



**Westfield High School
Student-Athlete/Parent
Athletic Handbook
2023-2024**

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Westfield High School Athletic Handbook for Student-Athletes

ATHLETIC STATEMENT

This athletic handbook is designed to inform athletes and their parents or guardians of the rules, regulations and information that helped develop the rich tradition of competition at Westfield High School.

Participation in high school athletics is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since athletic competition on high school teams is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the administration, and other specific coaches' rules for their sport. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is becoming to their family, Westfield High School and the community.

ATHLETIC PHILOSOPHY / MISSION

The Westfield High School Athletic Department and members of the boys and girls athletic teams believe that competitive athletic programs are a part of the overall educational program of the school. To be of maximum effectiveness, the athletic program must be closely coordinated with the general instructional program of the school. The Athletic Department must be sure that the number of students accommodated and the educational aims of athletics justify inclusion in the overall educational program. It must also be based on a spirit of amateur athletics, so participation is regarded as a privileged opportunity. Athletics are available for all students who are physically able to participate, who qualify under eligibility requirements, and who adhere to the rules set forth by the state and local officials and coaching staff.

We believe that participation will contribute to the following:

1. Improve the health, fitness, and general welfare of all individuals taking part in the program.
2. Engage a maximum number of students for participation in various programs.
3. Stimulate all participants to achieve credible academic progress and to make a contribution to the general educational program of the school.

The goal of the Westfield Athletic Department is to provide the best opportunities for student-athletes to excel in teamwork, sportsmanship, self-discipline and moral character. The purpose is to provide each participant with experiences that will be positive and memorable and that help the athlete develop the capacity for commitment to a cause, acceptance of responsibility and loyalty toward any chosen endeavor.

ATHLETE DEFINED

The Westfield athlete is defined as, and includes, all young men and women who represent a team/sport that is sanctioned by the IHSAA that engages in interscholastic competition and further includes cheerleaders, student managers, trainers, and statisticians.

ATHLETIC PROGRAM PROFILE

Westfield High School supports twenty-one (21) sports that offer 42 different teams to over 900 students in grades 9 -12. Student-athletes are coached by over 70 men and women and participate in over 600 contests per year. Westfield is a charter member of the Hoosier

Crossroads Conference (HCC). Members include Avon, Brownsburg, Fishers, Franklin Central, Hamilton Southeastern, Noblesville, Westfield, and Zionsville.

ELIGIBILITY

RESIDENCY REQUIREMENTS

Student-athletes must be residents of the Westfield Washington School Corporation or be sanctioned through court mandate or board action in order to participate in athletics at Westfield. This means that the student must reside within the legally defined attendance areas of the Westfield Washington School Corporation and must conform with the existing legal settlement statutes as defined in Indiana Code 20-33-8-17 and Westfield School Board Policy 10000-03

ACADEMIC/ATHLETIC ELIGIBILITY AT WESTFIELD

1. Student-athletes must be enrolled at Westfield and pass four full credits (IHSAA standard) for current and previous grading periods or semesters/trimesters to be academically eligible to play or try out. (Note: Senior Seminar does NOT count as a course or credit towards academic eligibility.)
2. In addition to the IHSAA requirements, any student-athlete at Westfield High School who receives an F in one (1) class and passes their other four (4) classes will be subject to the following:
 - a. The average of four passing grades must equal a 1.7 G.P.A. or higher.
 - b. If the G.P.A. is not 1.7 or better, the student-athlete is placed on academic probation and can regain eligibility at the one-fifth (20%) point of their respective season if their grades are 1.7 or better. The one-fifth point of a season will be determined by 20% of the number of games/contests/meets. If the student-athlete fails to meet eligibility requirements, this process will continue at the 50% point and 75% point.
3. A student with two (2) or more grades of "F" is ineligible for that trimester.
4. Any sport that begins before the first twelve (12) week grading period is completed will use the previous twelve (12) week grades to determine athletic eligibility.
5. A student will be ineligible until eligibility requirements are met.
6. Student-athletes who become ineligible by IHSAA standards during a given grading period are prohibited from participating in games and contests for that activity. This does not prohibit the student from attending athletic events as a paying spectator.
7. Freshmen are eligible to compete on varsity athletic teams.

It is the policy of the athletic department to work closely with the academic progress of each participant. Students with failing grades will be required to attend CORE time during the school day.

PHYSICAL EXAMINATIONS

Every student athlete is required by Westfield and the IHSAA to have a physical examination completed and on file with the athletic office before the official first day of practice per the IHSAA

calendar in any sport. Physical exams are the responsibility of the athlete and his/her parents. Any physical after April 1 of the current year, is good for the next school year.

WHAT MUST BE DONE BEFORE YOUR FIRST PRACTICE

The following items are to be completed by the athlete and parent/guardian before the first practice with any team:

- take and pass physical examination and have supporting student, parent, and doctor signatures
- meet academic eligibility requirements
- Complete the online registration process on registermyathlete.com and complete all online forms (IHSAA physical examination must be uploaded)

IHSAA ELIGIBILITY RULES FOR STUDENTS IN GRADES 9, 10, 11, AND 12

It is better to be safe rather than ineligible. Participation in athletics at Westfield High School is a privilege earned by meeting the standards set by WHS, the Hoosier Crossroads Conference, and the IHSAA. IHSAA rules and regulations can be found in their bylaws at

<https://www.ihsaa.org/Portals/0/ihsaa/documents/about%20ihsaa/2021-22%20By-Laws.pdf>

If you have any questions regarding your eligibility, contact the Athletic Director or Principal before you endanger your eligibility.

CODE OF CONDUCT

STATEMENT

The following Westfield athletic rules are in accordance with the Indiana High School Athletic Association Constitution.

The conduct of participants in athletics at Westfield, in or out of school, year-round, shall be such as: 1) not to reflect discredit upon our school, and 2) not to create a disruptive influence on the discipline, good order, moral or educational environment in our school. Any such misconduct violating these principles shall be subject to disciplinary measures including forfeiting all or part of a student's eligibility.

ENFORCEMENT OF THE CODE OF CONDUCT

The Athletic Department shall enforce all rules and regulations as described in the Code of Conduct (hereinafter the Code) for athletes. All rules regarding behavior and/or training as outlined in IHSAA regulations apply. The Code will be reinforced by the coach of each sport during the year. Parents/guardians and athletes are required to sign the acknowledgment, consent, injury awareness and disclosure document stating that they understand the Code and the athlete is subject to disciplinary measure should he/she violate the Code. Any alleged violation of the Code shall be reported to School Administration/Coaches and then is to be

followed by an investigation by any or all of the following people: coach, sponsor, Athletic Director, Principal or his/her designee.

The code is in force twelve (12) months a year, grades nine through twelve (9-12).

EXPECTED STANDARDS OF CONDUCT FOR ATHLETES

- The good of the team is first and foremost.
- No player(s) will ever employ illegal tactics to gain an undeserved advantage. All players will devote themselves to being a true sports-person.
- Profane and/or derogatory language will not be tolerated.
- Attendance at social events (parties, dances, etc.) is up to the athlete and parents. However, athletes are expected to leave social events immediately where there is illegal use of chemical substances, alcohol or tobacco.
- All athletes will care for all equipment as though it were their own personal property. If equipment is destroyed through practice it will be replaced by the school. If equipment is lost or stolen, the athlete(s) will fulfill their responsibility by paying for replacement of item(s).
- All athletes will obey the specific training and practice rules of their team as given to them by the coaching staff.
- Athletes should not engage in doing negative things. Drinking alcohol, taking controlled drug substances, using tobacco products, using profanity and being disobedient are harmful to athletes and their team. Maximum effort and performance cannot be attained when participating in these activities.
- Athletes and team members should plan their time so that they devote energy to their studies to ensure passing grades which represent their true abilities.
- Athletes should be a positive influence in all they attempt to do. They are to work for the betterment of Westfield and set a good example by doing what is right and good.
- Officials deserve courteous respect. Everyone must realize that officials do not lose a game or contest. They are there for the purpose of ensuring both teams a fair contest.
- All athletes are to ride to and from the game or contest site on school-approved transportation. Any exception to this rule must first be cleared with the coach in charge and only then if the parent or parents of the athlete communicate with the coach in person.
- This communication should be in written form.
- At athletic contests in the absence of the Principal or an Athletic Director, the coach is the acting authority for the school system.
- Athletes should appreciate that coaches, teachers and school officials have the best interests of all athletes in mind as they equip, schedule and conduct the athletic program.
- All Westfield athletes must comply with the standards of our athletic code of conduct and school rules or be subject to disciplinary action or dismissal from a team as determined by the rules, coaching staff, Athletic Director, and/or Principal of WHS.

RANDOM DRUG TESTING POLICY (10000-36)

All athletes fall under the random drug testing policy. By participating in athletics at WHS you are agreeing to be part of the random drug testing pool. For a complete copy of the random drug testing policy, go to the Westfield Athletic website or stop by the Athletic Office.

Important: We are asking our athletes to live clean, think clean, and do those things that make them keener, finer, and more competent individuals and team members.

ANTI-BULLYING AND HAZING POLICY (10000-49)

Westfield High School will not condone hazing or bullying. A student-athlete may not engage in bullying or hazing at any time with or to another student-athlete or student at WHS. This includes on and off school grounds, and traveling to or from an event.

The State of Indiana defines bullying as “overt, repeated acts or gestures, including verbal or written communications transmitted; physical act committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other student.

Hazing shall be defined as performing any act or 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. Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions.

Westfield Washington Schools will treat bullying and hazing as it does intimidation and harassment. Students guilty of bullying or hazing will face the entire gamut of disciplinary actions available to the school including suspension and expulsion.

A student-athlete or parent should report any concerns directly to the coach, athletic director, or a building administrator.

CELL PHONES AND CAMERAS (13000-03)

Student-athletes are responsible for the use of their cell phone at all times. Inappropriate use including pictures, social media, messaging, postings, etc will be a violation of the student-athlete code of conduct and the Acceptable Use of Technology Policy (13000-03). School Administration/Coaches will determine the severity of a violation and appropriate discipline will be administered.

A student-athlete or parent should report any concerns directly to the coach, athletic director, or principal.

SOCIAL NETWORKING SITES (13000-03)

Student-athletes are responsible for information contained in written or electronic transmissions and any information posted on a public domain (e.g. internet, chat room, blogs, Facebook, YouTube, Twitter, SnapChat). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social networks; however, student-athletes should be reminded that they serve as representatives of their team, the athletic program and the Westfield Washington Schools.

Texting, tweeting, posting, and uses of other social networks to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior and unbecoming of a Westfield student-athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior, due to the athletic handbook or other policy,

including, but not limited to, the Acceptable Use of Technology Policy (13000-03), will be considered in violation and subject to athletic discipline or suspension per policy guidelines.

A student-athlete or parent should report any concerns directly to the coach, athletic director, or principal.

ATHLETIC COUNCIL

The athletic council is composed of the Principal, Athletic Director(s) and a representative of head coaches. The athletic council is in existence to hear appeals of athletes from decisions of exclusions by the coach and athletic department. Recommendations, different from the already stated consequence, may or may not be made. Following the hearing, the parent(s) or guardian will be notified within five (5) days by the Principal or his/her designee of the decision of the council. The council's decision may accept, reduce or revoke the exclusion decision for violations, but may not invoke a more severe penalty.

APPEALS / HEARING

An athlete and his or her parent(s) or guardian has the right to a hearing on an exclusion by so notifying the Principal in writing within five (5) school days after the exclusion decision. The right of appeal is forfeited if this is not requested within this five day limit.

The purpose of the appeal hearing is to inquire into the athlete's alleged violation and to allow the athlete and parent(s) or guardian to present evidence on the student's behalf. The appeal is to determine whether or not the accused student has forfeited his/her privilege to participate in athletics. This process has no legal implications or requirements.

OFFENSES of the CODE of CONDUCT

The following rules are specific examples of conduct that would violate the Code of Conduct set forth above. Conduct that is not covered by these specific examples, but that violates the principles of the Code of Conduct, is subject to disciplinary measures.

Type "A" Offense. Arrested

Consequences for a Type "A" Offense:

The athlete will be ineligible from all athletics until a hearing with the Athletic Council is held to determine the athlete's eligibility. It is the responsibility of the athlete to request an Athletic Council hearing.

Type "B" Offense. Athletes (hereinafter student staff, student athletic trainers, and cheerleaders are included in the term 'athletes') shall not knowingly possess, use, transmit or be under the influence of any narcotic drug, hallucinogenic drug, stimulant, depressant, anabolic steroids, marijuana, spice, counterfeit caffeine pills or possess, use or transmit paraphernalia for use of such substances; partake in any degree or be in possession of alcoholic beverages; knowingly possess or use tobacco products (smoking, chewing, dip, vaping, juuls, etc.); or be in possession of a weapon; commit misdemeanors, or acts of delinquency. (Use of an authorized drug as prescribed by a registered physician shall not constitute a violation of this rule).

Consequences for a Type "B" Offense:

For 1st Offense: Suspension from athletics for the equivalent of 20% of the contests for a season they are in or for the first season they satisfactorily complete. After a suspension has been served, eligibility will be reinstated. (Suspension must be served in a sport the athlete has previously or is currently participating in.)

For 2nd Offense: Suspension from athletics for the equivalent of 30% of the contests for a season they are in or for the first season they satisfactorily complete. After a suspension has been served, eligibility will be reinstated. In addition, the athlete and his/her parents/guardians must meet with his/her head coach(s) and the athletic department to develop a plan of action to help prevent future infractions.

For 3rd Offense: The athlete will be ineligible from all athletics until a hearing with the Athletic Council is held to determine the athlete's eligibility. It is the responsibility of the athlete to request an Athletic Council hearing.

****Note that if a suspension is being served at the start of a season, and that sport has a scheduled scrimmage (per IHSAA rules), the student-athlete is NOT allowed to participate in that scrimmage in addition to the suspension for the number of games/contests. In other words, the scrimmage does not count towards the number of suspended games/contests. The scrimmage is an addition to the suspension.**

Consequences for a Type "C" Offense:

For 1st and

2nd Offense: If an athlete is suspended from school for disciplinary reasons, he or she may not participate in games or practices until said suspension has been served. If the infraction or suspension does not impact a scheduled athletic practice or event, the athletic department or coach may suspend the athlete for up to 11% of the season.

For 3rd Offense: See "Type B Offense – 1st Offense"

For 4th Offense: See "Type B Offense – 2nd Offense"

For 5th Offense: See "Type B Offense – 3rd Offense"

Type "D" Offense. Athletes shall not have unauthorized possession of Westfield athletic property.

Consequences for a Type "D" Offense:

The athlete will be ineligible from all athletics until such property is returned or restitution is made.

Type "E" Offense. Each head coach may furnish their athletes with specific rules and/or regulations which apply to that sport. These rules may go beyond those listed in this handbook, but cannot be of a lesser degree. The athletic department must approve these individual rules, and with approval, those penalties will be supported. Type "A", "B", and "C" offenses as stated cannot be changed by the coach. Specific rules of the coach cannot exceed 20% of the season for punishment. However, if the situation is not corrected, the athlete may be dismissed from the team with the approval of the Athletic Director.

REPORTING THE OFFENSE

Any coach and/or teacher, if viewing a reportable offense, should go to the player's coach to tell of the infraction. All coaches are REQUIRED to report their athletes.

ATHLETIC SEASON DEFINED

The athletic season is defined as commencing with the first practice and ending with the final event for that sport. Penalties for violations take effect immediately upon verification of any violation and will include games in succession, i.e. season schedule, tournaments and state series, in order of competition.

FORFEITURE OF AWARDS

If a violation of the Code warrants, the Athletic Department/Coach has the authority to withhold any awards (i.e. athletic letter, all conference, etc.) from the penalized student-athlete.

CARRY-OVER SUSPENSION

If the violation of the Code occurs in the last part of a sport and the violator cannot fulfill the terms of his/her violation in that sport the suspension does carry-over until the suspension is fulfilled. This includes their next sport or the same sport next year. i.e. If the suspension is for two football games with only one remaining, the athlete must also miss his first basketball game or wrestling match or baseball game until the suspension has been served. If a typically one-sport athlete elects to participate in a new sport in order to serve a suspension, he/she will be required to complete this season in good standing.

COMPLETING A SUSPENSION

When serving a suspension, the athlete is expected to be present at all athletic contests and practices involving his/her team or squad. The athlete is a member of the team and is expected to fulfill this responsibility. If the athlete does not attend the contest, credit will not be given toward fulfilling the requirements of the suspension. The coach's discretion can excuse the athlete.

AWARDS

AWARDS INFORMATION FOR ATHLETES

Awards are an integral part of most activities. They exist to reward, indicate belonging and show commitment to a cause. Awards are important and Westfield athletes are recognized with a wide variety of earned awards. It is always very important to keep awards in perspective. Too many or inappropriate awards indicate a disregard for the true meaning of sport, while too few can indicate a feeling of non-importance. In reality, awards cannot truly show what has been gained from competing in athletics: the development of loyalties, commitment to a cause, learning about one's limits and representing one's school, community, family and self.

All sports are considered major sports at Westfield High School. Athletes, student staff, and student trainers are eligible to earn awards. Each sport gives the same type of awards and all awards are purchased by the school. Letter jackets are purchased by the athletes. Candidates must complete the season in good standing as determined by the Athletic Department/Coach in order to receive an award. No awards will be issued until equipment is turned in to the coach.

The following information indicates the general guidelines and normal progression for awards. Athletes will receive the appropriate awards for each year as listed and explained below.

Freshmen and Sophomores are eligible for varsity competition and can earn their varsity award at any time. New athletes to Westfield (move-ins) cannot exchange awards from their previous school. Athletes cannot buy, substitute or make up for awards not previously won.

DESCRIPTION OF AWARDS

Awards distributed by the Athletic Department will be as follows. Note that Coaches/Teams may also hand out awards that will be specific to their respective programs.

Sub Varsity	Certificate		
1st Letter Sport A	Letter "W"	Numerals	Sport Icon
2nd Letter Sport A	Sport Icon		
3rd Letter Sport A	Sport Icon		
4th Letter Sport A	Sport Icon	Plaque	
1st Letter Sport B	Sport Icon		
2nd Letter Sport B	Sport Icon		
3rd Letter Sport B	Sport Icon		
4th Letter Sport B	Sport Icon	Plaque	
1st Letter Sport C	Sport Icon		
2nd Letter Sport C	Sport Icon		
3rd Letter Sport C	Sport Icon		
4th Letter Sport C	Sport Icon	Plaque	
9 Total Letters	Blanket		

TEAM REQUIREMENTS FOR A VARSITY AWARD

An athlete must finish the season in good standing as determined by the Athletic Department/Coach. Head coaches will determine the criteria (playing time, special contributions to the team, etc.) necessary to earn all awards including a varsity letter.

INFORMATION FOR ATHLETES/PARENTS

Accidents / Injuries

All accidents or injuries, home or away, are to be reported to the trainer and/or coach immediately. The coaches should know the health status of their players at all times. Athletes should keep their coach informed of any treatment outside of school and any recurring injuries. Be sure that all injuries are given proper attention.

Attendance: (Absence) School and Game Day

Daily attendance to school and practice is very important and expected. Student-athletes must have attended the final two (2) classes the day of contests to be able to participate in his/her athletic event. Approved field trips or school activities constitute attending school. Any

exemptions (funeral, dental, doctor, college visitation day) must be approved through the athletic office.

Automobiles

Automobiles are to be parked between the lines and in accordance with all regulations of traffic control. Athletes will not be treated in a special way. Do not talk to coaches about special favors or driving to contests.

Changing a Sport

If an athlete is cut from a team, he/she may join another team or program in that sport season. An athlete cannot quit one sport to join another sport until that sport season is concluded. Ex. The athlete cannot quit football to go out for basketball until football season is completed. However, athletes will be allowed to transfer from one sport to another during a given season only upon mutual agreement of both coaches and the Athletic Director.

College-Bound Athletes and Recruiting

College recruiters visit Westfield to talk about and with our athletes. NCAA Eligibility Clearinghouse rules determine who is eligible for scholarships. Grades in college prep classes as determined by the NCAA, test scores on the Scholastic Aptitude Test or the American College Test, and recommendation of his/her coaches are all part of the process. These rules are available from the counseling center. There is time set aside for recruiter-athlete visitation. Your coach and guidance counselor will arrange these meetings. Transcripts will be provided to the university through the counseling center.

Concussion and Head Injury Awareness Information and Consent

The last two pages of this handbook contain concussion and head injury awareness information for both the student-athlete and parent/guardian as prescribed by Indiana Law IC 20-34-7. Indiana law requires student athletes to be removed immediately from athletic activities if it is suspected they have sustained a head injury. In order to return to play, injured athletes must be evaluated and cleared by a health care provider trained in head injury assessment. All student-athletes and parents/guardians must sign a consent that they have received this information. The Concussion and Head Injury acknowledgment and signature form is a separate page in the physical form that is turned in to the athletic office.

Procedure for Addressing Concerns with Coaches

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

1. Call to make an appointment with the coach.
2. If the coach cannot be reached, the Athletic Director will assist you in making the appointment.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Meetings should be scheduled the next calendar day or later.
4. If a satisfactory resolution is not accomplished, call the Athletic Director to make an appointment to discuss the situation.
5. If a satisfactory resolution is not accomplished after meeting with the Athletic Director, a meeting will be set up with the Principal.

Conference Affiliation

Westfield belongs to a very competitive and high profile conference. The Hoosier Crossroads Conference (HCC) was formed to promote athletics, academics, activities and information exchange between our seven schools: Avon, Brownsburg, Fishers, Franklin Central, Hamilton Southeastern, Noblesville, Westfield, and Zionsville.

Conflicts Between Activities

Activities at Westfield share many students. From time to time there may be conflicts between a student-athlete's sport and another activity that is grade based. In the event a conflict arises and the student-athlete's grade is dependent on attending this activity then it will take precedence over the student-athlete's sport. Communication between coaches and sponsors of conflicting activities is a must. Importance of contests and state competitions may affect decisions. The Principal or their designee will have final say on priority.

Dress

When going to away activities or contests as representatives of Westfield athletics, the athletes must dress according to team rules as approved by the Athletic Department.

Equipment

All athletes will care for all equipment as though it were their own personal property. If equipment is destroyed through practice, it will be replaced by the school. If equipment is lost or stolen, the athlete(s) will fulfill their responsibility by paying for replacement of item(s). Remember that stealing or wearing stolen equipment is a violation of the Code of Conduct and punishable by suspension from athletics. Equipment may not be worn during the school day, at home, or on the streets without approval of the coach of that sport. All issued equipment and uniforms remain the property of Westfield and must be returned at the conclusion of the season. Any missing items will be charged to the student-athlete. Graduation or next year's registration will be affected until all fees are paid.

Gymnasium Procedures

At no time is it permissible for individuals or groups to work out in the gymnasium without authorized supervision. At no time will individuals or groups be working out, jogging, or just "messing around" while teams or squads are having an official practice session. Athletes in the gymnasium for one sport practice will refrain from using equipment not specifically for their sport. All practice times are to be cleared with the Athletic Director and recorded on the master calendar.

Insurance

In order to eliminate any confusion relative to athletic injuries, expenses, and insurance, please note the following:

- A. Westfield Washington School Corporation expects each athlete to have accident coverage before participating in athletics.
- B. Westfield Washington School Corporation will not pay any injury-related expense sustained by athletic participants.
- C. All Westfield Washington School Corporation students may enroll in the "School Accident Protection For Your Children" insurance plan used by the school corporation. School insurance is made available at the beginning of school to all students. School insurance forms can be picked up in the school office.
- D. The IHSAA purchases a Catastrophic Insurance policy that covers all athletes participating in IHSAA sports. (This does not include cheerleading.) However, this policy

is excess insurance and pays up to \$1,000,000, (amount may increase) only after the athlete's insurance has paid the maximum amount. It should be noted that neither the Westfield Washington Schools, nor the IHSAA carries any kind of "first dollar" athletic insurance.

Multiple Sport Athletes

The Westfield Athletic Department supports the concept of participating in more than one high school sport. In-season sports take precedence over any other extra-curricular activity. High school coaches should not establish expectations "out of season" which would prohibit or restrict a student's participation in another sport which is "in season."

Participation in Two Sports in One Season

Athletes may participate in more than one sport during one season. Coaches involved with athletes wanting to do this will meet with the athlete and his/her parent(s) to discuss the possibilities. A schedule resolving all practice and competition conflicts must be established prior to the season and the student athlete will be asked to designate a "primary" sport if necessary. The athlete must realize that extra time for practice is necessary to compete in two sports in one season. The athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the athlete will be asked to choose which sport he/she will continue in.

Practices: Regular, Vacation & School Closing

All team members are expected to attend all practices. Practice schedules for school vacations are set by the coach and only the coach can excuse an athlete from practice. Practices during a school closing time (snow, etc.) are occasionally held and attendance at these practices are considered voluntary.

Publicity

By participating in athletics at Westfield High School, the athlete's name, grade and photo will appear on the team roster and in programs distributed at sporting events. The athlete's height may be listed and weight will be listed for boys' sports only.

All sports are covered by the local news media and results of the contest are printed along with athlete's names and photos.

Quitting a Team

If an athlete tries out and makes a team in a sport that has cuts; or participates in ten (10) practices for a sport that does not cut, he/she cannot quit that sport and join another sport until the sport season he/she quit is completed. This includes joining off-season workouts for another sport. Example: An athlete cannot quit cross country to join the football team or the basketball team (including pre-season conditioning / workouts) until the cross country season is completed. Consent by both coaches and the athletic department can waive this rule. The athlete should notify the coach immediately, in person, to explain the reason for quitting the team. The athlete should then turn in all school equipment that has been issued to him/her. The athlete forfeits all awards that would have been earned had they completed the season.

Scholarships (Athletic)

Students and parents interested in pursuing athletic scholarships should start their searches by asking their individual coaches for information and advice concerning this matter. The guidance office will have additional information about the school or area of interest. Students interested in Division I and II colleges and universities must also comply with NCAA eligibility guidelines that are found in the guidance office.

Study Table

Study tables may be a designated requirement for student-athletes who are not meeting academic standards as set forth by the Athletic Department/Coach. The appropriate coach will inform the student-athlete when a study table requirement is necessary. Study table will take place during regularly scheduled practice time in lieu of practicing with the team. Other study table times like before school is also an option if agreed upon by the Coach and student-athlete.

Suspensions via Due Process

A school due process suspension (in school or out of school) makes a student body member ineligible for competition and practice in any activity or program for the duration of the due process.

Team Cutting Policies

Westfield Coaches have their own policy on how they will choose their teams. In some sports, cutting a team down to manageable size is a necessity. Coaches will explain their policy to candidates for their team at the first meeting. An athlete may be cut from a team anytime during a season. Criteria for selecting team members lies with the coaching staff. Their decisions are final.

Training Room

The purpose of the training room is to care for and prevent athletic injuries. Student-athletes are not permitted in the training room without adult supervision. Space is limited, therefore, only athletes needing treatment are allowed in the room. All school first aid materials are to remain in the training room or in the first aid kits under the direction of the trainer, student trainer, or coach at practices, games, or contests. Under no circumstances are the athletes to use the whirlpool without proper supervision of the trainer or coach. At no time should there be any first aid materials in athletes' lockers. This includes athletic tape.

Weight Room

The weight room is available for use by teams before and after school. There is a full program of weight training offered during the school year and summer under the guidance of a weight coach. No student shall use the weight room without adult supervision, nor without having a physical exam on file in the athletic office.

Use of Supplements

Westfield High School does not encourage or endorse the use of any type of nutritional supplement. The use of products such as protein supplements, amino acid supplements, creatine, weight gain and/or loss products, etc. is a decision to be made by the student/athlete and their parents in consultation with a physician.

Westfield Athletics: Sport Offerings by Season and Start Date

Fall:	Cheer	May 2023	Spring:	Baseball	March 11, 2024
	Boys Cross Country	July 31, 2023		Boys Golf	March 11, 2024
	Girls Cross Country	July 31, 2023		Softball	March 4, 2024
	Football	July 31, 2023		Girls Tennis	March 11, 2024
	Girls Golf	July 28, 2023		Boys Track	February 12, 2024
	Boys Soccer	July 31, 2023		Girls Track	February 12, 2024
	Girls Soccer	July 31, 2023		Unified Track	March 4, 2024
	Boys Tennis	July 31, 2023			
	Volleyball	July 31, 2023			
Winter:	Cheer	November 2023			
	Boys Basketball	November 6, 2023			
	Girls Basketball	October 16, 2023			
	Boys Swimming	November 6, 2023			
	Girls Swimming	October 23, 2023			
	Wrestling	October 30, 2023			