

CASTLE HIGH SCHOOL

HOME OF THE KNIGHTS



Student Athletic Handbook

Castle High School

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Introduction



It is the goal of Castle High School and the Warrick County School Corporation to provide a sound program of interscholastic athletics to the students served by our district. We will always strive to organize and administer sound programs that benefit all student-athletes. It is also our goal to provide programs and activities that make a positive impact on both our school and community.

No person shall, on the basis of race, creed, or sex be excluded from participation in, be denied the benefits of, or be subjected to discrimination in the athletic programs of Castle High School and the Warrick County School Corporation.

The policies for all the athletic programs at Castle High School are listed in the following pages of this document. These policies and procedures are compiled and written by the Athletic Director and coaching staff of Castle High School. These materials are provided for the guidance and assistance of all connected to the Athletic Department of Castle High School.

Castle High School Staff

Principal	Doug Gresham
Assistant Principal	Richard Lance
Assistant Principal	Ryan Frazier
Athletic Director	Brandon Taylor
Assistant Athletic Director	Curt Welch
Athletic Secretary	Susan Slaughter



The educational philosophy of Castle High School provides the foundation for the program, the organizational structure, and the existence of all extra-curricular activities for the students. The athletic department offers a variety of activities that may help students realize their maximum potential for physical, social, and emotional growth. It is the goal of this department to promote the success and growth while always respecting others.

We believe that interscholastic athletic competition should be an integral part of the total School program and serve as a reflection of the needs of students and the school community.

We believe participants can be taught to win in a gracious manner and lose in the same fashion.

We believe participants can find purpose in their school-work and carry that purpose forward in their lives as a result of a sound athletic program in the schools.

We believe the athletic competition provides real value for the student body and school community. We feel a sound athletic department based on a sound philosophy can improve school and community morale and become a positive outlet for energy and enthusiasm.

We believe the welfare of the individual is always the primary concern. The competition exists for the student-athlete. The student-athlete does not exist for the game.

We believe the community should realize the control of, and responsibility for high school athletics rests entirely with the administration of Castle High School and the Warrick County School Corporation.

We believe high school athletics should furnish a recreational opportunity for the general public only insofar as a community is willing to see that programs are conducted solely for the benefit of the students served by our schools.



A sound athletic program must provide for all student-athletes:

1. The opportunity to learn and improve skill levels in a competitive environment.
2. The development of physical vigor, desirable health habits, and safety.
3. The opportunity to make lasting friendships with squad members, opposing players, and to visit and compete in other communities.
4. A chance to observe and exemplify fair play and healthy competition.
5. The realization that interscholastic athletic competition is a privilege that carries varied and definite responsibilities.
6. An association with ladies and gentleman who exemplify well-rounded competitors in the person of our athletic coaches.
7. A chance to learn that the violation of rules during athletic competition brings penalties, just as in life.
8. Assurance that the degree of success depends upon hard work, devotion to task, and enthusiasm for the game, as well as the innate ability of each individual.
9. An opportunity to exercise judgment, think quickly, to take directions, and to carry those instructions out during stress and to the best of one's ability.

Profile of the Castle High School



Castle High School has a strong tradition of athletic, academic, and extra-curricular excellence in a wide variety of activities. These traditions are a great source of pride for the school and community.

Castle High School is a member of the Southern Indiana Athletic Conference. Other members of the SIAC include Evansville Bosse, Evansville Central, Evansville Harrison, Evansville Mater Dei, Evansville memorial, Evansville North, and Evansville Reitz. We are also a member of the Indiana High School Athletic Association.

Male athletes are offered ten sports that include cross-country, tennis, soccer, and football in the fall season. Basketball, swimming, and wrestling are provided in the winter. Baseball, track, and golf are offered in the spring. Female athletics include cross-country, soccer, and volleyball in the fall. Winter sports include basketball and swimming. Females are also offered softball, track, and tennis in the spring.

Cheerleading and dance (Chargerettes) are available for females in the fall and winter seasons. Any other athletic activities for Castle students are considered club activities and not under the supervision and control of the Castle High School and/or the Warrick County School Corporation.

All students with the sufficient ability are eligible to participate in extra-curricular activities, provided they meet scholastic standards and conduct requirements set forth by Castle High School and the Warrick County School Corporation. Castle High School is also subject to all rules, regulations, and procedures of the Indiana High School Athletic Association.

WARRICK COUNTY SCHOOL

CORPORATION

Student Conduct - Athletic Code

Eligibility Guidelines and Reasons for Suspension: To be a participant in inter-scholastic competition, a student must meet all eligibility and scholastic requirements and standards of the Indiana High School Athletic Association and of the Warrick County School Corporation. Failure to meet any of these standards shall result in immediate implementation of the Warrick County School Corporation's rules, regulations, guidelines, penalties, and suspensions. A student who reflects discredit upon his/her school, or creates a disruption in the discipline, good order, moral, or educational environment of his/her school or school activities shall be ineligible to participate in athletics. Prohibited conduct that requires suspension of a student's athletic eligibility includes, but is not limited to: (1) possession or use of tobacco in any form, (2) possession or use of alcohol in any form, (3) illegal use or illegal possession of a drug, a depressant, stimulant, or controlled substance, or use or possession of drug paraphernalia, (4) possession or use of performance enhancing drugs, (5) verbal harassment, (6) sexual harassment, (7) theft, (8) vandalism, or (9) sexual violations.

All regulations are in effect twelve (12) months of the year, twenty-four (24) hours a day. Any out-of-season violation shall be treated as an in-season violation. A canceled or postponed contest will not count toward the fulfillment of a suspension. A signed acknowledgment form must be on file at the School before a student will be allowed to participate in any interscholastic practices or events.

Information that may be considered in determine a violation of the Athletic Code includes, but is not limited to: (1) police reports; (2) court records; (3) tickets or citations; (4) admissions or statements by the student; (5) written or oral statements of witnesses; and (6) other information which may demonstrate that a violation of the Code occurred.

I. FIRST VIOLATION

When a high school or junior high school principal or his/her designee determines that it is more likely than not that a student has violated the code, the student shall be suspended immediately from athletics, as follows:

A. Tobacco

For the first tobacco violation, the student shall be suspended during the student's sport season for 10% of the scheduled contests, or one (1) contest, whichever is greater.

B. Alcohol, Drug or Drug Paraphernalia

For the first violation of the prohibition against use and possession of alcohol, a drug, or drug paraphernalia, the student shall be suspended during the student's sport season for 20% of the scheduled contests or two (2) contests, whichever is greater.

C. Other Violations

For the first violation of all other prohibited conduct, the student shall be suspended during the student's sport season for 10% of the scheduled contests, or one (1) contest, whichever is greater.

II. SECOND VIOLATION

When a high school or junior high school principal or his/her designee determines that it is more likely than not that a student has committed a second violation of the code, whether in the same or different violation category, the student shall be ineligible and suspended from participating in Warrick County School Corporation athletics for three hundred and sixty-five (365) days, commencing on the date of the determination of the violation.

III. REHABILITATION

IN ADDITION TO SERVING THE ATHLETIC SUSPENSION, FOR EACH VIOLATION, THE STUDENT MUST:

A. Seek and follow rehabilitation in a tobacco abuse program, an alcohol or drug abuse program, or other program, according to the category of violation, as offered through or approved by the Warrick County School Corporation Office of Student Services.

B. Provide a written statement that a professional assessment has been obtained, that a rehabilitation recommendation has been made, and that the student has completed the recommendation or is following the recommendation.

C. Provide to the Director of Student Services a “release of information” form signed by the student and parent/guardian authorizing the Director of Student Services to verify that rehabilitation treatment has been sought and has been completed or is being followed.

IV. THIRD VIOLATION

When a high school or junior high school principal or his/her designee determined that it is more likely than not that a student has committed a third violation of the code, whether in the same or different violation category, the student shall be ineligible to participate in any athletics, athletic contests, or on athletic teams for the duration of his/her high school career. A third violation by a junior high school student will prohibit his/her athletic participation in grades seven (7) and eight (8).

V. RELATIONSHIP BETWEEN JUNIOR HIGH AND HIGH SCHOOL VIOLATIONS

A. Any first violation occurring at the junior high school level without the suspension being served at the junior high school level shall be served at the high school level.

B. Any second or third violation occurring at the junior high school level without the suspension being served completely at the junior high school level will result in a continuation of the suspension at the high school level until there has been a total suspension of three hundred sixty-five (365) days, commencing on the date of the determination of the violation of the athletic code.

C. A junior high school student is governed by the high school regulations at the time the student concludes his/her junior high school education.

VI. APPEAL PROCESS

An appeal of a decision that a violation of the Athletic Code has occurred must be initiated by written notification to the building Principal within seven (7) days of the student or parent being notified of the decision. Thereafter, an appeal of the Building Principal's decision must be initiated by written notification to the Superintendent within seven(7) days of the student or parent being notified of the building principal's decision. An appeal within the school is a conference with the building principal; an appeal to the Superintendent is a conference with the Superintendent or the Superintendent's designee. An appeal conference shall be conducted as soon as reasonably practical. An appeal conference is informal and does not require formal use of procedures, pleadings, or evidence. There shall be no further appeals to others within the School Corporation or to the Board of School Trustees. During the appeal process, a suspension remains in effect.



Eligibility Rules



In order to represent Castle High School in any interscholastic competition, all students must meet eligibility requirements set forth by the Warrick County School Corporation, Castle High school, and the Indiana High School Athletic Association.

Academic Eligibility

To be academically eligible, students must have received a passing grade at the end of their last grading period in at least five solid subjects or equivalent. Freshman physical education is counted as a solid subject for the purpose of eligibility. Semester grades take precedence over nine week's grades and summer school grades, and summer school grades are considered part of the second semester.

Age

A student who is, or shall be twenty (20) years of age prior to or on the scheduled date of the IHSAA state championship in his/her sport, shall be ineligible for interscholastic competition for that entire sports season.

Amateurism

Students shall not play under an assumed name or accept payment directly or indirectly for any athletic participation. Students may not participate in athletic activities, tryouts, auditions, practices and/or games held or sponsored by professional athletic organizations, clubs, or any of their representatives.

Athletic Transfers

Parents of students who wish to participate in athletics at Castle High School, but did not attend Castle during their intended sports season during the previous year of high school, are required to complete an IHSAA Athletic Transfer Form. The student and parents must meet with

the Athletic Director to complete this form. Students do not become eligible to participate in contests until both schools and the IHSAA have approved the transfer. Students who transfer without a corresponding change of address **may** be granted “*Limited Eligibility*” to compete below varsity levels for 365 days.

Attendance

Students must attend at least ½ day of school on the day of an event/practice in order to participate in any extra-curricular event that occurs after the school day. Approved field trips or school activities will constitute attendance. The school principal or athletic director must approve all exceptions to the attendance rule. Any athlete that misses school for a prolonged period of time must have written permission from a doctor to resume participation in practices and/or games.

Awards and Gifts

Athletes may not receive any award for athletic performance that is not approved by the IHSAA or Castle High School. Athletes may not accept awards, medals, recognition, gifts, or honors from colleges, universities, or their boosters.

Changing Sports

Any athlete cut from a team may join another sport immediately. Any athlete who quits a team cannot join another team until the first team has completed competition for that season. Athletes may transfer from one sport to another during the same season only if the head coaches of the two sports involved are in mutual agreement about such a move. Off-season conditioning and open gyms are open to all athletes at Castle High School not in a current sports season.

Communication

The athletic department of Castle High School strives to keep open lines of communication between athletes, parents, coaches, and the general public. Much of the information needed to keep current with the events and policies of Castle High School can be accessed by using the Castle High Athletic Department website at

www.castleknightsathletics.com

Communication between parents and coaches should follow standard operating procedure and should follow the athletic chain of command. A document on coach/parent communication is located on the school website. This document gives specific instructions to parents about what, when, and where to discuss topics with a coach.

Enrollment

In order to participate in any athletic competition, a student must be enrolled at Castle High School. After **15** days of enrollment, Castle High School becomes the school of record. Once enrollment is completed, athletes have **8** consecutive semesters of eligibility.

Equipment

All athletes are responsible for the care and return of equipment owned by the school. Lost equipment must be replaced at a fair market value. All equipment owned by the school will be worn in a manner determined by the coaching staff of each of the respective sports.

Inherent Risk

Any student who participates in athletic competition must understand that a risk of injury always exists. The athletic staff at Castle High School will do everything possible to minimize risks for student-athletes, both in practice and competition.

Insurance

Castle High School has great concern for medical care and insurance protection for all those participating in interscholastic competition. As a result, students participating in athletics at Castle are required to carry insurance coverage. Students not covered can purchase short term insurance and moderate prices through the principal's office. The student and his/her family pay all costs for insurance.

The IHSAA and Castle High School jointly carry a catastrophic insurance policy on all athletes that covers amounts from **\$25,000.00** up to one million dollars.

Non-School Teams

Participation in organized sports competition during the authorized contest season of that IHSAA sport shall cause the student-athlete to become ineligible for their school team.

Participation in non-school competition while on a school team of another sport shall be subject to the approval of the school coach. Any athlete who violates an understanding with a school coach will be subject to dismissal from the school team with a loss of all honors.

Parent Pre-Season Meetings

All athletes and parents are required to attend a pre-season meeting with the coaching staff of that sport. The meeting shall be held before the first contest. Parents will be informed of all rules for their sport as well as the rules of Castle High School and the IHSAA.

Physical Examinations

Students wishing to participate in athletics in any IHSAA sanctioned sport must undergo a physical examination by a doctor holding a limited license to practice medicine. The physical examination form must be completed on the IHSAA form and be signed by the physician, parent, and student-athlete. The IHSAA physical examination form is good from April 1 of each year and will be in effect for all activities in the next 365 days of practice and/or competition.

Practices

The class day at Castle High School begins at 7:35am and concludes at 2:40pm. Practices may begin at 3:00pm daily. In case of inclement weather that results in school being dismissed early, all practices for that day will be postponed. Exceptions to this rule will require the approval of the principal and the athletic director.

Days on which coaches have responsibilities and students are not required to attend classes will result in a 3:00pm start for all practices. If the coach does not have teaching duties on such days, practices may be scheduled at an earlier time with approval of the athletic director.

There shall be no school practices, games, scrimmages, film sessions, or meetings held on Sundays. Calling one or more team members together for scouting reports, film viewing and/or the treatment of injuries are also violations of the basic IHSAA rule.

All athletes are expected to be at practice on time. All illnesses and injuries should be reported to a coach and trainer immediately. The head coach has the discretion to determine if a missed practice is excused or unexcused. Athletes should inform coaches in advance of known absences for practices and/or competitions.

The head coach is responsible for informing the team of practice dates and times well in

advance. Athletes will not be allowed to practice if they do not attend school that day. All exceptions to this rule must be cleared through the principal and/or the athletic director.

Public Relations

The community often judges its schools by the people representing them. The administration, coaching staff, athletes, cheerleaders, patrons, fans, and student body serve as public relations agents at games both at home and away from home.

Athletic department personnel occupy a strategic and sensitive role in regard to public relations on behalf of Castle High School and the Warrick County School Corporation. Good public relations begin with a common sense approach, the extension of good manners, and common courtesy to all with whom our student-athletes and their supporters come in contact with.

Supplements

Athletes should be concerned about "nutritional" supplements. They are marketed to student athletes to improve performance, recovery time, and muscle-building capability. Many compounds obtained from specialty "nutrition" stores and from mail-order businesses may not be subject to the strict regulations set by the United States Food and Drug Administration. Such substances are expensive, often ineffective and may be harmful to your health or performance. Additionally, contents of many of these compounds often are not represented accurately on the list of ingredients and may contain impurities or banned substances.

Student-athletes should be aware that nutritional supplements are not limited to pills and powders; "energy" drinks that contain stimulants have become popular. Many of these contain large amounts of caffeine and ephedrine, both of which can result in a positive drug test. Student athletes should be wary of drinks that promise an "energy boost" because they frequently contain banned stimulants. The use of stimulants while exercising can also increase the risk of heat illness. Therefore, student-athletes should consult with their athletic trainer or other knowledgeable health care professionals before taking any nutritional supplement.

In drug testing programs, most positive tests involve a nutritional supplement. It is not worth risking your eligibility or health for products that have not been scientifically proven to improve performance and may contain banned substances.

Travel

Castle High School athletes are required to travel to and from athletic events in school approved vehicles and under adult supervision provided by Castle High School. Extreme circumstances must be cleared by the principal or athletic director. Students may be released to their parents (if the head coach is in agreement) after a road contest if written permission from the parent is received by the coach. Students will never be released to ride home from a contest with other students.

Athletes represent Castle High School on all road trips. Appropriate dress will be determined by the coaching staff. Athletes will act in an acceptable manner while on all school trips. Equipment, facilities, fans, opponents, and staff members at opposing school sites will be treated with respect at all times. Any damage or improper behavior on the part of Castle athletes and/or support of staff will result in appropriate disciplinary action.

Early Release time from class for athletic activities is not part of the Castle High School Athletic Department. Special exceptions will only be granted with the prior approval of both the principal and athletic director.

Weight Room & Gym Policy

The following guidelines must be observed when students are using the weight rooms, gymnasiums, and any other athletic facilities at Castle High School.

1. Students may use the weight room, gymnasiums, and other athletic facilities only while under the direct supervision of a Castle High School staff member.
2. Students working out in the weight room, gymnasiums, and other athletic facilities must be dressed in proper attire. **Shirts and Shoes are always a requirement!**
3. **No food or drink is allowed in the weight room at any time or for any reason!**
4. Weights and other equipment should be returned to the proper racks or storage areas before students and coaches leave the area.
5. All facility usage shall be scheduled in advance and placed on the school calendar by the head coach in cooperation with the assistant athletic director.

Questions and Concerns

All questions and concerns should be addressed to the head coach in the sport in question. If this does not resolve the issue, a meeting with the athletic director may be scheduled.



Individual Athletic Awards



I. Varsity Athletic Letter Award

- a. Athlete must be recommended by his/her head coach.
- b. Athlete must meet all standards set by his/her coach.
- c. Athlete must compete the sports season as a member in good standing.
- d. Athlete must return all equipment issued or pay for the same.

II. Reserve and Freshman Award

- a. Reserve players who finish the season in good standing will receive a participation certificate. First time award winners receive numerals.
- b. Freshman players who finish the season in good standing will receive a participation certificate. First time award winners will receive numerals.

III. Castle High School Athletic Hall of Fame

- a. Athletes must be nominated by a Castle High School head coach of a sport in which they have participated
- b. An athlete must receive a 75% favorable vote from the members of the Athletic Council to be inducted into the Castle High School Hall of Fame.
- c. Any athlete who is suspended from competition for a violation of the WCSC athletic code of conduct will not be eligible for admittance into the Castle High School Hall of Fame.
- d. All honorees will have their picture placed in the Digital Athletic Hall of Fame.
- e. All state champions and first team all-state athletes will remain in the Hall of Fame on a permanent basis.
- f. All appeals and unforeseen circumstances related to induction will be subject to a $\frac{3}{4}$ vote of the members of the Athletic Council.



CHS NCAA Core Courses



Castle High School

ENGLISH

English 10/Literature
English 10/Literature/Adv.
English 10/Literature/Grammar
English 10/Literature/Pre-Core
English 10/Speech
English 10/Speech/Adv.
English 10/Speech/Pre-Core
English 11/Integrated
English 11/Integrated/Adv.
English 11/Integrated/Pre-Core
English 12
English 9/Literature/Grammar
English 9/Literature/Grammar/Pre-Core
Journalism
English 9/Literature/Pre-Core
English Language & Composition/AP
Expository Writing/Adv. Composition
Film Literature/Mass Media
Themes in Literature/World Literature

SOCIAL SCIENCE

Economics
Economics/Adv.
Psychology
Sociology
Topics in Social Science/Topics in History
U.S. Government
U.S. Government/Adv.
U.S. History/Adv.
U.S. History / AP
World History
U.S. History

MATHEMATICS

Algebra I
Algebra I/T3-T4
Algebra II
Algebra II/Adv
. Algebra II / T-T2
Discrete Math
Geometry I
Geometry/Adv.
Geometry/T1-T2
Pre-Calculus
Probability & Statistics
Trig 1-2
Math College Credit/Trig
Calculus/Math/AP

NATURAL/PHYSICAL SCIENCES

Biology 1/L
Biology 1/M
Biology II
Biology/ AP
Chemistry I
Chemistry II/G
Chemistry AP
Integrated Chem/Physics
Integrated Physics/Chem
Physical Science
Physical Science/Pre-Core
Physics I
Physics AP
Adv. Special Topics/Anatomy & Physiolog
Adv. Special Topics/Zoology & Genetics

ADDITIONAL CORE COURSES

German I,II,III
Spanish I,II,III
Japanese I,II,III
French I,II,III
Latin I,II,III,IV



Castle Athletic Teams/Coaches



Fall Sports

- Football – Doug Hurt
- Cross Country – Steve Edwardson
- Boys Tennis – Craig Bottorff
- Boys Soccer – Mike Reiter
- Girls Soccer – Doug Diedrich
- Girls Golf – Casey Richison
- Volleyball – Dan Watson

Winter Sports

- Boys Basketball – Brian Gibson
- Girls Basketball – Robert Meier
- Boys Swimming – Aaron Opell
- Girls Swimming – Aaron Opell
- Wrestling – Bob Harmon

Spring Sports

- Baseball – Curt Welch
- Softball – Pat Lockyear
- Boys Track – Fred Bracher
- Girls Track – Lynn Zwilling
- Boys Golf – Josh Kain
- Girls Tennis – Roger Sergesketter