

## **Plymouth – Shiloh Athletic Department INTRODUCTION**

This handbook has been designed to be a guide for present and future members of the Athletic Program at Plymouth High School and Shiloh Middle School. The handbook will lead to a better understanding of policies and procedures that guide our interscholastic athletes.

### **TRANSFORMATIONAL PURPOSE STATEMENT**

Developing compassionate, responsible, respectful, disciplined, and competitive members of the community with moral integrity.

### **MISSION STATEMENT**

The Mission of the Plymouth Athletic Department is to prepare our student-athletes for productive careers, active and responsible citizenship and lifelong learning. The Athletic Department of Plymouth High School emphasizes personal development, professional preparation and attainment of a high school diploma. The Athletic Department seeks to comply with the intent and letter of the Ohio High School Athletic Association and the Plymouth-Shiloh Board of Education its rules and regulations as well as field teams and individuals that are competitive yet exude sportsmanship.

### **PROGRAM OBJECTIVES**

1. Help develop and maintain a positive attitude toward academic performances.
2. Develop in students an understanding that participation in athletics is a privilege, which carries certain responsibilities.
3. Provide a positive school/community relationship, creating for the community a program of education and entertainment through athletics.
4. Prepare athletes for life by teaching sportsmanship, the values of teamwork, sacrifice, commitment, leadership, self-discipline, and 100% effort at all times.
5. Strive for playing excellence and a desire to improve every day.
6. To ensure growth and development that will raise the number of individual participants; that will give impetus to increasing attendance at each contest and that will enable a program of continuing upkeep and improvement of facilities.

### **OHIO HIGH SCHOOL ATHLETIC ASSOCIATION**

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

When a school becomes a member of the OHSAA, it agrees to follow the regulations as approved by the membership.

## **FIRELANDS CONFERENCE**

Plymouth-Shiloh is a member of the Firelands Conference. Members of the Firelands Conference are; Crestview, Mapleton, Monroeville, New London, Plymouth-Shiloh, South Central, St. Paul, and Western Reserve. League policies will govern Plymouth-Shiloh athletics where they are applicable, athletics will be governed by the Plymouth-Shiloh Board of Education.

Plymouth High School currently participates at the varsity level in the following sports:

Baseball	Boys' Cross Country	Softball
Boys' Basketball	Girls' Cross Country	Boys' Track
Girls Basketball	Football	Girls' Track
Co-Ed Golf	Volleyball	Cheerleading
Wrestling		

Shiloh Middle School currently participates in the following sports:

Boys' Basketball	Boys' Cross Country	Girls' Track
Girls' Basketball	Girls' Cross Country	Volleyball
Cheerleading	Football	Wrestling
	Boys' Track	

## **Firelands Conference Sportsmanship Policy**

### **SECTION ONE**

The following are **ACCEPTABLE BEHAVIORS** at an athletic contest in the Firelands Conference:

As a spectator, I will

- Cheer for my team, not against my opponent.
- Not use profane or inappropriate language.
- Treat the game as a game not a war.
- Lead positive cheers in a positive manner.
- Applaud the efforts of both teams at games end.
- Show concern for an injured player regardless of team.
- Demand sportsmanlike behavior from those fans near me.
- Depart the game in a dignified and ethical manner.
- Respect the official's judgment at all times.
- Understand that my admission does not excuse my behavior.

The following are considered **UNACCEPTABLE BEHAVIORS** and **SUBJECT TO SANCTION** ranging from **WARNINGS** to **DISMISSAL** and **SUBSEQUENT SUSPENSION FROM ATTENDANCE.**

As a spectator, I will **NOT**

- Use profanity, taunt, trash talk, or heckle our opponents, and coaches, the officials, our team and coaches, or other spectators.
- Wear derogatory or offensive attire.

- Enter the playing surface before, during or after the contest.
- At any time throw any objects or projectiles.

## **SECTION TWO**

Any violation of the conference sportsmanship policy can result in a series of consequences from verbal warnings to ejections or dismissal by school personnel, officials, administrators or police.

An **EJECTION** or **DISMISSAL** from **ANY** Firelands Conference contest will result in a minimum **1 WEEK BAN** from **ALL** Conference events (Home or Away) at **ALL** levels of play (Junior High and High School).

Enforcement of a fan suspension is the responsibility of the school issuing the suspension.

A fan that physically assaults anyone at an athletic contest will be prosecuted and denied admission to **ALL** future contests until he/she is reinstated by the District Superintendent.

Each Conference school reserves the right to expand on any of the afore mentioned Conference consequences.

## **TICKET PRICES**

Ticket prices for all athletic events are established by the Firelands Conference

Current Ticket Prices are as follows:

Varsity Contests - \$6.00 for Adults **AND** Students

**Student Tickets for league contests can be purchased in advance for \$4.00 ea.**

Student tickets bought in advanced are good at all home and away league games. Tickets are sold at the High School, Middle School and Elementary School in the Plymouth-Shiloh Local School District.

Sub Varsity Contests (JV, 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade) - \$5.00 adults \$3.00 students

Wrestling Invitational - Tickets for the Plymouth Wrestling Invitational are **\$8.00** for Adults and **\$6.00** for students. There are no pre-sale tickets for the wrestling invitational.

## **SEASON PASSES**

\$250.00 - Family    \$85.00 - Individual    \$30.00 - Senior Citizen    \$60 - Student  
 These passes are good for all high school and middle school HOME contests that are not state tournament affiliated.

**Full admission price for students and adults will be charged throughout the game. There will be no passes out, anyone leaving a contest will pay full price for readmission.**

## **FAN EXPECTATIONS**

It is the expectation of the Board of Education that all spectators demonstrate sportsmanship towards players, coaches, game officials, and other fans.

Examples of unacceptable behavior include but are not limited to the following:  
Threatening actions or verbal abuse of players, fans, coaches, and game officials;  
unauthorized entry onto the playing area, team bench area or locker room; throwing objects, or disrespect toward anyone.

Unacceptable fan behavior will result in the fan's removal and a denial of admission to future contests for at least two weeks and a minimum of two athletic contests.

A fan that uses physical assault at an athletic contest will be prosecuted and denied admission to all future contests until he/she is reinstated by the District Superintendent.

An athletic contest is not a place for alcoholic beverages. People wishing to drink or those obviously under the influence of alcohol will be asked to leave the premises.

## **LEVELS OF COMPETITION**

### Varsity

The perfection of skill, playing the best overall athletes possible and winning is the emphasis at this level. While winning at all costs will never be a part of our philosophy, no apology shall be necessary when the varsity team does all it can within the bounds of ethics, integrity, and sportsmanship to win each and every contest. In certain sports, cutting may be used and it is extremely likely that some players may not see action in each contest.

### Junior Varsity

This level of competition begins to focus on skill refinement and winning as a team. Cutting may occur at this level in certain sports. It is possible that not every player will have the opportunity to play in every contest.

### Freshman

Emphasis at the freshman level is on participation, skill development and team success. If a sports program supports a freshman squad, efforts will be made not to cut players at this level, as the future ability of these students is largely uncertain. Attempts will be made to play as many students as possible during each contest while striving for victory for the entire team.

### Middle School

Preferably, two teams will be created at the middle school level in each sport; at the 7<sup>th</sup> grade and the 8<sup>th</sup> grade levels. If low numbers make this impossible, combining all 7<sup>th</sup> and 8<sup>th</sup> grade students will create a single middle school team. Emphasis at this level is on individual participation along with team success. Every attempt will be made to encourage student participation including attempts to play each student in every contest while also ensuring success for the entire team.

## **Parents, Your Role in Interscholastic Athletics**

### **Communicating With Your Children**

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but don't coach them. Can be difficult for child to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition and the hard work it takes to improve their skills and attitudes.
- Try not to relive your athletic life through your child in a way that creates pressure.
- Children need their parents at all times, so do not withdraw when they are struggling. If they are comfortable with you win or lose, then they are on their way to maximum enjoyment.
- Don't compete with the coach. If children receive mixed messages from different authority figures, they may become disenchanted.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coach. Then you can be assured that the philosophy, attitude, ethics and knowledge are such that you are happy to have your child under the coach's leadership.
- Remember that children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before overreacting.

### **Communicating With The Coach**

#### **Communication You Should Expect From Your Child's Coach:**

- Philosophy of the coach
- Expectations of team members
- Time and Location of all practices and contests
- Team requirements (fees, equipment, off-season conditioning)
- Procedures for injuries
- Discipline that results in your child's denial to participate

#### **Communication Coaches Expect From Parents:**

- Notification of all schedule conflicts in advance.
- Issues in personal life that may affect student.

#### **Appropriate Concerns To Discuss with Coaches**

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

#### **Issues Not Appropriate To Discuss With Coaches**

- Playing Time
- Team Strategy
- Play Calling
- Other student-athletes

#### **Appropriate Procedure For Discussing Concerns With Coaches**

- Call to set up an appointment with the coach (contact athletic administrator if unable to reach the coach)
- Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved)

#### **What If the Meeting With The Coach Did Not Provide A Satisfactory Resolution**

Call to set up an appointment with the athletic administrator. Determine the appropriate next step.

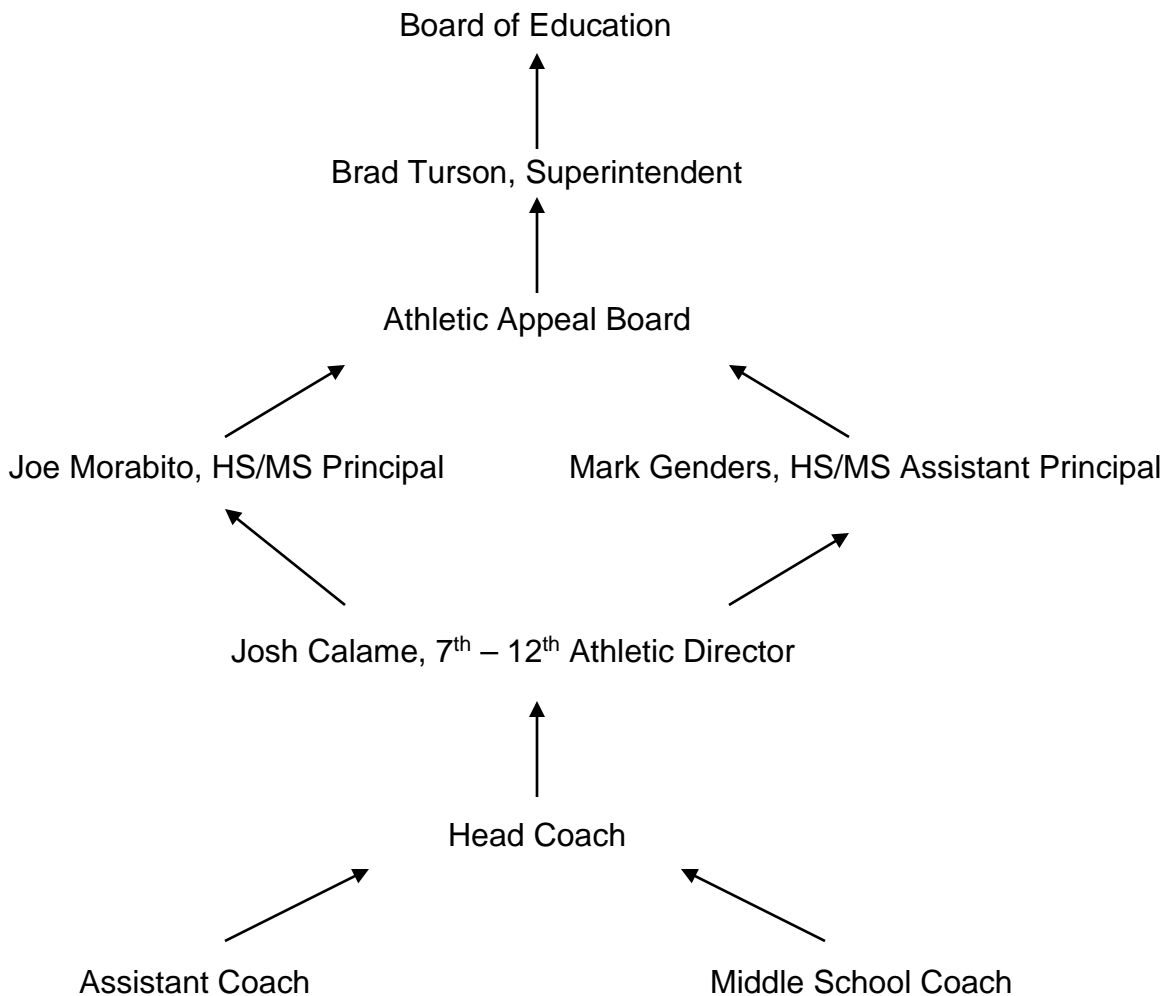
## COMMUNICATION CHAIN OF COMMAND

Communication is the key to being successful in any endeavor. Many times problems may arise where a simple discussion may solve the problem. We urge you to see the appropriate people when an issue arises concerning your child.

Meetings with coaches should be set up at an appropriate time, but not immediately before or after a game or contest. The athletic director should be involved in all meetings between coaches and parents when possible.

Four issues that will never be discussed: playing time, team strategy, play calling and other student athletes. Coaches will discuss what your son or daughter needs to do to improve themselves and help the team be more successful.

Please see the flow chart below to help you determine with whom to speak to.



## **ATHLETIC CONTROL BOARD**

The Athletic Control Board is an advisory group that will have direct communication with the Athletic Director, Principals, and Superintendent. It will make recommendations on matters relative to interscholastic athletics, its philosophy, its policies, and awards.

The Plymouth-Shiloh Athletic Control Board provides a consistent and coordinated direction for the interscholastic athletic program in the Plymouth-Shiloh School District. This Board works with issues related to the athletic program, philosophy and policies.

The Athletic Control Board shall be made up of the following:

Superintendent	Middle School Principal
Board of Education Member	Athletic Director
High School Principal	All Head Varsity Coaches

The Athletic Control Board will meet a minimum of 2 times a year.

The athletic programs in the Plymouth-Shiloh Schools, grades seven through twelve are subject to the jurisdiction of the Athletic Control Board.

Middle School sponsored teams:

Football	Boys' Basketball	Boys' Track
Volleyball	Girls' Basketball	Girls' Track
Cross Country	Wrestling	Cheerleading

High School sponsored teams:

Football	Volleyball	Girls' Basketball	Baseball
Co-Ed Golf	Girls' Cross Country	Boys' Basketball	Girls' Track
Softball	Boys' Cross Country	Wrestling	Boys' Track
Cheerleading			

# **PREREQUISITES FOR STUDENT PARTICIPATION IN ATHLETICS**

## **STUDENT PARTICIPATION AND PHYSICAL EXAMINATION FORMS**

All parents/guardians and grade 7-12 athletes must complete and sign all forms included in the athletic participation packet prior to participation each school year. Forms must be on file with the athletic director before any student may participate in practice. The packet contains the following forms:

1. OHSAA Preparticipation Physical Evaluation (signed by physician)
2. OHSAA Authorization Form
3. OHSAA Eligibility and Authorization Statement
4. Student and Parent Consent to Drug Test
5. Plymouth-Shiloh Schools Emergency Medical Form (House Bill 168)
6. Plymouth Athletic Department Agreement
7. Athletic Insurance Waiver
8. Avita – Consent to Treatment
9. Concussion Information Sheet
10. Sudden Cardiac Arrest (Lindsay's Law) Information Sheet

## **INSURANCE**

The Plymouth-Shiloh Local Schools provides a liability insurance program for all employees (classified and certificated) as required by law.

All participants on Plymouth-Shiloh Schools athletic rosters are covered by a catastrophe policy provided by the OHSAA.

Parents must have insurance on their children for any sport they participate in. Parents may purchase school insurance or carry insurance from an independent agent, provided a signed statement is on file indicating waiver of the school plan.

## **PARTICIPATION IN SCHOOL ACTIVITIES**

If an athlete is not in school by 9:00 A.M., and does not remain in school for the entire day, they are ineligible to participate or practice in an extra-curricular activity that day. This also applies to an activity on a weekend when the absence occurs on the last school day preceding the weekend. If the absence is excused by a doctor, the student will be allowed to participate. A student's parent or guardian may make pre-arrangements with the building principal for a student to be absent all or part of the day of a school extra-curricular activity and still participate in that activity.

## **REMOVAL FROM CLASS – (DAILY)**

Any student who is removed from class during the day because of discipline reasons or who skips a class, will not practice or attend extra-curricular activities or events on that day in which he or she was removed or skips. Teachers are to contact the principal in such situations. The principal will make the final decision regarding such matters.



# **STUDENT ATHLETE ACADEMIC ELIGIBILITY**

Plymouth student athletes must qualify for eligibility under rules established by the Ohio High School Athletic Association and Plymouth-Shiloh Board of Education. Students that do not meet requirements will be ineligible for scrimmages and official contests.

## **High School**

1. Pass a minimum of five one-credit courses, or the equivalent, which count towards graduation in the preceding nine weeks.

AND

2. Earn a minimum 1.5 GPA and receive fewer than two “F’s” during the grading period.

A student that is ineligible, but passed 5 credits may become eligible at interims of the following nine weeks provided they:

- a. Practice with the team
- b. Attain at least a 1.75 GPA on the next interim report
- c. Have no more than one “F” on the next interim report
- d. If criteria is not met, student will remain ineligible for the entire nine weeks

## **Middle School**

1. Must have passed 4 of their classes in the preceding grading period.

- Any student that does pass at least 4 credits will be ineligible for the entire following nine weeks.

2. Students who receives a “F” on their interim report or an “F” on their nine weeks grade card will be placed on academic probation.

- While on academic probation, students will not be allowed to participate in practices or athletic contests until:

- a. If received “F” on grade card – following interim report with no “F”
- b. If received “F” on interim – when no longer showing “F” in any course.

# PLYMOUTH-SHILOH LOCAL SCHOOL DISTRICT STUDENT ATHLETE CODE OF CONDUCT

Students volunteer to participate in the interscholastic athletic program and are expected to accept the responsibilities associated with their choice. Conduct by athletes, while representing a team, traveling to or from an event, as well as in the community, is seen as a direct reflection upon the athletic program and the standards of the school. It must be remembered that participation in athletic activities is not a right, but a privilege that will be regulated.

Any student involved in the Plymouth-Shiloh athletic program shall be subject to the following code of conduct for their entire high school career, year round, both in and out of season. Failure to comply with the code of conduct may result in disciplinary action.

Prior to any of the consequences below being applied for a violation, the athlete will be given an opportunity to informally meet with the athletic director and principal to challenge the reasons for the application of consequences or to otherwise explain his/her actions. Any other due process requirements required by law will be provided.

## **A. Alcohol, Drug and Tobacco Violation**

### **1A. USE/POSSESSION OF ALCOHOL, DRUGS, AND TOBACCO**

Any student using, possessing, or purchasing alcohol, tobacco (in any form such as cigarettes, cigars, chewing tobacco or E-Cigs), vaporizer pens, counterfeit drugs, illegal controlled substances, drug paraphernalia, or any substance represented to be an illegal substance; shall be dealt with in a manner consistent with the student athlete code of conduct.

#### **FIRST VIOLATION**

- a. Denial of participation for 50% of the regular and post season. (A half of a game will always be rounded up to a complete game.)
- b. Loss of leadership roles on teams (i.e. team captain) for one calendar year from the time of the infraction.
- c. Denial of participation may be reduced to 30% of the season if and only if the athlete schedules an appointment with a certified chemical dependency counselor for a chemical dependency assessment within 5 days of being notified of the denial of participation. Following the assessment, the student will carry out the chemical dependency counselor's recommendation. The parent/guardian/custodian is responsible for all expenses. The athlete must submit documentation to the Athletic Director and/or Principal of the chemical dependency assessment in order for the denial of participation to be reduced.
- d. In the case that the athlete chooses not to follow through with the process for reducing the denial of participation and remains out for 50% of the season the parent/guardian will be responsible for the expense of one urine drug test, which must come back clean, prior to reinstatement. Failure to comply with the above will result in the student athlete being denied the

privilege of participation in interscholastic athletics until the student is reinstated by the appeals board.

**SECOND VIOLATION** – Within two calendar years of first offense:

- a. Denial of participation in practices and contests for the remainder of that season plus one calendar year from the end of that season.
- b. Denial of participation may be reduced to the remainder of the current season plus the following season if the athlete completes the following; 1) Submit to random Drug/Nicotine/Alcohol testing at a facility of the administrations' choosing. The parent/guardian/custodian is responsible for all expenses. 2) Testing must occur on the selected test day or the reinstatement will be disqualified. 3) If a test comes back positive, the student-athlete will be denied participation in all athletics until reinstated by the appeals board.

**THIRD VIOLATION** – Within two calendar years of first offense:

- a. Student will be denied the privilege of participation in interscholastic athletics at Plymouth-Shiloh Local Schools until reinstated by the appeals board.

**2A. SALE OR DISTRIBUTION OF ALCOHOL OR TOBACCO**

**FIRST VIOLATION**

- a. A student found guilty in first violation of the sale or distribution of alcohol or tobacco products will be treated the same as a second violation of use or possession.

**SECOND VIOLATION**

- a. A student found guilty in second violation of the sale or distribution of alcohol or tobacco products will be treated the same as a third violation of use or possession.

**3A. SALE OR DISTRIBUTION OF ILLEGAL DRUGS**

**FIRST VIOLATION**

- a. Anyone selling or distributing drugs will be denied participation in interscholastic athletics at Plymouth-Shiloh Schools until reinstated by the Appeals Board.

**DEFINITIONS AND NOTES**

1. SELF-REFERRAL – A student athlete or his/her parents/guardians seek help from a school official prior to knowledge of an offense involving alcohol, tobacco or drugs, or being selected for drug testing. Self-referral may occur only once during the student athlete's Middle School career, and once during their High School career. Self referral will be negated once:

- a. knowledge is reported from another source.
- b. law enforcement becomes involved.
- c. the start of an investigation begins.
- d. a positive test or any violation of the Student Athlete Code of Conduct has been determined.

Appropriate action may include assessment, placement in an educational or counseling program and/or alcohol, drug, and tobacco testing at the expense of the parents. Prior to participation in a sport, the student athlete must be able to show that he/she is working on correcting the problem, which resulted in the self-referral. Any athlete who makes a self-referral will not be considered to have violated the student athlete code of conduct and will not be placed into the violation process.

2. **ADMISSION OF GUILT** - Any athlete who admits to his/her 1<sup>st</sup> violation prior to head coach or school administrator knowing and/or questioning will be denied participation in 30% of the season contests instead of 50%, in addition to the other requirements.

4. **DENIED PARTICIPATION** - To calculate the percentages of penalty for denial of participation, the number of regular season contests scheduled will be used for each respective sport. Tournament contests will be denied when necessary.

5. **CARRY OVER** - Any student athlete who incurs a penalty in the second half of a season and is unable to complete the percentage penalty in that season, will be penalized the uncompleted percentage in his/her next season of participation. The athlete must complete the affected season in good standing or the denial of participation will be carried over to the next season.

## **STUDENT ATHLETE CODE OF CONDUCT CONTINUED:**

### **B. Excused and Unexcused Absence from Practice**

It is mandatory that each player contact the coach if he/she is going to miss a practice. Unexcused absence will not be tolerated.

### **C. Fifth Practice Day**

The term "fifth practice day" is defined to mean the fifth day that the team, as a whole begins practice. For fall season: Middle School students - the fifth day means the fifth school day. High School students - the fifth day means the fifth practice day. Students must join the team by the fifth practice unless:

- a. For the resident student - excused in advance by the head coach with administrative approval.
- b. Transfer students – not released by the Board of Education of the district in which they reside.
- c. Students who move into the Plymouth-Shiloh District and establish residency anytime during an athletic season are not subject to these eligibility restrictions. If a circumstance should arise an exception to this rule could be granted with the approval of the Athletic Director, Building Principal, and the Superintendent.

### **D. Disrespect Toward Others**

Disrespect towards teammates, coaches, members of the opposition's team, or game officials will not be tolerated.

### **E. Removal From School**

Any athlete suspended or expelled from school is also suspended from all athletic activities including practices and contests.

- a. If a student is suspended twice during any athletic season, the student will be removed from the team.

### **F. Actions In and Out of School**

As an athlete and representative of Plymouth High School your actions both in and out of school, will be carefully observed by everyone in this community, which you represent. Unacceptable behavior includes, but is not limited to:

- a. Theft, vandalism or physical abuse of person or property.
- b. Bullying and Hazing as defined in school policy.
- c. Repeated infractions of school rules or disruption of school climate.
- d. Inappropriate actions or content through all forms of digital communication.

### **G. Athletic Equipment**

All school issued equipment and uniforms are the athlete's responsibility and are to be worn only at practices, scheduled games, or other appropriate times. Athletes are to participate only in school issued uniforms. It is highly recommended that all equipment and personal belongings be locked in a locker.

At the end of the sport season, no equipment or uniforms will be given, or sold to any player without administrative permission.

Failure to return all equipment and uniforms issued, within two weeks of the conclusion of a sport season, may cause the termination of any athlete's participation in a school sponsored activity until the equipment or uniform is returned, paid for, or otherwise arranged for.

### **H. Awards**

The awards program for each sport is considered a commitment similar to a practice or game. Athletes must attend their respective awards assembly in order to receive any attained during that sport. Unexcused absences will result in the forfeiture of any award. Athletes may be excused from a banquet with prior permission from the athletic director and/or head coach.

### **I. Ejection from Contest**

Student athletes who are ejected or disqualified for unsporting conduct will be denied participation in the remainder of that contest, plus 2 (one in football) of the regular season/tournament contests at all levels. If an incident would occur at the end of the season or involve an athlete out of season, the denial will carry into the next season that the athlete competes.

A student under suspension may not sit on the team bench, enter the locker room, or be affiliated with the team in any way, including transportation.

A second violation in a season will result in suspension for the remainder of the season in that sport. If the ejection occurs during the last game of the season the student shall be ineligible for a time to be determined by the OHSAA.

#### **J. Dismissal from Team**

Any athlete who is detrimental to the development of the squad, as determined by the coach, can be removed from the team at any time during the season.

- a. Athletes removed from team, after the first contest, will be unable to participate in any sports program until the end of its regular season.

#### **K. Quitting a Sport**

Any student athlete who quits a team after the first contest will be prohibited from any sport related activity until the season ends. The season ends on the date of the last varsity contest.

#### **L. Head Coach and Training Rules**

The Head Coach in each sport will set any additional training rules for their specific sport with the Athletic Director's approval. This handbook should be the players source of knowledge for all team expectations. The Head Coach is responsible to give copies and review this book with all his/her athletes and their parents/guardians at the pre-season sport meetings. Students violating team rules and regulations may be handled by the coach.

#### **M. Transportation**

Students are required to ride school transportation to and from school activities that take place out of town. This requirement covers the school's liability for these students and also fulfills their obligation to the group and/or team they represent.

Common sense and legalities allow exceptions. When an extreme inconvenience or emergency exists, parent(s)/guardian(s) may fill out and sign a Parent Transportation Request Form, which must be signed and approved by the principal or athletic director. After the form has been signed by an administrator, the head coach must receive the form, sign it, and keep it on file.

The Athletic Department will not be responsible for transporting athletes to home games, or places of practice.

#### **N. Social Media, Electronic Communication, and Internet Policy**

While social networking can be an important aspect of one's life, chat rooms, bulletin boards, blogs, texting, and items such as Facebook, Twitter, SnapChat and others can pose a serious danger to personal health, safety, and welfare. Certain actions within these sites can also lead to serious issues at school and within athletic programs. As participation in athletics is a privilege, students and parent/guardian(s) must accept personal responsibility for any images, postings, or information appearing on the Internet.

When using electronic communication, visiting or appearing on any Internet sites, those involved in the Plymouth-Shiloh Athletic program are expected to maintain

high standards of conduct and acceptable behavior. These acceptable standards are based upon the policies and regulations described in the Plymouth-Shiloh Local Schools Student Handbook, this Athletic Participation Handbook and individual team rules, regulations and expectations.

Any electronic posting or communication that disrupts either the educational or athletic environment, which advocates the violation of any school or team policy, or attacks students, teams, coaches, or officials is unacceptable. These would include, but not limited to: the consumption of alcohol and/or the use of illicit drugs; inappropriate sexually-oriented material; activities involving bullying, hazing or intimidation; speaking ill of teammates or opponents, officials, or coaches. Violation of this policy may result in disciplinary action up to and including removal from the athletic program.

#### **O. Bus Policy**

Student-Athletes are expected to behave and adhere to all Plymouth-Shiloh School bus policies. Any misbehavior on athletic trips that violate Plymouth-Shiloh bus policies will result in punishment of the athlete that could include suspension from games/events and possible removal from team. The punishment will depend on the severity of the violation and will be at the discretion of the Athletic Director and/or Principal.

#### **P. Conflicts in Activities**

Plymouth-Shiloh students are encouraged to participate in a wide range of activities, but are warned about taking on too much for their own good. Students who choose to become active in numerous activities must recognize that the potential for numerous conflicts. Students are reminded that by joining a Plymouth-Shiloh team, they are making the commitment to the school and their classmates in regard to all practices and/or contests.

For the purpose of eliminating potential scheduling conflicts and resolving them in a positive and productive manner without the student being placed in the center of the dispute, the following guidelines are to be followed whenever a schedule conflict occurs:

- a. All performance activities, competitions, trips, conventions, etc. must be placed on the District calendar as soon as they are scheduled to notify all of potential conflicts.
- b. Any formal performance (game, contest, tournament, etc.) takes precedence over a practice activity.
- c. Any activity that counts toward a classroom grade will have precedence.
- d. Precedence will be given to the activity where the student is an active participant versus one where he/she is basically a spectator.
- e. If a schedule conflict still exists, the coach(es), advisors and/or directors involved will resolve the conflict by utilizing an equal sharing of the student's time. This can be accomplished by sharing of time on a given day or alternating days of attendance at the given activities.

At no time will there be negative consequences for a student who finds him/herself in an activity conflict given that he/she has followed the directions provided by the advising authority.

#### **Q. Dress Code**

Students participating in athletic workouts, summer leagues, practices, scrimmages, contests, etc., are expected to follow the basic principles of the District's Student Dress Code at all times, including that students shall not dress or appear in a fashion deemed inappropriate. Students may not dress in a fashion that either interferes with the student's health & welfare or that of other students, or causes disruption or directly interferes with the educational process of which athletics is a part. Any form of dress or grooming that attracts undue attention or violates the previous statement is unacceptable.

#### **R. Inclement Weather Policy**

The Plymouth-Shiloh's Local School's policy in regard to contests and practices conducted on days when school has been canceled is delineated below. First and foremost, Plymouth-Shiloh is concerned about the safety of its students, employees and community members. Factors that contribute to the cancellation of classes are varied and require evaluation of circumstances that may change significantly between 6:00am and 2:00pm.

When school is closed due to factors other than inclement weather, such as maintenance breakdowns or other extraordinary events, all contests and practices may be conducted as usual, provided that consideration is made for participant safety. When school is closed due to weather-related conditions like snow or ice, the following policy will be employed:

- a. No practices or contests at the Middle School level (7<sup>th</sup> and 8<sup>th</sup> grade) will be held.
- b. High School activities may be conducted provided no punitive measures are taken against students whose parent/guardian(s) prohibit him/her from attending.
- c. No athletic activity of any kind will take place prior to 2:00pm.
- d. A travel advisory of "Level 2" or worse will result in the automatic postponement and/or cancellation of practice or contests.
- e. Head Coaches must obtain permission to conduct practice activities from the Athletic Director, Principal, and/or Superintendent based on projected travel conditions during the activity time.
- f. Decisions in regard to contests will be made as late in the day as possible in consultation with the opponent school's administration.

#### **S. Pregnancy Policy**

A pregnant student may participate in an athletic program only if a physician certifies in writing that the student is physically able to participate in specific events or activities. This statement shall serve as medical clearance and assumption of responsibility and liability for the pregnant student's participation. A pregnant student may not participate in any manner until such a physician's statement is provided to the AD.



## **T. Vacation Policy**

Students are highly discouraged from partaking in vacations during the sports season. Those wishing to take vacations during their season of participation may wish to reassess their commitment to the team. In the event of an unavoidable vacation conflict, a student must notify their Head Coach well in advance of the vacation and be prepared to assume the consequences of their actions. Missing any portion of the season will have an adverse effect on their team status, *including playing time and award status*. No student choosing to take a vacation during the season should expect to return to the team without having to earn his or her position back.

### **DENIAL OF PARTICIPATION**

Students violating the Student Athlete Code of Conduct may be denied the privilege of participation in athletics in accordance with the procedures outlined below.

- a. All students shall, at the beginning of the sports season, receive a copy of the Plymouth-Shiloh Student Athlete Handbook and any specific rules and regulations for the sport involved.
- b. The athlete will have a meeting with the Principal, Athletic Director and Head Coach and be given written notice of the intent to deny him/her participation stating the reasons.
- c. Parent(s)/Guardian(s) will be notified through a phone call and letter.
- d. When academically ineligible or denied participation, student athletes may practice and travel with the team at the individual coach's discretion. However, under no circumstances may the student dress for a contest, or be on the sideline.

### **APPEALS PROCEDURE**

The student athlete may appeal the decision of the Principal/Athletic Director to the Athletic Appeal's Board. This Board shall consist of 2 district Principals, the Superintendent, a School Board Member to the Athletic Control Board, and Athletic Director. The appeal will require the following:

- a. Notify the Principal in writing within 72 hours of the initial ruling.
- b. The student, along with representation, shall have the opportunity to appear before the Appeal's Board.
- c. After consideration of all information, the Appeals Board shall decide whether the student should be exonerated, receive a modification of punishment, or denied participation as originally defined.
- d. The decision of the Appeal's Board will be communicated, in writing, by the principal within 48 hours to the student and his/her parent(s)/guardian(s).
- e. The decision of the Appeals Board may be appealed to the Board of Education, for final determination, within 72 hours of receiving the decision. The review may be scheduled by submitting a written request to the Superintendent.
- f. The superintendent shall schedule the hearing with the Board of Education and determine the procedures to be followed.

# **GENERAL SPORTS GUIDELINES**

## **SQUAD LIMITATION**

In some sport activities offered by the Plymouth Athletic Department, squad limitation does become necessary. Maximum participation has always been the general philosophy of the Plymouth Athletic Department. The Athletic Department guarantees that every interested student will have the opportunity to compete for primary and/or supporting positions.

The determination and selection for such positions shall be the right and responsibility of the coach of that activity within the true spirit of the concept of maximum participation. The determination and selection will be based upon good evaluation and fair judgment, which must be apparent in the qualification of the selected individuals in charge.

Every student has the opportunity to participate in the competition for such positions. If after evaluation it becomes necessary to cut an athlete from a squad, that individual may have the benefit of a personal conference with the coach and will be informed as to why he/she did not make the team. A team will have three days of tryouts before cuts will be made (exception: cheerleading tryouts).

## **DUAL SPORT**

Student athletes may participate in two sports during a given season under the following conditions:

1. The student athlete must declare their major sport within the first five (5) days of official practice.
2. The coaches of the two sports must agree to allow the athlete to dual sport.
3. An athlete may not change his/her major sport once declared.
4. Athletes and parent(s)/guardian(s) are responsible to set up a group meeting, with both head coaches present, to discuss expectations of the athlete.
5. Coaches will mutually agree when an athlete will practice and participate in contests with each team.
6. If one of the teams does not have practice or a contest on a given day, the athlete is required to attend the other teams practice or contest.
7. Only a parent/guardian may transport the student athlete to a contest if unable to ride the school bus. A transportation waiver must be signed by the parent for each contest.
8. No matter the level of competition, the athlete is eligible to earn school awards in both sports, if they finish each season in good standing.

## **OUT OF SEASON CONDITIONING/LIFTING/OPEN GYM REGULATIONS**

All students are encouraged to participate in non-mandatory out of season conditioning/lifting/open gyms to improve their skills and abilities. When an athlete is participating on a sports team that is currently in-season they have made a commitment to that team for the entire season. Students that are on a team that is in-season are prohibited from participating in “off-season” **team** workouts, open gyms, shootouts, etc. of another school-sponsored team. This policy does not prohibit students from taking part in **individual skill development** (i.e. hitting, pitching, shooting, etc.) at open gym opportunities. In the spirit of this policy, Head Coaches involved will meet to determine what, if any, activities the student in question can participate in, with the in-season coach having preference. Coaches will make every attempt to schedule “off season” activities at times that will not interfere with in-season sports and/or athletes. All student-athletes are encouraged to lift year round when capable but are highly encouraged to refrain from lifting on a game day when participating in an in-season sport.

## CONCUSSION PROTOCOL

Concussions are a trauma to the brain due to forces to the head, such as a direct blow to the head, face or neck and can occur with head on head contact, or simply bumping of the head. Although trauma to the brain cannot be seen like a bruise elsewhere on the body, it must be treated with much more precaution. When an athlete gets a concussion the brain becomes bruised and therefore a multitude of signs and symptoms, if not noticed could cause severe harm and long-term effects to the athlete.

The athlete needs to take precaution when doing activities that involve thinking and the use of the brain. The athlete should decrease the amount of reading, studying, video games and texting and should be continually be monitored for the next 24-48 hours after the injury. If the symptoms of a concussion do not get any better or worsen the athlete needs to get to the emergency room for further evaluation. **DO NOT** allow the athlete to take aspirin or Tylenol during the initial period.

### Signs/Symptoms

- |                                |                     |                         |
|--------------------------------|---------------------|-------------------------|
| - dazed/confused               | - loss of memory    | - headache              |
| - nausea/vomiting              | - mood changes      | -ringing in ears        |
| - slurred speech               | - increased fatigue | - trouble concentrating |
| - sensitive to light and noise |                     |                         |

Any student, while practicing for or competing for an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury shall be immediately removed from the practice or contest by either the coach or official.

### Return to Play Protocol

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition. Thereafter, which means no earlier than the next day, the coach OR referee shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

1) The student's condition is assessed by either of the following:

- A physician, authorized under Chapter 4731 of the Ohio Revised Code to practice medicine and surgery or osteopathic medicine of surgery (M.D. or D.O.)
- Any other licensed health care provider that the school district board of education authorizes to assess the student who has been removed from practice or competition.

2) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance.

## **PLYMOUTH-SHILOH LOCAL SCHOOLS ALCOHOL, DRUG, AND TOBACCO TESTING OF STUDENTS IN INTERSCHOLASTIC ATHLETICS**

The Board recognizes the interscholastic athletic program is an integral part of the entire educational program. Through participation in interscholastic athletics, students are provided an opportunity for educational and character-building experiences. The Board also realizes that an athlete who is involved with drugs places himself/herself at a heightened risk of physical harm by participating in the district's athletic program.

The athlete assumes responsibility for regulating his/her personal life in ways that will make him/her an efficient member of a team and worthy representative of his/her school. Alcohol, Drug, and Tobacco use/abuse by student athletes is a major detriment to these goals. The Board believes a testing program will help encourage students who want to participate in interscholastic athletics remain drug free.

Interscholastic athletes must participate in the alcohol, drug, and tobacco testing program. Prior to testing of an athlete, the athlete and the parent(s) guardian must sign a form consenting to the alcohol, drug, and tobacco testing. Failure to do so will result in the student being denied participation in athletics. Each season an equal percentage of high school male and female athletes may be tested. The number of high school athletes chosen for testing will be a minimum of sixty per year. An equal percentage of middle school male and female athletes may be tested each season. The number of middle school athletes chosen for testing will not exceed ten per season. All tests shall be conducted outside the school day. Only in-season athletes will be tested.

In addition to random selection, a student athlete can be tested upon the request of a parent or legal guardian. These requests will not affect the normal random process or the determined numbers.

No student/athlete will be penalized academically for testing positive for drugs as defined in this policy. The results of drug tests pursuant to this policy will not be documented in any student's academic records. Information regarding the results of the drug test will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid subpoena or other legal process which the Plymouth-Shiloh Local School District Board of Education will not solicit. In the event of service of such subpoena or legal process, the student and the student's parent/guardian/custodian will be notified at least 72 hours before the response is made by the Plymouth-Shiloh Local School District Board of Education to the extent permitted by such subpoena or legal process.

### Definitions

- A. STUDENT ATHLETE OR ATHLETE – any person participating in Plymouth-Shiloh Local Schools Interscholastic Athletic Program and for a calendar year after his/her participation ends.

- B. RANDOM SELECTION – a mechanism for selecting athletes for alcohol, drug and tobacco testing in which each athlete shall have an equal chance of being selected from their pool each time selections are made.
- C. TOBACCO – any product of tobacco used in smoking, chewing or snuff.
- D. ILLEGAL DRUGS – any substance, as included in schedules I through V of 21 USC 802 (6), which an individual may not sell, offer to sell, exchange, give, possess, use, distribute, or purchase under State or Federal law.

This definition also includes all prescription drugs obtained without authorization, and all prescribed and over-the-counter drugs being used in any way other than for medical purposes in prescription or by the manufacturer.

- E. ALCOHOL – means intoxicating liquor, liquor, alcohol, wine, beer, mixed beverages, malt liquor, and malt beverages as defined in Ohio Revised Code Section 4301.1. The term “alcoholic beverages” also means, any liquid or substance, such as “near beer” intended for use as a beverage, which contains alcohol in any proportion or percentage. The term “alcoholic beverage” does not include a substance used for medical purposes in accordance with directions for use provided in a prescription or by the manufacturer and in accordance with school district policy and rules related to the use of prescription and nonprescription drugs so long as the substance is (1) authorized by a medical prescription from a licensed physician and kept in the original container, which container shall state the student’s name and directions for use or (2) an over-the-counter medicine, kept in the original container, which container shall state directions for use
- F. POSITIVE – the presence of any drug defined in this section.
- G. MRO – Medical Review Officer – Must be certified by the Medical Review Officer Certification Council (MROCC) or (AAMRO) having proven by examination to have had the appropriate medical training to interpret and evaluate drug test results and thus qualified for certification as a Medical Review Officer.
- H. POOL – is a group of athletes determined by sex, and building level (Building level – H.S. and M.S.). There will be 4 pools; high school males, high school females, middle school males, and middle school females.

### **DRUG TESTING OF ATHLETES IN INTERSCHOLASTIC ATHLETICS**

- A. Athlete will complete a specimen control from which bears an assigned number.
- B. Athlete will enter a private secured room where they will produce a urine sample.
- C. The monitor will check the sample for temperature and tampering. The specimen vials will have an assigned control number in place of the student’s name. The

specimen vials will be maintained under strict security so as to maintain proper chain of custody.

- D. The specimen will be sent to an independent laboratory where all samples will be tested for at least five (5) substances.
- E. Should the collection procedure change because of procedure requirements by the testing laboratory, the Board reserves the right to change the procedure to coincide with the guidelines established by the collection agency.

### POSITIVE RESULTS AND VIOLATIONS

Whenever a student athlete's test indicates a positive result, the laboratory will confirm the result. The MRO will then notify the parent/guardian/custodian and the MRO will determine, based on the input of the parents, whether the positive results are a result of a prescription positive or the presence of illegal substances. Once the MRO has made a final determination as to whether the test is positive, the MRO will then provide the results of the positive test to the building principal.

All positive tests will be dealt with and subject to any of the violations and consequences as listed in the Student Athlete Code of Conduct.

### REFUSAL TO SUBMIT TO ALCOHOL, DRUG, AND TOBACCO TESTING

- A. A student athlete who misses random collection without good cause, as determined by the building Principal or designee, is ineligible to participate in the athletic program until reinstated by the appeals board for that sport as specified by the Student Athlete Code of Conduct.
- B. If a student athlete refuses to submit to a drug/alcohol use test authorized under this policy, such student shall not be eligible to participate in the athletic program until reinstated by the appeals board for that sport for the rest of the season.

### OTHER

- A. Test results will be maintained by the School District until the athlete is no longer enrolled in the District. Results will be destroyed within one year from that time unless destruction of such records is prohibited by law or the maintenance of a record or records is necessary for the District.
- B. Disclosure of positive test results will be limited to the athlete, parents/guardian/custodian, district's drug substance abuse coordinator, and building principal. Each individual who accepts responsibility for receiving notification of test results must complete a confidentiality statement what will be placed in that individual's personnel file.
- C. All tests are considered confidential information and will be handled accordingly. The results of these tests are not designed to be a public record subject to the open records law of the State of Ohio, Village of Plymouth or any Federal public law.

## SELECTION PROCESS

1. Athletes will be assigned a number after the signed forms are received.
2. The athlete will receive a card with his or her number
3. The names and numbers will be kept in the Principal's office.
4. Using a computer program the Superintendent's office will select the required numbers to be tested.
5. The numbers will be sent to the high school office and middle school office where they will be matched to the proper name.



# ATHLETIC AWARDS

In all sports, awards will be as followed:

1. First Award (Participation in any sport, including JV) – Numerals
2. Junior Varsity – Certificate
3. First Varsity – Letter\*, Sport Pin, Bar, and Certificate
4. Second Varsity – Sport Medal, Bar, and Certificate
5. Third Varsity – Bar, Plaque, and Certificate
6. Fourth Varsity – Bar, Plaque, and Certificate

NOTE: Only one varsity letter will be awarded for entire high school career. Sport pins will recognize each sport lettered in and bars will recognize total varsity awards.

## Plymouth High School Varsity Letter Requirements Athletic Awards

*The requirements for an athlete to receive any awards are:*

1. *He or she must be in good standing at the end of the season and present at the awards ceremony, or have a valid excuse for not attending*
2. *Return all issued equipment and uniforms in clean and proper condition.*
3. *Seniors, who have participated in a sport for two or more consecutive years and have not met the criteria for lettering in that sport, will receive a letter for that sport.*

### **Cross Country**

- Score as one of the top seven runners within the team in at least half of the varsity meets

### **Cheerleading**

- Determined during tryouts as to which squad the individual is assigned, varsity or JV
- Big Red Mascot – must try out each season – letter awarded for every two seasons completed

### **Football**

- Compete in half of the season's total amount of quarters physically able to compete in, a quarter is defined as two consecutive plays or five individual plays within a quarter.

### **Volleyball**

- Compete in half of the varsity season's total of games (not sets) or half of the amount physically able to compete in

### **Golf**

- Compete in half of the varsity matches scheduled, including invites and special tournaments

### **Boys/Girls Basketball**

- Compete in one-half of the season's total amount of quarters at the varsity level.

### **Wrestling**

- Place in a wrestling tournament and/or wrestle in 20 matches

### **Track and Field**

- An athlete must score 40 points in meets during the season or 35 point if you are solely in field events. To earn points the participant can; (1) Place in one half the number of meets (the athlete will earn the same number of points scored for the place that they finish at a meet), (2) earn participant points, (the athlete will earn one point for each meet they participate in), or (3) PR points (the athlete can earn one point for each time they improve their personal best).

### **Baseball/Softball**

- A player must compete in one-half the games played at the varsity level.
- A player that is a pitcher for the team may be eligible for a letter if he/she pitches in one fourth of the number of varsity games.

**Managers/ Mat Maids** must complete the following duties for 2 consecutive years to earn a letter.

- Managers must attend all practices (if required by coach) and contests for the sport.
- Managers must keep accurate records during the events.
- Managers must perform all pregame and post-game duties as assigned by the coach.

## **SPECIAL AWARDS**

### **THE BIG RED AWARD**

The Big Red Award will be given to any senior who accumulates a total of 20 participation points or 6 varsity letters in his/her high school career.

Participation points are earned for each sport participated in:

1 point - freshman, 2 points - sophomore, 3 points - junior, 4 points - senior

### **SCHOLAR-ATHLETE AWARD**

Given to any student-athlete that participates in at least one sport, and earns a minimum 3.5 accumulative GPA for the school year.

### **THREE SPORT AWARD**

Given to any student-athlete that earns three varsity letters in one school year.

\*\*The recipients of these specials awards will be recognized at the Spring Sports awards night.

## TEAM AWARDS

### BASEBALL

Coaches Award  
Most Improved  
MVP  
Sportsmanship

### BASKETBALL (BOYS)

Coaches Award  
Most Improved  
J.V. Coaches Award  
Sportsmanship

### BASKETBALL (GIRLS)

MVP  
Most Improved  
Defensive Award  
Sportsmanship

### CHEERLEADING

Coaches Award – Fall Season  
Coaches Award – Winter Season  
Sportsmanship

### FOOTBALL

Ideal Viking  
Most Improved  
Scout Team Award  
Sportsmanship

### TRACK (BOYS)

MVP  
Most Improved  
Ruckman Award

### GOLF

Coaches Award  
Most Improved  
Sportsmanship

### SOFTBALL

Coaches Award  
Most Improved  
MVP  
Sportsmanship

### VOLLEYBALL

Believe it Award  
Outstanding Viking  
JV Coaches Award  
Sportsmanship

### CROSS COUNTY

Coaches Award  
Most Improved  
Sportsmanship

### WRESTLING

MVW  
Coaches Award  
Most Improved  
Sportsmanship

### TRACK (GIRLS)

MVP  
Most Improved  
Sportsmanship

\*\*These awards are the only ones paid for by the Athletic Department.

