
HIGH SCHOOL ATHLETIC HANDBOOK

Message From The Principal

The Athletic Handbook has been adopted to provide continuity in administering policies and procedures relating to high school sports.

Read the handbook carefully. This information will help you better understand what is expected of you as an athlete attending Bedford North Lawrence High School. If there are additional questions, students may contact the Director of Athletics or the individual coach of that particular sport.

Dan Dyke
Principal

BEDFORD NORTH LAWRENCE HIGH SCHOOL is a member of the Hoosier Hills Conference.

Bedford North Lawrence - 1972
Columbus East - 1972
Jennings County - 1972
Madison - 1972
Floyd Central - 1976
New Albany - 1976
Jeffersonville - 1979
Seymour - 1996

I. STUDENT ATHLETIC HANDBOOK

The athletic program of Bedford North Lawrence High School, a part of the extracurricular program, places emphasis on developing the individual by providing a broad program of athletic activities and wholesome competition, with appropriate equipment and facilities and competent supervision and coaching. Any individual who is capable and willing to meet the standards of the program is provided the privilege to participate.

Proper administration of the athletic program is essential to ensure the well-being of the participant and the maintenance of a wholesome program. The Coaching Staff, Athletic Director, and High School Principal administer the program within the policies established by the Coach, Athletic Director, High School Principal, IHSAA, and the local School Board.

Games with neighboring schools and conference rival schools have a primary purpose of promoting friendly rivalry, new friendships, playing skills, sportsmanship, and improved community relations. The objectives of athletics are as follows:

Coaches are professionals and make decisions based on what they believe is best for the team and all players involved. As you see in the above list, certain things can be and should be discussed with your child's coach.

Issues Not Appropriate To Discuss With The Coach:

Playing time	Play calling
Team strategy	Other team members

24 Hour Rule For Communication

If you have a concern:

- Please do not attempt to confront the coach before or after a contest or practice. Wait 24 hours to contact the coach.
- Call to set up an appointment.
- If the coach can not be reached please call the athletic director.

What can a parent do if the meeting with the coach did not provide a resolution?

- Call the athletic director to discuss the situation: (812) 279-6444.
- At this meeting, the appropriate next step can be determined.

Building Character Through Participation in Athletics

Research Indicates that a student involved in extracurricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. The best education your child may receive, while in high school, is their participation in athletics.

We hope the information provided makes both your child's and your participation in Bedford North Lawrence Athletic Program a successful, meaningful, and enjoyable experience.

Sportsmanship Pledge Developed by SALT

Sportsmanship is:

- A controlled attitude by athletes during a contest and positive, enthusiastic attitude by the fans in the stands.
- Playing by the rules and regulations of the sport.
- Always giving 100% and doing your best, but win or lose, handling the result in a positive way.
- Respecting your teammates, opponents, spectators, coaches, and officials.

Chain of Command

If you have any questions or concerns, please follow this path:

- Step One: Talk to a coach...
- Step Two: Talk to the athletic director...
- Step Three: Talk to the principal...
- Step Four: Talk to the superintendent...
- Step Five: Take your concern to the NLCS board of Trustees.

Dear Parent/Guardian:

We hope that you will take a few minutes to read this handbook prepared as a guide for those who choose to participate in interscholastic athletics. This effort on your part will help you to understand our viewpoint and perhaps answer some questions you may have. We are certain that your son or daughter will benefit from the time spent in athletics. Participants will gain physically through the training involved. Facing the strong competition will aid them in growing up to be useful citizens in any community. If at any time you need our help, feel free to visit us and we will try our best to help. We need and depend on your cooperation to aid us in promoting a successful and worthwhile Athletic Program for your high school.

II. SPORTS OFFERED

BOYS

Baseball
Basketball
Cross Country
Football
Golf
Soccer
Swimming
Tennis
Track & Field
Wrestling

GIRLS

Basketball
Cross Country
Fast Pitch Softball
Golf
Swimming
Tennis
Track & Field
Volleyball
Cheerleading
Soccer

III. ATHLETIC ELIGIBILITY

The eligibility rules which apply to athletic participants at Bedford North Lawrence High School are in two categories.

One set of regulations is set forth by the Indiana High School Athletic Association of which BNL is a voluntary member. Other regulations are established by the administration and athletic department of Bedford North Lawrence High School.

A. IHSAA Eligibility Rules

YOU ARE INELIGIBLE

1. AGE: If you are 20 prior to or on the scheduled date of the IHSAA state finals of the sport in which you are participating.
2. AMATEURISM: If you play under an assumed name.
If you accept money or merchandise directly or indirectly for athletic participation.
If you sign a professional contract in that sport.
3. AWARDS, GIFTS: If you receive, in recognition for your athletic ability, any award not approved by your high school principal or the IHSAA.
If you use or accept merchandise as an award, prize, gift or loan or purchase such for a token sum.
If you accept awards, medals, recognitions, gifts and honors from colleges/universities or their alumni.

The cheerleader candidates will be evaluated according to the following criteria:

- 10% Character (Faculty Recommendations)
- 40% Cheer Sponsors' Evaluation
- 50% Evaluation of the Panel of Judges should consist of:
 - Overall Spirit
 - Appearance, Voice Quality
 - Tumbling Ability
 - Group Chant, Group Cheer, Group Dance, and School Song
 - Five Jumps (Must Include Toe Touch)
 - Original Cheer (Created By The Candidate)

Special Exceptions to the above criteria may be granted when circumstances of illness or injury occur.

The girls will be able to select for the following squads during the week of cheer tryouts: football squad, basketball squad, both football and basketball squad, and competition cheer squad. (The girls will mark their selection on the cheer application, which is due the first day of the clinic).

C. Requirements

1. Prior to the first contest each cheerleader must have on file in the Athletic Office a Student-Parent-Physician's Certificate. No one will be permitted to cheer without this form.
2. All cheerleaders are expected to maintain the rules and standards which have been set forth in the athletic handbook. Failure to comply with this will result in disciplinary action and/or dismissal from her cheerleading duties.
3. Cheerleaders will be required to buy their own shoes, socks, tights or body suits and other essential items needed for cheerleading with the recommendation of the sponsor. The total amount of personal expense may not exceed \$200.00. Only uniforms provided by the school will be used for cheerleading.
4. Cheerleaders must attend a summer camp. Cheerleaders must provide for summer camp expense. Cheerleaders may participate in Kings Island Cheerleading Competition. Cheerleaders may participate in NCA, UCA, and/or Indiana Pacers Competitions.

XIII. STUDENT TRAINER GUIDELINES

Student trainers will work under the supervision of the head trainer assisting him/her with first aid care, taping and rehabilitation of injured athletes. Student trainers will be required to attend instructional sessions in sports medicine.

Student trainers will be assigned to one sport each season. They will be expected to attend all practices, work in the training room and in the practice area as needed, and attend all games.

11. TRANSFER: If you transfer from one school to another primarily for athletic reasons.

If 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 high 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 during the preceding school year.
12. UNDUE INFLUENCE: If you have been influenced by any person to retain or secure you as a student or one or both parents or guardians as residents.

10-Point Checklist for Student Eligibility

- ___ 1. You will not or have not turned 20 before or on the scheduled date of the state finals of the sport in which you are participating.
- ___ 2. You are currently enrolled in and currently passing in 5 full credit subjects.
- ___ 3. You have had a physical examination between May 1 and your first practice each year.
- ___ 4. You have filed with your principal the Consent and Release Certificate which has been signed by your parent/s or legal guardian/s.
- ___ 5. You have not changed schools without a corresponding move by your parent/s or guardian/s.
- ___ 6. You have not participated in non-school contests in your sport after having reported for your school team.
- ___ 7. You have never dropped out of school.
- ___ 8. You have had the required number of practices in your sport preceding participation in a contest.
- ___ 9. You enrolled in your school during the first 15 days of a semester.
- ___ 10. You have never received money or merchandise directly or indirectly for your athletic participation.

B. Training Regulations

Training regulations for athletics are neither numerous nor difficult for any participant to follow. It has been the contention of athletic coaches for many years that athletes who violate training regulations are poor risks on the athletic field when competition gets tough. Teams that train well generally have a strong team discipline and great team morale.

I. Purpose

- a. To build character, morality, and responsibility into BNLHS athletes.
- b. To create uniformity of disciplinary action throughout the Athletic Program.
- c. To give BNLHS Athletes a consistent set of training regulations to follow.

12. TRACK & FIELD

(BOYS)

- a. Varsity Award - The BNL varsity standards for track and field are the previous IHSAA sectional qualifying standards with the following additions:
- 1) The athlete scores 10 points in varsity competition during the season.
 - 2) The athlete scores individually or as a member of a relay team in the conference or sectional meets.
 - 3) A senior that has competed for at least three years and is in good standing.
- b. Junior Varsity Award - Any junior or sophomore who does not meet the BNL varsity standard or who competes in the conference or sectional meets. Also any freshman who competes in the conference or sectional meets or is one of the team's top ten performers in any event.
- c. Freshman Award - Any freshman who completes the season and does not qualify for a varsity or junior varsity award.

(GIRLS)

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- c. Freshman Award - Any freshman who completes the season and does not qualify for a varsity or junior varsity award.

13. VOLLEYBALL

- a. Varsity Award - To achieve varsity points a girl has to be a full time varsity team member or participate in at least 1/2 of varsity matches and must also be on the IHSAA tournament roster.
- b. Junior Varsity Award - Junior varsity points will be awarded to a girl who participates in junior varsity matches for one - half of the season or more, and who is on the junior varsity roster at the end of the season.
- c. Freshman Award - Girls who play in less than half of the junior varsity matches will receive freshman points.

14. WRESTLING

a. Varsity Award

- (1) Participate in 1/3 of the varsity meets.
- (2) Keep good attitude and conduct throughout the season.

- B. The use of or possession of alcohol or drugs, other than those specifically prescribed by a physician, will be considered a violation of this policy. The use of alcohol or drugs will be considered equal offenses. If it was determined that a student athlete was driving under the influence of alcohol or drugs, this will be considered a "double offensive" under this policy when disciplinary actions are administered.
1. First offense - if a member of an active team, the penalty shall be dismissal for the remainder of that season. If the athlete is not a member of an active team, they shall be suspended from competition for the first 25% of the contests of the next season sport the athlete participates in and completes. (see honesty clause)
 2. Second offense - suspension from all athletic practice and competition for 18 consecutive regular school weeks beginning the week the ruling is made.
 3. Third offense - suspension from all athletic participation for the remainder of the athlete's high school years.
- C. Criminal activity of any kind which would be considered a misdemeanor by the courts.
1. First offense - suspension from all athletic practice and competition for 18 consecutive regular school weeks beginning the week the ruling is made.
 2. Second offense - suspension from all athletic participation for the remainder of the athlete's high school years.
- D. Criminal activity of any kind which would be considered a felony by the courts.
1. Suspension from all athletic participation for the remainder of the athlete's high school years.
- E. If an athlete admits to a violation voluntarily (within 2 school days) to the principal or athletic director, the penalty shall be reduced in the following manner for the first offense only.
- Tobacco* - - - suspended from one competition if on an active team. If not on an active team, suspension from the first competition of the next season the athlete completes.
- Drug and alcohol* - - - If on an active team, the penalty shall be suspension for 25% of the competition season. If not on an active team, the penalty shall be suspension for the first 25% of the next season completed. Any athlete that seeks the honesty clause will agree to receive counseling through an approved program by the North Lawrence Community School Corporation. The athlete will also agree to perform 8 hours of community or school service as assigned by the athletic director or principal.
1. Voluntary Reporting - The penalty will be reduced to 10% if the athlete personally takes the initiative to report the infraction to the BNL H.S. Athletic Director/designee. This means that the student athlete reports the infraction without school personnel having to approach the student athlete to inquire about the situation.
 2. Persuaded Reporting - The penalty will be reduced to 20% if the student athlete admits the infraction to BNL H.S. Athletic Director/designee, and the student athlete was involved with law enforcement, to any degree, in regard to the incident under review.

b. Junior Varsity Award - To members of junior varsity team that complete season in good standing and to any freshman that moves up during and completes junior varsity season.

c. Freshman Award - To members of freshman team that complete season in good standing.

4. CHEERLEADING

a. Varsity Award

(1) To members of varsity squad that participate in 80% of the varsity football and basketball games.

(2) To any junior varsity member that moves up during and completes the varsity season.

(3) Must not exceed 18 demerits as outlined in the Cheerleader Rules and Regulations.

b. Junior Varsity Award

(1) To members of the JV squad that participate in 80% of the JV season.

(2) To any junior varsity member that moves up during and completes the varsity season.

(3) Must not exceed 18 demerits.

5. CROSS COUNTRY (Boys & Girls)

a. Varsity Award

(1) Top seven runners on the team.

(2) Eighth person up may receive a varsity award if he/she runs at least 50% of his races under 18 minutes 30 seconds for 5000 meters (boys) and 50% of her races under 18 minutes 30 seconds for 4000 meters (girls).

b. Junior Varsity Award

(1) Grades 10-11-12 - participate in entire season in good standing.

(2) Grade 9 - participate in good standing as mentioned above and run at least 50% of his races under 18 minutes 30 seconds for 5000 meters (boys) and 50% of her races under 19 minutes for 4000 meters (girls).

c. Freshman Award - Grade 9 - participate in good standing as mentioned above.

6. FOOTBALL

a. Varsity Award - Grade 12 or 1/2 of the Varsity quarters.

b. Junior Varsity Award - Grade 10 or 11, all who didn't earn varsity letters.

c. Freshman Award - Grade 9.

7. GOLF (Boys & Girls)

a. Varsity Awards

(1) Senior, Junior, Sophomore, Freshman member of varsity for 1/3 of varsity matches.

(2) Certification and participation in IHSAA tournament.

Avoid a lot of fried foods and avoid snacks between meals.

C. APPEARANCE- Successful athletes develop a strong sense of pride. This pride should be reflected in your personal appearance and your manner of dress. Good personal grooming and wearing neat and clean clothing will be expected of all athletes each day.

D. CITIZENSHIP- Daily good citizenship and the behavior of a lady or gentleman will do much to prove that you are worthy to wear the red, white, and blue of a BNL Star. Good citizenship is expected of all athletes at all times. You owe this to the team, to yourself, and to the school you represent.

E. ATHLETIC PARTICIPATION- All athletes should try to participate in as many sports as possible. This effort will strengthen the entire program and make you a superior athlete. If you are not involved in a sport during a particular season, you should be on a conditioning program so that you may improve your strength and work on improving your skills.

F. AUTOMOBILES- An automobile should be used as a mode of transportation to and from school and school activities. All students should be cautious when driving and also concerned about riding with someone who is not a cautious driver.

G. CHURCH OR SYNAGOGUE ATTENDANCE- Regular attendance at church or synagogue should be part of the weekly routine of an athlete. The basic teaching of your faith should be reflected in your language and general attitude toward your teammates and others you are in contact with at school and at home.

IX. LOCKER PROCEDURES

A. Each athlete shall be assigned a lock and locker by the coach during his or her season.
B. If an athlete quits or is removed from a team he/she must empty the locker within two school days.

C. Lockers must be emptied of personal items in the presence of two people (Coach, Custodian, Athletic Director or Principal.) The items from the lockers shall be itemized and placed in a bag. These items shall then be turned into the Athletic Director's Office where they will be stored for 90 days.

D. All athletes have two days at the end of the school year to turn in locks and remove equipment. A custodian will clean lockers after two days and items placed in a bag and turned into the Athletic Director's Office. Such items will be held 90 days.

X. PRACTICE POLICIES

Athletic teams and individuals will not practice more than 2 1/2 hours a day on the court, pool, floor, or field, Monday through Friday. Two-day practices before the start of school or when school is not in session will not be more than 2 1/2 hours per session.

Saturday practices are not recommended; but if the coach feels there is a need for a practice, it will not last for more than 2 1/2 hours on the court, pool, or field. All Saturday practices are scheduled through the Athletic Office. There will be no athletic practices or games on Thanksgiving Day, Christmas Day, and New Year's Day. If a coach wishes to conduct a practice session during any other religiously affiliated holiday, the coach must receive approval from the athletic director two weeks prior to the date under consideration.

There will be no practices on either Sundays or major holidays. There will be no exceptions to this rule.

Practice Guidelines:

- A. Practices will have a definite starting and ending time.
- B. Everyone should be in attendance unless excused by parent or physician.
- C. Coaches will have organized practice plans.
- D. Team members and families will be notified in advance of changes in normal practice schedules.
- E. Regular classes or extracurricular activities will not be cancelled or delayed due to practice.
- F. Varsity and Junior Varsity will practice together.

Inclement Weather Policy:

Scheduled Games: Any time school is cancelled due to inclement weather, games scheduled during these days will be rescheduled. The only exception to this rule is when a team is playing in an IHSAA sponsored tournament.

All athletic practices will be cancelled when school is cancelled. If school is on a two-hour delay schedule, morning practices will be cancelled. If school is dismissed early due to inclement weather, afternoon and evening practices and games will be cancelled. The safety of our young people is our primary concern.

**XI. ATHLETIC AWARD SYSTEM
BOYS & GIRLS**

A. Point System

Freshman - 4 points.....Junior Varsity - 6 points.....Varsity - 10 points

The athlete is responsible for checking his or her point total each year. The point totals are kept on file in the Athletic Office. Points for awards will not be finalized until all obligations to the athletic department are met. All awards must be ordered before graduation.

B. Awards and Point Total

First Award16 points
A nylon jacket may be purchased by any athlete who earns 16 or more participation points, which must include participation in at least one varsity sport.

Second Award36 points
A designated varsity award jacket will be presented to every athlete who earns 36 or more points, which must include participation in at least one varsity sport.

Third Award78 points
A designated blanket award will be presented to every athlete who earns 78 or more points.

If the recipient of the 1st award does not achieve enough points for his/her senior year, the purchase price of the 1st award will be refunded.

Freshmen and reserve athletes will receive certificates of participation, plus the points toward their jacket.

C. Special Award System

The number of special awards presented will be determined by the number of varsity participants in each sport.

1. Plaques

3-15=3 special awards.....16-45=5 special awards.....46-up=7 special awards

2. Award Jacket Patches

- a. To be purchased by athlete. One order will be made for patches and athlete must place order with the head coach.

Paid for at time of order

- b. May only purchase patches for:

- (1) IHSAA Tourney- First place team or individual
- (2) HHC- First place team or individual

D. Point Requirement For Each Sport

1. The following pertains to all sports:

- a. Coaches discretion when illness and injury occurs.
- b. Return of all school equipment at the end of the season.
- c. Attend all required practices and matches.
- d. Complete the season.
- e. Be recommended by the coach.

The following pertains to each individual sport:

2. BASEBALL

- a. Varsity award- Meet at least one of the following requirements:

- (1) Participate in 1/2 of the varsity games.
- (2) Be a starter in any IHSAA tournament game.
- (3) Make at least 10 appearances at the plate.
- (4) If a pitcher, pitch in at least 4 games.

- b. Junior Varsity

- (1) If a sophomore or junior, complete the season.
- (2) If a freshman, appear in at least 1/3 of the junior varsity games.

- c. Freshman Award- Must complete the season.

3. BASKETBALL (Boys & Girls)

- a. Varsity Award - Grade 12 or participate in 50% of varsity quarters.

V. ATHLETE CONDUCT

It is a philosophy of the North Lawrence Community School Corporation to provide extra-curricular opportunities for students that will promote self-esteem, sportsmanship, responsibility, and personal integrity. It is a desire of the school administration that personnel who serve as a coach continually attempt to promote the above-listed attributes as they interact with young people. Any athlete ejected from a game for Bedford North Lawrence will be disqualified from participating in the next contest. The disqualification will begin with the next scheduled game following the ejection. The head coach for the sport will notify Mr. Callahan immediately of the situation, and the head coach and Mr. Callahan will meet with the athlete to inform him or her of the action being taken.

VI. ATTENDANCE RULES

- A. A student-athlete shall attend and actively participate in regularly scheduled practice sessions to be eligible for interschool athletic competition. If, as a result of school strike, student suspension, athletic suspension, health limitation, family vacation, emergencies, or other similar reasons, a student shall fail to attend and actively participate in regularly scheduled practice sessions, such student shall be required to complete the following prior to participation.
Days Missed (5-10) Four Practices Required
Days Missed (11 or more) Six Practices Required
- B. Athletes may not practice or play in a contest if they are not in attendance at school at least four periods of the school day. Prearranged absences are acceptable.
- C. Athletes may not practice or play in a contest on any day they are suspended from school: (Includes in-school suspension)

VII. TRANSPORTATION POLICIES

Athletes are expected to ride on corporation-owned vehicles to and from contests. Only in extreme emergencies should exceptions to this rule be made. In cases where a parent or guardian requests to provide transportation home for their son or daughter, a "Parent Transportation Request" form should be completed by the parent or guardian and given to the athlete's coach.

VIII. PERSONAL HABITS

The basic goals of participation in high school athletics includes such things as discipline and self-improvement . Keeping those goals in mind we have outlined some basic habits which will be of value to all participants.

- A. SLEEP- An athlete will burn a lot of energy and the rebuilding process depends on plenty of sleep. An athlete will require eight to ten hours of sleep per night with two of those hours before midnight. Friday and Saturday night bedtime may be extended somewhat according to rules set up by coaches of a particular sport.
- B. EATING- "You are what you eat"- A disregard of simple rules of proper eating will definitely show up in your performance on the athletic field or on the court. Meals available at home are superior to those at a restaurant. The school cafeteria offers good noon meals in a better atmosphere for the short time you have to eat.

- b. Junior Varsity Award - Senior, Junior, Sophomore, Freshman member who completes season and participates in scheduled junior varsity matches.

- c. Freshman Award - Participation.

8. SOCCER (Boys & Girls)

- a. Varsity Award - to achieve varsity points a player has to have participated in at least one-half of the varsity soccer games and be on the varsity roster at tourney time.
- b. Junior Varsity Award - Junior varsity points will be awarded to a player who participates in junior varsity games for one-half of the season or more, and who is on the junior varsity roster at the end of the season.
- c. Freshman Award - Any freshman who participated in soccer on the freshman level and completed the season.

9. SOFTBALL

- a. Varsity Award - Meet at least one of the following requirements:

- (1) Participate in 1/2 of the varsity games.
- (2) Be a starter in any IHSAA tournament game.
- (3) Make a least 10 appearances at the plate.
- (4) If a pitcher, pitch in at least 4 games.

- b. Junior Varsity Award

- (1) If a sophomore or junior, complete the season.
- (2) If a freshman, appear in at least 1/3 of the junior varsity games.

- c. Freshman Award - Must complete the season.

10. SWIMMING (Boys & Girls)

- a. Varsity Award - Place in top 12 in sectional or do a time during the season that would equal a sectional top 12 time.
- b. Junior Varsity Award - Compete on Junior Varsity team.
- c. Freshman Award - Participation.

11. TENNIS (Boys & Girls)

- a. Varsity Award

- (1) Must compete in a minimum of one half of varsity matches.
- (2) Must compete in sectional play.

- b. Junior Varsity Award - Must compete in a minimum of one half of varsity and/or junior varsity matches.

- c. Freshman Award - A freshman who participates in any matches.

II. Definition of Terms of the Substance Abuse Policy

- a. **Controlled substance** is any illegal substance or drug, in any form as defined under Indiana Law, including alcoholic beverages, tobacco, intoxicants, and marijuana, and shall include any other substance represented as a controlled substance (look-a-likes) even if not actually a controlled substance.
- b. **Confirmed Violation**
 1. Is a communication from the office of the Prosecuting Attorney indicating probable cause to support the filing of a criminal information or petition of delinquency alleging possession, transfer, or use of a controlled substance.
 2. A voluntary admission involving possession, transfer, or use of a controlled substance by the student alleged to have violated this policy (see honesty clause) or
 3. A finding by school personnel based upon observations and/or first-hand information that a student violated the Substance Abuse Policy.
- c. **School** shall mean the North Lawrence School Corporation, including the officers, agents, and employees of the North Lawrence School Corporation.

III. Scope of Substance Abuse Policy

The Substance Abuse Policy shall apply to all North Lawrence School Corporation students enrolled in grades (9) through (12). The provision and penalties of this Policy shall be imposed without regard to whether the violation was related to a school event and **regardless** of the day of the week on which the violation occurred. All provisions and penalties of the Substance Abuse Policy shall be cumulative in nature and should apply throughout the student's enrollment in the North Lawrence School Corporation, whether continuous or not.

IV. Substance Enhancement Policy

Possession, use, or distribution of substances or supplements used or intended for abnormal enhancement of athletic performance and/or may atypically alter the body's physiological function are not permitted. These may include, but are not limited to: narcotics, stimulants, anabolic agents, diuretics, hormones, masking agents, and other such items. Penalty will be the same as for possessing tobacco products.

IV. PROCEDURES UTILIZED WHEN VIOLATIONS OF POLICY OCCUR

A. Use of or knowingly possessing tobacco products.

1. First offense - if on an active team, the penalty shall be suspension from competition for the next two contests the team participates in. If only one contest remains the last suspension contest shall be in the first contest of the next season participated in and completed. (see honesty clause)
2. Second offense - if on an active team the penalty shall be suspension from 25% of remaining contests. If not on an active team the penalty shall be 25% of the contests of the next season an athlete participates in and completes.
3. Third offense - immediate suspension from all participation in all sports both practice and competition for the next 18 regular school weeks beginning the week the ruling is made.

b. Junior Varsity Award

- (1) Participate in 1/3 of the junior varsity meets.
- (2) Keep good attitude and conduct throughout the season.

c. Freshman Award - Participation.

Special exceptions to the above requirements may be granted in some circumstances by the Athletic Council for a foreign exchange student who will not be returning to an American school the following year.

XII. HIGH SCHOOL CHEERLEADERS

Cheerleaders at Bedford North Lawrence are the chosen representatives of the student body. They have an unusual opportunity and a significant responsibility for promoting good sportsmanship. Cheerleaders should be respected by fellow students because of their attitudes and good behavior. By setting a good example the cheerleaders can influence and help control the reactions of student spectators.

The cheerleaders are recognized as a team of Bedford North Lawrence High School and are required to follow the policies of the IHSAA.

A. Purpose

1. To control crowd's response. To prevent booing, name calling, and suggestive or undesirable yells which are by small groups in the audience.
2. To develop moral support of the team.
3. To promote good sportsmanship between schools and to build up favorable attitudes toward opponents, own players, and officials.
4. To promote good image as visible representatives of school. A cheerleader is not selected on the basis of athletic skill alone, but also on personal qualities. The cheerleader represents not only the others on the squad, but also the team, sponsor, student body and the entire community. A cheerleader must demonstrate virtually flawless behavior.

B. Selection

BNL cheerleaders will consist of up to ten (10) Varsity, up to eight (8) Junior Varsity, and up to eight (8) Freshman. Varsity: The varsity squad will be made up of Seniors, Juniors, and/or Sophomores. Junior Varsity: Made up of Juniors and/or Sophomores. Freshman: Made up of Freshman only.

Preliminary screening of all cheerleader candidates will be conducted by the cheer sponsors.

The cheerleaders will be chosen in March or April each year. Fifty percent (50%) of the evaluation will be conducted by a panel of judges selected by the cheer sponsors.

4. **CONDUCT/CHARACTER:** If you conduct yourself in or out of school in a way which reflects discredit on your school or the IHSAA.
If you create a disruptive influence on the discipline, good order, moral and educational environment in your school.
5. **ENROLLMENT:** If you did not enroll in school during the first 15 days of a semester.
If you have been enrolled more than four fall semesters and four spring semesters, beginning with grade 9.
If you have represented a high school in a sport more than 8 semesters.
6. **ILLNESS/INJURY:** If you are absent five or more consecutive school days due to illness or injury and do not present to your principal written verification from a licensed physician stating that you may resume participation .
7. **PARTICIPATION:**
 - A. During Contest season (1.) You participate in try-outs or demonstrations of athletic ability in that sport as a prospective college student-athlete. (2.) You participate as a 9, 10, 11, or 12 student in a contest with or against a student enrolled in below grade 9. (3.) You are on a junior high school (grade 9) team and participate with or against a student enrolled in grade 11 or 12. (4.) You participate in an organized contest with or against players not belonging to your school. (5.) You participate as an individual on any team other than your school team. (6.) You participate as an individual without following the criteria for the outstanding student athlete. (7.) You attend a non-school camp. (8.) You attend and participate in a student clinic.
 - B. During School Year Out-Of-Season (1.) You participate in a team sport contest as a member of a non-school team where there are more than the following number of students who have participated in a contest in the previous year as a member of one of their school teams in that sport. (Exception: Baseball and Softball) Basketball - 3, Soccer - 6, Volleyball - 3, Football - 6. (2.) You receive instruction in team sports from individuals who are members of your high school coaching staff.
 - C. During Summer (1.) You participate in a team sport contest as a member of a non-school team where there are more than the following number of students listed below in each sport who have participated the previous year in a contest as a member of their school team in that sport. (Exception: Baseball and Softball) Basketball - 3, Volleyball - 3, Football - 6, Soccer - 6. (2.) You receive instruction in a team sport from individuals who are members of your high school coaching staff. (3.) You attend a non-school camp and /or clinic after Monday of Week 3 in football and Monday of week 5 for all other sports (see your athletic director for specific dates).
8. **PRACTICE:** You have not completed the required number of separate days of organized practice in a sport under the direct supervision of the high school coaching staff preceding participation in a contest.
9. **SCHOLARSHIP:** If you did not pass FIVE full credit subjects or the equivalent in your previous grading period. Semester grades take precedence.
If you are not currently passing in five full credit subjects or the equivalent. Eligibility will be determined three school days after the grades have been certified.
10. **CONSENT AND RELEASE CERTIFICATE:** If you do not have this certificate on file with your principal each school year, between May 1 and your first practice.

Award points will be determined by the head trainer at the end of each season, based upon the level of the sport (i.e. varsity, junior varsity, or freshman) that the student assisted and the dedication and quality of service rendered.

XIV. ATHLETIC INSURANCE

The BNL Athletic Department strives to make the athletic experience of your son or daughter a positive one. Each year, however, a few athletes are injured while participating in interscholastic athletics at Bedford North Lawrence.

Parents whose sons or daughters will participate should understand that there is an element of risk in athletics, and that although serious injury is a rarity, it still is a possibility. Parents should be aware that the high school has no legal liability for payment of medical bills incurred as a result of participation in athletics. With this in mind, it is imperative that each parent realizes the need for adequate accident insurance to defray medical costs should an athletic injury occur.

XV. COACH/PARENT ADMINISTRATION COMMUNICATION POLICY

Interscholastic athletics provide young men and women the opportunity to learn many life long skills. By participating in athletics, young men and women learn lessons in sportsmanship, teamwork, competition, mental and physical exercise, and handling success and failure. Athletics also increases an individual's pride in representing the school and the community. Athletics prepare our student athletes for future success.

Both parenting and coaching are extremely rewarding, but sometimes difficult vocations. By establishing an understanding of each other's positions, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect From The Coach:

- The coach's philosophy
- Expectations the coach has for your child as well as all of the players on the squad.
- Locations and times of all practices and contests.
- Team requirements, i.e., fees, special equipment, off-season conditioning.
- Procedures followed when your child is injured in practice or contest.
- Discipline that results in the denial of your child's participation.

Communication Coaches Expect From Parents:

- All concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance of the practice or event.
- Specific concerns in regard to expectations of their child.

Appropriate Concerns To Discuss With The Coach:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's attitude and behavior.

A. *Participant* - defined as any student who is actively involved in the athletic program, as a player, manager, or cheerleader.

1. Students have an opportunity to learn and improve skills in competitive games.
2. Students may develop physical vigor and desirable health and safety habits.
3. Students have an opportunity to make real friendships with squad members and opposing team members and to visit and play in other communities.
4. Students have a chance to observe and exemplify good sportsmanship.
5. Students have a chance to learn that violation of a rule of the game brings a penalty and that this same sequence follows in the game of life.
6. Students may learn that the degree of success depends upon hard work, devotion to the task, and enthusiasm for the game, as well as the innate ability of man.
7. Students have an opportunity to exercise judgement, think quickly, take orders, and carry them out to the best of one's ability.

B. *School*

1. Athletics are an integral part of the school's extracurricular program.
2. Athletics should be used to promote good school morale.
3. Athletics should be educational.
4. Students' interest is created by participation as cheerleader, cheering section members, and band members, and helpers at contests.
5. Visiting opponents will be made to feel welcome as guests in our school and community.
6. The athletic program should be broad rather than narrow in scope. It should include as many activities as possible in order to interest more students.
7. Each sport must be treated with equal importance as far as participants are concerned.
8. Sportsmanship, fair play, and good school citizenship are to be the main objectives of all athletics.

C. *Community*

1. Communities should realize that control of, and responsibility for interscholastic athletics, rests entirely with school authorities.
2. Interscholastic athletics should furnish a recreational opportunity for the general public only in so far as community is willing to see that the program is conducted solely for the benefit of the student competitors and student spectators.
3. Communities constantly should keep in mind the fact that, primarily, any athletic contest is a part of a school program because of its educational value.

HIGH SCHOOL - PERMISSION CONSENT

Dear Parent & Athlete:

In order that high school students, interested in participating in the athletic program at Bedford North Lawrence may fully understand what is expected of them in the matter of conduct and behavior, the BNL Athletic Council has set up certain minimum standards required of all teams and team members.

We would like the parents and athlete to discuss the handbooks contents and then sign the form below.

If you have any questions concerning the handbook's content, please call the Athletic Office at 279-6444.

As a participant in the athletic program at Bedford North Lawrence High School, I pledge to uphold the Rules and Regulations of Indiana High School Athletic Association and Bedford North Lawrence High School, during my entire athletic career.

As designated by our signatures below, we are fully aware of the provisions and penalties for violations of the Rules and Regulations of the IHSAA and BNL. We have also read and agree to follow the parent/coach/administration communication policy.

Grade _____

Date _____

Signature of Participant _____

Printed name of Participant _____

Signature of Parent or Guardian _____

THIS CONSENT FORM SHALL BE ON FILE IN THE ATHLETIC OFFICE
BEFORE THE FIRST CONTEST.