ATHLETICS

Section 1: Philosophy

HSE High School expects its student-athletes to have such attributes as dedication, self-sacrifice, and the sincere desire to be the best athletes possible, 365 days of the year. Student athletes should promote respect, foster pride, and inspire excellence. All of those involved with any part of the athletic program should conduct themselves in a manner which sets an example for the younger people in our community. They should have a thorough understanding of the rules, regulations, requirements, and standards which make up our athletic program. Participation in athletics is a privilege. The responsibilities of the student-athletes are greater than those of other students.

Information regarding the NCAA college athlete eligibility guidelines can be found at: https://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

Participation in activities, groups and teams is a privilege at Hamilton Southeastern High School. The use of social media by a student, on or off campus, considered to be “unbecoming of a Royal” may result in discipline including suspension or removal from the activity, group, leadership position, or team.

Section 2: General Policies

Absence from School
Any athlete must attend the last four full periods of the regular school day to participate in practice, athletic contests, or attend an awards program scheduled for that day. If extenuating school or family circumstance result in a student’s failure to be present the required four complete periods, an exception can be made. Reasons that would be considered would include: HSE HS approved college visitations, HSE HS field trips, medical emergencies, and funerals. If an athlete is suspended from school for any reason including full days of in school suspension, he/she is not eligible to participate during that suspension. Additionally, upon return to school, an athletic suspension may be imposed.

Age
A student cannot be 20 years of age prior to or on the scheduled date of the IHSAA State Finals in their particular sport.

Amateurism
The athlete cannot have: participated under an assumed name; accepted money or merchandise directly, or indirectly for athletic participation; accepted awards gifts, or honors from colleges or their alumni; signed a professional contract.

Athlete Defined
A student is considered an athlete for one year (365 days) from the time he/she submits a completed IHSAA Physical Form to the Athletic Office. When a student submits an IHSAA Physical, they are declaring their intentions of being an athlete for another full year. When a student is considered to be an athlete, he/she will be held accountable for the rules, guidelines, and policies of this handbook and
the IHSAA By-laws. Consequences for violating club/academic team rules do not take the place of athletic consequences for teams sanctioned by the IHSAA.

**Attendance at Awards Programs**
The award program is an extension of the athletic season and all athletes are expected to attend. Student athletes are expected to communicate an absence from the awards program with the head coach.

**Change of Schools**
An athletic transfer from his/her prior school must be completed through the Principal and Athletic Director’s office of Hamilton Southeastern High School before participating in athletic contests. The athlete must not have transferred from one school to another for athletic purposes as a result of undue influence, or persuasion by any person or group.

**Cheerleaders**
Selection: Cheerleading squads will be chosen for basketball and football. These squads will be chosen by the cheerleading coaches through a set try-out procedure at a time designated by these coaches.

**Conduct and Character**
The athlete must not bring discredit upon the school, or a disruptive influence on the discipline good order, morale or educational environment of the school. A more detailed listing of rules established by HSE High School will be found in the athletic section.

**Enrollment**
The athlete must be fully enrolled, by the school and the IHSAA, no later than the 15th day of the current semester. At the nine weeks athletes enrolled in credit recovery courses must have 50% work completed and passing in order to count towards eligibility.

**Grades**
The athletes must meet IHSAA academic standards and be passing at least 70 percent of subjects for the preceding grading period. Semester grades take precedence over those from a nine-week grading period.

HSE HS Extracurricular Academic Standards Procedure must also be followed. (See page 29 for procedure)

**IHSAA Eligibility Rules**
HSE High School is a member of the Indiana High School Athletic Association (IHSAA). We are required to abide by the rules it has set to govern high school athletics. This is a general summary of some of the rules which most often affect high school athletes. A more detailed account of IHSAA rules can be accessed at www.ihsaa.org.

**Illness and Injury**
The athlete must present written verification from a physician stating that he/she is physically fit to participate after being absent five or more consecutive days.
One Sport per Season
In general, an athlete is allowed to participate in ONLY ONE sport during a season. Exceptions require approval of both coaches involved and the Athletic Director.

Participation, Practice & Games
The athlete must not participate as a member of any similar team, during the same season; or in an IHSAA sponsored sport not under the direct supervision of their school.

Physicals/Participation Forms
A completed IHSAA physical form (“Consent and Release Certificate”) must be on file at the high school before the athlete begins conditioning for his or her intended sport. Athletes must also complete online consent forms located on the athletic website.

Quitting a Team
Once an athlete begins practice in a sport and his/her team membership is terminated by either the athlete, or the coach, for a reason other than being “cut” due to lack of ability - he/she is ineligible to practice or participate in another sport during that season. This may be appealed to the Athletic Director. An exception will require mutual consent of both coaches involved and the Athletic Director. Any athlete who quits a team may not try out for a sport of the next season until the team he/she quits finishes their respective season. This restriction includes pre-season conditioning as well.

Unsportsmanlike Conduct
If an athlete is ejected or disqualified from a contest for any unsportsmanlike conduct there will be a conference with the Athletic Director, head coach, and athlete involved on the next school day. Each case will be handled on its own merits with no precedent for discipline being set by any case.

Section 3: Types of Athletic Awards

Varsity Letters
A chenille varsity letter will be awarded to any athlete fulfilling a varsity letter requirement. Only one letter will be given during the four years. Any replacements must be purchased through the Athletic Department at the athlete’s expense.

Numerals
Chenille numerals indicating the year the athlete will graduate will be given to all freshmen athletes who satisfactorily complete a sport. This award will only be given during the student’s freshman year. Only freshmen are eligible for this award.

Sport Emblem
An emblem symbolizing the sport for which the athlete fulfilled a varsity letter requirement will be given once in each varsity sport. Any replacements must be purchased through the Athletic Department at the athlete’s expense.
Service Bars
A bar emblem will be given each time an athlete fulfills a varsity letter requirement.

Letter Jackets
Jackets are not given as awards. HSE High School-style jackets will be available through local sporting goods stores. You must earn a varsity letter before one can be purchased. (Store locations available from the Athletic Department.)

Award Series for a Single Sport
1. 1st Varsity Letter:
   - Letter, Sport Emblem, & Bar
   - Certificate - recognizing a first varsity letter
2. 2nd Varsity Letter:
   - Bar
   - Certificate - recognizing a second varsity letter
3. 3rd Varsity Letter:
   - Bar
   - Plaque - recognizing third varsity letter
4. 4th Varsity Letter:
   - Bar
   - Plaque - recognizing fourth varsity letter

Award Series for Combined Total Letters
1. 6 Total Varsity Letters:
   - An award recognizing this accomplishment
2. 8 Total Varsity Letters
   - An award recognizing this accomplishment

Special Awards

Conference Champions
Team members for conference champions may purchase chenille patches for their particular sport. The Athletic Department will not fund these awards.

IHSAA Sectional Champions
Each team member, or individual winner, will receive a 4” - 6” chenille patch in the shape of the State of Indiana. Inscribed will be “IHSAA SECTIONAL CHAMPION.”

IHSAA Regional Champions
Each team member, or individual winner, will receive a 4” – 6” chenille patch in the shape of the State of Indiana. Inscribed will be “IHSAA SECTIONAL & REGIONAL CHAMPION.”
IHSAA Semi-State
Each team member, or individual winner, will receive a 6" chenille patch in the shape of the State of Indiana. Inscribed will be “IHSAA Sectional, Regional, & Semi-State Champions.”

IHSAA State Finalists & Champions
Each team member, or individual winner/qualifier, will receive a 6" chenille patch in the shape of the State of Indiana. Inscribed will be “IHSAA State Champions,” “IHSAA State Finalist,” or “IHSAA State Qualifier.”

Rings
Any team that is an IHSAA “State Champion,” or “Runner-up,” will have the opportunity to purchase the ring the IHSAA offers to those groups. The same holds true for individual “Champions,” or “Runners-Ups.” Individually, an athlete must be in the top two places in the “State Meet.” These rings will not be purchased by the Athletic Department. They must be funded by another means.

IHSAA & Conference Champion Patches
IHSAA patches will be purchased by the Athletic Department. Conference patches will be purchased by the individual teams or by the individual athletes.

Hall of Fame
HSE High School recognizes student athletes who have received state recognition by being an Indiana All-Star, All-State Player, and/or IHSAA State Finalist. An 11” x 14” photo will be put on the Hall of Fame at HSE HS.

Removal from the Hall of Fame
HSE High School reserves the right to not recognize, or remove a person from the “Hall of Fame” if the qualifying member has committed an act to reflect discredit upon HSE HS.

Varsity Letter Requirements

Athletes
Individual letter requirements will be determined by the sport’s head coach and communicated to the student at the beginning of the sport season. An athlete must complete the season in good standing.

Student Managers
If a student is a manager for a varsity athletic team, the varsity coach will determine the requirement for earning a varsity letter.

Auxiliary Personnel
Auxiliary personnel include people who work with the team primarily at games only. These participants will not qualify for awards through the Athletic Department. They will be recognized by their respective team and its coaching staff.

Section 4: Training Rules & Conduct

Definitions, Explanations, & Penalties
The following descriptions of terms, definitions, and explanations of the rules and penalties are established for the athletes of HSE High School:

**Probation**
This is a period of time when the athlete’s conduct is carefully supervised. It is the result of a violation of one of HSE High School’s athletic rules. If an athlete is found to be in violation of an athletic rule while on probation, he/she will suffer the greater of the two penalties.

**Number of Athletic Probations**
An athlete cannot be placed on probation more than two times during his/her high school career. If he/she is found in violation of an offense resulting in a third probation, he/she will not be allowed to participate in any type of athletics for the remainder of the high school career. When an HSE HS student is considered to be an athlete he/she will be held accountable for the rules and guidelines of this handbook. (See Athlete Defined)

**Individual Team Rules**
Each head coach will furnish his/her athletes with specific rules and/or regulations which apply to that sport. The Athletic Director must approve these individual rules, and with approval, those penalties will be supported.

**Satisfactorily Completing a Season**
Those athletes assessed a penalty which would carry over to another season must “SATISFACTORILY COMPLETE” the season they are in. To fulfill this requirement, the athlete must satisfy all of the coach’s requirements which are expected of the other team members.

**Suspension for a Percent of a Season**
1. **Suspension for One Season (100%)**
   If an athlete is excluded from 10 scheduled games and the season consists of 20 games, then 50% of the penalty has been satisfied. The remaining 50% must come from the next season he/she satisfactorily completes.

2. **Suspension for Less than One Season (example: 50%)**
   If an athlete is excluded for one scheduled game and the season consists of 10 games, then 10% of the penalty has been satisfied. The remaining 40% must come from the next season he/she satisfactorily completes.
# HSE HS ATHLETIC RULES & PENALTIES

<table>
<thead>
<tr>
<th>Types of Violation</th>
<th>Occurrence</th>
<th>Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felonies, Thefts, Misdemeanors</td>
<td>All</td>
<td>All determined by the principal, athletic director(s), and/or athletic council.</td>
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<tr>
<td>Possessing, using or being under the influence of alcohol, a controlled substance</td>
<td>1st</td>
<td>1. Suspension from team(s) for the equivalent of 50 percent of the contests for one athletic season, or for the first season they satisfactorily complete; 2. Completion of drug/alcohol abuse program (A service provider must be agreed upon by both parent and school, provided at parents’ expense, and must be successfully completed before returning from suspension) 3. Subject to increased random drug testing, 4. Athletic probation for two semesters.</td>
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<td>or possession of paraphernalia, or admission of use</td>
<td>2nd</td>
<td>1. Suspension from team(s) for one calendar year (365 days), 2. Completion of drug/alcohol abuse program (A service provider must be agreed upon by both parent and school, provided at parents’ expense, and must be successfully completed before returning from suspension) 3. Subject to increased random drug testing, 4. Athletic probation for two semesters.</td>
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<tr>
<td>Possession and/or use of tobacco and/or of tobacco products, or admission of use</td>
<td>3rd</td>
<td>Expulsion from athletics the remainder of their high school career.</td>
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<tr>
<td>Unauthorized possession of High School athletic property</td>
<td>1st</td>
<td>Suspension from team(s) for the equivalent of 25 percent of the contests for that season they are in, or for the first season they satisfactorily complete, athletic probation for 1 semester.</td>
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<tr>
<td></td>
<td>2nd</td>
<td>1. Suspension from team(s) for the equivalent of 365 days, 2. tobacco education (A service provider must be agreed upon by both parent and school, provided at parents’ expense and must be successfully completed before returning from suspension), or for the season they normally participate in; 3. athletic probation for two semesters.</td>
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<td></td>
<td>3rd</td>
<td>Expulsion from athletics for the remainder of their high school career.</td>
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<tr>
<td>Out of School Suspension</td>
<td>All</td>
<td>Suspension from the team a minimum of 10 percent to a maximum of 100 percent of the season - to be determined by principal, athletic director(s) and/or athletic council. Athletic probation for 1 semester.</td>
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</tbody>
</table>
Nutritional Supplements
HSE High School does not encourage or endorse the use of any type of nutritional supplement. The use of products such as protein supplements, amino acid supplements, creative, weight gain and/or loss products, etc. is a decision to be made by the student/athlete and their parents. Due to the potential health risks associated with the usage of nutritional supplements, this decision should be made in consultation with a physician.