

MT. VERNON HIGH SCHOOL

HOME OF THE MARAUDERS



ATHLETIC HANDBOOK

FOR

STUDENTS AND PARENTS

PROUD MEMBER OF THE



INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION



HOOSIER HERITAGE CONFERENCE

Table of Contents

Profile of the Mt. Vernon High School Athletic Department

Mt. Vernon High School Athletic Code of Conduct

Mt. Vernon High School and IHSAA Eligibility Requirements

NCAA Academic Standards

Mt. Vernon High School Letter Requirements and Awards

Responsibilities of the Athlete

BACK COVER	Athletic Insurance Form Student/Parent Certification (To be completed, signed, and returned prior to participation in any practice or contest)
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Mt. Vernon Fight Song

Hail, Hail to Mt. Vernon High
Hail to the Gold and White
We will be loyal to you
Through the battles tried and true
Fight, fight, fight,
Fighting Marauders are we
On to victory
We are proud to sing
All the praises of
Our Mt. Vernon High
Marauders, Marauders, Marauders
Are the best!

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PROFILE OF THE MT. VERNON HIGH SCHOOL ATHLETIC DEPARTMENT

Mt. Vernon High School has developed a strong tradition in athletics. The entire school and community take great pride in the accomplishments of the Marauder athletic teams. MVHS athletic teams reflect the school's philosophy and commitment to excellence.

Mt. Vernon offers a total of 19 different sports and a total of 39 different teams. Mt. Vernon also has three cheerleading squads who promote spirit as well as compete against other schools. Teams at Mt. Vernon have won 125 sectional championships, 34 regional championships, 7 semi-state championships, and 2 state championships.

All students with sufficient ability are eligible to participate in athletics at Mt. Vernon High School provided they meet the scholastic standards and conduct requirements established by the MVHS Athletic Council and the Indiana High School Athletic Association.

Mt. Vernon is a charter member of the Hoosier Heritage Conference (HHC). Other member schools include Delta, Greenfield-Central, New Palestine, Pendleton Heights, New Castle, Shelbyville, and Yorktown. Conference championships are awarded in the sports of baseball, boys and girls basketball, boys and girls cross country, football, boys and girls golf, boys and girls soccer, softball, boys and girls swimming, boys and girls tennis, boys and girls track and field, volleyball, and wrestling. In addition an All Sports champion is awarded for both boys and girls sports.

INTERSCHOLASTIC ATHLETICS

Mt. Vernon High School provides a total of nineteen interscholastic varsity sports. Sports offered are:

Fall Sports: Cross Country (Co-ed)- Varsity and Junior Varsity
Football- Varsity, Junior Varsity, and Freshman
Girls Golf- Varsity
Boys Soccer- Varsity and Junior Varsity
Girls Soccer- Varsity and Junior Varsity
Boys Tennis- Varsity and Junior Varsity
Volleyball- Varsity, Junior Varsity, and Freshman

Winter Sports: Boys Basketball- Varsity, Junior Varsity, and Freshman
Girls Basketball- Varsity, Junior Varsity, and Freshman
Boys Swimming- Varsity and Junior Varsity
Girls Swimming- Varsity and Junior Varsity
Wrestling- Varsity and Junior Varsity

Spring Sports: Baseball- Varsity, Junior Varsity, and Freshman
Boys Golf- Varsity and Junior Varsity
Softball- Varsity and Junior Varsity
Girls Tennis- Varsity and Junior Varsity
Boys Track- Varsity and Junior Varsity
Girls Track- Varsity and Junior Varsity

In addition to these interscholastic sports, Mt. Vernon has two spirit-leading squads: varsity and junior varsity. All cheerleading squads are selected in the spring.

MT. VERNON HIGH SCHOOL ATHLETIC CODE OF CONDUCT

A. RULES AND REGULATIONS

The specific rules and regulations governing our Athletic Department are consistent with the policies of the Indiana High School Athletic Association, the Mt. Vernon Community School Board, and Mt. Vernon High School.

The Mt. Vernon High School Athletic Code is in effect twenty-four (24) hours a day, twelve (12) months a year. Furthermore, violations of the code are cumulative from season to season and year to year throughout the athlete's high school career.

Any athlete acting in a manner that brings embarrassment or shame to themselves and/or the school, or that negatively impacts the reputation of themselves or the school is strictly prohibited. Examples of such conduct include, but are not limited to, any illegal activity; any non-illegal activity that is lewd, vulgar, obscene, indecent, or that portrays sexual conduct done in a manner whereby the community learns of such activity; or any activity that degrades, demeans, or disparages any coach, activity sponsor, school official, or student.

B. PHILOSOPHY

Participation in school athletics is a privilege, which carries with it varying degrees of honor, responsibility, and sacrifice. Mt. Vernon High School athletes are representing Mt. Vernon High School and the school community. Since the athletes represent their school and student body, it is their duty to conduct themselves in a manner that is healthy and positive for themselves, their family, their school, and their community. Therefore, athletes are expected to represent the school well and within the rules established by the school athletic council and the IHSAA. Our code, like that of any other school, is intended to serve as a deterrent to unacceptable student behavior. However, it is extremely important that our code provides avenues for obtaining help in an attempt to modify student behavior when deemed necessary.

An athlete's conduct in and out of school shall be such as not to reflect discredit upon their school or not to create a disruptive influence on the discipline, good order, nor the moral or educational environment in the school. It is recognized the Principal, by the administrative authority vested in that office, may exclude such contestants from representing their school.

C. APPLICABLE TO:

This code shall apply to all students connected to the athletic program of Mt. Vernon High School and shall govern inclusively all athletes, managers, trainers, and cheerleaders. The participants shall be considered in violation of the code if they use, consume, or possess alcoholic beverages, tobacco products, or illicit controlled substances (drugs), as well as commit felonies, vandalism, theft, acts of disrespect, hazing, or actions unbecoming an athlete.

D. TRAINING RULES/DISCIPLINARY ACTIONS

The Athletic Department of Mt. Vernon High School delegates the responsibility of developing a reasonable set of training rules for participants to the coach. Two important considerations are made when making these rules:

1. Rules may not be in conflict with policies of Mt. Vernon High School or other Athletic Department policies.
2. All rules should be discussed with the squad at the first practice session.

E. ALCOHOL, TOBACCO, AND DRUGS:

The usage and/or possession of illicit drugs, alcohol, and tobacco in any form will not be permitted. Please be advised that being in attendance at a party or any place where the illegal possession or use of drugs, alcohol, or tobacco occurs may be grounds for suspension. Athletes engaging in the use and/or possession of these substances will be disciplined as follows:

1. **First Violation:** The student shall be excluded from all athletics for 365 days

(one calendar year) from the day that the violation is confirmed as fact.

- a. *Rehabilitation*- The student may reduce the penalty to 50% of the contests in each sport the student participates in for 365 days (one calendar year) by submitting to a substance abuse program of assessment, counseling, screening, and/or indicated therapy. The program must have been approved by the high school administration and may include a recommendation for parent or guardian participation. The cost of the program is the responsibility of the student and/or his or her parents or guardians. The student will serve the remainder of the entire 365-day suspension if the Athletic Director is notified that the student has violated any of the stated conditions of the substance abuse program.
- b. *Community Service*- The total penalty will be reduced to 25% of the contests in each sport the student participates in for 365 days (one calendar year) if: 1) the student completes 50 hours of community service and 2) the student submits to a substance abuse program as described above. The community service must be performed at Mt. Vernon High School and must be approved and overseen by the Athletic Director.
- c. *Self-reporting*- The total penalty will be reduced to 10% of the contests in each sport the student participates in for 365 days (one calendar year) if: 1) the student or the student's parents or guardians report the violation to the Athletic Director or a head coach prior to the independent confirmation of a violation by the school and prior to the presence of a law enforcement person and any involvement or action by a law enforcement agency or law enforcement person, 2) the student submits to a substance abuse program as described above and 3) completes the community service requirement described above.

2. Second Violation Within 365 Days:

- a. The student will be suspended from all athletic participation for 365 days (one calendar year) from the day that the second violation is confirmed as fact.

This policy includes the use of alcohol, drugs, and tobacco when not on school grounds. The use of these substances on school grounds will be handled by the school administration and will generally result in expulsion, which may result in the student forfeiting his or her privilege to participate in athletics at Mt. Vernon High School for the remainder of the athlete's high school career.

F. FELONIES, MISDEMEANORS, VANDALISM, THEFT, ACTS OF DISRESPECT, HAZING, AND ACTIONS UNBECOMING AN ATHLETE

Maximum Penalty- Exclusion from athletics for 365 days (one calendar year) from the day that the violation is determined. The penalty is to be determined by the Athletic Director. Any student arrested or detained as a juvenile on such a charge may be suspended from any participation pending investigation of the incident.

G. HAZING

1. Hazing will not be tolerated under any circumstances.
2. *Definition-* Hazing is any humiliating or dangerous activity expected of someone to join or remain a member of a group, regardless of that person's willingness to participate.

Permission, consent, or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy, and the implied or expressed consent of a person or persons to hazing shall not be a defense to discipline under this policy.

3. *Reporting Requirement-* School personnel, including lay coaches and volunteer coaches, who become aware of hazing shall report such incidents immediately to the principal or athletic director so that the incident can be promptly investigated and so that appropriate action can be taken.

School personnel who become aware of hazing and fail to report it to the principal or athletic director may be subject to appropriate disciplinary action.

Students who observe hazing and fail to report the hazing to school officials may face disciplinary action for conspiring to engage in hazing.

4. *Investigation-* School officials will examine the totality of the circumstances in determining whether a particular activity constitutes hazing and warrants discipline under this policy. As a general test, students and school officials should consider the following questions in determining whether an activity could be prohibited under this policy.

Is the activity an educational experience?

Does the activity promote or conform to the values of the school?

Will the activity increase the respect for the school and the individuals participating?

Do current and new or perspective members participate together equally in the activity?

Would students be willing to allow parents, community members, school officials, or

the press to witness the activity?

Would students and/or faculty be able to defend the activity in a court of law?

Does the activity have value in and of itself?

Is the activity illegal?

H. VIOLATIONS OF SCHOOL RULES

Penalty- Students may not compete, practice, or participate in any way with an athletic team during a suspension from school. Less serious violations are to be handled by the head coach.

I. PROBATION

Any student who violates any provision of this policy shall be considered to be on probation for a period of 365 days (one calendar year) from the day that the violation is confirmed. A second or subsequent violation of any training rule (not already covered above) while on probation may result in the student being excluded from all athletics for 365 days from the day that the second or subsequent violation is confirmed. The Athletic Director shall determine the penalty for a second or subsequent violation of this policy while on probation.

J. STATUTE OF LIMITATIONS

Violations that are reported to the Athletic Office more than 365 days (one calendar year) after they occur will not be considered for disciplinary action.

K. APPEAL PROCESS

1. Anyone wishing to request an appeal should notify the high school principal in writing within seven calendar days of the date the student is notified of the suspension. The right of appeal is forfeited if not requested within this seven-day limit.
2. If an appeal is requested, the principal will conduct a hearing with the athlete, the athlete's parents, and the athletic director. The purpose of the appeal hearing is to inquire into the athlete's violation and to allow the athlete and parents or guardians to present evidence on the student's behalf. The principal shall make a final determination in regards to whether the Athletic Code was properly applied to the violation.

L. REINSTATEMENT

Any athlete who has received a career suspension may apply for reinstatement after serving a suspension of 365 days (one calendar year). The athletic director and the principal will conduct a hearing to determine whether the athlete should be reinstated and allowed to participate in athletic at Mt. Vernon High School. The principal and the athletic director may reinstate the athlete with no restrictions or conditions, reinstate the athlete with certain specified conditions that must be met prior to being allowed to participate and/or while the athlete is participating, or reject the application for reinstatement. This process has no legal implications or requirements.

M. END OF SEASON

1. Athletes are responsible for turning in their equipment and uniforms after the completion of their seasons. Failure to do so will result in the loss of credit for the season in which they did not return equipment or uniforms. Athletes are financially responsible for any equipment or uniforms not turned in or damaged beyond what normal use would cause.

SPORTS MEDICINE AND INJURIES

A. CONCUSSION POLICY

Indiana law requires the department of education, in consultation with specified persons, to disseminate guidelines, information sheets, and forms to the school corporations for distribution to schools to inform and educate coaches, student athletes, and parents of student athletes of the nature and risk of concussions and head injuries: requires that a high school student athlete and the student athlete's parent be given information concerning head injuries and concussions and return a form acknowledging receipt of the information to the student athlete's coach each year before beginning practice for a sport; requires that a high school student athlete who is suspected of sustaining a head injury or concussion be removed from play at the time of the injury; provides that the student athlete may not return to play until the student athlete has been evaluated and received written clearance from a licensed health care provider trained in evaluating head injuries; provides that a health care provider who, as a volunteer, provides head injury evaluations to student athletes has immunity from civil liability for acts or omissions arising from the evaluations, except for gross negligence or willful or wanton misconduct.

Mt. Vernon High School will implement the following plan in an effort to address IC 20-34-7:

Awareness and Prevention

Prior to the athletic season, athletes and parents will receive information on head injuries and concussions, and both must sign an acknowledgement form stating that they have received and read the information (via online forms). The DOE (Department of Education) will provide these forms for the school to use.

All head coaches will be educated on the signs and symptoms of concussions and will be aware of the plan in place for when a concussion does occur. School nurses will be informed on the school's plan in concussion management. When an athletic trainer is not present, the coach and/or school nurse will be able to handle the situation accordingly. The *Indiana Sports Concussion Network* provides student athletes the ability to perform baseline ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) testing. Baseline tests will be administered by the Mt. Vernon athletic trainer.

Athletes from the following sports are at greater risk of sustaining a concussion and therefore will have ImPACT baseline testing done at MVHS once every two (2) years. All freshman and new transfers must take a baseline test or show proof of having a baseline test within the year to date of transfer:

- | | |
|---------------|------------------|
| 1. Football | 6. Diving |
| 2. Soccer | 7. Baseball |
| 3. Volleyball | 8. Softball |
| 4. Wrestling | 9. Pole Vault |
| 5. Basketball | 10. Cheerleading |

Athletes from these sports should have a baseline test before their first competition of the season.

Acute Concussive Care

Athletic trainers who cover events at MVHS have the ability to evaluate an athlete for signs and symptoms of a concussion. If the athletic trainer determines a concussion has occurred, the athlete will be removed from play or practice, receive any necessary immediate treatment, and the athletic trainer will attempt to notify the parents or guardians that same day. In the event a certified athletic trainer is not available, the athlete will be able to report to their coach or school nurse for appropriate guidance, and they should notify the parents. At this point, the athlete will not return to play until cleared by a **physician trained in concussion management and neurocognitive testing.**

Post-Concussive Care

Recovery from a concussion requires limitation of physical activity, which includes practice, drills, games, and physical education classes. In significantly symptomatic athletes, mental activity should also be limited to allow the brain to heal. These activities may include limiting assignments, allowing greater time to complete quizzes/tests/assignments, and less homework. Also limited should be activities such as watching TV, texting, playing video games, and surfing the Internet. The athlete may also have to stay home from school.

Return to Play Guidelines

Before the concussed athlete can return to action, the most current standard of care for the sport concussion includes the following:

1. The athlete must be symptom-free at rest
2. The athlete must have a normal neurological exam

3. Neurocognitive testing must return to baseline levels, or if there is no baseline to compare, testing must meet normative criteria.
4. The athlete must be symptom-free with increased (physical and mental) activity. The athlete must complete a functional progression without the development of any signs or symptoms. This progression is a 5-day process.
5. The athlete must have the designated “release to play” form signed by the treating physician and turned in to Mt. Vernon’s athletic trainer. This form will be provided by the DOE. No other release forms will be acceptable.

Taking “shortcuts” or seeking “favorable” opinions on return to action decisions remains unacceptable when utilizing this most current standard of care for sports concussions.

This evaluation must be performed by a physician trained in cognitive testing and the management of concussion injuries. The Indiana Sports Concussion Network and the Athletes’ Concussion Alliance have several physicians trained in concussion management. ISCN offers physician training once every two months for physicians interested in caring for concussed athletes. The athletic trainers and other school personnel will be able to assist the athlete and his/her parents in finding a physician for the appropriate care.

MT. VERNON HIGH SCHOOL AND IHSAA ELIGIBILITY REQUIREMENTS

A. AGE AND ACADEMICS

1. A student who is or shall be twenty (20) years of age prior to or on the scheduled date of the IHSAA state finals in a sport, shall be ineligible for interscholastic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the IHSAA state finals in a sport shall be eligible as to age for interscholastic competition in that sport.
2. To be eligible scholastically, students must have received passing grades at the end of the last grading period in at least five (5) full credit subjects or the equivalent, which will be three (3) of the courses taken under Block Four (4) scheduling. Two semesters of the state required physical education course for 9th and 10th grades may be counted as a full credit subject for eligibility purposes even though the Department of Education does not grant a full credit for the course.
3. To be eligible scholastically, the athlete must be enrolled in at least five (5) full credit subjects or the equivalent, which will three (3) full credit subjects under Block Four (4) scheduling, during the time of interscholastic participation. This may include the above mentioned state required physical education course for 9th and 10th grades even though the Department of Education does not grant a full credit for the course.

B. PHYSICALS

1. The Indiana High School Athletic Association Physical and Parent Consent

Form must be on file in the Athletic Office before any athlete is allowed to participate in open facilities, conditioning, strength training, practices or contests.

2. The athlete must have had a physical examination between May 1st and the first team activity listed above in which he or she participates.

C. EMERGENCY MEDICAL CARD, INSURANCE, AND INJURIES

1. Athletes will be required to complete an Emergency Medical Card, which will be provided by the Athletic Department. These cards will be kept with the coach during the sport season so they will be accessible if an injury occurs either in a practice or in a contest. The Emergency Medical Card must be in the possession of the coach before an athlete is allowed to practice or participate in contests.
2. Mt. Vernon High School does not provide insurance for athletic participants. However, the Indiana High School Athletic Association provides catastrophic insurance coverage. The IHSAA policy provides coverage in the case of a covered athletic injury for expenses from \$25,000 to \$1,000,000. Certain restrictions and requirements apply to this insurance coverage. Copies of the policy are available from the office of the IHSAA. It is the responsibility of the parents or guardians to fully cover expenses from zero to \$25,000 in the event of an injury to an athlete. Each athlete must have an athletic insurance form signed by a parent or guardian and on file on the Athletic Office before the athlete is allowed to practice or participate in any contests.
3. Athletes or their parent or guardian should inform the Athletic Office of any serious injury as soon as possible after the injury has occurred.

D. EXCEPTIONS FOR PARTICIPATION

1. Athletes must complete ten separate days of organized practice in a sport before they are allowed to participate in a contest in that sport. Athletes who participated in an IHSAA sponsored sport the previous season during that school year need only five practices in the current sport to be eligible to compete in contests.
2. Athletes may not participate in a game or practice if they were not in attendance at school for the entire school day on the day of the activity. This policy includes students enrolled in Interdisciplinary Cooperative Education (ICE). Any student who does not fulfill his/her ICE job duties during a given day may not participate in a contest or practice on the same day. It is the responsibility of the athlete to know if he or she is eligible to participate in an activity. An athlete who participates in an activity when he or she was not eligible will be subject to consequences as determined by the head coach and/or administration.
3. Any exception to the above rules must be granted by the principal or athletic director. Examples of exceptions that may be granted include, but are not limited to, doctor appointments, funerals, and court appearances.

E. TRANSPORTATION

1. All athletic groups must travel to and from games by school bus or school van. With permission of the coach, an athlete may ride home with his/her parents after the game. Parents should notify the coach in person of this request. Any exception to this rule must be granted by the Athletic Director and/or Principal.

2. NOTE: The responsibility for the safety and accountability of each student is too important for coaches and administrators to permit frequent deviation from the transportation policy.

F. ACTIVITY PARTICIPATION CONFLICTS

1. MVHS students are encouraged to participate in many school activities, and it is not uncommon for students to be involved in more than one extra-curricular and/or co-curricular activity at a time. While such conflict is not encouraged or recommended, it does happen.
2. When activity conflicts occur, the student should notify the advisors, directors, or coaches of the conflicting activities as soon as possible so they can meet and arrive at a solution in everyone's best interest.
3. Final conflict resolution rests with the principal in consultation with the staff.

MT. VERNON HIGH SCHOOL AWARDS

A. HONOR PROGRAMS, AWARDS, AND LETTER REQUIREMENTS

1. General requirements for Athletic Awards that all Mt. Vernon High School athletes must meet are:
 - (a) Meet the IHSAA, HHC, and Mt. Vernon eligibility rules.
 - (b) Attend all practice sessions unless excused by the coach of that particular sport.
 - (c) Display proper conduct at all times toward other players, coaches, officials, teammates, and fans.
 - (d) Display proper conduct away from the community as well as in the community.
 - (e) Meet all training rules required by the individual coaches.
2. A list of eligible candidates is to be submitted to the Athletic Director at the end of the season.
3. If a player is injured during the season and cannot participate he will not receive an award unless recommended by the coach of that sport.
5. Awards will be presented at a program at the end of each sports season.
6. Each athlete should be encouraged to defend his letter or award as long as he remains in school.
7. A single letter will represent all sports.
 - (a) The major letter award will be a six inch white block "V" with gold trim.
 - (b) The minor letter award will be a certificate.
 - (c) If a student wins more than one letter, he will be issued a certificate.
8. An athlete may purchase a letter jacket upon earning his first varsity letter in any sport at Mt. Vernon High School.
9. The following pertain to all sports.
 - (a) Participant must complete the season in good standing.
 - (b) Athletes must attend all practices unless excused by the coach.

- (c) Anyone who does not meet the specific requirements for a particular sport because of unusual circumstances may be lettered at the discretion of the coach.
- (d) The coach will make the final decision regarding which athletes receive a letter.

B. LETTER REQUIREMENTS OF EACH SPORT

1. Wrestling

A varsity letter will be awarded to any wrestler who competes in 8 varsity matches.

2. Golf

The letter goes to those golfers who compete in enough matches to make the sectional squad.

3. Football

Varsity letters will be awarded to athletes who participate in at least 30 quarters of varsity contests during the regular season.

4. Cross Country

The athlete must compete as a varsity member in at least half of the competitions. The athlete must place ahead of at least 500 varsity runners from other schools. Those 50 athletes are totaled from year to year.

5. Track

(a) Each athlete must compete as a varsity member in at least half of the competitions.

(b) The athlete must meet the standards for IHSAA participation set in 1992 or score at least 25 varsity points. All varsity points are carried over from year to year and every 5 junior varsity points are equal to 1 varsity point.

6. Baseball and Softball

(a) Play in 1/2 of the innings of all scheduled games or be a starter in the last half of the season. Exception- pitcher.

(b) Pitchers will be left to the coach's discretion as to whether they letter.

7. Basketball

Play in 20 quarters, including at least one quarter of state tournament play.

8. Tennis

Participate in at least 1/2 of all varsity matches.

9. Volleyball

Varsity letters will be awarded to who play in a minimum of 20 varsity matches.

10. Swimming

A varsity letter will be awarded to any swimmer who competes or scores at conference, sectional and/or state.

11. Soccer

Play in 1/2 of all scheduled contests and play in at least one state tournament contest.

C. ELIGIBILITY AND REQUIREMENTS FOR AWARDS

1. The following awards that will be given to honor individual athletes for their respective sports. Coaches are given the discretion to deviate from this list or not give a particular award if deemed appropriate.

Basketball
(Boys and Girls)

Marauder of the Year Most Rebounds
Free Throw %
Assist Award
Mr./Miss Hustle
Mental Attitude

Swimming
(Boys and Girls)

Marauder of the Year All records set that year
Most Improved
Most Valuable Swimmer

Wrestling

Marauder of the Year Most Improved
Jim Quackenbush
Mental Attitude Award

Tennis
(Boys and Girls)

Marauder of the Year Most Improved
Bruce McKinney Award
(Boys Only)

Football

Marauder of the Year Offensive and
Defensive Player of the Year
Most Improved Lineman
Most Improved Back

Cross Country
(Boys and Girls)

Marauder of the Year All records set that year
Most Valuable Runner
Mileage Champions

Volleyball

Marauder of the Year Most Improved
Mental Attitude Award

Track

Marauder of the Year All records set that year

(Boys and Girls)		Most Valuable Athlete Most Improved
Baseball Softball	Marauder of the Year	Offensive and Defensive Players of the Year Pitching Award
Golf (Boys and Girls)	Marauder of the Year	
Soccer (Boys and Girls)	Marauder of the Year	

2. The following awards are given by the Athletic Department:

(a) Mike Terry/Norris Borgman Award

1. This award is given annually to one Mt. Vernon High School athlete.
2. The student must display good sportsmanship at all times.
3. The student must have not have served an athletic or school suspension in the preceding 365 days.
4. The student must be a senior athlete, but not necessarily an outstanding athlete.
5. The athletic director, the assistant athletic director, or a coach must nominate the student for this award.
6. The student must be of good moral character.
7. The recipient will be chosen by a vote of the Mt. Vernon High School Athletic Council.

(b) Ernie Oden Athletic Scholarship

1. This scholarship is given annually to at least two Mt. Vernon High School athletes, one male and one female. The Mt. Vernon Adult Athletic Booster Club sponsors the scholarship.
2. The student must demonstrate outstanding performance in his or her sport(s).
3. The student must have not have served an athletic or school suspension in the preceding 365 days.
4. The student must be a senior athlete.
5. The student must be of good moral character.
6. The recipient will be chosen by a vote of the Marauders Athletic Club executive board.

RESPONSIBILITIES OF THE ATHLETE

- A. All athletes are students first and subject to the same rules as other Mt. Vernon High School students.
- B. The athlete should be aware of the IHSAA policies in regard to participation in interscholastic activities.
- C. The athlete should show good sportsmanship both on and off the playing field. The athlete should set a good example for others to follow.
- D. The athlete may not participate in a game or practice when he or she was not present in school for the entire school day unless permission is granted in advance by the principal or athletic director.
- E. An athlete may not participate in more than one sport in the same season unless it is mutually agreed upon by all of the head coaches of the sports the athlete wants to participate in during that season.
- F. The athlete has a responsibility to be loyal and respectful to his or her teammates and coaches at all times.
- G. The athlete has a responsibility to other athletes to support them in their efforts, even though the athlete may not be a member of the team in a given sport.

Any questions concerning the Athletic Department or the Athletic Code of Conduct should be directed to the Athletic Office at 485-3131.

Indiana High School Athletic Association, Inc.

9150 North Meridian Street, PO Box 40650, Indianapolis, Indiana 46240-0650

Phone: 317-846-6601 Fax: 317-575-4244 Website: www.ihsaa.org

Bobby Cox, Commissioner



Athletic Eligibility

A Basic Guide for Schools, Students and Parents

To Students

Your high school years will provide some of the most memorable and enjoyable moments you will ever experience. Competition in interschool athletics is a once-in-a-lifetime experience, which will influence you forever.

Your participation in high school athletics is dependent on your eligibility.

Keep that eligibility. Read the following summary of Indiana High School Athletic Association rules which govern your participation.

Review the rules with your parents/guardians. Ask questions of your principal, athletic director/s and coaches.

To Parents

The value of participating in athletics has been well documented. Participants earn better grades, have better attendance and have a greater chance for success in later life than non-participants.

Students must meet certain standards in order to maintain the privileges of competition.

Review the following rules with your son or daughter. Your role in stressing and supporting the value of following these rules cannot be emphasized enough.

From the IHSAA

The Indiana High School Athletic Association has been the governing body of high school athletics in our state since 1903.

Your school is a voluntary member of the IHSAA and has agreed to follow its rules. Both your school and the IHSAA believe in equal competition among schools and the close relationship between academics and athletics.

The IHSAA rules listed in this brochure are only a summary of some of the regulations affecting student eligibility. All rules are found in the IHSAA By-Laws and Articles of Incorporation. Your principal and athletic director/s have copies and an on-line version also is located at www.ihsaa.org

You are eligible if:

1. **Age**

- You do not turn 20 years old prior to or on the scheduled date of the IHSAA State Finals tournament in a sport.

2. **Amateurism**

- You have not played under an assumed name.
- You have not accepted money or merchandise directly or indirectly from athletic participation.
- You have not signed a professional contract in that sport.

3. **Awards and Gifts**

- You have not received in recognition for your athletic ability any award that is not approved by your high school principal or the IHSAA.
- You have not used or accepted merchandise as an award, prize, gift or loan or purchase such for a token sum.
- You have not accepted awards, medals, recognitions, gifts and honors from colleges/universities or their alumni.

4. **Conduct and Character**

- You have not conducted yourself in or out of school in a way which reflects discredit on your school or the IHSAA.
- You have not created a disruptive influence on the discipline, good order, moral and educational environment in your school.

5. **Consent and Release Certificate**

- You have the completed certificate (physical form) on file with your principal each school year, between April 1 and your first practice.

6. **Enrollment**

- You enrolled in a school during the first 15 days of a semester.
- You have not been enrolled more than four consecutive years, or the equivalent (e.g. 8 semesters or 12 tri-mesters, etc.), beginning with grade 9.
- You have not represented a high school in a sport for more than four years.

- 7. Illness and Injury**
- You are absent 5 to 10 or more consecutive school days due to illness or injury, and have participated in at least 4 separate days of practice prior to competing.
 - You are absent 10 or more consecutive school days due to illness or injury, and have participated in at least 6 separate days of practice prior to competing.
- 8. Participation**
- a. During Contest Season
- You do not participate in try-outs or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete.
 - You do not participate in a practice with or against players not belonging to your school.
 - You do not participate in a non-school-sponsored contest without an approved waiver.
 - You do not attend a non-school camp.
 - You do not attend and participate in a student-clinic.
- b. During School Year Out-of-Season
- You do not participate in a team sport contest as a member of a non-school team where there are more than the following number of students listed below in each sport, including incoming freshmen, who have participated the previous year in a contest as a member of their school team in that sport.
Basketball - 3 Baseball - 5 Football - 6
Volleyball - 3 Softball - 5 Soccer - 6
 - You do not receive instruction in a team sport from individuals who are members of your high school coaching staff (Exception: open facility).
 - You do not participate in a non-school contest that required participation during school time, without gaining approval by the school principal or his/her designee.
- c. During Summer
- You do not attend any school-sponsored fall sports camp and/or clinic after Monday of Week 4 (See your athletic director for specific dates).
 - You do not attend any non-school camp and/or clinic after Monday of Week 7 (See your athletic director for specific dates).
- 9. Practice**
- You have completed the required number of separate days of organized practice in your sport under the direct supervision of the high school coaching staff in your sport preceding participation in a contest.
- 10. Scholarship**
- You passed 70% of the full credit subjects or the equivalent that a student can take in your previous grading period. Semester grades take precedence.
 - You are currently enrolled in 70% of the full credit subjects or the equivalent that a student can take.
- 11. Transfer**
- You do not transfer from one school to another primarily for athletic reasons.
 - a. You are entering the 9th grade for the first time.
 - b. You are transferring from a school district or territory with a bona fide move by your parents.
 - c. You are a ward of the court.
 - d. You are an orphan.
 - e. Your former school closed.
 - f. Your former school is not an IHSAA member school and is not accredited by the state accrediting agency in the state where the school is located.
 - g. Your transfer was pursuant to school board mandate for redistricting.
 - h. You enrolled and/or attended, in error, a wrong school.
 - i. You transferred from a correctional school.
 - j. You are emancipated, as defined by the IHSAA.
 - k. You did not participate in any contests as a representative of another school during the preceding 365 days.
 - l. You return to an IHSAA member school from a non-member school and reside with the same parent/s or guardian/s.
 - m. You transfer to a member boarding school with a corresponding move from the residence of your parent/s or you transfer from a member boarding school with a corresponding move to the residence of your parent/s.
 - n. You are a qualified foreign exchange student attending under an approved CSJET program, who has attended a member school for less than one year.
 - o. Your parent or legal guardian accepted a licensed or certified position at the school you are transferring to.
- 12. Undue Influence**
- You, your parents or guardians have not been influenced by any person to secure you as a student at a member school.

**MT. VERNON HIGH SCHOOL
ATHLETIC INSURANCE FORM**

The IHSAA will again sponsor an insurance plan that will help protect the athlete, his or her parents, and the school. The IHSAA insurance plan is for each athlete and will cover the athlete in the case of an athletic injury from \$25,000 to \$1,000,000. This leaves from zero to \$25,000 uncovered in this plan. This coverage is free to all athletes of IHSAA member schools. Each player and his or her parent or guardian must complete this form and return it to their coach before they will be allowed to participate in practices or contests. It is understood that it will be the parent's or guardian's responsibility to accept full financial expenses coming from athletic injuries that are not covered by the IHSAA plan, (zero to \$25,000). The school itself does not provide or carry athletic insurance for athletes.

Student's Name: _____ Class: _____ Age: _____

Parent's Name(s): _____

Address: _____

Name of Present Insurance Company: _____

Insurance Company's Address: _____

Insurance Policy Number: _____

I have read Mt. Vernon's Athletic Code of Conduct and agree to abide by its contents. I also understand that there is a risk of injury and even death involved in the participation in athletics and agree to accept the financial responsibility of any such injuries.

Date

Student's Signature

Parent/Guardian's Signature