



## **ATHLETIC HANDBOOK**

### **Purpose**

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 Blue River Valley Jr-Sr High School. Participation in high school athletics is a privilege which carries with it varying degrees of responsibility, sacrifice and honor. Since athletic competition on BRV 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 Director 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 the athletic director 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 BRV and the community.

### **Philosophy**

Blue River Valley Jr-Sr High School believes that interested students should have the opportunity to develop their potential as athletes in activities appropriate to their level of ability. In this spirit, BRV provides a program of interscholastic athletics which promotes participation for qualified students within the rules and regulations of the IHSAA and the BRV Athletic Department. It is a 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. BRV athletics also provides a unifying influence upon our student body and between our school and community. Finally, as is true in all aspects of education at BRV, our athletic program is committed to the pursuit of excellence, acknowledging that the quest itself is the most significant aspect of achievement.

### **Profile of Blue River Valley Jr-Sr High School Athletic Program**

Blue River Valley Jr-Sr High School has developed rich tradition in athletics. The entire school and community take pride in the accomplishments of our athletic teams. BRV athletics reflect our school's philosophy and commitment to excellence. Boys are offered an eight-sport program including cross

country, and tennis in the fall; basketball, bowling, and wrestling in the winter; and baseball, golf and track in the spring. Girls are offered a nine-sport program including cross country, golf, and volleyball in the fall; basketball, wrestling, and bowling 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 Blue River Valley Jr-Sr High School and the IHSAA.

### **Participation**

Participation in school athletics is a privilege that carries with it varying degrees of responsibility, recognition, and reward. Participating students represent their school and other members of the student body, and it is their duty to conduct themselves in a manner that is positive for themselves, their families, their school, and their community. The following rules shall apply to all student athletes, cheerleaders, blue-crew, student staff, managers, or any other Blue River Valley student associated with athletic teams in grades 7 through 12.

**A. Enrollment** - A student is to be a regularly enrolled student whose residence has been established and verified according to the following IHSAA rules: Rule 12, Enrollment; Rule 19, Transfer; and Rule 20, Undue Influence.

**B. Participation** - Participation in organized non-school sports competition during the authorized contest season, including the IHSAA tournament series in that sport will cause such student to become ineligible for their school in that sport for a period not to exceed 365 days as determined by the Commissioner (EX: during baseball season a baseball player cannot participate on his youth league team).

### **C. Conduct**

Athletes conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school (Ref. IHSAA Rule 8, Conduct, Character, Discipline) NOTE: It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude contestants from representing their schools.

### **Before the First Practice:**

- All athletes and parents must have registered and verified an account with Eventlink. All paperwork will be completed and maintained online with Eventlink.
- All athletes must have completed a physical exam by a physician holding an unlimited license to practice medicine, a nurse practitioner, or a physician's assistant, with an unlimited license to practice medicine on file in the athletic office. This must be done between April 1<sup>st</sup> and the athlete's first summer workout. This may be started and downloaded on Eventlink.
- All athletes must have completed the following forms on Eventlink.
  - IHSAA Pre-Participation Physical Form (first part done online & then download to take to physical exam).
  - an Emergency Information Sheet
  - a Concussion/Cardiac Acknowledgement Form
  - an Extra-Curricular Consent Form
- Athletes must meet IHSAA eligibility requirements.
- ALL transfer and foreign exchange students must complete proper paperwork for the IHSAA.

**Code of Conduct & Enforcement of the Code of Conduct**

The principal and/or athletic director shall enforce all rules and regulations as described in the Code of Conduct for athletes/participants. All rules regarding behavior and/or training as outlined in IHSAA regulations apply. The coach of each sport will reinforce the code during the school year. Nothing in this policy shall be construed to require the school corporation to follow the Due Process and Pupil Discipline Statute (IC 20-8.1-5) in removing a student from participation in any extra-curricular activity. The Code of Conduct is in force twelve (12) months of the year for grades six through twelve.

- A. A coach may establish rules that exceed the high school rules provided that the principal and the athletic director approve the rules and that the signed acknowledgement letters are on file in the athletic director’s office.
- B. Athletes must pass five (5) full credit subjects or the equivalent in the previous grading period. Semester grades take precedence. Second semester grades determine eligibility for fall sports. (all freshman are eligible the first grading period)
- C. An athlete’s failure to follow directives regarding specific guidelines established by a coach will be disciplined by that coach in a manner consistent with the rules outlined in the letter on file in the athletic director’s office.
- D. Serious Violations - smoking, drinking, drug use, felony or misdemeanor arrest may result in an immediate suspension.
- E. Any athlete suspended will not be eligible to compete in an extracurricular event for the same number of days as their suspension upon return to school.
- F. Drug Testing - Each participant must have on file in the athletic director’s office the drug testing consent form in which he/she and his/her parents agree to participate in the BRV drug testing program as outlined in the School Corporation Policy.

**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. These notes will be kept on file in the Athletic office. Additional practices are required by the IHSAA before regaining eligibility after an extended absence due to illness or injury.

<u>Days Missed</u>	<u># of Practices Required</u>
5 to 10	4
11 or more	6

**Academic Eligibility**

To be eligible for athletics a student must:

- Pass five 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 five full credit classes or the equivalent (Audits and Incompletes CANNOT be counted towards meeting these requirements). Student athletes should manage their time so as to not miss practices, competitions, or school 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.

### **Acknowledge 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 of practices and/or games. There are several types of injuries that can force an athlete to miss practices and/or games. Some of the more 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 three 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. Fortunately, most of the injuries that occur with athletics are mild strains, sprains and contusions and the athlete misses little or no participation. It is important to remember that statistically other types of physical activity present a greater risk to its participants than athletics. Therefore, statistically, athletes are much safer than those who participate in riskier types of physical activity. Athletes can decrease their chance to be injured by the following:

- Refrain from risky behavior in locker room/on field.
- Condition properly to stay in condition.
- Get proper rest and nutrition.
- Stay tobacco, alcohol, and drug free.
- Use proper technique taught by coaches.
- Wear proper fitting protective equipment.

Keep all protective equipment in working order. 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 (as provided by Henry County Sports Medicine) of Blue River Valley Jr-Sr High School want 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. We hope that we can count on your support in this endeavor.

### **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.

### Athletic Trainer and Reporting Injuries

The Blue River Valley School Corporation will assume no responsibility of payment for medical treatment of an injury incurred during practice or contests. A state licensed trainer is available through Henry County Sports Medicine 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.

### Attendance

**Students must be in attendance at school by 8:15am 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 games.**

Student athletes are required to begin practice with the team on the first official day of practice as determined by the IHSAA. There will be two exceptions to this rule: 1) Student athletes moving into our district will be allowed full eligibility if it is granted by the IHSAA. 2) Prearranged or absences due to not having a completed physical on file, must be approved by the coach and Athletic Director.

### Cheerleaders/Blue Crew

All requirements for participation which apply to other athletes apply equally to Cheer/Blue Crew.

### 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 the Blue River Valley School Corporation Administration Building for a meeting with the superintendent, 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 restriction regarding access to school facilities.

### Code of Conduct Violations

Athletic team members in any capacity (athlete, cheerleader, blue-crew member, student manager, or statistician) must assume responsibilities with being a member of a team and wearing the BRV colors. The student body, community and others judge our school by our student athletes' conduct and attitude on and off the field, in season, and out. Student athletes and athletic support personnel are role models and are expected to be positive examples in citizenship, scholastic effort, leadership, and in personal appearance. **All school rules are in effect for all participants in all school sponsored activities.**

Code of Conduct policies are in effect twenty-four (24) hours a day, twelve (12) months a year.

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/designee has discretion to suspend/not 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 detention or in-school suspension. 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. An athlete suspended out of school is not eligible to compete during the suspension.

### **Vandalism and Stealing Penalty**

A student athlete shall not vandalize property at school, other schools, or have in their possession any stolen item from any source, including uniforms or equipment from BRV or other schools. Violation of this offense is an indefinite suspension until restitution is made. Once restitution is made the following penalties apply: First offense-suspension for 50% of season. Second offense- one calendar year exclusion from athletics. Third offense-career exclusion from athletics.

### **Felony Conviction Penalty**

A student athlete who is found guilty or has acknowledged guilt of a felony by either formally pleading guilty or entering into a plea agreement, a pre-trial diversion agreement, or an informal adjustment agreement with the State of Indiana will face the following consequences: first offense is one calendar year exclusion from athletics and second offense is career exclusion from athletics.

### **Misdemeanor Conviction Penalty**

A student athlete who is found guilty or has acknowledged guilt of a misdemeanor by either formally pleading guilty or entering into a plea agreement, a pre-trial diversion agreement, or an informal adjustment agreement with the State of Indiana will face the following consequences: first offense is suspension for 25% of the season, second offense is one calendar year exclusion from athletics, and third offense is career exclusion from athletics. This would exclude minor traffic offenses.

### **Arrest Penalty**

A student athlete who has been charged with a crime will be suspended from competing with the team until a hearing with administration is conducted. The hearing will decide if the student will be suspended until his/her trial is concluded or if the suspension will be lifted before the conclusion of the trial. If the student athlete is found guilty or acknowledges guilt of a misdemeanor or felony by formally pleading guilty or by entering into a plea agreement, an informal adjustment agreement, or a pre-trial deferral agreement with the State of Indiana, then the appropriate penalty shall apply at the time of conviction or disposition of the case.

### **Substance Abuse Policy (Alcohol, Tobacco, Illegal Drugs)**

The following disciplinary action will be taken if a student-athlete is determined to be in violation by either the possession or use of alcohol, tobacco products of any kind or any illegal drug. Determination may be made by student admission, notification of arrest by law enforcement or a county probation department. It is the responsibility of the principal and athletic director to investigate allegations of substance abuse. Penalties may be imposed in situations where there is an overwhelming existence of evidence as determined by the appropriate investigation.

### **Disciplinary Action for Violation of Substance Abuse Policy**

#### **First Offense:**

1. Student will be prohibited from participating in athletics for one calendar year (365 days).
2. Penalty reduced to 25% of sports season if the student athlete enters into an approved substance abuse counseling, educational, or rehabilitation program. As soon as student enters approved substance abuse counseling, educational, or rehabilitation program, he/she may resume the athletic practices.
  - 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.
  - Failure to complete (once begun) an approved substance abuse counseling, educational, or rehabilitation program is considered a second offense. The student must have a clean drug screen before returning to participation
  - During a partial suspension, the athlete is to practice and participate in all team activities but is not allowed to dress for contests.
  - An athlete may not “pick up” an additional sport to serve their suspension, if they have not participated in the sport in the previous season.

#### **Second Offense:**

1. Student will be prohibited from participating in athletics for one calendar year (365 days).
2. The student must have a clean drug screen before returning to participation.

#### **Third Offense:**

Student will be excluded from participating in athletics for the remainder of time at the high school.

Note: An athlete who has received a permanent suspension from all athletic activities may apply with a written request for a review of his/her suspension. This appeal may not be filed until one year after the suspension was given. The appeals panel will consist of the principal, assistant principal/athletic director, and two head coaches selected by the athletic director.

### **Conflicts in Extra-Curricular Activities**

Blue River Valley Jr-Sr 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.

### **Equipment Issue and Return**

Blue River Valley Jr-Sr 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 (except for normal wear and tear) or the athlete is expected to make restitution to 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.

### **LOCKER ROOM POLICIES**

The locker rooms at BRV are to be a source of Viking Pride. The locker room is a student athlete sanctuary that should be protected by all student athletes along with the coaching staffs. Each student athlete is responsible for maintaining the well-being of the locker rooms. This includes keeping all personal items off the floor and turning showers off when not in use. Any/All items left on the locker room floor at the end of each day will be placed in lost & found. Student athletes should keep all personal items secured in their locker at all times. Never leave anything unsecured in the locker rooms. Horseplay, boisterous behavior, and vulgarity will not be tolerated in the locker rooms. Any destructive behavior that takes place in the locker rooms will be punished to the fullest extent of the law as well as by applicable school policy and athletic policy.

### **Grooming and Appearance**

Blue River Valley Jr-Sr 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/Abuse/Harassment**

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/Abuse/Harassment activities of any type are inconsistent with the goals of Blue River Valley Jr-Sr High School and are always prohibited, 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. Blue River Valley Jr-Sr High School prohibits any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student-athlete. If a student-athlete believes that they have been subject to hazing, abuse, or harassment 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, and-or legal prosecution.

### **Health Insurance/Student Accident Insurance**

BRV 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 strongly encouraged to have an insurance policy to cover athletic injuries and the cost of treatment.**

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 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. **NEITHER THE IHSAA NOR BLUE RIVER VALLEY SCHOOL CORPORATION CARRY ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.**

### **Health Issues**

Parents needing information on the following health issues can find information on the IHSAA website ([www.ihsaa.org](http://www.ihsaa.org)) pertaining to:

- MRSA
- West Nile Virus
- Staph Infection
- Heat and Hydration
- Concussions
- Weather/Lightning
- Viral Meningitis

### **IHSAA**

Blue River Valley Jr-Sr 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; Blue River Valley is in District 2. All rules are found in the IHSAA Bylaws and Articles of Incorporation. The principal and athletic directors have copies of this book.

### **Multiple Sport Participation**

BRV supports participating in more than one sport throughout the school year. Coaches should not establish expectations "out of season" which would prohibit or restrict participation in another sport which is "in season."

### **Dual Sport Participation – Same Season**

While not encouraged at BRV, dual sport participation is permitted under the following conditions:

1. The athlete and his/her family are in favor of competing for 2 sport teams.
2. The coaches of the affected sports are in agreement that this is a desirable situation.
3. 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.
4. The athlete is expected to practice regularly in both sports.
5. Athlete will not be permitted to leave practice early to attend a practice in the other sport without the permission of both coaches.
6. Athlete will not be permitted to miss practices/contests in either sport w/out consent of one or both coaches.
7. A prioritized list of contest levels will be established before the first contest in either sport, such as the following: Contests take precedence over practices, IHSAA Tournament games, other tournaments (county, invitationals), Regular season games.
8. The athlete will 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.
9. If the lettering requirements for both sports are met, then the athlete will be eligible to receive letters and awards in both sports.
10. Final authority regarding conflicts/clarification of policy shall be vested in the AD.

### **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 Eligibility Center.
  - a. NCAA Eligibility Center visit: <https://web3.ncaa.org/ecwr3/>
  - b. NAIA Eligibility Center visit: <https://www.playnaia.org/eligibility-center>

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.

### **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 have completed a physical exam by a physician holding an unlimited license to practice medicine, a nurse practitioner, or a physician's assistant, with an unlimited license to practice medicine on file in the athletic office. This must be done between April 1<sup>st</sup> and the athlete's first summer workout. This may be started and downloaded on Eventlink.

### **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 due to weather **are voluntary and may be limited to varsity only**. Under no circumstances will an athlete be punished for not attending practice in this situation. Practices and contests during inclement weather will be determined via discussions between the Principal, Superintendent, Transportation Director, and the Athletic Director.

### **Quitting a Team/Removal from 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 considered the conclusion of a sport season. An athlete that is cut may play another sport immediately.

### **Social Networking**

Student-athletes are responsible for all information contained in written or electronic transmissions (i.e. e-mail) and any information posted on a public domain (i.e. Internet, chat rooms, blogs, Facebook, YouTube, Twitter, etc.). Inappropriate, embarrassing or disrespectful information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in online social networks, however, student-athletes should be reminded that they serve as representatives of their team, the athletic program and Blue River Valley Jr-Sr High School.

Texting, tweeting and uses of other social networks to disparage/criticize the team, teammates, other students, opponents, coaches or other school personnel is inappropriate behavior and unbecoming of a Blue River Valley Jr-Sr High School student-athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior, due to the Code of Conduct or any other policy, will be considered in violation and subject to athletic discipline or suspension per policy guidelines.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include but are not limited to depictions or presentations of the following:

1. Posting photos, videos, comments or posters showing the personal use of alcohol and tobacco (i.e. holding cups, cans, shot glasses, etc.)

2. Posting photos, videos and comments that are of a sexual nature. This includes links to websites of pornographic nature and other inappropriate material.
3. Posting pictures, videos, comments or posters that condone drug related activity. This includes but is not limited to images that portray personal use of marijuana and other illegal drug paraphernalia.
4. Demeaning other athletes and/or coaches, Blue River Valley or otherwise.

For your own safety, please keep the following in mind as you engage in social networking:

1. Set your security setting so that only your friends can view your profile.
2. Do not post your email, home address, local address, telephone number(s) or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
3. Be aware of who you add as a friend on your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
4. Consider how the above behaviors can be reflected in all social media applications.

Current and future employer and college admissions often access information you place online. Think about information you post which could provide an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.

### **Summer Program Participation**

Summer participation is an opportunity to improve conditioning and skills. Athletes are encouraged to take advantage of these programs. It is required that each athlete have a current IHSAA physical on file before participating in these programs.

### **Sunday Activities**

The Corporation respects families need for time when school activities do not interfere or infringe. Sunday's are days of no school-sponsored or directed activities.

### **Transfer Students**

Parents of students who wish to participate in athletics at BRV but who did not attend Blue River Valley School Corporation 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**

The BRV Athletic Department wants to emphasize the importance of riding the bus to and from athletic events. The riding of the team bus provides opportunities for; creating a team bond, celebrating after a win, a sanctuary after a loss, a chance for coaches to discuss team goals, strategies, give skill, game and or practice instruction, a place for a coach to congratulate, console or motivate an athlete just to name a few. BRV athletes are required to travel to and from athletic contests and special events in school approved vehicles under adult supervision provided by BRV.

Under certain circumstances or exceptional situations athletes may be excused from riding the bus either to or from an athletic event. Examples: funeral, medical emergency, or hospitalized relative,

religious observances, weddings etc. For these times the parent is required to complete a travel request form at least 24 hours in advance. These forms can be found online on the school's official website as well as the athletic website. These are completed online and returned to the parent and coach via email. Physical copies can be picked up in the high school main office.

### **Weight Room**

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

### **Athletic Awards Policy**

The school will award a varsity letter certificate for athletes that qualify in each sport. Athletes that do not meet lettering requirements will be awarded a participation certificate. Athletes may purchase letter jackets once they have earned their first varsity letter. Jacket certificates will not be awarded until the end of the season they are earned. The school will provide a BRV patch for the first year the athlete letters.

The Athletic Department will provide patches to teams that win IHSAA sponsored tournaments as well as All County and All Conference Honors. The Athletic Department will also provide patches for individuals that advance beyond the sectional level in IHSAA sponsored tournaments. The Athletic Department will also provide patches and or plaques for individuals that are awarded first team all-state status by their sports coaches association.

Chevrons for additional letter recognition as well as numbers and sports emblems can be purchased from the Athletic Office for a reduced price.

### **Rules Governing Awards**

At the end of each season, the head coach 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.

**An Athlete must attend ALL Varsity Events to be considered for a varsity letter. The only exceptions to the rule would be on exceptional situations such as a funeral, the athlete's illness, medical emergency, or a hospitalized relative, religious observances, weddings etc. Leaving for vacation early or extending a vacation or trip, family trips, camps, are not acceptable reasons.**

**Athletes MUST BE PRESENT at the awards program to earn and receive their awards.** Under extraordinary circumstances where the athlete has notified the coach and athletic director in advance this requirement may be waived. Athletes suspended from competition during any part of their season for Code of Conduct violations are not eligible for any special awards (plaques, all-county, all-state, etc...) They can earn a varsity letter or participation award if they complete the season with the team. The wearing or possession of all athletic awards is contingent upon proper conduct by a student. The recalling of any award purchased by the school is within the power of the school.

A maximum of 3 plaques will be awarded for all levels of each varsity sport and a maximum of 2 plaques will be given to Junior High level teams. The principal or athletic director may waive this limit if a team has had an exceptional season.

**Qualifications for ALL VARSITY LETTER AWARDS;**

Must complete the sports season.

Must attend all events qualified for.

Attend all practices unless prearranged and excused by coach.

Must be included on IHSAA Sectional Roster (not withstanding a serious injury)

**Requirements for a Varsity Letter**

**X-Country:** Participate minimum 4 Varsity meets.

**Volleyball:** Participate in 25% of varsity matches

**Tennis:** Starter in 25% of varsity matches played.

**Bowling:** Participate in at least 25% of all contest.

**Golf:** Must be one of the first 7 places. The first 7 places are considered as varsity. (these may alternate on roster during the regular season)  
Participate in 25% of matches played.

**Basketball:** Participate in 25% varsity quarters available.

**Baseball:** Participate in 25% of games played.

**Wrestling:** Participate in at least 25% Varsity meets.

**Softball:** Participate in 25% of games played.

**Track:**

**Varsity Track Letter Requirements**

To earn a varsity letter the following criteria will be used:

1. The athlete must be in good standing with the team, school and coach at the end of the season.
2. The athlete must accumulate 20 points in competition unless other criteria is met for lettering.
3. The athlete will lose 5 letter points for each unexcused absence from practice and 10 letter points for each unexcused absence from a meet.
4. Any senior who has completed 4 years of track and field in good standing may receive their letter.
5. Time missed due to injury will be taken into consideration. If the athlete probably would have lettered had he not been injured he could be awarded his letter.
6. The athlete may also earn his varsity letter by being the number 1 or number 2 ranked BRV athlete in his event area during 90% of all meets, excluding tournament competition.
7. A track and field athlete who is conference, sectional, regional champion or state qualifier will automatically letter
8. Dual sport athletes may earn their letter by scoring 15 points in competition or meet the champion criteria.
9. Dual sport athletes must also attend at least 1 practice per week.

Track and field manager letter winners must;

1. Must attend practices on Mondays and Wednesdays to time or help with other statistical criteria.
2. Must attend meets to help set up tent and tarps, time at meets, take care of med kit and/or keep scorebook.

## **GIRLS LETTER REQUIREMENTS**

Points will be awarded based on the following criteria:

Improvement in meet times

Placing for Blue River Valley

Overall meet placing

Target meet times

Attendance

Injuries will be considered, and points adjusted

Points earned in JV meets will be half of varsity meet points

Athlete must successfully complete the season

Accumulate 200 points within these criteria and compete in 8 meets

Compete in 80% of varsity meets.

A senior who has successfully completed four years of cross country will receive a varsity letter.

## **IMPROVEMENT SCALE**

5-10 seconds = 1 point

11-20 seconds = 2 points

21-30 seconds = 4 points

31-45 seconds = 5 points

46-60 seconds – 7 points

61-90 seconds – 8 points

91-119 seconds – 12 points

2 minutes and up – 14 pts.

10 points will be deducted for each 60 seconds slower than the previous meet time

## **BLUE RIVER VALLEY PLACING**

1st place = 20 points

2nd place = 18 points

3rd place = 16 points

4th place = 14 points

5th place = 12 points

6th place = 10 points

7th place = 8 points

8th place = 5 points

9th place = 5 points

10th place = 3 points

## **OVERALL MEET PLACING**

2 points for each opposing runner beaten in varsity competition

1 point for each opposing runner beaten in JV competition

## **TARGET TIMES**

20:30-21:00                      20 points                      24:01-24:30                      9 points

21:01-21:29                      18 points                      24:31-25:00                      8 points

21:29-22:00                      16 points                      25:01-25:30                      6 points

22:01-22:30                      14 points                      25:31-26:00                      5 points

22:31-23:00                      12 points                      26:01-26:30                      4points

23:01-23:30                      11 points                      26:31-27:00                      3points

23:30-24:00                      10 points                      27:01-28:00                      2 point

28:01-29:00                      1 point

## **ATTENDANCE**

Subtract 25 points for each unexcused late to practice

Subtract 10 points for each absence from practice

Subtract 20 points for each absence from meet

Subtract 50 points for each unexcused absence from practice

Subtract 100 points for each unexcused absence from a meet

Add 25 points for getting someone out who completes the season

**Cross Country field manager letter:**

Must attend practices on Tuesdays and Wednesdays to time or help with other statistical criteria.  
Must attend meets to help set up tent and tarps, time at meets, take care of med kit.

**Varsity Student Manager:** A student manager must attend all scheduled contests and practices as well as meet the head coach's other requirements regarding team events. A Varsity Letter for a Manager will NOT count towards the Outstanding Viking Award or 12 Varsity Letters Award.

**12 Varsity Letters Award** (begins 2020-21 School year) - Ring (To earn the ring you must have earned all 12 letters as an athletic member of the team. Managing does not count towards earning a ring).

**Outstanding Vikings** (begins 2020-21 School year) - The Varsity coaches will meet and select one senior male athlete and one senior female athlete from all candidates that meet the following criteria. These athletes must exhibit outstanding ability, motivation, leadership, and citizenship in their career at Blue River Valley. This award also honors our senior athletes for their accomplishments not only in athletics the past 4 years, but also their achievements academically. To be a recipient of this award our senior athletes must meet the following criteria:

- Receive no fewer than 8 Varsity Letters
- Defend all Varsity Letters once they are earned
- Have an accumulated GPA of 3.0 or above after 7 semesters of school
- Complete 8 semesters of high school credit

**BRV Senior Athlete Award** - This award is to honor our Senior athletes for their accomplishments their four-year athletic career at BRV. To be a recipient of this award each of these athletes earned at least 5 Varsity letters in their 4 years at BRV.

**MEC Academic All-Conference Award** - The following criteria will be used when considering a student for recognition as a scholar athlete and selection as an academic all-conference recipient:

1. Student must be a varsity letter winner.
2. Student must possess a grading period G.P.A. of 3.50 on a 4.00 scale.
3. Student must be recommended by Athletic Director, and be in good standing academically, athletically, and behaviorally at the time of submission.

Fall Sports recognition: will be based on first term (6, 9, 12 weeks) of the school year.

Winter Sports recognition: will be based on first semester grades

Spring Sports recognition: will be based on second semester grades

Students recognized as MEC Academic All-Conference athletes will receive a certificate signed by their respective Principal and Athletic Director.