



Jac-Cen-Del Eagles Athletic Handbook

MISSION STATEMENT

Every Team

Every Athlete

Every Day

PHILOSOPHY

The Jac-Cen-Del Jr/Sr High School athletic program and participants believe in utilizing educational based athletics to instill in our students the desire to achieve at their highest potential in all aspects of their lives.

OBJECTIVES

1. To promote the importance of excellence in the classroom and on the athletic fields.
2. To develop appropriate behavior at school, at home, and in the community.
3. To develop respect for team members, opponents, coaches, officials, families, and community.
4. To guide each athlete to achieve his/her potential.
5. To develop an athlete's ability to work as part of a team.
6. To teach and develop fundamental skills in the sport in which the athlete chooses to participate.
7. To promote the will to prepare.
8. To develop each athlete's knowledge of the sport and teach the rules of the game.
9. To provide opportunity to learn life-long health habits.
10. To teach proper care of equipment, school property, and the property of others.
11. To develop self-discipline.

ELIGIBILITY

Jac-Cen-Del Junior/Senior High School is a member of the IHSAA and follows established rules listed below. To be eligible to represent the school in inter-school athletics, an athlete:

1. Must be a regular, bona-fide student at Jac-Cen-Del Jr/Sr high School.
2. Must have completed 10 separate days of organized practice days in said sport under the direct supervision of the high school coaching staff, preceding the date of participation in inter-school contests. (Unless waived by the IHSAA)
3. Must have taken and received passing grades in at least five full credited subjects or the equivalent during his/her last grading period, except that the semester grades will take precedence at the end of a semester. Athletes must currently be enrolled in at least five full credited subjects or the equivalent to participate.
4. Must not or have not turned 20 years of age before or on the scheduled date of the IHSAA State Finals in a sport.
5. Must have been enrolled at Jac-Cen-Del Jr/Sr High School last semester or
 - unless he/she is entering the ninth grade for the first time or

- unless he/she is transferring from a school district or territory with a corresponding bona-fide move on the part of the athlete's parent/guardian(s) or
- unless he/she is a ward of a court; an orphan; residing with a parent who has legal custody; transferring from a former school which is closed; transferring from a former school which is not accredited; transferring pursuant to a school board mandate; attending, in error, a wrong school; transferring from a correctional school; emancipated; or a foreign exchange student under an approved NASSP program.

NOTE: An athlete must have been eligible to participate at the school from which he/she transferred and have completed the athletic transfer form in the athletic office.

6. Must not have transferred from one school to another primarily for athletic purposes as a result of undue influence or persuasion by any person or group.
7. Must not have been enrolled more than four fall semesters and four spring semesters beginning with grade 9.
8. Must be an amateur. (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract)
9. Must have had a physical examination before the first practice and filed with the Athletic Directors office with a completed consent and release form. The physical examination must be completed by a medical doctor (M.D.) or a doctor of osteopathy (D.O.)
10. Must not have received, in recognition of his/her athletic ability, any award not approved by the principal or the IHSAA.
11. Must not accept awards in the form of merchandise, meals, cash, etc.
12. Must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than the school team. (See rule 15-1a) (Exception for outstanding student-athlete-See rule 15-1b)
13. Must not reflect discredit upon Jac-Cen-Del Jr/Sr High School, nor create a disruptive influence on the discipline, good order, moral or educational environment in the school.
14. Students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport as a prospective college student-athlete. Graduates should refer to college rules and regulations before participation.
15. Must not hold true competition with or against a student enrolled below grade 9.
16. Must, if absent 5 or more days due to illness or injury, present to the principal, a written verification from a physician licensed to practice medicine, stating athlete's eligibility to participate again.
17. Must not participate in camps, clinics or schools during the authorized contest season. Consult the high school principal for regulations regarding out-of-season and summer.

Please consult <https://ihsaa.org/About-IHSAA/By-Laws> for the most up to date By-Laws.

Junior High Eligibility

Academics:

Each student must maintain passing grades in five (5) subjects with no more than two (2) F's each nine weeks. The first offense will result in a probationary time period when grades will be checked weakly to maintain eligibility. Second offense will result in no eligibility for entire nine weeks.

Age:

1. A seventh grade student is ineligible if he/she is 15 prior to or on the scheduled date of the last contest in a sport.
2. An eighth grade student is ineligible if he/she is 16 prior to or on the scheduled date of the last contest in a sport

Attendance:

Will be the same as the rule for high school students.

The Reserve Rule: 5th and 6th graders may participate on Jr. High sports teams if the number of 7th and/or 8th graders is not sufficient to field a team and have enough substitute players. The Athletic Department office will determine each season if the additional players are needed. Jr. High coaches must co-ordinate with Athletic Department before they will be allowed to tryout. It is on a sport by sport basis.

CONDUCT, CHARACTER, AND DISCIPLINE

Character

A student athlete of Jac-Cen-Del is a representative of the school. How the student athlete conducts him or herself in school and in his or her personal life reflects upon the image of the school. Fellow students, especially younger students, look up to student athletes as role models. The school recognizes and assumes an obligation to the Jac-Cen-Del community which supports the athletic programs to maintain high standards of sportsmanship and conduct.

To protect these interests, we adopt the following standards by which the conduct of student athletes will be measured:

1. Because a student athlete is promoted as a representative of the school, conduct of a student athlete which would have a negative impact upon the image of the school is prohibited.
2. Because a student athlete has significant influence over other students, conduct that is likely to have a detrimental effect or present a negative influence on other students is prohibited.
3. Because the Jac-Cen-Del community supports and attends the athletic programs, conduct that would generally offend the expectations of the community at large is prohibited
4. The player's conduct can influence the actions of spectators in the stands; therefore, it places a serious responsibility on the high school athlete. The player who concentrates on the game and takes little notice of the spectators is LESS likely to arouse the spectators. Games are played and won by the rules. Spectators will tend not to "boo" and "hiss" if they see players conducting themselves with proper decorum and good manners. When spectators see a player respecting the rulings of the official, shaking hands with a player on the team of an intense rival, assisting an injured opponent, or congratulating a team for its performance, they quickly recognize that good spectator conduct is the only acceptable conduct during a contest. These characteristics reflect strength and are not a display of weakness.
5. Players should not "show boat", use unsportsmanlike gestures, or harass opponents. Proper bench decorum must always be displayed and players should not heckle officials or opponents. It is extremely important that players not listen to spectators. Remember, they are in the stands watching you. You have earned the privilege to be a member of the team and to play.

Serious Misconduct and Minor Offenses

When one or more of the above standards have been violated to a significant extent, as determined jointly by the principal and athletic director, the violation shall be considered serious misconduct. If the principal or athletic director determines the standards have been violated, but not to a significant extent, then the violation shall be treated as a minor offense.

NOTE: Certain conduct, such as possession or use of illegal drugs, public intoxication, violation of state criminal laws, driving while under the influence, clearly violates the standards. Other examples and situations too numerous to list could also be violations of the standards. Extenuating factors that may affect the seriousness of the conduct would be such matters as location, time, publicity, and likely consequences of the actions. Other factors and circumstances could cause conduct to rise to the level of serious misconduct as a violation of the standards.

Penalty for Misconduct with Possession or Use of Alcohol/Tobacco Products

1. First Violation: (During high school career) Suspension from all competitive participation for 25% of the season games. If the violation is out of season or at the end of a season, the 25% penalty will apply to the next sport season in which they wish to participate. If a partial suspension is completed the remainder would carry over to the next sports season.
2. Second Violation: (During high school career) Suspension from all competitive participation for 50% of the season games.
3. Third Violation: (During high school career) Suspension from all competitive participation for 365 days at Jac-Cen-Del from the date of the third offense.
4. Fourth Violation: (During high school career) Suspension from participation in all sports at Jac-Cen-Del for the remainder of his/her high school career.

Penalty for Serious Misconduct with Possession or Use of an Illegal Drug

1. First Violation: (During high school career) Suspension from all competitive participation for 50% of the season games. This includes any athlete that tests positive through a random drug test at Jac-Cen-Del.
2. Second Violation: (During high school career) Suspension from all competitive participation for 365 days at Jac-Cen-Del from the date of the second offense.
3. Third Violation: (During high school career) Suspension from participation in all sports at Jac-Cen-Del for the remainder of his/her high school career.

*These violations will accumulate over the high school career of the athlete. For example, if the first violation is the use of an illegal drug and the second violation is alcohol related the athlete will follow the second violation under the alcohol policy. All decisions will be at the discretion of the principal and/or the athletic director.

Penalty for other Misconduct

1. Other conduct of a student athlete which is likely to reflect badly upon the image of the school, present an improper message to other students, and/or disappoint the community, but, in the judgment of the administration, not to a significant extent, shall be treated as lesser misconduct and a minor offense. The principal and/or the athletic director shall have the discretion to determine minor misconduct and impose appropriate penalties and conditions upon the student athlete, including the suspension of up to 25% of the games of the participating sport.
2. On trips, athletes represent the community, school, and coaches. Therefore, it is expected that all concerned will act in an acceptable manner when traveling and conduct themselves on the bus in a manner in keeping with the rules. Equipment and facilities of the opposing schools will be respected and cared for just like personal equipment.

Other Penalties

1. Each suspension in or out of school for an athlete could result in an imposition of penalties including suspension of season games for the athlete. An athlete may practice during the time they are suspended from games. These penalties will take effect at the time the suspension is administered. If the suspension is for one or two days then one game will be missed. If three days of suspension are assigned then 2 games will be missed. 5 days of suspension will result in four games missed.
2. Any student assigned to after school detention will be disciplined at the coach's discretion.
3. Parents will be notified in the event that an athlete is suspended from school or is found to be in violation of the athletic policy. This notification will be by letter and/or phone call.
4. The above rules apply to all junior high and senior high school athletes. However, all offenses accumulated by junior high student athletes are dismissed from their record once they enter high school.
5. The individual coaches may set guidelines in addition to those in the athletic handbook. All Jac-Cen-Del student athletes are expected to follow the rules set forth by the coach of each particular sport.
6. To eliminate any confusion relative to an athlete's injury expense and insurance, please note the following:

- a. The Jac-Cen-Del Community School Corporation expects each student athlete to have accident coverage before participating in athletic activities.
- b. The Jac-Cen-Del Community School Corporation will not pay for any injury-related expenses sustained by athletes.
- c. All Jac-Cen-Del Student Athletes may enroll in the school insurance student accident protection made available at the beginning of the school year.

Attendance:

- a. Members of the teams are expected to attend all scheduled practices and games unless excused by the coach.
- b. Athletics are an integral part of school today. To participate in an athletic event, either a game, practice or social function, a student must be in attendance at school for a full day unless he/she presents a medical or dental appointment note, religious obligation certification, attends a funeral, or receives special permission in advance from the principal and/or athletic director. The principal and/or athletic director can make a ruling in extenuating circumstances. Student Athletes can use a half-day of attendance and remain eligible at least 3 times throughout the school year. The Principal and/or Athletic Director must be notified to excuse the ½ day missed
- c. Players should discuss with and inform the coach, whenever possible, if they are unable to attend a game or practice.
- d. Any athlete who is unable to participate in his or her scheduled physical education class because of medical reasons, may not participate in practice, scrimmages, or games that day or evening.

Quitting Policy

If a high school or middle school student is selected to one of the Eagle athletic teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected is strongly discouraged. If any student athlete quits a team after the first contest, that student athlete is prohibited from trying out for another Jac-Cen-Del School team or extracurricular activity during the same season. The student will be obligated to pay for any player pack items that were ordered.

Furthermore, quitting a team in one season will impact a student’s ability to participate in a sport the following season. A student athlete also will not be allowed to work out or practice with the next season’s sport, until the team that they quit has finished their season. This includes post season playoffs.

CHAIN OF COMMAND FOR ATHLETIC DIFFERENCES

To resolve differences that may occur the following chain of command will be used by student athletes and parents when making contact with school officials. Those in the chain of command will direct the order to the proper level if it has not been followed.

For Athletic Issues:

- 1. Coach
- 2. Athletic Director
- 3. Principal
- 4. Superintendent
- 5. School Board

Every effort will be made to return all telephone calls or answer requests within 48 hours from the time of initial contact.

TRAINERS AND INJURIES

Athletic Trainers

- 1. We do have an athletic trainer available weekly (this service is provided through Margaret Mary Health). Ms. Simmers and the School Nurse Kara Huff are also available daily for minor questions/concerns.
- 2. Athletes are required to report all injuries to the coach for medical attention.

Athletic Insurance

- 1. Athletes are required to have a physical on file before participating in any conditioning or practice activity.

2. Athletes are required to have a concussion form and parent consent form on file prior to their first contest.
3. Athletes are responsible for their own insurance coverage.

HIGH SCHOOL ATHLETIC AWARDS

1. A six-inch red letter will be awarded to any athlete who meets the requirements of basketball, volleyball, softball, baseball, soccer, track, golf, cross country, and/or cheerleading. This letter will show by proper insert the sport for the award. Each succeeding year, the student will be awarded a chevron and certificate to indicate he/she has met the varsity requirements.
2. Any high school athlete who has been a regular participant in volleyball, cross country, basketball, track, golf, softball, baseball, soccer, or cheerleading will be eligible to purchase a letter jacket after they have earned their first varsity letter. A manager will be eligible for a letter jacket after meeting the same qualifications. The jacket shall be standard from year to year – Columbia Blue with white sleeves trimmed in red at the cuffs and waistband. The letter on the jacket shall be a standard JCD letter. The year of graduation shall be on the right sleeve. The jackets will be ordered through the Athletic Department at the beginning of each school year.
3. Certificates shall be awarded to all players who do not receive varsity letters but who are members of the team.

Requirements for varsity letter in each sport:

- a. Basketball: A player must play in 35% of the varsity quarters and be certified for the sectional tourney.
- b. Baseball: A player must play in 20% of the varsity innings and be certified for the sectional tourney.
- c. Track: Varsity letter based on total points earned in varsity meets. Must score points equal to 1.0 point per meet for all meets during the season and participate in conference meet and sectional.
- d. Cross Country: To be eligible for a varsity letter in cross country an athlete must run in the top seven (7) for Jac-Cen-Del in 50% of the regular season meets and be certified for the sectional.
- e. Golf: To be eligible for a varsity letter in golf an athlete must score in the top five (5) for Jac-Cen-Del in 50% of the season meets and be certified for the sectional.
- f. Volleyball: A player must play in 35% of the varsity games and be certified for the sectional tourney.
- g. Soccer: A player must play in 75% of varsity halves and be certified for the sectional.
- h. Softball: A player must play in 20% of the varsity innings and be certified for the sectional tourney.
- i. Student Managers: Student managers will be chosen by the coaches for their particular sport. Managers must be present at all practices and games or meets unless excused by his/her coach.
- j. Cheerleading: To be eligible for a varsity letter in cheerleading, a cheerleader or lifter must be selected as a varsity cheerleader and complete the season in good standing.

In any sport, a senior who has participated in that particular sport, and has met all the other requirements for the team will be eligible for a varsity letter.

3. Letter(s) earned at other schools will be recognized at Jac-Cen-Del.
4. The final approval of awards shall be made by the Athletic Director.
5. If a student chooses to participate in two sports during one season, **before** the season begins, the athlete, his/her parents, the coaches of both sports involved, and the athletic director will sign a contract. In this contract, the athlete will designate his/her primary sport. The athlete will also decide if he/she is going to try to earn a letter in the second sport. In this contract a season competition and practice schedule will be planned for the athlete. The athlete must meet all of these requirements to earn the second letter.

BLANKET AWARD

Two awards shall be presented each year to the “Outstanding Athlete”, boy and girl, of the senior class. This award shall be a blanket and will be based on the following:

- | | |
|----------------------------|-------|
| (1) Athletic Ability | (40%) |
| (2) Mental Attitude | (20%) |
| (3) Scholastic Achievement | (20%) |
| (4) Dedication | (20%) |

It is voted on by the Head Coaches of each sport.

EAGLE AWARD

Any varsity letter winner who makes it onto the Honor Roll in every grading period throughout the school year, will receive an Eagle Award for academic excellence.

PARENT/SPECTATOR CODE OF CONDUCT

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and/or practice.

I will support the coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will not ridicule or yell at my child or other participants for making a mistake or losing a competition.

I will respect the officials and their authority during games and will never question, discuss, or confront the officials at a game field.

I will not engage in any unsportsmanlike conduct with any official, coach, player or parent, such as taunting, using gestures, or the use of profane language.

I will never enter the field of play unless permitted by an official.

Failure to comply with any of these above statements may result in the following actions being taken:

1. Verbal warning by the Athletic Director or Principal
2. Written warning by the Principal and possible no trespassing order
3. Suspension from the remainder of the sports season and no trespass order
4. Suspension from athletic events for 365 days and no trespass order

NOTE: The severity of the infraction may result in advanced disciplinary actions