

Frankton Jr./Sr. High School
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ATHLETIC DEPARTMENT HANDBOOK

Introduction

To the Parents

This handbook has been written to enhance communication between parents, coaches, athletes, and school administrators. Please familiarize yourself with the rules and regulations which govern participation in our program. If you have any questions, please direct them to Phil Abernathy, Athletic Director, or Brent Brobston, Assistant Athletic Director, at 765-754-7879.

As you know, athletic participation is loaded with success and failures, setback and triumphs. Parents can make a big difference in how these situations are handled. Parents who encourage their son or daughter to go to their coaches for clarification, understanding and counsel are contributing to their child's growth, development and maturity.

To the Athletes

The Frankton Jr./Sr. High School Athletic Department is very pleased you have chosen to become a member of one of our athletic teams. Interscholastic athletics provide many opportunities for you to grow and develop as a young adult. We hope the friendships you make, the challenges you face, and the excitement you generate will make this season a memorable one.

As an athlete, your actions on and off the field reflect on the entire team, school, and community. Your behavior helps shape the perception of those who make decisions that impact the future of Frankton Athletics.

Frankton Athletic Teams take tremendous pride in their preparation, dedication, and performance. Our athletes work hard, play hard, compete intensely, and respect all opponents. They have represented themselves, our school, and our community with style and class. We are counting on you to continue this tradition.

You have greater expectations placed on you because you are an athlete, but the rewards are well worth it. Your drive, determination, confidence, mental toughness, and emotional control are tested daily. The educational value of athletics lies in how you cope with challenges.

WARNING

The potential for injury is inherent in all inter-scholastic sports. Even with the best coaching, the most advanced equipment and a strict observance of rules, injury can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risk associated with interscholastic sports participation.

Sports offered:

Boys: Baseball, Basketball, Cross Country, Football, Golf, Tennis, Track, Wrestling

Girls: Basketball, Cheerleading, Cross Country, Softball, Tennis, Track, Volleyball

Important Facts

What must be done before your first practice:

- Take and pass physical examination and have student/athlete, parent, and doctor signatures
- Complete emergency medical form and insurance form
- Complete student/parent certification and consent form
- Meet academic eligibility requirements
- Attend team meeting or meet with coach before practice
- If new student to Frankton, have athletic transfer form on file

THE CODE OF CONDUCT IS IN FORCE TWELVE (12) MONTHS A YEAR, GRADES 9-12

Weight Room

The weight room is available for use by teams and individuals. There is a full program of weight training offered during the school year under the guidance of our weight training coach. No student shall use the weight room neither without adult supervision nor without a spotter.

Parent and Coach Communication Guidelines

Parent-coach relationship

Both parenting and coaching are extremely difficult vocations. By establishing and understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents whose children are involved in our athletic program, you have the 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 your child's coach:

- The coach's philosophy
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices and contests
- Team requirements, i.e., fees, special equipment, conditioning
- Procedures we follow should your child be injured during participation
- 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 contest

As your child becomes involved in the programs at Frankton, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times we encourage discussion with the coach.

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

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for the team and all players involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues not appropriate to discuss with the coaches

- Playing time
- Team strategy
- Play calling
- Other team member

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern with a coach.....24 HOUR RULE

- Please do not attempt to confront a coach immediately before or after a contest or practice. These can be emotional times for both the parent and the coach. Wait at least 24 hours before contacting the coach.
- Call to set up an appointment
- If the coach cannot be reached, call the Athletic Director. He will set up the meeting

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

- Call the Athletic Director to discuss the situation
- At this meeting the appropriate next step can be determined

Research indicates a student involved in sports 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 the Frankton Athletic Program a successful and enjoyable experience.

Expectations of Athletes

Athletes at Frankton High School are expected to be a positive role model. It is their duty to be a model citizen in and out of the classroom. They are expected to treat authority figures with the respect due them, and to take an active and productive role in the classroom and community in general. They are also expected to live up to all team, department and school rules and policies. As an Athlete of Frankton High School, the student/athlete is counted upon to live up to a higher standard of expectations.

“EAGLE”

Being an Eagle is not something you automatically belong to...

YOU EARN IT... YOU FEEL IT... YOU LOVE IT...

The close bond of being an EAGLE is not inherited, nor is it a gift to you.

YOU must have a passion to be a part of a rich EAGLE tradition. Will you be simply a member and participate, or will you be an EAGLE and compete?

What legacy will you leave behind when you leave Frankton High School?

Will it be rich in hard work, commitment, sacrifice, dedication, pride, execution, and fun?

Or will it be sliding by and riding the coat tails of those who have gone before you, who have done their part to carry on the winning EAGLE tradition???

Frankton High School Eagles Department of Athletics

Frankton High School is a proud member of the Central Indiana Conference as well as the Indiana High School Athletic Association. We maintain a strong commitment to providing first-class facilities, and retaining a dedicated coaching staff that provides outstanding leadership and guidance for all Eagle athletes.

We believe strongly in the role athletics play in the educational process but maintain that it is an honor to have the opportunity to compete and represent our school and community as a member of an athletic team. Success in athletics requires dedication, sacrifice, and a sincere desire to reach the fullest of one's potential. This effort generates tremendous individual, team, school, and community pride.

Being an athlete is a tremendous responsibility as we expect each of our athletes to be students first, a positive role model for the youth of our community, and an exemplary citizen at all times. Rule 8, Section 1 of the IHSAA by-laws states that the conduct of an athlete in and out of school shall be such as (1) not to reflect discredit upon his/her school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school. Therefore, it should be noted that our athletic code of conduct is in effect 24 hours a day, 365 days a year.

Please read and develop a thorough understanding of our policies and code of conduct as they relate to participation. Should you have any questions, please talk with your coach or athletic director.

Gender Equity

Athletic participation is an extension of and an integral part of the educational experience for those young people who become student athletes. The educational experiences should not be reduced in scope and significance by disparities, which limit the participation of any athlete.

Frankton High School believes that gender equity is more than being in compliance with the law. It is a spirit. It is a personal ethic. It is a commitment to do what is right and fair for all student-athletes. It means creating an atmosphere and an environment where opportunities and resources are distributed fairly to boys and girls, an atmosphere where no person experiences discrimination on the basis of gender.

DRUG, ALCOHOL, AND TOBACCO EDUCATION AND TESTING PROGRAM

The Board of School Trustees of Frankton-Lapel Community Schools recognizes the health risks and dangers associated with the use of unlawful, illicit drugs, alcohol, and/or tobacco products. Drug, alcohol, and tobacco abuse at school is a threat to the safety and health of both our employees and our students. It jeopardizes the efficiency of our operations and the quality of our educational programs. The risks associated with such abuse may include the possibility of impaired judgment, diminished capacity, deterioration of the organs of the body, addiction, the contraction of associated diseases through the use of common or unsterilized paraphernalia, modification of behavior, death, or other conditions which substantially inhibit a person from performing to his or her fullest natural ability.

Drug, alcohol, and tobacco abuse are serious problems in today's society, and schools are not immune to such problems. It is statistically predictable and it is within our experience, that some students have used alcohol, tobacco products, or have experimented with "street drugs" such as marijuana and cocaine, or may do so during their middle or high school careers. Also, some student athletes may be attracted to the use of so-called "performance enhancing" drugs, such as various steroids, in misguided efforts to increase strength and endurance. Frankton-Lapel Community Schools recognizes that serious attention is being given to drug and alcohol abuse problems not only here, but in other school systems, in private business and industry, in government, and in the colleges throughout the country.

Wide publicity continues to be given to testing and education programs being implemented at all levels. The most recognizable are associated with mandatory testing programs established in the Olympics, professional sports leagues, and the National Collegiate Athletic Association. Equally wide publicity is given at times to those individuals who are declared ineligible due to positive test results or continued abuse of these harmful substances.

The athletic and related programs of Frankton-Lapel Community Schools are an integral part of the school system and the community. The recognized value of participation to a student's personal development has given these activities a high priority in the total school program. The Board of School Trustees encourages all students to participate in such programs, but believes the opportunity for such participation is not an absolute right. Rather, it is a privilege offered to students who meet both the scholastic and the physical conditions of eligibility. One such condition shall be agreement by the student and his/her custodial parent or guardian to submit to testing for the use of drugs, alcohol, and tobacco if selected in accordance with these procedures.

The random drug testing program adds a new dimension to the athletic and student conduct codes already established by the school to guide

student conduct. The education and testing program is intended to be a helpful part of the overall physical and mental education and conditioning program of Frankton-Lapel Community Schools. The program is intended to be primarily a medical diagnostic aid in disclosing possible drug related problems and as an extension of our regular drug education program. However, as indicated by the risks outlined in the opening paragraph, drug use

is inconsistent with the purposes of participation in interscholastic athletics and other events and programs, and with the purposes of the school in general. The program, therefore, includes appropriate procedures for dealing with such problems in areas which the schools have been given legal parameters to implement such policies.

Program Implementation

The program will be applied to all high school and jr. high school interscholastic sports teams, male and female, and is intended for all students who try out for or become members of a Frankton-Lapel Community Schools interscholastic athletic team. This includes students who try out for or become members of all cheerleading squads. Such students shall be referred to herein, collectively, as "student athletes".

Student athletes are respected and admired by a large segment of the school and the community. Accordingly, in order to participate in athletics as representatives of the school, these student athletes are expected to hold themselves as good examples of conduct, sportsmanship, and mental and physical training, which includes avoiding the use of unlawful, illicit drugs, alcohol, and tobacco products. A student athlete who uses such items is a danger to himself/herself, his/her teammates, and his/her opponents. Frankton-Lapel Community Schools will offer eligibility for participation only to individuals who are drug free, and student athletes are entitled to drug free participation by their teammates.

In addition to those students described above, the school will test any student who volunteers to participate in the program as well as students under the age of eighteen (18) whose parents wish to have them included in the program at the parent's expense. Students and parents must provide the school with their consent to participate in writing. (See Appendix A) The results of these tests will be shared only with the parents, and will be exclusively for the purpose of identifying students who may be in need of assistance. Once consent is given for testing on a voluntary basis it shall be in effect for the remainder of the student's FLCS career, unless specifically revoked in writing.

Students who elect to participate will receive instruction in the dangers of drug, alcohol, and tobacco use as a part of the program to educate and encourage students to respect their bodies, to develop and pursue both mental and physical abilities, and to continue throughout their lives to participate and exercise in a healthy, drug free environment. The elimination of drug and alcohol abuse shall be a part of this program.

The implementation of this program shall not affect the policies, practices, or rights of Frankton-Lapel Community Schools in dealing with drug, alcohol, or tobacco possession or use where reasonable or probable cause is obtained by means other than the random sampling provided herein.

1. The principal or designee will require the attendance of all prospective participants at one or more drug education sessions. Each student will receive a copy of this program. This program shall be explained to all such prospective participants, and an educational presentation shall be made in order to acquaint these students with the harmful consequences of substance abuse.
2. Each prospective participant shall receive a consent form, a copy of which is attached hereto, which shall be dated and signed by the student and by a custodial parent or guardian before such student or athlete is allowed to practice or participate in any activity of the organization or team. The consent shall be to provide, at any time requested, a urine sample to be tested for drugs, alcohol, and tobacco.
3. The selection of students to be tested will be conducted by the building principal or designee. Selections may occur at any time during the "season," including conditioning, tryouts, and Saturday practice sessions. At the beginning of each season or grading period for non-athletes, each student will be assigned a number. One cross-referenced list of names and numbers will be maintained by the principal or designee and shall be secured in the school safe until the designated day of testing. The school nurse shall use this list to assist in verification of identification during the collection of samples. The selection of students to be tested shall be done by number on the evening preceding the test.
4. There will be an announcement on the day of the test of the numbers selected. If the participant has not been tested by noon, the principal or designee determines if the participant is absent from school. If the absence is unexcused, the student will be ineligible for participation until the next testing date and will be automatically tested on that date. If the absence is excused, the student may continue to participate but will be tested on the next date. Refusal to provide the sample will be treated as a positive test result.
5. The collection of samples will be done in a non-offensive manner which insures the integrity of the sample. (See Appendix B) The school official or vendor employee who supervises the sample collection will not physically observe the giving of the sample which will take place in a secured enclosure. Recordation of appropriate information to insure a proper chain of custody record will begin at the time the sample is collected, including verification signatures by both the student and the supervising official. The samples will then be turned over to the testing laboratory, and each sample will be tested for alcohol, tobacco, unlawful drugs as cited in the controlled substance provisions under Indiana state law, and, if necessary, performance enhancing drugs known as steroids. Testing shall be done by a competent and accredited laboratory selected by Frankton-Lapel Community Schools.
6. The results of the test shall be reported to the school nurse who is responsible for contacting the student and his/her parents regarding the test results. If the test is positive, the nurse will determine if there are any medical explanations for the substance to be in the student. If the participant is taking any over-the-counter or prescription medication which may contribute to a positive test result, it would be in the student's best interest for that student and the student's parent or guardian to inform the school nurse of this fact at the time of the taking of the urine sample. If the nurse verifies that there is no medical reason for the positive result, he/she will contact the principal or designee, who will then contact the student and the student's parent or guardian.

7. All test results shall be kept by FLCS. The student who tests negative will be notified within five (5) days of the receipt of the information. Positive test results without medical explanation shall be made known only to the principal or designee, the student, and the student's parent or guardian. The principal or designee shall maintain a record of occurrences for the duration of a student's jr. high and high school career. These records shall be destroyed at the beginning of the school year immediately following a student's graduation from high school. These records shall not become a part of the student's permanent record, nor shall they be transferred if a student leaves the corporation to attend another school. If a student is, or would have been declared ineligible for participation at Frankton-Lapel Community Schools, this information will be sent to the receiving school.
8. If any participant under this program is determined to be "positive" by the laboratory and the school nurse, the student and the student's parent or guardian shall be advised of the test results, told of the type of substance which was found, and the health hazards involved in the use of such substance. If the student, or the student's parent or guardian desires, they may request to have the remaining portion of the sample, if any, re-analyzed by any accredited testing facility of their choice. Such request must be received by the principal or designee within twenty-four (24) hours of the first notification. The student and the student's parent or guardian shall bear the responsibility and the cost of testing done at their request. The school shall only be responsible for initial testing, re-analysis, and/or any other test required by the school through this program. Frankton-Lapel Community Schools reserves the right to continue testing at any time during the practice or participation "season" of any activity in which a student participates throughout the remaining school year for any student who tests "positive" and did not supply satisfactory explanation for this result. **IN ADDITION, FRANKTON-LAPEL COMMUNITY SCHOOLS RESERVES THE RIGHT TO TEST ANY STUDENT PARTICIPANT WHO AT ANY TIME EXHIBITS BEHAVIOR OR APPEARANCE THAT ESTABLISHES REASONABLE OR PROBABLE CAUSE TO SUGGEST DRUG, ALCOHOL, OR TOBACCO USE.**
9. A part from this drug testing program, the coaching staff and sponsor of each sport or activity may establish additional training and participation rules and requirements which include prohibitions concerning the use of drugs, alcohol, and tobacco. Coaches and sponsors have the necessary authority to enforce these rules. It is the purpose of this program to prevent participation while the student has drug residues in his or her body for the protection of the student, other participants, and members of the public. It is also the purpose of this program to educate, help, and direct student participants away from drug, alcohol, and tobacco abuse and toward a healthy, drug-free style of participation.
10. Any athlete or cheerleader testing positive for drug, alcohol, or tobacco use will be assessed the penalties imposed under the Athletic Code.
11. The fact of testing and the results of testing of any student shall not be made known to any school official other than as above stated, and no student shall be expelled, suspended, or disciplined as a result of any "positive" test result obtained through the testing program other than as stated herein.
12. Being a student participant is considered a privilege and not a right. Training rules and other participation rules are not to be broken. Any student who violates these rules by testing "positive" without satisfactory explanation will be subject to appropriate consequences as established herein.