

CHILlicoTHE HIGH SCHOOL

ATHLETIC DEPARTMENT



COACH/STUDENT/PARENT

ATHLETIC HANDBOOK 2010-2011

Electronic Handbook & Required Paper Work Available On:
www.chillicothecavaliers.com

ADOPTED JUNE 2010

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FOREWORD

Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it.
-Lou Holtz

FIGHT SONG

Oh, Chillicothe, fairest school to me,
Bravest school in all the land,
We honor you this day
So do your best
Blue and White must wave tonight.
(rah-rah-rah)
Chillicothe fight the foe,
Win the praise that we may say,
Oh, Chillicothe, fairest school to me,
We praise thee to the sky.

ALMA MATER

Mid the Hills of Old Ohio
Where the valley smiling lies,
And the placid, still Scioto
Bears the blue of summer skies,
In the proud, unsullied memory
Of years sped in their flight
Chillicothe – Fair in glory
Guard the peerless
Blue and White.

THE PARENT SPORTSMANSHIP PLEDGE

I will cheer for all good plays or players whether by/for an opponent of **Your School** athlete.

I will not direct profanity or cursing toward officials, players, or coaches.

I will respect the abilities and sensitivities of our opponent, the officials, and coaches regardless of the outcome of the contest.

I will accept responsibility for all my actions.

I will learn the rules of the game, so that I may understand and appreciate participants' actions during a contest.

Tips for Parents

Tell your kids you have made the pledge and why. Explain why it is important to be a good sport.

Communicate openly with your kids about being a good sport. Provide solid information and clear rules to follow.

Support officials' and coaches' decisions regarding game conduct and encourage appropriate measures in dealing with offenders.

Remember that appropriate and consistent discipline indicates love and concern.

Be a role model. You can set an example for your kids.

THE FUNDAMENTALS OF SPORTSMANSHIP

This year the OHSAA and its member schools will be emphasizing the importance of GOOD SPORTSMANSHIP. The one thing we need to realize is that many people have not had GOOD SPORTSMANSHIP explained to them. Hopefully the following will help everyone to understand their responsibilities at an athletic contest.

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST.

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on the officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to rules intent as well as to the letter of a given rule.

2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.

A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES REGARDLESS OF AFFILIATION.

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but reflects a true awareness of the game by recognizing and acknowledging quality.

4. EXHIBIT RESPECT FOR THE OFFICIALS.

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

5. DISPLAY OPENLY A RESPECT FOR THE OPPONENT AT ALL TIMES.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

6. DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

Sport A Winning Attitude!!!

STUDENT PARTICIPATION IN ATHLETICS

On January 25, 1999, Policy IGD ("Co-curricular and Extra-curricular Activities") was amended by Board of Education as follows:

While the Board of Education recognizes that decisions regarding final team selections and individual playing time are decisions that rest with the coaching staff, the Board encourages coaches to take steps to increase student involvement and participation as much as possible in their respective sports. While the Board does not intend for this policy to be interpreted as an expectation for coaches to play all team members in every contest, the Board supports coaching decisions which emphasize a philosophy of increasing involvement and maximizing participation. It is understood that steps to increase involvement and participation are affected by many different factors and must be reasonable.

The Board believes in the concept that at the 7th grade level, coaches should support, as much as possible, the premise that sports are developmental and participation-driven -- while at the high school varsity level, sports transcend into becoming more competition-driven. It is understood that this philosophy is a continuum, meaning that student involvement in sports logically evolves and progresses from being participation-driven in the middle school years to becoming competition-driven in the high school years.

To support the premise that sports are developmental and participation-driven at the middle school level, the Board urges coaches at the middle school level to, within reason, play as many of their team members as possible during athletic contests. This is especially the case at the seventh grade level.

Further, as part of the process of employing new coaches and evaluating existing coaches, the Board supports a process which asks coaching applicants (prior to employment) and existing coaches (on an annual basis) to summarize how they propose to increase student involvement and maximize participation in their respective sports. Examples may include:

Demonstration of involvement by coaches in city/county youth programs;

Recommendations by coaches for the school district to expand their respective programs interscholastically;

Proposals by coaches for new or expanded intramural or community-type programs;

Implementation of no-cut policies for certain sports (as deemed appropriate by the coaching staff);

Decisions and actions at the high school level to recognize a student-athlete's length of service in a particular sport, to include -- as deemed appropriate by the coaching staff -- a no-cut policy involving seniors who have been in a particular program since middle school years.

* The entire Board Policy is on file in the Athletic Director's office.

PAY TO PARTICIPATE

The Chillicothe Board of Education has enacted a "Pay to Participate" policy for athletics in the Chillicothe City Schools beginning with the 2004-05 school year. While it is regrettable to have to institute such a policy, the financial situation in the school district makes it necessary to help defray the costs of the athletic programs.

The following should be noted regarding the fee:

- It does not guarantee playing/participating time.
- It does not result in control of the team.
- It does not alter the policies of Chillicothe High School, Chillicothe Middle School, the Chillicothe city Schools Board of Education, or the Ohio High School Athletic Association.
- It does not alter or affect the district's athletic Code of Conduct or individual team rules.
- Receipts will be given, but there will be no refunds. Quitting, injury, academic ineligibility, misbehavior, or lack of playing time will NOT cause a refund to be given.
- Fees will be utilized to pay for coaches' salaries, workers' comp., Medicare, transportation and facility rentals.

Participation Fee:

The total fee for a student athlete, regardless of how many sports he/she participates in, will not exceed \$40.00. There is no family cap.

The fee must be paid before the first scheduled game/match of the first sport that the athlete plays.

The fee should be paid at the athlete's school. Checks should be made payable to Chillicothe City Schools.

If there are questions, please call the Chillicothe High School Athletic Office at 702-2292.

Adopted: 6/21/04

The Fine Line of being a Student-Athlete's Parent by Tim Warsinskey

For my first 21 years of covering high school sports, I came to understand an unspoken language with high school varsity coaches when they uttered one word: "Parents."

It spoke gigabytes. I knew what the coach was thinking. We shared an identical image from years on the high school scene: whacko's in the stands screaming at officials or stalking outside locker-room doors ready to confront the coach.

Then I became one.

A parent. The guy in the stands with a kid in uniform. It didn't happen overnight, of course. There were countless youth games played, thousands of miles driven and untold drive-throughs visited from the time my son, Ian, was 5 through his senior year at Mentor High. Hockey and baseball were his sports. He became a two-sport starter and earned four varsity letters before graduating in June.

He learned a lot, and of course, so did I.

Here are the 10 biggest lessons I learned from being a high school sports parent:

No. 1. Have no expectations, for your child or the coach. If you go into his or her freshman year thinking "This kid is going to be a star," you have just set the bar too high.

Trophies won from ages 5 to 15 do not mean a thing. What he or she did on the freshman and junior varsity teams is almost as unimportant. So many kids who are young all-stars will fade away. Even among the seemingly "sure bets" as sophomores, some will lose interest, quit, peak early, become ineligible or get kicked off the team.

Conversely, for the little ones, puberty is like a magic bean. It takes them to unexpected places. I'm 5-7. My wife is 5-foot-nothing. My son grew to be 5-10 and a better athlete than either of us ever were combined. It was an astonishing transformation, and you will be amazed at the kids who weren't stars at early ages who stick with it and become valuable varsity performers.

No. 2. Give your kid space. Let her enjoy her successful moments and figure out how to deal with defeat, failure and disappointment. Don't get too wrapped up in the wins and losses. Your job is to make sure your child does not get too high after a win or too low after a loss.

No. 3. Try to have an objective view of your kid's ability and build on his or her strengths. Don't tear him down by telling him what he did wrong unless the child comes looking for constructive criticism. Most of the time, the kid knows it better than you.

- No. 4.** Let your child make decisions that matter, with one caveat. When he or she considers quitting -- and most high school athletes have that moment -- make the child understand quitting is not the first option, especially once the season has begun. Dealing with adversity and persevering are important lessons.
- No. 5.** Grades really are the most important thing. The chances that he or she will get a college sports scholarship are almost nil, and even if the stars align and that happens, the kid still has to have good grades.
- No. 6.** Don't ignore injuries or signs of extreme mental and physical fatigue. If he or she is hurting, find out what it is. Playing injured can hurt the team and your kid's long-term health.
- No. 7.** Let your child fight his or her own battles with the coach, especially with regard to the No. 1 complaint: playing time. Your kid has to learn how to deal with adults. It's part of growing up. He or she will have to confront professors and bosses, and this is a good place to learn. If it's another issue and you find it necessary to get involved, always wait a day to talk to the coach. Let your emotions subside and think clearly about the point you want to make. If you suspect there is hazing or abuse taking place, report it to the athletic director or principal immediately.
- No. 8.** Support the team and be a good fan. Volunteer, and don't wait to be asked. Attend booster club meetings. Get to know the other parents. Make your own positive experience in the stands, no matter what is going on below.
- When you're at the game or event, cheer for everyone on your kid's team, not just your own. Don't be the jerk in the stands, the one yelling at the coach, your team, the other team, and mostly the officials. You are embarrassing your school, your kid and yourself. If you don't have anything good to say, sit down and shut up. If you're not enjoying yourself, stay home. You won't be missed.
- No. 9.** Understand these are competitive sports. It's not Little League where every kid gets to play. There's going to be disappointment, heartache, unfairness and injuries. Unless it ends in a state championship, it will end in defeat. Your kid is going to make mistakes. The coach will yell at him or her. That's what they do. Let it happen. He or she is not a baby anymore.
- No. 10.** Enjoy the ride. It will go by fast. Hug your child when it's over.

RESPONSIBILITIES OF A CHILLICOTHE HIGH SCHOOL STUDENT-ATHLETE

Being a member of a Cavalier athletic team is a fulfillment of an early ambition for many students. With the attainment of this goal come the responsibilities of maintaining the great traditions of Cavalier athletics, and the expectations of student-athletes at Chillicothe High School. Our entire athletic program enjoys tremendous visibility and respect statewide.

YOU are challenged to project a positive image of Chillicothe High School and Cavalier athletics, to build upon our proud traditions, and to protect the integrity of our total program **AT ALL TIMES**. Reputations of excellence take a long time to develop, but can be destroyed in a “heartbeat”.

We desire to **WIN**. This goal must be accomplished with honor to our athletes, our school, and our community. Such a winning tradition demands only your **BEST EFFORTS**.

It is not easy to contribute to such a great tradition of excellence. The **PRIVILEGE** to compete for and **REPRESENT** Chillicothe High School means you are required to say “**NO**” to influences, which carry negative consequences. When you put on the **BLUE & WHITE**, we assume that you understand the tremendous responsibilities, which accompany representation of such a great educational institution and such a great athletic program.

ATHLETIC TRAINER AND RELATED SERVICES

Chillicothe student athletes are fortunate in the fact that the athletic department has an athletic trainer on staff. When injured, our student athletes are encouraged to visit our trainer for an evaluation and treatment of their injury. The training room is open immediately after school, and the trainer is on duty until the last contest of the day is completed. During the fall and spring, the trainer will be stationed at Herrnstein Field and during the winter, the trainer will be stationed in the high school gym.

A. Emergency Medical Attention

1. Injuries or illnesses that appear to be serious will be handled by the coach and/or trainer who will stay with the athlete until the parent/guardian arrives. If there is a danger due to loss of blood, unconsciousness, severe pain, or other dangerous symptoms, the rescue squad will be contacted. In all cases, the parent/guardian will be contacted as soon as possible.
2. Immediately following an injury, the coach or trainer will make a written report to the athletic administrator concerning the circumstances surrounding the injury.

SPORTSMANSHIP: RESPONSIBILITY OF PARENT AND ATHLETE

SPORTSMANSHIP PHILOSOPHY AND GUIDELINES

The Chillicothe Schools Athletic Department believes that interscholastic competition involving member schools of the Ohio High School Athletic Association should be governed by the basic principles of good sportsmanship. This document has been prepared to insure that all participants have a common understanding of those basic principles.

We believe that good sportsmanship is more important than winning. We believe that students should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel (principals, athletic directors and coaches) and is directed to the behavior of spectators, coaches, and players. An additional component to consider is coaches' ethics. We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We therefore expect school administrators, coaches, athletes, cheerleaders, and spectators to know and embrace the following fundamentals of sportsmanship.

1. Respect shall be demonstrated for an athletic opponent and for their school at all times. Chillicothe shall treat visiting teams and their supporters as guests and accord them the consideration all human beings deserve. Visiting schools should respect the property and dignity of their host school and its athletic teams.
2. Respect shall be demonstrated for the officials at all times. Officials must be perceived to be and accepted as impartial arbiters who are trained to do their job and can be expected to do the job to the best of their ability.
3. Knowledge of and a proper respect for the current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the spirit as well as the "letter" of the rules.
4. All participants shall strive to maintain self-control at all times. The desire to win shall not be accepted as a reason for abandoning rational behavior. A proper perspective must be maintained by all if the potential educational values of athletic competition are to be realized.
5. All participants shall learn to recognize and appreciate skill in performance regardless of affiliation. Recognition of the good performance of an opponent is a demonstration of generosity and good will that is encouraged in all member schools. In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected behavior before, during, and after contests.

RESPONSIBILITIES TO YOURSELF

Athletic competition at Chillicothe High School will provide you with the opportunity to improve yourself physically, mentally, emotionally, and socially. Much will be demanded of you in your athletic endeavors for the purpose of helping you to understand that your potential to excel is limitless. You owe it to yourself to do your **BEST** in every situation. You do not work hard and do things right once in a while...**YOU WORK HARD AND DO THINGS RIGHT EVERY DAY.** Never put yourself in a position to say, “IF I would have only...” or “If I could have...” Never let a day pass without working to become better in every phase of your life.

RESPONSIBILITIES TO YOUR SCHOOL

As a member of an athletic team at Chillicothe High School, **YOU BECOME CHILLICOTHE HIGH SCHOOL!!** You are on center-stage, with the spotlight pointed directly on you. You must remember that you “live in a glass house”...the school, community, and the city are aware of everything you do, both on and off the field/court.

You assume a role of **LEADERSHIP** as a member of a Cavalier athletic team. The student body, community, city and our opponents will judge our school by your conduct and attitude. Judgments will also be made about the intensity with which our teams compete.

You have the opportunity to contribute in a very positive way to our school spirit, community pride, and statewide recognition.

It is our goal and our responsibility to see that Chillicothe High school is recognized and respected statewide for excellence in every phase of our programs.

RESPONSIBILITIES TO OTHERS

As a student-athlete at Chillicothe High School, you are responsible to your parents and to the youth of our community.

If you never give your parents anything to be ashamed of, you will measure up to their expectations. When you know in your heart that you have lived by all the rules, practiced to the best of your abilities every day, and played every contest with the **INTENSITY** and **INTEGRITY** of the Cavalier tradition, you will maintain your self-respect and your family will be justly proud of you.

The younger students in our community are watching everything you do. The magnitude of the impact that you have on their lives is tremendous. **YOU ARE THEIR ROLE MODELS!** Always set examples for them which are positive and which will help them to develop positive and productive life styles.

COACH – ATHLETES COMMUNICATION

Our coaches should demand a great deal from our athletes. Only by doing so will our program lead to success. Athletes must be prepared to give and sacrifice in order to benefit from athletics.

Coaches in turn will give a great deal to the athletes. A relationship where each party is called on to give of oneself must be founded on trust and respect. The following statements are most important:

1. Coaches will notify athletes in writing at the beginning of the season of all rules, regulations, game and practice schedules, procedures for squad selection, and other information that will help avoid possible conflict during the season.
2. Athletes will follow all such rules and procedures established by the coach, or face denial of participation.
3. When concerned or confused about such rules and procedures, the athlete will approach the coach as soon as possible for clarification and explanation. Athletes should not bring complaints or queries to the attention of others before the coach is asked for clarification and explanation.
4. The coach will respond to questions from athletes concerning such rules and procedures and explain when necessary the purpose and reasons behind the rules.

Use of the above strategies for open, honest communication will create the mutual trust and response necessary for the coach and athlete to work together for success.

COACH – PARENT RELATIONSHIP COMMUNICATION

Coaches and parents must have an open and honest relationship because each is directly involved in the athletes who are the center of the athletic program. This relationship should be characterized by the following standards:

1. Coaches will schedule a meeting with all the athletes' parents at the beginning of the season and explain all rules, procedures, game and practice schedules, and other information the parents will need in order to help their student/athlete meet his/her obligations to the team. (Parents who cannot meet with the coach should make alternate arrangements.)
2. No athlete will be allowed to participate in any regular season contest until the parent's obligation in #1 above has been met.
3. Coaches will explain such rules and other information to parents when they need clarification. However, coaches will not meet with parents during a practice, a game, or other times when the coach has a duty of care for other students or athletes.
4. Coaches should seek to be as cooperative as possible with parents when the parents have questions concerning the type of information referred to above. However, no coach should be subjected to questions and criticisms from parents concerning starting line-ups, play calling, skill techniques, and other items that by their very nature can only be determined by the objective and/or subjective judgment of the head coach.

Open and honest communication between coach and parent that follows the principles above will lead to good relationships between parent, coach and athlete.

REQUIREMENTS FOR PARTICIPATION

You are NOT eligible to try out for or compete in any sport until the following are completed:

1. PHYSICAL EXAMINATION FORM completed and the form turned in to the Athletic Department.
2. ALL ACADEMIC ELIGIBILITY REQUIREMENTS are fulfilled.
3. EMERGENCY MEDICAL FORM is completed and turned into the Athletic Department.
4. STUDENT HANDBOOK ACKNOWLEDGMENT FORM is signed by both you and your parent/guardian and turned into the Athletic Department.
5. RESPONSIBILITIES OF PARTICIPANTS IN ATHLETICS FORM must be signed by both you and your parent/guardian and turned into the Athletic Department.
6. PROOF OF INSURANCE must be signed by both you and your parent/guardian and turned into the Athletic Department.
7. HIPAA FORM must be signed by both you and your parent/guardian and turned into the Athletic Department.
8. Participation fee turned in to the Athletic Department.

PDF forms can be obtained from the [www.chillicotheCavaliers.com](http://www.chillicothe Cavaliers.com) web site under the required student paperwork section. Form packets can also be obtained from the CHS athletic office. **FORMS AND FEES ARE NOT TO BE GIVEN TO COACHES.**

CHILLICOTHE CITY SCHOOLS ELIGIBILITY FOR PARTICIPATION IN ATHLETICS

At Chillicothe High School, athletes are STUDENTS FIRST, and as such are expected to set a positive example in the classroom. The Chillicothe City Schools Board of Education academic requirements are as follows:

A. STUDENTS ENROLLED IN GRADES 9-12

1. In the immediately preceding grading period, a student must receive a passing grade in a minimum of five (5) one credit* courses or the equivalent, which count toward graduation; and
2. Those grades referenced in (A)-1 must, when combined and calculated, result in a total grade point average of at least:
1.75 on a four-point (4.0) scale.
* A student enrolled in the first grading period after advancement from the 8th grade must have passed 75% of those subjects carried the preceding grading period in which the student was enrolled.
3. A student who failed on one or more of the state proficiency tests will be required to participate in provided intervention programs as offered by the Chillicothe City School District, in order to remain eligible.

B. Any student who received a failing grade for any class or course of study for the previous grading period may be eligible to participate in interscholastic extra-curricular activities provided he/she meets all of the requirements of (A) above.

C. All other eligibility requirements of this Board and, in the case of interscholastic athletics, the Ohio High School Athletic Association, must be met in addition to those declared in this Resolution

D. For purposes of this Resolution:

1. Interscholastic extra-curricular activities means a pupil activity program that a school or school district sponsors from more than one school or school district. Interscholastic extra-curricular activity does not include any activity included in the school district's graded course of study.

2. Grade point averages shall be calculated using the following scales:

**Achievement Reporting
Grades 9 – 12**

The achievement of each student shall be reported to his/her parents by a report card each nine-week reporting period. Letter grades shall indicate a level of achievement as follows:

Conversion Scale for Nine-Weeks Grades			
Percentage	Grade	Letter Values	Grade Point Avg.
97-100	A+	4.33	4.17 - 4.33
93 - 96	A	4.00	3.84 - 4.16
90 - 92	A-	3.67	3.50 - 3.83
87 - 89	B+	3.33	3.17 - 3.49
83 - 86	B	3.00	2.84 - 3.16
80 - 82	B-	2.67	2.50 - 2.83
77 - 79	C+	2.33	2.17 - 2.49
73 - 76	C	2.00	1.84 - 2.16
70 - 72	C-	1.67	1.50 - 1.83
67 - 69	D+	1.33	1.17 - 1.49
63 - 66	D	1.00	0.84 - 1.16
60 - 62	D-	0.67	0.50 - 0.83
Below 60	F	0.0	0 - 0.49

Conversion Scale for Nine-Weeks Grades for Advanced Placement Courses

NOTE: This grading scale will also be used for all Honors Classes for the 2010-2011 school-year for grades 9-12, the 2011-12 school-year for grades 10-12, the 2012-13 school-year for grades 11-12, and the 2013-14 school-year for grade 12.

Percentage Grade Letter Values Grade Point Avg.			
Percentage	Grade	Letter Values	Grade Point Avg.
97 - 100	A+	5.33	5.17 - 5.33
93 - 96	A	5.00	4.84 - 5.16
90 - 92	A-	4.67	4.50 - 4.83
87 - 89	B+	4.33	4.17 - 4.49
83 - 86	B	4.00	3.84 - 4.32
80 - 82	B-	3.67	3.67 - 3.83
77 - 79	C+	3.33	3.17 - 3.49
73 - 76	C	3.00	2.84 - 3.16
70 - 72	C-	2.67	2.50 - 2.83
67 - 69	D+	2.33	2.17 - 2.49
63 - 66	D	2.00	1.84 - 2.16
60 - 62	D-	1.67	1.50 - 1.83
57 - 59	F+	1.33	1.25 - 1.49
Below 57	F	0.00	0.00 - 1.24

NOTE: This grading scale will also be used for Honors Classes for the 2011-2012 school-year for grade 9, the 2012-13 school-year for grades 9-10, the 2013-14 school-year for grades 9-11, and the 2014-15 school-year and on for all grades 9-12.

Percentage Grade Letter Values Grade Point Avg.			
97 - 100	A+	4.83	4.67 - 4.83
93 - 96	A	4.50	4.34 - 4.66
90 - 92	A-	4.17	4.00 - 4.33
87 - 89	B+	3.83	3.67 - 3.99
83 - 86	B	3.50	3.34 - 3.66
80 - 82	B-	3.17	3.00 - 3.33
77 - 79	C+	2.83	2.67 - 2.99
73 - 76	C	2.50	2.34 - 2.66
70 - 72	C-	2.17	2.00 - 2.33
67 - 69	D+	1.83	1.67 - 1.99
63 - 66	D	1.50	1.34 - 1.66
60 - 62	D-	1.17	1.00 - 1.33
57 - 59	F+	0.83	0.75 - 0.99
Below 57	F	0.0	0.00 - 0.74

3. A student with an “Individualized Educational Plan” (IEP) may be exempt from provisions of this resolution pursuant to section 3323.08 and section 3313.535 (D) of the Ohio Revised Code.
4. Summer school grades earned may not be used to substitute for failing grades received during the fourth nine weeks grading period of the regular school year.

GUIDELINES FOR INELIGIBLE STUDENTS

1. The following conditions will be established for a student who is ineligible for a grading period:
 - A. With approval from the coach/advisor, parent/guardian, and principal a student can practice in order to try out for a team.
 - B. The student cannot participate in any athletic contest, scrimmage, or in exhibition situations during the period of ineligibility. He/she may continue to travel with the team.
2. A student who would become ineligible for two consecutive grading periods would lose all practice condition privileges and would be released from any athletic squad.

NCAA DIVISION I & II ELIGIBILITY REQUIREMENTS

If you are a student athlete wishing to play NCAA Division I or Division II sports, please see your guidance counselor for specific academic requirements.

CHILLICOTHE CITY SCHOOLS DRUG/ALCOHOL POLICY

“Definitions and Terms of the Drug/Alcohol Policy”

In understanding the Drug/Alcohol Policy, it is important to understand the following definitions and terms:

1. Sports season: defined as the first day as defined by the Ohio High School Athletic Association and ending with the awards presentation. The seasons are Fall Sports, Winter Sports, and Spring Sports.
2. Definition of Possession: defined as using or being physically in possession of drugs, alcohol, or paraphernalia.
3. Violations are cumulative from offense to offense, and for all four years of High School.
*With first and second violations of some provisions of this policy, if enough contests do not remain in the sports season to satisfy the penalty, any remaining denial of participation will carry over to the next sport’s season that the athlete participates in.”

I. DRUGS AND ALCOHOL SALE OR DISTRIBUTION

In accordance with the Rules and Regulations for the Conduct of Students participating in Athletic Activities for the Chillicothe City Schools, a student selling or distributing mood-altering chemicals, non prescribed drugs, steroids, alcohol or other intoxicants in or out of the sport season is in violation of the rules. Violation of this rule is subject to the following consequences:

First Violation:

1. A student found to be in violation will be immediately prohibited from participation in athletic activities for the remainder of the school year. If the offense occurs on school property, the student will be subject to, but not limited to, the following: out-of-school suspension; court referral; substance rehabilitation center request; prosecution; expulsion recommendation; elimination of all co-curricular activities both attendance and participation.
2. The building principal will contact the parent or guardian of the student in violation.
3. If the offense occurs on school property, the building principal will notify the Chillicothe Police Department. All evidence and pertinent information shall be submitted to the proper authorities.
4. The student must undergo a drug/alcohol program approved by the school administration if and before returning to athletics a following year.

Second Violation:

1. A student found to be in violation for second time will be immediately prohibited from participation in athletics for one calendar year (365 days). The other provisions under a first violation will be followed.

Third Violation:

1. A student found to be in violation for the third time will be immediately prohibited from participation in athletics for the remainder of their time at Chillicothe High School.

II. POSSESSION AND/OR USE OF DRUGS OR ALCOHOL

In accordance with the Rules and Regulations for the Conduct of Students participating in Athletic Activities of the Chillicothe City Schools, except for supervised, doctor-prescribed medications, an athlete under the influence, buying, using or possessing illegal, mood-altering chemicals, non-prescribed drugs, steroids, nutritional supplements designed to enhance performance, alcohol or other intoxicants during their sport season is in violation of the rules and regulations.

A. First Use/Possession Violation:

1. If a student is found to be in violation, the student will be prohibited from participation in athletic activities for the remainder of the sport's season.
2. If the student in violation agrees to go through a drug/alcohol program approved by the school administration, and to follow the program recommendations, the penalty may be reduced to the next 20% of the number of scheduled contests in the sport's season. This also includes scrimmages and previews. This penalty can carry over into the next sport's season.
3. Self-Referral Policy: A student may seek assistance for dealing with a drug/alcohol problem by self-referral to his/her coach/advisor, athletic administrator, or school official. Self-referral is defined as athletes telling a coach, teacher or other school official they believe they have a problem with drugs or alcohol. This disclosure would be voluntary. Self-referral is not granted to a student who has already been found in violation of the rules regarding procurement, use, or possession of drugs/alcohol by school officials or law enforcement. Examples:

Self-Referral Granted -- An athlete approaches a coach and says the reason he/she is fatigued in the latter stages of a game is because he has been drinking and staying out late. The athlete realizes that this affected his/her game and asks for help in this area.

Self-Referral Denied -- An athlete has been arrested by the police and calls his/her coach immediately afterward.

By initiating a self-referral and agreeing to participate in a drug/alcohol program approved by the school administration, there shall be NO prohibition from athletic activities. Refusal or failure to complete the drug/alcohol program will result in the full loss of the season and all other athletic activities for the remainder of the school year. Self-referral, which results in no prohibition from participation, is considered a first violation. Self-referral cannot be used as a method of avoiding disciplinary consequences.

A student may initiate and utilize the self-referral option only one time during his/her high school athletic career.

4. In addition to the consequences mentioned, a review will be held by the school administration of the entire incident. This review will include the athlete, the parents, the coach, the athletic administrator, the principal, and the district drug/alcohol specialist. This review will be held as expediently as possible, not to exceed five school days.
5. It is the principal's or his/her designee's responsibility to inform the parents of the athlete concerning the violations of the incident. Refusal or failure to follow program recommendations will result in the full loss of the sport's season and all other athletic activities for the remainder of the school year. Any cost for the program will be the responsibility of the student athlete and his/her parents or legal guardian.

B. Second Use/Possession Violation:

1. An athlete found in violation for the second time shall be prohibited from participation in athletic activities for one calendar year from the date of the violation. For example, if the athlete violates the policy on May 13, he/she will not be eligible for athletic competition until May 13 of the following year.
2. The seriousness of a second violation cannot be over emphasized. The athlete has already received consequences for a first violation and has shown a serious problem. When a second violation occurs, the athlete may complete a formal assessment at a mental health facility or drug/alcohol rehabilitation agency. If the athlete agrees to complete the assessment, and follow the recommendations of the agency, the consequence may be reduced to 50 percent of the contests scheduled in the sport's season. This penalty can carry over to the next sports' season. Refusal or failure to follow through with the assessment or assessment recommendations will result in the penalty mentioned in paragraph one of this section (1 year suspension from sports from the date of the violation.) All costs of the assessment and recommendations are the responsibility of the athlete.
3. Self-referrals after one violation are considered second violations with the same consequences mentioned above.
4. As with first violations, in addition to the consequences mentioned, a review will be held by the school administration of the entire incident. This review will include the athlete involved, parents of the athlete, the coach, the athletic administrator, the principal, and the district drug/alcohol specialist.

5. It is the principal's or his/her designee's responsibility to inform the parents of the athlete about the consequences of the violation.

C. Third Use/Possession Violation:

1. A third violation will result in a one calendar year suspension from all participation in sports for one year from the incident and a review by school administration.
2. As with second violations, in addition to the consequences mentioned, a review will be held by the school administration of the entire incident. This review will include the athlete involved, the coach, the athletic administrator, the principal, and the district drug/alcohol specialist.
3. It is the principal's or his/her designee's responsibility to inform the parents of the athlete about the consequences of the violation.
4. Any other violation after the third will carry the same penalties as the third violation.

III. BEING IN PROXIMITY OF ALCOHOL OR DRUG USE

Definition of proximity: Being near, in the vicinity of, drug or alcohol use. This includes in a vehicle, room of house, etc. when drugs, alcohol, or paraphernalia are present such as parties where people are drinking.

If the student athlete is found in violation of the definition of possession regarding proximity but not use or distribution, the consequences of a first violation will be as follows: The student athlete will be given a written warning and must meet with the school district's appointed drug alcohol specialist or meet with a drug/alcohol specialist of the family's choosing at the family's expense.

The student athlete must follow any program recommendations. If the student fails to comply with this procedure, the consequences will be a 10 percent of the contests scheduled in the sport's season.

Any additional proximity violations will be considered use/possession violations and will follow the consequences outlined in Section II.

Proximity violations committed after use/possession violations will be considered the next use/possession violation. The appropriate consequences will result.

The principal may weigh the circumstances involving alleged proximity violations, and may determine – for example – that a student's attendance at a wedding reception or a family reunion is not a violation of this policy.

POSSESSION AND/OR USE OF TOBACCO

Smoking, chewing, use of snuff or tobacco in any form is prohibited.

First Violation:

The student will be denied participation in the next 50% of public performances. Parents/guardians will be notified by the principal or his/her designee within one week of the offense. If the student in violation agrees to meet with the school district's appointed substance abuse counselor or meet with a substance abuse counselor of the family's choosing at the family's expense, the denied participation will be reduced to 10% of the contests scheduled in the sport's season.

Second Violation:

If the student is found to be in violation, the student will be prohibited from participation in athletic activities for the remainder of the school year. The seriousness of a second violation cannot be over emphasized. The athlete has already received consequences for a first violation and has shown a serious problem. When a second violation occurs, the athlete may complete a smoking cessation program approved by the school administration and must follow the program recommendations. By doing so, the consequences may be reduced to the next 20 percent of contests scheduled in the sport's season. The student shall have a conference with the head coach/advisor, the parents/guardians, and at least one of the following: principal, athletic director, assistant principal, intervention specialist, as expediently as possible, not to exceed five school days.

Third Violation:

The student will be denied participation in athletic activities for the remainder of the school year. Under no circumstances will the penalty for the third offense be reduced. The student forfeits the right to all awards and/or recognition, which may have been earned prior to the third offense.

*With first and second violations, if enough contests do not remain in the sport's season to satisfy the penalty, any remaining denial of participation will carry over to the next sport's season the athlete participates in.

FEDERAL, STATE, LOCAL STATUTES

An athlete may be penalized if such athlete commits acts in violation of Federal, State or Local statutes or ordinances. The Coach, Athletic Director, and Principal will decide the severity of the offense and its related penalty.

SQUAD SELECTION

It is the philosophy of the Chillicothe Board of Education, Chillicothe High School and the Chillicothe High School Athletic Department that decisions regarding final team selections and individual playing time are decisions that rest with the coaching staff. It is also policy that athletes' involvement increase and that participation be open to as many students as possible. However, due to limitations of space, equipment, and number of coaches, it is sometimes necessary to limit the number of athletes on a particular squad. The head coach will make every effort to allow for maximum participation that is reasonably possible. When such squad selections are necessary, the head coach should apply the following guidelines:

- a. Criteria for selections will be established by the head coach and these will be explained to all squad candidates at the beginning of the season.
- b. The head coach will notify the athletes in advance of the date of squad selections of the approximate numbers to be selected to the squad.
- c. Selection procedure:
 1. Coach will meet with all candidates individually.
 2. Candidates will be told and parents will be notified of the athlete's selection or non-selection and why.
 3. There will be no list posted. Athletes and parents should note that squad selection is by its very nature subjective in judgment.

TEAM RULES

The Chillicothe High School Athletic Department recognizes individual team rules for specific sports as integral parts of the total Student Athlete Handbook package. Team Rules must meet minimum guidelines of the Athletic Department Athletic Handbook, and must be approved prior to the season by the Athletic Director and the Principal. Team Rules will be kept on file in the office of the Athletic Director.

SPORTS AWARDS FOR ATHLETES

All varsity awards shall be provided to the athletes of sports teams as recommended by the head coach and subject to the approval of the athletic administrator and building principal.

High School Varsity Awards:

1. One Varsity 7" block "C" chenille letter, one Junior Varsity 5" block "C" chenille letter, and one set of freshman 3" block chenille numerals of graduation year will be awarded during the athlete's high school career.
2. A certificate of award will be awarded in conjunction with the varsity letter. A certificate of participation will be awarded with a junior varsity letter and the freshman numerals.
3. Sport's inserts will be awarded designating the sport in which the award was earned, service bars will be awarded to participants who have lettered in two or more years in the same sport.
4. A graduating senior, upon recommendation of the head coach and approval of the athletic administrator and building principal, may be awarded a varsity letter if the athlete has participated during previous years in that particular sport but has not met the necessary requirements for the award.
5. Under extraordinary circumstances, upon recommendation of the head coach and approval of the athletic administrator and building principal, a varsity letter may be awarded to a player whose season was shortened due to an injury or illness, but had insufficient playing time per established varsity standards. This athlete must have been making progress toward achieving the varsity letter standard prior to the occurrence of the injury or illness.
6. Manager and student trainer awards will be the same as player awards, but will be specific to their position.
7. Special season-ending athlete team awards earned via a selection process will receive an engraved trophy per Chillicothe High School Athletic Department guidelines.
8. In order to be eligible for any of the above mentioned awards in any sport, the participant must participate at the varsity level and have achieved the following sport-specific standard.
 - a. Baseball – must compete in at least 50% of the total regular season innings or appear in ¼ of the varsity games as a pitcher or designated batter.
 - b. Basketball – ½ of the total quarters during the regular season.
 - c. Cross Country – ½ of the total meets during the regular season.
 - d. Football – ½ of the total quarters during the regular season or 40 plays for special teams.
 - e. Golf – ½ of the total matches during the regular season.
 - f. Soccer – ½ of the total halves during the regular season.
 - g. Softball – same as baseball.
 - h. Swimming – ½ the regular season meets.
 - i. Tennis – ½ of the total matches during the regular season.
 - j. Track – ½ of the total meets during the regular season.
 - k. Volleyball – ½ of the total matches during the regular season.
 - l. Wrestling – ½ of the varsity matches during the regular season.

SPORTSMANSHIP & TEAM AWARDS

Each team is allotted 5 special season ending award trophies one of which is for sportsmanship.

TRAVEL

On trips, athletic teams directly represent their community, school, and coaches. It is expected that all concerned be well dressed according to the description of the Athletic Department and conduct themselves in an acceptable manner. The coach will describe appropriate dress for travel.

Whenever the team has an away game, all students are to ride the provided means of transportation to the event. Exceptions can be made, but the athletic director and the principal must approve these in advance. If the exception is not approved, and the student does not ride to the event with the team, the student will not participate when he/she arrives at the event. Additionally, students are expected to return to school with the team on the provided means of transportation. There are possible exceptions to this rule. Students may return home with their parents if the parents are at the event. The coach can elect to have the parents sign a note stating they are taking responsibility for their child's safety if he/she does not return home with the team.

Students must ride only with their parents/guardians. Possible reasons might be proximity to home, illness, injury, or similar circumstances. No other students, even if they have a note, will be permitted to ride home with anyone except their parent or guardian. Final approval on allowing students to return home with parents is with the coach.

EQUIPMENT

Each athlete is responsible for all equipment issued to him/her. If the athlete fails to return the equipment, he/she must pay the replacement cost. Failure to do so will result in the athlete not receiving any awards and not being allowed to try out for another sport until the lost equipment is returned or until the replacement cost has been paid to the athletic administrator. Grade cards will be held until the obligations are settled.

HAZING

Athletes and/or coaches will not participate or condone acts of hazing. Hazing as defined in the Ohio Revised Code (Section 2903.31) is "doing any act or coercing another, including the victim, to do any act of initiation into any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person."

An athlete or coach may be penalized if he or she commits an act of hazing. In the case of an athlete, the Coach, Athletic Director, and Principal will decide the severity of the offense and its related penalty. In the case of a Coach, the Athletic Director and Principal will make the decision.

SCHOOL ABSENCE POLICY

Students absent from school due to illness would not be permitted to attend or participate in extra curricular activities. **Students must be in attendance by 9:00 a.m. the day of and the day after a game or practice event in order to participate.** In some non-illness cases, this rule may be waived by the administration. In the event that a school day is shortened due to a weather calamity, the principal or his/her designee will determine if the spirit of this policy has been met by the student.

I. PRACTICE/GAME ABSENCE

Reemphasizing the fact that being a part of a sport team is a privilege, not a right and the fact that sports are extracurricular and not curricular, the following absence policy has been formed. In addition to being a privilege, we also know that an athlete will perform at his or her best only when they are at practice. Knowing this, all Chillicothe High School athletes are expected to attend all scheduled practices and games. Also knowing that circumstances arise that are unavoidable, the athletic department has developed the following policy for missing practices and/or games.

Please refer to the following definitions when the words excused or unexcused absences are used in the text. Enforcement of attendance will begin with the first official day of practice as defined by the Ohio High School Athletic Association.

II. A. EXCUSED ABSENCES:

- a. Family Emergencies upon coach's approval
- b. Dental appointments
- c. Medical or Legal appointments
- d. Illnesses
- e. Excused absence from school
- f. Attendance at funerals
- g. Religious holidays
- h. College visits (when such visits on another date is impossible)
- i. Holidays recognized by the Board of Education as follows:
Labor Day, Veteran's Day, Thanksgiving Day and day after Thanksgiving, Christmas Day including the day before and day after Christmas, New Year's Day, President's Day, Good Friday, Easter, Saturday before Easter, and Memorial Day.
- j. A.C.T./S.A.T./or other National Academic testing (when such testing on another date is impossible)
- k. Sundays
- l. Pre-approved school graded academic functions
- m. Required County or State Fair participation
- n. Administrative approval for extra ordinary circumstances

B. UNEXCUSED ABSENCES

All absences not falling into excused absence category.

C. REPORTING OF ABSENCES TO COACHES

If an athlete must miss a practice or a game, that athlete or his/her parent must contact the head coach before the practice or game, for which he/she will not be attending.

III. A. PENALTY FOR MISSING PRACTICE

The penalty for missing practice, if excused, MAY result in the following:

- a. non participation in the next contest
- b. additional conditioning to make up for the conditioning missed during the absence.

The penalty for missing practice, if unexcused, WILL result in the following:

- a. non participation in the next contest or 10% of games remaining whichever is greater;
- b. additional conditioning to make up for the conditioning missed during the absence.
- c. A 2nd unexcused absence will result in non participation in the next 2 contests or 20% of games remaining whichever is greater;
- d. A 3rd unexcused absence will result in removal from the squad.

* Any remaining denied contests carry over to next sport's season the athlete participates in.

B. PENALTY FOR MISSING A CONTEST

The penalty for missing a contest, if excused, MAY result in the following penalty:

- a. non participation from the next contest or 10% of games remaining whichever is greater
- b. additional conditioning to make up for the conditioning missed during the absence.
- c. The penalty for missing two contests, excused, will result in non participation in 20% of games remaining and additional conditioning as the coach deems necessary.

The penalty for missing one contest, if unexcused, WILL result in the following penalty:

- a. non participation from the next 2 contests or 20% of games remaining whichever is greater
- b. additional conditioning to make up for the conditioning missed during the absence.
- c. The penalty for missing two contests, unexcused, will result in removal from the squad.

* If enough contests do not remain in the season to satisfy the penalty, any remaining denial of participation in contests will carry over to the next sport's season the athlete participates in.

C. AN ATHLETE WHO QUILTS A SPORT

Any athlete who quits a sport after trying out and/or making a team may not participate on another sport team or in a conditioning/lifting program sponsored by another sport team that same season unless the following conditions prevail:

- a. The quitting takes place before final squad selections.
- b. The athlete receives a written release to participate in another sport or in a conditioning/lifting program sponsored by another sport team from the coach of the sport the athlete quit participation with.

IV. AN ATHLETE DENIED PARTICIPATION FOR DISCIPLINARY REASONS

Any athlete who is denied participation on his/her team for disciplinary reasons may not attend conditioning, weight lifting, open gym, etc. for another sport team during the time of denial unless the athlete receives a written release from the coach of the sport he/she was denied participating, the athletic director, and the building principal. Any athlete who has been suspended from school may not participate in any activities involving his/her team until the suspension has been served.

V. FAMILY VACATIONS DURING A SCHOOL RECESS/VACATION DAY

If an athlete is going to miss a contest or practice due to a family vacation during a school recess, that athlete must notify the head coach as soon as possible, but no later than the first official day of practice as defined by the O.H.S.A.A.

Under no circumstance will an athlete be excused to go on a vacation with anyone other than his/her parent or guardian.

Refer to section titled "Practice/Game Absence" for identification of penalties for violation of this rule.

VI. COACHES' SPECIAL NOTE

The attendance policy begins with the first official day of practice as listed in the O.H.S.A.A. handbook. No penalty may be assessed an athlete, that is: suspension, extra conditioning, etc...for failing to attend conditioning sessions before the official season begins.

Practice schedules will be given to players at least one month in advance and for a longer period of time if possible. The coach has the right to change the practice schedule. Players will be notified of all changes in a timely fashion.

The coach may request a conference with the principal and athletic director to request a change in this policy due to special circumstances, which affects an athlete's suspension from a contest or absence from practice.

INSURANCE OPTIONS

TO: PARENTS OF ATHLETES
FROM: ATHLETIC DIRECTOR, TRAINER AND COACHES
REASON: STUDENT PARTICIPATION AND INSURANCE

Athletes and parents must be aware of the risk and dangers of playing or practicing in sports, especially contact sports. During athletic participation, injuries can and will occur. Injuries can affect muscles, tendons, ligaments, joints and bones. Injuries may damage internal organs, the spinal cord and neck injuries may occur including paralysis. Studies have indicated athletic injuries have resulted in death. Serious injury may have an impact upon the individual's ability to earn a living or to engage in other business, social and recreational activities. We sincerely hope no serious injury will occur, but we feel a responsibility to all student athletes and as importantly to their parents to make them aware of the potential that exists as they choose to participate. The decision to participate should be made by the family, only after all information has been reviewed, so that the decision is a thoughtful and responsible one as it relates to the student athlete.

The Ohio High School Athletic Association has contracted with the Security Life and Accident Insurance Company to provide a blanket catastrophic insurance policy to cover member high school and junior high school athletes.

The Chillicothe Board of Education will make available to our students an accident policy. The company selected for the 2010-2011 school year is Guarantee Trust Life Insurance Company, Glenview, Illinois through N. Carol Insurance Agency Inc., 1989 West Fifth Avenue, Ste. #6, Columbus, Ohio, 43212-1912.

OPTION ONE: 24-Hour-A-Day Plan – This option covers Grades K-12 “around the clock”, not just at school or school related activities. This includes all sports except varsity and reserve football. Freshman football can purchase this option. This option covers accident and sickness claims. The low option cost is \$299.00 and the high option cost is \$598.00.

OPTION TWO: 24-Hour-A-Day Plan – This option is available to grades K-12 and Faculty and Administration for accidents only “around the clock”. The low option cost for K-6th grade is \$76.00 and the high option cost is \$152.00. Grades 7-12 as well as Faculty & Administration can choose a low option cost at \$89.00 or a high option at \$178.00.

OPTION THREE: School-Time Coverage Only – This plan covers the insured while attending school or school related activities for accidents only. This includes all sports, grades 7-12, except varsity and reserve football. Freshman football can purchase this plan. The costs for grades K-6 are \$22.00 or \$44.00. Grades 7-12 as well as Faculty and Administration can choose from two options at \$36.00 or \$72.00.

OPTION FOUR: High School Optional Football Coverage – This plan will cover students participating in varsity or reserve football or a freshman who has made the varsity or reserve football team. This is an excess plan, which means it will cover expenses, (with some exceptions), which are not covered by existing insurance policies that you have now. This plan covers football only and costs \$125.00 or \$250.00. The premium envelope has additional information.

Insurance application envelopes are available in the Chillicothe High School Athletic Office.



Request of Services 2010-11

To be retained and turned in if services are requested by our Athletic Trainer.

Athletes Name _____
School _____
Grade _____ Date _____
Treatment Area _____
Diagnosis _____

Prior To Activity
 Post Activity

Service:

Heating Pad
 Ice Bag
 Ice Cup
 Prophylactic Tape
 Ultrasound – Parameters _____
 Electric Stim – Parameters _____

Comments:

Thank You,

Melinda J. Smith MS,ATC/L
Mobile 740-804-5536
High School 740-702-2287 ext. 2454
Field House 740-702-2295

Sportsmanship

Is the

cooperation of

people as a unit

showing common

courtesy, patience,

pride, and

respect

*Sportsmanship Takes
Teamwork!*