

HAMMOND ACADEMY OF SCIENCE &
TECHNOLOGY
STUDENT ATHLETE CODE OF CONDUCT
HANDBOOK



HAST Athletic Handbook

Table of Contents

Overview and HAST Expectations

Introduction

Philosophy and Objectives of Participation

Academic Policy

Athletics Fee

Athletics Code of Conduct

Inherent Risk

Transportation

Insurance

Sportsmanship/Conduct

 IHSAA Rule 8-1

 IHSAA Rule 8-4

Expectations of the Participant

Expectations of the Spectators

Expectations of Parents

Procedures to Address Concerns

Important IHSAA Regulations

Participation Limits

Age

Club and Park Sports

Prospective Student Athletes

Concussions

Transfers

Athletic Permit Form

OVERVIEW & HAST EXPECTATIONS

Introduction

The purpose of this handbook is to give parents and students a guide to specific rules, regulations, and policies to help guide HAST athletics. It must be understood by all students and their parents/legal guardian's condition to participate in an athletic program is a commitment to follow these guidelines. It must also be understood that students who violate the rules and regulations shall face appropriate disciplinary action. As a member of an athletic team, you are a representative of the school. Appropriate behavior is expected both on and off the playing field/court. We asked that you review this handbook carefully and keep it throughout your participation as a HAST athlete. The staff and administration welcome you to the athletic program and are available to assist you in any way necessary. Good luck and enjoy your participation in HAST athletics.

Philosophy and Objectives of Participation

HAST considers athletics to be an integral part of the educational program. By promoting sportsmanship at all levels, the athletic program instills pride, reinforces the sound value structure, and enhances the individual's self image. We strive to provide experiences that will help students develop physically, mentally, socially, and emotionally. HAST athletic programs to the team and maintain the following goals

- Develop a sound athletic program based upon skill development in a comprehensive interscholastic athletic sports program.
- Concentrate on the development of skills and fundamentals of student athletes.
- Promote good sportsmanship among all players and spectators.
- Encourage individual commitment to personal and team goals.
- Emphasize the importance of academic achievement.
- Promote school pride and pride in HAST athletics.

Student-Athlete Responsibilities

An athlete at Hammond Academy of Science and Technology will:

- Show respect for opponents at all times
- Show respect for officials and their decisions
- Maintain passing grades in all classes
- Communicate with the coach and the team in a positive manner
- Avoid use for possession of alcohol, tobacco, or controlled substances
- Adhere to all school rules
- Be in attendance at all practice and games

- Be on time and prepared for practices and games
- Demonstrate a willingness to work hard and be attentive and practices
- Be responsible with your uniform.
- Failure to return equipment/uniforms or to compensate the school for lost or damaged equipment/uniforms 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/uniforms has been turned in and they have been cleared by the previous sports coach. The Athletic Director will release the names of those student-athletes who are not cleared to all coaches of the next sports season.
- All student athletes are required to be in attendance for the full day of practice or contest. Any student athlete who is absent is not allowed to participate in extracurricular activities
- All student athletes are required to have 90 minutes of study hall time a week. Study hall can be with a teacher, or study hall can be managed by a coach in a designated area of the school.

Academic Policy

Grades Policy

All student athletes are expected to maintain a Grade Point Average of a 1.8 and follow the 70% pass rate rule stated by the IHSA. This requires a student athlete to pass five out of seven classes to be eligible. If an athlete only has five classes they must pass all five classes to be eligible to play, while also maintaining a 1.8 GPA for the grading period.

In Season Policy

Middle school students who have one or more F's on their current PowerSchool (2 D's = 1 F) are not permitted to participate in their teams practice or contest until the grade goes up to satisfactory standards.

High school students who have one or more F's (2 D's = 1 F) on their current report card are not permitted to participate in their teams practice or contest until the grade goes up to satisfactory standards.

HAST will conduct grade checks every (3) three weeks, and at the end of each grading semester. A list of failing students will be sent out to each coach at the time of each grade check

Athletics Fee

Athletic fees are owed for each sport played at HAST. The athletic team fee for middle school student athletes will be \$150 dollars per student per sport. The athletic fee for high school student athletes will be \$250 per student, per sport. Student athletes will have 2 weeks from the start of the season to pay their sport fee, any student athlete who fails to pay within the deadline will be ruled ineligible to participate in sport.

All fees, or vouchers should be submitted to the Business Office. The Business Office will write a receipt for the payment and mark the student-athlete as having paid on the fees sheet provided by the Athletic Department. Money collected by the Business Office will be deposited into the sport of the student who paid. (Applying for a voucher and being on the waiting list, does not automatically allowed you to be cleared to play)

Athletics Code of Conduct and Eligibility HAST

A student athlete's conduct, in and out of school, shall be such as:

- Not to reflect discredit upon the school or the activity.
- Not to create a disruptive influence on the discipline, good order, moral and educational environment in the school.
- Participation in extracurricular activities is a privilege that may be revoked for any just cause
- If an athlete quits a team after call outs/ tryouts, the athlete may not participate in meetings, open gym workouts. or conditioning with another team during the same season.
- *** Note it is recognized that principals, by administrative authority vested in them by their school district, may exclude such participants from representing their school.**

1. Statement of Purpose and Philosophy

A. Purpose

1. To encourage students involved in athletic events to develop a wholesome and healthful lifestyle.
2. To foster self discipline.
3. To communicate rules/regulations in a clear concise manner
4. To publish and distribute the rules and regulations so they are really available to students, parents and staff.
5. To provide coaches with unifying guidelines so that enforcement of the rules are fair and equitable throughout the school community

B. Philosophy

Interscholastic athletics are an integral part of the school's program, offering students a means to help develop self discipline, except responsibility, and make decisions to prepare for the adult world. Athletes are encouraged to develop social consciousness as well as intellectual faculties. At HAST we believe that learning is a never ending process and that athletic participation helps to develop a positive set of values to guide young people through life. Athletics are wholesome activities because participants are judged by their ability to perform singularly or in concert as a strive towards athletic excellence.

2. Responsibilities

It's a privilege to participate in and be associated with HAST Athletics This proves is extended to all students, provided they're willing to assume certain responsibilities. A student must be willing to make necessary sacrifices in order to be a credit themselves. This can be done by:

- Achieving academically by first,by being a satisfactory or better student.
- Exhibiting high standards of social behavior.
- Displaying sportsmanship, both on and off the playing field/court.
- Respecting other athletes, cheerleaders, officials, spectators in those in authority.
- Being cooperative.
- Maintaining a good appearance, including cleanliness and good hygiene
- Being a positive leader by example, words, and/or actions.
- Complying with attendance rules necessary to be in good standing at the completion of the sport season.

Credit Recovery

Credit recovery courses do count towards athletic eligibility. These courses must be taken during summer school. An improvement of grade will reflect on transcripts.

3. Eligibility

As outlined by the Indiana high school athletic association and the ham in Academy of science and technology, the student must:

- A. Have a completed school approved physical examination form on file and have consent and release form on file before participating.

- B. Be in good standing with the school(Discipline, Athletic Fee)
- C. Have earned passing grades in five (5) or more full credit subjects during the previous grading period for semester as determined by IHS AAA rules and we currently enrolled in and passing five(5) or more full credit subjects.
- D. Have a great one average of a 1.80 4.0 scale for the previous grading or semester.

(These guidelines also apply to cheerleaders and bowling.)

Inherent Risk

There is risk of injury in nearly every athletic endeavor whether it's practice or contest. The coaching staff will work to reduce the risk of injury by maintaining professional standards. However, as a condition of participation, the student athlete and his/her parents must sign a waiver form. Participation in athletics may result in injury, paralysis, or even death, and choosing to participate and acknowledge these risks. The medical release portion of the waiver must be completed, and the current physical must be on file at the school. Appropriate measures will be taken in the event of an incident, and will be called if necessary.

Transportation

Student athletes will be transported to and from athletic contests by either a school van or a chartered bus, if need be. The student athletes will be driven to the game or contest by one of the coaching staff members, or an approved school employee of the school van. Student athletes, on occasion, may be released to parents/guardians who are specifically authorized by the school as noted or allowed to pick up form, and who also text or email written confirmation at the time the student is released.

A coach should never transport a student athlete in his/her personal vehicle

Student athletes who return to school with the team will be instructed to call home and inform the parent/guardian that we are returning to school. Students may walk home, leave with friends, or take public transportation. If a parent/guardian will be picking up the student athlete at the school, please arrive within 10 minutes of the team's return to school.

Insurance

Student athletes should carry all primary insurance policies in order to be properly insured for participation in interscholastic athletics.

Sportsmanship/Conduct

IHSAA Rule 8-1 Student Conduct

“Contestants conduct, and an out of school, shall be such as not to reflect discredit upon their school or the association, or not to create a disruptive influence on the discipline, good order, moral or educational environment in the school”

IHSAA Rule 8-4 Contest Ejection

- A. Any contestant, coach, contest administrator or school administrator who is ejected from a contest for unsportsmanlike at the first time doing a sport season shall be suspended for the next contest at the level of competition and all other contests at any level in the intro, unless an IHS AAA sports Pacific rule or policy provides a different protocol or penalty for a first injection.
- B. Any contestant, coach, contact administrator or school administrator who is ejected from a contest for unsportsmanlike at a second time doing a sport season service suspended for the next two contest at the level of competition in all other contests at any level in the intro, unless an IHS AAA sport specific or a policy provides a different protocol or penalty for a second injection.

Expectations of the Participant

As a member of an athletic team, you represent the school both on and off the athletic field/court.

- Appropriate behaviors expected while traveling to the game, watching the game, and participating.
- Treat opponents and opposing fans with respect. If you're experiencing any difficulty with some of the opposing schools, find a coach or school personnel.
- Treat officials with respect and dignity. Sometimes officials make mistakes, but it is unacceptable to argue about calls.
- Be on time games. You made a commitment to your team. Tell your coach in advance if there's a conflict
- Maintain good grades. You can't contribute as much if you can't play.
- Refrain from speaking to coaches about the game after the game.

- Schedule appointments with the coach via email or with AD with any issues or concerns.
- Failure to adhere to rules and treat coaches, players, and others spectators with respect may result in being banned from HAST Sporting Events.

Expectations of Spectators

Positivity and support is an asset for the players, coaches and other spectators.

- Show respect for opposing players, coaches, other spectators, and officials. Respect their roles.
- Negative comments, or the berating of players, coaches and officials are not in keeping with her.
- Remember that school athletics are learning experiences for students, the programs are a part of the educational process. Adolescents learn proper behaviors from watching adults.

Expectations of Parents/Guardians

Be positive and encourage your child

- If your child has questions regarding playing time and performance, encourage them to discuss these issues with the coach.
- Show respect for opposing players, coaches, spectators, and officials. Respect the roles even if you disagree with their judgment.
- Understand that your child has made a commitment to the team and the tennis and games and practices essential for team success.

Procedures to Follow to Address Concerns.

1. The student athlete should discuss the concern with the coach or captain.
(Inform parent)
2. The student athlete may discuss the concern with the Athletic Director.
3. If the problem is not resolved, the parents set up an appointment to meet with the coach.
4. If the problem is still not resolved, the parents should call/ email and set up an appointment to meet with the Athletic Director.

Important IHSAA Regulations

Participation Limitation

The IHSAA limits high school eligibility to eight (8) consecutive semesters. This refers to semesters in school and not semesters of athletic participation. A student may participate in a sport for a maximum of four (4) full seasons.

Age

According to the IHSAA a student athlete who is or shall be 20 years of age prior to or on the scheduled date of the IHSAA state finals in a sport shall be ruled ineligible for the inter-school athletic competition in that sport.

Club and Park Sports

The IHSAA rules state that a student cannot compete or practice with a non-school team during the season that sport is being played at the high school level. Also the student athlete may not participate in any event or competition that uses the skill of the sport during that season.

Prospective Student-Athletes

Prospective student athletes should be aware of school now so it's regarding upcoming tryouts in the start of the sport season. Information on sports coaches and the beginning of each season will always be available in the Athletic Director's office. Prospective student athletes will need to take two important steps to be ready to start a season and join a team:

1. Turn in a completed physical examination signed by a doctor, nurse practitioner, or medical professional showing you were medically cleared to participate in interscholastic sports. Physicals are good for 12 months, so you will need to get one every year you participate. The IHSAA physical form is online and also available in the Athletic Office.
2. Complete the registration process in full. (This is where you will provide all updated contact information, and sign off on all required documents.)

These two steps must be completed before you participate in any organized tryout, practice, or competition. Along with these documents, the athletic office will also check your academic eligibility. Those guidelines are described in the handbook.

Concussion

Concussions are a very serious medical condition, and are to be treated as such. Student athletes should be aware that there are very specific protocols for head injuries, and a significant loss of playing time can occur when there is an injury to the head. A student-athlete sustaining a head injury will not be allowed to return to practice or competition until there is a complete absence of concussion-related symptoms for at a minimum of 24 hours. Please be sure to read and sign off on the concussion information given out to each parent/ student-athlete.

Transfers

Students who did not attend Hammond Academy of Science and Technology during the previous school year, have been granted permission to attend as an out-of-district transfer student or move into our district must file for a transfer with the IHSAA. Following the completion of the appropriate portion of the form by the student and parents, it will be returned to HAST, HAST will submit the paperwork to the former high school for further information via the IHSAA portal. The student cannot become eligible for competition until approval has been granted by the IHSAA and HAST will abide by the decisions of the IHSAA in declaring the student's level of eligibility. Students who transfer without a corresponding change in residence may be granted "limited eligibility" which allows for participation at the junior varsity level only for a period of 365 days. This rule does not apply to students entering their freshman year, but only to those who have been enrolled in another high school.

Athletic Permit Form

Your signatures below acknowledge receipt and review of the Student-Athlete Code of Conduct. As a parent, I will encourage my student-athletes to abide by the Student-Athlete Code of Conduct. As a family, we understand that there are consequences to students who do not adhere to the expectations, responsibilities, and rules that have been detailed in the Student-Athlete Code of Conduct.

Student-Athlete Name & Grade (Printed)

Student-Athlete Signature

Parent/ Guardian Name (Printed)

Parent/ Guardian Signature

Sports: *(Please circle the sport you are interested in)

MS Volleyball Ms Boys Basketball MS Cheer MS Girls Basketball MS Soccer

HS Volleyball HS Soccer HS Boys Tennis HS Boys Basketball HS Girls Basketball

HS Cheer HS Baseball HS Softball HS Girls Tennis