

SECTION VII- ATHLETICS AND EXTRACURRICULAR

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

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

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 participant
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

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.

TOGETHER WE EXCEL

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. In addition to the rules and regulations that are stated above, the following rules and regulations will be enforced throughout the calendar year, 24/7/365.

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.

FINAL FORMS

Student-athletes will be required to register on Final Forms (finalforms.com). Additional documentation such as consent, liability, and concussion forms will be located within the Final Forms registration process.

PRE-PARTICIPATION PHYSICAL EVALUATION FORM (PPE)

The IHSAA PRE-PARTICIPATION PHYSICAL EVALUATION (PPE) is the first and most important step in providing for the well-being of Indiana's high school athletes. The form is designed to identify risk factors prior to participation by way of a thorough medical history and physical examination. The most current version of the IHSAA PPE Form must be used, and completed and signed by a physician (MD or DO), nurse practitioner or physician's assistant holding a license to practice in the State of Indiana. Properly signed and complete PPE forms are required to be on file in the athletic office prior to any physical participation, this form must be renewed each year.

CONCUSSION AND SUDDEN CARDIAC ARREST 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 Sudden Cardiac Arrest 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/or sudden cardiac arrest.

CONSENT FORM

Before a student athlete may participate or practice with an athletic team, they must have on file in the athletic office a Consent to Administer Emergency Treatment and Assumption of All Liability for Medical Treatment form.

INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION RULE SUMMARY

AGE

Students whose twentieth (20th) birthday occurs prior to or on the scheduled date of the IHSAA State Finals in a sport shall be ineligible for interscholastic athletic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the IHSAA State Finals in a sport shall be eligible as to age for interscholastic competition in that sport.

SCHOLARSHIP

To be eligible scholastically, a student must have received passing grades and earned credit at the end of their last grading period in school in at least 70% (5 classes) of the maximum number of full credit subjects that a student can take. Students must also be currently enrolled in at least 70% (5 classes) of the maximum number of full credit classes that a student can take. In an effort to better the academic achievement with student-athletes, coaches may determine checkpoints throughout the grading period and may decide if or what interventions to take.

CONSENT FORM

Before a student athlete may participate or practice with an athletic team, they must have on file in the principal's or athletic directors' office the IHSAA 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/PARENT CODE OF CONDUCT

An internet agreement and a Parent Code of Conduct must be signed by the parent and student athlete prior to competition. Both parents and student athletes will be held to the internet/social media expectations.

CONDUCT, CHARACTER, DISCIPLINE

Student conduct in and out of school shall be such as:

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

PHS RULES FOR ATHLETIC PARTICIPATION:

- Athletes must have the PRE-PARTICIPATION, CONCUSSION AND SUDDEN CARDIAC ARREST ACKNOWLEDGEMENT, and CONSENT TO ADMINISTER EMERGENCY TREATMENT/ ASSUMPTION OF ALL LIABILITY FOR MEDICAL TREATMENT forms signed and on file before practicing or participating in a sport. These forms will all be located through the Final Forms platform.
- **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 include attendance at funerals, required court appearances, college visitations, doctors appointments, etc. Documentation must be provided and approved by the Athletic Director in order to participate.**
- Truancies during the school day can and will result in exclusion from extracurricular activities for that day.
- 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 and the athletic director.

INDIAN CODE OF CONDUCT

All athletes shall abide by the Indian Code of Conduct. In doing so 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, improper use of social media, 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.

TOBACCO/ALCOHOL

A student MAY NOT use or possess tobacco in any form (cigarettes, cigars, chewing tobacco, electronic cigarettes or vaporizers), 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:

- **FIRST OFFENSE TOBACCO:** the student athlete will be suspended from athletic participation for 25% of the contest season or the remainder of the season if less than 25% 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 IHSA practice starting date will apply to the next season the student athlete chooses to participate.
- **SECOND OFFENSE TOBACCO:** the athlete will be excluded from athletic participation for 365 days.
- **THIRD OFFENSE TOBACCO:** the athlete will be excluded for the remainder of his/her high school experience.
- **FIRST OFFENSE ALCOHOL/DRUGS:** the student athlete will be suspended from athletic participation for 50% of the contest season or the remainder of the season. If less than 50% 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 IHSA practice starting date will apply to the next season the student athlete chooses to participate.
- **SECOND OFFENSE ALCOHOL/DRUGS:** the athlete will be excluded from athletic participation for 365 days.

- **THIRD OFFENSE ALCOHOL/DRUGS:** the athlete will be excluded for the remainder of his/her high school experience.

HAZING

Hazing---Portage High School does not approve of hazing in any manner. Hazing will be described as such: any action that humiliates, degrades, abuses, or endangers another student, regardless of a person's willingness to participate.

- **CONSEQUENCES**---Student athletes guilty of hazing will be disciplined by the coach of that sport, along with administration, and could be suspended from participation and possibly suspended from school.

CONDUCT UNBECOMING OF AN ATHLETE

A student athlete shall not engage in activities, which would reflect discredit upon the school, the athletic department, or the community. Conduct unbecoming includes, but is not limited to, all infractions that are stated in Section VI of this handbook.

- **CONSEQUENCES**---Coaches, along with administration, will follow the Level 1 through Level 5 tiers of infractions, and will determine interventions based on severity and repetition, as needed per each student athlete. In **addition** to the consequences that are decided by Portage High School, coaches may enforce disciplinary actions within their own programs.

FORM 16 - ATHLETICS

Students on a Form 16 need to read the agreed upon terms and conditions within the Form 16.

ADDITIONAL TRAINING RULES & 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 are pre-approved by the Athletic Department and student athletes agree to abide by and accept the terms when they join a team/program.

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

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:

1. Notify the Athletic Director of the finding.
2. Notify the athlete and his/her parents of the violation and the penalty.
3. Violations will be documented throughout the calendar year by coaches and the Athletic Department.

APPEALS

Student-athletes may appeal suspensions. All appeals must be submitted in writing within five days after a penalty has been assessed. This request should be submitted to the Athletic Director. A committee consisting of at least the Athletic Director, one high school administrator, and one varsity head coach will be formed to consider any unique circumstances and to review penalties when deemed appropriate.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

An individual who attempts to participate in several extracurricular activities (ie. athletics, theater, music, clubs) will undoubtedly be in a position of a conflict of obligations at some point during their season. Student athletes have a responsibility to do everything they can to avoid these conflicts. Communication with faculty sponsors and coaches is necessary and required in order to avoid such conflicts, or to find a solution that is in the best interest of the team and student athlete. 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.

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.

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.

TOGETHER WE EXCEL

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

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.

TEAM SELECTION

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

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.

REPORTING OF INJURIES

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.

LOCKER ROOM REGULATIONS

- Roughhousing, throwing objects, or snapping of towels is not allowed.
- Hazing is not allowed.
- All showers must be turned off after use. The last person to leave the shower area is expected to turn off all showers.
- No one other than coaches and assigned players and managers are allowed in the locker room.
- No glass containers are permitted in the locker rooms.
- 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.

WEIGHT ROOM REGULATIONS

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

SCHOOL FIGHT SONG

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
Ever on to victory. Fight!

CLUBS/ORGANIZATIONS

All students are encouraged to participate in the many clubs, organizations and activities offered at Portage High School. The Student Council has the major responsibility for coordinating the activities of all clubs and organizations. The Student Council Officers, Class Officers, Class Representatives and Honorary Members are the student governing body, but meetings are open to ALL students. Special activities are offered for all students both during the school day and after school throughout the year.

ADDITIONAL INFORMATION

Identification cards are required at all extracurricular events. Extracurricular information, such as club meeting times, is usually read over the morning announcements. New clubs can be formed if there is sufficient student interest and a faculty sponsor can be found. See the Assistant Principal in charge. Students staying after school must be supervised by a faculty member.

EXTRACURRICULAR EVENTS

Questions concerning extracurricular activities can be directed to the Assistant Principal in charge of student activities.

- Events are open to all students. Prior to admittance to any dance, students must present a Portage High School identification card at the door.
- P.A. and other publicity will inform students of date, time and particulars of the event. Announcements concerning extracurricular activities must be approved by the Assistant Principal in charge of student activities.
- Guests who are not Portage High School students must be accompanied by Portage High School students.
- Once a student/guest leaves the event, they will not be allowed to re-enter.
- Students are not permitted to smoke at extracurricular events. Violation of this rule will result in disciplinary action.
- Students are not allowed to engage in any activities which may be harmful to themselves or others.
- Any person attending a school activity at Portage High School and found to be in possession of or under the influence of alcoholic beverages or drugs will be turned over to the police authorities. Students are reminded that school rules apply at dances or other extracurricular activities; violations will result in disciplinary action.
- Failure to comply with these guidelines may result in suspension from all social functions, disciplinary actions, or if warranted, suspension and/or expulsion from school.
- Members of extracurricular groups that have Codes of Conduct will be subject to those rules, as well as general school rules of conduct if a discipline violation occurs.

TOGETHER WE EXCEL

- Students attending school on a Form 16 or in Alternative Education/Night School may not be allowed to participate in extracurricular activities.

Extracurricular events are tentatively planned for the school year in the early spring of the previous year and coordinated through the office of the Assistant Principal. There will be some activities PHS East and others PHS West. Final plans for an event must be cleared with the Assistant Principal a month in advance of the event.

ASSUMPTION OF RISK STATEMENT

Individuals assume a risk of injury or death while voluntarily participating in physical activity. All participants are strongly encouraged to complete a health evaluation prior to any participation; to consult with their physician to determine the appropriate fitness levels; to use good judgment concerning their ability to participate and their appropriate participation; and to carry medical insurance coverage.