

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

The major objective of the program is to provide wholesome opportunities for students to develop from their experiences favorable habits and attitudes of social and group living in a democratic world.

The leadership should be of the highest quality so as to exemplify to the participants the desired type of individual to be developed from the athletic program.

The athletic program should always be in conformity with the general objectives of the school, and the athletic administration should be in line with the general policies of the institution.

STATEMENT OF PURPOSE

The purpose of the high school athletic program is:

1. To improve the image of the student athlete.
2. To strive always for practicing and playing for excellence.
3. To ensure growth and development that will raise the number of individual participants; that will give impetus to increasing attendance at each contest; that will build up gate receipts; and that will enable a program of continuing upkeep and improvement of facilities.
4. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - a. Physical, mental, and emotional growth and development.
 - b. Acquisition and development of special skills in activities of each student's choice.
 - c. Team play with the development of such commitments as: loyalty, cooperation, fair play, and other desirable social traits.
 - d. Directed leadership and supervision that stresses: self-discipline, self-motivation, excellence, and the ideals of good sportsmanship in winning and losing.
 - e. A focus of interests on activity programs for student body, faculty, and community that will generate a feeling of unity.
 - f. Achievement of initial goals as set by the school in general and the student as an individual.
 - g. Provisions for worthy use of leisure time in later life, either as a participant or spectator.

CODE OF ETHICS

It is the duty of all concerned with school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a positive relationship between visitors and hosts.
6. To respect the integrity and judgement of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgement by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional wellbeing of the individual players.
10. To remember that an athletic contest is only a game--- not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

ATHLETIC POLICY

I. Scope of Policy: This policy shall be effective the 1st day of August, 2001. The standards and procedures set forth in this policy will pertain to any student in grades 9 through 12 at Rising Sun High School participating in any school sponsored athletic team or competition. The policy is effective for the entire calendar year for all athletes. Rising Sun is a member of the Indiana High School Athletic Association and the Ohio River Valley Conference. The administrators, coaches and athletes of Rising Sun will abide by any regulations of these Conferences and Associations. The standards set forth in this policy are in addition to any standards established by any of these other Associations.

II. Definitions:

1. **Athlete:** Any student in Rising Sun High School who participates in any school sponsored athletic team or competition.
2. **Athletic Council:** The Rising Sun Athletic Council will consist of all varsity coaches at Rising Sun High School, the high school Principal, and the Athletic Director. The purpose of the Athletic Council will be to establish policies concerning Rising Sun athletes.
3. **Illegal Drugs:** Any substance defined as a "controlled substance" within the meaning of current criminal statutes of the State of Indiana.
4. **Tobacco Products:** Any substance, which is, looks like, or which was represented to be a tobacco product.
5. **School Year:** The dates in which regular academic classes are conducted and including that portion of the summer vacation in which practice for a Fall sport is authorized by the IHSAA and that portion of the summer vacation in which an IHSAA sport is still in progress after the close of regular academic classes.
6. **Sport Season:** From the first date of approved practice by the IHSAA for a particular sport to the last participation date for that particular sport approved by the IHSAA.
7. **Participate/Participation:** As used in this entire athletic policy, an athlete is a member of a team and may participate in all team activities and events as long as the athlete is academically eligible and is not in violation of any IHSAA, school, and/or team rules and is eligible to satisfy any discipline consequences as described in this policy (see Part IV); however, if a participating athlete is academically ineligible to participate in contests (see Part III.5), this athlete will not be eligible to satisfy any discipline consequences as listed under Part IV.A.1.2.3.4.& 5. (First offense)--all other discipline consequences apply immediately or as stated by IHSAA, this athletic policy, and/or team rules.
8. **Usage of Alcoholic/Tobacco Product:** The consumption of alcoholic or tobacco products is considered use.
9. **Possession of Alcoholic/Tobacco Product:** Any alcoholic or tobacco products found in athlete's vehicle or on himself/herself constitutes possession.

III Rules:

Each athlete shall be subject to each of the following rules and procedures.

- 1. General Behavior:** Athletes are expected to be good representatives of Rising Sun High School before, during, and after athletic competitions and practices. For an athlete to remain eligible he/she should adhere to the following IHSAA guidelines (please check with the Athletic Office for complete rule summation).

PHYSICAL AND CONSENT FORMS (Rule C--3-10)

ILLNESS AND INJURY (Rule C--3-11)

AGE (Rule C--4-1)

AMATEURISM (Rules C--5-1, C--5-2, C--5-3)

ENROLLMENT (Rules C--12-1, to 12-3)

SCHOLARSHIP (Rule C--18 and C--18.1)

TRANSFER STUDENTS (Rule C--19.5)

UNDUE INFLUENCE (Rule C--20.1)

PARTICIPATION (Rule 15- Philosophy)

PRACTICES (Rules 51-60 and 101-111)

CONDUCT (Rule C--8.1)--Contestants' conduct, in and out of school, shall be as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral, or educational environment in the school.

- 2. Training Policy:** Each athlete must have a completed physical examination signed by a physician on file in the Athletic Department before they can begin practicing for their sport. During the season each coach will provide athletes with proper drills and conditioning techniques to maintain physical tone and each athlete shall make every reasonable effort to participate and complete such drills and conditioning techniques.
- 3. Insurance:** It is the policy of the Athletic Department that family insurance be used for payments to the hospitals, Doctors, X-rays, etc. for injuries incurred through participation in athletics.
- 4. Alcohol, Tobacco, Drugs:** The possession, use, or sale of any type of tobacco or alcohol product, alcohol product or any type of illegal drug is prohibited. The following will be considered violations of this rule:
 - A.** If an athlete is observed possessing, using, or selling any tobacco product, alcohol product or any illegal drug by a member of the Rising Sun coaching staff, faculty, or administration.

- B. The athlete admits to possessing, selling, or using any type of tobacco product, alcohol product, or illegal drug to a member of the Rising Sun coaching staff, faculty, or administration.
- C. The athlete is cited, pursuant to any juvenile or criminal procedure for possessing, using, or selling any type of tobacco product, alcohol product, or illegal drug by any agency of federal government or the State of Indiana.
- D. A reasonable suspicion established by a school administrator that the student has been involved with the possession or use of an illicit/ illegal substance.

5. **Rising Sun High School Athletic Grading Policy**

Students attending Rising Sun High School are expected to meet the high standards set by the Indiana High School Athletic Association and the Rising Sun-Ohio County Community School Corporation. These high standards are intended to prepare the student for the “work world.” These requirements are also intended to help the student athlete be competitive and successful at a college or university.

Students wishing to participate in extracurricular athletics must meet the IHSAA standard of passing at least 5 classes and the local standard of no failing grades at the 9-week grade report time. However, semester grades will take precedent over 9-week grades in order to determine eligibility. Students who do not meet these standards at the 9-week or semester grading periods, whichever is applicable, are not eligible. Students that are ineligible at these times may enter the tutoring program to try and regain eligibility at the conclusion of the above mentioned grading periods.

Student athletes not meeting any of the above standards at the mid 9-week progress report time will be placed on probationary status. Students on probationary status must meet with the Athletic Director to develop a tutorial program in order to help the student remain eligible. Probationary students will remain eligible as long as they remain in the tutoring program. Tutorial programs should be set up with the cooperation and help of the course teacher and the proper tutorial personnel. Refusal by the student athlete to participate in the tutoring program will result in the student athlete being immediately declared ineligible for the remainder of the grading period. Once identified, probationary student athletes will remain in the tutoring program for the remainder of the grading period

and/or sports season whichever is longer. The athletic director and coach will monitor the grades of the student athletes to insure they meet IHSAA and local eligibility standards. The coach of the student athlete will check mid-term, 9 week and semester grades to aid in the determination of a student athlete entering the tutoring program.

A coach, athletic director, parent or athlete can at any time during the sports season identify and/or request to be placed into the tutoring program. Once placed into the tutoring program, a student athlete must remain in the program for the remainder of the sports season or grading period whichever is longer.

Incoming freshmen or transfer students who do not meet IHSAA and local standards will be ineligible for extracurricular athletics at Rising Sun High School for that grading period. Once a student athlete meets IHSAA and local standards, he/she will be eligible to participate in extracurricular athletics.

The athletic director will make periodic reports to the school board during the school year as to the overall impact on student athletes and effected courses. The athletic director is also responsible to make any recommendations for improving this policy based upon the collected information or other information that is pertinent to the overall good of Rising Sun High School, Rising Sun-Ohio County Community School Corporation and the student athlete.

6. **Attendance:** An athlete must be in school and in the classroom on the day of a scheduled athletic event from the end of lunch period to the end of the school day. The only exception is if the athlete has prior permission from the Principal or Athletic Director.

7. **Equipment:** Athletes may be issued equipment in order to successfully participate or to prevent injury in certain sports. It shall be the responsibility of each athlete to use all reasonable efforts to protect and return any equipment issued by Rising Sun. Any equipment destroyed or lost by an athlete due to unreasonable or malicious conduct shall be replaced by the athlete at his or her cost and in such an event, the athlete may not receive any type of award for his or her participation until such equipment is replaced.

No athlete will be permitted to take home any equipment owned by the school without the prior consent of the coach and the athletic director.

Due to financial limitation, it may be necessary for some athletes to purchase certain items of equipment. In such an event, each athlete must meet any such financial obligations before receiving an award for participation in that sport.

8. **Participation:** An athlete who begins the practice season with a sport is expected to finish the season with that same sport. An athlete will not be permitted to start the season with one sport, drop that sport and change to another sport. If the athlete is dropped from the sport by a coach, he may change to another sport with the approval of the athletic director.

If an athlete begins a season with a sport, he or she will not begin practice for the next sports season until the end of the first sport season, unless that athlete is excused by the coach. An example would be that a soccer player may not drop soccer to begin basketball practice until excused by the soccer coach. The only exception to this rule would be a situation where a coach drops/cuts a player from the squad. Also, weight lifting for strength conditioning is not considered a high school competitive sport.

Participation in more than one athletic activity during the same season will be allowed only by agreement of the coaches/sponsors involved, and approval by the athletic director and principal. A schedule will be developed for the athlete to follow during the sports season. The athlete may be requested to choose a “primary” sport for the season. The participation in conference events will take precedence for the athlete's participation.

9. **Transportation:** Rising Sun will provide buses for transportation to away athletic events. Athletes shall travel on the bus to and from events, unless excused by the coach. Coaches may allow athletes to sign out after an event but only by parents. The only exception is if the athlete has prior permission from the Principal or Athletic Director. Departure time and approximate arrival time will be announced prior to the event. Each athlete shall be responsible for his or her own transportation to and from practice sessions.
10. **Athletic Trainer:** An athletic trainer will be available to athletes and coaches. The athletic trainer's hours will be posted at the athletic trainer's office/ room. During home games the athletic trainer will be at the site of the sport that has the highest rate of injury. Athletes must immediately report any injury or illness to the coach. All athletes should be covered under their parents' medical insurance plan. An athlete who is under a doctor's care must provide a "Return to Play" documentation in order to continue participation in any sport. After consultation with the doctor, coach, athletic director, athletic trainer and parent, a decision will be made regarding the athlete's return to participation.

11. Social Networking and Media Policy:

As an educational institution, Rising Sun High School, supports and encourages the rights of individuals to free speech. However, student-athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, their community and /or Rising Sun High School. This includes any activities conducted online through social networking sites (i.e. Facebook, MySpace, Friendster, podcasting, blog sites, You Tube, Twitter, Snapchat or chat rooms among others). This also includes the practice of sexting which is a term coined by the media that generally refers to youth writing sexually explicit messages, taking sexually explicit photos of themselves or others in their peer group, and transmitting those photos and/or distributing these photos. Participation in athletics at Rising Sun High School is a privilege, not a right. As a student-athlete at Rising Sun High School, you are a representative of the school and the community, and as such, you are always in the public eye. This fact places certain additional demands upon how you must live your life. Keep the following guidelines in mind as you participate in any of the aforementioned public media:

- 1.** Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control at the moment it is placed online,--even if you limit access to your site.
- 2.** You are not to post information, photos, or other items that could embarrass you, your family, and your team, the Athletics Department or Rising Sun High School. This includes items that may be posted on your page by others.
- 3.** You should not post your address, phone numbers, birth date, or other personal information. You could be opening yourself up to predators or stalkers.
- 4.** Exercise caution as to what information you post on your website about your whereabouts or plans. This will help prevent stalkers or other criminally minded individuals from gaining access to you.
- 5.** Be aware of who you add as a friend to your site. Many people are looking to take advantage of student-athletes or seek connection with student-athletes to give them a sense of membership on a team.
- 6.** Coaches and athletic department administrators can and do monitor these websites. Disparaging remarks about teammates, coaches, or school officials can serve as grounds for suspension from competition or dismissal from teams, as well as possible legal ramifications.

7. Students-athletes will face disciplinary measures for violation of team policies, athletic department policies, state athletic association guidelines and /or state and federal laws. Any admissions of conduct in violation of any of these policies or laws found on a student-athlete's website will subject him or her to disciplinary measures. Any depictions of conduct in violation of any of these policies or laws found on a student-athlete's website will be subject to a full investigation. Also keep in mind that local police or sheriff's offices or other law enforcement agencies may check these websites regularly. Be cognizant of the fact that many employers and colleges also monitor these sites. You should be aware that any information posted on these websites may prevent you from obtaining a job or prevent you from attending the college of your choice.

IV. Discipline:

1. Each head coach may furnish their athletes with specific rules and/or regulations, which apply to that sport, as that coach deems appropriate (the coach will put these in writing and give each team member a copy). To remain a member of that team, the athlete will be expected to adhere to those rules as well.
2. The principal and/or Athletic Director may discipline an athlete for any action, which they determine, is detrimental to the school or exhibited poor sportsmanship.
3. Any athlete wearing a court ordered ankle bracelet would not be allowed to participate in an athletic contest.
4. Any athlete convicted of a felony at anytime shall be suspended from RSHS Athletics for one calendar year from the time of conviction. Convictions of a misdemeanor will result in a minimum suspension of 30% per misdemeanor of the sports scheduled contests.
5. Automatic Suspension and/or Expulsion for violation of Rule 4, Tobacco, Alcohol, and Drugs:

ALCOHOL AND TOBACCO

The use, possession, and/or selling of any form of alcoholic or tobacco products by an athlete are prohibited. It has clearly been demonstrated that alcohol and tobacco are harmful to an athlete. The use, possession and/or selling these items not only due harm to the athlete, but also to the team, sport, school, and community.

The consumption of alcoholic or tobacco products is considered use. Any alcoholic or tobacco products found in athlete's vehicle or on himself/herself constitutes possession.

A. First Offense:

1. Use or possession will result in a minimum suspension of thirty percent (30%) of the sports scheduled games.
 - a. Rehabilitation- The student may reduce the penalty to 20% of the contests of the sports scheduled games by submitting to a substance abuse program of assessment, counseling, screening, and/or indicated therapy. The program must have been approved by the high school administration and may include a recommendation for parent or guardian participation. The cost of the program is the responsibility of the student and/or his or her parents or guardians. The student will serve the remainder of the entire 30% suspension if the Athletic Director is notified that the student has violated any of the stated conditions of the substance abuse program. If a student fulfills the suspension but does not complete the substance abuse program, then the athlete will lose his or her letter as well as any other awards.
 - b. Self-reporting- The total penalty will be reduced to 10% of the contests of the sports scheduled games if: 1) the student or the student's parents or guardians report the violation to the Athletic Director or a head coach within 48 hours of the violation 2) the student submits to a substance abuse program as described above.
2. If the infraction occurs at the time when less than the number of contests suspended remain, the number of contests not served will carry over into the athlete's next season (**the athlete may not be able to use a sport which he/she has not had prior participation in to terminate the carry-over contests**).
3. Contests cancelled due to weather will not be considered suspension time.
4. The athlete will attend all practices and appear in street clothes on the bench with the team at contests. He/she will also aid the coach in practices and at games (keeping stats, books, etc.)

5. Any athlete who still has suspension time to serve when his/her season ends will be ineligible to receive any awards for that sport.

B. Second Offense

1. Use or possession will result in a suspension from athletics for one calendar year (365 days).
2. Will be governed by rules A2, A3, A4, and A5 from the preceding section.
3. An athlete who has been suspended a second time is ineligible to receive an award in the sport he/she was involved in at the time of the offense.
4. The athlete will be advised at the time the second suspension is instated that he/she must be reinstated by the Athletic Council to be a candidate for any athletic squad at Rising Sun High School.

C. Third Offense

1. The third offense involving alcoholic or tobacco products will result in suspension from athletics for the remainder of high school career.

ILLEGAL DRUGS

The use of such drugs leads to the deterioration of the mind, body, spirit and overall health of the individuals using them. The possession of illegal drugs by a Rising Sun Athlete cannot be justified under any circumstances; possession will be considered as serious as offense as their use.

A. First Offense

1. Suspension from athletics for one calendar year (365 days).

B. Second Offense

1. Suspension from all athletics for remainder of high school career.

V. Appeals of Discipline:

1. Anyone wishing to request an appeal should notify the high school principal in writing within ten (10) calendar days of the date the student is notified of the suspension. The right of appeal is forfeited if not requested within this ten-day limit.
2. If an appeal is requested, the principal will conduct a hearing with the athlete, the athlete's parents, and the athletic director. The purpose of the appeal hearing is to inquire into the athlete's violation and to allow the athlete and parents or guardians to present evidence on the student's behalf. The principal shall make a final determination in regards to whether the Athletic Code was properly applied to the violation.

Rising Sun Athletic Awards

Varsity Letter Award Regulations:

General

To win an athletic letter or award a student must:

- A. Maintain an attitude of true sportsmanship.
- B. Conduct himself/herself as a good school citizen.
- C. Abide by the training rules and regulations established by his/her coach.
- D. Be available the entire season including post season tournaments in all sports unless limited by injury.
- E. Participate as a member of a varsity team.

Eligibility

- A. The student must satisfy all I.H.S.A.A. standards of eligibility.
- B. No letters will be awarded or recorded until that season is complete and our team or an individual is eliminated from further competition. (Graduating seniors note).

Sport Requirements

In addition to abiding to the above rules, to receive a letter in an individual sport an athlete must meet the following criteria:

Boys and Girls Cross Country

Must be one of the first seven runners from our school in one-half of the scheduled meets run or be a member of the conference, sectional, regional, or state team or individual runner.

Boys and Girls Soccer

Must participate in one-half of the season games, play in a post season tournament or discretion of the coach.

Volleyball

Must participate in one-half of the season games, play in a post season tournament or discretion of the coach.

Boys and Girls Basketball

Must participate in one-half of the season games, play in a post season tournament or discretion of the coach.

Baseball or Softball

Must participate in one-half of the season games, play in a post season tournament or discretion of the coach.

Boys and Girls Track and Field

Must score twelve points or place in the conference, sectional, regional, or state meets.

Golf

Must participate in one-half of the season matches or be a member of the conference or sectional team.

Cheerleading

Must be selected and perform as a member of the varsity team.

Letter Presentations

- A. Upon the recommendation of the coach in each sport and the approval of the athletic director, a student having fulfilled the requirements stated above, will be awarded a letter for the sport in which he or she has qualified.
- B. Each letter earned thereafter will be recognized with a certificate.
- C. The coach and the athletic director must approve any exceptions to the above procedure.

Individual Varsity Athletic Awards

Boys and Girls Cross Country

- A. Scoring Champion – Plaque
 - 1. Runner placing the highest in competition for his/her team in the most meets.
- B. Most Valuable Player – Plaque
 - 1. Runner placing the highest in competition at the conference, sectional, regional, and state meets.
- C. Captain – Plaque
 - 1. One vote for each varsity member and five votes for the coach.

Boys and Girls Soccer

- A. Most Valuable Player – Offense- Plaque
 - 1. One vote for each varsity player and five votes for the coach.
- B. Most Valuable Player- Defense – Plaque
 - 1. One vote for each varsity player and five votes for the coach.
- C. Captain – Plaque
 - 1. One vote for each varsity player and five votes for the coach.

Volleyball

- A. Serving Champion – Plaque
 - 1. Best serving percentage – must serve twenty.
- B. Offense Player of the Year – Plaque
 - 1. Statistical award defined by coach
- C. Defensive Player of the Year – Plaque
 - 1. Statistical award defined by coach.

Boys and Girls Basketball

- A. Free-throw Percentage – Plaque
 - 1. Player with highest percentage – must shoot twenty-five.
- B. Most Valuable Player – Plaque
 - 1. One vote for each varsity player and five votes for the coach.
- C. Captain – Plaque
 - 1. One vote for each varsity player and five votes for the coach.

Baseball and Softball

- A. Batting Champion – Plaque
 - 1. Must have at least forty appearances at the plate (Not to be confused with times at bat).
- B. Most Valuable Player – Plaque

1. One vote for each varsity player and five votes for the coach.
- C. Captain – Plaque
1. One vote for each varsity player and five votes for the coach.

Boys and Girls Track and Field

- A. Scoring Champion – Plaque
1. Most points scored for our team. (Conference and state meets points doubled).
- B. Most Valuable Player – Plaque
1. Participant scoring the most points in conference, sectional, regional, and state meets.
- C. Captain – Plaque
1. One vote for each varsity player and five votes for the coach.

Golf

- A. Medallist Champion – Plaque
1. Low medallist in most matches; if tied the best scores determine the winner.
- B. Most Valuable Player – Plaque
1. Low medallist for our school in conference and sectional matches combined; if tied the best scores determine the winner.
- C. Captain – Plaque
1. One vote for each varsity player and five votes for the coach.

Cheerleading

- A. Captain – Plaque
1. One vote for each varsity player and five votes for the coach.

Boys and Girls Scholastic

- A. Highest academic average – Plaque
1. Must go to a senior boy and girl.
 2. Must have earned at least four varsity letters.
 3. Based on four year accumulative.

Boys and Girls Outstanding Athlete

- A. All Sports Award – Plaque
1. Must go to senior boy and girl.
 2. Must have earned at least five varsity letters or 4 in one sport.
 3. Consideration given to number of letters earned, attitude, competitive spirit, etc.
 4. Decided by athletic council.

Quantity

Only one letter – one jacket – one sweater – and one blanket may be awarded to each athlete in his or her varsity career.

Award Letter

- A. The award will be a chenille six-inch “R” letter.
- B. The boy’s letter will be basic white and the girl’s basic blue.

Award Jacket

- A. The award jacket will be royal blue with a seven-inch interlocking “RS” letter.
- B. The jacket will be presented to any athlete who has earned five letters in any of the sports or four letters in the same sport.

Award Blanket

- A. The award blanket will be royal blue with white trim and have twelve-inch white “R” and “S” letters and inlays and bars showing the sports and the number of letters earned in each sport.
- B. The athlete’s name will appear on the blanket.
- C. The blanket will be presented to any senior boy or girl who has earned eleven letters.

Student Manager

- A. A student manager will receive a letter as he/she earns it.
- B. A student may use manager letters to accumulate with athletic letters to earn basic awards.
- C. A student manager will be presented jacket and blanket awards in accordance with the number of letters earned as for athletes.

Information

- A. An athlete who has earned a letter may display this letter on a garment purchased at the athlete’s expense.
- B. Athletic awards are individual honors conferred upon a student by the school for meritorious services to the school. The awards should be in no sense considered as payment or compensation for athletic participation. The athlete will join a great group who will be similarly honored in the future and misconduct on his/her part is unfair to future athletes and to their school.