

CASTON ATHLETIC DEPARTMENT INFORMATION FOR PARENTS OF ATHLETES & ATHLETES

Being a parent is often a challenge. This effort and responsibility is frequently complicated by being a parent of an athlete. This information, with its guidelines and suggestions, will give you some insights into this responsibility. There are many relationships that are involved in being the parent of an athlete.

Athletic Injury and Concussion Guidelines for Participation.

1. All athletes must have on file a current IHSAA physical before participation is allowed.
2. All athletes must have on file documentation of receipt of concussion information before participation is allowed.
3. All athletes will be in-serviced by athletic trainer on concussion information.
4. All athletes, under the direction of athletic trainer, will have Immediate Post Concussion Assessment and Cognitive Testing (ImPACT). Such tests are used to provide a baseline of an athlete's cognitive abilities and reaction time to later be used for comparison if they experience a head injury.
5. All injuries occurring during athletic participation must be reviewed/assessed by athletic trainer and will be documented. Coaches will inform athletic trainer of injury. Athletic Trainer will make appropriate contacts (parent/guardian, etc....)
6. Athletic trainer options after reviewing/assessing athletes injury:
 - No treatment and return to participation.
 - Immediate treatment and determine what level of participation allowed.
 - Recommend/administer treatment plan - determine what level of participation allowed.
 - Recommend doctor or hospital referral to athlete and parent
 - Removal from all participation for an appropriate number of days so athlete may return to safe participation.
 - The Athletic trainer will have final say on participation after an injury has occurred.
7. If an athlete sees a physician – all documentation must be returned to athletic trainer for review. If the physician restricts participation – athlete must provide another documentation from physician releasing the restrictions before athletic trainer can release athlete for participation.
8. The trainer will not override a physician's documentation on the date an athlete is released for participation... but, the athletic trainer may determine athletes unfit for full participation even if a physician releases the athlete. Athletic trainer will implement a return to full participation plan.
9. The Athletic trainer will have final say on participation after an injury has occurred.

Change in Indiana Law: A new law in Indiana requires student athletes to be removed immediately from athletic activities if it is suspected they have sustained a head injury. In order to return to play, injured athletes must be evaluated and cleared by a health care provider trained in head injury assessment.

The Player-Coach Relationship

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child.

If you express a negative opinion in front of your child, you need to remember that he or she will return to practice the next day remembering your comments. Your child will be expected to interact with the coach in a cooperative manner. Your positive reinforcement will help both your child and the coach.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect playing time or position.

One of the responsibilities, which a coach has, at the conclusion of a contest, is to have a brief meeting with his players. Athletes should not pause to talk to parents or friends immediately after games. These brief meetings are essential to the learning process involved in athletics.

The Parent-Player Relationship

Some parents may try to live vicariously through their children's athletic efforts. Being positive and supportive is important, but adding pressures and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

When you speak with your child after a contest, don't dwell on his or her play, how many points he or she scored, or if he or she started. Instead, first ask how the team did, did they play hard, give 100% and have a good experience?

Relationship with Officials

Officials agree to follow a code of ethics. They really do not have a vested interest in which team emerges as the victor. It is important to understand that they are a very necessary part of a game. A contest cannot be played without them. While you may not agree with all their calls, please do not harass and taunt them. **It is important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed.** In many sports, a team will see the same official several times during a season. Coaches, athletic administrators, and schools often work hard to establish a rapport and good working relationship, which can easily be damaged by parents and spectators.

Spectator-Cheerleader

Cheerleaders try to infuse spirit into the fans/spectators and to lead them in selected cheers. The emotion and atmosphere at athletic contests can be very exciting and the cheerleaders need to be allowed to direct and control this aspect.

Parent-Coach Relationship:

Parenting and coaching are both extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child is involved in our program, you have the right to understand what expectations are placed on him/her. This begins with clear communication from the coach of the sport.

Should you have any questions or concerns, **do not approach the coach immediately at the conclusion of the contest. At this time, coaches have other responsibilities, and it may be an emotional time. It is also discouraged to approach a coach with a concern after a practice.** Call the coach or AD and make an appointment for a later time and approach this meeting in a calm, courteous, and logical manner.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations and goals the coach has for your child as well as for the team/season.
3. Locations and times of all practices and contests.
4. Team rules, requirements, Fees, special equipment, strength and conditioning programs.
5. Procedure if your child is injured during participation.
6. Team rules, guidelines and discipline that result in denial of participation.

Communication Coaches Expect From Athletes & Parents

1. Concerns expressed directly to the coach.
2. Avoid confrontations/meetings after games.
3. Notification of any schedule conflicts in advance.
4. Notification of illness or injury as soon as possible.

As your child becomes involved in his/her programs at middle and high school, he/she will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

Appropriate Concerns To Discuss With Coaches

1. The treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior/attitude.

It is very difficult to accept your child not playing as much as you had hoped. Coaches are professionals. They make decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. PLEASE, do not try to communicate through anonymous letters or through other people. Talk to the coach at first signs of any problems. The four items listed below should be left to the discretion of the coach.

1. Playing time – Most always it is determined by: skill levels, work ethic, and attitude.
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position. When a conference is necessary, the following procedure should be used to help resolve any concerns.

If You Have A Concern To Discuss With A Coach, The Procedure You Should Follow

1. Student-athlete to coach: Open-door policy for all coaches, players asks your coach if you can meet and talk!
2. Parent to coach: Call the coach to schedule an appointment.
3. If the coach cannot be reached, call the Athletic Director; he will set a meeting for you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Follow the chain of command.
2. Call and schedule an appointment with the School Athletic Director to discuss the situation.
3. At this meeting the appropriate next step can be determined if necessary...

Athletic Chain Of Command

At Caston, the following chain of command is in effect:

1. Players
2. Assistant/JV/JH Coaches
3. Head Coach
4. Athletic Director
5. Principal
6. Superintendent

If there are any questions or concerns, the athlete/parent should first contact the appropriate coach. If there is no resolution, he or she should then go to the head coach, AD, Principal then the superintendent.

Sportsmanship

Since athletics should be educational in nature, it is important that all parents demonstrate good sportsmanship and serve as role models for our athletes and student fans. Sportsmanship is an overt display of respect for the rules of the sport and for all others – players, coaches, officials, and fans. It also involves a commitment to fair play, ethical behavior, and integrity. This means:

1. We should not impede or interfere with our coaches when they are coaching.
2. There can be no vulgar or inappropriate language from fans or spectators.
3. Taunting our opponents and their cheerleaders cannot be tolerated.
4. Spectators cannot leave the bleachers or enter onto the court or field during a contest.
5. Fans should be supportive and positive. Cheering should be done for our team and not against our opponent.
6. We should not impede or interfere with our opponent's cheerleaders when they are leading their cheers.
7. In some specific sports such as basketball and volleyball, we should not yell while a player takes a foul shot or attempts to serve.
8. As a parent, please set a positive example for our students and athletes.

9. If you see or hear something that is inappropriate at games, please help us by saying something to the offending individual or tell the event supervisor. Remember that purchasing a ticket provides you with the privilege and opportunity to watch a contest; it is not a ticket to verbally assault officials, coaches, opponents, cheerleaders or to be obnoxious!

Contest Ejection, per IHSAA (Athlete, Coach, Parent and Fan):

Any Contestant, Coach, Contest Administrator, School Administrator or Fan, who is ejected from a Contest for an 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, unless an IHSAA sport-specific rule or policy provides a different protocol or penalty for ejections. * *Caston guidelines will require contestant, coach, administrator or fan to complete a NFHS sportsmanship course prior to being allowed to attend the following game after the suspension has been served. Additional incidents will result in additional suspensions and/or expulsion from all events!*

Sportsmanship Expectations

- ACCEPTABLE BEHAVIOR
 1. Applause during introduction of players, coaches, and officials.
 2. Accept ALL decisions of the officials.
 3. Cheerleaders lead fans in positive school yells in a positive manner.
 4. Handshakes between participants/coaches at the end of contests, regardless of outcome.
 5. Treat competition as a game, not a war.
 6. Coaches/players search out and congratulate opposing participants or coach.
 7. Applause at the end of a contest for performances of all participants.
 8. Everyone showing concern for an injured player, regardless of team.
 9. Encourage only sportsmanlike conduct.
- UNACCEPTABLE BEHAVIOR
 1. Disrespectful or derogatory yells, chants, songs, or gestures.
 2. Booing or heckling a coach or official's decision.
 3. Criticizing coaches or officials in any way; display of temper with an official's call.
 4. Yells that antagonize our athletes and coaches or our opponents.
 5. Refusing to shake hands or give recognition for good performances.
 6. Blaming loss of game on officials, coaches, or participants.
 7. Taunting or name-calling to distract an opponent.
 8. Use of profanity or displays of anger that draw attention away from the game.
 9. Doing your own yells during cheerleader's performances.

Responsibilities Of An Athlete

Most coaches would expect an athlete to adhere to the following guidelines:

The team's goals, welfare, and success must come before any individual interest.

1. An athlete needs to attend all practice sessions. This also includes weekend and holiday periods.
2. Players need to be receptive to coaching.
3. Team members are responsible for all issued uniforms and equipment.
4. As a member of a team, an athlete must agree to and follow the team rules.
5. Athletes need to remember that they are ambassadors and represent not only themselves, but also the coaching staff and the school.
5. An athlete must report all injuries to either the coach or to the athletic trainer.

Responsibilities of a Coach

A Caston coach has the responsibility for the following:

1. Communication with athletes and parents
2. Provide for the well being of all athletes.
3. The selection of the squad.
4. The determination of the style of play, including the off and def philosophy.
3. The teaching and instruction at practice sessions.
4. The determination of who starts and how long an athlete plays in contest.
5. The decision as to who plays in what position.
6. The establishment of team rules.

7. Schedules for athletes and parents with respect to when practice sessions will be held and at what time the sessions will start and finish.

Participation on an Athletic Team

It is important to understand that participation on an athletic team at Caston is a privilege and not a right. Being on and maintaining one's membership on a team means accepting all the responsibilities of an athlete. However, unlike recreational or intramural teams, equal or guaranteed playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at a given time.

Practice Sessions and Games

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference with athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

Risks of Athletic Participation

In spite of protective equipment and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries can and do occur. All athletes and parents need to be aware and understand this possibility. At Caston we will do all that we can to ensure a safe and healthy environment for our athletes.

Academic Requirements

Any student who has not passes five or more classes for a marking period may not participate on a team in games, but still may practice with coach approval.

Hazing

Since responsibility, integrity, citizenship, and a strong sense of school and team commitment are the foundations for appropriate participation in modern day school athletic programs, hazing of any kind will not be condoned. Any athlete participating in hazing will be dropped immediately from the team and will face possible suspension/expulsion from school.

Definition of Hazing: Hazing is defined as "any activity that humiliates, degrades, abuses, or endangers a person's physical or emotional health for the purpose of initiation or membership in or affiliation with any organization, regardless of the person's willingness to participate.

Caston policies do not allow for any form of harassment, hazing, intimidation or bullying. These forms of improper behavior cannot be used as an initiation activity, cannot be used to become a member of or be acknowledged as a member of a Caston inter-scholastic athlete team. No form of harassment or hazing such as: unwelcome words, physical contact, written notes, or electronic technical activities which inflict physical or mental harm or anxiety or which demeans or degrades or disgraces a person, regardless of location, intent of participants will be allowed in the Casto Athletic Programs. Any student that feels he/she is a victim or witnesses or hears about a hazing or harassment incident should immediately report the activity to a coach, athletic director or principal. The report should be made to the administrator the athlete feels can appropriately address the problem

Social Media

As you begin participation in another athletic season, the Athletic Department of Caston Jr/Sr High School wants to make sure you are aware of the social networking guidelines. The Caston School Corporation and the Athletic Department recognize and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for Caston Jr/Sr High School is a privilege. As a student-athlete, you represent the Caston Jr/Sr High School and the community. You are expected to portray yourself, your team, and the School in a positive manner at all times.

Attached you will find the social networking guidelines which provide the following guidelines for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).

- Similar to comments made in person, the Caston Athletic Department will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches; other Caston student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Parent Code of Conduct:

- I will not coach my child or other players during games and/or practices. I understand that I am the parent or fan and will leave the coaching to those who have been entrusted with the position.
- I will give my child space and time after games, except for encouragement and praise.
- I will understand the role my athlete plays on the team. I will encourage my athlete to perform that role to the best of his/her ability.
- I will refrain from undermining or spreading ill-will by passing on gossip, rumors, and innuendos which would or could destroy team morale or cohesiveness.
- I promise to help my child enjoy the sport experience by doing whatever I can, such as attending as many games as possible and being a supportive, respectable parent/fan.
- I, and my guests, will not engage in any kind of unsportsmanlike or disrespectful conduct toward an official, coach, player or parent such as booing, taunting or using profane or offensive language or gestures.
- I will support a 24-Hour Rule: with the exception of the safety of a student. Parents are not to address athletic concerns with the coach for at least 24 hours after a contest. I will also follow the established protocol for addressing concerns if an issue arises.
- I will not post on any social media site negative, demeaning or derogatory comments that may hurt, humiliate, threaten or intimidate any player, coach or spectator.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win. I will inform the coach of any physical disability, illness or injury that may affect the safety of my child or the safety of others
- The code includes a list of decisions that will be made by coaches, at their discretion. These are not to be discussed with parents. They are: playing time, coaching style, game strategy (including substitutions), style of play, information regarding a child other than your own and team awards.

REMINDER: IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE... ALWAYS FEEL FREE TO CONTACT THE APPROPRIATE PERSON/COACH AT THE HIGH SCHOOL OR JUNIOR HIGH.

THANK YOU FOR YOUR HELP IN THE SUCCESS OF CASTON ATHLETICS!

CASTON ATHLETIC DEPARTMENT PARENT/ATHLETE INFORMATION

ACKNOWLEDGEMENT OF RECEIPT/REVIEW OF INFORMATION

Athlete Last Name: _____

Athlete First Name: _____

Dear Parent/Athlete,

A student becomes an athlete whenever he/she starts practicing for a Caston athletic team. The athlete status remains in effect until the conclusion of the spring sports season of that athlete's senior year. The Caston Athletic Discipline Code located in the student/parent/athletic handbook is enforced 365 days per year. The code includes all athletes in grades 7-12. All athletes attending Caston Jr/Sr High School are subject to the rules of the Athletic Code.

I have received information from the Caston Athletic Department on the topics below - I understand and acknowledge receiving the information below for parents and athletes. I have read or will read and review the contents with my son/daughter and agree to the provisions contained in the information.

Please sign and return this page to indicate that you have read and reviewed the information with your child. Please return signed form to athletic office prior to first scheduled practice. Student-Athletes will not be permitted to practice without signed receipt of this information.

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I am aware that the Caston Junior/Senior High School Student/Parent Athlete and Parent Information has been provided to me online at the school website (www.caston.k12.in.us), through email and also through Canvas. I am of the further understanding that the information contains the rules and regulations of Caston Junior/Senior High School and the Caston Jr/Sr High School Athletic Department noted above! I am of a further understanding that although I may or may not agree with the contents of the Handbook/Information, I have been provided with the rules, regulations and guidelines under which Caston Junior/Senior High School and Athletic Department functions.

Students will sign the handbook and Policies acknowledgement once and it remains in force as long as they are a student at Caston Jr/Sr High School. Students and parents will be notified of any changes in the handbook/codes.

Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Student/Athlete Signature: _____

Date: _____