



Hillsdale Local Schools
Athletic Handbook
2024 - 2025

A Letter to Student-Athletes

Student-athletes who are good sports are positive role models within our school and the community at large. A good sport knows that athletic competition builds character and shapes lifetime attitudes. You, in turn, experience additional educational and leadership benefits from sports participation.

Integrity, fairness, and respect are inherent principles of good sportsmanship. The spirit of competition thrives with them, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

As an athlete at our school, your sportsmanship goals should include:

- Developing a sense of dignity under all circumstances;
- Respecting the rules of the games, the officials who administer the rules, and their decisions;
- Respecting opponents as fellow students and acknowledging them for striving to do their best while you seek your best at the same time;
- Refraining from engaging in all types of disrespectful behavior, specifically taunting, trash talk, and other forms of intimidation;
- Looking at athletic participation as a potentially beneficial learning experience, whether you win or lose;
- Educating other students and fans to understand the rules of the game and the value of sportsmanship.

These and other expectations are included in the attached guidelines, which we hope you will take a few moments to review. They give us a roadmap to follow toward a more educational atmosphere for interscholastic athletics.

You and your personal fans are **the** spokespeople for your school when you represent us in athletic competitions. Your actions are viewed by family and friends, opposing fans, the local community, and the media. Your display of good sportsmanship will show the most positive things about you and our school and, hopefully, remind us all that, in the end, sport is meant to be fun.

We hope the upcoming season is a rewarding one for you!

Mrs. Long

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Hillsdale School District Motto
Building Character – Expecting Excellence

Hillsdale School Vision Statement

The Hillsdale Local Schools, in partnership with the community, will build character and expect excellence by providing a safe and challenging environment that prepares students to be successful in life.

Hillsdale School Mission Statement

Hillsdale: focused on success through innovation, empowerment, and collaboration.

Hillsdale School Alma Mater

Alma Mater, hear us
Sing our praise to you.
Forever faithful we will be
To our proud Gold and Blue.
Memories we cherish
Of the days we knew.
We always will stand by you
Loyal, firm, and true.
Years from now will find us
In places far and wide,
But ever nearer to our hearts
Is our dear Hillsdale High.

Hillsdale School Fight Song

Fight, fight for Hillsdale High
Fight for our colors bright and bold.
Fight, fight for Hillsdale High
We're going to win this game tonight,
Rah! Rah! Rah!
Fight, fight for Hillsdale High
For the Falcons are the best,
For the Blue and the Gold and
The honor they hold for Hillsdale High.

Purpose

It is the intent of this booklet to:

- 1) inform students of the rules and regulations pertaining to their athletic eligibility and participation;
and
- 2) to assure parents/caretakers that their children will participate in a supervised and regulated athletic atmosphere.

Place and Importance of Athletics at Hillsdale for Student Athletes and Family Members

The Hillsdale School Athletic Program will be conducted in a manner so that:

- A. The participants develop good character through involvement in the activity;
- B. A positive attitude toward life is developed through exemplary leadership;
- C. Every student will have an equal opportunity to try out for the sport of his/her choice;
- D. A pre-season conditioning program is conducted that is adequate for the health and safety of the participants;
- E. The discipline is administered in a uniform manner throughout the program.
- F. An informative communication system exists between the Athletic Department and the community.

Family members will represent the Hillsdale School Athletic Program positively through:

- G. Family members will help student-athletes develop good character through positive involvement throughout the season;
- H. Keeping a positive attitude toward all student-athletes, coaches, and officials;
- I. Refraining from using negative or derogatory words/remarks at sporting events;
- J. Following proper protocols if an issue arises;
- K. Understanding that demonstrating good sportsmanship is imperative in attending all athletic events.
- L. Family members behaving poorly can be denied attendance at future events.

Ohio High School Athletic Association

The Ohio High School Athletic Association controls athletics in Ohio.

It is the intent of our school to abide by its Constitution and By-laws. The OHSAA has given the Principal ultimate responsibility for all athletics within his/her school.

Athletic Advisory Council

The Athletic Advisory Council will comprise the following personnel: (Chairperson: High School Athletic Director)

1. High School Principal
 2. Middle School Principal
 3. High School Athletic Director
 4. Middle School Faculty Manager
 5. Head Coach of each accepted varsity sport
- A. Any council member may place agenda items for discussion and action.
 - B. Each member will have only one vote on all items brought before the council for a vote, regardless of how many sports he/she coaches.
 - C. Passage of any item will require a 2/3 majority vote to be accepted by the council and to be taken to the Board of Education for final approval.
 - D. The Athletic Advisory Council will meet at least 4 times per year. Meetings will be held in August, November, March and June.
 - E. Special meetings may be called by a request of 2/3 of the council membership.
 - F. Duties and responsibilities of the Council are to:

- Any student with an IEP is exempt from the 1.0 minimum grade point average.
- The OHSAA has set standards for scholarship. Each athlete is required to meet these standards to participate in a sport.
- Any student in grades 9-12 must pass a minimum of the equivalent of five (5) credits toward graduation immediately preceding the grading period to be eligible for the following grading period.
- Any student in grades 7-8 must pass 4 courses in the preceding grading period to be eligible for the following grading period.
- The student must be a full-time student in Hillsdale High School and enrolled in at least five credits for the preceding year unless a transfer student from another high school where the student was enrolled full-time.
- An athlete who does not meet the eligibility requirements (may) practice and participate in team functions but can not participate in scrimmages or games. The athlete must spend one hour at a supervised study table per school day.

Scholastic eligibility is determined every nine (9) weeks.

A student's eligibility or ineligibility continues until the fifth school day of the next grading period.

- 1st Nine Weeks - Ends October 25 - Grades due on October 30
- 2nd Nine Weeks - Ends January 17 - Grades due on January 22
- 3rd Nine Weeks - Ends March 21 - Grades due on March 26
- 4th Nine Weeks - Ends May 29 - Grades due June 3

Age/Enrollment Requirements

The OHSAA establishes age requirements and the number of semesters of eligibility for all Participants.

- Any high school student under the age of 20 is ineligible for further participation.
- No matter where the 20th birthday falls on the calendar.
- Any high school student who has been enrolled in high school for more than 8 semesters loses eligibility.
- Any middle school student who attains the age of **15** before August 1 at the beginning of the school year is ineligible for further participation.
- Any middle school student who has been enrolled in the middle school for more than 4 semesters in grades 7 and 8 loses eligibility.

Training Rules and Regulations

Hillsdale Local School officials and coaches of athletic teams believe that those students who are selected for the privilege of membership on teams should conduct themselves as responsible representatives of their school. To ensure this conduct, the Athletic Director and coaches will enforce the Athletic Code. Members of teams who fail to abide by the Athletic Code are subject to disciplinary action as prescribed by the code.

As recognized representatives of Hillsdale Local Schools, members of each team will demonstrate the character and behavior outlined in the Code. The behavior of team members is to be monitored by coaches and school officials in or out of season, in or out of uniform, whether in or out of school.

Close contact with advisors and coaches at activities within the Hillsdale community allows them to observe, confront, and assist young people. Hillsdale, therefore, supports education and awareness training in

adolescent chemical use problems, including the symptoms of chemical dependency and special issues affecting district activities for administrators, athletic directors, coaches, advisors, participants, and their families.

Section I

- A. An athlete at Hillsdale will be subject to disciplinary action if he/she commits any of the following violations:
1. Failure to abide by the Career Center Handbook, the Hillsdale Parent-Student Handbook, or the Athletic Code of Conduct, as adopted by the Hillsdale Board of Education, which results in a removal from school.
 2. Insubordination/Ejection of Players
Acts of unsportsmanlike conduct during the sports season in which the athlete is involved, such as fighting or verbal abuse of officials, contestants, coaches, or spectators for which the athlete is ejected from the team or game by game officials or school officials.
 3. Use/Possession of Alcohol, Drugs, Tobacco, Vaping Devices, and/or Electronic Smoking Devices
Use of or possession of tobacco(all forms), alcohol, marijuana, or any other illegal drugs or related paraphernalia, look-alike drugs, or abuse of prescription/non-prescription drugs.
 4. Criminal Offenses
Athletes will be denied participation as determined by the coach and/or administration for conviction of a felony and/or misdemeanors, excluding minor traffic violations. The maximum penalty will be a denial of participation for a period of one calendar year from the date of infraction.
- B. Each coach has the prerogative or discretion to establish additional rules pertaining to the activity supervised.
1. Report any law enforcement infraction to the coach immediately.
 2. These rules may include attendance at practice, detentions, curfew, dress, and the general conduct of all participants during practices, games, and trips.
 3. Violations of these rules will be handled by the coach individually.
 4. These rules must be clearly communicated to the student/athlete and the parent/caretakers.

Section II

Any violation of the stated policy while the athlete is enrolled at Hillsdale, will result in the following action.

For violation of Section I, rule A-1:

1. Removal from all practices or games equals the amount of time the student is removed from school.
2. After a total of 15 days of removal from school in a season, the athlete will be removed from the team for the remainder of the season.

For violation of Section I, rule A-2:

1. Any student ejected for unsportsmanlike conduct or a flagrant foul shall be ineligible for contests during the amount of time the OHSAA specifies in the sport from which the student was ejected.
2. If no contests are scheduled during this ineligible period at the same level as the ejection, the student shall be ineligible for the next scheduled football game, 2 points, 2 event days for wrestling, or a minimum of two contests in any other sport.
3. If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates.
4. A student who is ejected a second time shall be suspended for the remainder of the season in that sport.

For violation of Section I, rule A-3:

1. First Offense:
 - a. Removal from all athletic contests for 30% of the scheduled contests (not scrimmages), with the student expected to participate in all practice sessions during that time. No exception is permitted for a student who becomes a participant in a treatment program. The student-athlete must complete the season in good standing for the removal to count.
 - b. If drugs, tobacco, or alcohol are involved, a mandatory program with a substance abuse counselor, the parent/guardians, and the athlete is required for reinstatement. The athlete may not participate until his/her coach has notified the substance abuse counselor or Athletic Director that a preliminary contact has occurred. The program will continue until the requirements of the substance abuse counselor have been met. Student-athletes who fail to complete the treatment program cannot participate until those requirements have been met.
 - c. Voluntary admission of an infraction of a training rule regarding substance abuse will result in a 20% suspension and will still count as a first offense. In such cases, a mandatory program with a substance abuse counselor is still required. (The purpose of this provision is to allow the athlete to seek help)The student may not use this voluntary admission if the school is already aware of the rules infraction. This provision may be used only one time.
2. Second Offense:
 - a. After confirmation of a second violation, the athlete will lose eligibility for an additional 50% of scheduled contests in which the student participates but will be expected to practice.
 - b. If necessary, this suspension may be carried over from one sport's season to another or from one year to the next. The athlete must complete the season during which the penalty is being served. No exception is permitted for a student who becomes a participant in a treatment program.
 - c. If Alcohol, Drugs, Tobacco, Vaping Devices, and/or Electronic Smoking Devices are involved, a mandatory program with a licensed substance abuse counselor will be required as stated above.
3. Third Offense:
 - a. After confirmation of a third or subsequent violation, the student/athlete shall lose inter-scholastic eligibility for the remainder of that sports season and the next three (3) sports seasons.
 - b. If Alcohol, Drugs, Tobacco, Vaping Devices, and/or Electronic Smoking Devices are involved, a mandatory program with a substance abuse counselor, parents/guardians, and the student/athlete is still required for reinstatement.
4. Upon any offense 1, 2, or 3, the student must complete the season "in good standing" in which the violation penalty is being served.

All substance abuse counselor appointments (scheduling) and fees are the responsibility of the parents or guardians of the student/athlete involved in the substance abuse counseling sessions.

The penalties shall be cumulative, beginning with the athlete signing this code and continuing throughout the athlete's athletic career. An athlete is considered an athlete 365 days a year.

These sanctions apply to all athletes during the course of the school year, whether they are in or out of season.

Section III

Practice/Vacation Policy

- A. Vacations by athletic team members during a sports season are extremely discouraged. Parents/Athletes wishing to do so may reassess their commitment to being athletes.
- B. If athletes are absent due to a vacation, they must:
 1. Practice one day for each practice or contest day missed before resuming competition.

2. Be willing to assume the consequences of their status on that squad as a starter, 2nd string, 3rd string, etc.

Section IV

- A. Conflicts in extracurricular activities
 1. An individual student who attempts to participate in several extra-curricular activities will undoubtedly be in a position of having a conflict in obligations.
 2. When conflicts arise, the sponsors/advisors will collaborate and provide a solution so that the student can participate to the fullest extent possible.
- B. As a result of conflicts in which the athlete misses practice, the athlete must:
 1. Practice one day for each practice or contest day missed before resuming competition.
 2. Be willing to assume the consequences related to their status on that squad as a starter, a 2nd string, or a 3rd string.

Section V

- A. Due process for violating any of the above:
 1. Coach confronts the violator.
 2. The coach and Athletic Director confer.
 3. The coach and Athletic Director discuss the problem, arrive at a logical solution, and appraise the Principal of the situation.
 4. The coach informs the student/athlete and parents/guardians of the determination through written notification.
 5. The coach communicates the information to the squad.
- B. Appeals process:
 1. An appeal may be made to the School Principal, the Superintendent, and the school board.
 2. Written notification for an appeal must be presented to the Athletic Director within five(5) days of notification of what was determined by the coach.
 3. Just the reason for the appeal must be included in the written request for the appeal.
 4. Written notification of the outcome of the appeal must be presented to the athlete and parent/guardians within twenty-four(24) hours after the hearing takes place.
 - a. Any penalty assessment begins immediately upon written notification to the athlete and parents/guardians. It will remain in effect during the appeal process.
 - b. No further appeal of the violation may be taken.

Section VI

- A. Tryouts may be held for any athlete who wants to be on an athletic team. The athlete may be subject to being cut from the team.
- B. The head coach of any team will have the final say on whether a student may continue to be a part of the team after a period of 3 days.
- C. Factors that may lead to being cut but are not all-inclusive are:
 - Basic fundamental skills, Coachability, Age, Attitude

Section VII

- A. Any athlete wishing to participate in an athletic program must attend a pre-season meeting with a parent or caregiver before the start of each sports season. The meeting will be held before the start of each season.
- B. All upcoming grades 7-12 coaches shall attend this meeting.
 - 1. The coaches will discuss athletic rules, expectations, and requirements.
 - 2. The athlete and parent/caretaker will be expected to fill out all required forms at this time if in agreement with all information presented.

Should the pre-season meeting be missed, special arrangements should be made with the head coach of the sport to provide the information covered at the pre-season meeting.

The contents of the Athletic Handbook shall be explained to all incoming freshmen at Freshman Orientation before the start of the upcoming school year.

Transportation of Athletic Teams

- A. Traveling to and from contests:
 - 1. All athletic teams will travel in board-owned or board-authorized vehicles.
 - 2. A student/athlete may travel with his/her parent(s) if a written note, signed by the parent(s), states they are taking the athlete home. The parent(s) must directly hand the note to the coach, and the coach should see the athlete leave the site in the parent(s)' custody. At the coach's discretion, he/she may allow athletes to be signed out to ride home with their parents only.
- B. While traveling as a team, the head coach and assistants will assume all responsibility for conduct and discipline.
 - 1. Dress must meet with the Head Coach's approval.
 - 2. Manners in public restaurants must be exemplary.
 - 3. Any member of a traveling team who might conduct him/herself to cause poor reflection upon anyone associated with the team will be subject to disciplinary action, including dismissal from the team.

Sports Seasons and Practice Sessions

- A. Sports Seasons:
 - 1. Conditioning programs will be by rules of the OHSAA and local rules.
 - 2. In any physical conditioning program, all students must have a physical card signed before any participation and proof of insurance or waiver of insurance.
- B. Practice Sessions:
 - 1. There will be no sessions of any kind or type on both the Saturday and Sunday of any weekend unless a Saturday or Monday contest occurs. Attendance at both weekend sessions will not be mandatory.
 - 2. There shall be supervision/and/or control at all times when students/athletes are in locker or shower rooms, on the fields, in the gym, or participating in conditioning of any kind.
 - 3. Athletic conditioning programs may be held before regular practice sessions. They must be supervised at all times by members of the coaching staff. Anyone may participate in these programs.
 - 4. No practice may occur on any holiday unless the Principal or Athletic Director grants prior approval.

5. Practices on Christmas Eve and Good Friday must be completed by 12:00 Noon. Student-athletes should speak with their coach if other religious holidays/celebrations interfere with practices or competitions.

Attendance on the Day of Athletic Activity

- A. A student/athlete must attend school by 11:00 AM and remain at school until the end of the school day to be able to dress for or compete in an athletic practice or event that day unless prior approval is given by the Principal or Athletic Director.

Joining a Team - Changing Sports in Mid-Season

- A. When a player's name appears on the official eligibility list for an interscholastic sport, he/she may not join another team or compete in another interscholastic sport until after the end of the first sport season.
- B. Mid-season change of teams may be permitted under the following conditions:
 1. If the athlete presents to both coaches involved a doctor's certificate recommending that he/she drops the first sport for reasons of health and permitting participation in the second sport.
 2. If both coaches involved and the Athletic Director agree that a mid-season change of sport would benefit the athlete without being unfair to the athletes of either team.
- C. Any athlete who is not a member of an athletic squad by the end of the first week of school in the fall or by the completion of the first scheduled varsity contest in other sports shall not be eligible to join the team, except due to illness or injury, scholastic eligibility, residency, or approval from the AD or Principal.
- D. If an athlete quits a sport during the season, they may not start the next sport's season until their team is eliminated from the postseason or sectionals are completed in an individual sport.

Out-of-Season Fitness Program

1. Physical fitness activities are necessary for those athletes not participating in one of the in-season sports. All coaches should encourage their athletes to play as many other sports as possible, especially since we are a small school and rely on the same athletes for all programs. The following regulations will apply to our fitness programs:
2. No coach of football, volleyball, or basketball will have any athletic or athletic-related contact with squad members in the same sport for the period of time starting with the first day after the last interscholastic contest and ending 28 days later.
3. any basketball, baseball, or fastpitch softball coach is prohibited from any athletic or athletic-related contact with squad members in the same sport for the period ending with Labor Day and beginning four weeks before Labor Day.
 - a. This contact includes any type of tryouts in or out of school for purposes of non-interscholastic competition.
 - b. It also includes verbal contact, which encourages, discusses, or promotes any activity related to the sports name above.
4. Physical fitness programs must comply with all by-laws and regulations of the OHSAA.
5. Physical fitness programs may utilize weight machines and indoor weight rooms.
6. Physical fitness programs may not be conducted for a select group of students.

7. All equipment used must be prioritized to the sports in season, such as weights, weight room, and locker rooms.
8. School facilities may be opened for unstructured free play, provided the activity is supervised by a school employee, who may remove participants for disciplinary reasons.
9. The school may designate the sport or sports that will be played during the free play period but may not limit participation to a select group of students from within the school.
10. No regulation timing or written scorekeeping is permitted.

Starting Dates for Fitness Programs - Participation

1. For Fall Fitness: September 1st through November 30th
2. For Winter Fitness: December 1st thru February 28th
3. For Spring Fitness: March 1st thru May 31
4. For Summer Fitness: June 1st through August 31st
5. Any student may participate in as many sessions as desired.
6. Mandatory attendance is prohibited.
7. Activities to be included should cover the areas of strength, agility, endurance, and reaction.
8. The program should be for athletes from all sports and should not include teaching techniques of any one sport to individuals or groups.
9. Group activities, if included, will not be a competition involving any sport in which Hillsdale competes on an interscholastic level.

Locker Room, Building, and Equipment Supervision

- A. The head coach is responsible for ensuring that all lights are out in the gym and locker rooms and that all doors are secure before leaving the building.
- B. Coaches are to prohibit students from using their offices as lounges and should ensure that all doors to offices and equipment storage areas are locked when not in the room.
- C. No athlete is to be in the school building without the direct supervision of a coach.
- D. Keys are not to be given to any athlete or group of athletes to get equipment or supplies unless given to a manager. Keys must be returned to the coach immediately upon return to the practice or game area.
- E. Coaches are to supervise the changing of clothes in the locker room
- F. No equipment is to be left on practice or game areas, locker rooms, or other areas easily accessible by others.
- G. The head coach of each sport is responsible for distributing any equipment or training supplies to athletes and for washing and putting away all materials used in his/her sport.
- H. Athletes are to be in the training room only under the direct supervision of a coach, trainer, or manager.

Rules and Regulations Governing Athletic Awards

- A. Awards are not based upon practice participation or how hard an athlete has worked, but rather, it is the intent of the Athletic Department to award the athlete based on proficiency and participation in interscholastic contests. Being present at every practice and working hard does not qualify an athlete for an award other than a certificate of participation. The exception is the freshman "H" award, which is awarded to all freshmen upon completion of each sport season in which they participate.

- B. The Athletic Department also intends to have the athlete participate in interscholastic sports for the purposes outlined in the athletic handbook and the Ohio High School Athletic Association. The awarding of any letter or other award is not to be the major factor for a student to participate in an interscholastic sport.
- C. The awards given are based on objective criteria outlined in the Athletic Handbook. They indicate that the athlete has mastered the sport's skills enough to participate in the required number of contests. To do otherwise is to defeat the purpose of high school athletics on the interscholastic level and to make an award or honor have no value to the athlete or the school.
- D. If an athlete wishes to receive an award, it is up to the athlete to make a sufficient commitment to acquire enough skills to be able to compete at the level required to achieve the desired award.

Requirements for All Athletic Awards

- A. Sportsmanship: A student must maintain an attitude of true sportsmanship throughout the season to win an athletic award. His/her attitude must be for the betterment and advancement of himself/herself, the team, and the school, as well as not disrespect the team or the school.
- B. Scholarship: To receive an athletic award, a student must maintain scholarship standards as outlined in the OHSAA bylaws.
- C. The athlete must complete the season in good standing and attend awards night to receive his/her award. If an athlete cannot attend, it must be conveyed to the coach or Athletic Director beforehand.

<u>Interscholastic Fall Sports Offered</u>	<u>HS (Grades 9-12)</u>	<u>MS (Grades 7-8)</u>
Cross Country	X	X
Golf	X	X
Football	X	X
Volleyball	X	X
Soccer	X	

<u>Interscholastic Winter Sports Offered</u>	<u>HS (Grades 9-12)</u>	<u>MS (Grades 7-8)</u>
Basketball	X	X
Wrestling	X	X

<u>Interscholastic Spring Sports Offered</u>	<u>HS (Grades 9-12)</u>	<u>MS (Grades 7-8)</u>
Baseball	X	
Softball	X	
Track	X	X

Specific Sports and Regulations

1. Baseball/Softball
 - a. Must participate in one-half of eligible innings
 - b. Pitchers must pitch in one-half of eligible innings
2. Basketball
 - a. Must play in one-half of eligible quarters
3. Cheerleaders
 - a. Must complete the year in good standing
4. Cross-Country
 - a. Must compete as a varsity runner in one-half of all meets; or
 - b. Place in the league meet or qualify for advancement in any state qualifying meet
5. Football
 - a. Must play in one-half of eligible quarters
6. Golf
 - a. Must compete in one-half of all matches
7. Soccer
 - a. Must compete in one-half of eligible halves.
8. Track
 - a. Must be designated as a varsity contest in one-half of all meets; or
 - b. Place in the league meet or qualify for advancement in a state qualifying meet.
9. Volleyball
 - a. Must play in one-half of all eligible games
10. Wrestling
 - a. Must wrestle in one-half of all meets; or
 - b. Place in the league meet or qualify for advancement in a state qualifying meet.

At the conclusion of each sports season, the coach of each sport will certify on the proper forms the awards that have been earned by all students who participated in his/her sport.

Any athlete who competes on a junior varsity squad and finishes the season in good standing will receive a JV award.

Types of Letter Awards

- A. Varsity Awards: Columbia blue on navy blue outlined in gold with an appropriate metal pin.
 1. First year: Chenille 7-inch Block "H" with an appropriate metal pin and large metal bar.
 2. Second year: Additional metal bar and certificate.
 3. Third year: Additional metal bar and a 2 ½" by 2 ½" plaque.
 4. Fourth year: Additional metal bar and a trophy.
- B. Junior Varsity Awards:
 1. Any athlete competing in a sport with a designated Junior Varsity competition will receive a 4" block "H" chenille award and a small bar.
 2. Each year after that, any athlete competing on a particular sport's JV team will receive an additional metal bar for each year.
- C. Freshman Awards:
 1. Any athlete participating in a sport will receive a 3" chenille block "H."
- D. Cheerleader Awards:
 1. Same as athletes, but with metal megaphone pins.
- E. Managers/Statisticians/Video Operator Awards:

1. First Year: 1" silver medallion
 2. Second Year: 1" gold medallion
 3. Third/Fourth Year: Plaque
- F. Any athlete on a varsity or junior varsity team who does not qualify for a letter award will receive a certificate of participation.
- G. No athlete shall receive an award from more than one of the above categories.
- H. Varsity Letter Jacket: may only be purchased by those athletes who have earned a varsity letter.
- I. Seniors not qualifying for a varsity letter:
1. Must have competed for three (3) years.
 2. Must finish the sports season in good standing.
 3. Will receive a varsity 1st-year award upon completion of the sports season.
- J. Injured Athletes: If forced from the squad due to an injury, may receive the regular award if:
1. Recommended by the coach; and
 2. Has played in one-half of total quarters, halves, innings, or meets occurring outside the period of this disability.

Cheerleaders

- A. Cheerleaders are part of the Athletic Department.
- B. They are subject to the same rules and obligations as all athletes. The Cheerleader Advisor may make additional rules and regulations for the cheerleading squad, specifically regarding the cheerleaders.

Sportsmanship Ten Commandments

1. "The Golden Rule" - Do unto others as you would have others do unto you.
2. Enjoy yourself and promote enjoyment for others.
3. Be responsible for your actions.
4. Have an open mind to others' weaknesses and have a forgiving attitude.
5. Have pride in one's performance and one's school.
6. Be a friend, not an enemy, and create a positive environment.
7. Encourage others to do or be their best.
8. Sportsmanship should be contagious.
9. Remember, it is a privilege to participate.
10. Practice sportsmanship in all situations at all costs.

Remember... Sportsmanship takes teamwork!

Adopted by: Hillsdale Board of Education - March 19, 2024