

CONNEAUT AREA CITY SCHOOLS

ATHLETIC HANDBOOK (July 2018)



CONNEAUT AREA CITY SCHOOLS ATHLETIC ADMINISTRATION

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CONNEAUT SPARTAN VARSITY



CONDITIONING

CONFIDENCE

CHARACTER

COURAGE

CAUSE

SPARTAN ATHLETIC PHILOSOPHY BASICS:

Participation on our teams is a **PRIVILEGE**, not a right

ACADEMIC ACHIEVEMENT is more important than athletic achievement

TEAM success is more important than individual awards

Winning is important, but not at the expense of **CHARACTER**

The OHSAA (Ohio High School Athletic Association), the PIAA (Pennsylvania Interscholastic Athletic Association) and the Conneaut Area City Schools believe there are several benchmarks which identify quality, education-based athletic programs. These would include the following:

- School athletic programs are inherently educational
- School athletic programs compliment the educational experience
- School athletic programs enhance the educational mission of the school
- School athletic programs serve as an extension of the academic classroom
- School athletic programs teach life lessons not regularly available in the academic classroom
- School athletic programs have courts, fields, tracks, pools and courses as teaching classrooms

This experience exists in order to help prepare you for the next level of **LIFE**, not the next level of sports

YOU have control of what kind of athletic experience you have and the memories you will take away!

CACS ATHLETIC HANDBOOK POLICIES AND PROCEDURES

STUDENT-ATHLETE CONDUCT

The Conneaut High School and Conneaut Middle School Codes of Conduct are in effect at all contests, both home and away. This conduct code is extended to social media use and will be explained later in this document. As a student-athlete you should be aware that failure to comply with school rules may affect your participation in school athletics. School athletics are considered a privilege, and not a right. You may be removed from participation at any time by a coach, athletic administrator, or principal. If a student-athlete is being removed from participation, the student-athlete will be informed, and an attempt will be made to inform the parent of the disciplinary action. Decisions related to participation removal are final and not subject to appeal.

ACADEMIC ELIGIBILITY

Academic eligibility is determined on a quarterly basis. A student-athlete's academic eligibility will be determined by the grades received during the immediately preceding 9-week period.

HIGH SCHOOL (gr. 9 – 12): A student-athlete must have a 1.5 GPA, and be passing 5 full-credit courses, or the equivalent thereof, in the grading period preceding the season of participation.

MIDDLE SCHOOL (gr. 7 – 8): A student-athlete must have a 1.5 GPA, and be passing 5 courses, in the grading period preceding the season of participation.

*All 6th grade students entering 7th grade for the first time are eligible.

Failure to meet the above requirements will result in the student-athlete being declared academically ineligible for the quarter (9-week period).

When scheduling, or if you have questions, be sure to check with guidance, athletic administration, or building principal. Please ask questions. Your eligibility is YOUR responsibility!

ATTENDANCE POLICY & ELIGIBILITY

Academic achievement and performance to potential have a direct relationship to a student's attendance at school. As an integral part of an educational-athletic experience we have an expectation that our student-athletes will attend school in accordance with the law. In correspondence with HOUSE BILL 410, and based in the concept that participation in interscholastic athletics in grades 7-12 is a *PRIVILEGE*, we may withhold participation in our athletic program if a student-athlete falls within the attendance thresholds as outlined in Ohio's House Bill 410. These thresholds would include the reaching of an *EXCESSIVE THRESHOLD*, or that which would be considered *HABITUAL* (*See School Handbook*). Attendance issues will be handled on an individual basis and prohibitions from participation are not subject to appeal.

EVENT DAY PARTICIPATION/ELIGIBILITY AND ATTENDANCE POLICY

Event Day as listed above would include practices, as well as, contests. In order to participate in school athletic practice, contest, or any other team activity it is required that all student-athletes be present all periods of the day. A student-athlete that absent from school is not eligible to participate in that day's activity. An excused absence presented the day following an absence, would permit the student-athlete to resume participation with the team. If an absence occurs on Friday, the student-athlete would present an excuse to the coach on Saturday in order to participate. If a student-athlete should miss part of a day, they will be denied participation unless they provide an excuse of a professional nature (medical/dental, court, college visit, etc.). A parental note WILL NOT suffice. If a student-athlete leaves school on a Friday, they must present the aforementioned professional excuse to the coach in order to participate on Friday night, or Saturday morning if that is when the contest/practice would be played. Absence from school due to a school function is an excused absence and the student-athlete will be allowed to participate.

Our coaches will have the expectation that you will be at their scheduled practices. We recommend, and encourage communication with your coach regarding absence from school and/or practice itself. If student-athletes have vacation plans during school, they should follow the school's vacation policy noted in their school handbook. If a student-athlete's vacation should occur during a season, or pre-season training, it is essential that communication takes place with the coach. The student-athlete and the coach need to be on the same page in terms of what will be expected in their absence and upon their return.

DUAL-SPORT PARTICIPATION

It is our firm belief that educational athletics in the school setting provide our student-athletes with an opportunity expand their horizons and enrich their school experience. To that end, some student-athletes may possess the drive, determination, stamina, strength, time, and to say the least; the talent, to compete in more than one interscholastic sport at the same time. Dual sport athletes are rare. There are reasons for this (above, are a few of the mental and physical limitations). Our students WILL be permitted to compete as dual-sport athletes provided they meet some proscribed requirements. FIRST and FOREMOST; BOTH coaches of the prospective dual sport participation must be in agreement. Once this agreement is reached, consult the athletic administrator to arrange a meeting with all parties concerned to discuss the expectations for the dual-sport student-athlete.

TRANSPORTATION

All student-athletes are expected to travel to and from athletic contests in CACS transportation. If a parent/guardian wishes to transport their student-athlete home following a contest, it is permitted with advanced written notice to school administration. At no time, will a student-athlete be permitted to ride home with anyone other than their parent/guardian.

FORMS

All student-athletes are required to have the following forms filled out and returned before they can participate:

OHSAA Physical Form- It is valid for one year from date of physical. It is kept on file with school nurse.

Emergency Medical Form- This form is carried with the coach wherever student-athletes is present, as well as the...

Insurance Waiver Form- Student-athletes may not participate unless they are insured. This form states what insurance company covers the student-athlete in the event of an injury. Parent/guardian may purchase school insurance. The procedure is outline on the CACS website, cacsk12.org.

Lindsay's Law Parent/Athlete Signature Form- Student-athlete and parent have to sign this form each year to acknowledge that they have watched an informational video and been given access to information concerning Sudden Cardiac Arrest (SCA).

Concussion Awareness Form- Student-athlete and parent have to sign this form each year to acknowledge that they have been given information concerning concussion awareness.

The above forms are kept on file with coach and/or CACS Athletic Department.

UNIFORMS AND EQUIPMENT

All uniforms and equipment that are issued by the school are the property of the school district and must be returned at the conclusion of the season. The student-athlete is responsible for any school property issued to them and may be charged for any such property that is not returned, or is not returned in a reasonable condition at the season's conclusion. A student-athlete that fails to return school property at the season's conclusion, will not be permitted to participate in school athletics until the item (s) is/are returned or paid for. Any uniform, or apparel purchased by the student-athlete is the property of the student-athlete.

ATHLETIC LETTERS AND AWARDS

Coaches will be given discretion to determine their guidelines for a student-athlete earning a varsity letter at the high school level. Each coach should review the criteria with their team, as well as have the criteria in writing as a part of their pre-season parent meeting. In general, the letter is symbolic of having played in interscholastic competition.

Letters and other post-season honors are given at an end of the season awards night. It is expected that all athletes participating on that season's team will be present to accept their awards and to celebrate their participation.

QUITTING A SPORT

As an athletic program, quitting a sport is not a practice that we wish to encourage, but it is realized that sometimes a student-athlete may find that their chosen endeavor is not for them at that time. If a student-athlete finds it necessary to quit a sport, it is important they understand that they relinquish any and all honors associated with that sport. Student-athletes should also be of the understanding that they will not be permitted to train/open gym/practice with another school team until the season that they are vacating has completed that season schedule. If the student-athlete quits after cuts, or contest play has begun, they may not be permitted to train (open gyms, conditioning, weight training with a school team) for another sport until the present season is completed.

COACH'S RULES

In addition to the general Conneaut Area City School Athletic Policies stated here, each individual head coach will have their own team rules that describe the policies and procedures as they pertain to their athletic program. These rules should be provided to you in written form and presented during that coach's pre-season meeting.

MANDATORY PRE-SEASON MEETINGS

The Ohio High School Athletic Association (OHSAA) requires that member schools hold meetings before each athletic season (Fall, Winter, Spring). This meeting is held to outline the mission of the OHSAA in regard to educational athletics as they exist in the state of Ohio. Also, the district athletic policies and procedures are reviewed. Parents are required to attend ONE of these meetings per year, but are required to attend their student-athlete's individual team coach's meeting. Forms that student-athletes must have in order to participate will be distributed at these meetings. Coaches will usually hold their individual team meeting on the same night, as the mandatory OHSAA meeting. Coaches will review with student-athlete and the parents their team rules, regulations, policies, procedures, and expectations for the coming season.

ALCOHOL, DRUG, AND TOBACCO POLICY

The Conneaut Area City Schools, as a member school of the Ohio High School Athletic Association, Pennsylvania Interscholastic Athletic Association, and District 10, place the highest emphasis on living a healthy lifestyle. The health and well-being of our students is of paramount importance. It is for this reason that we have established our school district's *Alcohol, Tobacco, and Drug Policy*. By choosing to participate (a privilege) in our interscholastic athletic program, our student-athletes are pledging that they will not partake in any manner or form where alcohol, drugs, or tobacco are concerned. Failure to adhere to said policies, may result in the forfeiture of athletic eligibility for part, or the whole of a season. Repeated violations may result in more severe consequences, not limited to complete forfeiture of eligibility. Please keep in mind, these stipulations are in place to keep our student-athletes safe. Below are the principles/consequences of the policy.

This policy is in effect throughout a student-athlete's 7-8 grade (middle school) career, as well as throughout grades 9-12 of the student-athlete's high school career. All students enter high school with a clean slate. The policy covers 12 months a year and begins when a student becomes recognized as a student-athlete. Participation in open gym/practice/conditioning program will deem a student a *student-athlete*.

IF YOU ARE A STUDENT-ATHLETE (OR STUDENT) who feels they have a problem with alcohol, drugs, tobacco, or any controlled substance, please seek help. WE ARE HERE TO HELP! If you should *self-report*, in an attempt to get yourself help, you **WILL NOT** be held to a consequence. We as an athletic department/school, will meet with the student-athlete and parent to obtain

counseling. After such a disclosure and counseling has been set in place, the student-athlete will become subject to consequences of the Alcohol, Drug, and Tobacco Policy for any FUTURE violation. SELF REPORTING is done voluntarily and must occur BEFORE any infraction has been discovered. Our goal is to get you help, while keeping you a part of the program with access to the support of your coaches and teammates.

PLEASE SPEAK TO ADMINISTRATION FOR ANY INFORMATION CONCERNING COUNSELING, OR ASSESSMENT.

THE FOLLOWING ARE THE CONSEQUENCES FOR VIOLATION OF THE SUBSTANCE POLICY THROUGH DISCOVERY.

POSSESSION / USE OF ALCOHOL, CONTROLLED SUBSTANCES/MOOD-ALTERING CHEMICALS and TOBACCO:

FIRST OFFENSE

- 1) The athlete will be denied the privilege of participating for remainder of that season. (any suspension resulting in a less than 50% of the contests will be carried over to the next season) During the carry-over period of the suspension, the athlete will practice with the team and shall attend (out of uniform) all contests from which he or she is suspended.
- 2) If the athlete is not currently participating in an activity, the athlete will forfeit 50% of their next scheduled season. The athlete will practice with the team and shall attend (out of uniform) all contests for which he or she is suspended. Season contests are determined per OHSSA Handbook for season maximums.
- 3) Loss of any leadership position in athletic activities for the remainder of the school year. Future leadership positions are at the discretion of the head coach.
- 4) A letter shall be put in the athlete's file that advises the athlete of the violation and informs the athlete of the consequences of further violations. A copy of this letter will be mailed to the parent or guardian.
- 5) For infractions involving alcohol and controlled substances/mood-altering chemicals, the denial period may be reduced to twenty percent (20%) of the scheduled contests if the athlete participates in an assessment and follow-up program. The student must set an appointment for assessment within five days of notification of the violation. The student/athlete must participate in the evaluation process to its completion and follow the counselor's recommendations. The student/athlete must waive his/her rights of confidentiality so that a written report can be prepared. The counselor must provide verification of this evaluation to the building principal. Any cost for the assessment and follow-up program will be the responsibility of the athlete. The principal may reinstate the athlete upon evidence of beginning an assessment and follow-up program. Until this time

the athlete is not to practice, or attend games. The principal's designee will monitor the progress of the assessment program and report to the principal any failure to comply. Participation denotes competing in events against outside competition at all levels (varsity, junior varsity, freshman and middle school levels), including dressing for contests. Upon reinstatement the athlete will practice with the team and shall attend (out of uniform) all contests for which he or she is suspended.

- 6) For infractions involving tobacco, the denial of privilege may be reduced to 20% of the scheduled contests if the athlete participates in a tobacco intervention/education program. Upon request by the Athletic Administrator, the Principal may reinstate the athlete upon evidence of participation in a tobacco Intervention / education program.
- 7) The denial of the privilege to compete will begin with the last contest in which the athlete has been eligible to compete or the date on which a violation of the substance abuse policy has been determined. Any un-served suspensions (50% or 20%) will carry over to the athletes next scheduled season. A carry over suspension is calculated by percentage un-served applied to the athletes next scheduled season's total contests as determined per OHSSA season maximums.

SECOND OFFENSE will result in denial of the privilege to participate in athletics for one calendar year from the date of suspension.

THIRD OFFENSE will result in denial of participation in athletics for the remainder of the student's middle school career or high school career.

NOTE: Students who in any way aid another student in violations involving possession/use of alcohol, controlled substances/mood-altering chemicals and tobacco will be disciplined as if he or she were the principal offender.

SELLING/ATTEMPTING TO SELL ALCOHOL - TRAFFICKING IN CONTROLLED SUBSTANCES/ MOOD - ALTERING CHEMICALS:

FIRST OFFENSE

- 1) A letter shall be put in the athlete's file that advises the athlete of the violation and informs the athlete of the consequences of further violations. A copy of this letter will be mailed to the parent or guardian.
- 2) Dismissal from all athletics for one calendar year from the date of suspension.
- 3) Information collected related to trafficking may be reported to appropriate law enforcement authorities.

ANY ADDITIONAL OFFENSE will result in denial of participation in athletics for the remainder of the student's high school career.

NOTE: Students who in any way aid another student in violations involving selling/attempting to sell alcohol, trafficking in controlled substances/mood-altering chemicals will be disciplined as if he or she were the principal offender.

SOCIAL MEDIA AND THE STUDENT-ATHLETE

Social media in the various forms it may take have become a part of everyday life for both, our society's youth and adult population. Social media; by itself, can be a tremendous tool in terms of communication, and as an instrument of learning. As with any other tool, misuse of social media can bring undesirable affects upon people it may touch.

Our school district supports responsible use of social media. While it is true, that as Americans, we hold a fundamental right to voice our opinions though our freedom of speech, the Conneaut Area City Schools will not condone, or support any cyber speech which bullies, demeans, or in any way is disrespectful to fellow, or opposing athletes, students, coaches, staff, administrators, or opposing schools in general. Such inappropriate use of social media may result in athletic consequences for a student-athlete. These consequences can, and will be administered by district staff, coaches, or administration. The most severe of which could be the termination of a student-athlete's participation in their interscholastic season.

As a student-athlete, you are a representative of more than just yourself. Your conduct should reflect that you are aware of your responsibilities to all those that you represent. Below are some social media **DON'Ts**:

DO NOT-

Post offensive language

Post threatening, or abuse language toward other individuals

Post references to alcohol, drugs, tobacco, vaping, or any controlled substance

Post images of the above with you in the image (whether you are partaking or not it does not matter)

Post images of yourself breaking the law

Post anything that is contrary to the values expressed in this handbook concerning your conduct, or relationships with other people

This is by no means an exhaustive list. Always be aware that your use of social media could determine your status as a Spartan Student-Athlete. If you are in doubt as to whether a post could hurt your participation then **DON'T POST IT! SIMPLE RULE:**

PLAY/PRACTICE HARD, BE FAIR, BE KIND, AND MAKE ALL PROUD THAT YOU ARE A SPARTAN!

ADMINISTRATIVE DISCRETION

As stated, the previous text throughout this handbook contains the most commonly occurring issues during a student-athlete's participation in CACS educational athletics. Due to the varied, and seemingly unending situational possibilities that could arise during an academic/athletic school year, it is impossible to put all in written form. On occasion the school administration will be given the latitude to use their professional discretion in order to dispense with situations that should arise.

**MAKE YOUR
SPARTAN
EXPERIENCE A
GREAT ONE!**

