible for interscholastic competition until such time as medical evidence can be presented that the student's system is free of anabolic steroids or other performance enhancing drugs.

14. STUDENT PARTICIPATION, PHYSICAL EXAMINATION AND OTHER REQUIRED FORMS

All students in grades 7 – 12 must submit a completed student participation form, emergency medical form, OHSAA Authorization, North Central Waiver, pass a physical examination and have all these forms on file with the Athletic Director before they may practice for a school sport. Failure to submit these forms on time will result in unexcused absences from practice. Physical examinations are valid for one calendar year.

15. STUDENT PARTICIPATION CONDUCT PENALTY

Student participation in athletic contests is a privilege. As a student athlete you are expected to conduct yourself in an exemplary manner at all times. During participation in OSHAA sectional, district, regional, or state tournaments, if you fail to abide by the decisions of the official, use profanity, disrespectfully address an official, use obscene gestures, strike an official or an opponent, you may be denied further participation in the OHSAA tournament series.

16. EJECTION FOR UNSPORTSMANLIKE CONDUCT

Any player ejected for unsportsmanlike conduct or flagrant foul shall be ineligible for contests for the remainder of that day as well as for all contests in that sport until two regular season/tournament contests are played at the same level as the ejection. If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates.

A student under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling, to, during or traveling after the contest(s). A student who is ejected a second time shall be suspended for the remainder of the season in the sport.

A student who has been ejected for unsportsmanlike conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contests subject to the discretion of the Commissioner. The period of ineligibility shall commence during the next sport in which the student participates.

***PLEASE CHECK WITH YOUR PRINCIPAL OR ATHLETIC DIRECTOR IF YOU HAVE ANY QUESTIONS ON ATHLETIC ELIGIBILITY.**

NORTH CENTRAL TRAINING RULES

North Central School District is a member of the Buckeye Border Conference and the Ohio High School Athletic Association. Since it is important for each athlete to understand the school's and coaches' expectations of each participant, the following rules and regulations shall be followed in each sport. In addition, each coach, in order to insure order and discipline in situations or under conditions that are not covered by the North Central Training Rules, may implement team rules. However, these rules cannot be lesser in severity than the rules in this handbook and must be approved by the Athletic Director.

Levels of Competition

Junior High

The emphasis at the junior high level is on participation, development of fundamentals of the sport, skill development, understanding the rules of the game, increasing knowledge of the game, sportsmanship and teamwork. At this level attempts will be made to play as many students as possible during each contest while striving for victory for the entire team.

Freshman

The emphasis at the freshman level is on participation, success and further development of their acquisition of fundamental skill development. If the program supports a freshman squad, squad limitation may occur at this level and attempts will be made to play as many students as possible during each contest while striving for victory for the entire team.

Junior Varsity

The emphasis at this level of competition begins to focus on skill refinement. Squad limitation may occur at this level and it is possible that not every player will play in every game.

Varsity

The perfection of skill, putting the best players in the game, and winning is the emphasis at this level. While winning at all costs is not a part of the athletic department's philosophy, no apology should be necessary if the varsity team does all it can to win each contest within the bounds of ethics, integrity and sportsmanship. In certain sports, squad limitation may be used at this level and it is extremely likely that not every player will play in every contest.

Practices and Interscholastic contests

1. Attendance to practices and interscholastic contests is mandatory.
 - A. It is the athlete's responsibility to inform the coach if he/she must miss a practice or interscholastic contest. To be excused the athlete is required to communicate with the coach prior to the affected practice or interscholastic contest. Excuses will be accepted or rejected on the merits of each individual case.
 - B. Any excused absence from school is an excused absence from practice and interscholastic contests.
 - C. The athlete should always talk over the circumstance with the coach. If the coach is not available, the athlete should talk to the athletic director or the building principal.
 - D. An athlete must be in the school by the start of 4th period and remain the full day in order to participate in practice or an interscholastic contest unless he/she has the prior approval of the building principal.

(Exceptions include absences for medical appointments, college visits, funerals, etc.).

***Family Vacations** Vacations during an athlete's season are discouraged.

However, if a vacation is unavoidable, the athlete must contact the head coach at least one week prior to the vacation. Any school approved vacation date will be considered excused. However, coaches may require athletes to make-up lost practice/game time. Each occurrence will be handled per coach's team rules.

- E. The first unexcused absence will result in team discipline as assigned by the head coach. The second unexcused absence will result in the athlete being suspended for the next interscholastic contest. The third unexcused absence will result in a conference between the athlete, a parent, the head coach, and the athletic director to discuss the athlete's continued participation and any additional discipline. During any athletic suspension the athlete will sit with the team, but will not dress.
2. Promptness to all practices and interscholastic contests is mandatory.
 - A. If an athlete must be tardy or late, or miss any part of a practice or interscholastic contest it is the athlete's responsibility to see that the coach is informed.
 - B. Practice or contest time missed due to assigned misconduct detentions will be considered unexcused tardies.
 - C. Unexcused tardies will result in the athlete being disciplined per team rules.

Curfew

1. Athletes should be at their residences by 10:00 p.m. on weeknights.
2. Friday and Saturday night, athletes, should be at their residences by 1:00 a.m. unless it precedes another contest, then 11:00 p.m., or one hour after the contest just completed, whichever is later.
3. Discipline for curfew violations will be handled per team rules.

Training

1. General Health
 - A. An athlete should make every effort to maintain a high degree of physical and mental fitness at all times.
 - B. An adequate diet, rest and exercise program will contribute to well being.
 - C. Eight to ten hours of sleep each night are highly recommended for all

athletes.

2. The use or possession of alcohol, drugs, or tobacco by an athlete is not acceptable. Since all students are potential athletes, the alcohol, drug, and tobacco policy will begin the first day of a student's seventh grade year. Offenses will be cumulative from grades 7-12 and enforceable year round.
 - A. The FIRST offense for using or possessing alcohol, drugs, or tobacco will result in the athlete being suspended for 50% of the scheduled contests for all the sports in which he/she is currently or will be participating. Canceled contests do not count as a contest suspension. In addition to the suspended games, the athlete must enroll in a substance abuse educational program before he/she may be reinstated into the interscholastic athletic program. The substance abuse educational program will be completed at the first available opportunity when the program is offered. These classes take precedence over any scheduled contest or practice.
 - (1) Any athlete who gives false information regarding his/her involvement in violation of the alcohol and drug policy will receive a suspension of two additional interscholastic contests. During the suspended contests the athlete will sit with the team but will not dress.
 - (2) Suspended contests and the completion of the Insight/Awareness program will carry over to the next sport the athlete participates in or the following year if necessary.
 - (3) The above policy also applies to "look alike" drugs and shall carry the same penalties.
 - (4) Tobacco shall include cigarettes, cigars, pipes, and all forms of smokeless tobacco.
 - B. The SECOND offense for using alcohol, drugs, or tobacco will result in the athlete being suspended from all sports for a period of one calendar year. Time of suspension will begin the day the penalty is issued. In addition, the athlete must participate in the substance abuse educational program before they may be reinstated.
 - C. If, after completing a one-year suspension, the athlete has had no known involvement with alcohol or drugs, either in or out of school, he/she may be reinstated to the interscholastic athletic program. If an athlete is given a conditional reinstatement and commits a THIRD offense for using alcohol, drugs, or tobacco he/she will be banned from interscholastic athletics for the remainder of his/her school career.
 - D. Athletes cannot go out for a new sport to avoid the penalty being assessed in the athlete's previous sport. It must be a sport in which the athlete has participated in within the past 12 months prior to the offense.
3. Dress, Grooming, and Appearance
 - A. All athletes should take pride in their dress, grooming, and appearance. Appropriate dress such as uniforms or dress clothes shall be worn to and from contests. The coach shall notify players as to what is appropriate dress for a particular game, etc.

- B. Athletes represent the school, parents, and community; do so with pride, sportsmanship, and maturity at all times.
- C. Athletes are required to abide by any grooming policy, deemed appropriate, by the Administration and/or Athletic Director.

Suspensions

1. If an athlete has been suspended from participating in an interscholastic athletic contest the coach must notify the parent, athletic director, and the building principal as to the nature and reason for the suspension and what athletic practice or contest will be affected. Written documentation of the violation must be submitted to the athletic director, building principal, parent, and athlete the next school day via the mail.
2. Suspensions for violations of any athletic rules, in any sport, are accumulative.
3. THREE suspensions in any one school year will result in the athlete being suspended for the remainder of the school year. A first offense violation of the alcohol and drugs, and tobacco policy constitutes a single suspension.
4. In order to keep an athlete who is suspended from the program involved and to help that person develop character and self-discipline, the suspended athlete will:
 - a. Continue to observe all the training rules.
 - b. Continue to practice with the team with the approval of the coach.
 - c. Attend every contest, sitting with the team, but not dressing or participating.

Conduct relating to contest officials

Officiating an athletic contest is a demanding and difficult task. There are going to be games when an official makes a particular call that an athlete might think was unfair or incorrect. In these cases, any reaction by a particular athlete could be harmful to the entire team. It is your responsibility to leave any questions, as to the official's judgment, up to your coach.

Attitudes

1. Hard work – 100% effort is expected all the time. Once a student-athlete steps on the practice facility or contest area they are expected to put forth maximum effort. This includes hustling at all times. Each team may have more specific guidelines and expectations in this area.
2. Cooperation with the coach and teammates is expected at all times.
3. A willingness to learn is expected at all times.

Transportation

All athletes must travel to and from all interscholastic contests by transportation provided by the athletic department. A parent, grandparent, or guardian may transport an athlete home with the approval of the coach, athletic director, or building principal. Requests for approval must be made by signing the appropriate list or a note from the parent, grandparent or guardian and personally handed to the coach before the contest. North Central School will not allow any athlete to travel with anyone other than parents, grandparents, or legal guardians. All regular school bus rules apply when traveling to and from interscholastic contests. Any athlete riding with anyone other than the parent, grandparent, or legal guardian will be disciplined per team rules.

Only team members, managers, statisticians, coaches and cheerleaders may ride a team bus. All others must have permission by the Athletic Director or the Principal.

Jobs

Work is not a legitimate excuse for missing practice or games. Therefore, we ask all athletes if they must work, to schedule their jobs around practice time.

Quitting or dropping a sport

An athlete quitting one sport is ineligible to join another sport during the same season unless both coaches of the sports, the athletic director, and the principal agree that it is the best interest of the student. No changes will be allowed after the first official scheduled contest in either sport.

General Conduct

The following rules are intended as behavior expectations for each and every athlete. Failure to follow these rules will be grounds for team discipline and/or athletic department discipline.

1. An athlete shall put forth maximum effort at practices and athletic contests.
2. An athlete shall not use disrespectful language when addressing school personnel.
3. An athlete shall not use electronic devices such as cell phones, Ipods, etc., during practices and contests unless granted permission by the head coach. This also includes while other levels are participating (Ex: Varsity players using an electronic device during the JV game.) Each coach/team may have more specific rules and consequences regarding electronic devices.
4. The use of e-mail messages, text messages, blogs, websites or other electronic communications to make inflammatory or derogatory comments, and/or inappropriate descriptions or pictures regarding another team member, another student, a coach, another school or team, official, or other staff member is strictly prohibited. For the purposes of this policy, inappropriate comments may include, but are not limited to, inappropriate comments/pictures/descriptions regarding another person's race, ethnic background, culture, religion gender or sexual orientation. Any violation of our social media policy will result in disciplinary action that may include suspension and/or dismissal from the team.
5. An athlete shall not cause or attempt to cause damage to school property or private property including landscaping, athletic facilities, building and contents, vehicles, clothing or any other form of valued possessions or property, both public and private.
6. An athlete shall not possess, handle, transmit, or conceal any object considered to be a dangerous weapon or substance, including "look a likes."
7. An athlete shall not fight or behave in such a manner which could threaten to cause physical injury to school staff, students, or visitors while under jurisdiction of the school.
8. An athlete shall not engage in any conduct or behavior which could be considered detrimental to the team.
9. An athlete shall not operate a vehicle in a reckless manner while under the supervision or jurisdiction of the school.
10. An athlete convicted of a crime by the court or other legal authority is also subject to disciplinary action by the school for the same offense.
11. School equipment checked out by the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss or damage of equipment is the athlete's financial obligation.
12. Any disciplinary action taken against an athlete by the principal pertaining to behavior may be supplemented by additional disciplinary action by the Athletic Department.
13. Practices and interscholastic contests missed due to disciplinary suspensions will be an unexcused absence. One suspension will result in one unexcused absence. Students may

not participate in practice or games during suspensions.

Hazing:

Students shall not threaten, act or participate in any act that injures, degrades, disgraces or tends to injure, degrade or disgrace any student or school employee. Nor shall a student harass any other person. (See Student Handbook for further information)

The North Central Local School District forbids hazing and all other activities that interfere with the personal liberty of an individual. Hazing is defined as any action taken or situation created, whether on or off North Central Local School District premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule for the purpose of initiation into, affiliation with, or admission to, or as a condition for continued membership in, a group, team, club, or other organization. Any instance of hazing should be reported to the Director of Athletics or High School Principal.

Violation may lead to suspension, recommendation for expulsion, and/or legal action as contained in ORC 2307.44

Conflicts in extra-curricular activities

1. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities; and to this end, will attempt to schedule events in a manner so as to minimize conflicts. However, from time to time conflicts will arise.
2. When conflicts do arise, the sponsors and principal will get together and try to work out a suitable solution so the student does not feel in the middle. If a solution cannot be found, then the principal will have to make the decision as to which activity the student shall attend. This decision will be based on the following:
 - a. The relative importance of each event.
 - b. The degree of competition level of the conflicting events.
 - c. The relative contribution the student can make.
 - d. The length of time each event has been scheduled.
3. Once the decision has been made the student must abide by that decision and attend that event. If the student so refuses, then he/she will be subject to disciplinary action.
4. A student will be permitted to participate in two sports in one season provided that:
 - a) The Athlete must have approval from their Parent, Athletic Director and BOTH head coaches of the sports of interest. All involved must sit down together to come up with dual sport schedule for the athlete.
 - b) The Athlete must complete the Two Sport Participation Form designating the Primary Sport and Secondary Sport.
 - c) The primary sport will take precedence over the secondary sport.
 - d) Games take precedence over practices.
 - e) The athlete must make intentions known of interest in participating in two sports at least one week prior to the first state declared practice date.
 - f) The athlete is responsible for any and all conditioning and practice that both sports will require.

UNIFORMS

North Central athletes will be issued uniforms that are the property of the athletic department. Uniforms are to be worn only in athletic contests in which the athlete is a participant and are not to be worn to school or elsewhere. Jackets issued by the athletic department may be worn during the season at the discretion of the athletic department.

Athletes who fail to turn in any uniform or equipment at the end of the season will be billed accordingly. Additionally, athletes are held financial responsible for replacing damaged uniforms and/or equipment that would exceed normal wear and tear. Athletes are encouraged to keep uniforms at home where they are safe and keep them locked when they are brought to school.

Seniors who need their uniforms for Senior Photos must make arrangements with the Athletic Director to obtain these uniforms well in advance of the time the uniform is needed. This should be at least one week prior to the actual photo session. Less than a week's notice may make it impossible to get the uniform prior to the date of the photo.

AWARDS

An athlete must complete the season as a squad member in good standing without any drug, alcohol, or tobacco violations and meet the requirements listed below of his/her sport (s) to win a varsity letter. Any athlete not meeting the requirements for his/her varsity sport will receive a certificate of participation.

Cross Country (meet one of the following)

Be in the top 7 finishers from North Central in 40% of all varsity meets.

Have an average finish position of 14th or better in at least 40% of all dual meets.

Golf

Be one of the top 6 North Central players in at least 40% of all matches.

Volleyball

Play in at least 40% of the games played in all varsity matches.

Basketball (boys and girls)

Play in at least 40% of the quarters in all varsity games.

Baseball

Play in at least 40% of all innings played in all varsity games.

Softball

Play in at least 40% of all innings played in all varsity games.

Track (meet one of the following)

Score at least one point in 40% of the meets the team enters.

Be one of the top 2 North Central competitors in an average of 2 events in 40% of all meets.

Be the best North Central competitor (including members of the best relay team) in one event in 80% of the meets.

Special Considerations:

Coaches who feel special circumstances should be considered may request a hearing before the Athletic Director and Principal for the purpose of requesting an award when the above requirements are not met. These circumstances should relate only to the athlete.

List of awards to be presented

Varsity

1. Participation – Certificate noting participation if requirements are not meet for a varsity letter but the athlete competed at the varsity level
2. First Year – Letter and Insert (only one chenille letter will be awarded per athlete per high school athletic career)
3. Second Year – Medal and Service Bar
4. Third Year – Trophy and Service Bar
5. Fourth Year – Plaque and Service Bar

Junior Varsity

1. Certificates for each year they participate.

Freshmen (or first year participants)

1. Numerals to all freshmen (or first year participants) the first sport they participate in during their freshmen year (first year of participation) (in addition to any other award they earn) and participation certificates or letters.

8th Grade

1. Patches and certificates to all participants

7th Grade

1. Certificates to all participants

SPORTS AWARD NIGHT

Student Athletes must attend Sports Award Night in order to receive their awards. Failure to attend, by the student athlete, forfeits all awards and recognition unless previously approved by the athletic director or building principal.

APPEALS FOR LETTERS AND AWARDS– All appeals in regards to letters and awards will be decided by the Athletic Director and Principal.

The Athletic Director and Principal will hear appeals or concerns if a request is made by a head coach, a parent, or legal guardian in regards to letters and awards. The request should be made in writing to the athletic director.

INCLEMENT WEATHER

If school is cancelled due to bad weather or other factors, the superintendent, principal, and athletic director shall determine whether practices and games/contests will still be held.

1. All Junior High events, games and practices will be cancelled for that day.
2. High School may practice provided approval has been granted from the athletic director. Practice should not begin before 12:00 pm
3. High School contests may still be held if it is determined by the administration from all schools involved that conditions are sufficient to proceed with the game/contest as scheduled.
4. Athletes should not be required to attend if they have problems which do not enable them to attend (road conditions, etc.,)

Adoption Date: November 20, 1999

LEGAL REFS: ORC 2305.23; 2305.231
3313.535; 3313.66; 3313.661
3315.062
OAC 3301-27
3301-35-03 (f)

CROSS REFS: IGD Co-curricular and Extracurricular Activities Interscholastic Athletics
JGDJ Student Conduct
JFC

Please print and sign the student acknowledgement slip below
and return to the Athletic Director or the High School Office

We have received a copy of the North Central's Board of Education Athletic Handbook and Eligibility Policy which permits students in grades seven through twelve to participate in interscholastic extracurricular activities.

Student's
Printed Name: _____

Student's
Signature: _____ Grade: _____

Parent's
Printed Name: _____

Parent's Signature: _____ Date: _____