

SECTION 4:
ATHLETICS
AND EXTRA-CURRICULAR

The following competitive teams are offered at Portage High School as a part of our total athletic program. They are listed in the season in which they are offered.

	GIRLS	BOYS
FALL:	Volleyball Golf Cross Country Soccer	Cross Country Football Soccer Tennis
WINTER:	Basketball Gymnastics Swimming	Swimming Basketball Wrestling
SPRING:	Tennis Track Softball	Baseball Golf Track

OBJECTIVES OF THE ATHLETIC PROGRAM: Portage High School's interscholastic program is designed to:

1. Provide worthwhile educational experiences which will contribute to the growth and development of the participants.
2. Provide opportunities to student spectators as well as participants for development of good attitudes, proper emotional control, and the establishment of social values within the framework of competitive athletic activities
3. Provide for student athletes who are physically mature and highly skilled in various sports
4. The Portage High School athletic department does not encourage the use of nutritional supplements to enhance strength or performance. Student athletes who choose to take these supplements should do so only with parental knowledge and consent. These supplements should not be brought to school.

NCAA CLEARINGHOUSE INFORMATION – Collegiate Athletic Eligibility: *Any student athlete who plans on continuing their athletic participation at the college level should be aware of the high school requirements for college athletic participation. See your counselor for specific information.*

PORTAGE ATHLETIC CODE OF CONDUCT

INTRODUCTION: This material is presented to you because you have chosen to participate in the interscholastic athletic program at Portage High School and your parents have given you their permission. Your interest in this phase of our school program is gratifying.

Participation in the interscholastic athletic program is a privilege. High standards of conduct are expected for students who choose to be involved. Therefore it is important that you and your parents or legal guardians be aware of the rules and regulations under which you will be given the opportunity to participate. These rules and regulations shall be enforced throughout the calendar year.

GENERAL INFORMATION: A quality educational program recognizes the whole person and logically should provide opportunities and activities encompassing both intellectual and physical development. Athletics serve as a means of teaching cooperation, tolerance, teamwork, healthy habits, sportsmanship and the acceptance of winning and losing. The playing field, gymnasium, and pools are considered laboratories where life experiences are learned.

High School athletics intend to instill healthy habits, self-discipline, self-control, dedication and an avenue through which student athletes learn to interact with other people in a positive manner. With the above information in mind, the Portage High School Athletic Department provides a broad program of activities and wholesome competition with appropriate equipment and facilities.

ELIGIBILITY AND PARTICIPATION RULES: The eligibility rules, which apply to student athletes, are in two categories. The Indiana High School Athletic Association, of which Portage High School is a voluntary member sets one set of regulations. The other regulations are established by the Portage Township School Board, Portage High School Administration, the Athletic Department and coaches.

CONCUSSION FORM:

Before a student athlete may participate or practice with an athletic team, they must have on file in the athletic director's office the Concussion and Acknowledgement procedures form. This form must be signed by the athlete's parents or legal guardians to acknowledge Portage High School's procedures for handling a concussion and having been informed about concussions.

INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION RULE SUMMARY:

AGE: Students whose twentieth birthday occurs before the state final competition shall be ineligible for further competition.

SCHOLARSHIP: To be eligible scholastically, a student must have earned passing grades in at least five (5) subjects the last grading period and must currently be enrolled in at least seven (7) subjects.

CONSENT FORM: Before a student athlete may participate or practice with an athletic team, they must have on file in the principals or athletic directors' office the IHSA Physical Examination Form. The Physical Examination form must be properly signed by his/her parents or legal guardians, giving permission to participate, and a properly completed physical report signed by a licensed physician indicating that the student is physically able to participate. This form

must be renewed each year.

AMATEURISM: Students shall not accept remuneration directly or indirectly for athletic participation.

INTERNET AGREEMENT: An internet agreement must be signed by parent and student athlete prior to competition.

CONDUCT, CHARACTER, DISCIPLINE: Student conduct in and out of school shall be such as:

1. not to reflect discredit upon their school or the Association, or
2. not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

NOTE: It is understood that the principal, by their administrative authority may exclude students from representing their school.

PHS RULES FOR ATHLETIC PARTICIPATION:

1. Athletes must have the CONSENT TO ADMINISTER EMERGENCY TREATMENT and ASSUMPTION OF ALL LIABILITY FOR MEDICAL TREATMENT sheet signed and on file before practicing or participating in a sport.
2. Athletes must be in attendance for one-half of the school day (minimum of three complete mods) in order to be eligible to participate or practice on that day. Exceptions would be absences that have been excused by the school administration. The athletic director, the attendance officer, or the principal must grant approval.
3. Athletes who wish to move from one sport to another during a sport season are permitted to do so only under the following conditions:
 - a. An athlete who fails to make a team may try out for another sport upon consent of that sports' coach. The receiving coach must confirm the circumstances prior to the athlete's first practice or participation.
 - b. An athlete released from a sport by his/her coach for reasons other than training rule violations or academic deficiencies may, upon mutual consent of the varsity coaches involved, join another sport or join the conditioning program of another sport.
 - c. An athlete who terminates his/her association with a team is not permitted to try out, practice or join another team unless there is mutual agreement of the varsity coaches involved and the athletic director.

INDIAN CODE OF CONDUCT: All athletes shall abide by the Indian Code of Conduct. In so doing each athlete will earn the honor and respect participation in interscholastic athletics affords. Any conduct that brings dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct such as, but not limited to, theft, vandalism, disrespect, immorality, violations of the law, use of tobacco, alcohol, or drugs tarnish the reputation of everyone associated with the athletic programs.

Participation in the Portage High School Athletic program is a PRIVILEGE for which students must be willing to accept certain responsibilities. To promote good individual health habits and an environment most conducive to effective athletic performance, the following rules of conduct have been established. These rules are in effect for the entire calendar year. The athletic director, in consultation with the principal, will have the responsibility to administer the Portage Indian Athletic Code of Conduct.

- I. A student MAY NOT use or possess tobacco in any form (cigarettes, cigars, chewing tobacco, or snuff), consume or possess alcoholic beverages, use or possess controlled substances, paraphernalia, or substances represented to be or made to look like controlled substances.
Consequences for the violation of this rule will result in the following:
 - a) **FIRST OFFENSE**---the student athlete will be suspended from athletic participation for 40% of the contest season or the remainder of the season if less than 40% of the contest season remains, the percent of the suspension NOT served will carry over to the next contest season. The suspension for returning athletes will be served in the sport/sports they participated in the year prior to suspension. The athletic director will decide on any extenuating circumstances. Any violation prior to the beginning of the official IHSAA practice starting date will apply to the next season the student athlete chooses to participate.
 - b) **SECOND OFFENSE**---the athlete will be excluded from athletic participation for 365 days.
 - c) **THIRD OFFENSE** --- the athlete will be excluded for the remainder of his/her high school experience.
- II. Hazing---Portage High School does not approve of hazing in any manner.
CONSEQUENCES---Student athletes guilty of hazing will be disciplined by the coach of that sport and could be suspended from participation and possibly suspended from school.
- III. A student athlete shall not engage in activities, which would reflect discredit upon the school, the athletic department, or the community.
CONSEQUENCES---The consequences for engaging in such activities will depend on the severity of the misconduct, as determined by the coach and/or the school administration. The above decision will determine whether the penalty would include suspension from athletic contests or even removal from the team. Continued violation will bring about progressively more severe consequences.
- IV. Students on a Form 16 need to read consequences on pg. 48
- V. Additional Training Rules and Regulations---
Individual coaches may establish, within the confines of their own program, additional rules and regulations which pertain to such items as practice attendance, tardiness, practice and game conduct, curfews, etc. These rules and regulations shall be reviewed with all team members.

PROCEDURES FOR HANDLING VIOLATIONS:

A coach or coaches will investigate all reported or alleged rule infractions. If the coach determines that a violation has occurred, they will:

- a) Notify the Athletic Director of the finding.
- b) Notify the athlete and his/her parents of the violation and the penalty.

APPEALS PROCESS:

Within 1 (one) week of the decision, a parent may apply to appeal a Code of Conduct penalty by talking to the Athletic Director and/or Principal. They will then form a committee consisting of 2 (two) coaches and an Assistant Principal who will hear the appeal and render a decision.

OTHER ATHLETIC DEPARTMENT POLICIES:

- I. Conflicts in extracurricular activities:
An individual who attempts to participate in several extracurricular activities will undoubtedly be in a position of a conflict of obligations. Student athletes have a responsibility to do everything they can to avoid these conflicts. This would include being cautious about belonging to too many activities. It also means notifying the faculty sponsors/coaches

involved immediately when a conflict does arise.

When a conflict does arise, the sponsors/coaches will work with the student athlete to resolve the issue. If an agreement cannot be reached the principal will make the decision.

II. Equipment:

School equipment issued to the student athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

III. Travel:

All student athletes MUST travel to and from out-of-town athletic contests in the transportation provided by the athletic department unless the parents or legal guardians have made previous arrangements.

- a) Student athletes will remain with his/her squad and under the supervision of the coach when attending away contests.
- b) Student athletes that miss the school transportation provided will not be allowed to participate in the contest unless there are extenuating circumstances.
- c) Student athlete behavior on school provided transportation should be classroom appropriate.
- d) Student athletes will dress appropriately and in good taste.

IV. College recruitment policy:

In the event a college recruiter should contact an athlete personally, he/she should inform his/her coach as soon as possible.

V. Squad Selection:

Choosing the members of the athletic squads is the sole responsibility of the coaches of those squads.

VI. Lettering:

Varsity letters will be awarded at the discretion of the head varsity coach in each sport. The requirements for lettering shall be established and reviewed with the student athletes prior to the start of the season. Any student athlete who does not complete the season in good standing will not letter.

VII. Reporting of injury:

ALL injuries, which occur while participating in athletics, should be reported to the coach immediately. The coach will report injuries to the trainer and/or send the student athlete to the trainer. The trainer and the coach will work together in the rehabilitation process.

VIII. Locker room regulations:

- a) Roughhousing, throwing objects, or snapping of towels is not allowed.
- b) Hazing is not allowed.
- c) All showers must be turned off after use. The last person to leave the shower area is expected to turn off all showers.
- d) No one other than coaches and assigned players and managers are allowed in the locker room.
- e) No glass containers are permitted in the locker rooms.
- f) In wet conditions all spiked or cleated shoes must be put on and taken off outside of the locker room. No metal or hard plastic spikes or cleats are allowed in any other part of the school building.
- g) IF YOU MAKE A MESS --- YOU CLEAN IT UP!

IX. Weight room regulations.

- a) School colored apparel and shoes are required at all times.
- b) No one is to be working out in the weight room alone.
- c) All student athletes must be under the supervision of a coach while in the weight room.
- d) Weights are to be replaced on racks immediately following use.
- e) Student athletes are to know their limits! Work with your coach to determine your limits.
- f) Student athletes are to do all lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and risk injury.
- g) Student athletes are to warm-up with proper stretching exercises.
- h) Food and drink products are prohibited in the weight room.
- i) No horseplay or profanity is allowed in the weight room.
- j) Report broken equipment immediately. Abuse of equipment will be cause for removal from the weight room.
- k) Student athletes are to remember that strength training is not only a supplement to other athletic programs, but a highly skilled activity itself.
- l) No cell phones permitted.

School Song (Tune: Go, You, Northwestern)

Ever on to victory. Fight!

Go, Portage High School
Fight on for our fame.
Pass the ball you players
For a touchdown wins the
game
Rah! Rah! Rah!

Go, Portage High School
Fight on for our fame
We're here to do it
Come on, let's do it
Ever on to victory.

Go Indians Go
Go Indians Go

Pass 'em high, Pass 'em low
Come on team, let's go.

Go, Portage High School
Fight on for our fame
Pass the ball you players
For a touchdown wins this
game
Rah! Rah! Rah!

Go, Portage High School
Fight on for our fame
We're here to do it
Come on, let's do it

