

Sullivan High School

Student/Parent Athletic Handbook

2019-2020

SULLIVAN HIGH SCHOOL ATHLETIC PHILOSOPHY

Sullivan High School recognizes that interested students should have the opportunity to develop their potential as athletes in activities appropriate to their level of ability. In this spirit, SHS provides a program of interscholastic athletics which promotes participation for qualified students within the rules and regulations of the Indiana High School Athletic Association and the Sullivan High School Athletic Department. It is the goal of our school to provide such opportunity as a further means of developing the intellectual, emotional and social maturity of our students, while at the same time teaching the importance and worth of teamwork and sportsmanship. SHS athletics also provide a unifying influence upon our student body and between our school and community. Finally, as is true in all aspects of education at Sullivan High School, our athletic program is committed to the pursuit of excellence, acknowledging that the quest itself is the most significant aspect of achievement.

PROFILE OF SULLIVAN HIGH SCHOOL ATHLETIC PROGRAM

Sullivan High School has developed a rich tradition in athletics. The entire school and community take pride in the accomplishments of our athletic teams. SHS athletics reflect our school's philosophy and commitment to excellence.

Boys are offered a nine-sport program including cross country, football, soccer and tennis in the fall, basketball and wrestling in the winter, and baseball, golf and track in the spring. Girls are offered an eight-sport program including cross country, golf, soccer and volleyball in the fall, basketball in the winter, and softball, tennis and track in the spring. All students with sufficient ability are eligible to participate provided they meet the scholastic standards and conduct requirements as established by Sullivan High School and the IHSAA.

Sullivan High School is a proud member of the Western Indiana Conference (WIC). Other member schools include: Brown County High School, Cloverdale High School, Greencastle High School, Edgewood High School, Indian Creek High School, North Putnam High School, Northview High School, Owen Valley High School, South Putnam High School, and West Vigo High School. Conference champions are awarded in all sports plus an "All-Sports" Trophy for both boys' sports and girls' sports.

PURPOSE OF THE STUDENT/PARENT ATHLETIC HANDBOOK

This athletic handbook is designed to explain and to inform athletes and their parents or guardians of the rules, regulations and policies relative to participation in interscholastic athletics at Sullivan High School. Participation in high school athletics is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since athletic competition on high school teams is a privilege and not a right, those who choose to participate will be expected to follow the guidelines established by the administration and other specific rules for their sport. Authority for the conduct of athletics in Indiana is governed by the Indiana High School Athletic Association (IHSAA) via the principals of member schools. The principal is assisted by the athletic directors and head coaches. As stated in the IHSAA By-laws: any school may establish their own set of guidelines above and beyond those set by the state. The athletic department and administration need and depend on parent/guardian help and cooperation to aid coaches and athletic directors in promoting a successful athletic program. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is becoming to Sullivan High School and the Sullivan Community.

WHAT MUST BE DONE BEFORE FIRST PRACTICE:

- 1. All athletes and their parent or guardian must complete all the required information in FinalForms. <https://southwestsullivan-in.finalforms.com/>***
- 2. All athletes must have on file in the athletic office a completed IHSAA physical form. The physical form should be printed after completing all the required information in FinalForms. This form should then be taken to the doctor in order to complete the physical. Completed physicals must be on file in athletic office.***

WHAT MUST BE DONE BEFORE FIRST CONTEST

- 1. Athletes must meet IHSAA eligibility requirements.***
- 2. Transfer students and foreign exchange students must complete the proper paperwork for the IHSAA***

ATHLETIC DEPARTMENT POLICIES:

ABSENCE DUE TO ILLNESS OR INJURY

An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the Athletic Director, trainer or coach before they may again become eligible for participation. Additional practices are required by the IHSAA before regaining eligibility after an extended absence for any reason (5-10 days = 4 practices; 10+ days = 6 practices).

ACADEMIC ELIGIBILITY

Student athletes should manage their time in such a way as not to have to miss practices,

To be eligible for athletics a student must:

- have passed six full credit classes or the equivalent during the previous grading period, with semester grades taking precedence; (all freshman are eligible the first grading period)
- be and remain enrolled in six full credit classes or the equivalent.
(Audits and Incompletes CANNOT be counted towards meeting these requirements)

Student athletes should manage their time in such a way as not to have to miss practices, competitions, or school in order to participate in athletics and achieve successfully in academics. If this cannot be done, students should NOT be involved in athletics. Academics must always be a higher priority than athletics.

ACKNOWLEDGMENT OF RISKS

When participating in any type of athletic activity, there is always a possibility that an injury can occur.

Statistically, an athlete will suffer at least one injury during their athletic career that requires he or she misses a number practices and/or games. Sport specific cautionary statements will be given to athlete and parent at the parents meeting conducted by the head coach. A copy of these cautionary statements is available in the athletic office.

There are several types of injuries that can force an athlete to miss practices and/or games. Some common injuries that occur in athletics are strains (stretching or tearing of muscle and tendon tissue), sprains (stretching or tearing of ligaments), and contusions (bruises of soft tissue or muscle tissue). These types of injuries can vary in their severity. In the case of mild strains, sprains and contusions, the athlete will feel some discomfort but will be able to continue his or her participation in athletics. In severe cases of strains, sprains and contusions, the athlete may miss a large amount of time participating in his or her sport. Some severe injuries may need to be surgically repaired and require an extended period of physical therapy. Athletes can also experience more serious injuries such as fractures, dislocations, concussions, internal injuries, spinal injuries, or death.

Athletes can decrease their chance to be injured by following the guidelines below:

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

Remember that some serious or severe injuries still occur when the athlete follows the above guidelines. However, those who disregard the above guidelines are at greater risk to sustain a serious or severe injury. SWSC will assume no responsibility of payment for medical treatment of an injury incurred during practice or contests.

A state licensed trainer is available for the purpose of treating injuries that are not severe enough to be referred to a doctor. All injuries are to be reported to the coach and the athletic trainer. Athletes that consult a doctor must bring a signed release from that doctor in order to resume participation in athletics.

Athletic participation benefits people by teaching self-esteem, team unity, proper health and fellowship. Most people agree that the benefits of participating in athletics outweigh the risks. The coaching staff and athletic training staff of Sullivan High School wants to be sure athletes and parents understand that there are risks involved with participating in athletics. The coaching staff will continue to teach and practice only those techniques that promote safe participation, but the staff realizes that some athletic injuries will continue to occur. The staff hopes that athletes and parents alike will take the time to learn more about athletic injuries and how to best avoid them. It will take a "team" effort from coaches, athletic trainers, athletes and parents to continue to provide safe participation for all of those involved.

AGE

A student whose 20th birthday occurs on or prior to the scheduled date of the IHSAA State Finals in a sport shall be ineligible for interschool athletic competition in that sport.

AMATEURISM

Students shall not play under assumed names; accept remuneration directly or indirectly for athletic participation; or participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs or their representatives.

ATTENDANCE

Student athletes are expected to be in attendance at school on time the day following any and all evening activities. Failure to do so may result in suspension for next contest.

Students must be in attendance at school ALL DAY to be eligible for extracurricular activities that day. Exceptions would be approved pre-arranged absences, school-related functions, medical appointments verified by a doctor's note, a note from a parent explaining any family emergency, or a note from another meeting involving a professional. Students that are too ill to attend school are too ill to participate in practice or games.

Student athletes are required to begin practice with the team within one week of the first official day of practice as determined by the IHSAA. Athletes that join a team after this one week grace period will not be allowed to participate at the varsity level. There will be two exceptions to this rule: 1) Student athletes moving into our district (during a season) will be allowed full eligibility if it is granted by the IHSAA. 2) Prearranged absences approved by the coach and Athletic Director.

CHEERLEADERS

All requirements for participation which apply to other athletes apply equally to cheerleaders.

CIVILITY POLICY

Any parent/guardian/patron using obscenities or speaking in an abusive manner toward any person, player, coach or official will be asked by an administrator to immediately stop this abusive behavior. If the parent/guardian/patron does not correct the behavior they will then be asked to leave the premises immediately and law enforcement will be called if necessary.

If a parent/guardian/patron is directed to leave by an administrator under such circumstances, the Superintendent or designee shall inform the person that he/she will not be allowed on any school property, except Southwest School Corporation Administration Building, for up to thirty (30) days or for seven (7) days if the person is a parent/guardian of a student attending the school. Parents/guardians/patrons may not be allowed on any school property for up to one year if they are involved in physical violence. The superintendent or designee, after conferring with the parent/guardian/patron, may modify the recommendations regarding access to school facilities.

CODE OF CONDUCT VIOLATIONS

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

Be it understood that the Code of Conduct policies are in effect twenty-four (24) hours a day, twelve (12) months a year. Furthermore, violations of the Code are cumulative from season to season and year to year throughout the athlete's high school career.

Each coach may establish additional rules not covered by this handbook. These rules will be in writing so that there will be no misunderstanding on the part of the participants or their parents.

School Discipline Referrals

The principal will always have discretion to suspend or not to suspend a student's right to participate in athletics due to discipline. However, the following step process will generally be used. For the use of this policy, "Offense" is defined as any discipline referral resulting in an in-school suspension, out-of-school suspension or expulsion. During any given season: 1st Offense-Verbal warning, 2nd Offense-1-day suspension from practice, 3rd Offense-Suspension from 1 game, 4th Offense-Removal from team.

Tobacco Use

Possession of and/or use of tobacco including cigarettes, e-cigarettes, vape pens, cigars, pipes, chewing tobacco, snuff, or any other matter of substance containing tobacco by a student athlete on SWSC grounds or at any other school while a representative of Sullivan High School is strictly prohibited. Violation of this policy will result in suspension from athletic competition. First offense is suspension for 25% of season. Second offense is suspension for 50% of season. Third offense and any additional offenses is suspension for 75% of season.

Vandalism and Stealing Penalty

A student athlete shall not vandalize property at school or at other schools or have in their possession any stolen item from any source, including uniforms or equipment from Sullivan High School or other schools. Violation of this offense is an indefinite suspension until restitution is made. Once restitution has been made the following penalties apply. First offense is suspension for 25% of season. Second offense is suspension for 50% of season. Third offense is suspension for 75% of season.

**5530.01 – SOUTHWEST SCHOOL CORPORATION
DRUG TESTING AND EDUCATION PROGRAM**

NOTIFICATION PROCEDURE FOR:

- **RANDOM DRUG TESTING VIOLATIONS**
- **ANY ARRESTS OR TICKETS FOR ILLEGAL SUBSTANCES**
- **AND OTHER MISDEMEANOR OFFENSES**

When a principal/designee is notified that a student has committed one of the above named offenses the principal/designee will:

1. Notify the student and parent/guardian of the offense committed.
 - A. Parent/guardian notification will be made by telephone or in person. Notification will not be made by leaving messages with other individuals, on answering machines or through email.
 - B. In extenuating circumstances, the administrator/designee may notify the parent first if he/she believes it is in the student's best interest.
 - C. If the offense is a positive drug test the student and parent/guardian will be notified of substance(s) that were positive.
 - D. The student and/or parent/guardian may submit any documented prescription, explanation, or information which will be considered in determining whether a "positive" test has been satisfactorily explained.
2. Work with the parent in an attempt to arrive at a mutually agreeable time for a conference.
3. Explain the consequences based on school policy during the conference.

CORRECTIVE ACTIONS FOR:

- **RANDOM DRUG TESTING VIOLATIONS**
- **ANY ARRESTS OR TICKETS FOR ILLEGAL SUBSTANCES**
- **AND OTHER MISDEMEANOR OFFENSES**

FIRST Violation Consequences and Corrective Measures:

Athletics:

- Student will be suspended for 25% of the sports season.
 - Student may participate in practices, but will not dress for contests.
 - If a student cannot serve the full 25% penalty the current season, the remainder of the penalty will be served in the next applicable season.

Co-curricular and extra-curricular activities:

- All other co-curricular and extra-curricular activities' consequences will be enforced as per the organization/sponsor's guidelines.
- All co-curricular and extracurricular guidelines shall be kept on file in the Principal's Office.

Driving:

- Student may not drive to school for 30 school days.

Counseling and/or Drug Education, Prevention, and Treatment Programs:

- Student must attend counseling services provided at school, that will be offered to student at no cost.

Drug Testing:

- In the case of positive drug test, the first retest will be administered after there has been sufficient time for the illegal substance to leave the student's system, but no sooner than ten school days.
- The student must have a negative drug test/retest to be eligible to resume participation in athletics and extracurricular activities. In the event the illegal substance is a substance that will normally remain in the student's system longer than 25% of the sports season (i.e. marijuana), the student will be permitted to resume participation at the conclusion of their suspension period and will be retested as a time that allows

for the illegal substance to normally leave the student's system.

SECOND Violation Consequences and Corrective Measures:

Athletics:

- Student will be suspended for 50% of the sports season.
 - Student may participate in practices, but will not dress for contests.
 - If a student cannot serve the full 50% penalty the current season, the remainder of the penalty will be served in the next applicable season.

Co-curricular and extra-curricular activities:

- All other co-curricular and extra-curricular activities' consequences will be enforced as per the organization/sponsor's guidelines
- All co-curricular and extracurricular guidelines shall be kept on file in the Principal's Office

Driving:

- Student may not drive to school for 30 school days.

Counseling and/or Drug Education, Prevention, and Treatment Programs:

- Student and parent/guardian must attend Counseling and/or Drug Education, Prevention, and Treatment Program assessment and follow all recommendations at parent/guardian cost. Referrals will be provided.

Drug Testing:

- In the case of positive drug test, the first retest will be administered after there has been sufficient time for the illegal substance to leave the student's system, but no sooner than ten school days.
- The student must have a negative drug test/retest to be eligible to resume participation in athletics and extracurricular activities. In the event the illegal substance is a substance that will normally remain in the student's system longer than 25% of the sports season (i.e. marijuana), the student will be permitted to resume participation at the conclusion of their suspension period and will be retested as a time that allows for the illegal substance to normally leave the student's system.

THIRD Violation (and any other violations beyond third) Consequences and Corrective Measures:

Athletics

- Student will be suspended for 75% of the sports season.
 - Student may participate in sports practices, but will not dress for contests.
 - If a student cannot serve the full 75% penalty the current season, the remainder of the penalty will be served in the next applicable season.

Co-curricular and extra-curricular activities:

- All other co-curricular and extra-curricular activities' consequences will be enforced as per the organization/sponsor's guidelines
- All co-curricular and extracurricular guidelines shall be kept on file in the Principal's Office

Driving:

- Student may not drive to school for 30 days.

Counseling and/or Drug Education, Prevention, and Treatment Programs:

- Student and parent/guardian must attend Counseling and/or Drug Education, Prevention, and Treatment Program assessment and follow all recommendations at parent/guardian cost. Referrals will be provided.

Drug Testing:

- In the case of positive drug test, the first retest will be administered after there has been sufficient time for the illegal substance to leave the student's system, but no sooner than ten school days.
- The student must have a negative drug test/retest to be eligible to resume participation in athletics and extracurricular activities. In the event the illegal substance is a substance that will normally remain in the student's system longer than 25% of the sports season (i.e. marijuana), the student will be permitted to resume participation at the conclusion of their suspension period and will be retested as a time that allows

for the illegal substance to normally leave the student's system.

Department of Family Services:

- The Department of Children and Family Services will be contacted.

TAMPERING OR CHEATING – Drug Testing:

- If tampering or cheating occurs any time during the drug testing process, the student, who was randomly selected, will become ineligible for all extracurricular activities and driving to school for 365 days. This will be reported to the parent/guardian.
- Any other student who participates or assists with tampering or cheating will be disciplined according to the Student Handbook.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Sullivan High School recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students are also urged to use caution in attempting to “specialize” too much, thereby denying themselves a well-rounded high school career. Students, however, should be cautious about participating in too many activities. Interscholastic sports at the high school level require a substantial time commitment which usually extends Monday through Saturday from the first official day of practice until the end of the tournament series. A commitment to a high school athletic team indicates that all non-school conflicts will be resolved in favor of the high school team. This would not include such things as significant religious holidays, participating in a relative's wedding, a family member's funeral, etc.

If a conflict between school activities arises, the student should notify the coach and/or sponsors involved and attempt to resolve the conflict as equitably as possible. If the conflict persists, the student may contact the Athletic Director for assistance. Participation in IHSAA tournament competition always takes precedence in school related conflicts. Enrichment Period is designed for students to confer with teachers or attend extracurricular meetings or activities.

EQUIPMENT ISSUE AND RETURN

Sullivan High School endeavors to provide each team member with the best and safest equipment available. All equipment and uniforms issued to an athlete are expected to be returned in the same condition as when issued (excepting normal wear and tear) or the athlete is expected to compensate the athletic department for the lost or damaged equipment. Failure to return equipment/uniform or pay the replacement cost will prevent the athlete from participating in any activities involving another sport until the obligation is taken care of.

GROOMING AND APPEARANCE

Sullivan High School athletes act as representatives of the school and community and therefore are required to exhibit a well-groomed and appropriate appearance. The Principal, Athletic Director, and Coaches will determine Athletic Department guidelines as needed concerning the appropriateness of styles within the context of safety and accepted social norms.

HAZING

Hazing is any form of physical, verbal, or emotional mistreatment, abuse or harassment of a student athlete in connection with participation on an interscholastic athletic team. Hazing activities of any type are inconsistent with the goals of Sullivan High School and are prohibited at all times, on or off school grounds and whether occurring during, prior to or after the season or school day. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if the student athlete willingly participates. Sullivan High School prohibits any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student-athlete for the purpose of initiation.

If a student-athlete believes that they have been subject to hazing, the student-athlete must promptly report this incident to a coach, counselor or administrator. This information must immediately be brought to the attention of the administration. Consequences for hazing activities may include but are not limited to: team suspension or removal, school suspension or expulsion, legal prosecution.

HEALTH INSURANCE/STUDENT ACCIDENT INSURANCE

SHS administrators, coaches and trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sport(s). Due to the nature of athletic activity, however, injury may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are encouraged to have an insurance policy to cover athletic injuries and the cost of treatment.

All student-athletes are given the opportunity to purchase Student Accident Insurance Plans. This is accident insurance purchased by the family from Student Assurance Services. Interested parents should purchase the policy before their child's practice season begins. Forms for this insurance are available at all SWSC Schools.

Hoosier Healthwise is a health insurance program for Indiana children, pregnant women, and low-income families. Health care is provided at little or no cost to Indiana families enrolled in the program. The enrolled member chooses a doctor to get regular checkups and health care for illnesses. Other health needs such as prescriptions, dental care, vision care, family planning services, and mental health services are also available as part of the Hoosier Healthwise program. Call 1-800-889-9949 to get information about the Hoosier Healthwise program.

In recent years the IHSAA has also carried catastrophic insurance to cover major injuries incurred during participation in approved IHSAA sports programs. More information about the IHSAA plan is available upon request at the Athletic Office. IT SHOULD BE NOTED THAT NEITHER THE IHSAA NOR SULLIVAN HIGH SCHOOL CARRY ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.

IHSAA

Sullivan High School is a member of the Indiana High School Athletic Association that has been the governing body of high school athletics since 1903. The control of the I.H.S.A.A. rests with the high school principals who elect a legislative body consisting of teachers, athletic administrators, principals and superintendents of member schools. Members are elected in each of the five IHSAA districts; Sullivan is in District 3. All rules are found in the IHSAA Bylaws and Articles of Incorporation. The principal and athletic directors have copies of this book.

MRSA INFORMATION

Warning Signs

- Longer than normal healing time
- Any increase in size
- Unexplained or unusual pain or sensitivity
- The presence of pus or pustule
- Hardness
- The sensation of heat
- Abnormal swelling or redness
- Red streaks around the lesion
- Abnormal coloration

Prevention Tips for Athletes

- Shower immediately after practices and competitions.
- Don't share towels, razors, soap and other personal items.
- Get every skin wound checked out by athletic trainer.
- Cover all wounds, especially during practice and competition.
- Dry out your equipment and padding after each use.
- Wash your hands with an antibacterial soap often.

Tips for Parents

- Launder workout clothing and uniforms after each use, using hot water and detergent.
- Clean any equipment your child brings home and find a place where it can dry out.
- Encourage frequent hand washing with antibacterial soap.
- Tell your child to shower immediately after practice or competition.
- Anytime your child has a skin wound, clean and treat it with an antiseptic.
- Make sure your child reports all skin wounds to the athletic trainer.

MULTIPLE SPORT PARTICIPATION

The Sullivan High School Athletic Department does support the concept of participating in more than one high school sport. High school coaches should not establish expectations "out of season" which would prohibit or restrict a student's participation in another sport which is "in season".

DUAL SPORT PARTICIPATION – IN THE SAME SEASON

While not encouraged at Sullivan High School, dual sport participation is permitted under the following conditions:

- The athlete and his/her family are in favor of competing for 2 sport teams.
- The coaches of the affected sports are in agreement that this is a desirable situation.
- The coaches of the affected sports, athlete, and athletic director will meet to determine if a schedule for practices and competitions can be mutually agreed upon.
- The athlete is expected to practice regularly in both sports.
- The athlete will not be permitted to leave practice early in order to attend a practice in the other sport without the permission of both coaches.
- The athlete will not be permitted to miss any practices or contests in either sport without the consent of one or both of the coaches.
- A prioritized list of contest levels will be established before the first contest in either sport, such as the following:
 1. Contests take precedence over practices
 2. IHSAA Tournament games
 3. Conference games
 4. Other tournaments
 5. Non-conference games
- The athlete will be required to determine his/her "Primary" and "Secondary" sports. This determination will be used only to resolve scheduling conflicts that arise after the start of the season.
- If the lettering requirements for both sports are met, then the athlete will be eligible to receive letters and awards in both sports.

All final authority regarding conflicts and clarification of this policy shall be vested in the Athletic Director.

NCAA & SCHOLARSHIPS

NCAA & NAIA academic standards have been established for continued participation at the college level. Those athletes who are planning to pursue athletics at the collegiate level must see the Guidance Department for the newly published NCAA & NAIA guidelines. This information contains a detailed description of requirements for collegiate athletic participation. Student-athletes who wish to participate in collegiate athletics must meet NCAA and/or NAIA athletic eligibility requirements.

These requirements include but are not limited to:

1. Specific Grade Point Average in the Core Curriculum
2. Specific Scores on the ACT and/or the SAT
3. Must register with and be certified by the NCAA/NAIA Initial-Eligibility Clearinghouse. To register go to www.ncaaclearinghouse.net/ncaa/NCAA/student/index_student.html.

The NCAA has rules governing both Division I and Division II member institutions that determine eligibility for freshmen athletes. See the guidance department for the most recent core course requirements and GPA/ ACT / SAT score requirements.

We are pleased to inform you that Sullivan High School is making CoreCourseGPA.com, a web-based software program, available to all Sullivan High School student-athletes and their parents/guardians free of charge. Go to www.CoreCourseGPA.com

Enter School ID and School Code in the New Member Account Creation box:

Students/Parents:
School ID: 153355
School Code: 733053366

PARTICIPATION ON TEAMS OUTSIDE OF SCHOOL ATHLETICS

Athletes who participate as members of any similar teams in the same sport season, not under the direct supervision and management of their school, shall not be eligible for participation on the school team.

Participation in other sports while participating on a school team should only be done with the knowledge of the high school coach.

PHYSICAL EXAMINATIONS

Students desiring to participate in interscholastic athletics must undergo a physical examination performed by a medical professional prior to the first practice or high school team camp of any sport. The physical form, which must be hand signed by the medical professional, may be obtained at the SHS Office. The examination must be dated after April 1 preceding the current school year. The student and parents or guardians must complete the medical history and sign it to be eligible for participation.

PRACTICES: REGULAR, VACATIONS AND SCHOOL CLOSINGS

All team members are expected to attend all practices. Practice schedules during school vacations are set by the coach and only the coach can excuse an athlete from practice. Practices when school has been closed because of the weather are voluntary. Under no circumstances will an athlete be punished for not attending practice in this situation.

QUITTING A TEAM / REMOVAL FROM A TEAM

Any athlete that quits a team or is removed from a team for any reason during the season (A season begins with the first official day of practice set by the IHSAA.) will not be permitted to go out for any other team of that sport season or to participate in a practice, conditioning program or weight room activity of any team preparing for an upcoming season. The athlete must wait until the current sport season is completed. The end of the sport season is defined as the day following the last scheduled contest for all teams other than varsity; for all IHSAA tournament roster teams, the date that a team is eliminated from the state tourney is the considered the conclusion of a sport season. An athlete that is cut may play another sport immediately.

SUMMER PROGRAM PARTICIPATION

Summer program participation is an opportunity for athletes to improve their conditioning and athletic skills. Athletes are encouraged to take advantage of these programs. In order to participate in these summer programs, athletes must submit a completed pre-participation physical examination that is dated after May 1 of that participation year.

SUNDAY ACTIVITIES

The Corporation respects the time families need to have together on which school activities do not interfere or infringe. Therefore, it is the policy of the Corporation that Sunday's are days of no school-sponsored or directed activities.

TRANSFER STUDENTS

Parents of students who wish to participate in athletics at SHS but who did not attend Southwest Corporation Schools during their intended sport's season the previous school year are required to complete an Athletic Transfer Report Form. The transfer will be sent to the student's former school and to the IHSAA for approval. The student cannot become eligible for competition until approval has been granted by the IHSAA.

TRAVEL

SHS athletes are required to travel to and from athletic contests and special events in school-approved vehicles under adult supervision provided by SHS. Athletes with extraordinary circumstances that require them to have other travel arrangements should submit to the Athletic Director a contest travel release form for the AD to approve prior to the day of the event. Contest travel release forms are available in the Athletic Office.

WEIGHT ROOM

No student shall use the weight room facilities without the direct supervision of a coach or teacher. The weight room has regularly scheduled after school and summer hours.

SULLIVAN HIGH SCHOOL ATHLETIC AWARDS

ATHLETIC AWARDS POLICY

The school will award a varsity letter certificate for those athletes that qualify in each sport. Those athletes that do not meet lettering requirements will be awarded a participation certificate. Athletes may purchase letter jackets. The school will provide one chevron for each year the athlete letters. The school will also provide a sport emblem that represents the sport lettered in for the letter jacket.

Patches for team championships and other awards can be purchased by athletes in the athletic office.

RULES GOVERNING AWARDS

At the end of each season, the coach in charge shall submit to the athletic director recommendations for awards. Throughout the season the coach will see that a careful record is kept for the participation of each athlete. IHSAA rules are to be followed. Athletes must successfully complete the season to be considered for an award. If a coach feels that an athlete would have met the requirements for a letter, but a serious injury during the season kept the athlete from doing so, the letter may be awarded upon the recommendation of the coach.

Athletes must be present at the awards program to earn and receive their awards. Under extraordinary circumstances where the athlete has notified the athletic director in advance, this requirement might be waived.

Athletes that were suspended from competition during any part of their season for Code of Conduct violations are not eligible for any special awards (plaques, all-conference, all-county, all-state, etc....). They can earn a varsity letter or participation award as long as they complete the season with the team.

The wearing or possession of all athletic awards is contingent upon proper conduct by a high school student. The recalling of any award purchased by the school is within the power of the school.

A maximum of five trophies and/or plaques will be awarded for all levels of each varsity sport. The principal may waive this limit if a team has had an exceptional season.

Requirements for a Varsity Letter

Football: Must participate in 12 quarters.

Soccer: Must participate in 1/3 of halves.

Cross Country: Must participate in a minimum of eight meets.

Average point score shall not exceed 15.

Tennis: Earn 4 points: non-conference match = 1 point, conference match = 2 points, tournament match = 2 points

Volleyball: Must participate in 30 games.

Golf: Must attend all practices and matches unless excused by the coach.

Score must count in at least two matches.

Basketball: Must participate in 20 quarters

Wrestling: Must participate in at least six varsity meets or score at least 20 team points.

Baseball: Must participate in 1/3 of games played (pitchers 1/4 of games played).

Softball: Must participate in 1/3 of games played.

Track: Must attend all practices and meets unless excused by the coach.

Must score team points in at least three meets.

Student Manager: Must comply with standards and requirements set by coach.

WESTERN INDIANA CONFERENCE AWARDS

As a member of the Western Indiana Conference, SHS athletes may be selected to All-Conference teams. Criteria for selection are governed by the constitution of the conference. Following the fall, winter, and spring sport seasons a banquet is held to honor those selected and all championship teams. The athletes who are selected as All-Conference team members are required to attend the banquet for their season.

The Western Indiana Conference will also recognize as “Academic All Conference” all Junior and Senior student/athletes in good standing who have participated at the varsity level in a conference sport, and who has attained a cumulative and current GPA of 3.71 or higher (on a 4.0 scale) or its equivalent. These athletes will receive their certificates from their coach at the Sullivan High School sports award program.