

ATHLETIC HANDBOOK FOR STUDENT-ATHLETES

ATHLETIC STATEMENT

This athletic booklet is designed to inform athletes and their parents or guardian of the rules, regulations and information that has assisted in developing the rich tradition of competition at Springs Valley High School.

Participation in high school athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Because athletic competition on high school teams is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the administration, as well as other rules for their sport set by the coaches. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is becoming to themselves and their family, as well as Springs Valley High School, and the community.

ATHLETIC PHILOSOPHY / MISSION

The goal of the Springs Valley Athletic Department is to provide the best opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline and moral character. The purpose is to provide each participant with experiences that will be positive, memorable and will help the athlete develop a capacity for commitment to a cause, acceptance of responsibility, and loyalty towards any chosen endeavor.

ATHLETE DEFINED

The Springs Valley High School athlete is defined as and includes all young men and women who represent a team that engages in interscholastic competition and further includes cheerleaders, student managers, trainers and statisticians.

ATHLETIC PROGRAM PROFILE

Springs Valley High School supports (11) sports that offer 31 different teams to nearly 120 students in grades 9 – 12. Student-athletes are coached by 33 men and

women and participate in over 400 contests per year. Springs Valley is a charter member of the Patoka Lake Athletic Conference (the PLAC). Members are Crawford County, Mitchell, Orleans, Paoli, Perry Central, Springs Valley, and West Washington.

ELIGIBILITY

RESIDENCY REQUIREMENTS

Student-athletes must be residents of the Springs Valley School district or be sanctioned through court mandate in order to participate in athletics at Springs Valley. This means that the student must reside within the legally defined attendance areas of the School District of Springs Valley Corporation and must conform to the existing legal settlement statutes as defined in Indiana Code 20-8.1-6.1

ACADEMIC / ATHLETIC ELIGIBILITY at SPRINGS VALLEY

Student-athletes must be enrolled at Springs Valley and pass five full credits (IHSAA standard) each nine weeks grading period in order to continue to participate as a team member. Semester-ending grades take precedence. Coaches and sponsors can check progress of students by talking with teachers, issuing periodic grade checks and checking grade cards at the end of grading periods. It is the policy of the athletic department to work closely with the academic progress of each participant. Students with failing grades will attend practices and/or study tables during periods of academic difficulty. Students not passing five full credits are not permitted to try out for a team. He/she may try out after securing eligibility, with coach's permission.

PHYSICAL EXAMINATIONS

Every student-athlete is required by Springs Valley and the IHSAA to have a **yearly** physical examination completed and on file with the athletic office before practicing in any sport. Physical exams are the responsibility of the athlete and his/her parents. Exams are in effect for the next school year if taken after May 1st.

WHAT MUST BE DONE BEFORE YOUR FIRST PRACTICE

The following items are to be completed by the athlete and parent/guardian before the first practice with any team:

- Take and pass physical examination with document on file including signatures of the student, parent and doctor.
- Meet academic eligibility requirements
- Attend team meeting or meet with coach before practice
- Have athletic transfer filed (transfer students new to Springs Valley cannot compete in interscholastic contest until an athletic transfer is complete)

CODE of CONDUCT

STATEMENT

The following Springs Valley athletic rules are in accordance with the Indiana High School Athletic Association Constitution.

The conduct of participants in athletics at Springs Valley, in or out of school, year-round, shall be such as follows: 1) not to reflect discredit upon our school, and 2) not to create a disruptive influence on the discipline, good order, moral or educational environment in our school. Any such misconduct violating these principles shall be subject to disciplinary measures.

ENFORCEMENT of the CODE OF CONDUCT

The principal shall enforce all rules and regulations as described in the Code of Conduct (hereafter the Code) for athletes. All rules regarding behavior and/or training as outlined in IHSAA regulation apply. The Code will be reinforced by the coach of each sport during the year. Parents/guardians and athletes are required to sign the acknowledgement, consent, injury awareness and disclosure document stating that they understand the Code and the athlete is subject to disciplinary measure should he/she violate the Code.

Any alleged violation of the Code shall be reported first to the principal or his/her designee and then is to be followed by an investigation by any or all of the following people...coach, sponsor, athletic director, principal or his/her designee.

The Code is enforced twelve (12) months a year for grades nine through twelve (9-12).

EXPECTED STANDARDS of CONDUCT for ATHLETES

- The good of the team is first and foremost. Once a team is eliminated the individual becomes the most important.
- No player(s) will ever employ illegal tactics to gain an undeserved advantage. All players will devote themselves to being a true sportsman.
- All athletes will care for all equipment as though it was their own personal property. If equipment is damaged through practice the school will replace it. If equipment is lost or stolen the athletes(s) will be responsible for paying for replacement of item(s).
- All athletes will obey the specific training and practice rules of their team as given to them by the coaching staff.
- Athletes should not engage in doing negative things. Drinking alcohol, taking controlled drug substances, using tobacco products, using profanity and being disobedient are harmful to athletes and their team. Maximum effort and performance cannot be attained doing these things.
- Athletes and support students of the team must pass five credits each grading period to be eligible to participate in athletics. Team members should plan their time so that they devote energy to their studies to insure passing grades, which represent their true abilities.
- Athletes should be a positive influence in all they attempt to do. They are to work for the betterment of Springs Valley and set a good example by doing what is right and good.
- Officials deserve courteous respect. All athletes must realize that officials do not lose a game or contest. They are there for the purpose of insuring both teams a fair contest.
- Athletes should appreciate that coaches, teachers, and school officials have the best interest of all athletes in mind as they equip, schedule and conduct the athletic program.
- All Springs Valley athletes must comply with the standards of our athletic Code of conduct and school rules or they will be subject to disciplinary

action or dismissal from a team as determined by the rules, coaching staff, athletic director, and/or principal of Springs Valley High School.

***Note** - Springs Valley in not asking athletes to make sacrifices. Sacrifice implies giving up good things. We are asking our athletes to do the opposite. Live clean, think clean and do those things that make them keener, finer and more competent individuals and team members.

ATHLETIC COUNCIL

The athletic council is composed of the principal, athletic director(s) and the coach of the sport involved with the athlete in question. The athletic council exists to hear appeals from athletes of decisions of exclusions by the coach and athletic department. Recommendations, different from the already stated consequences, may or may not be made. The council may accept, reduce or revoke the exclusion decision for violations, but may not invoke a more severe penalty. Following the hearing the parent(s) or guardian(s) will be notified within five (5) days, by the principal or his/her designee the decision of the council.

APPEALS / HEARING

An athlete and his or her parent(s) or guardian has the right to a hearing on exclusion by so notifying the principal in writing within five (5) school days after the exclusion decision. The right of appeal is forfeited if this is not requested within this five-day limit.

The purpose of the appeal hearing is to inquire into the athlete's alleged violation and to allow the athlete and parent(s) or guardian to present evidence on the student's behalf. The appeal is to determine whether or not the accused student has forfeited his/her privilege to be in athletics. This process has no legal implication or requirements.

RULES in the CODE of Conduct

The following rules are specific examples of conduct that would violate the Code of Conduct set forth above. Conduct that is not covered by these specific examples but that violate the principles of the Code of Conduct is subject to disciplinary measures.

Rule 1. Athletes (hereafter student staff, student athletic trainers and cheerleaders are included in the term ‘athletes’) shall not knowingly possess, use, transmit or be under the influence of any controlled substance, alcohol, narcotic drug, hallucinogenic drug, stimulant, depressant, anabolic steroids, marijuana, counterfeit caffeine pills or possess, use or transmit paraphernalia for use of such substances. (Use of an authorized drug as prescribed by a registered physician shall not constitute a violation of this rule).

Consequence: A student knowingly violating the substance abuse rules, that is, knowingly possessing, using, transmitting or being under the influence of alcohol or any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, or drug intoxicant of any kind, on the **first offense**, will be automatically suspended from participation in athletic contests and from the team or squad in which the student is participating for **25% of the contests** for such team or squad. The **second** or **succeeding offense** will result in suspension from participation in athletics for a minimum of **50% of the contest** for such team or squad. **The third or succeeding offense** will result in a suspension from participation in athletics for a minimum of **365 days** from the day the infraction is confirmed with no practice allowed with any squad or team.

Rule 2. Felonies, misdemeanors, act of delinquency or status offenses.

Consequence: Any athlete arrested or detained, as a juvenile on such a charge will be suspended from participation pending investigation of the incident.

Conviction of a **felony** at any time shall exclude the student-athlete from athletic participation for **365 days** from day the violation is confirmed. **Conviction** of a **misdemeanor** shall be subject to athletic suspension for **25% of the contests** on the **first offense** with practice at the discretion of each coach. The **second or succeeding offense** will result in suspension from participation in athletics for a minimum of **50% of the contest** for such team or squad. **The third or succeeding offense** will result in a suspension from participation in athletics for a minimum of **365 days** from the day the infraction is confirmed with no practice allowed with any squad or team.

Rule 3. Athletes shall not commit acts of vandalism and/or theft.

Consequence: **The first offense** will result in automatic suspension from participation in athletics and from the athletic squad or team for **25% of the contests** from such team or squad. **The second or succeeding offense** will result in suspension from participation in athletics for a minimum of **50% of the contest** for such team or squad. **The third or succeeding offense** will result in a suspension from participation in athletics for a minimum of **365 days** from the day the infraction is confirmed with no practice allowed with any squad or team.

Rule 4. Any athlete who is in **violation of school rules** such as truancy, suspension, classroom disruption or other punishable acts will be disciplined by the already-established school rules. The athlete may further be dealt with within the structure of each coach's rules for their sport. If an athlete receives out-of-school or in-school suspension they will be ineligible for all contest and practices during the term of his/her suspension.

Rule 5. The use of tobacco products is not in accordance with this code of conduct and will result in athletic suspension for **10% of the contests on the first offense**. **The second or succeeding offense** will bring automatic suspension from his or her athletic team for **25% of the contests**. The third or succeeding offense will result in suspension from participation in athletics for a minimum of 50% of the contest from such team or squad. **The fourth or succeeding offense** will result in a suspension from participation in athletics for a minimum of **365 days** from the day the infraction is confirmed with no practice allowed with any team or squad. **Please note that if the use of tobacco product results in a misdemeanor rule 2 will be applied.**

Rule 6. Specific **team rules** may be set forth by the coach of each sport. These rules and the penalties for breaking them will be given to athletes by the coach at the first meeting or practice of that sport. These written regulations will be on file with the Athletic Director.

ATHLETIC SEASON DEFINED

The athletic season is defined as commencing with the first practice and ending with the final event for that sport. Penalties for violations take effect immediately upon verification of any violation and will include games in succession, i.e. season schedule, tournaments and state series, in order of competition.

FORFEITURE OF AWARDS

If the violation of the Code occurs in the last one-third (1/3) of the sport season, the athlete will not be considered in good standing and therefore will forfeit all letters and awards for that sport season.

CARRY-OVER SUSPENSION

If the violation of the Code occurs near the end of the sport's season and the violator cannot fulfill the terms of his/her violation in that sport the suspension will carry-over until the suspension is fulfilled. This includes the next sport the athlete participates in or the same sport next year. For example, if the athlete is suspended for two football games and only one game remains in the season, the athlete must also miss his first basketball game or baseball game until the suspension has been served. If a typically one-sport athlete elects to participate in a new sport in order to serve a suspension, he/she will be required to complete this season in good standing.

COMPLETING A SUSPENSION

When serving a suspension, the athlete is expected to be present at all athletic contests and practices involving his/her team or squad. The athlete is a member of the team and is expected to fulfill this responsibility. If the athlete does not attend the contest, credit will not be given toward fulfilling the requirements of the suspension. The coaches' discretion can excuse the athlete.

AWARDS

To qualify for any award, the athlete should meet the following requirements:

1. Disciplinary requirements set by administration
2. Complete the season in a given sport
3. Account for all athletic equipment issued to him or her
4. Be recommended by the coach

In addition to the above, the athlete must meet the requirements discussed below.

LETTER AWARDS

Sport	Letter Requirements
Baseball	The athlete must participate in half the games or contribute significantly to the varsity program.
Basketball	The athlete must compete in half the varsity games or contribute significantly to the varsity program.
Cross Country	The athlete must rank in the top seven or eight and have participated in at least half the meets or contribute significantly to the varsity program.
Football	The athlete must play in half the varsity quarters or contribute significantly to the varsity program.
Golf	The athlete must participate in half the meets or contribute significantly to the varsity program.
Softball	The athlete must participate in half the games or contribute significantly to the varsity program.
Tennis	The athlete must compete in half of the varsity matches or contribute significantly to the varsity program.
Track	The athlete must average one point per meet or contribute significantly to the varsity program.

Volleyball The athlete must compete in half the varsity matches or contribute significantly to the varsity program.

Cheerleading The cheerleader must be selected as a varsity cheerleader to be considered a lettering athlete. All other cheerleaders will be considered non-lettering athletes.

*All lettering athletes in all sports will receive 4 points.

*All non-lettering athletes in all sports will receive 2 points.

AWARDS GIVEN TO ATHLETES, CHEERLEADERS, AND MANAGERS

1ST Award Block “V” awarded to an athlete, cheerleader, or manager upon receiving their first varsity letter.

2nd Award Jacket – awarded to an athlete, cheerleader, or manager after accumulating 24 points. Within this 24 points must be three varsity letters.

Blanket Award Awarded to the male and female athletes who have accumulated the most points during his or her high school career. In order to receive this award, the athlete must have accumulated a minimum of 24 points.

Academic Athlete Awarded to the lettering senior athlete with the highest academic average as figured by administration. In case of a tie, the award will be given to the one with the most athletic points. This award requires a minimum of 24 points for the athlete to be eligible. The award consists of a plaque displaying the winning athletes name for the year awarded. This plaque is available for public viewing.

Managers work on a slightly different point system than athletes. A manager participating in a sports program for the first time, regardless of class, will receive 2 points per sport. Managers in a program for the second year will receive 4 points per sport. Manager points are available for the following sports: football, volleyball, basketball, baseball, softball and track.

Statisticians participating in a sports program for the first time, regardless of class, will receive 1 point per sport. Statisticians in a program for the second year will receive 2 points per sport.

Varsity cheerleaders will receive 4 points per year; all others will receive 2 points per year.

SPECIFIC AWARDS FOR EACH SPORT

Patches will be issued to individuals or team members in the following situations:

Sectional winners – Team and individual

Undefeated Seasons

Winning the conference in any sport

Being named all-conference

Being named all-state by the Associated Press or State Coaches Association

Academic All-State

Regional Qualifier – Individual sports

In addition to the awards given above in all sports, the following awards will be given in the sport as listed. A plaque will be given for each award.

BASEBALL

Most Valuable Player – Selected by the coaches

Best Batting Average – Based on statistics with at least 20 at bats

Pitching Award – Awarded to the pitcher winning the most games

Most RBI's – Based on statistics

Most Runs Scored – Based on Statistics

Fielding Award – Based on statistics

GPA Award – see page 21 description of award criteria

BASKETBALL

Most Valuable Player – Selected by the Coaches.

Field Goal Percentage – Based on statistics with 100 shots as a minimum

Most Rebounds – Based on statistics

Most Assists – Based on statistics

Defense Award – Voted on by team members and coaches

Free Throw Award – Based on statistics with 30 shots as a minimum

JV Free Throw Award – Based on statistics

Freshman Free Throw Award – Based on statistics

Leading Scorer – Based on statistics (total points)

Gary Holland Mental Attitude Award – Selected by the coaches.

GPA Award – see page 21 description of award criteria

CROSS COUNTRY

Most Valuable Runner – Awarded to the runner with the highest place finish average during the season.

Most Improved Runner – Awarded to the runner who has improved his time the most from the previous year or from the beginning of the present season.

Rookie Award – Awarded to a first year runner who has a strong work ethic.

GPA Award – see page 21 description of award criteria

FOOTBALL

Most Valuable Player – Voted for by team members and coaches

Offensive Back Award – Voted for by team members and coaches

Defensive Back Award – Voted for by team members and coaches

Offensive Lineman Award – Voted for by team members and coaches

Defensive Lineman Award – Voted for by team members and coaches

Most Tackles – Based on statistics

JV Team Most Valuable Player – Voted for by team members and coaches

Freshman Award – Voted for by team members and coaches

GPA Award – see page 21 description of award criteria

GOLF

Most Valuable Player – Lowest accumulated average score for the season

Medallist Award – Awarded to the individual who has the lowest score during any single meet

Most Improved – Selected by Coaches.

GPA Award – see page 21 description of award criteria

SOFTBALL

Most Valuable Player – Voted for by team members and coaches.

Best Batting Average – Based on statistics with at least 20 at bats

Pitching Award – Awarded to the pitcher winning the most games

Most RBI's – Based on statistics

Most Runs Scored – Based on Statistics

Fielding Award – Based on statistics

GPA Award – see page 21 description of award criteria

TENNIS

Most Valuable Player – Player who plays the #1 singles position the majority of the season.

Most Improved – Selected by Coaches.

Mental Attitude Award – Selected by Coaches.

GPA Award – see page 21 description of award criteria

TRACK

Most Valuable Runner – Awarded to an individual scoring the most points during the season

Record Award – Awarded to an individual any time a school record is broken. If a relay team breaks a record, each member of the record-breaking team will receive an award.

Most Improved Runner – Awarded to the runner who has improved the most in his/her event from the previous season or from the beginning of the present season.

GPA Award – see page 21 description of award criteria

VOLLEYBALL

Most Valuable Player – Voted for by team members and coaches

Assist Award – Based on statistics

Hitting Award – Based on statistics

Serving Award – Based on statistics

Blocking Award – Based on statistics

Defense Award – Based on statistics

JV Team Award – Voted for by team members and coaches

Freshman Award - Voted for by team members and coaches

GPA Award – see page 21 description of award criteria

CHEERLEADING

1st Year Award – “V”

Senior Award Plaque – Awarded to senior athlete who has been a member of the cheerleading squad for four years.

Captains’ Plaques will be given to all captains in all sports. Each sport shall have at least one captain.

GPA Award – see page 21 description of award criteria

INFORMATION FOR ATHLETES

ACCIDENTS / INJURIES

All accidents or injuries, home or away, are to be reported to the coach immediately.

ATTENDANCE: (ABSENCE) SCHOOL & GAME DAY

Daily attendance to school and practice is very important and expected of all athletes. Student-athletes must attend classes at least **three (3) full periods** of the day of the contests to be able to participate in his/her athletic event. To participate in Saturday contests, student-athletes are required to attend at **least three (3) full periods** on the Friday before. Approved field trips or school activities constitute attending school. Any exemptions (funeral, dental, doctor) must be approved through the principal's office and/or athletic office.

CHANGING A SPORT

If an athlete is cut from a team by the coach, he/she may join another team or program in that sport season. However, an athlete **cannot** quit one sport to join another sport during the same season until that sport season is concluded. Ex. The athlete cannot quit football to go out for basketball until football season is completed. **Exception:** athletes will be allowed to transfer from one sport to another during a given season only upon mutual agreement of both coaches and the athletic director.

COLLEGE-BOUND ATHLETES & RECRUITING

NCAA Eligibility Clearinghouse rules determine who is eligible for scholarships. Essentially, a student-athlete must be a 'C' average student in college preparation classes as determined by the NCAA, score well on the Scholastic Aptitude Test (SAT) or the American College Test (ACT) and have the recommendation of his/her coaches. NCAA Rules and Guidelines change at various times, the most current version is available from the athletic office and your coach. There is time

set aside for recruiter-athlete visitation. Your coach and guidance counselor will set this up. Transcripts will be provided to the university through the guidance office.

CONFLICTS BETWEEN ACTIVITIES

Activities at Springs Valley share many students. From time to time there may be conflicts between activities. The athlete can help make a decision as to which activity to attend. The general rule is that the student can choose, without penalty, to attend the activity he/she wants. Athletics, academic meets, music, plays, and many other activities have been successful using this approach. Communication between coaches and sponsors of conflicting activities is a must. Importance of contests and state competitions may affect decisions.

PARTICIPATION IN TWO SPORTS IN ONE SEASON

Athletes may participate in more than one sport during one season. Coaches involved with athletes wanting to do this will meet and discuss the possibilities. Practice schedules will be worked out between the coaches involved. If contest conflict, the general rule is that the athlete can choose, without penalty, to participate in the sport he/she wants. The athlete must realize that extra time for practice is necessary to compete in two sports in one season. The athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the athlete will be asked to choose which sport he/she will continue in.

DRESS

All athletes are expected to dress appropriately when going to away activities or contests as representatives of Springs Valley High School. Coaches of each sport will determine appropriate dress according to team rules.

EQUIPMENT

All athletes will care for all equipment as though it were their own personal property. If equipment is destroyed through practice the school will replace it. If equipment is lost or stolen the athlete(s) will fulfill their responsibility by paying

for replacement of item(s). Remember that stealing or wearing stolen equipment is a violation of the Code of Conduct and punishable by suspension from athletics. Equipment may not be worn during the school day, at home or on the streets without approval of the coach of that sport.

All issued equipment and uniforms remain the property of Springs Valley and must be returned at the conclusion of the season. Any missing items will be charged to the student-athlete.

ELIGIBILITY

Students must be enrolled at Springs Valley. Students must be enrolled in at least five (5) full credit classes and must have passed five (5) full credit classes the previous grade period or semester to be academically eligible to play or tryout. Freshmen are eligible to compete on varsity athletic teams.

INSURANCE

Springs Valley High School's administrators and coaches are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sport(s). Due to the nature of athletic activity, however, injury may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are encouraged to have a family insurance policy to cover athletic injuries and the cost of treatment. In recent years the IHSAA has also carried catastrophic insurance to cover major injuries incurred during participation in approved IHSAA sports programs. **IT SHOULD BE NOTED THAT NEITHER THE IHSAA NOR SPRINGS VALLEY HIGH SCHOOL CARRIES ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.**

PARTIES

Attendance at social events such as parties, dances, etc. is up to the athlete and parent or guardian. Athletes are not expected to attend social events where the illegal use of chemical substances, alcohol and/or tobacco is in use. Don't be guilty by association.

PRACTICES: REGULAR, VACATION & SCHOOL CLOSING

Each team members is 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 during school closings (snow, etc.) are often held and attendance at these practices is considered voluntary.

QUITTING A TEAM

If an athlete participates in ten practices (pre-season), for a sport he/she cannot quit that sport and join another sport until the sport season he/she quit is completed. Example: An athlete cannot quit cross-country to join the football team or basketball team until the cross-country season is completed. Mutual consent by both coaches can waive this rule if the student-athlete and team are better off for the change.

SCHOLAR-ATHLETES

Student-athletes have the opportunity to be recognized through awards, newspapers, team dinners and school publications concerning the grades they earn.

SCHOLARSHIPS (ATHLETIC)

Students and parents interested in pursuing athletic scholarships should start their searches by asking their individual coaches for information and advice concerning this matter. The guidance office has additional information about the school or area of interest. Students interested in Division I and II colleges and Universities must also comply with NCAA eligibility guidelines available in the Guidance Counselors Office.

SUSPENSIONS VIA DUE PROCESS

A school due process suspension (in school or out of school) makes a student body member ineligible for competition and practice in any activities program for the duration of the due process.

TEAM CUTTING POLICIES

Coaches of varsity sports at Springs Valley have their own policy on how they will choose their teams. In some sports, cutting a team down to manageable size is a necessity. Coaches will explain their policy to candidates for their team at the first meeting. An athlete may be cut from a team anytime during a season.

WEIGHT ROOM

The weight room is available for use by athletic teams. There is a full program of weight training offered during the school year and summer under the guidance of a weight coach. No student shall use the weight room without adult supervision or without having a physical exam on file in the athletic office.

SCHOLAR-ATHLETE PROGRAM

The Scholar-Athlete program was initiated in the Fall of the 2001-02 school year. These awards are earned by and presented to those student-athletes who have been able to successfully complete the requirements of a rigorous academic schedule, compete on an athletic team and manage their time in such a way as to pursue excellence in both fields.

All student-athletes at Springs Valley High School who have earned a 9.0 (B+) GPA or better, completed their season and have lettered are eligible to receive one or more of the Scholar-Athlete awards.

All grade levels are eligible for each of the awards listed below. Following are the levels of recognition for our program.

SCHOLAR – ATHLETE AWARD

Award: Certificate and Multicolored Patch for letter jacket (different for each class)

Academic Criteria: Must have earned a 9.0 (B+) GPA or better based on grades from the first semester of the present school year.

Athletic Criteria: **Fall and Winter Athletes:** Successfully completed their full sport season as a letter winner. Applies equally to all athletes, cheerleaders and student staff. **Spring Athletes:** Must be a member of a spring sport athletic team on the date of the recognition as a varsity, junior varsity, freshmen or student staff member and projected to be a Varsity award winner by the head coach.

Recognition: Award will be presented at the Spring Awards day program at the end of the school year.

BLACKHAWKS SCHOLAR AWARD

Award: Engraved Medal, Certificate and Multicolored Patch.

Academic Criteria: Must have earned an 11.00 (A) GPA or better based on grades from the first semester of the present school year.

Athletic Criteria: **Fall and Winter Athletes:** Successfully competed their full sport season as a letter winner. Applies equally to all athletes, cheerleaders, and student staff. **Spring Athletes:** must be a member of a spring sport athletic team on the date of the recognition and be projected to be a varsity award winner by the head coach.

Recognition: Awards will be presented at the Spring Award day program at the end of the school year.

ATHLETE: HIGHEST INDIVIDUAL GPA ON SQUAD (During Season)

Award: Coaches Award Plaque.

Academic Criteria: Awarded to a team member or manager who achieves has the highest GPA during the grading period (s) in which their sport competes. If there is a tie, the award will go to the athlete or manager with the highest cumulative GPA.

Athletic Criteria: Successfully completed their full sport season. Applies equally to all athletes, cheerleaders and student staff.

ATHLETIC ACADEMIC PLAN

The Athletic Academic Plan has been prepared to assist athletes who are struggling academically. The athlete will be asked to devote extra time improving their academics. They will be required to attend one of following three options a minimum of two times per week.

- (1) Attend a supervised study table before school from 7:00 am to 7:45am
- (2) Use a tutoring program during after school hours
- (3) Attend an individual tutoring session with a teacher

Each coach of an athlete with a failing grade will be responsible for informing the athlete that he/she must attend study/tutoring sessions. In all instances the student must sign-in. Sign-in sheets will be put in athletic director's mailbox. Individual tutoring sessions will be signed by the teacher and placed in the athletic director's mailbox the day of tutoring.

In order to be eligible for athletic participation, Springs Valley High School and Springs Valley Athletics will require student-athletes to pass ALL classes the preceding grading period. However, any student failing one or more class(es) the preceding grading period but maintaining the IHSAA standards (passing five classes) may continue his/her eligibility if the following criteria is met:

- 1) Required attendance at an AM study session at least two times per week for five (5) weeks. This time period represents the remaining time in the grading period. A report card check will be done at the end of the 5 weeks. If he/she is passing all classes, the student is no longer required to attend study sessions but may continue on a voluntary basis. If not passing all classes he/she will remain at study sessions for the remainder of the season. The student can participate in athletic contests as long as he/she maintains weekly study session's attendance and meets IHSAA minimum standards.
- 2) A student failing one or more classes and failing to or refusing to participate in the study table program will remain ineligible to participate in any contest for a minimum of 5 weeks. A report card check at 5 weeks will be done to

evaluate the athlete's progress. The student may practice but not play during this 5-week period.

- 3) If a student fails to pass five classes, he/she is ineligible to participate in a contest for 5 weeks (ISHAA standard). At the discretion of the head coach, the failing student may practice and must abide by the academic plan until eligibility has been established. A report card check will be done at the end of the 5-week period to determine academic progress.

Notes:

- The student-athlete must be on time and must bring school-related work to study table sessions. If a student is late, he/she will not be admitted, this will not count towards the two required sessions per week.
- Required academic sessions carry-over from one sport to another until athlete's report card carries no 'F's'.
- Athletes remain ineligible for competition until he/she attends two sessions per week.
- Academic sessions begin the Monday after grades are issued to students. It is the responsibility of each coach to notify his/her athletes to attend tutoring sessions.

SPORTSMANSHIP

Sportsmanship is a set of behaviors to be exhibited by student-athletes, coaches, administrators and fans in athletics competition. These behaviors are based on values including, respect, fairness, civility, honesty and responsibility.

As student-athletes at Springs Valley High School we expect the following from each of you:

- Treat opponents with respect
- Respect the judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
- Cooperate with officials, coaches and fellow participants to conduct a fair contest.
- Accept seriously the responsibility and privilege of representing your school and community. Display positive public action at all times.
- Live up to the high standards of sportsmanship established by the coach.

SPORTSMANSHIP FROM A TO Z

- A Always adhere to the Golden Rule – treat others as you want to be treated.
- B Believe in and follow the rules.
- C..... Cooperate with officials and other contest personnel for a well-run contest.
- D Do unto others as you would have them do unto you.
- E Encourage your players to play hard and fair.
- F Follow the rules of the contest at all times.
- G Good sportsmanship is the Golden Rule in action.
- H Have captains encourage student-athletes to display proper conduct.
- I Intercept and modify any behavior that is offensive to others. Let others know that ethnic, disability or sexist jokes, racial or religious slurs, taunting, trash talking, and intimidating behavior will not be tolerated at events sponsored by our school.
- J Judgment calls on the part of officials are not subject to question or discussion.
- K Know, understand and appreciate the rules of the contest.
- L Lose without excuses; win without boasting.
- M Model language and behavior that is non-biased and is inclusive of individuals regardless of ethnicity, race, religion, sex or disability.
- N Never criticize players or coaches for the loss of a game.
- O Opposing coaches, participants, cheerleaders and fans must be respected at all times.
- P Provide opportunities for informing student and adult spectators of their responsibility to uphold the standards of sportsmanship.
- Q Questioning an official’s call or making negative comments about an official is unacceptable behavior.
- R Recognize and show appreciation for an outstanding play.
- S Shake hands with opponents before the contest and wish them good luck.
- T Teach sportsmanship and demand that your players be good sports.
- U Understand, accept and abide by the decisions of contest officials.
- V Victories should be celebrated in a manner that is not offensive to others (no taunting).
- W Welcome visiting teams, coaches and fans to your home field.
- X X-ercise self-control and be a good example for players and spectators.
- Y Yelling, booing or heckling an official’s decision is unacceptable behavior.
- Z Zero tolerance for unsportsmanlike behavior.

COLLEGE ATHLETICS

Those athletes interested in attending and participating in Collegiate Athletics should check with the Guidance Department for eligibility requirements. Athletes can also check the following websites:

www.ncaa.org

www.ncaaclearinghouse.net

www.collegiatedirectories.com

www.all-starsports.com