

Ironton City Schools Athletic Handbook



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This handbook is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. The Ironton City Schools athletic department believes that a dynamic program is vital to the educational development of a student. It's athletic program will provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life.

The Ironton City School district is very proud of the wide variety of opportunities for athletic participation. These opportunities are believed to be a critical part of a students total development as they assist in the building a positive character and leadership traits.

Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are integral parts of each team in our athletic program.

Likewise, it is felt that you have committed yourself to certain responsibilities and obligations. It is the athletic departments intent to this handbook to acquaint you with the policies that are necessary for an organized program of athletics. This handbook originated for prospective athletes and their parents/guardians to become familiar with the interscholastic athletic code of conduct and the policies of the Ironton City School athletic department. These rules need broad-based community support to be fully effective. This is only achieved through the communication amongst all parties involved. It is our hope that this handbook serves as a means to accomplish this objective.

Yours in sports,

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PURPOSE

This athletic handbook is designed to explain and to inform athletes and their parents or guardians of the rules, regulations and policies relative to participation in the scholastic activities at Ironton City Schools.

Participation in high school athletics is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since athletic competition on high school teams is a privilege and it's not a right, those who chose to participate will be expected to follow the code of conduct established by the administration, and other specific rules for their support. Authority for the conduct of athletics in Ohio is governed by the Ohio High School Athletic Association (OHSAA) via the principles of member schools. The principal is assisted by the athletic directors and head coaches. As stated in the OHSAA bylaw: any school may establish their own set of guidelines above and beyond those set by the state. The Athletic Department and administration needs and depends on parent/guardian help and cooperation to aid coaches and athletic directors in promoting a successful athletic program. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is becoming too Ironton City Schools and the community.

ATHLETIC PROGRAM MISSION STATEMENT

Ironton City Schools is dedicated to provide a comprehensive athletic program emphasizing sportsmanship, moral character, team spirit, self-discipline, individual and team commitment, school loyalty, and competitive athletic interaction. The athletic program will be designed to allow for the greatest number of student participation possible while encouraging academic excellence through high school academic standards.

ATHLETIC PROGRAM PROFILE

Ironton City Schools support sports for girls and boys. All students with sufficient ability are eligible to participate, provided they meet the established scholastic standards and conduct requirements.

High school girls are offered several sport programs which include cross country, golf, tennis, and volleyball in the fall; bowling, swimming and basketball in the winter; softball and track in the spring. Boys are offered sport programs which include cross country, golf, tennis and football in the fall; bowling, wrestling and basketball in the winter; and baseball, tennis, and track in the spring. Cheerleading is offered in the fall and winter.

Ironton High School is a member of the Ohio Valley Conference (OVC). Members of the conference are Chesapeake, Dawson Bryant, Fairland, Gallia Academy, Ironton, Portsmouth, Rock Hill, South Point.

ATHLETE DEFINED

The Ironton City School district athlete is defined as all young men and women who represent a team that engage in interscholastic competition of OHSAA sanctioned sports and further includes student managers, athletic training student assistance, videographers, statisticians, and cheerleaders.

SPORT SEASON DEFINED

Each sport season is defined by the OHSAA bylaws. Each sport season begins with the first day of authorized practice and concludes on the date on which the team is eliminated from the OHSAA state tournament series.

HEALTH INSURANCE/ STUDENT ACCIDENT INSURANCE

Ironton City Schools administrators, coaches and athletic trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of the particular sports; however due to the nature of athletic activities, injuries do occur. The school provides the opportunity for participation while a parent retains the right of denial for such participation.

Students who plan to participate in athletics must have adequate insurance through their family insurance or carry student insurance to cover the cost of injuries. Ironton City Schools does not carry a second level insurance to cover student injuries and/or to cover loss or damage to a student's personal property.

Parents/Guardians will be responsible for all medical costs associated with the athletic participation. The insurance section on the OHSAA physical/consent release certificate must be completed and the athletic office should be notified of any changes in status. Ironton City Schools does not provide accident insurance for its athletes. The Athletic Department strongly advises that parents purchase insurance to cover athletic injuries and the cost of treatment. All student athletes are given the opportunity to purchase this accident insurance plan. This is an accident insurance that is purchased by the family and all interested parents should purchase a policy before their athletes practice begins during the season. Forms for this accident insurance are available at the Ironton City Schools athletic office, high school main office, and guidance office.

PHYSICAL EXAMINATIONS

Every student athlete is required by the Ironton City School District and the OHSAA to have a current physical examination by, or shall provide certification from, a physician holding an unlimited license to practice medicine who shall clear the student for athletic participation using the current OHSAA pre-participation evaluation form and a consent/release certificate completed and on file with the athletic office prior to the first practice of any sport. Ironton City Schools athletic department requires that the student athlete have the physical on file prior to the first workout/open facility each year. Physical examinations and submitting the completed forms to the coaching staff and or athletic directors are the responsibility of the athlete and his/her parents/guardians.

All athletes, including cheerleaders, must have a current physical exam on file in order to participate in practice and events. Physicals are good for one calendar year from the date they are obtained.

EXCEPTION: if a student obtains a physical exam between May 1 and June 1 that physical will be good for not only a calendar year but the entire school year.

Current OHSAA physical forms are available at the Ironton Athletic Department and on the Ironton City Schools Tigertown website, and at the high school main office.

ACKNOWLEDGEMENT OF RISKS

When participating in any type of athletic activity, there is always a possibility that an injury can occur. Statistically, an athlete will suffer at least one injury during their athletic career that requires that he/she misses a number of practices and or games.

There are several types of injuries that can force an athlete to miss practices and/or games. Some of the more common injuries that occur in athletics are strains(stretching or tearing of a muscle and tendon tissue) , sprains (stretching or tearing of ligaments), and contusions (bruises of soft tissue or muscle tissue).

These three types of injuries can vary in their severity. In the case of mild strains, sprains, and contusions, the athlete will feel some discomfort but will be able to continue in athletics. In severe cases of strains, sprains and contusions, the athlete may miss a large amount of time participating in his or her sport. Some severe injuries may need to be surgically repaired and require an extended period of physical therapy.

Athletes can also experience more serious injuries such as fractures, dislocations, concussions, internal injuries, spinal injuries, or death. Fortunately most of the injuries that occur with athletics are mild strains, sprains and contusions and the athlete miss little or no participation. It is important to remember that statistically, athletes are much safer than those who participate in riskier types of physical activity. Athletes can decrease their chances to be injured by adhering to the following guidelines.

1. Use the proper athletic techniques that are taught by the coaches.
2. Condition properly during the preseason and work to stay in condition.
3. Get proper rest and nutrition.
4. Refrain from risky behavior on the athletic field or in the locker rooms.
5. Wear proper fitting protective equipment.
6. Keep all protective equipment in working order.
7. Stay alcohol and drug free.

Remember that some serious or severe injury still occurs when the athlete follows the above guidelines. However those who disregard the above guidelines are at a greater risk to sustain a serious or severe injury.

Athletic participation benefits people by teaching self-esteem, team unity, proper health and fellowship. Many people agree that the benefits of participating in athletics outweigh the potential risks. The coaching staff of the Ironton City School District wants it's athletes and parents/guardians to understand that there is a risk involved with participating in athletics. The coaching staff will continue to teach and practice only those techniques that promote safe participation, But the staff realizes that some athletic injuries will continue to occur. The staff hopes that the athletes and parents/guardians alike will take the time to learn more about athletic injuries and how to best avoid them. It will take a team effort from coaches, athletic trainers, athletes and their parents/guardians to continue to provide safe participation for all those involved. We hope that we can count on your support in this endeavor.

CONCUSSIONS

“Any athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition”.

The language above appears in all National Federation sports rule books as part of the suggested guidelines for the management of concussion. It reflects a heightened emphasis on the safety of athletes suspected of having a session, especially since the vast majority of concussions do not involve a loss of consciousness in us. The following suggested guidelines provide the technicalities with an athlete in a contest or a practice in an OHSAA recognized sport sustains an apparent concussion.

1. No student athlete should return to play or practice on the same day the student suffers a confirmed concussion.
2. Any student athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day.
 - a. If it is confirmed during a contest or practice by the schools healthcare professional that the student did not sustain a concussion or head injury, the healthcare professional shall issue clearance to return to play. If the event occurred during the contest which continued, the head coach may advise the officials during an appropriate stoppage of play, and the student athlete may re-enter.
 - b. If the event occurred during a contest, the contest concludes, and the healthcare professional did not clear the student athlete for return to play the student athlete should be subject to an appropriate return to play protocol which includes clearance to return to play, in writing, by healthcare provider, and should not be issued on the same day on which the athlete was removed from play.

Any student athlete with a confirmed concussion or head injury should be medically cleared by an appropriate healthcare provider prior to resuming participation in any practice or competition. After medical clearance by an appropriate healthcare provider, return to play should follow a step/wise protocol with provisions for the delay of the return to play based upon the return of any signs or symptoms.

ImpACT-Immediate Post Assessment and Cognitive Testing All athletes will be given a 20 minute baseline test on the computer at the beginning of their first season at Ironton high school. If an athlete has a concussion, they retake the test. It is suggested that the initial evaluation is 24 to 72 hours after injury. If ImpACT results are abnormal or the athlete remains symptomatic, follow up evaluations should be conducted at approximately five day intervals.

Post concussion’s test results are compared to the baseline test. The clinical use and analysis of ImpACT is an integral part of the protocol which assists clinicians in their evaluation process of the recovery and in return to play decisions.

The IMPACT test will be administered by the Athletic Trainer prior to summer pre-season meetings for teams. Dates will be given in advance when availability occurs to All Head Coaches and staff to communicate with athletes.

CODE OF CONDUCT

A student who is a member of a Ironton High School athletic team in any capacity (athlete, cheerleader, student manager, athletic training student assistant, statistician, or videographer) must be willing to assume the responsibilities that go along with being a member of a team and wearing the orange, black, and white. The student body, the community and others often judge our school by how our student athletes conduct themselves both on and off the field, and in season and out of season. Student athletes and athletic support personnel are role models and therefore are expected to be positive examples in school citizenship, scholastic effort, leadership, and in personal appearance.

The conduct of participants in athletics at Ironton High School, in or out of school, shall be such as not to reflect discredit upon his/her school, nor create a disruptive influence on the discipline, good order, morale or educational environment in his/her school areas of concern, such as, but not all inclusive are: (1) tobacco use in any form, (2) vape pens/dab pens/electronic vapes, e- cigarettes, (3) use of drugs, depressants, stimulants, or any controlled substance, (4) use of performance enhancing drugs, (5) verbal harassment, (6) sexual-harassment, (7) theft, (8) vandalism, or (9) sexual violations.

Acting in a manner that brings embarrassment or shame to yourself and/or your school, or that negatively impacts the reputation of yourself or your school shall be cause for disciplinary action by the school administration. Examples of such conduct include 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.

Any student involved in assault, possession of a weapon, intimidation towards staff or students, arson, theft, vandalism, falsifying school records, drugs, alcohol, fighting, extortion, hazing and other similar serious violations will be subject to immediate suspension pending a hearing of the facts to determine the schools course of action.

It is expected that students will follow common rules of courtesy. Violations of rules of common courtesy include the failure to follow staff members directions, talking back to a staff member in the use of abusive or obscene language directed toward a staff member.

Students are prohibited from wearing messages on clothing, jewelry and personal belongings that relate to drugs, alcohol, tobacco, weapons, violence, sex, vulgarity, or that reflect upon persons because of their race or ethnic group.

The school personnel shall enforce all rules and regulations as described in the student code of conduct for athletes. All rules regarding behavior and/or training as outlined in the OHSAA regulations apply. The code will be reinforced by the coach of each sport during the year. Parents/guardians and athletes are required to sign the acknowledgement, consent, injury awareness and disclosure documents stating that they understand the code and the athlete is subject to disciplinary measure should he/she violate the code.

Evidence of violations of the code may be determined by but not limited to the following: established charges filed by law-enforcement officials or agencies, observation by members of the athletic staff, faculty or staff member or administrator, or by the admission of the offender.

Any alleged violation of the code should be reported 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. The student shall be suspended from their team while the investigation is ongoing.

We understand that the code of conduct policy 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 student/athletes high school career.

The coach may make team specific rules that are more restrictive than this code. Such rules must be approved by the athletic director prior to the information and on file in the athletic office. Once approved, these rules must be provided to team members and their parents/guardians in writing. A copy of these teams specific rules will be made available to the school board.

SOCIAL NETWORKING SITES

Student athletes are responsible for information contained in written or electronic transmissions (e.g. mail) and any information posted on a public domain(e.g. Internet, chat room, blogs, Twitter, Facebook, YouTube, Snapchat, Instagram). 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 their community.

Texting, tweeting and use of other social networks to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior and unbecoming of an Ironton city school 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 or suspension per policy guidelines.

TEAM RULES

A coach may make team specific rules. Such rules must be approved by the athletic director prior to the implementation and on file in the athletic office. Once approved, these rules must be provided to team members and their parents/guardians in writing. A copy of these terms' specific rules will be made available to the school board.

ELIGIBILITY

Academic Eligibility Grades 9-12: to be eligible, a student athlete must receive a passing grade in minimum of five credit courses or the equivalent in the immediately preceding grading period.

Eligibility Periods: For the purpose of academic eligibility, there will be an eligibility period after each nine weeks grade is checked. Should a student have not passed their five credits throughout a nine week grading period, they are ineligible for the next nine week grading period, five days after the nine weeks grades have been turned in.

Grade Checks: Each athletes' grades will be checked approximately every two weeks by the coach and/or athletic director so that there may be a joint effort between the coach and the athlete to maintain their grades throughout a given season.

Tutoring: Students participating in any sport, extra or co-curricular activity, who receive a “D” or an “F” on an interim report or on a 9 weeks report card, must attend 2 hours of tutoring per week. If a student does not attend the required 2 hours, they are prohibited from participating until all time is made up. They are required to attend tutoring until the activity season is complete, or until the next interim report, or 9 week report card.

Conditions of Ineligibility: during the period of an eligibility, a student shall not be permitted to dress or travel with the team, be seated with the team at a game or participate with a team or group at any planned performance or public competition. However, the student shall be permitted to practice with the team at the coach and/or athletic directors discretion.

College Credit Plus (CCP) Student: Academic standing requirements apply to college credit plus students, within the framework of the academic calendar of the college or university through which they are taking courses.(their eligibility will be determined at the midpoint and end of the respective academic quarter or semester)

Special Eligibility Concerns For Athletes: As Ironton City Schools is a member in good standing of the Ohio High School Athletic Association, we follow all athletic rules and regulations prescribed by the OHSAA. Therefore, all athletes must maintain OHSAA standards, academic and otherwise, in order to remain eligible.

It is highly recommended that any student athlete considering participating in college level athletics upon graduation from high school consult with both the guidance counselor and athletic director to become knowledgeable of special college entrance and eligibility requirements for such participation.

Parents and students share the responsibility to comply with scholarship standards. Therefore, a student should be advised not to drop a class without first consulting with the athletic administrator to determine whether it will affect athletic eligibility.

Incompletes: An incomplete course at the end of a grading period or semester counts as a failure until deficiency has been removed.

DISCIPLINARY ELIGIBILITY

Any student who is suspended from school for any disciplinary reasons shall not be permitted to participate in any extracurricular activities for one day for each day of suspension up to a maximum of five days following his/her return to school (coaches Discretion). During this time it is expected that the student will demonstrate intent to seriously pursue his/her academic education and fulfill his/her responsibilities as a student to the rules and regulations of the school.

Any student who is expelled from school for any disciplinary reasons shall not be permitted to participate in an interscholastic athletic contest.

Any athlete who has been ejected from an OHSAA contest for an unsportsmanlike act shall be suspended from the next inter-school contest at that level of competition and all other inter-school contests at any level in the interim, in addition to any other penalties assessed.

SUSPENSIONS BY DUE PROCESS: A school due process suspension (out of school) makes a student athlete ineligible for competition and practice in any activity for the duration of the due process.

ATHLETIC TRANSFERS & RESIDENCY REQUIREMENTS

If a student transfers at any time after the fifth day of the student's ninth grade year or after having established eligibility prior to the start of school by playing in a contest (scrimmage, preview/jamboree, Foundation game or regular season/tournament contest), the student shall be eligible, insofar as transfer is concerned, ONLY until the first 50% of the maximum allowable varsity regular season contests (including all scrimmages, preview/jamboree/Foundation games) have been competed in those sports in which the student participated (participation being defined as playing in a contest) during the 12 months immediately preceding this transfer. This transfer consequence shall remain in effect until the one-year anniversary of the date of enrollment in the school to which the student transferred, at which time the student is no longer considered a transfer student. Subject to the specific provisions of this Section Transfer the following exceptions to the general transfer bylaw may apply:

Exception 1: If the parents or legal guardian have made a Bona Fide legal change of residence from one public school district to another public school district, the student may enroll in either the public school within the boundaries of that public school district that includes the new residence of the parents or legal guardian or any non-public school. The student is ineligible until ruled eligible by the Commissioner's office of the OHSAA upon submission of an accurately completed affidavit of Bona Fide Residence and accompanying guidelines. Parents making a Bona Fide legal change of residence into the state of Ohio for the first time may enroll the student in any school that accepts that student. That student shall be eligible in so far as transfer is concerned in accordance with this bylaw. These forms can be found at <https://ohsaa.org/Portals/0/Eligibility/forms/Affidavit-BonaFideResidence.pdf>

PARTICIPATION

A student athlete must follow OHSAA standards as outlined in the OHSAA By-laws. Always confer with the athletic director or the OHSAA for the participation guidelines.

ATTENDANCE, TARDINESS, MEDICAL EXCUSES

School Attendance Policy Regular attendance is a significant student responsibility at all grade levels. Many studies correlate regular attendance with success in school. Regular attendance means that the academic learning process is not interrupted, less time is spent on make-up assignments, and students benefit from participation and interaction with others in class. Many important lessons are learned through active participation in classroom and other school activities that cannot be replaced by individual study. Establishing a pattern of good attendance will benefit the student in school and in the workplace. Attendance is important in the development of a high quality work ethic, which will be a significant factor in a student's success with future employers. One of the most important work habits that employers look for in hiring and promoting a person is his/her dependability in coming to work every day on time. This is a habit the School wants to help students develop as early as possible.

Tardiness

Each student is expected to be in his/her assigned location throughout the school day. Students must be in their first period class by 8:00 a.m. If a student is late arriving at school, he/she must report to the School office before going to his/her assigned location. A student will be tardy to school until 8:15 a.m. Any student who is late to class, other than first period, up to 5 minutes shall be disciplined by the teacher with a 15 minute detention. Students who are more than 5 minutes late to class will receive an out of area detention of one hour . Students who are tardy to school more than 1 time during a 9 weeks shall be disciplined according to the Student Code of

Conduct. Tardy to school number 2 and 3 for a nine week grading period will result in assignment to after school detention for the amount of time they are tardy. Tardies to school in excess of three will be dealt with starting with 30 minute detentions and working up to Saturday school, alternative school and court referral.

Medically Excused Absence

Medically excused absence is any absence in which a medical note is provided to cover such absence. Two provisions apply:

- Medically Excused Absence – awarded based on dates in which a student was excluded from school by a medical professional.
- Partial Medically Excused Absence – awarded for routine medical appointments (dental, physical therapy, vision, wellness, etc.) in which the student was in attendance at school at least 50% of the school day.

Partial Medically Excused Absence notes must include the date and time of the medical appointment. All notes must be provided within 3 school days of the student's return to school. Only notes signed by a medical professional and on official stationery will be accepted. Failure to provide an acceptable medical note within the timeline, will result in the absence being processed in accordance with district attendance procedures including HB 410 calculations.

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 Dr. signatures on OHSAA physical form
- Meet academic eligibility requirements
- Meet OHSAA residency requirements
- Meet age requirements
- Have an Ironton City School District Athletic Department packet completed and on file, student emergency medical form, Ohio department of health concussion acknowledgment form, Lindsay Law cardiac form, insurance form, acknowledgment of athletic handbook form, OHSAA eligibility checklist.

WHAT MUST BE DONE BEFORE YOUR FIRST CONTEST

In addition to the above, the following items are to be completed by the athlete and parent/guardian before the first contest with any team.

- Have the team rules signed by the athlete, parents or legal guardians.
- Attend the OHSAA team parent/guardian meeting.
- Have athletic transfer filed and approved by the OHSAA (transfer students new to Ironton City Schools cannot compete in interscholastic contests until an athletic transfer is complete).
- Foreign exchange students must have completed appropriate OHSAA forms.

PRACTICE & PARTICIPATION

A student athlete shall attend and actively participate in regularly scheduled practice sessions to be eligible for all school athletic competition. Each coach will have an attendance policy for his or her team and student athletes will need to adhere to this policy to participate on the team.

Regular, Vacation, and School Closing

- All team members are expected to attend all practices. Practice schedules during school vacations are set by the coach and only the coach can excuse an athlete from practice. Practice during a school closing time (snow etc.) are under the discretion of the administration.
- If an activity is planned by OHSAA, which is under no control of our school corporation, our students' participation will be reviewed to determine if attendance and participation is acceptable.
- All athletic practices are close to friends, parents and family members, unless otherwise stated by the coach

ATHLETIC TRAINER AND REPORTING INJURIES

The athletic department will assume no responsibility or payment for medical treatment for an injury incurred during play practices or contests. A state licensed athletic trainer is retained by the district for the purpose of treating injuries that are not severe enough to be referred to a doctor. All injuries are to be reported to the coach and the athletic trainer.

CUT OFF DATE

Each sport will have a cut off date for being a member of the team. Usually, the date will coincide with the OHSAA guidelines. No one will be accepted on any team after the passing of the date.

EQUIPMENT & UNIFORMS

All equipment issued to an athlete is expected to be returned in the same condition as when issued or the athlete is expected to compensate the Ironton Athletic Department for the loss or damage of equipment. Failure to return equipment or to compensate the school for lost or damaged equipment will result in forfeiture of all athletic awards for that sport. No athlete may practice or try out for another sport until all issued equipment has been turned in, all bills paid, and have been cleared by the previous sports coach. Remember that stealing or wearing stolen equipment is a violation to the code of conduct. Equipment may not be worn during the school day, at home, or on the streets without approval of the coach of that said sport.

CONFLICTS BETWEEN ACTIVITIES AND DUAL SPORTS

Activities at Ironton High School share many students. From time to time there may be conflicts between times and activities and the athlete will have to make a decision as to which one to attend. Interscholastic sports at the high school level require a substantial time commitment, which usually extends Monday through Saturday from the first official day of practice until the end of the tournament series. A commitment to a high school athletic team

indicates that all non-school conflicts will be resolved in favor of the high school team. This would not include such things as significant religious holidays, death in the family, etc.

If a conflict between school activities arises, the athlete should notify the coach and or sponsors involved. They in turn will attempt to resolve the conflict as adequately as possible. The general rule is that a contest takes priority over practice, if two competitions are involved the higher level of competition will take priority. If the conflict persists, the parties involved may contact the athletic director.

Student athletes wishing to play two sports during the same season must discuss this with the head coaches of the two teams involved. If both coaches are in agreement that the practice schedule and game schedules can be worked out then the student athlete may participate in both sports. The coaches involved must make sure that the parents are well aware of all the practice and game arrangements prior to the season beginning. Practice schedules will be worked out between the coaches involved. The athlete must meet the requirements of both sports. If the requirements are not met, the athlete may be removed from the sport(s). The coaches involved will also discuss the situation with the athletic director at the time of the initial request by the student athlete. The athlete will need to choose his or her primary sport, communicate with both coaches, and must attend all practices and games scheduled for that sport. One exception to this would be when an athlete has a game contest for the secondary sport and practice for the primary sport. The game/contest of the secondary sports supersedes practice of the primary sport.

CUTS/QUITTING A SPORT REMOVAL FROM A TEAM

If an athlete is cut from a team, he or she may join another team or program in that sport season. An athlete has until the first game to decide whether or not he/she wishes to stay out for that sport. If an athlete quits a sport during this time. He or she must practice two full weeks before he/she will be allowed to participate in another regular contest in a sport being held during the same season.

Any athlete quitting a sport following this period shall not be allowed to participate in that sport for the remainder of that season or participate in any other sport that is being played during that season. In addition, the athlete will be required to miss the first 25% of his or her games in the next sports season.

Any athlete that quits the team or is removed from the team for any reason during the season will not be permitted to go out for any other team of that sport season or participate in a practice, conditioning program, or weight room activity of any team preparing for an upcoming season.

The end of the sport season is defined as a day following the last scheduled contest for all teams other than varsity; for all OHSAA tournament roster teams, the date that a team is eliminated from the state tournament is considered the conclusion of a sports season.

TEAM SELECTION POLICIES

Coaches of the sports at Ironton City Schools have their own policy on how they will choose their teams. In some sports, cutting a team down to a manageable size is a necessity. Coaches will explain their policy to candidates for their team at the first meeting.

CHEERLEADERS

Ironton City School cheerleaders are representatives and ambassadors for our school. In addition to promoting spirit and sportsmanship, they serve as positive role models for the youth of our community. All requirements for participation which apply to the other athletes such as physicals, conduct, tutoring etc. also apply to cheerleaders.

Cheerleaders are selected in the spring by the cheerleading coaches and or certified cheerleader judges. The procedure for selection of cheerleaders is established by the coach and or athletic director. The cheerleaders cheer primarily at football games, boys basketball games; however they are also occasionally assigned to other sports and related activities.

Cheerleaders must successfully complete the entire school year to count as one sport. Cheerleaders may participate in OHSAA sanctioned sports during the year while a member of the cheer squad. The dual sport policy applies to cheerleaders if they are also a member of a sports team. Failure of the cheerleader(s) to participate in all assigned activities unless released by the coach and or athletic director will result in dismissal from the squad.

TRANSPORTATION

The time on the bus is an important time for many reasons. All athletes are expected to travel to and from away contests with the team. In the event that is necessary to provide alternate transportation, the following policies are in place:

- Students will NEVER be permitted to leave with another student or anyone other than their own parent/guardian.
- Coaches are permitted to set their own rules pertaining to how many times per season a parent/guardian may take a child home after away games. The parent/guardian may sign out their student in a direct face-to-face conference with the head coach after the contest, if and only if, a 24 hour prior notice has been arranged with the coach, athletic director, and building principal. Then, upon signing their child out after the contest the parent/guardian takes custody and full responsibility for transporting him or her home. The school district is released from all liability at that point.
- In the event of an emergency or extremely unlikely occurrence when it is absolutely necessary for the parent/guardian to transport a student from the contest, permission must be granted by the principal or game administrator. The parent/guardian taking the student signed them out in a direct face-to-face conference with a head coach after the contest. The parent/guardian takes full responsibility for transporting the student home or to another destination. The school district is released from all liability at that point.

GROOMING AND APPEARANCE

Ironton City School athletes act as representatives of the school and community and therefore are required to exhibit a well groomed and appropriate appearance. The principal and athletic director will determine athletic department guidelines as needed concerning the appropriateness of styles within the context of safety and accepted social norms.

SUMMER PROGRAM PARTICIPATION

Summer program participation is an opportunity for athletes to improve their conditioning and athletic skills. Athletes are encouraged to take advantage of these programs. In order to participate in the summer programs, athletes should submit a valid physical examination.

WEIGHT ROOM

The weight room is available for teams to use before and after school scheduled by the athletic director. No student should use the weight room facilities without adult supervision. No food or drinks are allowed in the weight room. Teams must sign up for times with the athletic director to use the weight room while they are “in season” and during the “off-season”. Weights should be returned to the racks before athletes leave the area, and all equipment cleaned before leaving the weight room. Inappropriate use of the weight room will cause the athlete to be suspended from the facility for a period of time set forth by the athletic director.

PRE-SEASON PARENT MEETING

At the beginning of each sport season the athletes and their parents are asked to attend an OHSAA required meeting with the coaches of their sport to be informed of the specific rules and policies that pertain to that particular sport.

ATHLETIC AWARDS

Awards are an integral part of most activities. They exist to reward, indicate belonging and show commitment to the cause. Awards are important and the Ironton Athletic Department recognizes athletes with a wide variety of earned rewards. It is always very important to keep awards in perspective.

Inappropriate awards indicate a disregard for the true meaning of sport while too few can indicate a feeling of non-importance. In reality, awards cannot truly show what has been gained from competing in athletics.... the development of loyalties, the commitment to a cause, learning about one’s limits and representing one school, community, family, and self.

Varsity letters are issued by the different requirements set forth by the head coach of each sport. Varsity letters must include a completion of the season in good standing with the team unless the season ended by injury, which occurred during the season of the sport participated.

COMMUNICATION

Appropriate lines of communication are vital to all parties involved in high school athletics. Concerns are best handled and resolved as close to their origin as possible. The staff should be given the opportunity to consider the issue and address the concerns. A complaint about school personnel will be investigated fully and fairly however no such action will take place until it is in writing and signed. Anonymous complaints will be discarded. But parenting and coaching are extremely difficult locations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to student athletes. As parents, when your son or daughter becomes involved in the program, you have the right to understand expectations are placed on your

child. This all starts from clear communication from the coach of your son or daughter. As your child becomes involved in the various athletic programs of Ironton City Schools, it is our hope that he or she will experience some of the most rewarding moments of his or her life. It is important to understand that things may not always go as your child wishes. At these times, discussion with the coach may be desirable in fact encouraged to clear up the issues and avoid any misunderstanding.

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. It is imperative that certain matters be left to the discretion of the coach.

- Playing Time
- Play Calling
- Position Assignments
- Team Strategy
- Matters concerning other student athletes

Procedure to Follow if You Have a Concern to Discuss with a Coach

There are situations that may require a conference between the coach and a parent. Such a meeting is encouraged when necessary. It is important that both parties have a clear understanding of the other person's positions. Each would be willing to listen. The following procedure should be followed to help promote a resolution to the issue

- Contact the Coach the day after a contest to set up an appointment.
- If a coach can not be reached after a reasonable time, call the Athletic Director. An Appointment will be scheduled with the coach and arranged for you.
- Important: Please do not attempt to confront a coach before, during, or after a contest or practice session. These can be emotional for both the parents and the coach. Meetings of this nature do not promote resolution.

Appropriate Concerns to Discuss with Coach

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Proper Chain of Communication

1. The Coach
2. Athletic Director
3. Principal
4. Superintendent
5. Board of Education

THE NEXT STEP

What can a parent do if the meeting with the coach does not provide a satisfactory resolution? A total agreement may not always be reached, most often such a meeting provides the opportunity for productive discussion and better understanding. If the parent desires further communication, please call the athletic director.

SPORTSMANSHIP PHILOSOPHY AND GUIDELINES

The Ironton Athletic Program, 9-12, should provide a variety of experiences to aid in the development of favorable attitudes in students that will prepare them for adult life in a democratic society. The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost” and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity.

The Ironton City Schools Athletic Department believes that interscholastic competition involving member schools of the Ohio High Schools Athletic Association should be governed by the basic principles of good sportsmanship. This document has been prepared to ensure that all participants have a common understanding of those basic principles. We believe that participation is more important than winning. We believe that students should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel and is directed to the behavior of spectators, coaches, and employers.

ATHLETES NAME _____ (Please Print)

ACKNOWLEDGEMENT OF ATHLETIC HANDBOOK

"I received and read the entire contents of the athletic department handbook set forth by the Ironton city school. I understand and agree to abide by all the rules, policies, and expectations stated in the handbook."

Parent/Guardian Signature _____
Date

Athlete Signature _____
Date

Parent/Student Release Form

I/We, the undersigned, being the parents/guardians of (child's name)

_____ Do hereby release, wave, discharge and covenant not to sue the Ironton City School District Board of Education, its employees, agents or anyone acting on his behalf, from any and all liability, claim, demand, action or right of action, of whatever kind for nature, either in law or equity, arising from or by reason of anybody injury including but not limited to sprain, fractures, brain damage, paralysis, personal injury or mental injury, known or unknown, including death, resulting from, or to result from (child's name)

_____ participation in sports and or any other extracurricular activity on behalf of or in the name of the Ironton City School District Board Of Education.

I/We hereby assume full responsibility for and risk of bodily injury, personal injury or mental injury or death due to my/our son/daughter wards participation in sports and or other extracurricular activities on behalf of him/her in the name of the Ironton City School District Board Of Education. Further, acknowledge that I have received the department of health concussion and head injury information sheet. I/we expressly agree that this release is intended to be as broad and inclusive as permitted by the laws of the state of Ohio or any other state in which that student may be injured and that if any portion this release is held in valid, is agreed that the balance shell, nevertheless, continue in full force and effect. I/we further stated that I/we have carefully read the above release and now the contents of the same and sign this release as my/our own free act.

Parent/Guardian Signature _____
Date

Athlete Signature _____
Date