

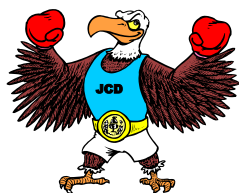
# JAC-CEN-DEL MIDDLE-HIGH SCHOOL

## Athletic Department

[www.highschoolsports.net](http://www.highschoolsports.net)

4586 N US 421  
Osgood, IN 47037

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Phone 812-689-4996  
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Kate Todd  
Athletic Secretary  
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Dear Students and Parents:

The Jac-Cen-Del Jr. Sr. High School is proud to offer a sports program for students in the school. Sports offered are cross country (boys and girls), volleyball (girls), basketball (boys and girls), softball (girls), baseball (boys), golf (boys and girls), track and field (boys and girls), soccer (boys and girls), and cheerleading (boys and girls).

In order for a student/athlete to participate in a sport, he/she must meet the following requirements:

1. **Physician and Parent Consent Form (Physical Form)** must be completed, signed and returned to the Athletic Director. (Physical examinations must be performed on or after April 1<sup>st</sup> 2018 by a physician holding an unlimited license to practice medicine, a nurse practitioner or a physician assistant to be valid for the following school year.) – IHSA Bylaw 3-10 Physical forms are available in the Athletic Office. **This form must be turned in BEFORE a student can participate in athletics.**
2. **The Concussion and Sudden Cardiac Arrest Acknowledgment Form** must be completed and signed by both the student and the parent and returned to the Athletic Office.
3. **Parent-Student Consent Form** (which is on back side of Concussion/SCA form) must be completed, signed by parent, and returned to the Athletic Office.
4. **Extracurricular Activities Drug Testing Program Form** for grade 9 – 12 must be completed and signed by both the student and the parent and returned to the Athletic Office

Once all the above requirements are met, the student/athlete is eligible to participate in sports at Jac-Cen-Del Jr. Sr. High School. These forms, once completed, are valid for one school year. All forms must be submitted prior to the student/athlete's first practice. These forms will be on file at all times in the Athletic Director's Office.

If there are any questions, please do not hesitate to call us at 689-4996, Monday through Friday from 7:45 a.m. to 4:00 p.m.

Sincerely,  
Brian Fehribach  
Athletic Director

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## **JAC-CEN-DEL MIDDLE-HIGH SCHOOL ATHLETIC CODE**

To build character and moral fiber into the Jac-Cen-Del Athletic Program, THE FOLLOWING CODE FOR JAC-CEN-DEL INTERSCHOLASTIC SPORTS will be in effect for the ENTIRE CALENDAR YEAR and should create uniformity of disciplinary action throughout the athletic program. It is not designed to punish but to give our athletes a CONSISTENT set of rules to follow. This code pertains to all athletes, managers and cheerleaders of the school (grades 7 through 12).

All athletes are, of course, first Jac-Cen-Del students. Therefore, as students, they shall first be disciplined by the school rules, regulations and policies as set forth by the HANDBOOK AND ADMINISTRATION. This policy shall then pertain to athletes in violation of those same policies.

### **WHAT IS A JAC-CEN-DEL ATHLETE?**

The Jac-Cen-Del athlete is a person who has responsibility to parents, team, school, and community. This responsibility extends to conduct and appearance on and off the playing field throughout the calendar year. The athlete is an active participant in at least one interscholastic sport throughout the school year and continues at all times thereafter to follow the athletic code.

1. All athletes must be in attendance at school, for a full school day (arrive by 8:30 am), to be eligible to practice or play in an athletic event for that day. The only exceptions to the above rule are a doctor's excuse, dentist's excuse, funeral, religious obligation, court appearance, driving exam or special permission **in advance** from the principal or athletic director. The principal and/or athletic director can rule in extenuating circumstances. A violation of this rule could result in a minor offense and will be dealt with accordingly.

## 2. **CONDUCT OF STUDENT ATHLETE**

### A. Preamble

A student athlete of Jac-Cen-Del is a representative of the school. How the student athlete conducts him or herself in school and in his or her personal life reflects upon the image of the school. Fellow students, especially younger students, look up to student athletes as role models. The school recognizes and assumes an obligation to the Jac-Cen-Del community, which supports the athletic programs to maintain high standards of sportsmanship and conduct.

To protect these interests, we adopt the following standards by which the conduct of student athletes will be measured:

### B. Standards

1. Because a student athlete is promoted as a representative of the school, conduct of a student athlete that would have a negative impact upon the image of the school is prohibited.
2. Because a student athlete has significant influence over other students, conduct that is likely to have a detrimental effect or present a negative influence on other students is prohibited.
3. Because the Jac-Cen-Del community supports and attends the athletic programs, conduct that would generally offend the expectations of the community at large is prohibited.

### C. **Serious Misconduct with Possession or Use of Alcohol/Tobacco Products**

1. **First Violation:** (During high school career) Suspension from all competitive participation for 30% of the season games. This suspension would be lessened to 20% if the athlete reports the incident to his/her coach or the athletic director within 48 hours and lessened an additional 10% if the athlete also chooses to receive counseling from an accredited outside source.
  - a. If the violation is out of season, the 30% penalty will apply to the next sport season in which the athlete has previously completed a sport season. If the athlete is a senior or an athlete that has not participated in a previous sport, the suspension will be 30% of the season games of the next sport in which the athlete participates.
2. **Second Violation:** (During high school career) Suspension from all competitive participation for 50% of the season games. This suspension would be lessened to 40% if the athlete reports the incident to his/her coach or the athletic director within 48 hours and lessened an additional 10% if the athlete also chooses to receive counseling from an accredited outside source.
3. **Third Violation:** (During high school career) Suspension from all competitive participation for 365 days at Jac-Cen-Del from the date of the third offense.
4. **Fourth Violation:** (During high school career) Suspension from participation in all sports at Jac-Cen-Del for the remainder of his/her high school career. The fourth offense may or may not occur in the same year as the first three offenses for the penalty to take effect.

### D. **Serious Misconduct with Possession or Use of an Illegal Drug**

1. **First Violation:** (During high school career) Suspension from all competitive participation for 50% of the season games. This suspension would be lessened to 40% if the athlete reports the incident to his/her coach or the athletic director within 48 hours and lessened an additional 10 % if the athlete also chooses to receive counseling from an accredited outside source.
2. **Second Violation:** (During high school career) Suspension from all competitive participation for 365 days at Jac-Cen-Del from the date of the second offense. The athlete would need to agree with random drug test upon returning to athletics.
3. **Third Violation:** (During high school career) Suspension from participation in all sports at Jac-Cen-Del for the remainder of his/her high school career.

\*These violations will accumulate over the high school career of the athlete. For example, if the first violation is the use of an illegal drug and the second violation is alcohol related the athlete will follow the second violation under the alcohol policy. All decisions will be at the discretion of the principal and/or athletic director.

- E. **Penalty for Minor Misconduct:** Other conduct of a student athlete, which is likely to reflect badly upon the image of the school, present an improper message to other students, and/or disappoint the community, but in the judgment of the administration, not to a significant extent, shall be treated as lesser misconduct and a minor offense. The principal or the athletic director shall have the discretion to determine minor misconduct and impose appropriate penalties and conditions upon the student athlete, including the suspension of up to twenty percent (20%) of the games of the participation sport.
1. Each suspension, in or out of school for an athlete could result in an imposition of penalties up to and including a 20% suspension of season games for the athlete. An athlete may practice during the time they are suspended from games. These penalties may take effect at the discretion of the principal and/or the athletic director.
  2. Any student assigned to After School or Saturday Detention will be disciplined at the coach's discretion.
  3. Parents will be notified in the event that an athlete is suspended from school or is found to be in violation of the athletic policy. This notification will be by letter and/or phone call.
  4. The rules apply to all junior high and senior high school athletes. However, all offenses accumulated by junior high student athletes are dismissed from their record once they enter high school.
  5. The individual coaches may set guidelines in addition to those in the athletic handbook. All Jac-Cen-Del student athletes are expected to follow those rules set forth by the coach of each particular sport.
  6. To eliminate any confusion relative to an athlete's injury expense and insurance, please note the following:
    - a. The Jac-Cen-Del Community School Corporation expects each student athlete to have accident coverage before participation in athletic activities.
    - b. The Jac-Cen-Del Community School Corporation will not pay for any injury-related expenses sustained by athletes.

## **STUDENT ATHLETE CONDUCT**

As a student of Jac-Cen-Del Jr/Sr High School, every athlete becomes a representative of the student body, school, and community. Each athlete's conduct is under constant scrutiny, not only during the particular sport season, but also at all other times including school vacation periods. Therefore, a student athlete's conduct must be beyond reproach at all times.

### **PARTICIPATION IN ATHLETICS AT JAC-CEN-DEL MIDDLE/HIGH SCHOOL IS A PRIVILEGE AND NOT A RIGHT.**

Participation in a sport at Jac-Cen-Del is allowed at the discretion of the sponsor/coach of the sport, subject to review by the athletic director and the principal, in accordance with the rules of the Indiana High School Athletic Association (IHSAA) and the rules and regulations set forth by the Jac-Cen-Del Community School Corporation School Board.

#### **Eligibility Requirements as Established by the IHSAA**

1. You must be a regular student in good standing in the school you represent. You must have enrolled no later than the fifteenth day of the current semester.
2. You must have completed ten (10) separate days of organized practice in your sport under the direct supervision of the high school coaching staff preceding the date of participation in inter-school contests.
3. You must have received **passing grades in at least five (5) full credit subjects** during your last grading period; semester grades shall take precedence over nine weeks grades at the end of a semester. **Teacher Aide course is not a full credit subject.**
4. You must not have reached your twentieth (20) birthday before the State Championship contest of the sport in which you are participating.
5. You must not have been enrolled more than four (4) fall semesters and four (4) spring semesters beginning with grade 9.
6. You must have filed with your athletic director a completed physical exam signed by a doctor and a parent consent and release certificate (including insurance information form) before your first practice.

**CONCUSSION and SUDDEN CARDIAC ARREST  
ACKNOWLEDGEMENT AND SIGNATURE FORM  
FOR PARENTS AND STUDENT ATHLETES**

Student Athlete's Name (Please Print): \_\_\_\_\_

Sport Participating In (If Known): \_\_\_\_\_ Date: \_\_\_\_\_

IC 20-34-7 and IC 20-34-8 require schools to distribute information sheets to inform and educate student athletes and their parents on the nature and risk of concussion, head injury and sudden cardiac arrest to student athletes, including the risks of continuing to play after concussion or head injury. These laws require that each year, before beginning practice for an interscholastic or intramural sport, a student athlete and the student athlete's parents must be given an information sheet, and both must sign and return a form acknowledging receipt of the information to the student athlete's coach.

IC 20-34-7 states that a high school athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of injury and may not return to play until the student athlete has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries.

IC 20-34-8 states that a student athlete who is suspected of experiencing symptoms of sudden cardiac arrest shall be removed from play and may not return to play until the coach has received verbal permission from a parent or legal guardian of the student athlete to return to play. Within twenty-four hours, this verbal permission must be replaced by a written statement from the parent or guardian.

Parent/Guardian - please read the attached fact sheets regarding concussion and sudden cardiac arrest and ensure that your student athlete has also received and read these fact sheets. After reading these fact sheets, please ensure that you and your student athlete sign this form, and have your student athlete return this form to his/her coach.

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As a student athlete, I have received and read both of the fact sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

\_\_\_\_\_  
(Signature of Student Athlete)

\_\_\_\_\_  
(Date)

I, as the parent or legal guardian of the above named student, have received and read both of the fact sheets regarding concussion and sudden cardiac arrest. I understand the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury, and the symptoms of sudden cardiac arrest.

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date)

## **PARENT-STUDENT CONSENT FORM**

I hereby certify that I have read the Jac-Cen-Del School Corporation athletic rules and understand eligibility and conduct guidelines. I understand that in order to be eligible for participation I must comply with all requirements as listed.

1. In accordance with the IHSAA rules, I/we hereby give consent for \_\_\_\_\_ to participate in the \_\_\_\_\_ (please list sports in which student participates).
2. I/We understand that participation will require travel which will be provided by the Jac-Cen-Del School Corporation. Students are expected to ride school transportation to and from all away games.
3. I/We acknowledge that the participant is assuming a certain risk of being injured; even with the best coaching, use of advanced protective equipment and strict observance of the rules; injuries are still a possibility in organized athletics. I/we understand that if any injury occurs that we are responsible for any medical cost involved.
4. I/We agree to encourage and assist my/our son/daughter to abide by those training and conduct rules established by the Jac-Cen-Del School Corporation and by the coach.
5. Please check the appropriate space below for insurance:
6. \_\_\_\_\_ I/we understand that if any injury occurs that we are responsible for any medical cost involved.  
\_\_\_\_\_ He/She has adequate family coverage.

Insurance Company \_\_\_\_\_ Policy or ID# \_\_\_\_\_

7. Signature below indicates your permission for you son/daughter to participate in sports at Jac-Cen-Del and also as awareness of the rules as established by the Jac-Cen-Del School Corporation and the individual coaches.

\_\_\_\_\_  
Parent/Guardian (Date) Address \_\_\_\_\_

\_\_\_\_\_  
Student (Date) Home Phone/Work Phone/Cell # \_\_\_\_\_

\* \* \* \* \*

## **IN CASE OF EMERGENCY**

Please list names and phone numbers of two people (relative or friend) who could be contacted if you cannot be reached.

\_\_\_\_\_  
(relative or friend) Home Phone &/or Cell # \_\_\_\_\_

\_\_\_\_\_  
(relative or friend) Home Phone &/or Cell # \_\_\_\_\_

**Please list any important medical information needed: (allergies, asthma, past injuries, etc.)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In case of emergency, I give permission for my child to receive medical treatment.

\_\_\_\_\_  
Parent/Guardian Date \_\_\_\_\_