

# **BEECH GROVE ATHLETICS**

Student-Athlete Handbook



**TEAMWORK • SPORTSMANSHIP • SELF-DISCIPLINE**

# **ATHLETIC HANDBOOK FOR STUDENT-ATHLETES/PARENTS**

## **ATHLETIC STATEMENT**

This athletic handbook is designed to inform athletes and their parents or guardians of the rules, regulations and information that helped develop the tradition of competition at Beech Grove City Schools.

Participation in Beech Grove athletics is a privilege which carries with it varying degrees of honor, responsibility, and commitment. Since athletic competition of Beech Grove City teams is a privilege and not a right, those who choose to participate will be expected to follow the **Code of Conduct** established by the administration and other specific coach's rules for their sport. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is becoming to their family, Beech Grove City Schools, and the community.

## **ATHLETIC MISSION / VISION**

Beech Grove Athletics will effectively support the social, emotional, and athletic needs of our student-athletes in education-based athletics through transformational coaching. Coaches will treat student-athletes as individuals in order to instill confidence while providing positive and memorable experiences. This will develop athletes' capacity for leadership and their ability to excel in the areas of teamwork, sportsmanship, and self-discipline.

The Beech Grove Athletic Program, built upon a foundation of fiscal self-sufficiency, clear expectations, and a student-focused approach, will compete at a high level of performance while striving to win Indiana Crossroads Conference Championships, Marion County tournaments, and IHSAA tournaments.

## **ATHLETE DEFINED**

The Beech Grove athlete is defined as and includes all young men and women who represent a team that engages in interscholastic competition and further includes cheerleaders, student managers, trainers and statisticians affiliated with a team.

## **ATHLETIC DEPARTMENT STAFF & ADMINISTRATION**

Garret Daniel 7-12 Athletic Director 317-786-1447 Ext. 8913 <a href="mailto:gdaniel@bgcs.k12.in.us">gdaniel@bgcs.k12.in.us</a>	Steve Cox 7-8 Athletic Director 317-784-6649 Ext. 7211 <a href="mailto:scox@bgcs.k12.in.us">scox@bgcs.k12.in.us</a>	Emily Ringham AD Administrative Assistant 317-786-1447 Ext. 8053 <a href="mailto:eringham@bgcs.k12.in.us">eringham@bgcs.k12.in.us</a>
Elizabeth Walters BGHS Principal 317-786-1447 Ext. 8001 <a href="mailto:ewalters@bgcs.k12.in.us">ewalters@bgcs.k12.in.us</a>	Ryan Morgan BGMS Principal 317-784-6649 Ext. 7001 <a href="mailto:rymorgan@bgcs.k12.in.us">rymorgan@bgcs.k12.in.us</a>	Carl Palma Athletic Trainer (Community South) 317-709-1207 <a href="mailto:epalma@bgcs.k12.in.us">epalma@bgcs.k12.in.us</a>
Mark Weller BGHS Assistant Athletic Director 317-786-1447 Ext. 8215 <a href="mailto:mweller@bgcs.k12.in.us">mweller@bgcs.k12.in.us</a>	Jeremy Pfeifer BGMS Assistant AD/Sports Information Director 317-784-6649 Ext. 7113 <a href="mailto:jpfeifer@bgcs.k12.in.us">jpfeifer@bgcs.k12.in.us</a>	Micheal Shanahan BGMS Event Manager 317-784-6649 Ext. 7111 <a href="mailto:mshanahan@bgcs.k12.in.us">mshanahan@bgcs.k12.in.us</a>
Quinten Starks BGHS Sports Information Director 317-786-1447 Ext. 8038 <a href="mailto:qstarks@bgcs.k12.in.us">qstarks@bgcs.k12.in.us</a>	Joe Rihm BGHS Event Manager <a href="mailto:jrihm@bgcs.k12.in.us">jrihm@bgcs.k12.in.us</a>	Dave Coudret BGHS Event Manager 317-786-1447 <a href="mailto:dcoudret@bgcs.k12.in.us">dcoudret@bgcs.k12.in.us</a>

## **Beech Grove Athletics Website**

For the most up to date news and information on schedules, results, athletic articles, and more, please visit [beechgrove-athletics.com](http://beechgrove-athletics.com).

# *Athletic Events*

## Event Locations

Beech Grove High School: 5330 Hornet Ave. Beech Grove, IN 46107

Beech Grove Middle School: 1248 Buffalo St. Beech Grove, IN 46107

High School Soccer & Middle School Football/Soccer/Track Field: Corner of 13th St and Albany St. Beech Grove, IN 46107

High School Baseball - Sarah T. Bolten Park: 1300 Churchman Ave, Beech Grove, IN 46107

Middle School Baseball - South Grove Intermediate: 851 S 9th Ave, Beech Grove, IN 46107

## Conduct - Parents / Spectator

Parent Code of Conduct will be electronically signed via Final Forms

## All Sports Passes & Admission Prices - **Not valid for the 2020-21 Athletic Year due to Covid-19**

	<b>BGHS</b>	<b>BGMS</b>
Single Event Admission	K-12 Student - \$5 Adult - \$5 Senior Citizen - \$5 Family - \$15 BGCS Gold Card 60+ - Free	K-12 Student - \$3 Adult - \$5 Senior Citizen - \$3 Family - \$12 BGCS Gold Card 60+ - Free
Annual Student All Sports Pass	\$30	\$30
Annual Parent/Community Member All Sport Pass	\$60	\$50

**NOTE:** Passes purchased through the athletic department will be specific to the person. Any event ticket taker who questions a pass may ask for a picture ID. These passes are not valid for any IHSAA Tournament Series event.

*Family passes will only be issued for immediate family only.*

All Sports Passes will be sold digitally for high school athletics at: <https://gofan.co/app/school/IN172>

# **ACADEMIC/ATHLETIC ELIGIBILITY**

## **BEECH GROVE HIGH SCHOOL \*\*\*Grades for eligibility at semester or can be 2nd or 4th nine weeks**

Student-athletes must be enrolled at Beech Grove and pass 75% of their course load with no fewer than 6 credits earned a semester (IHSAA standard) and with no more than 2 F's each 9 week grading period in order to continue to participate as a team member. Semester-ending grades take precedence. Coaches and sponsors can check progress of students by talking with teachers, issuing periodic grade checks, and checking grade cards at the end of grading periods. It is the policy of the athletic department to work closely with the academic progress of each participant. Students-athletes with failing grades will attend practices or study at the coaches' discretion during periods of academic difficulty. The ineligibility will be in effect until the next 9 week report card. At that time, eligibility will be determined. It is ultimately the student-athlete's responsibility to maintain academic eligibility.

## **MIDDLE SCHOOL ELIGIBILITY**

Each student receiving one or more Academic failing (F) grades on his/her report card (9-week) will become a probationary participant in a given activity. Said student will have 2 weeks to raise his/her failing grades. If the student fails to do so, he/she will continue probation until the grade is brought up. If the grade is not brought up to a passing mark at progress report time (4 1/2 weeks), the student may be dropped from the activity.

All students are eligible for Fall Sports participation. Grades will be checked at the first progress report to determine eligibility and will follow the same academic guidelines. At the first progress report, any student not eligible will have a mandatory 10-day (2 weeks) probationary period. The Athletic Director will check failing grades at that time. The student-athlete is either reinstated for competition or they remain a probationary participant until the 9-week grades are posted.

Other than the first 4 1/2 weeks grade check in the fall, progress reports will only be checked to reinstate a student-athlete or dismiss a probationary athlete. Progress reports serve as a warning to coaches that a student-athlete is in jeopardy of not being eligible at the 9-weeks or semester. "Progress reports can only help a student-athlete; they will not be used to place a student-athlete on probation."

### **TERMS OF PROBATIONARY PARTICIPATION:**

1. Each probationary student may practice with the team/activity during probationary status.
2. Under no circumstances will a probationary participant be allowed to participate in an extra-curricular contest or performance sponsored by Beech Grove Middle School. A student-athlete will be ineligible for the three sport or four sport awards and 2-year medallions in that particular year if he/she did not complete the athletic season in which he/she has participated. Eligibility for athletes will be verified at the beginning of each nine weeks after the Athletic Director has examined all of the nine weeks report cards. The organization's sponsor will verify eligibility for other activities.

## **HIGH SCHOOL RANDOM DRUG TESTING PROGRAM**

To be eligible to participate in athletics at Beech Grove High School, a student-athlete must enroll in the random drug testing pool. The random drug testing policy is outlined in our student handbook and on our online student-athlete management system, Final Forms. The Athletic Code of Conduct specifically states the consequences for substance abuse violations of the code and is aligned with the random drug testing policy. Any offenses are cumulative over their high school or middle school career. Offenses will not be carried over from the middle school to the high school. Middle school students will not participate in the random drug testing program, but will carry the same consequences for any infraction related to drugs, alcohol, & chemical substances.

\*\*\*\*\*Drug & Alcohol Infractions for MS & HS athletes is as follows:

1. 25 % of the sport season ban
2. 1 entire sport season ban
3. 1 year ban from all sports

## **PHYSICAL EXAMINATIONS**

Every student-athlete is required by Beech Grove City Schools and the IHSAA to have a **yearly physical examination completed and on file with the athletic office before practicing in any sport**. Physical exams are the responsibility of the athlete and his/her parents. Exams are in effect for the next school year if taken after April 1st. Physical exams will be offered at school one evening in the month of May, date to be determined by Community South.

## **FINAL FORMS**

Every student-athlete will need to be signed up on our online student-athlete management system, Final Forms. The parent of each student-athlete will sign them up and go through the process of signing off that they have read and consented with the athletics code of conduct, random drug testing program, concussion information, and more. Each student-athlete will be charged \$5 per school year to ensure that all student-athletes are provided a safe and compliant platform for student-athlete information. Final Forms will be rolled out during the physical night, 7-12 athletics parent meeting, and there will be information on the athletics website.

**<https://beechgrove-in.finalforms.com>**

## **CONCUSSION AND SUDDEN CARDIAC ARREST**

In compliance with Indiana State Laws (IC-20-34-7 and IC-20-34-8), Beech Grove City Schools will ask all student athletes and parents/guardians to follow the following guidelines

- All student athletes will be provided and expected/encouraged to read *Heads Up Concussion: A Fact Sheet Athletes* and *Sudden Cardiac Arrest: A Fact Sheet for Athletes*.
- All parents/guardians will be provided and expected/encouraged to read *Heads Up Concussion: A Fact Sheet for Parents* and *Sudden Cardiac Arrest: A Fact Sheet for Parents*.
- All student-athletes and their parents/guardians must sign an acknowledgement form of receiving and reading the documentation mentioned above. This form must be on file with the athletic trainer.

### **Return to Play after Injury**

- Concussion – A student-athlete returning from a concussion will be expected to provide to the athletic trainer a written release from a licensed physician who has been trained in concussion evaluation and management. The release must be on an official document from the physician's office.
- Sudden Cardiac Arrest – A student-athlete who has been removed from play due to sudden cardiac arrest symptoms may not return to play until the student athlete has been evaluated and cleared by a licensed physician. The release must be on an official document from the physician's office and provided to the athletic trainer.

## **WHAT MUST BE DONE BEFORE YOUR FIRST PRACTICE**

The following items are to be completed by the athlete and parent/guardian before the first practice with any team:

- Take and pass physical examination and have supporting student, parent and doctor signatures
- Meet academic eligibility requirements
- Have Community South Information form signed on Final Forms
- Have athletic transfer filed (*transfer students new to Beech Grove City Schools cannot compete in interscholastic contests until an athletic transfer is completed*)
- Have 7-12 BGCS Student-Athlete Handbook signed on Final Forms
- Have concussion & sudden cardiac arrest acknowledgements signed on Final Forms
- Have all other supporting documentation completed and signed on Final Forms

# **CODE OF CONDUCT**

## **STATEMENT**

The following Athletic Code of Conduct has been adopted for all student-athletes of Beech Grove City Schools. This Athletic Code is to serve as a guide to define the expectations of an athlete and create uniformity of disciplinary action throughout the athletic program of Beech Grove City Schools.

A student-athlete is an athlete throughout the calendar year and not just during a sport season. Therefore, this Athletic Code of Conduct is in effect throughout the entire (365 days) calendar year.

Student-athletes live by high standard. Student-athletes want to be at practice, are eager to work hard, desire improved performance, and are willing to challenge themselves to do the best they can. Student-athletes practice and model fair

**TEAMWORK • SPORTSMANSHIP • SELF-DISCIPLINE**

play, sportsmanship, teamwork, and leadership. Student-athletes recognize hard work and commitment equals hope for success.

### **ENFORCEMENT OF THE CODE OF CONDUCT**

The Principal or his/her designee shall enforce all rules and regulations as described in the Code of Conduct (hereafter the Code) for athletes. All rules regarding behavior and/or training as outlined in IHSAA regulations apply. The Code will be reinforced by the coach of each sport during the year. Parents/guardians and student-athletes are required to sign the acknowledgment, consent, injury awareness and disclosure document located on Final Forms stating that they understand the Code and the student-athlete is subject to disciplinary measures should he/she violate the Code.

Any alleged violation of the Code shall be reported first to the Principal or his/her designee and then is to be followed by an investigation by any or all of the following people...coach, sponsor, athletic director, principal or his/her designee.

### **SPORTSMANSHIP STATEMENT**

Good sportsmanship is an expectation and should be exhibited by members of all Beech Grove City Schools' athletic teams. The BGCS Athletic Department takes a proactive stance and encourages good sportsmanship. Good sportsmanship demands that student-athletes possess integrity, take responsibility for their actions, and show consideration for all others. It is an expectation that all teams demonstrate pride in their abilities, have humility in their accomplishments, and display grace in defeat. Teams will show respect for opponents, officials, and fans.

### **UNLAWFUL CONDUCT**

Student-athletes may be suspended from athletic participation, if charged in court or while under active investigation by law enforcement officials with any criminal offense that entails the sale, transmission, use, or possession of drugs or alcohol, or crimes against property. Additionally, violence against any person is disqualifying.

A student-athlete shall be considered "under active investigation" if law enforcement officials have notified school officials or school counsel that the student-athlete is under active investigation and that law enforcement officials believe that probable cause exists to arrest and charge the student-athlete.

The decision to suspend based on the filing of criminal charges or the pendency of an active criminal investigation shall be made by a committee consisting of the head coach(es), the athletic director and principal or principal designee. Suspension due to pending criminal charges or active law enforcement investigation may remain in effect during the pendency of such proceedings or investigation.

Any student-athlete suspended pursuant to these provisions may be reinstated by the committee consisting of the head coach(es), athletic director and principal or principal designee if it is determined that the student's participation poses no threat to other students, staff, or patrons, or undue harm to the reputation of Beech Grove City Schools or its athletic teams.

### **ACADEMICS**

Academics must remain the top priority of the student-athlete. As a minimum, the IHSAA standards or Middle School Eligibility Standards must be met to participate and remain on a team. Athletic participation should be viewed as a reward for academic performance, an additional challenge to be embraced. Failure to meet additional school, parent, or coaching academic standards may result in removal from the team.

### **ATTENDANCE (ABSENCE) SCHOOL & GAME DAY**

Daily attendance to school and practice is very important and expected. At BGHS, a student-athlete must be in attendance for at least 2 blocks of the day to be counted at least 1/2 day present in order to participate in his/her athletic event or practice. At BGMS, a student-athlete must be in attendance more than 2 hours of the day to be counted as at least 1/2 day present in order to participate in his/her athletic event or practice. When the absence occurs on a Friday, the student-athlete is ineligible to participate until the following Monday. Approved field trips or school activities constitute attending school. Any exemptions (funeral, dental, doctor) must be approved through the principal's office and/or athletic office.

### **DISCIPLINE**

All school rules are in effect at all school sponsored activities and all bus regulation rules must be followed.

Any student-athlete who is suspended from school will not be eligible to practice or compete for any reason during the duration of the school suspension, and will not compete in the next athletic contest.

Any student-athlete who is assigned a full-day of in-school suspension will not be eligible to compete at the next athletic contest.

### **ATTITUDE**

An student-athlete's attitude must be one that has a positive impact on team morale. If a student-athlete's overall attitude is determined detrimental, the student-athlete may be removed from the team. The exemplar student-athlete demonstrates a desire to improve and is willing to work hard.

### **ABILITY**

A student-athlete's ability is no more important than the student-athlete's academics and attitude. A minimum level of ability may be required to make a team with limited space. Each team member must constantly work on and desire to improve individual skill levels, regardless of current ability level.

### **CHEMICAL SUBSTANCES**

Student-athletes will not use, possess, transmit or knowingly be in the presence of chemical, alcohol, tobacco, or performance enhancing substances. Any student-athlete in violation of this policy throughout the calendar year (365 days) will result in the following minimum actions:

- First offense - suspension from 25% of contests.
- Second offense - suspension from the team for the remainder of the season.
- Third and subsequent offenses - suspension for 365 days from all sports. Violations are cumulative and disciplinary action will be carried out over the athlete's four year high school career.

In addition to the Athletic Code of Conduct violation consequences specified in this section, there are consequences imposed by the Beech Grove City Schools Drug and Alcohol Testing Policy and the Beech Grove High School Drug and Alcohol Testing Procedures. The consequences imposed by those policies and procedures may be more severe, or in addition to the consequences specified by this Athletic Code of Conduct. To the extent that there is a conflict or more severe consequences imposed by the school corporation policy or the BGHS Drug and Alcohol Testing Guidelines (applicable to all BGHS students), the consequences specified in the school policy and BGHS Guidelines shall be in addition to or supersede the consequences specified in this Code of Conduct.

### **SCHOOL EQUIPMENT & PROPERTY**

A student-athlete is responsible for all equipment issued to him/her. Student-athletes are financially responsible for the care of all issued equipment. Student-athletes will respect the facilities and the equipment of teammates and other athletes. Failure to maintain equipment will result in payment of replacement.

### **PRACTICE**

A student-athlete is expected to be at all team practices, meetings, and gatherings on time and must plan to be available for the duration of the practice session. Any conflicts must be discussed with the head coach prior to the practice.

### **EACH SPORT**

This Code of Conduct is a general guideline of expectations for all sports. Each coach may require student-athletes and parents to be aware of and adhere to more specific standards of that sport.

### **CARRY-OVER SUSPENSION**

If the violation of the Code occurs in the last part of a sport and the violator cannot fulfill the terms of his/her violation in that sport the suspension does carry-over until the suspension is fulfilled. If a typically one-sport student-athlete elects to participate in a new sport in order to serve a suspension, he/she will be required to complete that new season in good standing.

### **COMPLETING A SUSPENSION**

When serving a suspension, the student-athlete is expected to be present at all athletic contests and practices involving his/her team. The student-athlete is a member of the team and is expected to fulfill this responsibility. If the student-athlete

does not attend the contest, credit will not be given toward fulfilling the requirements of the suspension. It is the coach's discretion to excuse the student-athlete from attending a contest.

## **AWARDS**

### **HIGH SCHOOL SPECIFIC AWARDS**

#### **INITIAL VARSITY AWARD, CHAMPIONSHIP PATCHES, LETTER JACKETS, & FORFEITURE OF AWARDS**

Student-athletes will earn their numerals and "BG" after successfully earning their first varsity letter in a sport. Student-athletes will also earn a chevron for each varsity letter they earn. Numerals, "BG's", and chevrons will be purchased and provided by the athletic department.

Individual champions or varsity team champions will be eligible to order patches for winning the conference, county, sectional, regional, semi-state or state title(s). Individuals that are awarded all-conference are eligible to order patches for this individual accomplishment as well. All championship patches will be purchased and provided by the athletic department.

Letter jackets can be purchased by the athlete or his/her family after a student-athlete earns his/her first varsity award. A letter jacket can be earned and paid for by a student-athlete.

If a student-athlete is not in good standing at the end of the sports season, that student-athlete will forfeit all letters and awards for that sport.

#### **CRITERIA FOR EARNING A VARSITY LETTER**

##### **Boys and Girls Basketball**

- Complete the season in good standing and
- Dress in 50% of varsity games

##### **Boys and Girls Track**

- Complete the season in good standing, and
- Participate in the sectional meet

##### **Boys and Girls Soccer**

- Complete the season in good standing, and
- Participate in 50% of the total varsity games played

##### **Football**

- Complete the season in good standing, and
- Play or contribute equal to 18 varsity quarters

##### **Boys and Girls Swimming**

- Complete the season in good standing, and
- Participate in county, conference, or sectional meets, or
- Score at least 1 point in 50% of all dual/tri meets

##### **Wrestling**

- Complete the season in good standing, and
- Participate in 50% of the season meets/tournaments, or
- Place in top three in county, conference, sectional or eight team tourney

##### **Boys and Girls Cross Country**

- Complete the season in good standing, and
- Compete in 50% of all varsity meets, or
- Score in the county or conference meet

##### **Volleyball**

- Complete the season in good standing, and
- Participate in 50% of all varsity games played, or
- Late start rule

##### **Boys and Girls Golf**

- Complete the season in good standing, and



- Play in top 6 positions in at least 50% of meets, or
- Score in county or conference meet.

#### **Boys and Girls Tennis**

- Complete the season in good standing and
- Competed in 50% or more of the tennis matches or
- Score in county, conference, or sectional meet.

#### **Softball**

- Complete the season in good standing, and
- Participate in 50% (½) of all varsity games played, or
- Late start rule

#### **Baseball**

- Complete the season in good standing, and
- Participate in 50% (½) of all varsity games played, or
- Late start rule

#### **Cheerleading**

- Complete the season in good standing, and
- Required attendance at 90% of all scheduled events (games, practices, etc...)

#### **Team Managers**

- Complete the season in good standing, and
- Must attend all practice and games, unless excused by the coach, and be responsible for duties outlined by the coach.

**\*Head coaches may award a varsity letter to an individual for reasons beyond the scope of this handbook with administrative approval.**

#### **MIDDLE SCHOOL SPECIFIC AWARDS**

- Jim Newport Athlete of the Year - Top Male & Top Female Athletes
- 3/4/5 Sport Award - Accumulated in 1 school year
- Each sport will also give in season awards as decided by the coach and his/her staff

## **INFORMATION FOR STUDENT-ATHLETES AND PARENTS**

#### **ACCIDENTS/INJURIES**

All accidents or injuries, home or away, are to be reported to the trainer and/or coach immediately.

#### **ATHLETIC TRAINER**

Community Health provides athletic training services for Beech Grove student-athletes. The trainer is on the high school campus for all high school practices and home events. The trainer also travels with many varsity teams.

#### **ATHLETIC TRAINING ROOM**

Student-athletes are not permitted in this room without adult supervision. Training rooms are for treatment and rehabilitation. Space is limited, therefore only athletes needing treatment are allowed in these rooms.

#### **CHANGING A SPORT**

If a student-athlete is cut from a team at the start of a season, he/she may join another team or program in that sport season. A student-athlete cannot quit one sport to join another sport until the original sport is no longer competing. Student-athletes may transfer from one sport to another during a season only upon mutual agreement of both coaches and the athletic director. If a student-athlete is removed from a team for any reason (i.e. quitting, rule violation, grades, etc.), that student-athlete will not be allowed to participate in any practice, conditioning program, or weight room activity until completion of competition for the sport from which he/she was removed. If the student-athlete wishes to appeal, a written appeal must be submitted to the athletic director.

## **DUAL SPORTS/ACTIVITIES**

All student-athletes at Beech Grove City Schools are encouraged to participate in a wide range of school-sponsored activities. Student-athletes should examine carefully the time commitment and schedules of activities to avoid major conflicts that would result in a negative impact on others or themselves by participation.

The student-athlete is required to fill out a dual sport/activities form and inform both sport coaches/sponsors of his/her desire to participate in dual sports/activities by the first day of try-outs/practice. After informing both coaches/sponsors, the coaches, sponsors, and athletic director will meet to discuss the reasonableness of the dual sport/activities request and schedule the student-athlete. The decisions of this meeting will take precedence unless, at a later date, both coaches agree to amend the schedule. If after reviewing the schedule, the student-athlete decides to reconsider and participate in only one activity, he/she must inform both coaches within a week of the beginning of the latest season

The following priority list shall be used in determining an appropriate resolution to a schedule conflict:

1. State level competition including travel time
2. Qualifying events to state and national school-sponsored activities
3. Level of activity (Varsity, JV, Freshman)
4. Conference tournaments and events
5. County tournaments and events
6. If a direct conflict cannot be resolved through the above, then the importance a student's participation in the group's performance will be considered primary and secondary sport

No penalty shall be assessed to the student participant if he/she properly communicates the conflict to all parties. All decisions will be adhered to; however, if any unusual circumstances do occur at a later date, the student may request a change in the decision by filing his/her request in writing to the athletic director no later than 10 days prior to the scheduled conflict.

Conflicts with non-school related activities should be resolved between the student-athlete and the activity sponsor or instructor. It is understood that such conflicts are not generally excused and penalties may be assessed.

## **PRACTICES (REGULAR, VACATION, SCHOOL CLOSING)**

All team members are expected to attend all practices. Practice scheduled during school vacations are set by the coach, and only the coach can excuse a student-athlete from practice. Practice on days where the school is delayed or closed will be approved by the athletic director and principal based on the weather conditions at the time of practice.

## **WEIGHT ROOM**

The weight room is available for use by teams before and after school. No student-athlete shall use the weight room without adult supervision or without having a physical exam on file in the athletic office. Coaches should consult with the strength coach on the approved core workouts for all student-athletes.

## **SOCIAL NETWORKING SITES**

**SOCIAL NETWORKING SITES:** Student-athletes are responsible for information contained in written or electronic transmissions (e.g. e-mail) and any information posted on a public domain (e.g. Twitter, Facebook, Vine, Snapchat, Instagram, You Tube, etc... ). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social networks; however, student-athletes should be reminded that they serve as representatives of their team, the athletic program and Beech Grove City Schools. Texting, tweeting, and uses of other social networks to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior and conduct unbecoming of a Beech Grove City Schools' student-athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior, will be considered in violation and subject to athletic discipline which could include suspension or dismissal from the program. Length of suspension will be determined by the athletic director with coach's involvement.