

ATHLETIC POLICY HANDBOOK

FREMONT COMMUNITY SCHOOLS

(REVISED 2011)

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FREMONT COMMUNITY SCHOOLS INTERSCHOLASTIC ATHLETICS

Philosophy and Objectives

The athletic programs of the Fremont Community Schools place emphasis on developing the individual by providing a broad program of athletic activities. Participation in athletics means more than competition between two individuals or two teams representing different schools. Athletics teach fair play, sportsmanship, and understanding and appreciation of teamwork. Athletics create friendly rivalry, create new friendships, improve community relations, and develop athletic skills.

The coaching staffs, the Corporation Athletic Director, and Principals administer the program within the policies established by the coaches, Athletic Director, Principals, Indiana High School Athletic Association (IHSAA) and the local school board.

Our objectives for our athletic program are:

Student-Athlete's Objectives

1. Athletes will have the opportunity to learn and improve skills in a competitive contest.
2. Opportunities will exist to make lasting friendships with team members, and to visit and play in other communities.
3. Athletes will have the chance to observe and exemplify good sportsmanship.
4. Athletes will come to the realization that athletic participation is a privilege that carries definite responsibilities.
5. Individuals will be afforded a chance to enjoy one of the greatest experiences of youth. This is the privilege to compete.
6. Athletes will learn that the degree of success depends upon hard work, devotion to the task, enthusiasm for the game as well as the innate ability of the person.

School's Objectives

1. Athletics should be an integral part of our school's co-curricular program.
2. Athletics should be used to promote good school spirit and pride.
3. Athletics should be educational.
4. The athletic program should be broad rather than narrow in scope.
5. Sportsmanship, fair play, and good school citizenship should be the main objectives of athletics.

Athletic Council

The Athletic Council is made up of High School Athletic Director, and all Head Coaches. The High School Athletic Director will serve as the Chairman of the council. The purpose of the council is to resolve common problems that arise in the Athletic Department. The council will serve in an advisory capacity to the Principals. The building Principals holds the ultimate authority in all aspects of the athletic program. The High School and Middle School will comply with the rules and regulations of the IHSAA and the IHSAA's Interschool Guidelines for Middle Level Schools respectively.

Athletic Offerings – High School

Fall Sports

Boys Cross Country
Girls Cross Country
Cheerleading
Football
Girls Golf
Boys Tennis
Volleyball

Winter Sports

Boys Basketball
Cheerleading/Lifters
Girls Basketball
Wrestling

Spring Sports

Baseball
Boys Golf
Boys Track & Field
Girls Track & Field
Softball
Girls Tennis

Athletic Offerings – Middle School

Fall Sports

Football
Boys Cross Country
Girls Cross Country
Cheerleading
Volleyball

Winter Sports

Boys Basketball
Girls Basketball
Wrestling
Cheerleading

Spring Sports

Boys Golf
Girls Golf
Boys Track
Girls Track

Changing Sports

If an athlete is cut from a team, he/she may join another team or program in the season. **An athlete cannot quit one team to join another sport until that original team is no longer competing.** For example: An athlete cannot quit football to tryout for basketball until football season is complete. However, athletes may transfer from one sport to another during a season only upon mutual agreement of both coaches and the Athletic Director. If an athlete is removed from a team for any reason (i.e. quitting, rule violation, grades, etc.) that athlete will not be allowed to participate in any practice, conditioning program, or weight program until completion of competition for the team from which the athlete is removed. If the athlete wishes to appeal, a written appeal must be submitted to the Athletic Director.

Illness – Injury

Any student athlete that is absent five (5) or more consecutive school days or practice days due to illness or injury shall be ruled ineligible until the student athlete presents a written verification from a physician returning the student athlete to full participation.

Pre-Season Meetings

Pre-season meetings play an integral role maintaining an open line of communication among parents, athletes, coaches, and administrators. At the beginning of each sport season the athletes and their parents are asked to attend a general session meeting with the high school or middle school athletic director. The meeting will be followed by a breakout session. Parents and athletes will meet with the coaches of their sport to be informed of specific rules, policies, and procedures that pertain to that particular sport.

School Policy – Basic Training Rules

Each student-athlete who is participating or has declared his/her intent to participate in athletics will not use or possess any form of tobacco, alcoholic beverage or illegal drug.

Each student-athlete who is participation or has declared his/her intent to participate in athletics will refrain from theft in general, theft of athletic equipment or theft while on an athletic trip, practice or sponsored event.

School Policy – Reporting Violations of Basic Training Rules

The athlete, a parent of an athlete, Fremont School Employee or concerned community member must report violations. A law enforcement officer or probation department official may report a violation with the approval of the Steuben County Circuit Court Judge.

The Basic Training Rule Policy applies twelve (12) months a year. This policy applies to Middle School athletes commencing at the completion of the fourth grade. This policy applies to Middle School athletes commencing at the completion of the eighth grade. Any information involving a student's possible violation of the athletic training policy must be referred to the High School or Middle School Athletic Director for investigation. Athletic probationary periods or penalties shall be transferred from Middle School to the High School.

For violations of any of the previously mentioned policies, the following steps will occur:

Middle School

First Offense – The Athletic Director will issue a formal written notice of probation in the form of a letter to the athlete and a copy to the athlete’s parents/guardians. If the athlete is participating in a sport season, the athlete may be suspended. The recommended suspension will be **20% to 25%** of the athletic season. A review committee consisting of the building level Athletic Director, Principal and Head Coach in-season will determine the penalty for all the first offenses.

Any games/matches/meets from which an athlete may be suspended may include tournament contests if the tournament takes place during the suspension time. If the violation occurs out of the season, the penalty will be imposed in the next school year sport in which the athlete participates. The probationary period will be effective for one (1) calendar year from the date of confirmation of the infraction. In the event that a violation occurs after the one-year probationary period expires, the process starts over.

Second Offense – (during a probationary period) the athlete will be suspended from interscholastic activities from that sport or upcoming sport for **sixty (60) calendar days** commencing immediately if the student athlete is in season, and commencing the first day of practice of the student athlete’s upcoming sport season.

The coaching staff will be responsible for establishing the procedure for acceptable reinstatement. The athlete may then participate in practices leading up to a reinstatement.

Third Offense – (during a probationary period) the athlete will be suspended for **one (1) calendar year** or as near as possible from the date of the third offense, from all athletic sports at Fremont Community Schools. The student/athlete will not be permitted to practice with the team during this suspension.

High School

First Offense – If the athlete is participating in a sport in season, the athlete will be suspended **50%*** of the athletic season. Any games/matches/meets from which an athlete may be suspended may include tournament contests if the tournament takes place during the suspension time. If the violation occurs out of season, the penalty will be imposed in the next IHSAA school year sport in which the athlete participates. Any athlete who abuses tobacco, alcohol, or drugs will be tested during the remainder of that sport season. (***Honesty clause or compassion clause would reduce penalty in half.**)

Second Offense – On a second offense the athlete will be suspended **one (1) calendar year** from the date of notification.

Third Offense – On a third offense the athlete will be suspended for **the athlete's high school career**.

The building level principal and athletic director will rule on all cases involving any infraction committed before, but reported after, an athlete is already serving a penalty for another infraction.

If the conduct or character of a student athlete is such that in the judgment of the High School Principal or Athletic Director reflects discredit to the school, the student athlete may not be allowed to participate in athletics.

Compassion Clause

Any athlete who seeks help due to substance dependency abuse for tobacco, alcohol or drugs will be awarded compassion, up to one-half (1/2) the penalty of the first offense. This can occur only once during the athlete's high school career. The athlete seeking assistance under this compassion clause must obtain professional assistance at the athlete's expense.

Honesty Clause

Any athlete who comes forward and admits his/her guilt on a first offense prior to being reported will reduce his/her discipline in half. This does not include an athlete who has been arrested or who has been drawn to be tested in the corporation's random drug testing program.

The Honesty Clause applies only to high school athletes.

A student cannot use both the compassion clause and honesty clause on the same offense.

Violation of School Discipline

Any athlete who is in violation of school rules such as truancy, classroom disruption, or other punishable acts will be disciplined by the already established school Rules (see Student Handbook). The athlete may further be dealt within the structure of rules for each sport. **If an athlete is serving an out-of-school suspension for any reason, the athlete will be ineligible for all practices and/or contests during the term of the suspension. An athlete serving a more-than-one block suspension, may practice, but not participate in contests the day(s) of the suspension. An athlete serving a one block detention may practice and participate in contests.**

An athlete not eligible to play in a contest shall not dress in uniform for that contest.

Team Rules Established by Coach

A coach may establish additional team rules and penalties for the violation of a rule with the approval of the building level principal and athletic director. These additional rules will be in writing and on file with the athletic director. Once a team has been selected, a copy of the written rules will be distributed to each team member.

Prohibition of Harassment/Bullying

It is the policy of the Fremont Community Schools Board of School Trustees to provide a learning and working atmosphere for students, employees and visitors free from harassment/bullying.

Fremont Schools are committed to effectively reducing the number of instances of bullying and/or harassment in their buildings. The bullying of students at Fremont Schools is strictly prohibited. Indiana Code 20-33-8-.02 and IC 20-33-8-13.5 define bullying as overt, repeated acts or gestures, including: (1) verbal or written communications transmitted; (2) physical acts committed; or (3) any other behaviors committed; by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other student.

Any instance of bullying must be reported to a staff member or administrator as soon as reasonably possible. The administration will immediately begin an investigation. Offenses will be dealt with through conferences/education and/or out-of-school suspensions. Continual offenses or a severe infraction may result in an expulsion.

Sportsmanship Policy

1. Coaches/team members will watch IHSAA Sportsmanship Video at the beginning of their sport season.
2. Parents will watch MHSAA Sportsmanship Video on “What Kids Wish Their Parents Knew about Sportsmanship.”
3. Sportsmanship Posters provided by IHSAA will be posted in visible areas.
4. A sportsmanship message will be read prior to every home sporting event when a public address system is available and in use.
5. A basic guide for students and parents will be distributed to parents of athletes.
6. High School student/athletes will attend programs developed by IHSAA.
7. Students and patrons who do not conduct themselves properly will be removed and the “Unruly Adult Policy” will be enacted.

Policy – Unruly Adults

(Policy adopted by the Fremont Community Schools Board of School Trustees, December 17, 1979).

Schools are occasionally embarrassed by the unsportsmanlike conduct of adult fans. In some cases, the actions of the fans become quite serious when officials and school personnel are verbally abused, or confronted by adults, etc.

The following procedure will be adhered to when a report of unsportsmanlike fan conduct is made.

A certified letter will be sent to the fan listing the conduct and asking the fan to appear before the Board of Education to show reason why the fan should not be barred from attending interscholastic school activities. If the fan fails to appear, the school will have reason to conclude that this lack of assurance would indicate that this unsportsmanlike conduct might be repeated. This hearing is provided to involve due process and protect interscholastic participation of Fremont with the IHSAA, North East Corner Conference (NECC), Tri-County Athletic Conference (TCAC) and all independent schools.

The Fremont Board of School Trustees will impose proper disciplinary action after full due process has been granted to those involved.

What You Must Do Before the First Practice

- Pass an IHSAA physical examination
- Meet academic eligibility requirements
- Parent sign and submit “Athletic Emergency Medical” card

Drug Testing Policy For Students and Student Athletes

Voluntary Random Testing

Fremont Community Schools offers a voluntary random drug-testing program as approved by the Fremont Community Schools Board of Trustees. A parent or guardian has their child placed in the pool to be randomly selected for testing by completing the form below and returning the form to the school office. Parents of students who test positive will be notified by the substance abuse counselor who will provide counseling or rehabilitation recommendations upon the parents’ or guardians’ request. The following pages describe the procedure, chain of custody and drug profile.

Voluntary Drug Testing Program Consent Form

I request that _____, grade _____, participate in the voluntary drug-testing program at Fremont Community Schools; and hereby voluntarily agree to let my child be randomly tested. I accept the method of obtaining urine and/or saliva samples, testing, and analysis of such specimen, and all other aspects of the program. I agree to have my child cooperate in furnishing urine specimens that may be required from time to time.

I further agree and consent to the disclosure of the sampling, testing and results provided for this program understanding that the school drug counselor, school corporation nurse, or corporation athletic director will hold such knowledge in strict confidence. This consent is given pursuant to all state and federal privacy statutes. It will be my responsibility as a parent to act, as I deem appropriate with the results.

Date: _____

Parent/Guardian: _____

Student (optional): _____

Please note once a parent or guardian has given consent for their student to participate in this program, the student will remain in the program for the duration of their enrollment in Fremont Community Schools. If the parent or guardian wishes to remove their student from the program, the parent or guardian must make a personal contact with the building level principal.

Please mail this consent for the Principal's Office at Fremont Middle School (PO Box E) or High School (PO Box 655) Fremont, Indiana 46737.

Mandatory Random Drug Testing Program

Fremont Community Schools has instituted this program to:

1. Provide for the health and safety of our students both physically and mentally.
2. Undermine the effects of peer pressure providing an additional reason to not use drugs.
3. Provide help where help is needed.

The implementation of this program shall not affect the policies, practices or rights of the Fremont Community School Corporation in dealing with drug, alcohol or tobacco possession or use where reasonable or probable cause is obtained by means other than the random sampling provided herein.

The school retains the right to require a student to submit to a test for alcohol or other drugs if the student exhibits behaviors, which lead school authorities to suspect the student is under the influence of alcohol or other drugs. Further, the school may test items in the student's possession to determine if those items contain alcohol or other drugs. Any student found to be under the influence or in possession of alcohol or other drugs would be dealt with in accordance with the school's student discipline policy.

Mandatory Random Drug Testing Of: Student Athletes

In an attempt to ensure the safe, drug-free participation of students in athletics, in season student athletes, grades 9-12, will be subject to mandatory random testing. A student athlete who refuses to participate in the program is ineligible to compete for Fremont High School on the extra-curricular teams.

Student Drivers

All students are required to have a parking permit in order to drive to school. All students issued a permit must participate in the random mandatory drug-testing program or they will not be issued a parking permit, and cannot drive to school.

Tobacco

While Fremont Community Schools discourages the use of tobacco product of any kind, we also recognize that the State of Indiana allows the use of tobacco by any individual over the age of eighteen. A student drive will not be considered in violation of this policy if nicotine shows positive on the screening and the student is over eighteen. Please remember that the use of tobacco on school property by any student is in violation of school rules and corporation policy.

Test Rules

The results of the drug test will be provided to the corporation substance abuse counselor or school corporation nurse who will always share the results with the parents or guardians and building level counselor. The building level athletic director will be notified if a student/athlete tests positive. If the student is 18 years of age or older, the student must sign a release of information to allow the information to be shared with the parents or guardians. If the results are positive, school officials will proceed as follows:

Positive tests – students who test positive will be required to submit to bimonthly follow-up tests until two (2) negative test results are obtained or until a proper length of time has passed to eliminate a positive test result for a specific substance.

First positive test – the results will be reported to the corporation substance abuse counselor who will then notify the building level guidance counselor and the parents or guardians of the student. The building level guidance counselor will cooperate with the parents or guardians to provide community referral services for evaluation and/or treatment. Cameron Treatment Center in Angola will provide an initial assessment free of charge.

In the case of a student athlete testing positive on the drug test, the high school/middle school athletic director will also be notified. The athletic director shall have the authority to declare the student athlete ineligible to participate in athletics until Athletic Policy Handbook – Basic Training Rule standards are met.

Second positive test – the results of the test will be reported to the corporation substance abuse counselor. The counselor shall then notify the parents or guardians of the student as well as the building level guidance counselor and the building level principal. The corporation substance abuse counselor will work with the parents or guardians to provide community referral services for evaluation and/or treatment. The student must provide written proof that he/she has participated in a minimum of an initial drug use assessment within 30 days of the positive test result. The student or his/her parents or guardians are responsible for any costs associated with the assessment and/or treatment.

In the case of a student athlete testing positive, the high school/middle school athletic director shall be notified and the student athlete will be declared ineligible to participate in athletics until Athletic Policy Handbook – Basic Training Rule standards are met.

Third and subsequent positive tests – the results of the test will be reported to the corporation substance abuse counselor who will notify the building level principal, parents or guardians, and the building level guidance counselor. The corporation substance abuse counselor will work with the parents or guardians to provide community referral services for evaluation and/or treatment. Written verification of satisfactory participation in a substance abuse rehabilitation program must be provided to the building level principal within forty-five (45) days of the positive test result. The students and their parents or guardians are responsible for any costs associated with assessment and/or treatment.

In the case of a student athlete testing positive, the student athlete will be ineligible to participate in athletics until the Athletic Policy Handbook – Basic Training Rule standards are satisfactorily met.

Drug Profile

The basic student drug profile will include the following:

1. Amphetamines/Methamphetamines
2. Barbiturates
3. Benzodiazepines
4. Cocaine
5. Opiates
6. Phencyclidine (PCP)
7. Cannabinoids (Marijuana)
8. Ethanol (Alcohol)
9. Cotinine (Nicotine Metabolite)
10. Cannabinoid/Creatine ratio and Creatine levels on diluted specimens are included.
11. Additional testing may be randomly done for Lysergic Acid Diethylamide, Ritalin and Anabolic Steroids.

Drug-Tobacco Screen Procedure

1. The High School Athletic Director will provide a list of participants in the fall, winter and spring sports. The High School Athletic Director will provide a list of students who have parking permits.
2. A urine specimen will be given on the site and will involve supervision by the corporation nurse or substance abuse counselor.
3. The results of the drug test will be provided to the corporation substance abuse counselor who will in turn follow the policy.
4. Student will be tested randomly as they are drawn weekly from the athletic pool, voluntary pool and driver's pool. Each week testing may occur on a different day, Monday through Saturday.
5. No student will be given advance notice or early warning of the testing. In addition, a strict chain of custody will be enforced to eliminate invalid tests or outside influences.
6. All specimens registering below 90.5 degrees or above 99.9 degrees Fahrenheit will be invalid. (There is a heat strip on each of the specimen bottles indicating the validity of the urine sample by temperature). If this occurs, the saliva test will immediately be used.
7. Urine specimens found to be diluted by lab examination will be judged invalid and the student will be re-tested as soon as possible.
8. All students will remain under school supervision until they have produced an adequate specimen. If the students refuse to give a urine sample and/or saliva sample, the administration in the respective building will be contacted. The administration will contact the parents or guardians by telephone and inform them the student is being uncooperative in the testing procedure. If students are still uncooperative they will no longer be eligible to drive to school or participate in extra-curricular activities. Reinstatement will be at the discretion of the principal once an adequate specimen has been produced.

Chain of Custody

URINE SAMPLE

1. At the testing area the corporation nurse, substance abuse counselor or designee will give each student being tested a specimen bottle.
2. The student will enter the restroom indicated by the school nurse or designee. The school nurse or designee will supervise the student's entrance. The student will close the door. The school nurse will wait outside the restroom.
3. The student will provide a urine specimen in the bottle provided.
4. The bottle will remain in the student's possession until the school nurse or designee places a seal upon the bottle. The student and the school nurse or designee will sign that the specimen has been sealed. The seal may be broken or the specimen bottle opened only by the laboratory testing the specimen.
5. If the seal is tampered with or broken after leaving the student's possession and prior to arriving at the lab, the specimen is invalid. If this should occur, the student will retest as soon as possible.
6. U.S. Mail will transport the specimen to the testing laboratory.
7. The testing laboratory will test the sample and report the results to the corporation substance abuse counselor.

SALIVA COLLECTION

1. At the testing area the corporation nurse, substance abuse counselor, or designee will give each student a swab to be placed in their mouth.
2. The student will be placed in a separate area for this test and they will put the swab in their own mouth.
3. The student will keep swab in mouth for 2-5 minutes until test is completed (per color change).
4. The swab will remain in student's possession until corporation nurse, substance abuse counselor or designee takes the swab and places it in container. The corporation nurse, substance abuse counselor or designee will sign that the swab has been sealed. The seal may be broken or the swab container opened only by the laboratory testing the specimen.
5. If the seal is tampered with or broken after leaving the student's possession and prior to arriving at the lab, the specimen is invalid. If this should occur, the student will retest as soon as possible.
6. U.S. Mail will transport the specimen to the testing laboratory.
7. The testing laboratory will test the sample and report the results to the corporation substance abuse counselor.

FREMONT MIDDLE SCHOOL

FREMONT MIDDLE SCHOOL INTERSCHOLASTIC ATHLETICS

Conference Affiliation

Fremont Middle School is a member in good standing of the Tri-County Athletic Conference (TCAC). As a member school, Fremont Middle School will abide by the constitution and by-laws of the TCAC. A copy of the constitution is on file in the Corporation Athletic Director's office. Member schools include:

Angola Middle School
Eastside Jr. High School
Garrett Jr. High School
Kendallville Central Middle School

Avilla Middle School
Fremont Middle School
Hamilton Jr. High School

The conference shall determine champions in the following sports:

Boys' Athletics

Fall: Football (7&8), Cross Country (6,7&8)

Winter: Basketball (6,7&8), Wrestling (6,7&8)

Spring: Track and Field (6,7&8), Golf (6,7&8)

Girls' Athletics

Volleyball (7&8), Cross Country (6,7&8), Cheerleading (7&8)

Basketball (6,7&8), Cheerleading (7&8)

Track and Field (6,7&8), Golf (6,7&8)

Athletic Eligibility

The intent of the Fremont Middle School staff and administration is to encourage and allow participation by as many students as possible while maintaining academic and citizenship integrity. Athletes should realize that participation in athletics is a privilege that carries with it definite responsibilities. Participation will be based upon parental consent, and the athlete's good academic and citizenship status. Students in grades 6, 7, & 8 ONLY will be allowed to practice/participate in sports as designated above.

The athlete must have the following items prior to a student's participation.

1. The student athlete must have parental /physician consent and release form (an IHSA physical form) on file in the Middle School Assistant Principal's office.
2. The student athlete must understand that any breach of school or classroom rules (truancy, classroom disruption, vandalism, etc.) will place the athlete in jeopardy of losing normal eligibility status (warning or probation as defined in the next section).
3. Student athletes participating in sixth, seventh or eighth grade athletic contests should be eligible with the following guidelines:
 - A. **6th Grade** – A student athlete who is or shall be fourteen (14) prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.

- B. **7th Grade** – A student athlete who is or shall be fifteen (15) prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.
 - C. **8th Grade** – A student athlete who is or shall be sixteen (16) prior to or on the scheduled date of the last contest in a sport should be ineligible for athletic competition in that sport.
4. The student athlete must be enrolled as a full time student receiving “C” or better in all subjects. The grade of “D” in any subject will result in the athlete being placed on academic warning (Phase I – outlined below). The grade of “F” in any subject will result in academic probation (Phase II – outlined below).

The warning and probation procedure is intended to permit the student athlete who is experiencing academic or citizenship difficulties an opportunity to regain participation status by meeting school academic citizenship expectations. Coaches will explain this procedure to all athletes at the beginning of their season.

Phase I – Academic/Citizenship Warning

1. A grade of “D” in any subject will place a student on warning status. The Athletic Director/Assistant Principal upon checking eligibility status at the beginning of the sport season, and when progress reports and grade cards are distributed, will advise the Middle School Coaches of any student athlete that is affected.
2. Student athletes with warning status may participate with full privileges. Progress in the class (es) in which the student athlete received the grade of “D” will be monitored weekly. Student athletes will be responsible to obtain an eligibility progress report form from the Athletic Director/Assistant Principal, every Friday morning prior to the beginning of classes, to be filled out by all teachers and signed by the student athlete and their parent or guardian. Completed and signed forms must be returned to the Athletic Director’s/Assistant Principal’s office by 8:00 AM on Monday morning.

Phase II – Academic/Citizenship Probation

1. A grade of “F” in any class will result in probationary status as will failure to compete class work while on academic warning. Student athletes on probation will not be allowed to participate in any contests until the probationary status is removed. The Middle School Athletic Director/Assistant Principal will check eligibility at the beginning of the sport season and when progress reports and grade cards are distributed and will notify the Middle School coaching staffs’ accordingly.
2. The Middle School Athletic Director/Assistant Principal will monitor progress on a weekly basis. Notification in the form of a letter must be signed by the student athlete and his/her parents or guardians and returned to the Middle School coach. Progress in the class (es) in which the student athlete received the grade of “F” will be monitored weekly. Student athletes will be responsible to obtain an eligibility progress report from

the Athletic Director/Assistant Principal, every Friday morning prior to the beginning of classes, to be filled out by all teachers and signed by the student athlete and their parent or guardian. Completed and signed forms must be returned to the Athletic Director's/Assistant Principal's office by 8:00 AM on Monday morning.

3. Any student athlete placed on probation for academic reasons, who has completed all homework, daily work, labs, projects, etc. and who, by the determination of a review committee, is working to their ability, may be granted permission to participate. The review committee will be comprised of the student athlete's teacher(s) affected, an administrator and the Guidance Counselor. The student athlete and his/her parents or guardians must request the review, in writing, and then the review committee can be formed. Progress will be monitored weekly.
4. Student athletes receiving probation resulting from disciplinary infractions will also have their progress monitored weekly. If no further incidences occur, the student athlete will return to normal eligibility status. If however, further incidences do occur, the student athlete will remain on probation or may be removed from the team.

Selection of Teams

The intent of Fremont Middle School is to provide the opportunity for all student athletes who are willing to follow the basic training rules and faithfully attend practices to be a member of the athletic programs of the school. In furtherance of this policy, no eligible student athlete is to be involuntarily removed from an interscholastic athletic team unless as a result of the following.

1. The student athlete is in violation of the athletic or school rules, regulations or standards.
2. The student athlete has failed to meet the academic/citizenship standards set forth in this handbook.
3. The student athlete has an attitude adversely affecting the team.
4. If the coach determines that continued participation by the student athlete constitutes a physical hazard to the student athlete or their teammates.
5. The numbers of participants does not allow proper instruction and potential safety risks.

Participation Awards

A participant certificate of award will be presented at the season's end to the student athletes and managers who finish the season in good standing, and were academic/citizenship eligible at the conclusion of the season.

Plaque Awards

A sportsmanship plaque will be awarded to the student athlete who best demonstrates this characteristic. A sportsmanship plaque will be awarded in each of the following sports.

6th grade – Girls’ Basketball, Boys’ Basketball

7th grade – Football, Volleyball, Girls’ Basketball, Boys’ Basketball, Cheerleading (F & W)

8th grade – Football, Volleyball, Girls’ Basketball, Boys’ Basketball, Cheerleading (F & W)

One Sportsmanship Award (Grade 6 through 8)

Girls’ Cross Country
Girls’ Track

Boys’ Cross Country
Boys’ Track

Wrestling
Girls’ Golf

Boys’ Golf

Middle School Cheerleaders

All cheerleaders will be selected in the spring by the method chosen by the coach with prior approval of the Middle School Principal and Corporation Athletic Director.

Squads will be limited to the seventh and eighth grades, and will consist of five members at each level.

Cheerleaders will adhere to the same athletic policies as all others and will receive same awards.

Cheerleaders will be required to cheer at all home football, boys’ and girls’ basketball games and all other home events as requested by the Cheerleading coach. Attendance at away contests will be determined in advance by the administration.

Uniforms will be purchased by the athletic department.

All shoes, socks, tights, bodysuits, blouses and special order letters or insignia are to be purchased by the cheerleaders.

It will be the coach’s responsibility to designate mandatory practices and take attendance at those practices. The coach may approve extenuating circumstances. All uniforms are to be inventoried at the end of the season and stored at the school.

Cheerleaders may choose to tryout for fall, winter, or both. They cannot participate in another sport at the same time as cheerleading.

Intramural Athletics

Philosophy

Intramural athletics will provide a positive recreational and athletic experience for as many Middle School student athletes as possible. It will present a setting for recreation, game play or low-keyed competition which nurtures a healthy spirit of competition.

Intramural Athletics

In the Fremont Middle School (Grades 5-8), the intramural program will consist of the following sports: Soccer, and Volleyball (played in the fall)

Eligibility – Intramural Athletics

Participation in intramural athletics is a privilege that is based upon good citizenship standing. Any breach of school or classroom rules will place the student in jeopardy of losing normal eligibility status.

Recreational Intramural Activities

Throughout the course of the school year students will have the opportunity to participate in recreational activities such as swimming, bowling, roller-skating, skiing, camping, etc. These activities will be offered at various times during the year. Generally most activities will be organized by class and take place during the school day. However, attempts will be made to schedule some activities during the evening hours to allow students' families to attend as well.

Eligibility – Recreational Activities

In order to be eligible for participation students must:

1. Have a signed parental permission slip.
2. Pay necessary admission/rental fees, or make other financial arrangements.
3. Understand that any breach of school or classroom rules will place them in jeopardy of losing the privilege to participate.

FREMONT HIGH SCHOOL

FREMONT HIGH SCHOOL INTERSCHOLASTIC ATHLETICS

Conference Affiliation

Fremont High School is a member in good standing of the North East Corner Conference (NECC). As a member school, FHS will abide by the constitution and by-laws of the NECC. A copy of the constitution is on file in the Corporation Athletic Director's office. Member schools include:

Angola High School	Central Noble High School
Churubusco High School	Eastside High School
Fairfield High School	Fremont High School
Hamilton High School	Lakeland High School
Prairie Heights High School	West Noble High School
Westview High School	

Eligibility Requirements

Student athletes, it is better to safe than ineligible, therefore...

1. Participation in athletics is a privilege earned by meeting the standards set by the high school, conference and the IHSAA. If you have any questions regarding your eligibility, contact the Corporation Athletic Director or Principal before your athletic eligibility is endangered.
2. Both male and female athletes are bound by the IHSAA regulations.
3. Read these rules carefully and be sure you understand them. The rules are on file in the Corporation Athletic Director's office.

IHSAA Eligibility Requirements Student will be ruled ineligible if:

Academics

To be eligible scholastically, students must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects. SEMESTER GRADES TAKE PRECEDENCE.

Age

The student athlete shall be more than twenty (20) years of age prior to or on the scheduled date of the IHSAA state finals in a sport. This implies that the student athlete shall be ineligible for all inter-school athletic competition for that entire sport season.

Amateurism

The student athlete shall not play under assumed names; accept payment 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.

Awards – Gifts

The student athlete may not receive in recognition for their athletic ability any award not approved by their high school principal or IHSAA. Athletes may not accept awards, medals, recognition gifts or honors from colleges/universities or their alumni.

Athletic Transfers

Students who wish to participate in athletics at Fremont High School but did not attend Fremont High School during their intended sport's season the previous school year are required with their parents, to complete an ATHLETIC TRANSFER FORM. The transfer form 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.

Attendance

A student/athlete must be in school the day of a game a minimum of three out of four blocks. The Principal has the authority to rule on any special circumstances.

Selection of Teams

The highly competitive nature of high school athletics, along with IHSAA limits regarding tournament rosters has created a need for coaches to reduce the number of participants. In furtherance of this need, the following procedure in reducing team rosters will be employed:

1. Coaches should submit written player expectations to the student athlete at the initial team meeting or practice.
2. Coaches are encouraged to be honest and forthright with their student athletes as to the likelihood of the student athlete's participation or playing time in contests. Where appropriate, constructively advise and assist the student athlete in recognizing the

existence of other possibilities or programs, which might provide a more meaningful experience for the athlete.

3. Athletic Department recommends a minimum of three days of practice prior to reductions.

Conduct and Character

According to IHSAA Rules 8-1 & 8-3. Athletes' conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the IHSAA, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school. Athletes who violate this rule may be excluded from representing their school on interscholastic teams.

Athletes ejected from a contest for an unsportsmanlike act shall be suspended from the next interschool contest at that level of competition, and all other interschool contests at any level in the interim, in addition to any other penalties assessed.

Participation in More than One Sport in the Same Season

Multiple sport participation is not recommended for all. It requires more time plus advanced physical and emotional strength. Athletes who choose to participate in more than one sport will be expected to practice in each, and this must be determined before the season by applying the following rules.

1. The student athlete must apply to the High School Principal at least three (3) weeks prior to the first practice in each season.
2. The coaches of each sport must agree to support the student athlete.
3. The coaches must set a daily practice schedule for the student athlete in both sports on a daily basis with supervision.
4. The Corporation Athletic Director will assign games or matches at the start of the season with the assistance of the coaches involved.
5. Conference games/matches/meets take precedence over non-conference games/matches/meets.
6. Sectional games/matches/meets take precedence over conference games/matches/meets.
7. When conflict of both conference or both non-conference games/matches/meets occur on the same date, a decision will be made before the season begins whenever possible.
8. Make-up dates will be rescheduled on an open date if possible. If conflicts still exist, the above rules apply.
9. If one sport is canceled and the other is not, the student athlete must make every attempt to attend the scheduled one.
10. A student athlete may participate in just one/game/match/meet per day unless approved by the coaches and the Corporation Athletic Director.

All recipients of athletic awards shall finish the season and be in good standing with the school environment and academically eligible. Good standing is the completion of the season to the satisfaction of the varsity coach and coaching staff. **Any student athlete who has served a suspension of games is not eligible for plaque awards (breaking a training rule).** The season ends with the last competition or Sports Banquet for that season whichever is the latest date.

If the conduct or character of a student athlete is such that in the judgment of the High School Principal or Athletic Director reflects discredit to the school, the student athlete is not eligible to receive any athletic awards.

Participation Award

A participation award will be presented to non-letter winners on varsity teams and to all junior varsity and freshman team members.

Varsity Awards

When a student athlete earns a varsity letter the student athlete will receive:

1. A certificate stating the sport in which the letter was earned.
2. A special chevron for that sport, to be displayed on the student's athletic letter jacket.

Jacket Award & Numeral Awards

All student athletes are eligible to purchase a varsity jacket upon earning their first varsity, athletic letter. A letter, signed by the Athletic Director, indicating that the student athlete has earned a varsity letter will be needed in order to purchase the letter jacket. The Athletic Department will provide a block "F". The numerals will be provided by the Athletic Department upon the student athlete receiving their second varsity letter.

Plaque Awards

Plaque awards are individual awards given by head coaches for specific areas of recognition in their sport. All sports give the Max L. Mitchell Sportsmanship award.

Transfer Students

For school records in a particular sport, only stats accumulated while an athlete at Fremont will count. Stats accumulated at a previous school attended will not count for Fremont school athletic awards. For varsity letters and awards given based on varsity letters, an athlete must have earned a varsity letter while both a junior and a senior at Fremont High School. In this case, with verification of previous school attended, any and all letters won at a previous school attended may also count.

Varsity Athletic Awards

Managers

Effective managers are essential to the Fremont Athletic Department and the individual sport program. Managers assume the responsibility for the care and security of all athletic equipment used by the teams. They are also asked to assist the coach in everyday responsibilities pertaining to their sport. The manager awards will be the same as the athlete. A manager should receive a varsity letter based upon the time, effort and value to the varsity team. All managers will receive a participation certificate for the first season, and earn a varsity letter for the second season through the fourth season. The varsity coach should direct unusual situations to the Corporation Athletic Director and High School Principal.

Team Conference & Tournament Patches

Conference patches will be awarded to the letter winners of a team that wins the conference championship (League or Tournament). The patch will be a 4" circle, except for football that shall be in the shape of a football. The patch will indicate "NECC Conference Champions" and the year.

Other Patches

An appropriate patch will be awarded to all athletes who are selected NECC All-Conference (Conference expense), Sectional Individual and Team Champions, Regional Individual and Team Champions, Semi-State Individual and Team Champions, or State Individual and Team Champions. Those individuals who qualify for advancement in the IHSAA state tournaments will receive a patch.

Plaque Awards

Football

Outstanding Lineman
Outstanding Defensive Player
Outstanding Offensive Player
Most Valuable Player
Max L. Mitchell Sportsmanship

Girls' Basketball

Passion Award
Outstanding Offensive Player
Outstanding Defensive Player
Most Valuable Player
Max L. Mitchell Sportsmanship

Volleyball

Outstanding Defensive Player
Outstanding Offensive Player
Most Valuable Player
Max L. Mitchell Sportsmanship

Wrestling

Outstanding Wrestler
Guts
Most Improved Wrestler
Max L. Mitchell Sportsmanship

Boys' & Girls' Cross Country

Most Valuable Runner
Most Improved Player
Max L. Mitchell Sportsmanship

Boys' & Girls' Golf

Most Valuable Player
Most Improved Golfer
Ken Wertz Mental Toughness
Max L. Mitchell Sportsmanship

Baseball & Softball

Most Valuable Player
Outstanding Defensive Player
Outstanding Offensive Player
Most Improved Player
Max L. Mitchell Sportsmanship

Boys' & Girls' Track and Field

Outstanding Field Events
Outstanding Running Events
Most Improved Player
Most Valuable Performer
Max L. Mitchell Sportsmanship

Boys' Basketball

Most Valuable Player
Outstanding Defensive Player
Outstanding Offensive Player
Total Heart Award
Max L. Mitchell Sportsmanship

Boys' & Girls' Tennis

Most Valuable Player
Most Improved Player
Max L. Mitchell Sportsmanship

Cheerleading

Fall – Most Valuable Cheerleader
Fall – Max L. Mitchell Sportsmanship Award
Winter – Most Valuable Cheerleader
Winter – Max L. Mitchell Sportsmanship

Boys' & Girls' Senior Plaque Awards – (8 x 10)

Tad Morris Memorial Scholarship
Don Trine Memorial Scholarship
Andy Mauk Memorial Scholarship
Todd Hedges Memorial Scholarship
Maynard J. Stafford Scholarship
Mental Attitude
Scholastic
Participation
Letter Winner (minimum of 8 varsity letters)

Varsity Letter Requirements

Baseball – The student athlete must play in one half (1/2) of the innings (except pitchers will be determined by the baseball coaching staff). The student athlete must also be certified for the IHSAA Sectional Tournament.

Boys' & Girls' Basketball – The student athlete must play in one half (1/2) of the quarters and be certified for the IHSAA Sectional Tournament.

Cheerleading – The student athlete must actively participate in at least $\frac{3}{4}$ of the season.

Boys' & Girls' Cross Country – A runner must score 30 points or more over the course of the season in order to earn a varsity letter. Points are earned in the following ways:

1. Placing in Fremont's top seven in a dual meet or running on the varsity team in invitationals or tournament meets: *2 points per meet.*
2. Placing ahead of an opponent's #5 runner in a dual meet or an invitational: *1 point per meet.*
3. In invitationals, the conference, or tournament meets, placing in the first third of all runners: *3 points per meet.* Placing in the second third of all runners: *2 points per meet.*
4. Points will be awarded for running the following times in each meet:

GIRLS

BOYS

24:00-25:59

21:00-21:59

2 points

23:30-23:59

20:30-20:59

3 points

23:00-23:29

19:00-19:29

4 points

22:00-22:29

18:00-18:59

5 points

5. Attending the FHS team camp or any Paavo running camp: 3 points.

- Points accumulated the previous season by non-letter winners are credited toward the present season. Letterwinners the previous season begin the present season with zero (0) points.

Football – The student athlete must play in one half (1/2) of the quarters. A student athlete must play from scrimmage to count towards the quarters. Special team plays will be excluded.

Boys' & Girls' Golf – The student athlete must participate in at least three (3) varsity level tournaments and play in at least four (4) varsity level regular season matches. The student athlete must be certified for the IHSAA Sectional Tournament.

Softball – The student athlete must play in one half (1/2) of the innings (except pitchers will be determined by the softball coaching staff). The student athlete must also be certified for the IHSAA Sectional Tournament.

Boys' & Girls' Tennis – The student must play in one half (1/2) if the number of varsity level matches and be certified for the IHSAA Sectional Tournament.

Boys' & Girls' Track and Field – The student athlete must average one and one half (1 ½) points for the regular season or place in the top six (6) of the NECC Conference or IHSAA Sectional meet.

Volleyball – The student athlete must play in one half (1/2) of the games (not matches) and be certified for the IHSAA Sectional Tournament.

Wrestling – The student athlete must earn thirty-six (36) points during the season (point procedure is on file in the High School Athletic Director's office).

All recipients of varsity letters shall finish the season and be in *good standing* with the school environment and be academically eligible. *Good standing* is the completion of the season to the satisfaction of the varsity coach and coaching staff. The season ends with the last competition or sports awards program for that season, whichever is the latest date.

In special circumstances, a student/athlete who has not met the standards as outlined for lettering, may still receive a varsity letter upon recommendation of the varsity coach for that sport and approval of the athletic director.