

Huntington North **VIKINGS**



2016-17

Student-Parent Handbook

HUNTINGTON NORTH HIGH SCHOOL

ATHLETIC DEPARTMENT

450 MACGAHAN STREET

HUNTINGTON, IN 46750

260-356-6104 FAX 260-356-3469

Dear Parent & Student-Athlete,

Welcome to the Huntington North athletic program. As a member of an athletic team at Huntington North High School our athletes have several obligations to their team, their school, and their community. Participation in high school athletics is a privilege, which carries with it varying degrees of honor, responsibility, and sacrifice. Given this privilege of competing for Huntington North, our athletes must meet several obligations as outlined in this student-parent handbook. A very important component of the student – athlete’s responsibility is to conduct themselves within the framework of the policies set forth by the Huntington County Community School Corporation, the Indiana High School Athletic Association, and Huntington North High School.

Earning a role on a Viking athletic team means our athletes have agreed to follow a higher standard of conduct throughout the year. Participation in athletics will give Huntington North athletes many benefits throughout their lives. The athletic staff and the coaching staff wish you the best during your season and throughout the school year.

Sincerely,

Kris Teusch

Athletic Director

HUNTINGTON NORTH ATHLETIC DEPARTMENT

Athletic Profile

NICKNAME: Vikings
ENROLLMENT: 1600
COLORS: Red, Black & White
CONFERENCE: North East 8 (NE8)

NE8 Member Schools

Bellmont Braves	Columbia City Eagle
Dekalb Barons	East Noble Knights
Huntington North Vikings	Leo Lions
New Haven Bulldogs	Norwell Knights

ATHLETIC DIRECTOR: Kris Teusch ext. 1093
ASST. ATHLETIC DIRECTOR: Dan Hildebrand ext. 1030
ATHLETIC DEPT. SECRETARY: Jill Landrum ext. 1007
PHONE NUMBER: 260-356-6104 ext. 1518 (athletic hotline)
FAX NUMBER: 260-356-3469

2015-16 Total number of athletes in athletic program: 369
2015-16 Total number of scholar-athletes (9.0 GPA): 210
2015-16 Total number of three sport athletes: 12
2015-16 Total number of two sport athletes: 105
2015-16 Total number of roster spots available: 579
2015-16 Total number of athletic contests scheduled:

SPORTS OFFERED AND HEAD COACHES:

Fall

Cross Country/Girls - Carrie Boxell
Cross Country/Boys - Curtis Hines
Football - Rick Burnau
Golf-Girls' - Ron Vinson
Soccer/Boys' - Steve Saddington
Soccer/Girls' - Jeremy Steele
Tennis/Boys' - Blake Childs
Volleyball - Trinda Goings
Cheerleading - Shelli Coburn

Winter

Basketball/Boys' - Craig Teagle
Basketball/Girls' - Heidi Lawson
Gymnastics - Mandy Barton
Wrestling - Jim Hilter
Cheerleading - Shelli Coburn
Swimming - Mycal Rodenbeck

Spring

Baseball -
Softball -
Tennis/Girls' - Blake Childs
Track/Boys - Scott Bower
Track/Girls - Kelsey Knox
Golf/Boys - Ron Vinson

Trainers: Ryan Geraghty & OPEN

Total Number of Sports Offered: 21
Total Number of Teams: 46

GENERAL RULES AND REGULATIONS FOR PARTICIPATION IN ATHLETICS AT HUNTINGTON NORTH HIGH SCHOOL

PURPOSE – This handbook is designed to explain the rules, regulations, and policies relative to participation in athletics at Huntington North High School. It is a privilege, not a right, to participate in interscholastic athletics.

Huntington North High School is a member of the Indiana High School Athletic Association (IHSAA). The IHSAA governs participation in athletics via the principals of member schools.

It is the responsibility of the student-athlete and parent to read this handbook before signing and returning acknowledgment forms in the back of the handbook. Your signature indicates that you have read, understand, and will abide by the regulations as stated.

Your support of Huntington North athletics is greatly appreciated. We need and depend upon parental support and cooperation to operate a successful athletic program. Any student or parent seeking information may contact the high school athletic office.

AWARDS/GIFTS – Athletes may not receive in recognition for their athletic ability any award not approved by their high school principal/athletic director or the IHSAA. Athletes may not accept awards, medals, recognition, gifts, and honors from colleges/universities or their alumni.

AWARDS PROGRAM - Each coach will conduct an awards program for their respective sport. This awards program is an extension of the athletic season and all athletes are expected to attend. Failure to attend the awards program may result in forfeiture of the athlete's awards.

HAZING – Hazing is prohibited under any circumstances at Huntington North High School including athletic programs. From the Huntington North Student Handbook, under Grounds for Suspension:

“ Performing any act of coercing another, including the victim to perform any act of initiation into any class, group or organization that causes or creates a risk of causing mental, emotional or physical harm.”

Any act of hazing or coercion will be dealt with under the disciplinary guidelines as outlined in the Huntington North Student Handbook.

IHSAA INFORMATION – Listed below are important IHSAA requirements for high school athletes to be eligible for interscholastic competition:

1. An athlete must pass five (5) full credit subjects during the preceding nine-week period. They also must be enrolled in five (5) full credit subjects during their period of competition. Beginning physical education is a full credit subject. Students who

- are re-taking a class, as an audit class must be enrolled in, and pass, five other full credit subjects.
2. An athlete new to the school system (who is not a freshman) must have an athletic transfer on file with the IHSAA before eligibility can be attained.
 3. Between May 1 and the student's first practice in preparation for interschool athletic participation, an athlete must have a completed physical form on file before he/she is eligible to practice or play. Only official IHSAA physical forms will be accepted.
 4. An athlete must present written verification from a doctor to participate after being absent five (5) days because of injury or illness.
 5. An athlete must complete the minimum number of days of practice before playing in a game.
 6. An athlete who is or shall be twenty (20) years of age prior to or on the scheduled date of the IHSAA state finals in that sport shall be ineligible for interschool athletic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the IHSAA state finals in a sport shall be eligible as to age for interschool athletic competition in that sport.

INSURANCE – Huntington North High School does not carry any kind of first dollar insurance for athletic injuries. The IHSAA does have a catastrophic insurance plan. More information regarding the IHSAA plan is available in the Huntington North athletic office.

It is the responsibility of athlete's parents/guardians to provide first-dollar insurance coverage for athletic injuries and the cost of treatment.

PERFORMANCE ENHANCING SUPPLEMENTS & STEROIDS – Use of illegal steroids or supplements that are used to enhance body development or performance are not to be used by HNHS student athletes. The National Federation of High Schools has adopted a policy that is supported by the IHSAA and Huntington North, which states:

“All student-athletes and their parents/guardians should consult with their physicians before taking any supplement product. Supplements in the form of pills, powder, drinks and food sources purporting to enhance strength and/or endurance should be ingested, if at all, only in accordance with applicable laws, and the advice of one's own health-care provider. These products are unregulated by the Food and Drug Administration (FDA) and they may contain potentially harmful ingredients such as, but not limited to, creatine, ephedrine or excessive amounts of caffeine.”

Performance enhancing supplements are not to be brought to school facilities, nor are they to be distributed by Huntington North student-athletes.

TRANSPORTATION – Huntington North athletes are required to travel to and from athletic contests and special events in school approved vehicles under adult supervision. Exceptions to this rule may be granted in case of emergency or special circumstances as determined by the coaching staff.

WEIGHT ROOMS – Huntington North weight rooms are available for use by athletic teams before and after school. No student shall use the weight room facilities without coaching staff supervision.

CODE OF CONDUCT FOR PARTICIPATION IN ATHLETICS AT HUNTINGTON NORTH HIGH SCHOOL

ATHLETIC COUNCIL

- A. Membership – The Huntington North High School athletic council is comprised of the Principal, Athletic Director, Assistant Athletic Director and the head coaches of the twenty-one activities recognized as letter winning sports at Huntington North.
- B. The athletic council shall by $\frac{3}{4}$ vote of the members present and voting have the authority to recommend the changes in the student-athlete handbook including rules and regulations as well as the code of conduct. A quorum necessary for conducting business shall be 60% or more of the council members.
- C. The council will meet as necessary to determine the actual facts of the situation under consideration. The council may provide advice and offer recommendations relating to violations of the code of conduct.

CODE OF CONDUCT

The following Huntington North rules are in line with the Indiana High School Athletic Association By-laws, which state:

“Contestants conduct, in and out of school, shall be such as: 1) not to reflect discredit upon their school or the Association or, 2) not to create a disruptive influence on the discipline, good order, moral, or educational environment in the school. It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school.” (Rule 8, Section 1, IHSAA By-laws.)

A. General Conduct and Demeanor of Athletes

An athlete is a student of this school corporation associated with the corporation’s athletic program. It is recognized that the athletic code of conduct is in effect twelve (12) months of the year, grades nine through 12 (9-12).

B. Without in any way limiting the generality or applicability of Item A above, the athlete and students who may wish to be athletes in this corporation’s interscholastic athletic program shall comply with the following specific rules and regulations:

- 1. Athletes who do not complete their season due to suspension or dismissal because of school policy violations or team rules violations will forfeit their right to varsity athletic awards for that season.

2. Each head coach will furnish each athlete with any other specific rules and/or regulations which may apply to that sport as that coach deems appropriate, and are not otherwise in violation of the policies of the corporation. The violation of any such rule or regulation shall be grounds for discipline.
3. Intentional acts of disrespect and/or the commission of an act, which if committed by an adult would be a crime, will be the basis for appropriate discipline.
4. An athlete shall not be discourteous to other persons, including but not limited to spectators, the opposing team, game officials, and school authorities. The use of profanity is not condoned and may result in disciplinary action.
5. At no time shall an athlete be in school facilities unsupervised.
6. An athlete shall not infringe on the time or practice area, which is the right of others. Equipment bought by the school belongs to the school. An athlete is responsible for school equipment used. If any school equipment is abused or not returned in at the end of a season or as otherwise directed by the coach, the athlete will be expected to pay for it. Equipment is to be used for practice and games only – not as street clothing or personal equipment.
7. An athlete shall attend and participate in practices as scheduled and will furnish reasons for non-attendance, as required by the coach. Those reasons, if determined by the coach to be justifiable shall be sufficient to reduce or avoid the imposition of discipline for missing practice. The failure to provide reasonable advance notice to the coach, except in an emergency situation, may result in an unjustifiable absence.
8. An athlete must keep his/her locker locked. Occasionally, valuables and money disappear. The school will make an effort to assist with security, but cannot assume responsibility for damage, loss, or theft of valuables because of carelessness on the part of the athlete.
9. An athlete shall report any injury to the coach and to the trainer in a timely manner.
10. When the end of one season and the beginning of another season overlap, team members who do not complete the first season shall not enter practice for the second sport until their team has been eliminated from the IHSAA tournament unless they have been cut or a mutually agreeable release has been reached by the athletic director and the coaches involved.
11. In case of illness, an athlete must attend school for four class periods in order to play or practice that day after school or that evening. The coach and an administrator shall determine the validity of emergency situations.
12. Ineligible athletes can practice at the discretion of the coach, but they cannot dress for games.

13. A completed release form with both the athlete and parent's signature must be on file before practicing.

DISCIPLINE FOR VIOLATIONS AND DUE PROCESS

- A. The discipline administered for a student athlete's violation of an applicable rule or regulation, may but need not be, confined within the athletic program. Violation of rules and regulations outside the athletic program may include discipline within that program.
- B. If the athletic director declares an athlete ineligible, the athlete may request a meeting conducted by the athletic director and head coach.

HUNTINGTON NORTH HIGH SCHOOL STUDENT ASSISTANCE POLICY REGARDING THE USE AND CONSUMPTION OF TOBACCO, ALCOHOL, AND DRUGS

The Huntington County Community School Corporation School Board has adopted a student assistance policy regarding the use and consumption of tobacco, alcohol and drugs. The Board of Trustees supports the concept that students will function at school with greater effectiveness if they are not under the influence or in illegal possession of tobacco products, alcohol, controlled substances or if they are not involved in the abuse or inappropriate use of prescription or over-the-counter drugs. The use of tobacco products is unhealthy and is prohibited on school grounds. The possession and/or use of alcohol and/or illicit drugs is illegal and unhealthy. The Board believes that a penalty consisting of suspension or expulsion is appropriate for those who choose to possess or use tobacco, alcohol or other illicit substances in such a manner that is likely to alter one's mood or lead to intoxication or chemical dependency at school or school-related functions.

The Board believes that substance abuse may lead to chemical dependency, a disease of major proportions in our society. The Board recognizes that chemical dependency is chronic and progressive, but also treatable.

The full student assistance policy is detailed in the HUNTINGTON NORTH STUDENT HANDBOOK which all students receive at the start of a school year. All disciplinary and assistance measures are outlined in this handbook. In addition, consumption of tobacco and possession, dealing and use of alcohol and drugs carries with it disciplinary measures related to participation in athletics. An outline of these measures is as follows:

Tobacco Policy

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|-----------------|--|
| First Offense: | 20 percent suspension of season contests |
| Second Offense: | 50 percent suspension of season contests |
| Third Offense: | Loss of athletic participation privileges for the remainder of high school career. |

Alcohol & Drug Policy

First Offense:	50 percent suspension of season contests
Second Offense:	365 day suspension of season contests
Third Offense:	Loss of athletic participation privileges for the remainder of high school career

An athlete may practice with the team during a suspension.

Self-referral Policy

A self-referral may be initiated only by a student who believes he/she has the potential to abuse or is abusing drugs, alcohol, or tobacco. That student must make the initial referral contact with a Huntington North High School certified employee who will involve a HNHS administrator. A third party may accompany the student at the time of the referral. A school administrator will determine the disciplinary consequences of the self-referral. A self-referral which will not subject the student to otherwise applicable disciplinary consequences of this Student Assistance Policy is one which that administrator determines was (1) motivated by the student's strong desire to avoid future use of drugs, alcohol, and/or tobacco and (2) not shortly after an event, or the student becoming aware of an investigation, which makes imminent exposure of the student's potential for abuse (or actual abuse) likely.

ACKNOWLEDGMENT OF THE RISK OF INJURY FOUND IN HIGH SCHOOL SPORTS

Participation in high school athletics carries with it the very real potential for injury. It is reasonable to believe that at least one time during the four-year career of our student athletes, they will face an injury that will result in missing one or more days of practice or contests.

The Huntington North athletic department provides our athletes with the best sports medicine care that is available. We have two trainers who are associated with Parkview Huntington Hospital. We have additional access to an orthopedic surgeon to assist our athletes when they are injured.

It must be clearly understood by our student athletes and their families that even with the proper coaching and support of our coaching staff, the use of proper equipment and tremendous facilities, injuries will take place. These injuries can range from, but not limited to, mild soreness, bruises, sprains and strains, dislocations, broken bones, and concussions. It should also be clearly understood that some of these athletic injuries might result in catastrophic injuries including partial or full paralysis and in some instances, death.

We need your help as a student athlete and as a family. Proper rest, nutrition and the adherence to the rules and guidelines established by the Huntington North athletic department and the coaches of your sport, will go a long way to assure that injuries do not happen.

PARTICIPATION IN COLLEGE ATHLETICS

Selecting a college and making career plans are two of the most important decisions to be made by high school student-athletes. Student-athletes and their parents must make the initial effort in the selection process, follow through, assert themselves, and work primarily on their own behalf. Guidance counselors, coaches and other school officials can help. They can serve as resources as well as references.

This process ***MUST*** start early in your high school career. The decisions you make during your freshman year, including your course selections, may determine your initial eligibility at the collegiate level.

It is important that student-athletes and parents be realistic. For example:

- Out of one million high school football players each year, only 170 make it to the NFL.
- Out of approximately one million male and female high school basketball players, only three percent play at any level of the NCAA (National Collegiate Athletic Association).

Important information regarding NCAA initial eligibility guidelines is available on the web sites listed below.

At the Division III level eligibility for financial aid, practice and competition is governed by the institutional or conference regulation.

Students wishing to compete at the NCAA Division I and II levels must register with the NCAA Initial-Clearinghouse after their junior year is complete (after August 1 prior to senior year in high school). To register go to www.ncaaclearinghouse.net

NAIA (National Association of Intercollegiate Athletics) also has different requirements for initial eligibility.

Resources:

www.ncaa.org

www.naia.org

SOCIAL MEDIA POLICY

Our student-athletes are not restricted from using social media, however each team/coach has the discretion to establish rules and penalties as they see fit

***PLEASE NOTE**

Any use of social media that is deemed inappropriate and does not fit under the RULE 8, Section 1, IHSAA By-laws will face disciplinary action determined on a case by case issue by Athletic Director and Head Coach as well as supported by Principal. **(See page 6)**