

STUDENT ATHLETIC POLICY

Message to student/athletes and their parents

This handbook is being presented to you because your son/daughter has a desire to participate in interscholastic athletics at Continental Local School. The school is very pleased that they have made this decision and we hope that the experience will be positive as well as educational. Participation in athletics provides the student the opportunity to learn leadership skills, gain confidence, self-discipline, organization, decision-making skills, and to set goals.

Once the decision is made to participate in athletics, there are often many questions, which both you and your son or daughter may have regarding the Continental Local School Athletic Program. In order to assist in making the athletic experience a positive one, this handbook has been assembled to answer questions about the guidelines and philosophy of the Continental Local School Athletic Program. We hope this will be of assistance, and we encourage you to use it as a reference throughout the year. If you have additional questions, please feel free to contact the Continental HS Principal or Dean of Students at 419-596-3871.

Philosophy

It shall be the purpose of Continental Local School to provide a well-planned and well-balanced program of interscholastic athletics for our students. Competitive sports are an important part of the total education program for students in our school. Student-Athletes develop physically, mentally, socially, and emotionally, while participating in athletics. The Continental Athletic Department will offer athletic programs that will instill pride and reinforce a sound value structure that helps promote an individual's self-image, as well as the image of the school district and the community.

Athletic activities will provide educational experiences not otherwise provided in the curriculum. Emphasis will be upon teaching through activities in addition to teaching the skills of activities. Every attempt will be made to provide numerous opportunities for the students to participate in activities which promote growth and development, teach social and recreational skills, and develop leadership qualities. It is the mission of the Continental Local School Athletic Department to offer as many of these educational opportunities as possible so students may compete in a manner that will help them develop personally, develop teamwork, and teach important life skills necessary for becoming a valued member of society. The interscholastic athletic program will be operated and managed under the policies and guidelines set forth by the Continental Board of Education, the Ohio High School Athletic Association (OHSA), and the Putnam County League. The athletic program shall be based on the following premises:

- A. That interscholastic athletics are an integral part of the overall educational program.
- B. That the total development of the student is our main concern.
- C. That the fundamental functions of the school lie in the work within the classrooms and the extracurricular work should supplement, not interfere with the basic functions for which schools are established and maintained.
- D. That the contest rules, regulations and supervision of the programs should insure the maximum protection of the health and safety of the participants.

Continental Local School Athletic Sports

Fall: Boys Soccer (V & JV), Girls Soccer (V), Girls Volleyball (V&JV), MS Girls Volleyball (7 & 8)

Winter: Boys Basketball (V, JV & 9), Girls Basketball (V&JV), Cheerleading (V, JV & 9) Boys MS Basketball (7&8), Girls MS Basketball (7&8), MS cheerleading (7&8)

Spring: Boys Baseball (V), Girls Fast-pitch Softball (V & JV), Boys Track, Girls Track, Boys MS Track (7 & 8), Girls MS Track (7 & 8)

Levels of Competition

Middle School/Freshmen

The emphasis at the MS/Freshmen level is on participation, success and further development of their skill development. If the program supports a MS/Freshmen squad, squad limitation may occur

at this level and attempts will be made to play as many students as possible during each contest, while striving for victory for the entire team.

Junior Varsity

The emphasis at the level of competition begins to focus on skill refinement. Squad limitation may occur at this level and it is possible that not every player will play in every game.

Varsity

The perfection of skill, putting the best players in the game, and winning is the emphasis at this level. While winning at all costs is not a part of the Continental athletic department's philosophy, no apology should be necessary if the varsity team does all it can to win each contest within the bounds of ethics, integrity and sportsmanship. In certain sports, squad limitation may be used at this level and it is extremely likely that not every player will play in every contest.

Pre-Season Parent's Meeting

Each Head Coach, HS Principal or Dean of Students, and the AD shall set up and conduct a pre-season meeting with the parents of his/her team. This meeting should inform the parents the coaching staff's expectations for their children as well as to go over school/team policy. Items to discuss are (but not limited to): coaching philosophy, code of conduct policy, eligibility requirements, attendance policy (if applicable), and training rules of the coach. Items not appropriate to discuss includes (but not limited to): playing time, other athletes, and other sports. This is a requirement of the OHSAA.

Training Rules

All athletes and parents must sign a Code of Conduct form. This must be on file in the AD's office before an athlete will be allowed to participate. Athletes will only need to sign the form once. All head coaches may establish additional training rules for his/her sport (i.e. curfew hours, dress, school conduct, etc.). Any additional rules will be subject to approval of the HS Principal or Dean of Students and AD. These rules shall be placed in writing and given to athletes and parents for signatures as to the knowledge of their existence. You will be able to find the Code of Conduct in this packet.

Any athlete under a disciplinary suspension from school is not eligible for participation in either practice or competition during the suspension.

Code of Conduct Violation Procedure

When a code of conduct violation is reported, the following procedure will be followed. The athlete will be interviewed as soon as possible by the Coach, AD, and/or HS Principal or Dean of Students. The administration will work diligently to make sure disciplinary action is completed in a timely manner.

All coaches will follow the guidelines regarding code of conduct denial of participation issues.

Eligibility

In order for a student to be eligible to participate in athletics, a student must be currently enrolled and meet all other requirements of the OHSAA and Continental Schools. During the preceding grading period, the student must have received passing grades in a minimum of five one-credit courses or the equivalent which count toward graduation. (5 credit rule) **All coaches should remind athletes to be taking at least 6 credits each grading period.**

Also, any student receiving a GPA below 1.00, (1) F and (2) D's or (2) F's in a grading period will be ineligible to participate the following grading period. The eligibility of incoming freshmen (1st grading period) will be based on the student passing five subjects during the fourth quarter of their 8th grade year.

Awards

Each respective sport season will have its own awards ceremony, planned by the AD, coaching staff, and made to honor its athletes at the conclusion of their season.

A. All athletes who complete a sport season in Freshmen, Junior Varsity, Varsity competition will receive a certificate of participation. Awards will be made at the end of each sport season

mentioned above as determined by the head coach of each sport. There will be no individual or team awards for JH, Freshmen or Junior Varsity sports.

- B.** Additional awards beyond the about certificates are:
- a.** A Varsity letter "C" and a Junior Varsity "C" will be awarded only once in an individual's sporting career. **Letter winners will be determined in each sport by the head coach.**
 - b.** In each sport, first-time Varsity letter winners will receive a pin for their letter denoting the sport they participated.
 - c.** 2nd year Varsity winners will receive a pin for their letter denoting the sport they participated.
 - d.** 3rd year Varsity winners will receive a trophy and a pin denoting the sport they participated.
 - e.** 4th year Varsity winner will receive a plaque denoting the sport they participated.
 - f.** 2nd and/or 3rd year Junior Varsity in receive a JV pin.
 - g.** An athlete who is chosen for an AP/Coaches Poll (HM or higher), is a state participant in an individual sport, and/or is named PCL Player of the Year will have their picture placed on the "Wall of Fame".
 - h.** An athlete who is chosen "Player of the Year," or is a State Finalist in an individual sport will have their picture placed on the wall of the gymnasium. Any State Championship or Runner-up teams will have a team picture placed in the trophy case and a banner placed in the gymnasium.

Recognition of State Athletic Competition

It is the intent of community of school officials to recognize outstanding athletic achievement in a meaningful and respectful manner. Realizing the fans of the Continental Pirates are willing to show their appreciation for state athletic teams/individuals, the following procedure will be followed:

- A.** Athletic teams/individual will be recognized to OHSAA state competition only. For teams, there will be a "welcome H" reception, organized by the athletic boosters, at the high school.
- B.** For individuals, the athlete will be honored at the next season sports rally sponsored by the athletic boosters.

Facility usage

No student is to use any facility (gym, weight room, etc.) without a staff member or board approved individual being present.

Missing Practice

Practice is an integral part of the athletic processes where coaches determine the abilities and capabilities of their athletes as well as building team cohesiveness. It is very important that athletes do not miss practice. If an athlete has to miss practice, he/she must directly consult his/her coach before missing practice. Never rely on a teammate to deliver this message! Missing practice or a game without good reason will be dealt with according to specific team rules. Head Coaches will state penalties for missing practice in their rules specific to their sport.

Cancellation of Athletic Contests

In the event that school should be canceled due to inclement weather, the decision to cancel any scheduled contest will be determined by the superintendent, HS Principal or Dean of Students, AD. The decision to cancel will be made as early as possible so that all concerned may be given notice. It is usually the visiting or traveling team that will make the final decision whether or not the contest will be held.

In the event that school is canceled due to inclement weather, there are to be no athletic practices without permission from the principal and/or superintendent. The administration also reserves the right to make practices on days of school closings as "voluntary." These decisions will be made clear to the coaches affected. The safety of the athlete is to be given prime consideration in making the decision to hold practice. At no time will an athlete be required to attend a practice, if in the mind of the student/parent, the safety of the student (due to road conditions) is in question.

Practice sessions on inclement weather days will not be announced over the radio. The head coach will be responsible of contacting all student athletes via a method approved by the athletic department.

When a contest is canceled, the AD will notify the transportation director, game officials, and coaching staff. Alerts will be sent out through the appropriate messaging system.

Transportation of Teams

Bus transportation will be provided to transport all participating school personnel to contests. Coaches need to turn in transportation sheets to the Transportation Director for each away contest prior to the start of their season. Coaches are to remind athletes that they **will** travel on the bus both to and from contests. The only exception is when the parent/guardian gives the coach a written consent releasing the athlete to their custody. They may deny this request due to team considerations. The athlete may not travel H with anyone other than the parent/guardian. Coaches are responsible for the conduct of their players while on the bus. Conduct must be in a manner befitting a representative of Continental Local School.

Absence from School

Student/athletes must attend school regularly to demonstrate the responsibility and dedication that are rewarded by the privilege of interscholastic competition. Regular attendance is also important in maintaining scholastic eligibility. A student/athlete must be in attendance at least the second half of the curriculum for the day of the event. This means students must be in attendance by 12:00 pm. An exception of this is when the student is excused in advance by the HS Principal or Dean of Students/AD before leaving. Any student leaving school early due to illness will not be permitted to participate that evening. **Coaches need to remind their athletes of this policy.**

Team Selections

It is the philosophy of Continental Local School that athletic participation is open to as many students as possible. However, due to limitations of space, equipment, and numbers of players needed, it is sometimes necessary to limit the number of athletes on a particular team. The criteria and date for team selections will be established by the head coach and explained to all candidates. Decisions made by the head coach are final.

Physical examinations

All athletes and cheerleaders grades 7 – 12 must pass a physical examination yearly. The physical examination form must be signed by the parent or guardian. It is the responsibility of the coaching staff to see that no athlete or cheerleader participates until the proper proof of the physical examination is on file. The responsibility of the physical examination and the cost will be the student/athletes.

Insurance

The parent/guardian should provide evidence of health or accident insurance coverage. If the parent/guardian does not have health or accident insurance for the student athlete, the parent can ask the AD to inform them of the availability of coverage through a carrier approved by the Continental Board of Education.

Emergency Medical Forms

All students must have these on file in the office. Each coach will be given copies of the forms of his/her athletes. These forms must be with the teams at all times.

Emergency Medical Attention

Injuries that appear to be serious will be handled by the trainer (coach/AD if no trainer is available) who will stay with the athlete until the parent/guardian arrives. If there is danger due to loss of blood, unconsciousness, severe pain, or other dangerous symptoms, the rescue squad will be called. In all cases, the parent/guardian will be notified as soon as possible. **Coaches should have copies of emergency medical forms of all players with them at all contests/practices.**

Summer camps

In order to avoid conflict with other sports activities and events, all sports camps coordinated by the head coach will be scheduled in cooperation with the AD. Summer camps and programs can cause some

student/athletes to be pressured to be involved in as many as three different sport activities at once. With the coach's cooperation with the AD, we will be able to prevent most conflicts between programs. Any coach planning a summer camp or summer program will submit a schedule of this to the AD prior to the end of the school year.

Dress Code

School-wide dress code policies apply to all athletic contests. Coaches may require guidelines that exceed policy. Exceptions or deviations to the policy may be permitted by teams that dress at H or do not appear publicly: only with the express permission of the AD.

Uniforms

Continental athletes will be issued uniforms that are the property of the athletic department. Uniforms are to be worn only in athletic contests in which the athlete is a participant. Any damage beyond normal wear and tear is the responsibility of the student-athlete.

Sportsmanship Guidelines

The Continental Local School believes that interscholastic competition involving member schools should be governed by the basic principles of good sportsmanship. Parent/Staff/Team Personnel are governed by the sportsmanship policy established by the OHSAA. Any team member or staff member ejected for unsportsmanlike conduct or a flagrant foul shall be ineligible for the contests for the remainder of the day as well as for all contests in the sports until two regular season/tournament contests are played at the same level as the ejection. If the ejection occurs in that last contest of the season, the student or staff member shall be ineligible for the same period of time in the next sport in which the member participates. A student or staff member under suspension may not sit on the bench, enter the locker room or be affiliated with the team in any way traveling to or from the contest. A student who is ejected a second time will be denied participation for the remainder of the season in that sport.

Continental High School is committed to upholding the ideals for good sportsmanship, ethics and integrity. It is important that the actions of the participants, coaches, and spectators be a positive reflection on the school **community**.

Hazing

It is the position of the Continental Local School athletic department and the Continental Board of Education that hazing activities of any type are inconsistent with the educational process and shall be prohibited. Under no circumstances will hazing be tolerated. Hazing is defined as any act of coercion or harassment toward another, including the victim, into actions that create substantial risk of mental or physical harm to any person as part of an initiation.

Coach/Parent Relationship

A clear line of communication is important between a coach and a parent. Parenting and coaching are extremely difficult vocations. The Continental Local School in conjunction with its Athletic Department follows the chain of command listed below. We ask that you observe the order of this line of communication.

Head Coach

Athletic Director

HS Principal or Dean of Students

Superintendent

Board of Education

IF the coach cannot be reached, call the Athletic Director. An appointment with the coach will be arranged.

Please do not attempt to confront the coach before or after a contest or practice session. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution.

Role of Parents in Interscholastic Athletics

As a parent, make sure no matter what happens that win or lose, you love your child, appreciate

their efforts and are not disappointed in them. This will allow them to do their best without fear of failure.

Try your best to be completely honest about your child's athletic ability, competitive attitude, and actual skill level.

Don't coach them. Love them.

Teach them to enjoy the thrill of competition.

Try **not** to relive your athletic life through your child in a way that creates pressure. Don't pressure your child because of your pride. If they are comfortable whether winning or losing, they are on their way to maximum achievement and enjoyment. Don't compare the skill, courage or attitude of your child with other members of the team.

Athletic Code of Conduct

Introduction

Participating in athletics at Continental Local School is a privilege, **not** a right. All students are expected to behave appropriately at all times. Their behavior is a reflection on themselves, their families, their activity, their school and their community. If students engage in conduct on or off school property that is felt to be demeaning to their role as participants in the athletic program, they may be denied the right to participate in the activity. The policy is an effort to promote a **drug-free** athletic program, however, it is not 100% foolproof.

- A. No buying, selling, supplying, or transmitting of alcohol, intoxicants, illegal drugs, look-alike drugs, or tobacco in any form.
- B. No possession or use of any intoxicants, illegal drugs, look-alike drugs, tobacco of any form, e-cigarettes, personal vaporizers, and/or any paraphernalia for any of the above mentioned items.
- C. An alleged violation of federal, state or local law/ordinance, including felony or misdemeanor acts other than minor traffic offenses may result in a penalty as provided in the penalties section. Conviction of said act is not necessary to establish a violation of the policy, but will be determined through an independent school investigation.
- D. These rules are in effect for the three athletic seasons per school year (fall, winter, and spring) which begin August 1st, October 20th, and February 20th and end when the last event for that team has been completed.
- E. Athletes will have the opportunity to voice their version of the violation with the HS Principal or Dean of Students, AD, and if necessary, the Superintendent.

Definitions and Explanations

Self-referral.

- A. Athlete or Parent of athlete turns self in to school personnel (coach, AD, HS Principal or Dean of Students) before being confronted by school personnel.
- B. The self-referral option is only available to athletes on the first (1st) violation.
- C. Any police/law enforcement involvement in a situation negates the self-referral option.

Non-Self-referral.

- A. Matter of public record, police log or report or law enforcement involvement.
- B. School personnel with first-hand knowledge reports violation to any coach, AD, HS Principal or Dean of Students and is willing to have his name attached to the accusation.
- C. Confronted by coach or school personnel and admission results.

Special Circumstances

- A. An athlete who floats from the Varsity to JV will be denied the % amount of scheduled varsity contests (1st or 2nd offense). For example, if a student is suspended 2 games, this would include both the JV and Varsity games on consecutive dates if they are played on the same

day.

Practices

- A. An athlete must practice in all scheduled practices during the time of the denied contests and also will travel with the team.

Denied Participation

- A. Denied participation may carry over into another sport season. If the number of contests remaining in the season is less than the % of contests to be denied, the penalty is carried over into the athlete's next season.
- B. Tournament games are also subject to disciplinary action.

Penalties

Lying

- A. An athlete will be denied an additional 10% of scheduled contests if caught lying about their own code of conduct violation.
- B. An athlete will be denied 10% of scheduled contests if caught lying when confronted about another athlete's code of conduct violation.

First Offense

- A. Self-referral (1st offense only)
- a. After self-referral to school personnel (coach, AD, HS Principal or Dean of Students), an athlete voluntarily seeks assistance for dealing with an alcohol or other drug situation, they shall be denied participation in 10% of scheduled contest.
- B. Non Self-referral
- a. Athlete will be denied participation in 20% of scheduled contest.
- C. **First offense will go on record in the Athletic office.**

Second Offense

- A. Athlete will be denied participation in 50% of scheduled contest.
- B. **Second offense will go on record in the Athletic office.**

Third Offense

- A. Athlete will be denied participation for one (1) calendar year from the date of discovery.
- B. **Third offense will go on record in the Athletic office.**

Fourth Offense

- A. Athlete will be denied participation for the remainder of his/her high school athletic career.

Additional Training Rules:

All teams will follow the above guidelines regarding code of conduct issues and administer them accordingly. Additional training rules (other than for the code of conduct issues) may be listed by each individual coach for his/her sport (i.e. curfew, violations, dress code, school conduct, etc.). All additional rules will be subject to the approval of the AD, HS Principal and Dean of Students. These rules will be placed in writing and given to the athlete/cheerleader and their parents/guardians for signature as to the knowledge of their existence.

Violations Procedure

When a violation is reported/known, the athlete(s) will be interviewed as soon as possible by the AD, HS Principal or Dean of Students and/or Head Coach. Two (2) staff members shall be involved in the meeting unless it is conducted by the HS Principal, Dean of Students or Superintendent. Also, parents will be notified regarding the situation.

If denial of participation is enforced, the student/athlete may appeal the decision to the next level. The chain of command will be placed in effect:

Head Coach

Athletic Director

HS Principal or Dean of Students

Superintendent

Board of Education – may listen to complaints, but does not have ability to overturn any form of disciplinary action.

During any appeal process, the student/athlete has the right of representation of their choice to attend