

## **WARNING**

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with inter-scholastic sports participation.

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Athletic Redskin  
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## **HAZING**

The Goshen High School Athletic Department does not condone hazing. All GHS students, whether they are freshmen, seniors, rookies or veterans, have a right to participate in our programs without having to endure hazing. Activities resembling hazing should be reported to the GHS principal or athletic director.

## **EQUAL EDUCATION OPPORTUNITY**

It is the policy of the Goshen Board of Education that no person shall, on the basis of race, creed, color, religion, sex, national origin, age or handicap, be excluded from participation in or denied the benefits of any of its educational programs or activities.

## **GHS Mission, Vision, and Values**

**Mission Statement:** Ensuring all student-athletes acquire knowledge and apply skills - enhancing tomorrow's opportunities.

### **Vision Statements:**

- To utilize the values of athletics to develop productive citizens
- To strive to promote a supportive and positive environment in which students excel competitively
- To encourage student athletes to compete in multiple sports
- To create an environment that fosters the character development of our athletes, while promoting mental and physical toughness.

### **Value Statements:**

- Incorporate work ethic, passion, perseverance, diligence, positive attitudes, absence of negativity, sportsmanship, and dedication with coaching and instruction
- Present opportunities for community service and working with youth
- Encourage leadership by example and develop leadership roles within the team
- Demand excellence in competition
- Reward academic and athletic excellence
- Hold athletes accountable to the team and for their own actions
- Offer team building activities
- Open communication between player and coach and parents and coach.
- Work with each athlete and team to strive for realistic goals and measures of success
- Educate students on the benefits of multiple sport participation
- Openly promote multiple sport participation in a positive manner
- Athletic staff and athletes will support other athletic teams

## **GHS Athletic Department Website**

Please visit [ghs.goshenschools.org](http://ghs.goshenschools.org) for valuable and up to date information pertaining to GHS athletics. Schedules, results, team pages, and this handbook can be found there. You can also download schedules to Palm or Outlook. For swimming & diving and cross country, use the Boys/Girls option for gender.

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## **INTRODUCTION**

### **TO PARENTS**

This booklet has been written to enhance communication between parents, coaches, and school administrators. Please familiarize yourselves with the rules and regulations that govern participation in our program. If you have any questions, please direct them to the Athletic Director at Goshen High School, at 533-8651 ext. 2527, 2525, or 2524.

Parents are asked to demonstrate their support by attending as many athletic contests as possible. Freshman and Junior Varsity players really appreciate seeing their parents at games. Complete schedules are available in the athletic office and on our website at [ghs.goshenschools.org](http://ghs.goshenschools.org).

By design, athletic participation is loaded with successes and failures, setbacks and triumphs. Parents can make a big difference in how these situations are handled. Parents who encourage their son or daughter to go to their coaches for clarification, understanding and counsel are contributing to their child's normal growth, development, and maturity.

### **TO THE ATHLETES**

The Goshen High School Athletic Department is very pleased you have chosen to become a member of one of our athletic teams. Interscholastic athletics provide many opportunities for you to grow and develop as a young adult. We hope the friendships you make, the challenges you face, and the excitement you generate will make this season a memorable experience.

As an athlete, your actions on and off the field reflect on the entire athletic program. Your behavior helps to shape the perceptions of those who make decisions that will impact the future of GHS Athletics. The Board of Education, Community, and School Administration cherish the values associated with competitive athletics and fund our program accordingly. We expect our athletes to conduct themselves in a manner consistent with the department's philosophy.

Redskin Athletic Teams take tremendous pride in their preparation and performance. Our athletes work long and hard, compete intensely, and treat opposing teams with respect. They have represented our school and community with style and class. We are counting on you to continue this successful tradition.

We encourage you to set high goals and commit yourself to their attainment. The rewards will not come quickly or easily, but when you do succeed, the sense of accomplishment will be well worth the effort.

## PHILOSOPHY

Competitive athletics play an integral part in the educational program at Goshen High School. The challenges associated with competition create learning experiences for all athletes. A player's drive, determination, confidence, mental toughness, and emotional control are tested daily. The educational value of athletics lies in how the athlete copes with these challenges. Coaches stress commitment, dedication, and hard work. Coaches work closely with the players as they face these obstacles. Athletes are taught a formula that can be applied to real-life situations: They learn to plan, prepare, perform, evaluate and try, try again.

Goshen High School fields forty-nine athletic teams in twenty different sports. The program includes twenty varsity and twenty-nine sub-varsity teams that provide opportunities for students to participate at a level commensurate with their abilities.

**All students, including seniors, compete equally for playing time.** Pre-season practices and scrimmages provide an opportunity for players to demonstrate what they can do. **Coaches select the best players and field their most competitive starting lineups.** Goshen teams play to win, but coaches do try to balance what is good for the team and what is good for the individual player.

## GOOD SPORTSMANSHIP

Good sportsmanship is a quality we all value. Our coaches do their best to teach and develop sportsmanship while encouraging their players to treat opposing players, coaches, and officials with respect.

Competitive athletics, by design, brings out the best and worst in people. We are committed to using the "teachable moments" in sports to help our students learn the most valuable lessons athletics has to offer.

Athletes are expected to accept seriously the responsibility and privilege of representing school and community. All individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and display good sportsmanship at all times.

## **SPECTATOR BEHAVIOR**

Any spectator using or shouting inappropriate or abusive language will be removed from the activity and may be asked not to attend any GHS athletic events in the future.

Any spectator committing an act that in any way could affect the safety of players or other spectators will be removed from the facility.

Respect fans, coaches and participants. Be a role model by positively supporting teams in every manner possible.

BE A FAN... NOT A FANATIC!

## **Pledge of Adults**

**I realize that I am a guest of the school's students when I attend a high school athletic event. Just as I would not do anything unbecoming to my status as an adult in the homes of my friends, I will not act in an unbecoming manner while attending school functions. It is the coach's job to teach the players the game; and unless I would accept public criticism on how I handle my job, I should not publicly criticize a coach for the way he/she does his/her job. I realize that the game is being played for the benefit of the players and students; therefore, I should not take from them the enjoyment they receive.**

**ATHLETIC TEAMS STARTING DATES**  
2011-2011 through 2013-2014

<b>FALL SEASON</b>	<b>11/12</b>	<b>12/13</b>	<b>13/14</b>
CHEERLEADING	Aug. 1	July 30	Aug. 5
CROSS COUNTRY (BOYS' AND GIRLS')	Aug. 1	July 30	Aug. 5
FOOTBALL	Aug. 1	July 30	Aug. 5
GIRLS' GOLF	July 29	July 27	Aug. 2
SOCCER (BOYS' AND GIRLS')	Aug. 1	July 30	Aug. 5
BOYS' TENNIS	Aug. 1	July 30	Aug. 5
VOLLEYBALL	Aug. 1	July 30	Aug. 5

**WINTER SEASON**

BASKETBALL GIRLS'	Oct. 24	Oct. 22	Oct. 28
BASKETBALL BOYS'	Nov. 7	Nov. 5	Nov. 11
CHEERLEADING	Nov. 7	Nov. 5	Nov. 11
SWIMMING GIRLS'	Oct. 24	Oct. 22	Oct. 28
SWIMMING BOYS'	Nov. 7	Nov. 5	Nov. 11
WRESTLING	Oct. 31	Oct. 29	Nov. 4

**SPRING SEASON**

BASEBALL	March 12	March 11	March 17
BOYS' GOLF	March 12	March 11	March 17
BOYS' TRACK	Feb. 13	Feb. 11	Feb. 17
GIRLS' TRACK	Feb. 13	Feb. 11	Feb. 17
SOFTBALL	March 5	March 4	March 10
GIRLS' TENNIS	March 12	March 11	March 17

**SPORTS RECOGNITION NIGHTS:** GHS AUDITORIUM OR GYM - 7:00 P.M.

FALL	-	Monday, Nov. 7, 2011
WINTER	-	Tuesday, March 13, 2012
SPRING	-	Monday, June 5, 2012

(Any team winning an NLC Championship, a sectional, or higher state tournament will have the option of having a separate recognition night.)

**ACADEMIC/ATHLETIC ELIGIBILITY CERTIFICATION DATES:**

October 20, 2011  
January 17, 2012  
March 22, 2012  
May 31, 2012

## INTERSCHOLASTIC SPORTS TEAMS

### SPORT

### TEAM LEVELS

#### FALL SEASON

CHEERLEADING	FROSH.	JV.	VAR.
BOYS' & GIRLS' CROSS COUNTRY		JV.	VAR.
FOOTBALL	FROSH.	JV.	VAR.
GIRLS' GOLF		JV.	VAR.
BOYS' & GIRLS' SOCCER		JV.	VAR.
BOYS' TENNIS		JV.	VAR.
VOLLEYBALL	FROSH.	JV.	VAR.

#### WINTER SEASON

CHEERLEADING	FROSH.	JV.	VAR.
BOYS' BASKETBALL	FROSH.	JV.	VAR.
GIRLS' BASKETBALL	FROSH.	JV.	VAR.
BOYS' & GIRLS' SWIMMING		JV.	VAR.
WRESTLING		JV.	VAR.

#### SPRING SEASON

BASEBALL	"C"	JV.	VAR.
BOYS' GOLF	"C"	JV.	VAR.
BOYS' TRACK		JV.	VAR.
GIRLS' TRACK		JV.	VAR.
SOFTBALL		JV.	VAR.
GIRLS' TENNIS		JV.	VAR.

Freshman teams are open to members of the ninth grade ONLY. "C" teams will be a comprised of JV players that do not see regular playing time at the JV level. Junior Varsity teams are open to members of the ninth, tenth, and eleventh grades. Varsity teams are open to ALL high school students. The Athletic Department may grant Junior Varsity status to a senior in special cases.

#### **MORATORIUM WEEK**

**Moratorium week is a week in which the IHSAA mandates that no IHSAA members can hold any type of athletic activities. This week always starts on the Monday that includes the 4<sup>th</sup> of July. For the summer of 2012, that will be July 2nd - July 8th.**

## AWARDS

VARSITY LETTER AWARD	6 points
2nd VARSITY LETTER IN SAME SCHOOL YEAR	7 points
3rd VARSITY LETTER IN SAME SCHOOL YEAR	8 points

NON VARSITY LETTER WINNERS		
FRESHMAN	Certificate of Participation	1 point
SOPHOMORE	Certificate of Participation	2 points
JUNIOR/SENIOR	Certificate of Participation	3 points

A "G" will be awarded for the first varsity letter earned. A certificate will be given to each varsity letter winner for the first 3 letters earned in each sport. A plaque will be given for the 4th letter in the same sport.

**JACKET AWARD:** Jacket is red with gray leather sleeves. Upon qualifying for a jacket, athletes are to go to the athletic secretary to get a form to order the jacket.

TO QUALIFY FOR A JACKET, THE ATHLETE:

1. Must have earned a varsity letter and;
2. Must have completed their freshmen year.

Graduation numerals will be placed on the jacket when ordered. Athletes may purchase from the athletic secretary a letter bar for the jacket sleeve for each varsity letter earned. Bars are to be worn below the numerals on the left sleeve. When the left sleeve is full, bars may then be placed on the right sleeve. Captain Stars are to be worn at the top of the right sleeve.

The last name of the athlete may be placed on the back of the jacket (centered and straight across). A first initial may also be added to the name, but must fit on the same line. The student purchases the name. This must be done at the time the jacket is purchased.

JACKET REGULATIONS:

1. Only medals earned in GHS athletic programs may be worn on the jacket.
2. Jackets and awards, purchased or earned, are to be worn only by the athlete who earned the award or jacket.

**PATCHES:**The GHS Athletic Department wants to encourage athletes and athletic teams to achieve as much success as possible. One way of showing athletic accomplishments is through the wearing of patches on jackets. The following policy regarding patches is in effect for all varsity sports. (All patches are ordered through the athletic office).

- \*\* The GHS Athletic Department will purchase a maximum of one IHSAA tournament series award patch per athlete per sport. If an athlete qualifies for more than one patch, (i.e. Athlete is individual sectional champion and team wins sectional) the athlete may purchase the additional patch(es) through the athletic office.
- \*\* The GHS Athletic Department will purchase a maximum of one NLC award patch per athlete per sport. If an athlete qualifies for more than one patch, (i.e. NLC Champion, All-Conference, HM All-Conference, and/or team NLC champion), the athlete may purchase the additional patch(es) through the athletic office.
- \*\* The GHS Athletic Department will purchase State Finals patches for teams who place in the top four or individuals who are state finalists.
- \*\* No athletic award (earned or purchased) may be worn on clothes other than the approved GHS jacket.
- \*\* Patches are to be worn on the body of the jacket, not on the sleeves.
- \*\* Student athletes that have earned a music jacket and an athletic jacket, but do not purchase both, may wear awards from either activity on the jacket of their choice.

**SENIOR AWARDS:** Plaques and Blankets

**PLAQUE:** 32-37 points: Given to a senior athlete in good standing at Spring Sports Recognition Program.

**BLANKET:** 38+ points: Given to a senior athlete in good standing at Spring Sports Recognition Program.

\*\*To qualify for a Senior Award an athlete must earn at least one varsity letter award in his or her Senior year. Senior awards are subject to the approval of the GHS administration. Any action serving to discredit the athletic department or Goshen High School could result in the loss of a Senior Award.

**TEAM AWARDS**

**PATCHES :**

1. Undefeated Regular Season
2. One patch for Sectional and/or Regional and/or Semi-State
3. A team that places in the top four in State Finals or advances to the state finals.
4. Conference Champions

\*\*Patches will be awarded by coaches' recommendation with approval from the athletic director.

**PICTURES:**

A 16"x 20" team picture for the lobby will be displayed for:

1. Sectional, Regional, or Semi-State Championships
2. Conference Champions
3. Undefeated Season
4. State Qualifying Team

\*\*A large team picture will be displayed for State Champion or State Runner-up teams (one team picture per team per season) and for other outstanding teams who earn this distinction through nomination of the director of athletics and approved by the head coaching staff.

### **INDIVIDUAL AWARDS**

#### **PICTURES:**

An 11"x 14" picture of outstanding athletes will be placed in the gym area according to the following criteria:

STATE CHAMPIONS: 11"X 14" Color picture for lobby

FOOTBALL: Player selected to the North vs. South Coaches All-Star Game or 1st team All-State Team

TENNIS: Selected to Coaches 1st Team All-State or places in state finals level of play in state tourney for undefeated #1 singles and doubles.

BASKETBALL: Selected for Kentucky vs. Indiana All-Star Games or named to 1st or 2nd All-State Team

BASEBALL, SOFTBALL, SOCCER, VOLLEYBALL: Selected for North vs. South Coaches All-Star Game or selected to All-State 1st Team.

GOLF: Place in top 10 in state meet or named to Coaches All-State Team

SWIMMING, WRESTLING, TRACK, and CROSS COUNTRY: Recognized place winners in state finals

#### **PATCHES:**

1. NLC Champion, all NLC, or HM NLC. (one patch)
2. Sectional and/or Regional and/or Semi-State Champion (one patch)
3. State Patch for athletes who qualify for picture in lobby.
4. State Qualifier patch
5. 1<sup>st</sup> team academic all-state as a senior.

### **ALL STATE ACADEMIC RECOGNITION**

Athletes who are named to 1st Team All-State Academic by their respective IHSAA recognized coaches association, ICGSA for Girls sports, will be designated as All-State Academic Athletes by GHS.

### **STATE MENTAL ATTITUDE AWARD**

Winner will have an 8"x10" color picture displayed in gym area.

### **POLICY GUIDELINES**

1. All Awards must be worn following the prescribed guidelines.
2. Only the individual who earned the award may wear the award. No awards, jackets, etc. are to be worn by brothers, sisters, boyfriends, girlfriends, etc.
3. Failure to comply with the policy guidelines will result in the refusal of the athletic department to present an athlete with, or allow the athlete to purchase, any further awards.

THE GHS ATHLETIC DEPARTMENT RESERVES THE RIGHT TO RECOGNIZE PAST GOSHEN HIGH SCHOOL ATHLETES WHO ACHIEVE OUTSTANDING RECOGNITION IN ATHLETICS AFTER GRADUATION FROM GHS.

All awards are subject to athletic director and coaches' approval. The criteria listed below are to be viewed as guidelines. Please address any questions to the head coach of the sport in question.

### **AWARD CRITERIA**

#### **SPORTS**

CHEERLEADING - Varsity awards, JV awards and Frosh awards are earned by completing the expectations of the program and completing the season with the respective team.

BOYS' & GIRLS' CROSS COUNTRY - Athletes who earn 15 points during the season qualify for a varsity letter. Individuals completing the season with less than 15 points earn JV awards.

BOYS' & GIRLS' GOLF - Athletes who participate in 1/3 of the varsity matches will earn varsity letters. Athletes who complete the season will earn JV awards.

FOOTBALL - Athletes must appear in 1/2 of the varsity quarters. Any player on a special team may count 1 quarter for each special team he is on. Any athlete that completes the season will earn JV awards. Any Frosh team members that complete the season will earn frosh awards.

BOYS' & GIRLS' SOCCER - Athletes who play in at least half of the varsity soccer matches will be eligible for a varsity letter. Athletes who complete the season will earn JV awards.

BOYS' & GIRLS' TENNIS - Athletes who play in 1/3 of the varsity matches. JV awards are earned by athletes who complete the season.

VOLLEYBALL - Athletes who play in 1/2 of the varsity regular season games will earn a varsity letter. JV awards and frosh awards are awarded to those athletes who complete the season.

BOYS' & GIRLS' BASKETBALL - Athletes who appear in 1/4 of the varsity quarters will earn a varsity letter. Any athlete who completes the season with the JV or frosh teams will earn the respective awards.

BOYS' & GIRLS' SWIMMING AND DIVING - A swimmer who earns 60 team points and a diver who earns 36 team points will earn a varsity letter. Athletes not earning 60 or 36 points will earn JV points if they complete the season.

WRESTLING - Athletes who earn 50 pts. In varsity matches will earn a varsity letter. Frosh and JV wrestlers who complete the season will earn their frosh or JV awards.

BASEBALL & SOFTBALL- Athletes who appear in 1/2 of the varsity games will earn a varsity letter. All other athletes completing the season will earn JV awards.

BOYS' AND GIRLS' TRACK & FIELD - Athletes who earn 15 points will earn their first varsity letter. Athletes scoring at the conference meet or a state series meet will be given special consideration. JV awards are earned by those athletes who complete the season.

#### **TEAM MANAGERS**

Athletic managers will receive varsity letters on coach's recommendation, with approval from the athletic director. It is unlikely a manager can earn a varsity award during their first season in a specific sport.

#### **STUDENT ATHLETIC TRAINING LETTERING REQUIREMENTS**

##### **MAJOR LETTER AWARD**

- Student must work an average of five days per week and assigned event coverage per season.
- Student must demonstrate proficiency at taping and wound covering.
- Student must become first aid and CPR certified if provided.

Points awarded:

1<sup>st</sup> major: 3 points

2<sup>nd</sup> major in same school year: 3.5 points

3<sup>rd</sup> major in same school year: 4 points

\*Two major awards constitute earning a varsity letter, but only one varsity letter may be earned per school year.

### **MINOR LETTER AWARD**

- Student must average weekly contact with the training room.
- Student must demonstrate proficiency at beginning taping skills and wound coverage.
- Student must become first aid and CPR certified if provided.

#### **Points awarded:**

Freshman minor: 0.5 points  
Sophomore minor: 1 point  
Junior minor: 1.5 points

Trainers will be recognized at the conclusion of each season, but will only earn Kiwanis Scholar recognition in the spring.

### **CHEERLEADING AND MANAGERS POINT SYSTEM**

Cheerleaders and managers will be presented awards according to the following criteria: they must be in good standing at the end of the athletic season to be eligible for credit for each season's service. There are two seasons for cheerleading; football and basketball. Points will be distributed at 50% of the points listed on page 8. Only one varsity letter can be earned/school year.

### **SPECIFIC EXPECTATIONS**

Goshen High School athletes are expected to:

1. Comply with all IHSAA and school eligibility rules.
2. Attend every practice session. These include practices during holidays, weekends, and vacation periods.
3. Refrain from smoking or chewing tobacco, drinking alcoholic beverages or using drugs.
4. Conduct themselves in a manner consistent with the principles of good sportsmanship and fair play.
5. Students will not be allowed to practice or compete if they have not attended class or classes at Goshen High School. (Exceptions - planned absences, field trips.)
6. Be responsible for the care and return of all equipment issued to them.
7. Adhere to all rules and regulations a coach may require of his/her sport.

\*\*\* INSERT DRUG TESTING ARTICLE \*\*\*

## **GOSHEN HIGH SCHOOL ATHLETIC CODE OF CONDUCT**

### **PHILOSOPHY:**

The participant in athletics, as a member of a team, or an individual performer, is valued first as a human being and second as an athlete. Those who participate in athletics are entitled to respect, dignity, privacy, and the right opportunities to develop as a whole and healthy person. Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only after the body and mind have been conditioned through a regular training program. This code is to be followed by all athletes, and is to be in effect for the full calendar year.

### **POLICY GUIDELINES:**

1. Policies and procedures should be reviewed annually for consistency and evaluation.
2. Policies are a means of regulation, enforcement, and intervention for needs assessment. They may be viable tools for prevention. The effectiveness of policies may be measured by their application in preventive or intervention situations.
3. The merit of this program is in the fact that it offers a positive approach; punishing the behavior and not destroying the individual. Not as threatening as past policies, it offers flexibility, a great deal of communication, identification, treatment, and on-going support.
4. This code is to be followed by all athletes and is to be in effect for 365 calendar days.
5. If any offenses occur during the off-season or if the athlete is not currently participating in a sport, the penalty would begin at the beginning of his/her next athletic season, except for possible cases of treatment, which would occur sooner.
6. Any out-of-school suspension would also be considered as a no practice or no activity suspension to be administered in the same time period. If that athlete is in a sport at that time, they would be placed on the offense ladder accordingly, if it is a policy offense.

### **STUDENT - ATHLETE CODE OF CONDUCT**

1. No possession or use of tobacco in any way at any time.
2. No possession or use of illegal drugs at any time.
3. No possession or drinking of alcoholic beverages at any time.
4. No possession or use of ephedrine at any time.
5. No attendance at parties or gatherings where alcoholic beverages or drugs are being used. If this situation arises unexpectedly, the individual shall leave immediately and

- notify their parents, head coach, and athletic director. At adult functions where alcohol is being served, students should be accompanied by their parents.
6. Any student convicted of a felony shall be excluded from participation in activities representing the school for one full year from the time of the conviction. PLEASE NOTE: Continuation in an activity during the period between being charged, and acquittal or conviction, is contingent upon a decision by the athletic director, principal and coach.
  7. Committing acts of vandalism, gross disrespect, or theft.
  8. Accept seriously the responsibility and privilege of representing school and community and displaying good sportsmanship during all contests. Continued acts of unsportsmanlike conduct will result in suspensions that are contingent upon a decision of the athletic director and coach.
  9. It is expected that, as a student of Goshen High School, the rules of the school will be followed. Your general conduct in and out of school shall be such as to bring no discredit to yourself, your parents, your school or your teammates. Any athlete, who is causing poor team morale at any time or in any way hurting team harmony, is subject to suspension or dismissal.
  10. Athletes and managers are expected to be at all scheduled practices, meetings, and contests. It is the responsibility of the athlete to contact his/her coach if an absence is necessary. If the coach is unavailable, please contact the athletic office at 533-0652 and leave a message for the coach.
  11. All equipment that is issued is on a LOAN basis and is the property of GOSHEN HIGH SCHOOL. All equipment is to be properly cared for and returned at the request of the coach.
  12. Adhere to all rules and regulations a coach requires of his/her sport.
  13. The student/athlete must attend a drug testing meeting each school year. The parent/guardian must also have attended a drug testing meeting before the student may compete. One meeting will meet the parent requirement for the student/athletes Goshen Schools career.
  14. Any suspensions must be served in a sport in which the student has previously participated during high school, except for freshmen.
  15. Social Networking statement: Student-athletes are accountable for information they post on social networking sites. Posting that are negative toward opponents, officials, teammates, and/or staff are all subject to scrutiny and can be considered code of conduct violations.

Once the code of conduct has been reviewed by the athlete and parent(s)/guardian(s), a signed copy of the consent form must be

on file in the athletic office before the athlete may participate in any scheduled practices or contests.

**FIRST OFFENSE:**

1. 25% suspension of the contest season. Completion of the suspension is contingent upon the student participating in a counseling program recognized by the school.
2. Parent consultation, written and verbal by the head coach and athletic director
3. Consultation should be done within 3 days of the discovery of the violation.
4. Copies should be sent to the Principal, Athletic Director, and the counselor.
5. Offense becomes part of the athlete's athletic record.

**SECOND OFFENSE:**

1. 50% suspension of the contest season. Completion of the suspension is contingent upon the student participating in a counseling program recognized by the school.
2. Parent consultation, written and verbal by the head coach and athletic director
3. Consultation should be done within 3 days of the discovery of the violation.
4. Copies should be sent to the Principal, Athletic Director, and the drug counselor.
5. Offense becomes part of the athlete's athletic record.

**THIRD OFFENSE:**

1. Athletic career in all sports is terminated.
2. Parent consultation, written and verbal by the head coach and athletic director
3. Consultation should be done within 3 days of the discovery of the violation.
4. At this time parents and athlete agree to meet with a counseling agency for another evaluation and possible treatment.
5. Parents will submit written results of their action with a counselor to the athletic director.

While under suspension, the student will continue to practice with the approval of the athletic director and coach. The athlete may not wear any part of the competitive uniform or team warm-up to school or games while under suspension.

**SELF-REPORTING:**

In an attempt to assist students with drug/alcohol problems, there is a one-time opportunity to self-report a violation.

A self-reported violation will result in a 10% suspension.

The criteria for self-reporting are:

1. Only applies to a first offense
2. Report violation directly to the head coach or

- athletic director within 2 days of incident.
3. Cannot be applied in situations that involved the police.

### **APPEAL PROCESS**

The appeal process can be applied in the following situations:

- 1) After initial decisions regarding code of conduct violations, the student/athlete has 48 hours to make a written appeal. Written appeals will only be accepted on behaviors not specifically addressed in the handbook. Parent(s) and student must meet with the athletic director. That meeting must take place within 1 week of the initial decision. Written and verbal notification of the final decision will be given.
- 2) In a 3rd offense situation, an appeal to GSC central office administration can be made. The timing of the written appeal is the decision of the student and parents. The student athlete cannot be reinstated earlier than one year from the date of their third offense.

## INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION

### 10 POINT CHECKLIST FOR STUDENT ELIGIBILITY

If you cannot check all items, see your principal or athletic director.

1. You will not or have not turned 20 before or on the scheduled date of the IHSAA State Finals in a sport.
2. You are currently enrolled and currently passing in five full credit subjects or the equivalent.
3. You have had a physical examination between May 1 and your first practice each year.
4. You have filed your Code of Conduct which has been signed by your parent/s or legal guardian/s.
5. You have not changed schools without a corresponding move by your parent/s or guardian/s.
6. You have not participated in non-school contests in your sport after having reported for your school team.
7. You have never dropped out of school.
8. You have had the required number of practices in your sport preceding participation in a contest.
9. You enrolled in your school during the first 15 days of a semester.
10. You have never received money or merchandise directly or indirectly for your athletic participation.

### NCAA INITIAL-ELIGIBILITY CLEARINGHOUSE

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions - Divisions I, II and III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

It is your responsibility to make sure the Clearinghouse has the documents it needs to certify you. These documents are:

1. Your completed and signed Student Release Form and fee.
2. Foreign Student Application.
3. Your official transcript mailed directly from every high school you have attended.
4. Your ACT or SAT scores.

### **PHYSICALS**

All athletes must have a physical on file, taken after May 1 and before their first scheduled day of practice each school year. Athletes who choose to participate in conditioning programs **MUST** have their physical on file in the athletic office before participating. **For summer participation, students with physical exams from the previous school year are allowed to participate, but those students not in a sport the previous school year, must obtain a new physical exam.** The Goshen High School athletic department and local Goshen community physicians coordinate a physical exam day during May. There will be a \$10 fee with all proceeds donated to the GHS athletic department.

## **SQUAD SELECTION PROCEDURES**

We feel strongly that all students can benefit from participation in competitive athletics. Unfortunately, there are occasions when it becomes necessary to "cut" students in some sports. The decision to limit team size may be caused by one or more of the following factors:

- \* Safety (space availability and player/coach ratio)
- \* Time Limitations (reasonable opportunity for active Participation in practice and/or games)

Coaches are sensitive to the impact the cutting process has on candidates who do not make the team.

## **ATHLETICS AND ACADEMICS**

Most teams practice at GHS after school or into the early evening hours, and on Saturdays. There are a few teams, however, who use shared or community facilities and, consequently must practice when these facilities are available.

Goshen games are played after school, in the evening or on Saturdays. Travel to and from games may require some teams to return home late in the evening. We do our best to minimize the amount of academic time that is lost due to athletics.

We have found that athletes can maintain a high level of performance on the field and in the classroom if they make effective use of their "unscheduled" time. Parental help and guidance with this matter is greatly appreciated. In order to compete in contests on school days, students must be in attendance at school for half the school day.

## **WEDNESDAY CONTESTS AND PRACTICES**

Wednesday evening contests are highly discouraged. We do have a few sports that have conference games on Wednesday nights, but the majority of our teams will not have contests scheduled on Wednesdays. All Wednesday practices are to be completed by 6:30 p.m.

Sunday practices or meetings are forbidden by IHSAA regulations.

## **JOBS AND THE ATHLETE**

We strongly discourage "in-season" athletes from working during their season. There are only so many hours in a day, and experience indicates that studying and playing a high school sport is more than enough for an adolescent to handle successfully.

Athletes are encouraged to meet with their respective employers and to agree upon a part-time schedule that is acceptable to both parties while the athlete is "in-season".

## **ATHLETIC TRAINING ROOM**

The GHS Athletic Training Room is open everyday after school. Services include injury assessment, taping, whirlpool and ultra-sound treatments, and follow-up care. The athletic trainers also are responsible for keeping data on heat index. Practices will be modified **when heat index readings are above 100** and **cancelled when heat index readings reach 110**.

All athletes are encouraged to report all injuries to the head trainer before seeking medical treatment. Any questions regarding injuries or training room procedures should be addressed to GHS trainers, Melanie Mickley, at 533-8651 ext. 2528, and Catherine Wohlford, at 533-8651, or the Athletic Office, ext. 2527.

## **SUPPLEMENTAL INSURANCE COVERAGE**

Goshen High School does NOT provide insurance coverage for its athletes. It does, however, offer supplemental insurance for the athletes. This policy has several options for purchase. Contact the athletic secretary for more information.

We strongly suggest that if you have no insurance, please investigate the supplemental policy that is offered.

## **SPORTS PERFORMANCE PROGRAM**

Goshen High School student-athletes are strongly encouraged to enroll in the weight training courses. GHS has also implemented a summer sports performance program using the "Crossfit" gyms program for injury prevention, improved core strength, and overall better athleticism. All GHS student-athletes should take advantage of this opportunity.

## **ATHLETIC PARTICIPATION**

1. It is the policy of the Goshen High School Athletic Department that all athletes should be free to choose in which sports they wish to participate.
2. Many of our athletes will participate in more than one sport during the school year. It is imperative that coaches cooperate and work with each other in handling of athletes.
3. It is natural for coaches to try and "sell" their particular sport or program. This is to be expected. It is a serious breach of coaching ethics for a coach to ever tell or discourage an athlete from participation in another sport, or to encourage an athlete to drop a sport.
4. Student athletes should feel assured that their opportunity to participate in sport A will not be hampered because of their participation in Sport B.
5. Coaches should make a sincere attempt to not interfere with an athlete when he/she is participating in another sport. Concern for, and interest in, any athlete is always appreciated. An athlete should not be torn between the interests of two or more coaches. Professional integrity must be used when working with athletes under the direction of another coach.
6. An athlete who drops a sport will not be eligible to participate in another sport until the season of the dropped sport is completed. Any exceptions to this regulation must be presented in written form to the athletic director. The athletic director will confer with the affected coaches and with the athlete prior to his decision. In general great leeway will be given to ninth graders who request a change prior to the contest season. The longer a sport has been in season the more difficult it will be to obtain a release.
7. Players who are "cut" from a squad will be allowed to immediately go to another sport, after consultation with the coach of the new sport. THEY MAY PARTICIPATE IN THE NEW SPORT AFTER COMPLETING 10 "Days of" PRACTICE IN THE NEW SPORT. Players who are cut or released for disciplinary reasons will be treated as if they quit the sport.
8. A player who commits a violation of the code of conduct while in season, and then decides to quit the team, will complete his/her suspension whenever they participate in athletics again (be it a new sport or the following year).

## **SHARING STUDENT PARTICIPANTS IN EXTRA-CURRICULAR ACTIVITIES**

### **PHILOSOPHY:**

Goshen High School strives to provide as many learning experiences as possible for its students in both curricular and extra-curricular areas. These activities should work in coordination with the student's classroom experience and should enrich and supplement this curricular learning. The Goshen teaching and extracurricular staff should strive to assist the student in thinking and applying his/her knowledge gained in both experiences to meet new situations.

Step 1. At the beginning of each season, it is the responsibility of the student/athlete to inform coaches and sponsors of their participation in multiple school activities that may present conflicts.

Step 2. It is the responsibility of the coaches and extracurricular sponsor to meet and to work out possible solutions to conflicts. Please do not incorporate the student as a communicator between the coach and extracurricular sponsor. The coach and sponsor are to meet and discuss possible solutions.

Step 3. When the conflict cannot be resolved, the situation must be brought to the attention of the school administrators and athletic director. A school administrator, the athletic director, the respective coach and/or sponsor, and the shared student will meet and discuss the problem. The coach/sponsor will present his/her view of the situation. The administrator will then meet with the student separately. When a solution cannot be found the student's parent will make the decision as to which activity the student will participate in, understanding the possible consequences of participating in one activity and not another, in relation to position and awards. All consequences determined by coaches and/or sponsors, must be made clear to the student. This should be done in writing immediately, but must be done within a minimum of fourteen (14) days prior to the conflict, or as soon as qualifying for the next level occurs.

- \* If coaches or sponsors fail to identify conflicts, they will be refrained from giving consequences to students/athletes as a result of decisions the coach/sponsor has made.
- If the student fails to inform the coach or sponsor, or fails to make a decision within ten (10) days, or as soon as conflict occurs, he/she may be refrained from participating in either activity.

# REDSKIN CONTRACT

SINCE I HAVE BEEN SELECTED AS A MEMBER OF A GOSHEN HIGH SCHOOL ATHLETIC TEAM(S), I HAVE READ AND HEREBY AGREE TO ABIDE BY THE RULES AND REGULATIONS OF THE GOSHEN HIGH SCHOOL ATHLETIC DEPARTMENT. I ALSO UNDERSTAND THAT I MUST ABIDE BY THE TEAM RULES ESTABLISHED BY MY COACH(ES).

Gender: M or F

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Print Name of Athlete \_\_\_\_\_ Grade Entering 2011-2012 \_\_\_\_\_

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Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

SINCE MY SON/DAUGHTER HAS BEEN SELECTED AS A MEMBER OF A GOSHEN HIGH SCHOOL ATHLETIC TEAM(S), I/WE HAVE READ and understand the warning on p. 1, the "mission, vision, and values", the introduction, and the code of conduct. I/WE WILL DO ALL THAT I/WE CAN TO HELP ENFORCE THE REDSKIN CODE OF CONDUCT, AND DRUG AND ALCOHOL POLICY.

I also give my son/daughter permission to participate in athletic team fundraisers.

We give permission to the GHS Sports Medicine staff to disclose protected health information for purposes to treat, coordinate, or manage the athlete's health care. We may also disclose health information necessary to coaches, emergency contact persons, parent/guardians, or other Sports Medicine personnel.

### **Permission to Receive Medication**

**Yes or No (Circle One):** Permission is given to the Athletic Training Staff to administer over-the-counter medications.

List any medication NOT to be given:

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

GOSHEN COMMUNITY SCHOOLS uses athletic photos on GHS athletic web pages. PLEASE CHECK ONE OF THE FOLLOWING:

\_\_\_\_\_ I grant GCS permission to use my son/daughter's name, GPA, and name of college they will attend and major field of study under any pictures used.

\_\_\_\_\_ I do not grant GCS permission to use my son/daughter's name, GPA and name of college they will attend and major field of study under any pictures used.

IF YOU HAVE ANY QUESTIONS CONCERNING THE RULES AND REGULATIONS OF

THE GOSHEN HIGH SCHOOL ATHLETIC DEPARTMENT PLEASE FEEL FREE TO CONTACT THE GHS ATHLETIC DIRECTOR AT 533-8651 EXT. 2524 / 2524.

\*\*\* THE SIGNED DRUG TESTING POLICY STATEMENT, SIGNED CODE OF CONDUCT, EMERGENCY MEDICAL FORM, AND PHYSICAL MUST BE COMPLETED AND SUBMITTED TO THE ATHLETIC OFFICE ONE WEEK BEFORE THE FIRST CONTEST OR THE ATHLETE MAY NOT PARTICIPATE IN THAT CONTEST.

## Special instructions

### TABLE OF CONTENTS

(INSERT NUMBERS TO MATCH - note changes)

#### DRUG TESTING POLICY

(same as last year)

#### FOLLOW THE REDSKINS

('DIRECTIONS' in separate file)