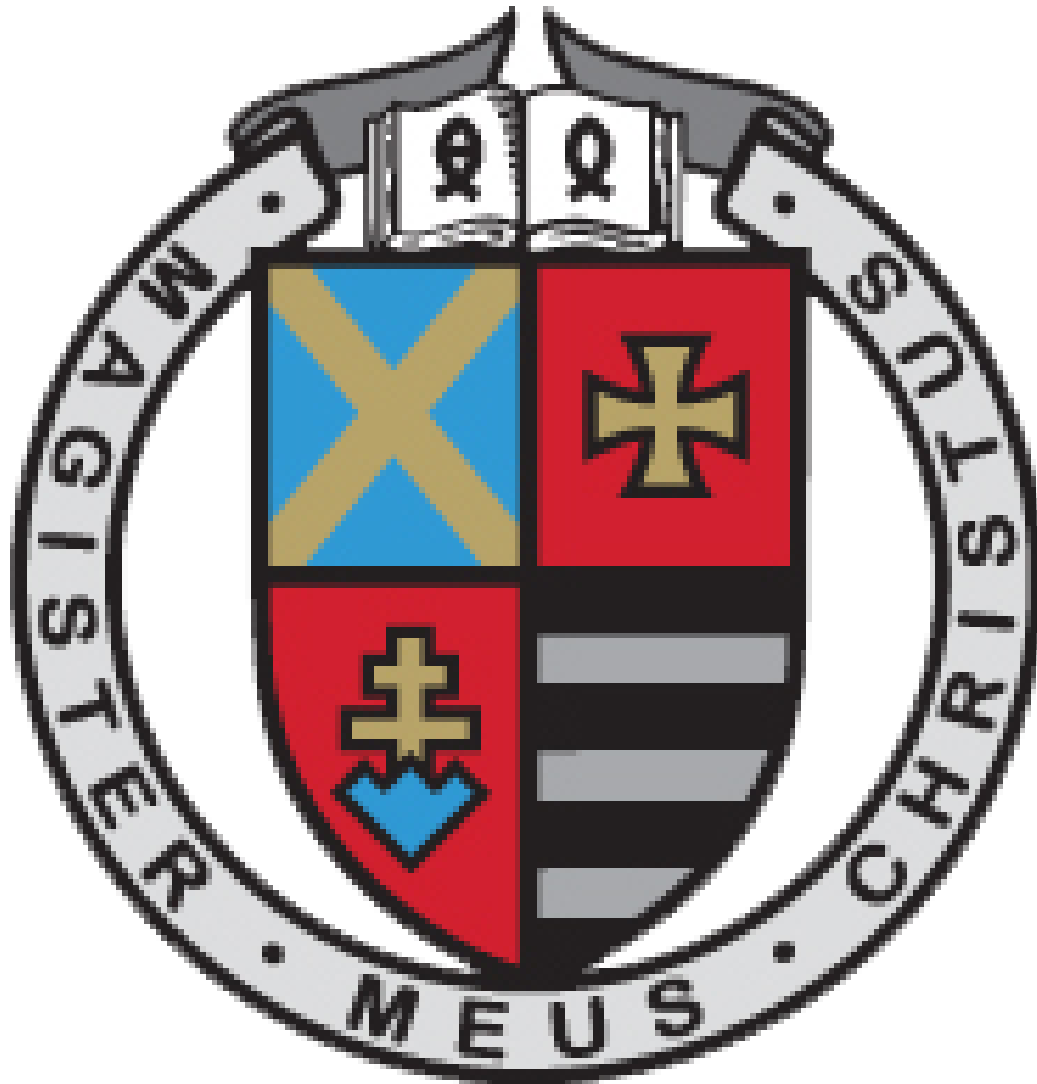


Andrean High School Athletic Handbook



ATHLETIC HANDBOOK

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ATHLETIC COUNCIL

The members of the Athletic Council shall consist of the Athletic Director and Varsity coaches. The Athletic Trainer is invited to attend as a non-voting observer. The Athletic Council shall act as an advisory committee for the administration of the athletic program.

CODE OF CONDUCT

The AHS athlete is expected to represent our school and community in an exemplary manner before, during, and after school hours, as well as during an athletic contest and summer recess. Students participating in the athletic program, at all levels, are required to abide by the rules and regulations established by the AHS Student Handbook, the IHSAA By-Laws and any additional team guidelines of their coach.

ELIGIBILITY

1. Academic:

An Andean student is eligible to participate in an interscholastic athletic event if he/she has met the following criteria:

- a. The student must pass **ALL** classes from the previous quarter grading period. Semester grades have preference over second and fourth grading periods. There are no F's.
- b. The student maintains a schedule including at least five full credit classes. If a withdrawal or expulsion results in the student maintaining less than five full credit classes, he/she will immediately become ineligible.
- c. Student must achieve a 2.0 or higher GPA in each quarter. Refer to rule 1a.
- d. If student fails a class or obtains lower than a 2.0 GPA, the student will be suspended from all extracurriculars for a maximum of 8 consecutive weeks.
- e. Suspension can be reduced to 4 weeks if academic contract, tutoring, and Athletic Director requirements are met.
- f. During the 4 week suspension, the student-athlete may participate in practice and conditioning only (NO GAMES) as long as they maintain satisfactory progress toward rule 1(e).
Exception to rule 1(f): If an F is earned, the first 4 weeks will be a suspension without any extracurricular participation.
- g. If the 4 week requirements are not met, the full 8 week suspension will take effect resulting in no extracurricular participation.

GENERAL GUIDELINES - please also see *Andrean Student Handbook*

1. The expectation of an Andrean student athlete is to demonstrate behavior that reflects pride to not only themselves but to their school, parents and community.
2. The use of profanity is not acceptable as a representative of AHS athletics.
3. The athlete is expected to be orderly, cooperative, courteous, and display good citizenship.
4. An athlete must attend school by 2nd period to be eligible to participate in a practice session or a scheduled contest unless special permission is given by the administration or bring a doctor's note. Student-Athletes who miss more than two class periods with a parent note excuse will not be allowed to practice or play in a scheduled contest on the day of the absence. Student-Athletes who receive an unexcused absence will not be allowed to attend a practice session or a scheduled contest on the day of the absence.
5. Injuries must be reported to the coach/trainer. The trainer will determine if an accident report needs to be filled out and then will distribute copies of the report to the parties involved.
6. All athletes are encouraged to support each athlete, coach, and team from all AHS sports.
7. An athlete must ride to and return from away events in transportation provided by the school.
Exception: The athlete may ride to and from away events only with their parents/guardians if granted permission by the coach. For an athlete to ride home from or to an away meet with any other person, they must be granted permission from the administration. A written note signed by the athlete's parent/guardian must be presented to the athletic director's office prior to the day of the event.
8. Each athlete is required to take care of the athletic equipment. The equipment may be used only during a practice session or a scheduled contest unless special permission is given by the administration.
9. An athlete is responsible for any damage and/or vandalism to any part of the school or athletic facility. This includes complete payment for materials and labor due to any such act.
10. An athlete may drop out of a sport and go to another sport before the first regularly scheduled contest. After the first regularly scheduled contest, the athlete will need the consent of the head coaches involved and the approval of the Athletic Director.
11. If an athlete is cut from a squad, he/she may go to another sport with the consent of the receiving coach involved and the approval of the Athletic Director.

12. A student who is serving an out-of-school suspension is not permitted to attend practice or contests on the days of the suspension.
13. Student athletes will be expected to meet the AHS standards for dress code. This includes athletic t-shirts, sweatshirts etc. All athletic logos must be school appropriate.
14. Digital media, including social networking accounts, can be used by the administration when dealing with year round training rules. Student Athletes must have a coach/administrator with them when speaking with the press.
15. When the start of school is delayed to inclement weather (fog, snow, etc.) or some other cause, all morning (before school) practices will be canceled. Exception: If students have already arrived at the school prior to the notification of a delay, the student(s) will have the option of remaining at the school for practice or calling their parents for permission to return home. In the event of a school closing due to inclement weather (fog, snow, etc.) or some other cause, practices and/or games will be decided on a case by case basis. If school is canceled, ALL activities are automatically canceled until the Principal/Athletic Director decides otherwise.

YEAR-ROUND TRAINING RULES

A student athlete or manager who represents Andean High School must exhibit at all times the highest standards of personal behavior. When the student becomes an athlete or manager, he/she takes on a special responsibility for exemplary conduct because there will be times when he/she will be representing our high school in other communities as well as his/ her own. The year-round period for training rules shall be from July 1 to June 30 of the handbook year.

The following are the training rules:

1. The possession and/or use of tobacco in any form is strictly prohibited. This includes hookah pipes and electronic devices.
2. The use of and/or possession of alcohol and/or illegal drugs is prohibited. When a student athlete finds himself/herself in a situation where underage drinking is taking place, and/or an illegal substance is being used, he/she must leave immediately. Failure to leave immediately will result in a violation of the athletic code. Student athletes are not expected to make a decision that compromises their safety, yet are expected to use good judgment.
3. Found guilty of violating city, state, or federal codes/laws is prohibited, which includes theft and vandalism. Depending on the violation, minor traffic violations are an exception to this rule.
4. Bullying and harassment of any sort, including through social media, will not be tolerated. This offense will be excluded from the honesty policy. Continued actions will be handled per the Andean High School student handbook.
5. Ejection from a contest for an unsportsmanlike act

The disciplinary actions for violation of the above rules are:

1st Offense:

Honesty Policy: If a student athlete or parent self-report an athletic handbook violation or if the student athlete is honest with the Athletic Director when first questioned about the situation, the penalty will be a suspension of 1 game. This is a one-time policy and cannot be used after the initial suspension.

- A. Suspension from 2 games of the scheduled contests. The suspension will be assessed by the Athletic Director. The suspension may carry over from one season to another and, if out of season for the next event season in which the participant will perform. If a student/athlete has an existing violation and joins another sport, he/she has to finish the entire season in order for credit to be given. The athlete may or may not be allowed to practice during the suspension period.

2nd Offense:

- A. Suspension from 4 games of the scheduled contests. The suspension will be assessed by the Athletic Director. The suspension may carry over from one season to another and, if out of season for the next event season in which the participant will perform. If a student/athlete has an existing violation and joins another sport, he/she has to finish the entire season in order for credit to be given. The athlete may or may not be allowed to practice during the suspension period.

3rd Offense:

- A. The student athlete will not be permitted to participate for a period of 365 calendar days once notified by the Athletic Director. The athlete is not permitted to attend practice sessions during the suspension period

4th Offense:

- A. The athlete's participation in the interscholastic athletic program at Andean High School will be terminated for the remainder of the athlete's career. (Note: A student athlete or his/her parent/guardian may request a hearing by making a written request to the Athletic Director.)

IHSAA BY-LAW: Rule 8: conduct, character, Discipline

Any contestant or fan who is ejected from a Contest for unsportsmanlike act the first time during a sports season shall be suspended from the next interschool Contest at that level of competition

and all other interschool Contests at any level in the interim. In addition, Andean HS will add a 2nd game to this suspension given by the IHSAA.

As an additional penalty the contestant must successfully complete the NFHS sportsmanship course before returning to competition.

AWARD SYSTEM

The athletic awards are given by Andean High School in recognition of participation by the student in the athletic program.

An award will be given only for participation on a Andean team sanctioned by the IHSAA.

In order for an athlete to qualify for an athletic award, he/she is required to complete the entire season in good standing as directed by his/her coach and with the approval of the administration.

The athlete must return all athletic equipment and pay for any missing equipment before the athlete will receive an award.

The protocol for the discretionary decision for an athlete to be awarded a varsity letter follows:

1. Coach of the Sport
2. Athletic Director
3. Principal

All athletic awards will be presented during the respective athletic awards programs.

A student may earn athletic awards by serving as a manager or participating as an athlete.

VARSITY ATHLETIC AWARD

Upon earning their first varsity award, the athlete or manager will be presented with his/her seven inch AHS letter and an honorary varsity award certificate. For each additional varsity award, the athlete will receive a major honor award certificate. If upon earning his/her second varsity award, the athlete has not been presented with his/her numerals, numerals will be awarded with the second varsity award.

Varsity will be awarded by each individual sport:

Football – Must participate in 50% of total varsity quarters and/or make the sectional roster

Volleyball – Must participate in 50% of total varsity team matches and/or make the sectional roster

Boys and Girls Golf – Must participate in 3 varsity matches

Boys and Girls Soccer – Must participate in 50% of total varsity halves

Boys and Girls Cross Country – Must make the sectional roster

Boys and Girls Tennis – Must participate in 75% of total varsity matches and/or make the sectional roster

Boys and Girls Track –

- Twenty five (25) accumulated points earned only in the outdoor meets. Points may be earned in Triangular, Conference, Invitational, and Tournament (Sectional, Regional, and State competition). Athletes can only score points in Varsity meets.
- If an athlete receives a major award, i.e. (MVP, Most Improved, etc.) despite not earning the required 25 varsity points, he / she may also earn a Varsity letter.
- If an athlete is selected to the Sectional Roster, and competes in the Sectional Meet or other tournament meet thereafter, despite not earning the required 25 Varsity points and not receiving a major award, he / she may also earn a Varsity Letter this way as well.
- If an athlete is selected to the Sectional Roster, does not compete or meet any of the above criteria but attends all required practices and meets leading up to and ending with the State Meet, this decision is left totally to the discretion of the Head Coach and coaching staff

Boys and Girls Basketball – Must make the sectional roster

Wrestling – Must participate in 50% of total varsity matches and/or make the sectional roster

Baseball - Must participate in 40% of total varsity innings, pitchers must participate in 20% of total varsity innings or make the sectional roster.

Softball – Must make the sectional roster

Athletic Training- Must work 2 full athletic seasons

The Head Coach may appeal to the Athletic Director in cases where an injury prevented the athlete from meeting the required percentage, or when special circumstances should be considered for a varsity award.

IHSAA ELIGIBILITY RULES

To be eligible to represent your school in interschool athletics, YOU:

1. Must be a regular bona fide student in good standing in the school you represent; must have enrolled no later than the fifteenth day of the current semester.
2.
 - a. There shall be 10 separate days of organized practice in that sport under the direct supervision of the high school coaching staff in that sport by each player proceeding the date of participation in interschool contests. Only one practice may be counted for any one day. Girls Golf requires only 2 practices prior to participation.
 - b. Individual student athletes moving directly (within one week) from one sport season to the next sport season may be eligible to participate in a following season contest after five separate days of organized practice under the direct supervision of the high school coaching staff in that sport.

- c. Individual student athletes who, having completed ten separate days of organized practice under the direct supervision of the high school coaching staff in a sport, are permitted to tryout for a second sport during the same sport season may be eligible to participate in an interschool contest after five separate days of organized practice under the direct supervision of the high school coaching staff in the second sport. If the original sport was golf, this rule does not apply and the student athlete must compete ten separate days of practice.
- 3. A student who is or shall be 20 years of age prior to or on the scheduled date of the IHSAA state finals in a sport shall be ineligible for interschool athletic competition in that sport. A student who is nineteen years of age on the scheduled date of the IHSAA state finals in a sport shall be eligible as to age for interschool athletic competition in that sport.
- 4. Must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students:
 - a. Unless you are entering the ninth grade for the first time.
 - b. Unless you are transferring from a school district or territory with a corresponding bona fide move on the part of your parents.
 - c. Unless you are a ward of a court; you are an orphan; you reside with a parent with legal custody; your former school closed; your former school is not accredited; your transfer was pursuant to school board mandate; you attended in error a wrong school; you transferred from a correctional school; you are emancipated; you are a foreign exchange student under an approved NASSP program. You must have been eligible from the school from which you transferred.
 - d. Must have been enrolled in more than eight consecutive semesters beginning with the ninth grade.
- 5. 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 alumni; have not signed a professional contract.)
- 6. Must have filed with your principal each year, between April 1 and your first practice, your completed Consent and Release Certificate.
- 7. Must not have transferred from one school to another for athletic purposes as a result of undue influence or persuasion by any person or group.
- 8. Must not have received, in recognition of your athletic ability, any award not approved by your Athletic Director or the IHSAA.
- 9. Must not accept awards in the form of merchandise, meals, cash, etc.
- 10. 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 their school team (See IHSAA Rule 15-1A). (Exception for outstanding student athlete – See IHSAA Rule 15-1.1c).
- 11. Must not reflect discredit upon your school nor create a disruptive influence on the discipline, good order, moral, or educational environment in your school.
- 12. Students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability as a prospective student-athlete while they are in season. Graduates should refer to college rules and regulations before participating.
- 13. Must not participate with or against a student enrolled below grade 9.

14. Must, if absent 5 or more days due to illness or injury, present to your Athletic Director written verification from a licensed physician/nurse practitioner stating that you may participate again.
15. Must not participate in camps or clinics during the IHSAA authorized season. Please consult your coach or the athletic director for regulations regarding participation in open gym, Intramural, AAU, and Club Organizations during authorized contest season, during the school year out of season, and during the summer.
16. This is **ONLY A SUMMARY OF THE RULES.** Contact your school officials for further information before participating in athletic activities outside your school's athletic department.

MORATORIUM

Effective 2004-2005, each member school shall observe a moratorium week during the week which includes July 4th, either IHSAA calendar Week 52 or Week 1. During this six day period, there shall be no contact between athletes and coaches, and no athletic activities, including conditioning, conducted.

ATHLETIC EVENTS CANCELLATIONS

Log onto www.andreanathletics.com. From here you can sign up by clicking on the alerts box to get notifications via text message or e-mail. When an event is cancelled you will receive a message to either your phone, e-mail or both. Another way to check for schedule changes or cancellations is by clicking on the "Schedules" tab that runs across the top of the athletic web page.

INSURANCE

All athletes will be responsible for obtaining their own medical insurance. The IHSAA does not require athletes to have medical insurance to participate. If the student does not have medical insurance, please check the appropriate box on the physical form.

Every athlete should complete a Concussion and Sudden Cardiac Arrest Acknowledgement and Signature Form, Athletic Office Emergency Form and Handbook Acknowledgement Form turned into the athletic office prior to the first practice. If you need a copy of any of the above mentioned forms, please go to www.andreanathletics.com and download the forms. Just click on the link you need and then print out the form.

**ANDREAN HIGH SCHOOL
AHS ATHLETIC DIRECTOR
HANDBOOK ACKNOWLEDGEMENT FORM**

**THIS FORM MUST BE SIGNED AND RETURNED TO THE AHS ATHLETIC OFFICE PRIOR TO THE
FIRST DAY OF PRACTICE**

**We, the parent(s) and/or guardian(s) of _____
acknowledge our receipt of the ANDREAN High School Athletic Handbook. We
have received the Athletic Handbook and agree to comply with its provisions.**

**(X) _____
Parent(s) or Guardian(s) Signature**

**(X) _____
Parent(s) or Guardian(s) Signature**

Date

**I, _____, a student athlete at Andrean High School, have
received a copy of the Andrean High School Athletic Handbook. I have received
the Athletic Handbook and I agree to comply with its provisions.**

**(X) _____
Student Athlete's Signature**

Date **Grade**

Sports I play at Andrean: