

Ohio County High School



**Parent & Student
Athletic Handbook
2023-2024**

PURPOSE OF HANDBOOK

The purpose of this handbook is to give coaches, student athletes and parents, as well as other school personnel, a guide to the athletic opportunities offered by Ohio County High School. This handbook will assist staff members involved in the athletic program and student athletes to carry out their responsibilities to ensure that the athletic programs at Ohio County are “Simply the Best!”

INTRODUCTION

Student participation in the athletic program at Ohio County High School is entirely voluntary. Participation in athletics is a privilege, not a right. The opportunity to be involved in the athletic program is extended to all students who are willing to accept certain duties and responsibilities. The student athlete should set high standards, demonstrate exemplary behavior, and display good sportsmanship at all times.

We at Ohio County High School believe the actions of coaches should be based on what is in the best interest of the students. A coach is a teacher and the field/court is the classroom. The program should be conducted as such. We encourage parents and the community to support our programs, our coaches and our athletes as they are a vital part of our school culture.

OBJECTIVES

The athletic program serves as one of the extensions of the classroom which attempts to meet student goals through experiential learning opportunities. The athletic program not only enhances, but also reinforces the learning which occurs within the classroom. The objectives of the Ohio County athletic program are to provide opportunities for student athletes:

- To develop their physical talents to their maximum potential.
- To learn from experience that consequences follow the violation of a rule.
- To experience working as a member of a team in order to achieve a goal.
- To dedicate themselves to the task of achieving a given goal.
- To gain experience in problem solving and decision-making.
- To develop respect for others.
- To make real friendships with squad members, and to widen their circle of friends, and to make acquaintances on opposing teams.
- To develop athletic skills in both an individual and team setting.
- To develop the total student-athlete focusing on leadership, self-discipline, self-motivation, strong work ethic, sportsmanship and high academic achievement.
- To develop each student’s self-esteem with a feeling of well-being and worth.
- To provide coaches who can impart their knowledge, skill, and strategies of their sport, and act as positive role models for our student.
- To provide a means for our athletes to grow physically, cognitively, and emotionally within a supervised athletic setting.
- To provide a focus of interest on programs for students, faculty and staff, and our community that will generate a feeling of unity and school pride.
- To provide a rewarding athletic experience for students.

MISSION STATEMENT

Dream Big – Work Hard – Achieve Success

PHILOSOPHY

Athletics is an integral part of the total education process and this plays a major role in the philosophy of Ohio County High School. Athletics provide an opportunity for students to utilize critical thinking skills as well as put into practice those basic tenets of cooperation and personal responsibilities. Our athletic program encourages the acceptance of responsibility to self, to team, and to school. Athletics encourage good physical health and personal habits, exposes our athletes to difficult lessons, and offers an opportunity to realize success. All of these experiences are desirable in the balanced growth of an individual. The athletic program will constantly strive for the development of well-rounded individuals capable of becoming successful and productive members of society.

Ohio County High School adheres to the rules and regulations of the Kentucky High School Athletic Association and the Ohio County Board of Education.

SPORTS AT OHIO COUNTY

FALL SPORTS

<i>Sport</i>	<i>Practice Begins</i>	<i>Season Begins</i>
Cross County (Girls and Boys)	July 15 th	End of August
Football	July 15 th	End of August
Golf (Girls and Boys)	July 15 th	Last week of July
Soccer (Girls and Boys)	July 15 th	Middle of August
Volleyball	July 15 th	First week of August

WINTER SPORTS

<i>Sport</i>	<i>Practice Begins</i>	<i>Season Begins</i>
Basketball (Girls and Boys)	October 15 th	End of November
Wrestling	October 15 th	End of November
Swim/Dive (Girls and Boys)	October 1 st	Middle of November
Bowling (Girls and Boys)	October 1 st	November

SPRING SPORTS

<i>Sport</i>	<i>Practice Begins</i>	<i>Season Begins</i>
Baseball	February 15 th	End of March
Softball	February 15 th	End of March
Tennis (Girls and Boys)	February 15 th	End of March
Track (Girls and Boys)	December 1 st	End of March

SPORTS ACTIVITIES

Archery
Bass Fishing
Cheer
Dance

Title IX Committee

Ohio County High School maintains a Title IX Committee which meets three times a year. The Committee's objective is to attain and maintain athletic parity for both genders. It's effort is reported to Khsaa in an annual Title IX Report.

COACHES RESPONSIBILITIES

To the Players:

- ✓ Provide leadership and set an example.
- ✓ Be fair and unprejudiced with all players.
- ✓ Have a genuine, up-to-date knowledge of the sport and rules.
- ✓ Put the safety and welfare of the players first.
- ✓ Assist in the development of a positive attitude.
- ✓ Inform student and family of the inherent risks involved of participation in each sport.
- ✓ Keep players informed of team's operating procedures, schedules, attendance policy, and team rules and regulations. Each player will receive a copy of team rules and regulations and must sign off stating they have read the rules and regulations and they agree to abide by them.
- ✓ Recognize academic achievement of athletes.
- ✓ Organize end-of-season banquet.
- ✓ Instruct athletes in the fundamental skills, strategy, and physical training necessary to achieve individual and team success.
- ✓ Generate an attitude of good sportsmanship and fair play.
- ✓ Establish fundamental philosophy of skills and techniques to be taught to student athletes.
- ✓ Maintain discipline, adjust grievances, and work to increase morale and cooperation.

To the school district:

- ✓ Reflect confidence and respect for the district.
- ✓ Maintain a high level of confidence in the overall athletic program and the school district.
- ✓ Follow and enforce all Ohio County Board of Education policies and procedure.

To the administration:

- ✓ Uphold all school rules.
- ✓ Determine discipline when necessary and adhere to required due processes.

- ✓ Provide the Athletic Director with a copy of his/her team's rules, regulations, and/or guidelines and a sign-off sheet stating that the athletes have read the rules and regulations and will abide by them.
- ✓ Submit all clerical work on time (rosters, end-of-season reports, budgets, needs/wish list, accident reports, emergency forms, etc.)
- ✓ Provide a copy of the athlete's physical form and emergency form to the Athletic Director. Keep a copy with the coach at all times.
- ✓ Keep the administration aware of any repairs and maintenance needs for that sport's practice and game facility.
- ✓ Keep the administration (Athletic Director and Principal) abreast of awards and honors received by their students, personal concerns, unique situations, and potential problems.
- ✓ Submit on time to the Athletic director all budget requests for the next school year.

To the school:

- ✓ Strive for excellence in all areas of the school.
- ✓ Treat the faculty, players, and general students with honor and respect.
- ✓ Be an integral part of the education program of the school.
- ✓ Support all activities of the school.
- ✓ Foster school pride and school spirit.
- ✓ Be fair, firm, and consistent in discipline.

To the community:

- ✓ Continue personal and professional growth.
- ✓ Maintain membership in appropriate coaching and professional associations.
- ✓ Maintain open communication with students and athletes.

To fellow coaches:

- ✓ Provide an open exchange of ideas
- ✓ Praise assistants and award achievements.
- ✓ Supervise and evaluate all assigned assistant coaches.
- ✓ Contribute a full measure of time, effort, thought, and energy at all times.

To coaches of other sports:

- ✓ Support, promote, and cooperate with all other coaches and activity sponsors.
- ✓ Support and serve fellow coaches.
- ✓ Reflect confidence in fellow coaches.

To faculty members:

- ✓ Cooperate with all faculty members.
- ✓ Be a team player.

To the athletic facilities:

- ✓ Keep practice areas and locker rooms in order.
- ✓ Use and store equipment properly.
- ✓ Maintain security of the school, game/practice facilities and all storage areas.

COACHES SAFETY GUIDELINES

Fitting Equipment

All equipment should be properly fitted according to manufacturer's instructions.

Equipment Inspection

All equipment should be checked regularly for safety. Particular care should be taken in inspecting protective gear.

Facility Inspections

All facilities should be checked regularly for safety. Inspection should include fields, gyms, courts, tracks, and apparatus of all kinds.

Team Supervision

Proper supervision should be provided for all participants at all practices, games, and pre-game and post game activities.

Training Kit

A properly stocked training kit of first-aid supplies should be readily available during all practices, scrimmages and games. Physical and emergency forms of all athletes must be with coaches at all times.

Heat Index

During hot weather, KHSAA guidelines will be followed.

ATHLETIC DIRECTOR DUTIES

The Athletic Director shall have the management of the athletic programs and perform such other duties pertaining to athletics as assigned by the Principal. The Athletic Director will:

- Ensure that KHSAA rules and regulations, Ohio County Board of Education policies and Ohio County High School policies and guidelines are followed.
- Verify that weekly student athlete eligibility grade checks through Infinite Campus are being conducted. Grade checks will be conducted on Monday.
- Verify that a physical form and KHSAA emergency form is on file for each athlete.
- Verify all schedules for all athletic events after receiving them from coaches.
- Notify of time, date changes or cancellations.
- Provide schedules to assigning secretaries so official assignments can be made. Also, monitor and submit revised schedules to secretaries.
- Supervise all athletic events.
- Attend all required meetings (KHSAA, 3rd Region policy board, district/region, etc.)
- Inform coaches and monitor completion of CPR/First Aid training, Coaches Education Class, Medical Symposium/Sport Safety Course, Rules Clinics.
- Conduct Coaches meeting every year.
- Meet with all athletes during the first week of school every year to go over rules, policies, procedures, etc. of the Ohio County High School athletic program.
- Supervise all ticket sales at athletic events and all season passes.
- Organize work schedule for all home events for ticket sales.
- Arrange for police/security personnel for sporting events.
- Schedule use of all athletic facilities.
- Serve as Title IX coordinator: Complete and submit annual Title IX report to KHSAA.
- Meet all KHSAA deadlines for schedules, pictures, participation list, etc.

- Host district and regional events on a rotation basis; the AD must be in attendance and serve as tournament manager.
- Verify all athletic transportation has been submitted to the transportation department; notify transportation if any time/date changes or cancellations.
- Meet officials prior to contest, pay the officials and take to locker rooms.
- Be the purchasing agent and account for all athletic equipment and supplies.
- Maintain a balanced budget.
- Complete, submit and keep on file all athletic contracts for games.
- Handle all athletic student transfers.
- Invite local businesses, organizations, schools to athletic events.
- Work with local community to promote athletic events and activities.
- Inform faculty and staff on Monday morning of athletic events for the week.
- Organize and solicit current year Eagle Club activities.

HEAD COACH DUTIES

The Head Coach is directly responsible to the Athletic Director and exercises responsibility for the entire program of his/her respective sport. The Head Coach will help structure and give direction to all levels of his/her program. The Head Coach will:

- Operate your program within the philosophy of the school.
- Develop written rules and consequences for your program to be given to the athlete and his/her parents. The athlete and parent must sign a paper stating they have read these rules and consequences and will abide by them.
- Organize and coordinate the varsity program as well as the freshman and junior varsity program.
- Be highly competent in your sport (know the rules, techniques, strategies and skills) and choose competent assistants.
- Provide leadership and direction to the coaching staff.
- Be responsible for the development of the coaching staff.
- Motivate the staff and players toward desired goals.
- Have a well-organized yearly plan.
- Run well-organized practice sessions.
- Notify office secretaries of practice schedule changes.
- Collect and verify all paperwork from athlete prior to the first day of practice:
 - A current physical (keep with you at all times)
 - KHSAA emergency form signed by parent (keep with you at all times)
 - Signature of athlete and parent stating they have read and will abide by team's rules and consequences
 - Transportation policy: Sign-out personnel (keep with you at all times)
- Notify Athletic Director if new student wants to participate in athletics and he/she has participated in varsity contest at another school.
- Submit all clerical work on time to the Athletic Director.
- Provide the Athletic Director with the following:
 - *Roster: as soon as practices starts, then keep this updated throughout season, place on website*
 - *Copy of Physical/Emergency Form: prior to first day of practice*
 - *Monthly practice schedules: due at beginning of each month*
 - *Keep team website updated throughout season (if applicable)*

- *Copy of any tournament schedule*
- *Emergency Plan of Action: due before first game*
- *Inventory sheet: due at end of season*
- *Wish/Want list: due at end of season*
- *Team/Individual Records: due at end of season*
- Supervise the storage, maintenance, issuance, collection and inventory of equipment and supplies.
- Conduct a parent meeting prior to beginning of season.
- Report an injury to an athlete immediately and fill out necessary paperwork immediately after the injury.
- Explain, enforce, and comply with all school, KHSAA rules and regulations and local school board policies.
- Complete all necessary rules clinic, medical symposium, CPR/First Aid training, etc.
- Report all scores to local media and to the KHSAA scoreboard.
- Provide information and direction to Booster Club. Attend all meetings and have excellent rapport with booster club members.
- Make sure athletes are supervised at all times.
- Recognize the need for medical intervention and utilize proper first aid techniques when necessary. Develop a good working relationship with the school's trainer.

ASSISTANT COACH DUTIES

All assistant coaches must be approved and hired by the Ohio County Board of Education.

The assistant coach will:

- Support the Head Coach in conducting the athletic program of that particular sport and the total athletic program.
- Be loyal to the Head Coach, to the team, and to Ohio County High School.
- Attend staff meetings when called by the Head Coach or the Athletic Director.
- Assume any duties assigned him/her by the Head Coach pertaining to the overall athletic program of the particular sport. Some of the duties may be: conducting portions of practice drills, handling equipment, working with student managers, scouting, public relations, statistics, etc.
- In the absence of the Head Coach, he/she shall assume all responsibilities herein designated by the Head Coach.
- Carry out objectives of the sport program as outlined by the Head Coach.
- Be present at all practices, games, and trips; provide assistance and guidance for individual participants.
- Explain, enforce, and comply with all school, KHSAA rules and regulations and local school board policies.
- Take Coaches Education class, Medical Symposium/Sports Safety Course, Rules Clinic and be certified in CPR/First Aid.

Athletic Trainer Duties

- Develop athletic contest coverage schedule with Athletic Director maximizing game coverage according to priorities for risk of injury and level of competition.
- Provide each coach with a stocked first aid kit at beginning of his/her season. Keep a list of who has been given a first aid kit.

- During hot weather, monitor heat index and inform coaches of necessary guidelines for that day.
- Keep training room organized and clean.
- Store medical supplies in appropriate storage area.
- Meet with Athletic Director to discuss the necessary medical supplies that are needed.
- Fill out appropriate medical forms for care given to an athlete.

POLICIES AND PROCEDURES

All individuals associated with the Ohio County Athletic Department will follow: KHSAA bylaws and rules, Ohio County Board of Education policies and procedures and the Ohio County High School Site Base policies and procedures.

ELIGIBILITY

The student-athlete must meet all of the age, academic and enrollment requirements established by the KHSAA. Copies of the bylaws are available with the physical form from the athletic director and on line at www.khsaa.org. Each athlete and his/her parents must read and familiarize themselves with these rules and regulations.

ACADEMICS

On the first day of each school year, an athlete must be in her/her proper grade level. To be considered to be at the proper grade level, an athlete must have been enrolled during the previous grading period, and must be on schedule to graduate on the first day of school. For the verification of this provision all course work, including summer and correspondence work, must be complete by the first day of the school year for the student body.

Grades will be checked for athletic participants on a weekly basis. Each Monday grades will be checked by the school counselor. Athletes must be passing 5 out of 7 classes every week. If the athlete is not passing five classes, he/she will immediately become ineligible and will remain ineligible until the next grade check. No special tests or recitations are to be given for the purpose of making the student eligible. Only exception is if a teacher has incorrectly entered a wrong grade. A coach may have a higher standard for their particular team. Athletes should check with their coach for the team's grade expectations.

NCAA Clearinghouse is required for all students planning to attend a Division I or Division II college on scholarship. The athlete must take the SAT or ACT and complete required core courses to be eligible for recruitment. There is a fee to register with the clearinghouse. All requirements can be found at www.ncaa.org

ATTENDANCE

All student athletes are expected to be in attendance daily at school. All athletes must be in attendance at school for at least three periods on the day of the sporting event (game, meet, match, etc) to be eligible to participate in the event. Only exception would be special approval by Principal and/or A.D.

FORMS AND RELEASES

Before a student may participate in any sport including conditioning and practices, he/she must have the following information to the coach and/or athletic director:

- KHSAA current physical form completed by physician (prior to practice)
- KHSAA current emergency permission form with signature of parent and athlete. (must be completed prior to practice). Also, name of insurance carrier should be listed along with policy number (if student has insurance).
- OCHS Student/Parent Athletic Handbook signature form.
- Coach's rules and consequences signature sheet (must be completed by first official contest). – will receive from head coach.
- Transportation sign-out sheet (must be completed by date of first away contest)

TRANSPORTATION

All buses are scheduled by the head coach of each sport. The coach should check departure times and confirm buses. The head coach will be responsible for ensuring that all players, coaches and other support staff board the bus at departure time and proper personnel are on bus after contest. Prior to departure, the coach must provide the bus driver with a roster of who's riding the bus. Upon arrival back to OCHS, the coach must sign driver's trip slip

Student athletes must travel to athletic contests via transportation provided by the school, such as, busses or school vehicles (if a charter bus is requested it is at the expense of the booster club for each individual sport). Athletes can be signed out after the contest by the individuals designated on the athlete's sign out form prior to the beginning of the season. Only those individuals may sign an athlete out. *If a player is NOT signed out properly, they will be required to ride the bus back to the school the remainder of the season. A coach can request that his/her players ride the bus back to the school if notice has been given to the parent/guardian prior to the day of the contest or activity.*

TRAVEL AND PER DIEM

All overnight trips must have approval from Principal and Board of Education prior to the trip. Overnight form is available on line or from SBDM secretary. Form must be filled out and forwarded to Principal. Upon approval from Principal and SBDM, form will be forwarded to Board office for approval by Ohio County Board of Education.

It is the Head Coach's responsibility to notify the student and parents of the following:

- Purpose of the trip
- Date and time of departure
- Date and estimated time of arrival home
- Mode of transportation
- Location of hotel/motel and phone number if case of emergency
- List of any special items students may need to take with them
- List of expenses that students will incur
- Printed copy of itinerary of trip

During the stay the Head Coach will:

- Provide supervision of students at all times
- Make sure all students understand what is expected of them
- Have a coaching staff member in the hotel/motel when students are there at all times
- Check with hotel management if there are any problems with students (to avoid accusations after the fact)

- When checking out, personally check all rooms, settle all bills and make a final check to determine if there have been any problems. If appropriate, express appreciation to hotel/motel management.

All overnight travel and per diem expenses during the regular season are the responsibility of the team traveling. Hotel accommodations are limited to \$75-\$150 per room per night. Prior approval of hotel accommodations are required through the Athletic Director to ensure equality. Hotels must meet the following criteria:

1. Have interior corridors and multiple entrances for safety
2. Have free continental breakfast
3. Have adequate rooms to provide sleeping for 3 occupants per room. Maximum 4 occupants per room.

Meal expenses for the school for regular season overnight travel shall not exceed \$20 per day, per individual athlete. Each coach/program can decide to pay for the lunch/dinner meal, or provide each athlete with \$20 for the day.

Any expenses incurred as part of a KHSAA sanctioned championship event will be paid from the athletic fund. Meal allowance per day will be \$40.00.

All transportation for school-sponsored activities is required to use board school bus transportation. If the team needing transportation is small enough to fit in the district suburbans and teams are traveling less than 150 miles they can be requested and scheduled with the Athletic Director. If a Charter Bus is desired by any sports program the school district will cover costs up to the amount a school bus would require and the requesting team is expected to pay the difference. The team must be traveling more than 100 miles and have prior approval from the athletic director.

The athletic director and school administration will oversee the equitable booking, purchasing, and use of charter buses for transportation for all athletic programs at OCHS

Any summer travel and per diem expenses are the responsibility of the team traveling.

MEDICAL RELEASE

If an athlete is under the care of a physician due to an injury or illness he/she must have a doctor's release before he/she can play in a contest or return to practice.

INSURANCE

All athletes are strongly encouraged to have medical insurance. The Ohio County Board of Education does have an insurance policy that will cover the student-athlete during school activities. This is a secondary policy, which covers after the primary policy has paid. All injuries to an athlete under the supervision of an Ohio County Coach must be reported and the appropriate forms must be completed by the coach and given to the athletic director.

INJURY

If an athlete is injured (minor or major) the coach should report all injuries to the athletic director and should fill out an accident form. If you have questions concerning an injury please contact the athletic director

Each team will have a trainer available. Trainer will be available according to priorities for risk of injury and level of competition.

QUITTING A TEAM

A student will not be allowed to quit one sport for another in the same season. An athlete will not be allowed to drop a sport in season to try out for an upcoming sport if he/she is a member of a team *at the time that the first game of season has been played. He/she will be declared ineligible to participate in another sport until the completion of the season in progress.* However, if a student is cut from one sport, he/she may try out for another sport during the same season.

ISAP/SUSPENSION

Any athlete who has been assigned ISAP or suspension shall not participate in any practice or game until the disciplinary action has been served. This begins at the time of the assignment and extends until the completion of time has been served. Repeated disciplinary problems could result in the student being removed from all athletics.

Social Media (Facebook / Twitter)

The Department of Athletics does not prohibit student-athlete involvement with internet-based social networking communities. However, if you choose to utilize social media while being a student-athlete at Ohio County High School, you must abide by the rules set forth below concerning content.

Overview

Student athletes and their families may not be aware that third parties including the media, faculty, future employers, and KHSAA officials can easily access their profiles and view all personal information, pictures, videos, comments, etc. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the School.

Student athletes at OCHS are held in high regard and are seen as role models in the community. As leaders we have the responsibility to portray our team, our school and ourselves in a positive manner at all times.

Examples of inappropriate use of social networking sites include but are not limited to:

1. Posting photos, videos, comments or status posts showing the personal use or around the use of alcohol, tobacco, drugs and drug paraphernalia - eg., no holding cans, shot glasses, cigarettes, etc.
2. Posting photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
3. Using inappropriate or offensive language in all comments, videos and other posts. This includes threats of violence and derogatory comments against race, gender and/or sexual orientation. This also could include comments or posts that target players or coaches and cause negative impacts on the team or team culture.

Penalties

If a student-athlete's profile and its contents are found to be inappropriate, he/she may be subject to any or all of the following Athletic Department actions:

- A meeting with the Head Coach/and or the Athletic Director to discuss impacts of negative social media posts



If you doubt the appropriateness of your online material, DO NOT POST IT!

CONDUCT

Participation on an athletic team, cheer squad or dance team at Ohio County High School is a privilege, and the participants must earn the right to represent Ohio County by conducting themselves with character, class, and exemplary behavior at all times.

Any athlete who displays any type of negative sportsmanship to a coach, teammate, official, any school personnel, or any opposing coach or opponent will be subject to disciplinary action by the coach, athletic director and/or administrator. *Any athlete who initiates a fight or leaves the bench area will face KHSAA sanctions and appropriate disciplinary action by the coach, athletic director and/or administrators.*

Also, any participant whose conduct is judged to discredit himself/herself in an activity outside school hours or away from the school setting could be subjected to disciplinary action as determined by the coach, the athletic director, and/or the principal.

BULLYING/HAZING

The use of lewd, profane or vulgar language is prohibited. Athletes shall not engage in behaviors such as hazing, bullying, menacing, taunting, intimidating, verbal or physical abuse of others, or other threatening behavior. This policy extends to any/all student language or behavior including, but not limited to, the use of electronic or online methods. Athletes who violate this policy shall be subject to appropriate disciplinary action by the coach, athletic director and/or administrators.

TOBACCO USE

Any student athlete known and proven to be in possession and/or use of ANY tobacco products at school or any school function (including any away events) will be subject to disciplinary actions.

ALCOHOL USE

Any student athlete known and proven to be in possession and/or use of ANY alcohol beverages at school or any school or community function will be subject to disciplinary actions.

DRUG USE

Any student athlete known and proven to be in possession and/or use any illegal drug at school or any school or community function will be subject to disciplinary actions. This would include the intentional abuse of prescription medication.

PRACTICES

Scheduling of practices is at the discretion of the coach. Students should receive a copy of practice schedules from the head coach.

All practices on Wednesday must be over no later than 6:00 p.m. Contests may be made up on Wednesday nights if they were postponed because of uncontrollable reason. However, Wednesday night make-up games must have prior approval by the Superintendent.

Practices on Sunday are permitted if the team has a game on Monday or during post season tournaments. Sunday practice times are permitted during 2:00 pm – 5:00 pm. No student who for religious reasons misses a Sunday practice shall be penalized in any way.

Holiday practices are left to the discretion of the coach.

DEAD PERIOD

In adherence with the KHSAA guidelines, no school facilities, equipment, and/or uniforms, may be used from June 25th until July 9th. During this time, contact between players and coaches is prohibited.

SCHEDULES

The Athletic Director is responsible for finalizing all events. Limits of games and meets are set by Ohio County High School and the Kentucky High School Athletic Association.

The Head Coach must present a monthly practice schedule to the Athletic Director prior to the beginning of each month.

GAME CANCELLATION AND INCLEMENT WEATHER

When inclement weather occurs, cancellation of games/practices will be determined by the Principal, Athletic Director, and/or Supervisor of Transportation. No game/practice will be held if weather conditions are such that a danger of traveling to and from the school exists. All coaches should consult with the Athletic Director before contacting players about practice or play. If school is closed, no practices or games will be held unless school officials give approval.

HOT WEATHER

All coaches will follow KHSAA Heat Index guidelines. There are no exceptions to these guidelines.

FACILITIES

The use of any athletic facility must be scheduled through the Athletic Director and/or Principal. The Athletic Director will maintain a facility schedule. Use of any facility must be supervised by authorized school personnel.

ATHLETIC EQUIPMENT AND SUPPLIES

It is important to emphasize to all students that it is their responsibility as team members to take proper care of his/her uniform and school equipment. If any equipment is not returned, is lost or has been misused or abused, the student will be charged with the replacement cost. The Head Coach shall inform each student that he/she will not receive his/her grades until his/her financial obligation is met. Players still delinquent at the end of the school year will not receive class credits or diploma until financial obligations are fulfilled. Underclassmen will not be issued equipment or allowed to participate for the next sport until financial obligation is fulfilled. The Head Coach shall notify the athletic director of all delinquent obligations.

Practice gear and game uniforms should be worn only during practices, games, or by permission from the Head Coach. At no time are students to wear school issued equipment or uniforms for physical education classes, for work or job-related activities, or for everyday school or social wear.

Coaches are responsible for collecting equipment, which is dispensed during the season. Coaches will conduct inventory and store all equipment within his/her program. Within two weeks after the season's end, all equipment is to be collected, cleaned, inventoried and stored in designated

areas. Any equipment that is in need of repair or any inventory that needs to be salvaged should be reported to the Athletic Director.

FINANCES

It is the responsibilities of the coaches and Athletic Director to follow school, district and state finance policies and procedures. No purchases may be made without a purchase order and prior approval by the Athletic Director and/or Principal. Failure to follow proper purchasing procedures will result in non-payment by the school and coaches will be responsible for payment. Bills should be submitted for payment immediately upon receipt.

USE OF WEIGHT ROOM

No student will be allowed to use the weight room unless a coach is present. Each coach must schedule the use of the weight room with the Athletic Director. A weight room schedule will be posted. All athletes using the weight room must abide by the weight room rules that are posted. The weight room shall be locked except when authorized personnel are present to supervise the students.

AWARDS/BANQUETS

Award Banquets are organized by each coach or their designee. The Athletic Department will provide all athletic participants with a participation certificate, and the Head Coach is responsible for choosing the type of individual awards that are given and purchasing those awards. Awards cannot exceed the amount of \$15 per individual. Award Banquets are organized by each coach or their designee. The Athletic Director should be provided with a list of awards/recipients, banquet agenda, facility use, and plans for meals previous to the banquet in order to ensure equity in all areas.

The Athletic Department will purchase the chenille "OC" letter for an athlete who has lettered in their first varsity sport. An athlete will receive only one of these from the athletic department. For each varsity sport that an athlete letters in, he/she will receive a sports insert pin. For each year that an athlete letters, he/she will receive a bar pin. The Athletic Director will maintain a list of all lettered athletes at Ohio County High School.

Awards and Recognition

Team Pictures:

Team pictures hanging in the lobby shall be regional or state championship winners (Football equivalent of 2nd round of playoffs).

Senior Photos (Giant Photos): Senior group banners may be displayed in the facility in which that team competes. If they have no facility they will be displayed in the gym. The athletic department will purchase group pictures and the boosters can still purchase individual banners for gifts. Individual senior banners may only be displayed during senior night or meet the player season kickoff events.

Example: Football would be displayed at Frank Barnes Stadium. Archery would be displayed in the gym.

Team Banners, Awards, Recognition

District Championship, Regional Championship and state participants shall be recognized at the facility at which the teams competitions are held.

Regional Champions: Banner, team picture displayed in the lobby

State Runner-up: Banner, team picture displayed in the lobby

State Champion: Banner, team picture displayed in the lobby

Individual Recognition:

State Winners: Picture will be hung in the lobby for student athletes who have won an individual state competition.

Pep Rallies:

Pep rallies will only take place on homecoming game days, or if teams make it to the state tournament

VARSITY LETTERING

The Varsity "OC" chenille letter shall be presented to students who have satisfied the participation requirements listed below, completes all team obligations, and/or receives the recommendation of the Head Coach. It is the responsibility of the Head Coach to ensure that athletes understand the criteria for lettering in a varsity sport. Any athlete/manager who leaves the team for any reason other than medical will forfeit their letter for the season.

Specific Sport Requirements:

Baseball

- Players must play in 50% of varsity games.

Basketball: Boys and Girls

- Players must participate in 50% of varsity quarters played.

Cheerleading/Dance

- Must meet 90% of contest and practice requirements

Cross Country: Boys and Girls

- An athlete must run half the scheduled races plus one.

Football

- Player must participate in varsity practice
- Must play in 20 quarters or 50% of the quarters played in a season
- It takes a minimum of four plays in a quarter to be considered a quarter played.
- 25 plays in one game are equal to four quarters played
- 15 plays in one game are equal to two quarters played

Golf: Boys and Girls

- Player must participate on the varsity team in at least 50% of the matches.

Soccer: Boys and Girls

- Player must participate in 50% of varsity periods played.

Softball

- Player must participate in 50% of the varsity games.

Swim

- Competing in 90% of regular-season meets or by scoring at least 15 points in competition.

Tennis: Boys and Girls

- Completed the season in good standing
- participated in at least 51% of the available matches (2019: 66/2 + 1= 34 matches/51%)

- Or have been identified by the coaching staff as having made outstanding contributions to the team through exemplary attendance, dedication, and personal sacrifice.

Track: Boys and Girls

- An athlete must score a minimum of 25 points during the season. Relay points count for each runner individually rather than being divided.

Volleyball

- Player must participate in 50% of games played.

Wrestling

- Finish the season in good standing
- participate in 51% of the matches
- Any other circumstances the coach deems necessary and warranted

Managers

- Must satisfy requirements as determined by the Head Coach.

SUPPORT GROUPS PERFORMANCE

- Marching Band will be allowed to perform their routine at each home football game during halftime
- Dance Team will also be permitted to perform their routine at halftime of each home football game
- Cheerleaders and Dance Team will perform at home basketball games during halftime

UNIFORM PURCHASING ROTATION SCHEDULE

The Ohio County Athletic Department will purchase uniforms for each program at least every three years (may be some exceptions – uniforms may not last the expected number of years, uniforms stolen, etc.). Booster Clubs may purchase uniforms with prior approval from the Athletic Director and provided that all Title IX requirements are met.

MIDDLE SCHOOL POLICY

Students at the Middle and Elementary level may participate at the High School level using the following guidelines:

The middle and elementary school athlete must receive approval from the middle/elementary school principal, high school principal, coaches and athletic directors. Parents must submit a letter to the high school principal prior to the first day of practice requesting permission for their middle/elementary school student to participate on the high school team. The middle school athlete must fulfill middle/elementary school obligations and must abide by all KHSAA bylaws.

BOOSTER CLUB

Each sport can organize a booster club to help support and promote their program. The booster club is required to sign a written contract with the Ohio County Board of Education stating they will abide by the rules and regulations described in the contract. Each booster club must submit a yearly budget to the central office as well as quarterly bank statements. All booster clubs must abide by all KHSAA Title IX requirements.

HANDLING PARENT COMPLAINTS

The coaching staff is responsible for determining the following: team selection, length and content of practices, game strategy, and individual playing time. These decisions will be based on the best judgment of the coach. The Head Coach shall explain during the parent meeting prior to the season his/her procedures in dealing with parents. The Head Coach should always maintain

professionalism in dealing with parents. **There will be NO PARENT meetings/discussions with any coach during or after a game.** Coaches are not obligated to hold meetings to discuss any players playing time or lack thereof. Parents should call the Coach and/or Athletic Director to set up a meeting.

OHIO COUNTY HIGH PARENT'S CODE OF CONDUCT

1. I hereby pledge to provide positive support, care and encouragement for my child participating in sports by following the Parent's Code of Conduct.
2. I promise to help my child enjoy the sport's experience by doing whatever I can; such as attending as many games as possible, being a respectable fan, and sharing in transporting my child to and from practices.
3. I realize that my child's playing time is determined by his/her awareness of the game, his/her ability, his/her maturity, and the coaches' evaluations.
4. I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
5. I will encourage good sportsmanship by demonstrating positive support for all players, opponents, coaches and officials at every game, practice, or other sporting events.
6. I will place the emotional and physical well being of my child ahead of my personal desire to win.
7. I will support coaches and officials working with my child in order to encourage a positive and enjoyable team experience for all.
8. I will do my very best to make sports fun for my child. I will attempt to relieve competitive pressure, not increase it.
9. I will remember that the game is for the students - not the adults.
10. I will conduct myself in such a manner as to bring positive feedback to our athletes, our school, and our community.
11. I will refrain from undermining or spreading ill will by passing on gossip, rumors, and innuendos which would or could destroy team morale or cohesiveness.
12. I will give my child space and time after games, except for encouragement.

PENALTIES FOR VIOLATION OF PARENT CODE OF CONDUCT

1st Violation - Parents will be issued a strict warning for their behavior. Although not required for a first violation, school officials can issue a suspension based upon the seriousness of the infraction.

2nd Violation - Parents will be suspended from all athletic contests for a time period of not less than 2 games of their child's current season, including post season games. The parent must meet with administration and athletic personnel; the absences of which will result in an indefinite suspension from all athletic events.

3rd Violation - Parents will be suspended for the remainder of the school year from all athletic competitions from the date of the 3rd violation.

It is NEVER acceptable for a parent to attempt to discuss a child's playing time during a game or practice. It is NEVER acceptable for a parent to attempt to discuss another student's playing time or performance.

Ways to a Better Experience as a Parent of an Athlete

1. There is a reason that student comes first in "student athlete".
2. Respect the game.
3. Be a student of the game. Learn the game. Study its history. Love the game.
4. NEVER verbally abuse an official.
5. Being a spectator at an athletic event provides you with an opportunity to reveal your character.
6. Let your child's coach, coach.
7. Don't be too hard on your child, but don't let him have a free ride.
8. Encourage your child's teammates - even if your child doesn't play.
9. You love your child very much, he/she doesn't know more than his coaches. Neither do you.
10. Don't make excuses for your child. Don't let him/her make excuses.
11. Life is not fair.
12. Be passionate about your child's TEAM.
13. Learn to appreciate routine play done to perfection.
14. Show your child how to strive to win within the rules of the game.
15. Help your child accept his/her role on the TEAM.
16. Show your child how to say thank you.
17. Body language screams. It never whispers.
18. Coaches owe you honesty. Be honest with them.
19. Encourage your child to hustle. It doesn't take any talent to hustle.
20. Show your child how to learn from mistakes.
21. Games are suppose to be fun. Hard work doesn't change that. Winning and losing doesn't change that.
22. Your child doesn't have to be a great athlete to be a good player.
23. Let your child have his/her life. It is not your team or your game.
24. Show your child how to compete.
25. Encourage your child to play the game rather than play to the fans.
26. Learn the difference between a "right" and a "privilege". Teach the difference to your child.
27. You cannot change what you did yesterday, but you can change what you are going to do today.
28. Teach your child humility. The spotlight is never too small to share.

PLEASE SIGN THIS PAGE – AFTER SIGNING, REMOVE THIS PAGE AND RETURN TO THE COACH.

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PARENT & STUDENT ACKNOWLEDGEMENT OF ATHLETIC POLICIES

Please sign and return to the coach. This must be completed for each sport in which the student athlete participates.

I have read, understand and agree to comply with the provisions set forth in the pages of this athletic handbook.

Parent's Signature

Student Athlete's Signature

Date

This form will be kept on file in the coach's office.

Approved SBDM December, 2020