CASTON

JR / SR HIGH SCHOOL

Athletic Handbook

2026-2027

CASTON JR/SR HIGH SCHOOL ATHLETIC HANDBOOK

PHILOSOPHY

The Caston Student Athletic Handbook is intended to serve as a guide for more effective operation of the athletic program of the Caston School Corporation. It is hoped that written rules, regulations, and policies will lead to a clearer understanding between the staff and those whose responsibilities fall within the Athletic Department.

Interscholastic athletics are very important and vital in the total program of the education of our youth. Participation in sound athletic programs contributes to their health and happiness, physical skill, emotional maturity, and social and moral values. As has often been said, "Anything worth doing is worth doing well." With such a belief, our aim is to present our athletic teams on a high level of performance.

We feel that the Athletic Department must be a cooperative one. All sports should be considered in their proper perspective with each other and with the total school. Moral support of the entire sports program and policies is expected of all coaches.

We encourage each of our athletes to reap from athletics all it might have to offer you as an individual; but the rewards that you will receive from the athletic program correlate directly with what you, the athlete, are willing to give of yourself to that program. If the program is worth the time and effort required, then it is certainly worth giving your all. No athlete has ever experienced total satisfaction without living with the concepts of discipline and sacrifice. These two concepts will be offered to each of you during the coming seasons this year and in the future. You will be asked to make sacrifices for something that you profess to believe in. We hope that you find our athletic program a total rewarding experience, but again emphasize that you will get out of the program only what you are willing to put into it. We will offer to you the sacrifices and disciplines that we feel are essential to successful athletics. The acceptance or rejection of these concepts is a decision that each of you must make individually. All training rules and code of conduct violations and penalties will be in force 365 days a year, on or off school grounds, grades 6 through 12.

Athletics is probably the most important single factor in the school life of many boys and girls, and undoubtedly an important influence in athletics is the personality of the coach. His or her standards are the athletes' standards, their example, and their aim. Coaches have a tremendous responsibility. In taking their place in school life, they are making more than their own reputation or even the reputation of the school. They are developing the character of youth.

The athletes' gain depends on what they are willing to put into the athletic program. They should be able to improve their playing skills and develop physical vigor and desirable habits of health, safety, and sanitation. There should be various opportunities to observe and exemplify good sportsmanship. **Athletes should realize that athletics is a privilege that carries with it definite responsibility.** Athletics provide an unequaled opportunity to widen one's circle of friends by acquaintance with members of opposing teams and to visit and play in their communities. As athletes, they have a chance to enjoy one of the greatest heritages of youth, the privilege to play. **Athletes can be taught that a violation of the rules of the game brings penalty, and that this same sequence follows in the game of life.** Let us always remember that athletics are organized for transforming boys and girls into physically fit, mentally alert, morally clean, and socially sound citizens.

As a member of one of our athletic teams, you are part of a program that has become a way of life for the members of the Athletic Council. It is our sincere desire to be of assistance to each of you in any manner that we can. Please feel free to discuss your problem or frustrations with any member of our council.

CODE OF CONDUCT

1. A student becomes an athlete whenever he/she starts practicing for a Caston athletic team. The athlete status remains in effect until the conclusion of the spring sports season of that athlete's senior year.
2. The Caston Athletic Discipline Code is enforced 365 days per year. The code includes athletes in grades 6-12.
3. This athletic code applies to students involved in athletics such as athletic teams and cheerleaders.
4. All athletes attending Caston Jr/Sr High Schoolare subject to the rules of the Athletic Code.
5. Unless there is a major change in the Athletic Code, athletes sign the Athletic Code once and it remains in force as long as they participate in athletics at Caston Jr/Sr High School.
6. All athletes are subject to the Athletic Code 365 days a year (1 calendar year). All Reports of athletes who violate Caston School athletic rules and procedures will be investigated.
7. The athletic director and/or principal will notify athletes of the violation and consequences. In the event an athlete feels he/she has not been dealt with fairly, he/she may appeal such decisions to the Athletic Council for a special hearing.

SPORTSMANSHIP

1. Display exemplary SPORTSMANSHIP.
2. Bring nothing but credit to him/her, the athletic program, and the school.
3. Display proper respect for those in authority, including teachers, coaches, officials and all your opponents.
4. Use language that is socially acceptable. Profanity, vulgar talk, and obscene gestures will not be tolerated on or off the playing surface.
5. Because of the athlete's high standing in the school and community the athlete must never place himself/herself in a position where he/she has to defend his actions on or off the field.

Conduct in Participation

1. It is courteous to congratulate your opponent after an event. However, if there is nothing good to say to your opponent, quickly leave the court or field after making their acknowledgment.
2. A false athlete often displays fits of temper, clowning, etc. when things fail to go as desired. This shows a distinct lack of mental maturity. A true athlete has complete control of him/herself at all times.
3. Officials do not lose games for you. It is an athletic tradition and rule that no one except the appointed captain talks to the officials. He/she should speak only in a tone of respect and only ask question for full clarification of violation.
4. Any behavior contrary to that, which has been stated, is a direct reflection on the school, team, and coaches. It will not be tolerated.

Conduct on Road Trips

1. On trips, athletes directly represent the community, school, and coaches. Therefore, it is expected that all concerned will act in an acceptable manner when traveling and conduct themselves on the bus in a manner in keeping with the rules. Equipment and facilities of the opposing school will be respected and cared for just like personal equipment

Conduct in the Classroom

1. Student/Athletes being a disruptive influence on the discipline, good order, morale or educational environment in the school may jeopardize your participation in Caston athletics. Students assigned to in-school suspension (ISS) will be subject to non participation on that day pending coach/administration discretion. Students suspended out of school (OSS) Will not practice or play on day(s) of OSS.

RULES AND POLICIES

1. The coaching staff and administration believe that when a student participates in sports at Caston he/she assumes responsibility. That responsibility is to represent himself/herself, his/her school, family and community in the finest possible manner.

2. Thus our athletes are expected to set positive examples of leadership, attitude, cooperation, sportsmanship and conduct throughout the school and community. Our athletes reflect not only a personal image, but an image of our teams, our school and our community.

IHSAA ELIGIBILITY RULES FOR ALL STUDENTS GRADES 9-12

In order to represent Caston Jr/Sr High School in any interscholastic competition, a student must meet all eligibility requirements of the IHSAA, as well as those of Caston Jr/Sr High School.

You are not allowed to practice if:

A. **You have not completed consent and release certificate (between April 1 and the first practice), which includes:**

1. Physician's certificate signed by the physician
2. Student medical history signed by physician or parent (guardian)
3. Parent consent and insurance release signed by parent (guardian)
4. Student consent signed by student
5. Concussion information / Consent

As a member of the IHSAA both the Caston School Corporation and the IHSAA govern the eligibility of high school athletes. Please refer to the IHSAA by-laws or the Caston Athletic Department if you have questions concerning participation in Caston Athletics.

B. BASIC ELIGIBILITY STANDARDS

a. You will not or have not turned 20 before the first day of the state tournament in that sport.
b. You are currently enrolled in and currently passing in 5 full credit subjects.
c. You have had a physical examination between April 1 and your first practice each year.
d. You have filed with your principal the Consent and Release Certificate, which has been signed by your parent/s or legal guardian/s.
e. You have not changed schools without a corresponding move by your parent/s or guardian/s.
f. You have not participated in non-school contests in your sport after having reported for your school team.
g. You have never dropped out of school.
h. You have had 8 practices in your sport preceding participation in a contest.
i. You enrolled in your school during the first 15 days of a semester.
J. You have never received money or merchandise directly or indirectly for your athletic participation.

Training Rules

1. All athletes are subject to the Athletic Code 365 days a year (1 calendar year). All Reports of athletes who violate Caston School athletic rules and procedures will be investigated. Training rules are a matter of self-discipline. The best performance an individual is capable of producing comes only when that individual is willing to sacrifice his/her time and effort toward a conditioned training program which will help discipline his/her habits during his/her lifetime.
2. The following are the minimum training standards to be followed by all athletes at Caston Jr. - Sr. High School. This also includes all persons connected with the various teams, cheerleaders, managers, statisticians, etc.
3. Using and/or having possession of alcoholic beverages, tobacco, and drugs in any form are regarded as detrimental habits for all persons, not just athletes. We hope that by putting restrictions on the use and/or possession of these things that the habits established may have carry-over value in one's life after school.

The following consequences will apply to the athletes of our school in addition to any action taken by the high school principal or designee:

If an athlete uses and/or is in possession of alcohol, tobacco, nicotine, controlled substances, and/or illegal drugs on or off school grounds, the following will apply:

First Offense:

1. Student will be suspended for 25% of regular season events. (honesty/self-reporting clause is applicable)
2. Will begin the first regularly scheduled played contest after the infraction which the student has eligibility.
3. Will continue into the next season if 25% of the season does not remain. Athletic probation for one school year. Probation can include: Assessments (following all recommendations), counseling and drug tests. Student and/or parent will assume all costs. A student will be placed in good standings after all are completed.

Second Offense:

1. Student will be suspended for 50% of regular season events. (honesty/self-reporting clause is applicable)
2. Will begin the first regularly scheduled played contest after the infraction which the student has eligibility.
3. Will continue into the next season if 50% of the season does not remain. Athletic probation for one school year. Probation can include: Assessments (following all recommendations), counseling and drug tests. Student and/or parent will assume all costs. A student will be placed in good standings after all are completed.

Third Offense:

1. Suspension from athletics for one calendar year!
2. Athletic probation for one school year. Probation can include: Assessments (following all recommendations), counseling and drug tests. Student and/or parent will assume all costs. A student will be placed in good standings after all are completed.

Fourth Offense:

1. Permanent suspension from all athletics while in high school

If an athlete receives Out of School Suspension (for reasons other than the use of alcohol, tobacco, controlled substances, and/or illegal drugs), the following will apply:

First Offense:

1. At minimum, the athlete will be unable to participate in athletics during the suspension and one contest immediately following the end of the suspension. A further athletic suspension could be at the discretion of the school principal and/or the athletic director.

Second Offense:

1. Not able to participate in athletics during suspension, and three contest suspension immediately following the end of the suspension. A further athletic suspension could be at the discretion of the school principal and/or the athletic director.

Third Offense:

1. Immediate suspension from sport for the remainder of the season. A further athletic suspension could be at the discretion of the school principal and/or the athletic director.

Hazing

Hazing is a forceful exploitation requiring another person to perform an act that creates a substantial risk of bodily injury that is 1) with or without the consent of the other person and 2) as part of an association with a group or organization

If an athlete commits an act of hazing, the following will apply:

1. At minimum, immediate suspension from sport for the remainder of the season.

2. Further suspension lies within the severity of the offense and at the discretion of the school principal and/or athletic director.

Athletic Violation Appeals:

1. When a violation of the Athletic Code is not reported or investigated within 120 calendar days of the violation, it will be considered beyond the statute of limitations. Appeals should be made to the Athletic Director within five school days of notification of the punishment. The Athletic Director will convene the Athletic Council. The Athletic Council may agree to uphold the punishment as defined by the Athletic Code of Conduct or make a recommendation to the principal to reduce the punishment as defined by the Athletic Code of Conduct. The Athletic Council may not increase the punishment as defined by the Athletic Code of Conduct. The Council Member presenting the case on behalf of the corporation will not have a vote on the appeal.

HONESTY / SELF REPORTING CLAUSE

1. It is the intent of the Caston Jr/Sr High School Athletic Council to assist students and families with developing responsibility for the student's actions and to encourage honesty. If an athlete admits to a violation of the athletic code in his/her first interview with coach, athletic director or principal, the penalty will be reduced by 50%. The honesty clause will only be available one time, on a first offense, per student involved in extracurricular activities during his/her high school/middle school career.

2. Self-reporting: It is the family and student-athletes responsibility to self-report to their coach, athletic director or principal any violation of the Athletic Code of Conduct during the school year and in the summer. Therefore, any parent or athlete who voluntarily reports on him or herself violating the Athletic Code of Conduct prior to being interviewed, will be allowed to meet with the athletic council to request additional leniency to consequences for first and/or second offenses.

DRUG TESTING

1. I have received and have read and understand School Board Policy 5530.01 on drug testing for athletes. I understand that to participate in athletics at Caston Jr/Sr High School, I agree to be subject to the drug testing policy terms for my entire high school career (grades 6-12). Students will sign the consent form once, and it remains in force as long as they are a student at Caston Jr/Sr High School or until they opt out of activities that involve testing. Drug testing policy can be found in the student handbook.

FOOD SUPPLEMENTS

1. Students are exposed to many individuals and/or marketing programs promoting the use of food supplements to increase performance. These food supplements are not necessary for a student's success.
2. School personnel and coaches should not dispense or encourage any drug, medication, or food supplement. Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel. Even natural substances in unnatural amounts may have short-term or long-term negative health effects. In order to minimize health and safety risks to students,maintain ethical standards and reduce liability risks, school personnel should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes.

PRACTICE RULES

1. The Board of School Trustees for Caston School Corporation has established a policy requiring All co-curricular activities and athletic activities, including practice sessions, are to be concluded so that students are able to leave the school grounds by 6:00 P.M. on Wednesday nights. Additionally, there shall be no student activities, including practices, scheduled on legal holidays when school is not in session without prior approval.

GENERAL RULES AND POLICIES

1. *Attendance* - **Any student who is unable to attend school for educational purposes is also unable to attend school for social functions.** This includes athletic practice, games, contests, organizational functions, dances, picking up other students or siblings, and in general, any reason at all. **A student must be at school by 11:50AM (The beginning of 5th Period) to attend practices or after-school events.** Furthermore, students failing to attend school but attending after school activities will be asked to leave, receive an unexcused absence and have additional consequences. If a student misses a Friday, s/he can participate on Saturday. Athletes may not miss school the day following a contest to "rest up." If this occurs frequently, the athlete may be suspended for future contest(s).

2. *Scholastic - High School (Grades 9-12)*: To be eligible scholastically, athletes must have received passing grades (D- or higher) at the end of their last nine weeks grading period in school (Semester grades take precedence) in at least five full credit approved subjects. Also, HS students may not have more than one failing grade at the end of each nine week grading period. The athlete's eligibility terminates or becomes effective on the day the report cards are distributed. Upon entering 9th grade, you are immediately eligible for participation and scholastic eligibility requirements will not begin until after the end of the first nine weeks. High School students not meeting eligibility requirements during the last semester of each year (for fall sport eligibility) may take summer courses to obtain credits for (fall sport) eligibility. The only courses allowed in the summer for credit would be any courses the student previously failed. A student may not take any more than two courses for credit during the summer.

3. *Scholastic - Junior High School (6-8 Grade)*: To be eligible scholastically, athletes may not have more than one failing grade at the end of each nine week grading period. The athlete's eligibility terminates or becomes effective on the day the progress reports and/or report cards are distributed. When you enter Junior high as a 6th grader, you are immediately eligible for participation and scholastic eligibility requirements will not begin until after the end of the first nine weeks. Junior High School students not meeting eligibility requirements during the last semester of each year (for fall sport eligibility) may take summer courses to obtain credits for (fall sport) eligibility. The only courses allowed in the summer for credit would be any courses the student previously failed. A student may not take any more than two courses for credit during the summer.

4. *Equipment* - The athletic department has a large sum of money invested. The athlete is responsible for all equipment issued to him. Therefore, the athlete must pay for any issued equipment that is lost, damaged or stolen. School owned athletic equipment should be worn only for contests unless the coach gives special instructions.

5. *Insurance* - Each athlete is responsible for his/her own insurance coverage. The school does not carry an insurance plan for the athletes.

6. *Lockers* - Lockers are available and each athlete should furnish their own lock. Keep valuables and clothing locked up.

7. *Injuries* - Report all injuries to your coach for medical attention. Students, who are absent from school for 5 consecutive days or who are physically unable to practice for 5 consecutive days due to illness or injury, must

present to the Principal/AD/Coach/Trainer a statement from a physician holding an unlimited license to practice medicine, that they are again physically fit to participate in interschool athletics.

8. *Transportation* – Students are not to drive to athletic events or practices and other extracurricular events or activities. All students shall ride the school approved transportation provided to events unless prior arrangements have been made with the school principal. Returning to Caston following a contest or other extra-curricular event, the student may be excused to ride with a parent provided there is prior approval from the coach or sponsor. If the student is to ride home with another student's parent, there must be written permission provided to the coach or sponsor prior to his or her dismissal.

9. *Weight Room* - The weight room must be taken care of and maintained as any other part of the athletic facility. Special rules are posted and must be followed. YOU MUST BE SUPERVISED BY A SCHOOL EMPLOYEE.

THE ATHLETIC COUNCIL

1. Athletic Council will administer the athletic program at Caston Jr.- Sr. High School. The council will consist of the Principal, the Athletic Director, and the Head Coach of each athletic team. The purpose of the Athletic Council is to serve in an advisory role to the administration. Ultimately, the final authority for decisions concerning Athletics, its programs, and the adherence to the Athletic Code of Conduct rests with the principal.
2. Make Up and Conduct of the Athletic Council:
    a. The permanent members of the Athletic Council of Caston High School are the Athletic Director and all high school varsity head coaches presently serving on the staff. The high school Principal serves as a non-voting advisor of the council.
    b. The chairman of the Athletic Council is to be the Athletic Director.
    c. All members of the Athletic Council have voting power.
    d. A majority vote rules.

REPORTING OF VIOLATIONS

1. Coaches, teachers, and administration have an obligation to immediately report any violation that they are made aware of to the athletic director or principal.

AWARDS SYSTEM

1. The athletic awards system is an attempt to reward all athletes on a fair basis, encourage participation by many, and provide an accurate measure of participation. Awards are made on the basis of coaching staff recommendations. An athlete must successfully complete his/her sports season to be considered for an award or letter.
2. By consensus the coach, athletic director, and principal reserve the right to deny any athlete an award when his/her conduct may be considered detrimental to proper school conduct and citizenship.
3. The athlete's parents may request a hearing with the Athletic Council concerning granting or not granting an award or letter.
4. Jacket Award - After a student receives his or her first varsity letter, he or she may purchase a letter jacket from the Athletic Department at his or her own expense. The athletic department will purchase a Chenille Block Letter "C", their numeral, and sports inserts upon the athlete's purchase of the jacket.

AWARDS

All sports may give the five plaque awards as noted below (If your numbers are low or for other reasons you feel that all five are not necessary - that is your option). The athletic department will produce nice certificates for all other awards that coaches desire to present to athletes. You will also find these awards noted below.

- *If the extra awards are named differently - please inform the Athletic department ASAP. Also, coaches are not to purchase extra plaques for your awards with program money. I want to keep plaque award numbers consistent. Please see AD if you have any questions/concerns.*

CROSS COUNTRY
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates

FOOTBALL
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates
- Rookie of the Year
- Most Takeaways
- Most Tackle Points
- Offensive Specialist
- Outstanding Lineman

GOLF
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates

SOCCER
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates
- Offensive/Defensive Award

VOLLEYBALL
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates
- Highest Serving
- Most Spike Points
- Blocks and Assists
- Defensive Award

BASKETBALL - BOYS
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates
- Most Rebounds
- Highest Field Goal %
- Highest Free Throw %
- Defensive Award
- Three Point Field Goal %
- Most Assists

BASKETBALL - GIRLS
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates
- Most Rebounds
- Highest Field Goal %
- Highest Free Throw %
- Defensive Award
- Three Point Field Goal %
- Most Assists

WRESTLING
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates
- Most Takedowns
- Most Reversals & Escapes
- Most Near Falls

BASEBALL
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates
- Highest Batting Average
- Pitching Award
- Golden Glove

SOFTBALL
Most Improved - Plaque
Most Valuable - Plaque
Mental Attitude - Plaque
Sportsmanship - Plaque
Coaches Choice – Plaque
Other - Certificates
- Highest Batting Average
- Pitching Award
- Golden Glove

TRACK
Most Valuable Field - Plaque
Most Valuable Distance - Plaque
Most Valuable Sprint - Plaque
Sportsmanship - Plaque
Coaches Choice - Plaque
Other - Certificates

JUNIOR VARSITY
2 Plaques/ Certificates
- Most Improved
- Most Valuable
- Mental Attitude
- Sportsmanship
- Coaches Choice

JUNIOR HIGH
2 Plaques / Certificates
- Most Improved
- Mental Attitude
- Sportsmanship
- Coaches Choic

SPECIAL AWARDS

** All awards will be given following the sports season in which they were earned.

MINIMUM STANDARDS FOR EARNING A VARSITY AWARD

Any athlete on a varsity or a reserve team who does not earn a varsity award may receive a reserve award.

The following are the minimum standards for determining varsity award winners:

Baseball/Softball	An athlete must participate an average of three innings per game.
Basketball	An athlete must participate in 25 quarters or more.
Cross Country	An athlete must place in the top seven finishers in 50% or more of all meets in varsity competition.
Football	An athlete must participate in 12 or more quarters during the season.
Golf	An athlete must average in the top five.
Track	An athlete must score 15 or more points during the season in varsity competition. Relay points will be divided by four for individual credit.
Volleyball	An athlete must play 1/3 of the games in varsity competition.
Wrestling	An athlete must earn 14 team points on varsity level allowing 6 points for fall, 3 for a decision, 2 points for a draw, 1 point for a forfeit and 1 point for wrestling in a varsity match that ends in an individual loss.
Soccer	An athlete must participate in 20 halves of the soccer season.
Manager	A manager of a high school sport can receive an athletic C and chevron if a student manages the same sport for two consecutive years, and the coach of the varsity sport verifies the manager met the expectations of managing that sport during the season. A manager is eligible to purchase a jacket after managing two consecutive years in the same sport.

Patches	The following patch will be purchased by the Athletic Department: IHSAA Team/Individual Championships. All-Conference Championships. The athlete can purchase all other patches by ordering from the Athletic Director.

Four Year Participant Winner Plaque	Senior Athletes participating four consecutive years in two or more sports will receive a plaque on Senior Awards Night.

AWARD POLICIES

1. All the requirements for each varsity sport are based on regular season scheduled contest only.
2. In order for any athlete (varsity, reserve, freshman, or junior high) to earn any award, he/she must successfully complete the sport season.

3. Head Coaches may request special consideration, with prior approval from the Athletic Director, for a varsity award to be presented to an athlete.
4. Any athlete who participates in a junior high sport is eligible for an award without having to meet a minimum standard of participation as long as they complete the season. An athlete who quits during the season will forfeit any chance of earning any participation points and/or other awards in that sport for that season and will not be allowed to start another sport until their current sport season is over.

HALL OF FAME

1. Athletes who have earned nine varsity letters. Every inductee must be approved by a majority vote of the athletic council, must have been scholastically eligible each semester, and have been a good school citizen. The name will be placed on a plaque in the trophy case. Only graduating seniors will receive this award.
2. Manager letters and cheerleader letters do not count toward Hall of Fame qualification.

ATHLETIC WALL OF FAME

To be included on the Athletic Wall of Fame athletes must meet the following requirements:

Been a state qualifier in a sport

Been named as a Conference Most Valuable Player or MVP All Loganland

Been recognized as an IHSAA award winner

Been selected to the all-state first team by the sport's respective coaches' association

ATHLETIC ACADEMIC WALL OF FAME

To be included on the Academic Athletic Wall of Fame athletes must meet the following requirements:

Student athlete must be a graduate from Caston with good academic standing.
Student athlete must complete the sport being nominated.
Player must meet 1 of 2 following standards:

- If the player is a valedictorian or salutatorian, then they are an automatic selection.
- Been named an Academic All-State in a sport, then they are an automatic selection
- If their GPA and SAT/ACT scores combine to yield an 8.0000 or higher then they are an automatic selection.

CALCULATIONS FOR POINT THREE:

SAT

SAT divided by 200 =_____ + GPA / 4.0 Scale divided by 2 = _____ Total Score : _____

EX: 1200 / 200 = **6** + 3.82 / 2 = **1.91** Total Score: **7.91 (DOES NOT MAKE 8 STANDARD)**

ACT

ACT divided by 4.5 = _____ + GPA / 4.0 Scale divided by 2 = _____ Total Score: _____

EX: 23 / 4.5 = **5.11** + 3.82 / 2 = **1.91** Total Score: **7.02 (DOES NOT MAKE 8 STANDARD)**

Submitted for *School Board Approval April 15, 2026*