

SECTION 1

ATHLETIC CODE

PART 1. NORTHWOOD HIGH SCHOOL CODE OF CONDUCT FOR ATHLETESA. PHILOSOPHY:

NorthWood High School believes athletics to be an integral part of a student's education. Values and lessons learned benefit that person in his or her future adult life. Participation in high school athletics is a privilege, not a right, which carries with it varying degrees of honor, responsibilities, and sacrifices. Realizing that the athletes (including managers, student trainers, student statisticians, and cheerleaders) represent their school and student body, it is the athletes' duty to conduct themselves on and off the field of play in a manner that is becoming to themselves, their team, the NorthWood High School student body, and the Wa-Nee Community.

B. ADMINISTRATION - IHSAA BY-LAWS (Rule 8-1)

The following is in conjunction with the Indiana High School Athletic Association Constitution which states: "Contestant's 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. It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school."

C. CONSENT AND RELEASE CERTIFICATE (Rule 3-9)

1. Every athlete **MUST** have the IHSAA Physical Exam Form, now referred to as the CONSENT AND RELEASE CERTIFICATE. This form should be properly completed, and on file with the athletic office each school year, between May 1 and prior to their first practice. An athlete may not practice without this and Do Not ask your coach to let you practice without it.

D. SCHOLARSHIP-ACADEMIC REQUIREMENTS (IHSAA By-Laws, Rule 18)

1. To be eligible scholastically, students must have received passing grades at the end of their last grading period in school in at least four (4) full credit subjects or the equivalent.
2. Trimester grades take precedence over six-week grades.
3. Student athletes gain eligibility or lose their eligibility in a sport for academic reasons on the eligibility date on file with the IHSAA.
4. All first trimester freshmen are academically eligible to participate in athletics during the first trimester grading period. Thereafter, every athlete must be currently passing in 4 full credit subjects or the equivalent.

E. GENERAL RULES:

1. ATTENDANCE:

- A. Athletes are required to attend school the final two (2) periods (4th, 5th, periods) of each day in order to be eligible to participate in practice or contests, unless excused by the principal or his/her designee. Exemptions: School-sponsored field trips, doctor's appointments, or other legitimate reasons which may be granted.
- B. Athletes are expected to be in their 1st period class the day following a meet or contest.

2. SUSPENSION:

- A. The use of alcoholic beverages, tobacco products, illegal narcotics, anabolic steroids or acts of vandalism, violence, theft, or cheating academically are not in accordance with this Code of Conduct and will be governed by the Code of Conduct.
- B. Vandalism, Violence, Theft and Cheating academically are not acceptable behavior for NorthWood student athletes. Discipline for these violations will be handled using the following guidelines.
 - 1. The Athletic Director will be notified by the Principal or Assistant Principal of any of the above mentioned violations.
 - 2. The Athletic Director will notify the head coach and work with the Assistant Principal and/or Principal to administer the appropriate discipline for the above violations.
 - 3. In extreme cases, individuals involved in vandalism, violence, theft or cheating will be suspended for one-third of their sport season.
- C. If athletes are suspended from school, they will be ineligible for all practices and will be ineligible for contests during the term of suspension.

3. CITIZENSHIP:

- A. Athletes shall be governed by local and state laws, IHSAA regulations, NorthWood Code of Conduct for Athletes, and the NorthWood High School Student Handbook. They shall not commit acts of vandalism, violence, theft, or cheat academically. Penalty will be governed by the Code of Conduct which basically states that the athlete will be suspended for 1/3 of the season for his/her first offense, 2/3 of the season for his/her second offense, 1 year or 365 days from date of involvement for the third offense. **Subsequent offenses will result in athletic ineligibility for the remainder of the athlete=s high school career.**

4. ESTABLISHING TEAM ROSTERS:

- A. The Coaching Staff has been hired for their knowledge and expertise in

each particular sport. It is at the discretion of each sport's coaching staff to decide who will be members of the team. It may be necessary to "cut" athletes after trying out for a particular team. Team members may be dropped from a squad anytime during the season for disciplinary reasons violating training rules, etc. Rosters are very essential in determining scholastic eligibility lists.

5. EQUIPMENT:

A. Athletic uniforms & equipment are the property of NorthWood High School. This equipment should be worn or used only during NWHS athletic contests or practices. All athletic equipment must be returned promptly in good condition when called for, and missing items financially replaced at that time. An athlete who willfully neglects to turn in athletic equipment will be ineligible for all athletics until he/she returns the equipment, or makes restitution, and is in good standing with the Athletic Department.

6. DROPPING A SPORT:

A. Any athlete quitting a team will forfeit their athletic award in that sport for that season. In addition, they shall not be permitted to participate in another sport until the season of the sport they have dropped is completed. The only exception being by mutual consent and agreement of both coaches involved, plus the Athletic Director.

7. PRACTICE REGULATIONS AND VACATION PRACTICES:

A. Ten (10) practices are required before an athlete may participate for the first time in any sport. EXCEPTION: IHSAA Tournament series team members or individuals are eligible after five (5) days of organized practice. (Only one practice per day will count toward the total ten practices.)

B. Athletes are expected to attend all practices, as well as be punctual in attending practice if he/she expects to play. Illness or other extreme emergencies are the only acceptable reasons for missing practice. The athlete or parent should always inform the Coach when he/she knows that it will be impossible to attend a scheduled practice. PRACTICE SCHEDULES WILL BE MADE OUT AND ATHLETES WILL BE INFORMED AS TO TIMES OF THEIR PRACTICE BY THEIR COACH.

C. Each coach will set the practice/game attendance policy for his/her sport in regards to family vacations, Christmas or Spring Vacation, or to college visitations. Athletes will be expected to honor these schedules.

8. DEADLINE FOR PARTICIPATION:
A. The deadline for reporting for participation in a sport after a suspension is the first day that the IHSAA authorizes practice to start for that particular sport, or the first practice which a coach has called for that sport.
9. AWARDS NIGHT:
A. Award nights (Fall, Winter & Spring) are held to honor teams & team members. All athletes are required to attend the awards night honoring their sport (unless excused by the coach) to finish the season in good standing. Awards and participation points may be withheld for not attending this event. **The awards night is the official end of the season.**
10. ATHLETES TRAVELING TO-FROM AWAY ATHLETIC EVENTS:
A. All athletes will travel to and return from athletic events in school-sponsored transportation (school bus or mini bus). The exception to this ruling is as follows:
a. Athletes must present a written note from one of his/her parents, & attain prior approval from the Coach & Athletic Director. Show note to both.
b. Athlete **MUST** then return home from away contests with their parents.
c. Final approval is at the discretion of the Head Coach in case he/she decides a team-meeting needs to be held on the bus/mini bus upon returning to the school.
- F. INDIVIDUAL TEAM RULES:
Athletes must remember that each Head Coach may choose to establish additional training rules & regulations that apply to his/her specific team. These may be more stringent than what this policy calls for, provided they are reasonable, lawful, and not in conflict with the policies and regulations of the school and school corporation. Athletes are expected to observe these rules, as well as, any listed here.
- G. HEAD COACHES' COUNCIL:
NorthWood High School has a council of Head Coaches which meets on a regular basis. The head coach from all sports, both boys and girls, make up this council. The group: (1) meets to discuss disciplinary matters, (2) makes recommendations to improve the athletic program, (3) attempts to develop policies for athletes, and (4) maintains equity in athletic programs. Head coaches have developed this Athletic Code and these policies.

H. NORTHWOOD HIGH SCHOOL ATHLETIC DRUG TESTING PROGRAM:

Students involved in extra curricular activities and/or driving to school will be subject to random drug screening throughout the year. Additional areas for drug testing which are allowable by law may be added.

In order to participate in athletics, all student athletes must sign the drug-testing waiver.

The principal=s office is in charge of the drug-testing program and the authorized testing agent will work with the principal=s office to coordinate the testing program.

In the event a test is positive, the authorized testing agent will notify the principal=s office. Once the principal=s office has received written confirmation from the testing agent, the parent(s), student athlete, athletic director and head coach will be notified and appropriate action will be taken.

The principal=s office can be contacted for more specific information concerning the drug-testing program.

I. Alcoholic Beverages, Tobacco Products, Anabolic Steroids, and Controlled Substances

(Drugs):

Because the use of alcohol, tobacco, steroids, and other non-prescription drugs is regarded as detrimental to good health, all athletes are expected to establish habits that are compatible with good conduct, and serve as a good example for others to follow. **Abstinence is a twelve (12) month vigilant responsibility of the athlete.**

1. TOBACCO PRODUCTS:

A. Athletes shall not be in possession of or use tobacco products.

2. ALCOHOLIC BEVERAGES:

A. Athletes shall not be in possession of or consume any alcoholic beverage.

3. CONTROLLED SUBSTANCE (DRUGS) & ANABOLIC STEROIDS:

A. Athletes shall not possess, use, transmit, or be under the influence of any controlled substance, or anabolic steroids.

4. PARAPHERNALIA:

A. Possession of drug paraphernalia, such as pipes, rolling papers, clips, and other devices is strictly forbidden.

5. PRESCRIPTION MEDICATION:

A. Athletes are required to check in all authorized medication, and/or medical prescriptions with the Assistant Principal, School Nurse, and/or Athletic Trainer; hence, school officials are aware of potential health problems of the student, and recognizes that authorized medication is in the building.

6. CLOSE PROXIMITY OR CHOOSE YOUR PARTY VERY CAREFULLY:

Athletes will be considered in violation if he/she is in attendance at a party or in a car where alcoholic beverages, and/or controlled substances are possessed, or in the possession of other persons present. In short, if there are rumors, or vague awareness of any kind on the part of the athlete that alcohol, and/or controlled substances will be present at any party, they should not attend, nor be near-by the sight or location where the party is being held.

J. ATHLETIC CODE ENFORCEMENT:

1. Vandalism, violence, theft and cheating academically are not acceptable behavior for NorthWood student athletes. Discipline for these violations will be handled using the following guidelines.
 1. The Athletic Director will be notified by the Principal or Assistant Principal of any of the above mentioned violations.
 2. The Athletic Director will notify the head coach. The Athletic Director and the Assistant Principal and/or Principal will administer the prescribed discipline for the above violations.
 3. In extreme cases, individuals involved in vandalism, violence, theft or cheating will be suspended for one-third of their sport season.

2. FOR FIRST OFFENSE:
 - A. The use of alcoholic beverages, tobacco products, steroids or illegal narcotics will result in an automatic suspension from participation in athletic events for one-third (1/3) of the contests played, or games to be played by that particular team. (Exception: See Paragraphs M, N, & O - Appeal System, Compassion Amendment, & Honesty Clause.) Practice for the ineligible athlete who is under an athletic code suspension is at the discretion of each Head Coach and Athletic Director.
 - a. In the event of a first offense, the athlete will serve a suspension for 1/3 of the current sport=s season. If the 1/3 of a season suspension is not fulfilled in the current sport=s season, then the unserved percentage will be served in the athlete=s next season.
 - b. If the offense occurs out of season, the same disciplinary action will be followed. The violation may be served in any sport based on the discretion of the next sport or receiving head coach, however, the season must be completed in good standing.

4. FOR SECOND OFFENSE :
 - A. The use of alcoholic beverages, tobacco products, steroids, illegal narcotics, will result in an automatic suspension from participation in athletic events for two thirds (2/3) of the contests played, or games to be played by that particular team. (Exception: See PARAGRAPH N - COMPASSION AMENDMENT, which follows.) Practice for the ineligible athlete who is under athletic code suspension is at the discretion of each Head Coach and Athletic Director.
 - a. In the event of a second offense the athlete will not be considered in good standing and, therefore, will forfeit all awards and monogram-letter for that sport season as well as serve a suspension for 2/3 of the current sport=s season. If the 2/3 of a season suspension is not fulfilled in the current sport=s season, then the unserved percentage will be served in the athlete=s next sport=s season.

5. FOR THIRD OFFENSE :
A. The third offense for the use of alcoholic beverages, tobacco products, steroids and illegal narcotics will result in a suspension for a minimum of one (1) calendar year from time of determination of involvement. No practice will be allowed with any team.
6. FOR FOURTH OFFENSE :
A. The fourth offense for the use of alcoholic beverages, tobacco products, steroids, illegal narcotics will result in the athlete being ineligible to participate in any sport for the remainder of his/here high school career.
- K. COMPUTING ONE-THIRD (1/3) OF THE SEASON:
Rule 15, Pg. 30, Participation, defined as beginning with 1st IHSAA authorized season contest date **which includes the preseason scrimmage** in each sport & terminating when defeated in IHSAA tournament play. To determine 1/3 of a sport season, count each regularly scheduled contest, ending with the first contest in the Sectional Tournament. Sectional and Invitational Tournaments will count as one contest. Then compute one-third (1/3) of the season. The fractional portion (if any) will not be considered a contest.
- L. INVESTIGATIVE PROCEDURE:
The Principal, Athletic Director, and Coaches shall enforce all rules and regulations described in the NorthWood High School Code of Conduct for Athletes, and all rules set forth in the Indiana High School By-Laws and Articles of Incorporation. Any alleged violations of the rules shall be reported to the athlete's present Head Coach and Athletic Director. If the athlete is not participating at the present time the allegations shall be reported to the Athletic Director and Head Coach of the next sport in which the athlete would normally participate. The Assistant Principal and/or Athletic Director will conduct an investigation. They will then decide whether or not to suspend the athlete from participation in athletic events. The Athletic Director will notify the parents by letter if a suspension is issued.
- If necessary, a randomly selected member of the head Coaches Council who has not, or potentially will not be the alleged violators Head Coach, will serve as a third party in the investigation.

M. APPEAL SYSTEM AND HEARING PROCEDURE:

Any athlete or his/her parents or guardian has the right to a hearing on a suspension if he/she or they feel the disciplinary action unjust. They should notify the Principal, Superintendent, and School Board in this order in writing within ten (10) school days after the suspension decision. The purpose of the hearing or appeal is to inquire into the athlete's alleged violation, and to allow the athlete and the athlete's parents or guardian to present evidence in the athlete's behalf. A hearing panel shall be selected by the Principal, and he will conduct the hearing at which time the Athletic Director or his designee will explain the suspension decision of the Head Coaches' Council. The athlete may then speak in his/her own defense and may be questioned by the hearing panel. The parents or guardian will then have the opportunity to ask questions and present any other information or evidence to the hearing panel.

Following the hearing, the parent(s) or guardian will be notified in writing by the Principal of the decision of the hearing panel. The hearing panel's decision may accept, reduce, or revoke the decision of the Athletic Director and Head Coaches' Council, but may not invoke a penalty more severe.

N. COMPASSION AMENDMENT:

An athlete found to be in violation of Section 1, Paragraph I, Subsection 1 - 8, may elect to have his/her punishment waived by qualifying for entering, and successfully complying with all requirements of substance dependency counseling.

THE ATHLETE MUST REQUEST THE USE OF THIS AMENDMENT PRIOR TO BEING IN VIOLATION OF THE ATHLETIC CODE. This option can be utilized only once during the student's four year career. If dependence is confirmed by a drug assessment, the self-help program of tobacco, alcohol and/or drug counseling may begin. The program entered must be on the list of approved programs available in the high school athletic director's office. Expenses for the program are the responsibility of the athlete or his/her parent(s) or guardian. While attending, and being in good standing in an approved self-help program under this option, an athlete may participate in athletics. A treatment report will be submitted to the Athletic Director on a periodic basis. A verification from the professional treatment agency will be submitted when the athlete has completed the terms of the dependency treatment. If all obligations of the self-help program are not timely met, the athlete will be considered in violation of this clause and will be suspended for the appropriate amount of time as outlined in Section J and shall commence from the date of the deemed rejection rather than the original date of the infraction.

The revised code reaffirms the school's commitment to strict discipline of those who violate the Code, particularly the rules prohibiting the use of tobacco, alcohol, or drugs. However, athletes who have a tobacco, alcohol or drug problem are encouraged to enroll in programs to address those problems. The School Board, athletic coaches and administration believe the school has an obligation to work with athletes who have tobacco, alcohol or drug problems.

O. HONESTY CLAUSE:

An athlete found to be in violation of Section 1, Paragraph I, Subsection 6, may have their penalty reduced from 1/3 of the season to one contest based on the discretion of the coach and athletic director. This only pertains to the athlete=s first offense and only if he was at a questionable party. When questioned about the party, if the athlete is honest about his attendance and activities he may receive a one game suspension. However, if the athlete denies any wrongdoing and if there is enough reasonable information to contradict the athlete=s testimony then the athlete will serve a 1/3 of the season suspension. In short, tell the truth and miss only one contest.

However, this will not apply for drug testing or in cases where the various police departments provide names of athletes to the school who have been in violation of the athletic code.

P. SUMMARY:

In summary, the student athlete is expected to conduct himself or herself in a manner befitting the outstanding pride that has become a tradition of NorthWood High School.

SECTION 2

- (1) CRITERIA FOR EARNING A LETTER IN EACH SPORT**

- (2) NORTHWOOD STUDENT ATHLETIC TRAINER AWARD SYSTEM**

- (3) CHEERLEADING AWARDS SYSTEM**

- (4) ELIGIBILITY RULES TO BE REVIEWED BY N.W.H.S. COACHES WITH ATHLETES**

CRITERIA FOR EARNING A LETTER

- A. FOOTBALL
- a. Participate in one-half of the varsity quarters.
 - b. An honorary letter may be given to a senior boy who has been out for football his four years in high school if the coach thinks he merits a letter.
 - c. Finish season in good standing.
- B. BASKETBALL - Boys and Girls
- a. Participate in one-fourth of the total varsity quarters prior to the sectional tournament.
 - b. An honorary letter may be given to a senior boy or girl who has been out for basketball his four years in high school if the coach thinks he/she merits a letter.
 - c. Finish season in good standing.
- C. TRACK - Boys and Girls
- a. Earn an average of one and one-half points per varsity meet.
 - b. Score in the sectional meet. Relay team must finish no lower than 2nd.
 - c. Score in the conference meet. Relay team must finish no lower than 2nd.
 - d. An honorary letter may be given to a senior boy or girl who has been out for track his/her four years in high school if the coach thinks he merits a letter.
 - e. Qualify for a sectional meet and meet sectional standards set by staff.
 - f. Finish season in good standing.
- D. BASEBALL - SOFTBALL
- a. Participate in at least one-third of the varsity innings played.
 - b. An honorary letter may be given to a senior boy/girl who has been out for baseball/softball his four years in high school if the coach thinks he/she merits a letter. An inning is defined as an inning in which a player gets in, regardless of how long he/she plays. An inning pitched is worth one and one-half innings toward a letter.
 - c. Finish season in good standing.
- E. CROSS COUNTRY - Boys and Girls
- a. Be a running team member in the annual conference meet.
 - b. Or be a running team member in the sectional meet.
 - c. Or finish in the top twelve in at least 50% of all dual meets or meets scored as dual meets.
 - d. An honorary letter may be given to a senior boy/girl who has been out for cross country all four years in high school if the coach thinks they merit a letter.
 - e. Finish season in good standing.
- F. GOLF - Boys and Girls
- a. Earn an average of two points per varsity meet.
 - b. Finish in the top one-third in the sectional or conference meet.
 - c. Be one of the four members on the golf team that wins the conference championship.
 - d. Be one of the four members on the golf team that qualifies for the state meet.
 - e. Participate in at least five varsity matches in order to qualify for a letter: Girls must participate in one-fourth of the varsity matches.
 - f. An honorary letter may be given to a senior boy or girl who has been out for golf his/her four years in high school if the coach thinks he/she merits a letter.
- Method of earning points:
- Participation in the match ...1 point
 - Low medal score (low total score).5-4-3-2-1 points
 - Number 1 is worth 5 points, number 2 is worth 4 points, number 3 is worth 3 points, number 4 is worth 2 points, number 5 is worth 1 point.
- g. Finish in good standing.

- G. TENNIS - Boys and Girls
- Participate in more than one-half of the varsity matches.
 - An honorary letter may be given to a senior boy or girl who has been out for tennis his/her four years in high school if the coach thinks he/she merits a letter.
 - Since the IHSAA has restructured the Tennis Tournament and the emphasis is now on team advancement, a boy/girl, at the discretion of the coach, may earn a major letter by participating and winning points in the sectional tennis tourney.
 - Finish the season in good standing.
- H. WRESTLING
- Participate in more than one-half of the varsity matches.
 - An honorary letter may be given to a senior boy who has been out for wrestling his four years in high school if the coach thinks he merits a letter.
 - Finish the season in good standing.
- I. SWIMMING - Boys and Girls
- Earn an average of 4 points per varsity meet.
 - Score in the sectional or conference meet. Top 12 places in individual events or top six places in relays.
 - An honorary letter may be given to a senior boy or girl who has been out for swimming his/her four years in high school if the coach thinks he/she merits a letter.
 - Finish season in good standing.
- J. VOLLEYBALL
- Participate in one-third of the total games played in the varsity season.
 - An honorary letter may be given to a senior girl who has been out for volleyball her four years in high school if the coach thinks she merits a letter.
 - Finish the season in good standing.
- K. SOCCER
- Participate in one-half of the total varsity halves played prior to the sectional tournament.
 - An honorary letter may be given to a senior player who has been out for soccer each year if the coach thinks he/she merits a letter.
 - Finish season in good standing.
- L. MANAGERS
- Same points as athlete when designated by coach.
 - Jackets for managers are to be designated as manager's.
 - Finish the season in good standing.
- M. AWARDS SYSTEM FOR ATHLETIC JACKET AND INCENTIVE AWARDS:
NorthWood High School athletes are expected to abide by the Athletic Code of Conduct, present themselves as ladies and gentlemen in and away from NorthWood (see PHILOSOPHY Section 1), and must complete any particular sport season in good standing in the eyes of the NorthWood High School coaching staff before being considered for any award.
- ATHLETIC AWARDS:
 - The athlete will be given a sport name plate and chevron when first letter is earned.
 - The athlete will receive chevrons with bars, and sport nameplates for each additional varsity letter awards they receive.
 - Athlete must finish the season in good standing to receive this award.

2. ATHLETIC JACKET AND ATHLETIC TRAINER'S JACKET:
- A. The athletic jacket and trainer's jacket, with a letter, may be purchased by the athlete or trainer through the athletic office. The athlete may purchase his/her jacket after accumulating 7 letter points. The athletic trainer must fulfill the Head Trainers award system requirements that are stipulated in hours of service and seasons to attain his/her jacket.
 - a. A letter earned in any sport will be worth four (4) points toward an award jacket.
 - b. An athlete who participates in a sport, but does not letter and finishes the season in good standing will be awarded one (1) point for participation - will use this point toward the jacket.
 - B. Award Jackets can be ordered after respective awards banquet.
 - C. Boys' & Girls' Jackets - red wool body with black leather or vinyl sleeves with a red-black chenille block letter.
 - D. Student Athletic Trainer's Jacket - red and black wool body with black leather sleeves with a black chenille block letter.
 - E. Athlete or student trainer must finish the season in good standing to receive jacket award.
3. INCENTIVE AWARDS:
To give added incentive above the Athletic Jacket Award for athletic participation, the following incentive awards will be given at Senior Awards Night: PLAQUE - 30 points BLANKET - 35 points. The total points for each athlete will be based on four years of athletic participation. Any Senior Athlete who received a major letter is entitled to a 2-yr. Letterman's pass which honors entry to all NW athletic events excluding NLC & IHSAA tournaments.
4. HONOR PATCHES AND RINGS FOR PLAYERS, CHEERLEADERS, AND TRAINERS:
- A. NorthWood High School authorized patches and Athletic Honor Patches earned by individuals when selected to an All-Northern Lakes Conference First team, All-NLC honorable mention, All-State, All-State Honorable mention, or North All-Star Team should be worn on the athletic award jacket. ONLY NLC, STATE, AND STATE COACHES ASSOCIATION ATHLETIC AWARDS MAY BE WORN ON ATHLETIC JACKETS AS WELL AS AWARDS AUTHORIZED BY NWHS.
 - B. Type of patch ordered and presented will signify highest type of honor attained.
 - C. Athletes competing and earning a patch in more than one sport may wear a single patch for each sport in which he/she has earned the reward.
 - D. A student athlete may only receive an award in a sport that they competed in.

- E. Student Athletic Trainers may receive patches and rings in these sports only: Girls Basketball, Boys Basketball, and Football. The granting of these awards is at the discretion of the Head Athletic Trainer.
- F. Four types of honor patches:
- a. A 4 ½" diameter size chenille patch will be awarded for a SINGLE TEAM or INDIVIDUAL HONOR in a given sport.
 1. BOYS - red chenille body, black letters, white felt border, yellow sport-insert.
 2. GIRLS - black chenille body, red letters, white felt border, yellow sport-insert.
 - b. A 5 ½" diameter size chenille patch will be awarded the athlete winning a combination of two or more honors, either individually or as a team member in a sport.
 - c. A 5 ½" @ white chenille/red felt state of Indiana shaped patch will be awarded in recognition of either a team or individual victory, or placement in a state finals event.
 - d. A 4 ½" @ diameter white chenille patch will be awarded to the athlete who letters in three (3) separate sports per school year.
- G. The head coach and Athletic Director will determine which athletes are eligible for patches.
- H. Rings - The Athletic Department will work through the Captain's Club to solicit the funds for the purchasing of RINGS for STATE CHAMPS and RUNNER-UP STATE CHAMPS as directed by the IHSAA through the ring company designated by the IHSAA.

NORTHWOOD STUDENT ATHLETIC TRAINER AWARDS SYSTEM

- I. The NorthWood Student Athletic Trainer Awards System is based on the total number of athletic training-related-work-hours that a student performs and the quality of work that a student performs each year.
- II. Awards Progression:
 - a. 100 hours ... participation point
 - b. 300 hours ... 1st letter
 - c. After the initial 300 hours, the student trainer will receive a letter for each 200 additional hours
- III. All hours must be verified by the Head Athletic Trainer and/or Assistant Athletic Trainer.
- IV. Special Awards:
 - a) Most Valuable Student Athletic Trainer Award.
 - 1) Each year, a Most Valuable Student Athletic Trainer Award may be presented.
 - b) Most Improved Student Athletic Trainer Award.
 - 1) Each year, a Most Improved Student Athletic Trainer Award may be presented.

*** A student Athletic Trainer will be required to work at least two (2) sport seasons to be eligible for any of the above awards.
- V. All awards are decided upon by the Head Athletic Trainer and/or Assistant Athletic Trainer and will be presented at the Spring Sports= Awards= Night.

CHEERLEADING AWARDS

POINTS:

- Freshman - 1 point per season - Earn 2 points for the year
 Junior Varsity - 1 point per season - Earn 2 points for the year
 Varsity - 2 points per season - Earn 4 points for the year
 Summer competition points: Earn 1 point per summer for participation in competition activities.

CHEERLEADING JACKET: To receive a jacket she must have 7 points, and be a varsity cheerleader.

YEAR-END CHEERLEADER AWARDS:

- | | |
|---|------------------------------|
| 1. Most Valuable Cheerleader - MVP Plaque | 5. Captain |
| 2. 4 Year Cheerleading Award - Leaping Panther Plaque | 6. Outstanding Tumbler Award |
| 3. Mental Attitude Award - Panther Head Plaque | 7. Outstanding Jumper Award |
| 4. Most Improved Cheerleader - Leaping Panther Plaque | 8. Overall Spirit Award |

Chevrons will be awarded for each year of participation but only after receiving a jacket.

Nameplate & cheerleader monogram will also be awarded after receiving a jacket.

ELIGIBILITY RULES TO BE REVIEWED BY NWHHS COACHES & ATHLETES

AN OLD ADAGE WHICH ORIGINATED IN THE IHSAA OFFICE
 WORTH REMEMBERING: "THE RULE IS CLEAR AND THE
 PENALTY IS SEVERE." FOR IHSAA RULE VIOLATION.

- IV. NORTHWOOD STUDENT - ATHLETES ARE INELIGIBLE IF:
1. Age (Rule 4 - IHSAA By-Laws)
 1. They are 20 before the scheduled date of the state finals.
 2. AMATEURISM (Rule 5 - IHSAA By-Laws)
 1. They play under an assumed name.
 2. They accept money or merchandise directly or indirectly for athletic participation.
 3. They sign a professional contract in that sport.
 3. AWARDS (Rule 6 - IHSAA By-Laws)
 1. They accept gifts or honors from colleges or their alumni.
 2. They receive in recognition of their athletic ability any award not approved by the High School Principal or the IHSAA.
 3. They use or accept merchandise as an award, prize, gift, or loan or purchase such for a token sum.
 4. CONDUCT, CHARACTER (Rule 8 - IHSAA By-Laws)
 1. Their conduct in or out of school reflects discredit upon NorthWood High School or the IHSAA.
 2. They create a disruptive influence on the discipline, good order, moral, and educational environment in the school.
 5. ENROLLMENT (Rule 12 - IHSAA By-Laws)
 1. They did not enroll in school during the first 15 days of a semester.
 2. They have been enrolled more than 4 Fall semesters and 4 Spring semesters beginning with grade 9. (Rule 12-3,4)
 6. ILLNESS - INJURY (Rule 3-11, IHSAA By-Laws)
 1. They are absent 5 or more consecutive days due to illness or injury and do not present to their Principal written verification from a physician, who holds an unlimited license to practice medicine, stating that they are again physically fit to participate.

7. PARTICIPATION (Rule 15 - IHSAA By-Laws)

A. During the Authorized Sport Season:

1. They participate in a try-out or demonstration of athletic ability in that sport as a prospective post secondary school student-athlete. NOTE: Seniors may participate in such after end of season in that sport. CONSULT your Principal. Graduates should also check college regulations.
2. They participate as a grade 9, 10, 11 or 12 student in a contest with or against a student enrolled below grade 9.
3. They are on a junior high school (Grade 9) team and participate with or against a student enrolled in grade 11 or 12.
4. They participate in an organized athletic contest with or against players not belonging to NorthWood High School.
5. They participate in an organized scrimmage or practice with or against teams or players not belonging to NorthWood High School.
6. They participate as an individual on any team other than the NorthWood High School team.
7. They participate as an individual without following the criteria for the outstanding student athletes as outlined in Rule 15-1 b.
8. They attend a non-school camp.
9. They attend and participate in a student clinic without IHSAA approval.

B. DURING SCHOOL YEAR OUT OF SEASON:

Individual Sports (Cross Country, Golf, Gymnastics, Swimming, Tennis, Track, Wrestling)

1. Students may participate in non-school contests as individuals or as members of a non-school team in non-school contests.
2. Coaches, from a member school coaching staff, may coach students in that sport if NOT under the organization, supervision and operation of the member school.
3. Member schools may not organize, supervise or operate athletic practices or interschool athletic contests
4. Member schools may not provide school-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swimsuits, etc.) worn by the student in non-school contests.

Team Sports (Baseball, Basketball, Football, Soccer, Softball, and Volleyball)

- a. Students may participate in team sport contests as members of a non-school team provided no more than the following number of students who have participated in a contest the previous season as a member of one of their school teams in that sport are rostered on the same non-school team, at the same time.

Baseball -5	Football - 6	Softball - 5
Basketball - 3	Soccer - 6	Volleyball - 3

The following standards also must be met:

1. Participation is limited to non-school time.
2. Fees, if charged, must be provided solely by the student, parent or guardian. No school or athletic funds shall be used for such when students of grades 9-12 are involved.

3. Participation shall be open to all students.
4. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.
 - b. Students may not receive instruction from individuals who are members of their high school coaching staff.
 - c. Coaches, from a member school coaching staff, may not instruct students who have participated in a contest as a member of their school=s team. (Exception: Coaches may instruct their sons or daughters.)
 - d. Member schools may not organize, supervise or operate athletic practices.
 - e. Member schools may not provide school-owned uniforms (shorts, pants singlets, or swimsuits, etc.) worn by the student in non-school contests.

C. DURING SUMMER:

Whether summer athletic activities are sponsored by a member school or a non-school organization, students may participate so long as:

- a. Participation is voluntary
- b. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Students must remain an amateur.
- c. For football there shall be no full contact and protective equipment is limited to helmet, shoes, shoulder pads and mouth pieces.

CAMPS AND CLINICS

Students may participate in non-school sponsored camps provided the following standards are met.

- a. Attendance is limited to non-school time.
- b. Fees, if charged, must be provided solely by the student, parent or guardian except for underprivileged students. No school or athletic funds shall be used for such.
- c. No school-owned uniforms (jerseys, shirts, shorts, pants, singlets, or swimsuits, etc.) shall be worn by the student.
- d. Merchandise and awards, other than those of symbolic value, may NOT be accepted for athletic proficiency. Student must remain an amateur.
- e. For all school sponsored camps and clinics and non-school sponsored camps and clinics for fall sports, attendance must be terminated prior to Monday, Week 4. For non-school sponsored camps and clinics in other sports, attendance must be terminated prior to Monday, Week 5. (See IHSAA calendar for week numbers.)

8. SCHOLARSHIP (Rule 18- IHSAA By-Laws)
 1. They did not pass 4 full credit subjects or the equivalent in their previous grading period.
 2. They are not currently passing 4 full credit subjects or the equivalent.
9. CONSENT AND RELEASE CERTIFICATE (Rule 3-9)

- a. Every athlete must have the IHSAA Physical Exam Form, now referred to as the Consent and Release Certificate. This form should be properly completed, and on file with the Principal each school year, between May 1 and prior to their first practice. An athlete May Not practice without this and Do Not ask your coach to let you practice without it.

18

10. TRANSFER (Rule 19 - IHSAA By-Laws)

1. They were not eligible in the school from which they transferred.
2. Their residence status at the new school has not been established by the Commissioner of the IHSAA.
3. You transfer from one school to another primarily for athletic reasons.
4. You were not enrolled in your present high school your last semester or at a junior high school from which your high school receives its students unless:
 - a. You are entering the 9th grade for the first time.
 - b. You are transferring from a school district or territory with a bona fide move by your parents.
 - c. You are a ward of the court.
 - d. You are an orphan.
 - e. You reside with a parent with legal custody.
 - f. Your former school closed.
 - g. Your former school is not accredited.
 - h. Your transfer was pursuant to school board mandate.
 - i. You are a foreign exchange student attending under an approved NASSP program.
 - j. You voluntarily did not participate in any contests as a representative of another school after you completed your 8th grade year.

11. UNDUE INFLUENCE (Rule 20 - IHSAA By-Laws)

1. Undue influence has been used to retain or secure them as a student, or to retain or secure one or both parents or guardians as residents.

V. CONDITIONING AND OPEN GYMNASIUM PROGRAMS:

1. Member school personnel may organize and supervise conditioning and open gymnasium programs during-the-school year, out-of-season, and summer, so long as the rules and regulations outlined in 15-2-5-, 15-2.6, 15-3.5 and 15-3.6 of the IHSAA By-Laws are followed. Coaches should confer with their Principals and Athletic Directors before organizing such programs.

VI. CONDUCT, CHARACTER, DISCIPLINE:

Any contestant or coach ejected from a contest for an unsportsmanlike act shall be suspended from the next interschool contest at that level of competition and all other interschool contests at any level in the interim, in addition to any other penalties assessed.

VII. STUDENT ACTIVITY BUS:

The purpose of the Activity Bus is to provide a service for the parents of NorthWood students and athletes. In order to justify the expense of this form of transportation, a minimum of 15 students must ride the bus daily.

The bus will leave NorthWood High School at 5:30 p.m. Monday through Friday after athletic practices from the senior parking lot south of the pool. The bus will drop off the

students at the Harrison School at 5:40 p.m. and the Wakarusa Library at 5:50 p.m.
Monday through Friday.

The bus will leave on time! The driver will NOT wait. All coaches are aware of the scheduled departure time, so practices will end on time. Students will be dropped off at one of the two above locations, and will not wait for parents to come and pick them up. Please be prompt because there will not be provisions for your student to get inside if the weather is adverse.

SECTION 3

**(1) EMERGENCY MEDICAL TREATMENT
WAIVER FORM**

**(2) N.W.H.S. PARTICIPANT & PARENT
ACKNOWLEDGMENT FORM**

(3) ATHLETIC INSURANCE

NorthWood Sports Medicine
Student Athlete Information

STUDENT'S NAME-LAST: _____ FIRST: _____ MI: _____
 GENDER: _____ GRAD YEAR: _____ BIRTH DATE: _____ HEIGHT: _____ WEIGHT: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ COUNTY: _____ ZIP: _____
 MOTHER'S NAME-LAST: _____ FIRST: _____
 FATHER'S NAME-LAST: _____ FIRST: _____
 HOME PHONE: _____ WORK PHONE: _____ CELL PHONE: _____
 LIVES WITH: _____
 FAMILY DOCTOR: _____ PHONE: _____
 INSURANCE COMPANY NAME: _____ POLICY #: _____

____ YES I/We DO authorize the evaluation of my/our student athlete by the NorthWood Team Physician and/or Athletic Trainer.

____ NO I /We DO NOT authorize the evaluation of my/our student athlete by the NorthWood Team Physician and/or Athletic Trainer.

I/We, _____, provide consent to any NorthWood Athletic Department Official (Team Physician, Athletic Trainer, or Coach) to provide any emergency medical treatment or forward said treatment to a medical facility in the event that said patient/athlete sustains a life-threatening or serious injury while participating under his/her directions. Every attempt will be made to clear any treatments of serious injuries with the parents first. HOWEVER, in the case of serious LIFE THREATENING injury, where emergency medical treatment is necessary immediately and contact with the parent is not possible, I DO CONSENT THAT ANY NECESSARY MEDICAL TREATMENT OR ACTIONS BE PERFORMED TO ENSURE THE WELL BEING OF MY/OUR STUDENT ATHLETE.

PARENT SIGNATURE	STUDENT SIGNATURE	GRADE	DATE
------------------	-------------------	-------	------

____ YES I/WE DO authorize the NorthWood Team Physician and/or Athletic Trainer to dispense non-prescription medication (Tylenol, Advil, etc.) to my/our student athlete if needed.

____ NO I/WE DO NOT authorize the NorthWood Team Physician and/or Athletic Trainer to dispense non-prescription medication (Tylenol, Advil, etc.) to my/our student athlete if needed.

CHOICE OF LOCAL HOSPITAL: _____
 ALLERGIES: _____
 MEDICATION: _____

*****IN CASE I CAN BE REACHED, CALL:

NORTHWOOD HIGH SCHOOL

PARTICIPANT AND PARENT ATHLETIC ACKNOWLEDGEMENT

As a prospective athlete of NorthWood High School I acknowledge that:

1. Participation in high school athletics is a privilege, not a right, which carries with it varying degrees of honor, responsibility, and sacrifice.
2. There are certain risks and injuries contingent upon my participation in practices, contests, and activities.
3. I have read the NorthWood High School Code of Conduct for Athletes, and understand the expectations of my conduct, and the consequences of non-compliance.
4. I attended the mandatory meeting in which the Athletic Code and Rules for Athletes were reviewed, or I have met with the Athletic Director and covered the appropriate materials.
5. Previously, I have signed the NorthWood High School Drug Education and Testing Program consent form. If this has not been done in the past, please contact the athletic director.
6. I have read the following page concerning the supplemental athletic insurance policy and understand it's implication.

PLEASE SIGN READABLE SIGNATURE

Athlete=s Signature

Grade

Parent=s Signature

Date

NORTHWOOD HIGH SCHOOL
Drug Education and Testing

CONSENT FORM

I have received, read and understand a copy of the NorthWood High School Athletic Code of Conduct and Drug Education and Testing Program. I desire that (Student Name)_____ participate in this program and in the interscholastic athletic program at NorthWood High School and hereby voluntarily agree to be subject to its terms. I accept the method of obtaining urine samples, testing and analysis of such specimen, and all other aspects of the program. I agree to cooperate in furnishing urine specimens that may result in a 365 day suspension from athletic participation.

I further agree and consent to disclosure of the sampling, testing and results provided for in this program. This consent is given pursuant to all State and Federal Privacy Statutes and is a waiver of rights to non-disclosure of such test records and results only to the extent of the disclosures authorized in the program.

This is to certify that the undersigned have read, understand and agree to abide by these regulations, rules and the rules of conduct for participants.

STUDENTS NAME: _____ **GRADE:** _____

STUDENT SIGNATURE: _____

PARENT, CUSTODIAL PARENT OR GUARDIAN: _____

SIGNATURE: _____ **Date:** _____

SPORT(S) _____

FALL

WINTER

SPRING

NORTHWOOD HIGH SCHOOL ATHLETIC INSURANCE WAIVER

Dear Parents/Guardians:

NorthWood High School has a continuing concern about the increasing cost of medical care. NorthWood Athletics **DOES NOT CARRY SUPPLEMENTAL INSURANCE FOR OUR ATHLETES.**

This program is intended to supplement your family or employer group coverage or plan. It is **NOT** designed to replace your present coverage. Please review the information contained on this sheet. It is intended to be a brief description of the coverage and is not the policy. The policy is held by the school.

The coverage is for medical bills only resulting from ACCIDENTS only that take place during the official play and practice of interscholastic sports. An accident is defined as an unexpected, sudden and definable event which is the direct cause of a bodily injury, independent of any illness or congenital predisposition. Conditions which result from participation in interscholastic sports do not necessarily constitute an accident. Illnesses, disease, degeneration and conditions caused by continued stress to a particular area of the body, and existing conditions aggravated or exacerbated by an accident are **NOT** covered.

The plan is excess coverage and payment is made only after payment has been made by the primary carrier. If you are a member of an HMO/PRO, the proper procedures outlined by that plan must be followed before this coverage has any liability. A **\$250 deductible** is applied to each claim.

Treatment by a licensed practitioner of medicine must begin within **60 days** of the accident. Only expenses incurred within **52 weeks** of the date of the original accident are considered. All bills and insurance information must be submitted within **15 months** of the date of the original accident. Benefits are determined by the REASONABLE AND NECESSARY charges for the geographic region.

If a claim is otherwise payable and it is denied by your family or employer group coverage or plan because your deductible has not been met, this coverage will apply, if the total charges exceed the deductible shown above.

If your son or daughter should be injured in our interscholastic sports program, report the accident to the Athletic Director immediately and obtain an insurance claim form. Follow the instructions on the claim form. The claims are processed by Student Athletic Protection, Inc. Of Kalamazoo, MI. If you should have any questions about the claim filing procedure, please call them at **1-800-232-1579**.

THE FOLLOWING ITEMS ARE NOT COVERED:

1. Suicide or a suicide attempt while sane: or self-destruction or an attempt to self-destroy while sane.
2. Riding a vehicle or device for aerial navigation, except as a passenger in a scheduled aircraft used for transportation of passengers.
3. Loss covered by other valid and collectible insurance or plan.
4. Hernia, in any form.
5. Sickness or disease in any form.
6. Fighting, unless as an innocent victim.
7. Expense incurred for the use of orthotics unless used exclusively to promote healing.
8. Use of electric, bio-mechanical devices.
9. Non-prescription drugs.
10. Off season physical conditioning for interscholastic sports, unless noted on the Application. The official season for each specific covered sport is the period within the dates determined by the State High School Athletic Association for the practice and play of that sport.

*I CERTIFY THAT I WILL BE PROVIDING FULL INSURANCE COVERAGE FOR MY SON/DAUGHTER WHILE PARTICIPATING IN ATHLETICS AT NORTHWOOD H.S.

PARENT/GUARDIAN SIGNATURE

DATE