

BROWNSBURG HIGH SCHOOL ATHLETIC DEPARTMENT

**2026-2027
STUDENT-ATHLETE HANDBOOK**



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HOOSIER CROSSROADS CONFERENCE

Established in the year 2000

AVON "ORIOLES"
BROWNSBURG "BULLDOGS"
FISHERS "TIGERS"
FRANKLIN CENTRAL "FLASHES"

HAMILTON SOUTHEASTERN "ROYALS"
NOBLESVILLE "MILLERS"
WESTFIELD "SHAMROCKS"
ZIONSVILLE "EAGLES"

I. INTRODUCTION

The student-athlete Handbook provides athletes and their parents/guardians with an understanding of their responsibilities and rights when an athlete participates in the Brownsburg High School athletic program. The Student Handbook of Brownsburg High School is applicable to all student-athletes and has precedent over the student-athlete Handbook should any question arise regarding interpretation of rules. The rules listed in this document are in effect year-round, including in-season, out-of-season, in-school, outside of school, and during any before or after-school activities.

The BHS Principal has the authority and responsibility to oversee the athletic program including staff, participants, and any other individual or organization actively engaged in athletic activities. The Athletic Director is responsible for organizing and administering the athletic program under the supervision of the principal.

II. PHILOSOPHY

Our athletic department is committed to developing student-athletes of strong character who compete with toughness, humility, and purpose. We aim to build a culture grounded in integrity, expecting every athlete to take ownership of their actions, uphold our standards with consistency, and represent our school with pride on and off the field. We build this culture through hard work, discipline, sacrifice, and teamwork, calling every student-athlete to serve their teammates, elevate the broader community, and pursue excellence through daily habits that reflect resilience and a growth mindset. Together, we strive to cultivate Bulldogs who lead, compete, and embody the standards of our program in every arena.

III. GENERAL RULES & INFORMATION

Attendance and Participation - Athletes who do not attend school the last three periods of the day because of illness are not permitted to practice or participate in contests on that school day. Verified appointments or other excused absences do not affect contest and/or practice eligibility. The head coach of each varsity sport may require athletes to practice or participate in contests on a weekend or vacation day, (never on Sunday). As is the case with every sport, athletes who choose to be on a team are expected to make a commitment to their sport, coach, and teammates. This means that athletes are expected to attend all practices and contests and thus meet and fulfill the same requirements as their teammates. While the majority of the non-school day practices and/or contests will be at the varsity level, there will upon occasion be instances in which non-varsity athletes will have an attendance obligation. Penalties as determined by the coaching staff and administration may be issued as a result of attendance issues.

Athletic Council - The Athletic Council is a group composed of the Athletic Director or Assistant Athletic Director, two additional BCSC administrators, and a minimum of two (2) head coaches. The purpose of the council is to act upon any special circumstances that may arise. Included in this area of responsibility, but not limited to, is the hearing of appeals from an athlete regarding his/her conduct, deciding special awards, and imposing penalties for major violations of the rules of the athletic department.

Attitude - A student-athlete shall display exemplary attitude, behavior, and citizenship at all times, not just during a particular athletic season.

IHSAA - The Athletic Department will adhere to all rules and regulations mandated by the Indiana High School Athletic Association (IHSAA) as written in their most current version of the IHSAA By-Laws. The Athletic Department and coaching staff will make every effort to inform athletes and their parents of these rules; it is the responsibility of athletes and parents to know the rules. Student-athletes and parents/guardians are encouraged to reach out to the Athletic Department for guidance and interpretation regarding IHSAA rules.

Harris Academy - Students participating in or planning to participate in extra-curricular activities at Brownsburg High School must have future placement at Harris Academy approved by the BHS principal. Students enrolled in Harris Academy who then express an interest in participating in athletics, may have as a condition of their continued placement at Harris Academy, additional conditions as required

by the BHS Administration and/or IHSAA established rules, guidelines and intentions.

Lost/Stolen Equipment - The athlete must return all equipment issued by the athletic department. If the equipment is lost or stolen, the athlete must pay the school the replacement cost of the item(s). BCSC is not responsible for lost or stolen personal items. Athletes are encouraged to secure their belongings, even if they are in a BHS locker room.

Moratorium - Each IHSAA member school shall declare an IHSAA moratorium week from Monday through Sunday of the week containing July 4th when no athletic activities, including conditioning, will be conducted. During this seven-day period, there shall be no contact between athletes and coaches. Each member school will also identify five additional moratorium dates when no athletic activities will be conducted. These additional five dates do NOT have to be consecutive. They will be communicated to families in advance by coaches and the athletic department.

Off-season Participation Rules - Athletes, who participate on an organized team not school sponsored during the school off-season, must note IHSAA eligibility rules. While coaches are expected to inform their players about the participation rule, it is the athlete's responsibility to know the rule. Student-athletes and parents are encouraged to reach out to the athletic department with questions.

Participation Fee - A \$100.00 fee per athlete per season must be paid prior to the first contest. Those student athletes who have not submitted the fee to the Athletic Department by the deadline for his/her specific sport will not be allowed to participate until the fee is paid. Participation fees are not refundable. Checks should be made payable to the "BHS Athletics". Online payment options are also available. Student-athletes who qualify for the free lunch program will have their fee waived. Student-athletes who qualify for the reduced lunch program will have their fee reduced by 50%. Parents/guardians who are unable to pay this fee should contact the Athletic Director to discuss payment options or request a waiver.

Quitting a Team - An athlete must remain on the team (in the sport in which he/she is participating) until the entire schedule has been completed and/or until he/she has been released by the coach. An athlete who quits the team or is removed from the team will not receive any awards, nor be permitted to play on a different sport/team in the same season until one of the two criteria above is met. A student-athlete who quits a team or is removed from the team will not be reimbursed a participation fee.

Sportsmanship - Good sportsmanship is viewed by the National Federation as a commitment to fair play, ethical behavior, and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Supplemental Team Rules - Each varsity or grade level head coach may need to establish additional rules as needed in order to make his/her sport function smoothly. These rules are not to supersede the Student Handbook or Student-Athlete Handbook but are supplemental in nature.

Team Travel - The Department of Athletics strongly encourages all student-athletes to ride the team bus to and from competitions. Team travel builds unity, provides space for reflection, and creates meaningful opportunities for coaches and athletes to communicate without distraction. These shared moments are an essential part of the athletic experience. In rare or exceptional circumstances, a student-athlete may be excused from team transportation with advance written notice to the coach.

IV. STUDENT-ATHLETE CONDUCT

Guiding Principles - Participation in athletics at Brownsburg High School is viewed as a privilege and not a right. A student-athlete must set a good example as a student, a citizen, and as an athlete to other students, parents, and community members when in Brownsburg or in other communities. Participation on an athletic team at Brownsburg High School is allowed at the discretion of the coach

of that team, subject to review by the athletic director and principal and in accord with Indiana law. In addition, an athlete must meet or exceed those rules and regulations set forth by Brownsburg Community School Corporation administrators and/or coaches and the applicable governing bodies. Coaches and administrators will enforce all rules and regulations year-round, including in-season, out-of-season, in-school, outside of school, and at all after-school activities.

Cell Phones and Cameras - Cameras on cell phones or other electronic devices may not be used in the locker room for any reason. Taking pictures, making videos, or participating in video calls are examples of actions that are not allowed in locker rooms or restrooms. A violation of this rule will result in a consequence. This consequence may include dismissal from the team. Text messaging and voice calls should be kept to a minimum when in the locker room.

Profanity and Obscenity – A student-athlete shall not use language, gestures, conduct, or possess materials which are deemed abusive, offensive, obscene, or disrespectful by school personnel.

Prohibited Behaviors - Prohibited conduct includes the use of violence, force, coercion, threats, intimidation, passive resistance, or any actions that interfere with the athletic program or encourage others to do so. Damage or theft of school or private property, rebellious behavior, possession of weapons, violations of local, state, or federal law, acts of delinquency, behaviors that bring discredit to the school, or repeated failure to follow the directions of coaches or school rules are grounds for disciplinary action. Insubordination, abusive or critical language toward anyone, fighting, lack of cooperation, lack of maximum effort, and any form of harassment or intimidation (verbal, written, physical, or sexual) are strictly forbidden and will result in appropriate consequences. This list is not meant to be exhaustive and may include additional prohibited behaviors at the discretion of school personnel.

Social Networking Sites - Student-athletes are responsible for information contained in written or electronic transmissions (e.g. e-mail, text message) and any information posted on a public domain (e.g. internet, chat room, blogs, Facebook, YouTube, Snapchat, Twitter). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participating in such online social networks. However, student athletes should be reminded that they serve as representatives of their team, the athletic program, and the Brownsburg Community School Corporation. Using these platforms to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior unbecoming of a Brownsburg student athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior will be considered in violation and subject to athletic discipline or suspension per policy guidelines.

Suspension from School - are of two types:

- **Out-of-school** - The athlete who receives an out-of-school suspension shall not practice and/or participate in athletic contests until the suspension period is complete. For an out-of-school suspension, the time period begins immediately upon being suspended by the administration. The suspension period is completed at the end (11:59pm) of the last day that the suspension is in effect. Student-athletes are strictly prohibited from attending extra-curricular activities during the suspension period. In addition, student-athletes may be subject to additional discipline as outlined in the "Progressive Discipline" section or other relevant sections of the BHS Student Handbook. All suspension details are subject to review and revision by the Athletic Director or Principal.
- **In-school** - The athlete who receives an in-school suspension may be prohibited from participating in practices, contests, or other after school activities at the discretion of school personnel.

Student Drug Testing Program – It is mandatory that each student-athlete and parent/guardian sign and return the "Student Drug Testing Consent" form to participate in extra-curricular activities. A first, positive random drug test is not considered a student-athlete conduct violation. However, a second positive drug test administered as a part of the rehab program or a positive drug test

administered as a result of reasonable suspicion will be considered a second violation and will be subject to the corresponding disciplinary procedures below. Please refer to the Brownsburg High School Student Handbook for additional rules, procedures, and penalties related to the student drug-testing program.

V. DISCIPLINARY PROCEDURES

Progressive Discipline - Enforcement of these penalties will occur year-round, including in-season, out-of-season, in-school, outside of school, and during any before or after-school activities. The consequences for the violations outlined in the "Student-Athlete Conduct" section will be as follows:

- The first violation will result in a minimum of 10% suspension of the maximum games allowed by the IHSA policy for the sport in which he/she is currently participating.
- The second violation will result in a minimum of 50% suspension of the maximum games allowed by the IHSA policy for the sport in which he/she is currently participating.
- The third violation will result in a 365-day suspension from all team activities.

Progressive Discipline Chart:

Sport	Max # Contests	10%	50%
Baseball	28	3	14
Basketball	22	2	11
Cross Country	14	1	7
Football	9	1	5
Golf	18	2	9
Soccer	16	2	8
Softball	28	3	14
Swimming & Diving	18	2	9
Tennis	22	2	11
Track & Field	16	2	8
Unified Track & Field	16	2	8
Unified Flag Football	10	1	5
Volleyball	23	2	12
Wrestling	18	2	9
Non-IHSA Sports	NA	2	8

Athletic Suspension - Athletic suspensions may include complete separation from the team or partial separation from the team. The Athletic Director or Coach may or may not allow an athlete to practice, travel with, or sit on the bench with the team during the suspension period. Athletic suspensions will be served during the next scheduled or re-scheduled contest(s) and may include post-season or tournament games. 1st violation suspensions that include the final game of the season will be considered fulfilled. 2nd violation suspensions that include the final game of the season will carry over to the next sports season in which the athlete chooses to participate. Suspensions that occur in the off-season will be served at the beginning of the next sports season in which the athlete chooses to participate. Suspension of an athlete participating in two sports during the same season may impact both sports.

Dismissal from Team - Occasionally, it may be necessary to dismiss an athlete from a team. In that event, the coach of the sport from which the athlete is suspended or dismissed will discuss the matter with the athlete and will inform his/her parents. Depending upon the circumstances, an administrator may be involved in this action. Dismissal is defined as complete removal from a team, not a change in

the level of player participation (i.e. Varsity, JV, other.)

Special Circumstances - Alterations or additions to these consequences may be deemed necessary by the BHS Principal or Athletic Director. All penalties are imposed at the discretion of the Principal or the Athletic Director.

Appeals - An athlete who has been suspended or removed from the team and his/her parents are entitled to understand the decision for imposing a penalty. The Athletic Director will ensure this information is made accessible to those athletes and/or parents who wish to discuss the matter in a conference setting. Should the athlete or his/her parents wish to appeal the decision of the Athletic Director, they may do so through the following process. Every effort will be made to expedite the appeal process, but the Athletic Director's decision will stand until the appeal process is completed.

- An appeal must be requested in writing within five days after the athlete is notified of the decision.
- The Athletic Director will schedule a hearing with the Athletic Council, the athlete, and his/her parents.
- The athlete and his/her parents must appear before the Athletic Council at the agreed upon date, time, & location to provide testimony or evidence supporting their appeal.
- Following the conference, the Athletic Council will provide a written recommendation to the BHS Principal to uphold, modify, or invalidate the original decision. A copy of the recommendation will be provided to all parties.
- The Principal will accept or reject the Athletic Council's recommendation with or without further modifications at the Principal's sole discretion. The Principal's decision is final and binding.

VI. ACADEMIC ELIGIBILITY

Academic Eligibility - To participate in extra-curricular contests, a student must meet the IHSA standard of passing at least 70% of the classes at the end of each of the following grading periods; quarter one, semester one, quarter three, semester two. If a student does not meet these standards, he/she will not participate in extra-curricular contests during the next nine weeks grading period. A student not meeting these standards during semester two of a school year will not participate in extra-curricular contests during the first nine weeks of the next school year. Students who are not academically eligible are permitted to practice.

Academic Help Sessions - In-Season-Athletes: Any student earning a grade below a "C-" in any one class will be required to attend a MINIMUM of one hour of academic help sessions per week until all grades are above a "C-". Out-of-Season Athletes: Coaches will monitor their athletes' grades and make a determination regarding attendance at academic help sessions for their athletes.

VII. PARENT / ATHLETE / COACH RELATIONSHIP

Shared Purpose and Philosophy - Parenting and coaching are both challenging roles, and both are rooted in a shared goal: providing student-athletes with a positive, educational athletic experience. Participation in athletics helps students develop character traits such as responsibility, resilience, communication, and teamwork—skills that contribute to success beyond high school. Open, respectful communication among athletes, parents, and coaches is essential. While athletics can be one of the most rewarding experiences of a student's life, challenges and disappointments may occur. When handled appropriately, these moments become valuable life lessons that promote growth and maturity.

Participation in high school athletics is meant to be enjoyable, challenging, and educational. The attitudes and actions of parents, athletes, and coaches play a critical role in shaping that experience. Long after scores are forgotten, the lessons learned through sports—teamwork, perseverance, and accountability—will continue to benefit students throughout their lives.

Communication Expectations

Expectations Coaches Have for Athletes

- Athletes should communicate concerns directly and promptly to their coach.

- Schedule conflicts should be shared well in advance.
- Athletes may ask questions or express concerns about coaching philosophy and role on the team in a respectful manner.

Expectations Parents and Athletes Should Have from Coaches

- Coaches will communicate expectations for each athlete.
- Coaches will communicate Practice, contest, and meeting schedules.
- Coaches will communicate team requirements (fees, forms, equipment, conditioning expectations).
- Coaches will communicate procedures for returning from injury.
- Coaches will communicate disciplinary actions that affect participation.

Appropriate Topics to Discuss with Coaches

- A student-athlete's physical or mental well-being.
- Ways an athlete can improve.
- Concerns regarding an athlete's behavior or conduct.

Topics NOT Appropriate to Discuss with Coaches

- Team strategy or play calling.
- Playing time (questions about skill improvement are appropriate).
- Other student-athletes.

Please note: Coaches make participation and playing-time decisions based on what they believe is best for the team as a whole. These decisions involve professional judgment and may not always align with individual expectations. Parents are encouraged to support their child's experience without placing undue pressure on performance or questioning coaching competence. Throughout this process, administrators will discuss only issues related to the individual student-athlete and will not compare athletes or address team strategy or playing time decisions.

Process for Resolving Concerns - Concerns should be addressed using the following steps in order, without skipping levels, unless a student-athlete's immediate safety is at risk:

- Step 1: Athlete–Coach Conversation
 - The student-athlete should first speak directly with the coach to discuss the concern.
- Step 2: Parent–Coach Conversation
 - If the concern is not resolved, parents may request a meeting with the coach. Meetings should be scheduled in advance and not held before or after practices or contests.
- Step 3: Parent–Coach–Athletic Director Conversation
 - If resolution is still not achieved, parents may meet with the Athletic Director. The Athletic Director will help guide next steps but will not override coaching decisions regarding playing time, team selection, or team level.
- Step 4: Parent–Principal Conversation
 - If necessary, concerns may be elevated to the building principal after prior steps have been followed.
- Step 5: Parent–Superintendent / School Board Conversation
 - This final step may be pursued only after all previous levels have been exhausted.

VIII. HEALTH AND SAFETY

Insurance - Please note the following: Brownsburg Community School Corporation expects each athlete to have adequate insurance coverage before participating in athletics. Brownsburg Community School Corporation will not pay any injury-related expenses sustained by athletic participants. All Brownsburg Community School Corporation students may enroll in student accident insurance provided by a third-party vendor.

The IHSAA purchases a Catastrophic Insurance policy that covers all athletes participating in IHSAA sports. However, this policy is excess insurance and pays up to \$1,000,000 only after the athlete's insurance has paid the maximum amount. It should be noted that neither the Brownsburg Community School Corporation, nor the IHSAA, carries any kind of "first dollar" athletic insurance.

Risks - The very nature of athletic competition provides for potential risk and injury. Even with protective equipment, proper supervision, and sound instruction, injuries still occur. In extremely rare cases, even paralysis or death could result. All athletes and parents need to be aware of the potential hazards that exist within the athletic arena. The Brownsburg High School Athletic Department will always do whatever it can to ensure that our athletes have a safe and healthy athletic experience.

Athletic Trainers - Brownsburg Community School Corporation (BCSC) will provide a certified athletic trainer to the student-athletes of Brownsburg High School. The athletic trainer is nationally certified and state licensed. The athletic trainer is available during athletic practices and during most home athletic events. If not on site, each head coach has the ability to communicate with the athletic trainer. All injuries sustained while participating in athletics must be reported to the coach and/or the athletic trainer.

Pre-Participation Physical & Required Forms - Before participation in any open-facility workout, practice or contest, an athlete must complete all electronic documentation including an IHSAA physical form. The IHSAA, under the guidance of the Indiana State Medical Association's Committee on Sports Medicine, requires that the physical form be signed by a physician (MD or DO) holding an unlimited license to practice medicine, a nurse practitioner (NP) or a physician assistant (PA) and dated after April 1st to be valid through the following school year. These forms will be stored electronically by the Athletic Department and will be available to parents through an online account. Please see the BHS Athletics website for additional details.

Emergency Procedures -

- Epi Pens: In any incident where an EpiPen is used for treatment on a student, staff member, or visitor, Brownsburg Community School Corporation staff will call 911 and submit the Indiana Department of Education Report of Epinephrine Administration.
- Albuterol: Emergency stock albuterol will be administered in the event of acute respiratory distress of an individual in the school setting by a certified athletic trainer employed by the school corporation.

Return to Play after Injury - BCSC must follow IHSAA rules pertaining to athletes returning to action from injury or illness.

- Concussion - An athlete returning from a concussion will be expected to provide the athletic trainer with a written release from a medical professional. The release must be on an official document from the physician's office.
- The BCSC athletic trainer and/or the team physician will make the final determination on athletes returning to play following any injury. Based on their clinical knowledge and experience, they may overrule a written release from the athlete's personal physician.

Use of Supplements - Supplements are not a shortcut to success and do not replace quality nutrition value from nutritious foods or fluids that meet the needs of an athlete's training program. All supplements carry risks. Supplements are not regulated by the FDA and have potential to contain banned or harmful substances that are not listed on the label. The evidence surrounding youth athletes consuming supplements is lacking safety, efficacy, and proper dosing guidelines. The side effects can be potentially dangerous. A food-first approach provides the largest impact on healthy growth and performance, and it boosts the immune system's ability to work and recover.

IX. ATHLETIC AWARDS

General Eligibility - Athletic awards are intended to recognize student-athletes who demonstrate commitment, sportsmanship, and meaningful contribution to a Brownsburg High School athletic program. Awards are presented at the conclusion of each season and are issued at the discretion of the athletic department and the head coach, in accordance with the guidelines below. To be considered for any athletic award, a student-athlete must complete the season while maintaining good standing academically, behaviorally, and athletically. Athletes who do not maintain good standing during a season will not be eligible for awards for that season.

Injury/Illness - Student-athletes who miss part or all of the season due to medically documented injury or illness may be considered for an award at the head coach's discretion, provided the athlete remains in good standing.

Participation Awards - Certificate received by athletes for a Freshmen, C-team, or JV level.

Varsity Letter Award - A varsity letter represents a sustained commitment and meaningful contribution to a varsity program. The head coach has final authority to recommend varsity letters, subject to athletic department approval. An athlete may be awarded a varsity letter by meeting one or more of the following criteria, as determined by the head coach:

- Participation & Contribution - Athlete appears in 25% or more of varsity contests or makes a meaningful contribution in a role that impacts team performance.
- Postseason Participation - Athlete appears on the IHSAA postseason roster and is available for postseason participation in good standing.
- Program Commitment - Athlete is a senior in good standing who completes a fourth year in the program and who demonstrates sustained commitment and positive leadership.
- Special Circumstances - The Athletic Director or Head Coach may award a varsity letter to an athlete who does not meet the criteria above due to special circumstances at their discretion.

Letterman's Jackets & Patches - An athlete who earns a Varsity Letter is eligible to purchase a Letterman's Jacket. The jacket shall be of the color and design traditionally designated by the school. Teams and individuals who have distinguished Brownsburg High School by winning county, conference, sectional, regional, semi-state, or state championships are eligible to purchase corresponding patches.

Program-Specific Awards - Additional awards may be awarded by the Head Coach at their discretion.

Championship Rings - Teams and individuals who have distinguished Brownsburg High School by winning an IHSAA state championship will be eligible for a state ring. The athletic department may require athletes to pay a portion of the cost to be determined by the athletic director.

Signing Day - Participation in post-secondary signing day ceremonies is limited to students who have participated in at least one program sponsored by the BHS Athletic Department. Athletes must submit the required information by the posted deadlines in order to participate in the signing day ceremony. BHS students who participate in sports or activities outside of BHS will be eligible to participate in signing day for those external activities provided that they have also participated in at least one BHS Athletic Department program.