

Covington Jr./Sr. High School



Athletic Handbook

**2026 - 2027
School Year**

Philosophy of Interscholastic Athletics

Covington Jr./Sr. High School Athletic Handbook

Athletics are an important part of the educational program at Covington Jr./Sr. High School. The athletic program is designed to support the growth of student-athletes by teaching responsibility, discipline, teamwork, leadership, sportsmanship, commitment, and school pride.

Participation in athletics is a privilege. Student-athletes are expected to represent Covington Jr./Sr. High School, their team, their family, and the community in a positive manner at all times.

The purpose of education-based athletics is to help students grow as people while competing with effort, character, and respect. Winning is valued, but it should never come at the expense of integrity, sportsmanship, or the mission of the school.

Message to Student-Athletes

Being a Covington student-athlete is an honor and a responsibility. You are expected to work hard, be coachable, support your teammates, respect your opponents, and represent your school with pride.

Your actions matter in the classroom, at practice, during games, online, in the community, and while traveling with your team. You are expected to conduct yourself with character and make choices that reflect positively on yourself, your team, and Covington Jr./Sr. High School.

Message to Parents and Guardians

Parents and guardians play an important role in the success of the athletic program. Positive support from families helps student-athletes grow, compete, and learn valuable life lessons.

Parents and guardians are expected to support the team, respect coaches and officials, encourage good sportsmanship, and communicate concerns appropriately. Athletics are most successful when students, families, coaches, and the school work together.

Expectations for Coaches

Education-Based Athletics

Coaches are expected to lead programs that support the educational mission of Covington Jr./Sr. High School. Coaches should teach skills, encourage growth, build character, promote sportsmanship, and help student-athletes understand the value of commitment and teamwork.

Coaches are expected to model respectful behavior and hold student-athletes accountable to school and team expectations.

Coach Responsibility

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Coaches are responsible for following all IHSA rules and regulations, communicating expectations clearly, supporting multi-sport participation, and respecting the role of other athletic programs. Coaches shall work collaboratively to ensure that student-athletes are not placed in conflicting situations and that decisions are made in the best interest of the student-athlete.

All coaches are expected to promote a positive athletic culture that values sportsmanship, teamwork, academic success, and the well-being of students. Coaches shall not discourage participation in other school-sponsored activities or athletic programs.

Eligibility

Academic Eligibility

Student-athletes must meet all academic eligibility requirements established by Covington Jr./Sr. High School and the Indiana High School Athletic Association. Student-athletes are expected to make academics their priority and maintain eligibility throughout the season. To remain academically eligible for interscholastic athletics, a student must meet the academic requirements established by the Indiana High School Athletic Association. The student must have received passing grades and earned credit in at least 70% of the maximum number of full-credit subjects available during the previous grading period, and must be currently enrolled in at least 70% of the maximum number of full-credit subjects available

A student-athlete who becomes academically ineligible may not participate in contests until eligibility has been restored according to school and IHSA requirements.

IHSA Eligibility Requirements

All student-athletes must follow IHSA eligibility rules. These rules may include requirements related to enrollment, academics, attendance, age, transfer status, amateur status, physicals, and participation.

Student-athletes and parents/guardians are responsible for understanding and following all IHSA rules. Questions about eligibility should be directed to the athletic director.

Outside Athletic Participation

Student-athletes must follow IHSA rules regarding outside participation during the school athletic season. Participation on non-school teams or in outside contests may affect eligibility if it violates IHSA regulations.

Student-athletes should speak with the head coach or athletic director before participating in any outside athletic activity during a school sport season.

Attendance, Practices and Team Commitments

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School Attendance and Same-Day Participation

Student-athletes are expected to attend school regularly. A student-athlete must meet school attendance requirements to participate in practices, contests, or other athletic activities on that day.

- A. An athlete who is absent the last three (3) periods of a school day will be unable to participate in an athletic practice or contest later that day unless prior arrangements have been made with the athletic director or principal, or medically excused.
- B. If an athlete is absent from the last day of the school week and the athletic contest is on a non-school day, the athlete must get permission from the head coach to participate. Coaches may establish further requirements for participation, such as a parent note.
- C. A student who has been injured and has had medical treatment cannot participate again until the date indicated by the student's doctor in writing.
- D. Daily practice attendance policies will be established by individual sport coaches issued in writing to athletes.

Non-School Day Contests

For contests held on non-school days, student-athletes are expected to meet all team expectations and communicate with the coach in advance regarding any conflicts or concerns. Final decisions regarding participation will be made at the coach's discretion.

Practice Attendance

Student-athletes are expected to attend all scheduled practices and team activities. Absences should be communicated to the coach as early as possible. Unexcused absences from practice may result in team or athletic consequences.

In-Season, Out-of-Season and Moratorium Rules

In-Season and Out-of-Season Priorities

During the season, the current school sport takes priority. Student-athletes are expected to attend practices, contests, team meetings, and required team activities unless excused by the coach.

Out-of-season activities may be offered to support skill development, conditioning, and team growth. These activities must follow school and IHSA guidelines.

Moratorium Weeks

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Covington Jr./Sr. High School will follow all IHSAA moratorium requirements. During moratorium periods, coaches and student-athletes must follow IHSAA restrictions regarding contact, practices, workouts, and athletic activities.

State Tournament Exception

If an athletic team is still participating in the IHSAA state tournament during a moratorium or restricted period, applicable IHSAA exceptions may apply.

During-School-Year Out-of-Season Workouts

Out-of-season workouts during the school year may be offered when allowed by IHSAA rules. These workouts should support student development without interfering with the student-athlete's current in-season sport.

In-Season Student-Athletes

Student-athletes participating in an in-season school sport are expected to prioritize the commitments and responsibilities of their current sport. All coaches and student-athletes shall comply with current Indiana High School Athletic Association (IHSAA) rules governing during-school-year out-of-season activities.

Out-of-season coaches shall not require, pressure, or otherwise influence in-season student-athletes to participate in workouts, practices, conditioning sessions, or other activities that conflict with their in-season sport obligations.

In-season student-athletes may participate in out-of-season activities only when such participation is permitted by IHSAA rules and occurs with the knowledge and approval of the student-athlete, parent/guardian, and in-season coach.

Participation in out-of-season workouts, conditioning programs, open facilities, and skill development activities is voluntary. Student-athletes shall not be penalized, retaliated against, denied opportunities, or otherwise disadvantaged for choosing not to participate in voluntary out-of-season activities.

Student-athletes shall not participate in out-of-season workouts, practices, or activities on the same day as an IHSAA-sanctioned contest in their in-season sport unless permitted by IHSAA rules and approved by the Athletic Director.

Dual Sport Participation and Changing Sports

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Request Process

A student-athlete who wishes to participate in two sports during the same season must make a request to the athletic director.

Coach and Athletic Director Meeting

The student-athlete, parents/guardians, both coaches, and the athletic director may meet to discuss expectations, conflicts, and the student-athlete's ability to meet the requirements of both teams.

Written Guidelines

Written guidelines may be created to clarify expectations for practices, contests, conflicts, communication, and priorities during the season.

Point Limit During Dual Sport Seasons

During a dual sport season, point limits or participation limits may be established per season to protect the student-athlete's health, safety, academic responsibilities, and ability to contribute appropriately to both teams.

Changing Sports During a Season

A student-athlete who voluntarily leaves or is dismissed from one sport may not join another sport during the same season without the approval of the athletic director and the head coaches of both sports.

Before approval is granted, the athletic director may consider the reason the student left the original sport, whether the student fulfilled team responsibilities, the timing of the request, the impact on both programs, and any health or safety concerns.

This provision does not automatically prohibit a student from joining another sport when the student was cut from a team, became medically unable to continue, or experienced another circumstance approved by the athletic director.

Joining a Team After the Season Begins

A student-athlete who wishes to join a team after the official start of the season must receive approval from the head coach and athletic director.

Approval may be based on the reason for the late request, the amount of the season already completed, available roster space, the student-athlete's ability to participate safely, completion of all eligibility requirements, and whether the student can reasonably meet the expectations of the team.

A student-athlete joining after the season begins is not guaranteed playing time, a particular role, or the opportunity to satisfy varsity lettering requirements.

Transportation, Physicals, and Medical Procedures

School-Provided Transportation

Student-athletes are expected to travel to and from athletic contests using school-provided transportation unless other arrangements have been approved.

Parent or Guardian Transportation

A parent or guardian who wishes to transport their own child to and/or from an athletic event must follow school procedures and receive approval from the coach or athletic director.

Exceptions and Emergency Situations

Exceptions to transportation expectations may be approved by the coach, athletic director, or administration. Emergencies will be handled based on the safety and well-being of the student-athlete.

Physicals, Insurance, and Emergency Medical Authorization

Each student-athlete must have a current physical examination on file before participating in any practice, conditioning, or athletic contest. Physical forms must be completed according to IHSA and school requirements.

Parents/guardians must provide emergency medical information and any required insurance information before the student-athlete may participate.

Injury and Medical Treatment

Student-athletes must report injuries to the coach and, if available, the athletic trainer as soon as possible. A student-athlete may be required to provide medical clearance before returning to practice or competition.

Sportsmanship Expectations

Student-Athlete Sportsmanship Expectations

Student-athletes are expected to demonstrate good sportsmanship before, during, and after all practices and contests. This includes showing respect for teammates, coaches, officials, opponents, spectators, and school staff.

Student-athletes are expected to compete with effort and intensity while maintaining self-control. They should win with grace, lose respectfully, and avoid behavior that brings negative attention to themselves, the team, or the school.

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Parent and Spectator Sportsmanship Expectations

Parents, guardians, and spectators are expected to support student-athletes in a positive and respectful manner. Spectators should not yell at officials, taunt opponents, argue with coaches, use inappropriate language, or behave in a way that reflects poorly on Covington Jr./Sr. High School.

Spectators who engage in inappropriate behavior may be removed from the event and may face additional restrictions from attending future events.

Examples of Sportsmanship Infractions

Examples of sportsmanship infractions may include, but are not limited to:

1. Taunting, baiting, or mocking opponents.
2. Arguing with officials.
3. Using profanity or inappropriate language.
4. Making disrespectful gestures.
5. Celebrating in a way that humiliates or disrespects an opponent.
6. Throwing equipment or acting in anger.
7. Refusing to shake hands or show respect after a contest.
8. Losing without self-control or winning without humility.
9. Drawing attention to oneself in a disrespectful way, especially when the team is losing or the behavior does not reflect the situation appropriately.
10. Any conduct that brings dishonor to the team, school, or community.

Next Day Rule

Parents and guardians are expected to wait until the next school day before contacting a coach, administrator, or athletic staff member regarding concerns arising from a contest, practice, playing time decision, coaching decision, or other emotionally charged athletic matter. This waiting period is intended to allow all parties time to reflect and communicate respectfully and productively.

Concerns should first be addressed through the communication process established by the athletic department. Parents and guardians must communicate in a respectful manner and may not confront coaches, officials, student-athletes, or staff members immediately before, during, or after an athletic event.

Failure to follow the Next Day Rule may result in the following progressive consequences:

1. A verbal or written reminder of the policy.
2. A required meeting with the athletic director before additional communication with the coach occurs.
3. A requirement that future athletic concerns be directed through the athletic director rather than directly to the coach.

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4. Temporary restriction from attending athletic practices, contests, or other school athletic activities.

Threatening, abusive, harassing, or disruptive behavior may result in immediate removal from school property or athletic events and may lead to additional restrictions or consequences under district policy. Consequences will be determined by the administration based on the nature, severity, and frequency of the violation.

A student-athlete will not ordinarily be disciplined solely because of a parent or guardian's violation of this rule.

Consequences for Sportsmanship Infractions

Minor Sportsmanship Infractions

Minor sportsmanship infractions are generally handled as corrective discipline by the coach and/or athletic director. These infractions do not automatically result in a Level 1 athletic suspension until the athlete has received a fourth minor infraction.

Each coach will provide a team discipline rubric or flowchart explaining how minor infractions will be handled. This information will be shared with student-athletes, families, and the athletic director before the season begins.

Major Sportsmanship Infractions

Major sportsmanship infractions include serious or repeated misconduct that reflects poorly on the student-athlete, team, school, or community. These may include, but are not limited to, fighting, threatening behavior, harassment, severe disrespect toward officials or opponents, or conduct that results in removal from a contest.

Major infractions may result in immediate disciplinary action, including suspension from practices or contests.

Unsporting Behavior and Ejection

Any student-athlete who is ejected from a contest may be subject to IHSAA consequences, school consequences, and athletic department consequences. Unsporting behavior may also result in additional and/or extended discipline from the coach, athletic director, or administrator.

Severe or Repeated Sportsmanship Violations

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Severe or repeated sportsmanship violations may result in increased consequences, including removal from a contest, suspension from contests, removal from team leadership roles, removal from the team, or additional school discipline.

Athletic Behavior Policies

Scope and Duration of the Athletic Code

The Athletic Code applies to student-athletes throughout the calendar year, including during the school year, school vacations, summer months, athletic seasons, and periods between sports.

A student becomes subject to the Athletic Code upon beginning participation in a school athletic program and remains subject to the code while enrolled and participating or eligible to participate in Covington Jr./Sr. High School athletics.

The Athletic Code may apply to conduct occurring on school property, at school-sponsored activities, while traveling with a school team, online, or away from school when the conduct has a direct and substantial connection to the student's athletic participation, the safety or rights of others, the operation of the team, or the integrity of the school athletic program.

Nothing in this section authorizes discipline based solely on lawful expression, protected speech, or conduct that has no material connection to the school or athletic program.

Social Media and Online Conduct

Student-athletes are expected to use social media responsibly. Online behavior should reflect the values of Covington Jr./Sr. High School and the athletic program.

Posts, comments, photos, videos, or messages that are inappropriate, disrespectful, threatening, harassing, discriminatory, bullying in nature, or damaging to the reputation of the school, team, coach, official, opponent, or individual may result in disciplinary action.

Student-athletes should remember that online behavior can affect athletic participation.

Cell Phones and Electronic Devices

Locker Room Expectations

Cell phones and electronic devices should not be used in locker rooms or other private areas where privacy is expected.

Cameras and Recording Devices

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Taking photos, videos, or recordings in locker rooms, restrooms, or other private areas is strictly prohibited. This includes using phones, cameras, tablets, or any other recording device.

Violations

Violations involving cell phones, cameras, or electronic devices may result in athletic discipline, school discipline, and possible referral to law enforcement, depending on the nature of the incident.

Drug and Alcohol Testing Policy

Covington Community School Corporation maintains a drug and alcohol testing policy for students who participate in athletics and extracurricular activities.

Students and parents/guardians are required to sign the drug and alcohol testing consent form before the student may participate in athletics or extracurricular activities. By signing the consent form, the student is placed in the school corporation's random drug and alcohol testing program.

Participation in athletics and extracurricular activities is a privilege. Refusal to sign the required consent form will make the student ineligible to participate.

The full terms of the drug and alcohol testing policy are included in the student handbook and are incorporated into this athletic handbook by reference.

Drug Policy

A student-athlete shall not knowingly possess, use, transmit, sell, or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, caffeine-based pill, substance containing phenylpropanolamine, stimulant, depressant, inhalant, solvent, ephedrine, intoxicant, or any other prohibited substance, whether prescription or over the counter.

Proper use of medication authorized by a valid medical prescription from a health care provider is not a violation of this rule.

Possession of drug paraphernalia, including but not limited to rolling papers, clips, vape devices, dab pens, or related items, is also a violation of this policy.

A student-athlete who finds themselves in a location where prohibited substances are being used is expected to leave immediately in order to avoid association with that behavior.

Alcohol Policy

A student-athlete shall not possess, use, transmit, sell, or be under the influence of any alcoholic beverage.

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A student-athlete who finds themselves in a location where underage drinking is taking place is expected to leave immediately in order to avoid association with that behavior.

Tobacco, Vape, and Nicotine Policy

A student-athlete shall not use or possess tobacco, nicotine, vaping products, e-cigarettes, dab pens, or similar devices in any form, on or off school grounds.

This includes, but is not limited to, snuff, chewing tobacco, smoking tobacco, e-cigarettes, vapes, vape pens, dab pens, or similar devices, regardless of nicotine or THC content.

Any student-athlete knowingly possessing a vape pen, dab pen, e-cigarette, or similar device containing THC or any illegal substance shall be considered in violation of the Drug and Alcohol Policy.

Theft and Vandalism Policy

A student-athlete shall not vandalize, attempt to vandalize, steal, or knowingly possess stolen property from any source. This includes, but is not limited to, school property, athletic equipment, uniforms, property belonging to Covington Community High School, property belonging to other schools, or property within the community.

Acts such as egg throwing, property damage, theft, or possession of stolen items may result in consequences consistent with athletic department guidelines. Each case may be reviewed individually based on the circumstances.

Criminal Conduct

Criminal Convictions and Juvenile Adjudications

A student-athlete who is convicted of a misdemeanor or felony, or adjudicated for a delinquent act that would constitute a misdemeanor or felony if committed by an adult, may be subject to consequences under the Athletic Code.

The administration shall consider the nature and seriousness of the underlying conduct, the connection between the conduct and the athletic program, any safety concerns, the student-athlete's disciplinary history, and other relevant circumstances when determining the appropriate consequence.

Any consequence imposed by the school shall be separate from a sentence, disposition, or other action imposed by a court or juvenile authority.

Arrests, Criminal Charges, and Juvenile Allegations

An arrest, criminal charge, or juvenile allegation does not, by itself, establish that a student-athlete violated the Athletic Code.

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When school officials receive reliable information concerning alleged criminal or delinquent conduct, the administration may investigate the underlying conduct to determine whether an Athletic Code violation occurred. The student-athlete shall be provided the informal due-process protections established in this handbook before disciplinary action is imposed.

The administration may impose a temporary restriction from practices, contests, team travel, or other athletic activities when immediate action is reasonably necessary to protect safety, preserve order, prevent substantial disruption, or protect the integrity of an ongoing investigation. A temporary restriction is a precautionary measure and does not constitute a final determination that the student-athlete committed the alleged conduct.

Any continued consequence shall be based on the available evidence concerning the underlying conduct and not solely on the existence of an arrest, charge, or allegation. The student-athlete or parent or guardian may appeal a Level 2 or greater consequence through the Athletic Discipline, Due Process, and Appeal Procedures established in this handbook.

If the student-athlete is later convicted or adjudicated for the underlying conduct, the administration may review the matter and impose or modify an Athletic Code consequence when appropriate. The student-athlete shall receive notice and an opportunity to respond before an additional consequence is imposed.

Athletic Discipline Code

General Regulations

Student-athletes are expected to follow all school rules, athletic department rules, team rules, and IHSA rules. Violations may result in athletic consequences, school consequences, or both.

Participation in athletics is a privilege. Student-athletes who fail to meet behavioral, academic, attendance, or team expectations may lose athletic privileges.

Levels of Consequences for Infractions

Level 1: Suspension from 25% of the Regular Season

A Level 1 violation may result in suspension from 25% of the regular season contests. A Level 1 violation may include repeated minor sportsmanship infractions, inappropriate behavior, disrespectful conduct, violation of team rules, or other conduct determined by the athletic director or administration.

Level 2: Suspension from 50% of the Regular Season

A Level 2 violation may result in suspension from 50% of the regular season contests. A Level 2 violation may include more serious misconduct, repeated Level 1 violations, major disrespect toward

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coaches or officials, conduct resulting in removal from a contest, or behavior that significantly reflects poorly on the team or school.

Level 3: Suspension from Athletics for One Calendar Year

A Level 3 violation may result in suspension from athletics for one calendar year. A Level 3 violation may include serious misconduct, repeated violations, substance-related violations, fighting, threatening behavior, harassment, illegal activity, or conduct that endangers others.

Level 4: Career Exclusion from Athletics

A Level 4 violation may result in exclusion from athletics for the remainder of the student-athlete's high school career. This consequence may be used for the most serious violations, repeated serious misconduct, or conduct that significantly harms the safety, integrity, or reputation of the athletic program.

Level 4 violations shall be imposed by the superintendent or Athletic Appeal Council.

Athletic Suspension

An athletic suspension may include suspension from contests, practices, team activities, leadership roles, awards, or participation in athletics. The length and type of suspension will depend on the nature of the violation.

Notification of Suspension

When a student-athlete is suspended from athletic participation, the student-athlete and parent/guardian will be notified. The coach, athletic director, and administration shall be involved in the decision and communication.

Suspension Lengths by Sport

Suspension lengths will be calculated based on the number of regular season contests in the sport. If a suspension cannot be fully served in the current season, the remaining suspension may carry over into the student-athlete's next athletic season.

Sport	Maximum Length of Season (per IHSAA**)	25% of Season	50% of Season
Baseball	28 games	7 games	14 games
Basketball	22 games	6 games	11 games
Cross Country	14 meets	4 meets	7 meets
Football	10 games	3 games	5 games

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Golf	18 matches	5 matches	9 matches
Soccer	17 matches	5 matches	9 matches
Softball	28 games	7 games	14 games
Tennis	22 matches	6 matches	11 matches
Track & Field	16 meets	4 meets	8 meets
Volleyball	23 matches	6 matches	12 matches
Wrestling	18 meets	5 meets	9 meets
Cheerleading	Same as the current season or the following season if Spring		

Counseling, Education, and Intervention

A student-athlete who commits a second violation of the Athletic Code or receives a Level 2 or greater consequence may be required to complete an appropriate counseling, educational, restorative, or intervention program related to the nature of the violation.

The principal or designee shall determine the type of program required after considering the circumstances of the violation, the student-athlete's age and needs, any recommendations from qualified professionals, and the availability of appropriate services. Required programming may include, but is not limited to, substance-use education, anger-management instruction, conflict resolution, decision-making education, restorative practices, or counseling provided by an appropriately qualified professional.

The student-athlete and parent or guardian shall receive written notice of the required program, the expected timeline for completion, and the documentation needed to verify participation or completion.

The parent or guardian may be responsible for costs associated with services provided outside the school corporation. However, inability to pay, lack of transportation, provider waiting lists, or the unavailability of a specific program shall not automatically prevent the student-athlete from regaining eligibility. Upon request, the administration shall consider reasonable school-based services, community resources, payment alternatives, or another appropriate program that satisfies the purpose of the requirement.

When appropriate, the student-athlete may be permitted to regain eligibility after providing evidence of enrollment and satisfactory participation rather than waiting until the entire program has been completed. Failure to participate in good faith or complete the approved requirements may delay reinstatement or result in additional athletic consequences.

Any counseling records or sensitive student information shall be handled in accordance with applicable law and school corporation policy.

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Carry-Over Suspension

If a violation occurs near the end of a sport season and the student-athlete is unable to complete the full consequence during that season, the remaining suspension shall carry over until the consequence is fulfilled. This may include the next sport season in which the student-athlete participates or the same sport during the following school year.

Self-Reporting Clause

Requirements for Self-Reporting

Student-athletes are expected to self-report violations of the athletic handbook. Self-reporting demonstrates honesty, accountability, and responsibility.

Timeline for Self-Reporting

A student-athlete may receive the self-reporting reduction once during the student-athlete's enrollment. To qualify, the report must be voluntary, complete, truthful, and made before the student knows or reasonably should know that school officials are investigating the incident. A qualifying self-report may reduce the normal consequence by one level, but shall not eliminate consequences and may not reduce a Level 4 violation below Level 3

Examples

Examples of situations that should be self-reported may include alcohol use, drug use, tobacco or vape use, criminal charges, arrests, school discipline incidents, or other violations of the athletic handbook.

Administrative Review

The athletic director and administration shall review the circumstances to determine whether the report satisfies the requirements for a qualifying self-report. If the requirements are satisfied, the normal consequence may be reduced by one level as provided in this section.

Honesty Clause

Requirements for the Honesty Clause

Student-athletes are expected to be honest when questioned by a coach, athletic director, administrator, or school official regarding a possible violation. A student-athlete may use the honesty/self-report consideration one time only.

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Documentation

Information related to a violation may be documented by the athletic director or administration.

Examples

Examples may include being truthful about attendance concerns, behavior violations, substance use, social media conduct, sportsmanship incidents, or criminal charges.

Administrative Review

Honesty may be considered when determining consequences. Dishonesty, withholding information, or providing false information may result in increased consequences.

Reinstatement of Athletic Eligibility

A student-athlete who has lost athletic eligibility shall be required to meet with the coach, athletic director, or administration before being reinstated. Reinstatement may depend on completion of consequences, improved behavior, and evidence that the student-athlete is ready to return to participation.

Athletic Reinstatement Contract

A student-athlete who is excluded from athletics for one calendar year may have the opportunity to reduce the consequence to a Level 2 consequence through an Athletic Reinstatement Contract. The Athletic Reinstatement Contract must be approved by the Athletic Appeal Council and shall remain in effect for 365 days.

The Athletic Reinstatement Contract may include the following requirements:

Grade Checks: The student-athlete shall complete grade checks in 30-day increments for the remainder of the suspension. The student-athlete must meet IHSAA academic eligibility guidelines, and grades must be sustained or trending upward.

Attendance Checks: The student-athlete shall complete attendance checks in 30-day increments for the remainder of the suspension. Attendance must remain at 90% or greater, excluding excused absences.

Mentoring Program: The student-athlete shall meet weekly with an administrator or designee for the remainder of the suspension. It is the student-athlete's responsibility to assist with scheduling meetings. The student-athlete may not cancel or miss more than one meeting.

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Drug and/or Alcohol Counseling: When applicable, the student-athlete must participate in an accredited, principal-approved counseling program. The cost of counseling shall be the responsibility of the parent/guardian. Proof of enrollment, continued participation, and completion must be provided.

Drug Testing Program: When applicable, the student-athlete may be required to participate in drug testing in 30-day increments for the remainder of the suspension. A positive test shall void the Athletic Reinstatement Contract.

Violation of Reinstatement Contract: If a student-athlete is alleged to have violated the Athletic Code or a condition of the Athletic Reinstatement Contract, the student-athlete shall receive the informal due-process protections provided in this handbook. If a violation is established, the Athletic Appeal Council may terminate the contract and reinstate all or part of the original consequence. The student-athlete may appeal the determination as provided in the Athletic Discipline, Due Process, and Appeal Procedures. Failure to comply with any requirement of the Athletic Reinstatement Contract may result in the contract being voided and the original consequence being reinstated.

Athletic Discipline, Due Process, and Appeal Procedures

A. Informal Due Process

Before disciplinary action is imposed for an alleged violation of the Athletic Code, the student-athlete shall be provided an opportunity for an informal due process meeting, except when immediate action is reasonably necessary to protect student safety, preserve order, or address an urgent school concern.

The principal, athletic director, or designee shall:

1. Inform the student-athlete of the alleged violation;
2. Provide the student-athlete with a summary of the information supporting the allegation;
3. Give the student-athlete an opportunity to respond, explain the circumstances, and provide relevant information; and
4. Consider the available information before determining whether a violation occurred and what consequence, if any, is appropriate.

The informal meeting is not a formal court proceeding and does not require the rules of evidence or representation by legal counsel.

If the principal, athletic director, or designee determines that the student-athlete violated the Athletic Code, disciplinary action may be imposed in accordance with the levels of consequence established in this handbook.

The student-athlete and parent or guardian shall be notified of the decision through personal contact, written notice, electronic communication, or another appropriate method. The notice shall include:

1. The Athletic Code provision found to have been violated;
2. A brief explanation of the disciplinary action imposed;

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3. The effective date and duration of the consequence; and
4. Information regarding the right to appeal, when applicable.

B. Right to Appeal

A student-athlete or the student-athlete's parent or guardian may appeal a disciplinary decision involving a Level 2 or greater consequence.

The appeal must be submitted in writing to the athletic director within five school days after the student-athlete or parent or guardian receives notice of the disciplinary decision. Weekends, school holidays, and days when school is not in session shall not be counted as school days.

The written appeal should identify:

1. The disciplinary decision being appealed;
2. The reason the student-athlete or parent or guardian believes the decision should be reconsidered; and
3. Any relevant information that was not previously considered or that may affect the decision.

Unless otherwise determined by the superintendent or required by law, the disciplinary consequence shall remain in effect while the appeal is pending.

C. Athletic Appeal Council

The Athletic Appeal Council shall consist of the superintendent and two certified employees selected by the superintendent who were not directly responsible for the original disciplinary decision.

When reasonably possible, council members shall not have a personal or direct involvement in the matter being appealed.

The superintendent shall serve as chair of the council. Each member shall have one vote, and the decision shall be determined by a majority vote.

D. Appeal Hearing

The appeal hearing shall be scheduled within a reasonable time after the written appeal is received. The student-athlete and parent or guardian shall receive notice of the date, time, and location of the hearing.

Individuals who may attend the hearing include:

1. Members of the Athletic Appeal Council;
2. The student-athlete;
3. The student-athlete's parent or guardian;
4. The principal;
5. The athletic director;
6. A coach or other school employee with relevant information; and

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7. Other individuals approved by the superintendent or designee.

The hearing shall include:

1. A statement of the alleged violation and the disciplinary decision;
2. A summary of the information considered in reaching the original decision;
3. An opportunity for the student-athlete and parent or guardian to explain why the decision should be changed;
4. An opportunity for school officials to respond and provide relevant information;
5. An opportunity for council members to ask questions; and
6. Deliberation and a decision by the Athletic Appeal Council.

The appeal hearing is an administrative review and is not a court proceeding. Formal rules of evidence do not apply. The council may consider information it determines to be relevant and reasonably reliable.

E. Appeal Decision

After reviewing the available information, the Athletic Appeal Council may:

1. Uphold the original disciplinary decision;
2. Modify the consequence;
3. Remove the consequence; or
4. Return the matter to the principal or athletic director for further review when additional information is needed.

The superintendent or designee shall communicate the council's decision to the student-athlete, parent or guardian, principal, and athletic director within 72 hours after the council reaches its decision. When the 72-hour period includes a weekend, school holiday, or school closure, notice shall be provided no later than the next school day.

The decision of the Athletic Appeal Council shall be final under the local athletic appeal process, unless further review is required by school board policy, applicable law, or IHSA rules.

F. Failure to Attend

The student-athlete and parent or guardian are expected to attend the appeal hearing. If the student-athlete or parent or guardian fails to attend after receiving proper notice, the Athletic Appeal Council may proceed in their absence and make a decision based on the available information.

The superintendent or designee may reschedule the hearing when the absence resulted from illness, emergency, inadequate notice, or another circumstance determined to constitute good cause.

G. Scope of the Local Appeal Process

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This procedure applies to disciplinary decisions made under the corporation's local Athletic Code. It does not authorize the Athletic Appeal Council to waive, modify, or overturn an eligibility requirement imposed by the IHSA.

Matters involving the interpretation or application of an IHSA rule shall be addressed through the applicable IHSA review or appeal procedures.

Additional Team Rules

Each coach may establish additional team rules and expectations. These rules must be shared with student-athletes and families before or at the beginning of the season.

Team rules may address practice attendance, effort, attitude, conduct, communication, playing time expectations, equipment, travel, and other team-specific matters.

The athletic director and coaches may establish reasonable sport-specific rules consistent with this handbook, school board policy, and IHSA requirements. Team rules and potential consequences must be approved by the athletic director and communicated in writing to student-athletes and parents or guardians before enforcement, except when immediate action is necessary to address safety or serious misconduct.

Trojan Pride Athletic Contract

At the beginning of each sports season, each student-athlete and parent/guardian will receive a Trojan Pride Athletic Contract outlining sportsmanship expectations. The contract must be signed by the student-athlete, parent/guardian, and coach before the student-athlete may participate in the season.

The Trojan Pride Athletic Contract can be viewed here: [\[insert link\]](#)

Lettering and Athletic Awards

Eligibility for Letters and Athletic Awards

To earn a varsity letter, team award, athletic honor, or other recognition, a student-athlete must complete the season in good standing and satisfy the requirements established for the applicable sport or award.

A student-athlete who is removed from a team, fails to complete the season without an approved reason, or commits a serious Athletic Code violation may be declared ineligible for letters, awards, team recognition, or other athletic honors. The head coach shall make a recommendation to the athletic director, who shall make the final determination after considering the nature and timing of the violation and the student-athlete's standing with the team.

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Varsity Letter Requirements

Varsity athletic letters are awarded based on the recommendation of the head coach and approval of the athletic director. To earn a varsity letter, an athlete must complete the season in good standing and meet the lettering requirements for the specific sport. Exceptions may be considered only when recommended by the head coach and approved by the athletic director.

Varsity letter winners will receive a certificate and will be recognized at the individual sport banquet. Transfer students who have earned certified varsity letters at another school and participate in athletics at Covington High School will have those letters honored.

Letter Jacket Point System

The Covington High School Athletic Booster Club may purchase athletic letter jackets for qualifying athletes based on the following point system:

1. Two points are awarded for earning a varsity letter in an individual sport.
2. One point is awarded for completing a sport season without earning a varsity letter.
3. One additional point is awarded for participating in the same sport in a subsequent year. This point may only be earned during grades 10, 11, and 12, and the athlete must finish the season in good standing.
4. An athlete may earn a maximum of three points during any one athletic season.
5. To receive a letter jacket, an athlete must earn 11 points and at least one varsity letter.

Cheerleading points will be awarded at the end of the fall season. Cheerleaders will not earn separate points for both fall and winter seasons. Dance team points will be awarded at the end of the winter season.

If six or more qualifying points are earned through cheerleading, the jacket letter will include a megaphone. If six or more points are earned through managing, the letter will include "MGR." If six or more points are earned through the dance team, the letter will include a dance logo.

Miscellaneous Awards

The following awards may be presented when applicable:

Four-Year Plaque: Awarded to an athlete who participates in the same sport for four consecutive years.

Leroy Keeling Award: Awarded to an athlete who commits all four years to the same fall, winter, and spring sport.

Jack Hunter "Trojan Pride Award": Selected by the Athletic Council and awarded to a senior athlete who demonstrates strong character, competitive spirit, sportsmanship, leadership, dependability, motivation, school involvement, and Trojan pride.

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Outstanding Trojan Award: Awarded to a senior athlete who earns nine varsity letters in IHSAA-recognized sports and at least one All-Conference Award. Manager letters do not count toward this award. The award is a blanket with a large “C” in the center and the athlete’s name in the lower corner.

Transfer Student Letters

The athletic department will honor all certified varsity letters from transfer students who attend and participate in athletics at Covington High School.

Ownership of Letter Awards

All letter awards are the property of the athletic department until the recipient has graduated from high school. The athletic department may recall these awards if the athlete brings dishonor to Covington High School because of his or her conduct.

Letterman’s Club Eligibility

After earning a first varsity letter, an athlete is eligible to join the Letterman’s Club.

Individual Sport Requirements and Optional Awards

Football

To earn a varsity letter in football, an athlete must play in at least one-half of the varsity quarters for which the athlete is physically fit.

Optional awards may include:

1. Most Valuable Player, selected through a process determined by the head coach and coaching staff.
2. Mental Attitude Award, selected by the coaching staff at the end of the season.
3. Skilled Player Award, selected by the coaching staff at the end of the season.
4. Lineman Award, selected by the coaching staff at the end of the season.
5. Tackle Award, awarded to the player with the most recorded tackles in varsity competition and approved by the head coach.
6. Most Improved JV Player, selected by the coaching staff at the end of the season.

Volleyball

To earn a varsity letter in volleyball, an athlete must play in at least one-half of all varsity matches, including tournaments, for which the athlete is physically fit.

Optional awards may include:

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1. Most Valuable Player, selected through a process determined by the head coach and coaching staff.
2. Mental Attitude Award, selected by the head coach at the end of the season.
3. Serving Award, awarded to the player with the highest percentage of good serves during varsity competition.
4. Most Improved JV Player, selected by the coaching staff at the end of the season.

Tennis

To earn a varsity letter in tennis, an athlete must play in at least one-half of all varsity matches, including tournaments, for which the athlete is physically fit.

Optional awards may include:

1. Most Valuable Player, selected through a process determined by the head coach and coaching staff.
2. Mental Attitude Award, selected by the coach at the end of the season.
3. Ray Derringer Sportsmanship Award, elected by the tennis team and approved by the coach. This player must reflect high qualities of sportsmanship, leadership, and a positive attitude toward tennis.
4. Most Improved JV Player, selected by the coaching staff at the end of the season.

Cross Country

To earn a varsity letter in cross country, an athlete must run in at least one-half of the varsity meets for which the athlete is physically fit and be certified for the conference or sectional meet.

Optional awards may include:

1. Most Valuable Runner, awarded to the team member who earns the greatest number of points and is approved by the head coach.
2. Mental Attitude Award, selected by the coach at the end of the season.
3. Most Improved Runner, selected by the coach at the end of the season.

Golf

To earn a varsity letter in golf, an athlete must be one of Covington's top five finishers in at least one-half of the meets for which the athlete is physically fit and be certified for the conference or sectional meet.

Optional awards may include:

1. Most Valuable Player, awarded to the golfer with the lowest total strokes for all regularly scheduled meets and approved by the head coach.
2. John Shambach GPA Award for boys, awarded to the senior golfer with the highest GPA and a minimum GPA of 3.0.

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3. GPA Award for girls, awarded to the senior golfer with the highest GPA and a minimum GPA of 3.0.
4. John J. Wichus Most Improved Player for boys, selected by the coach at the end of the season.
5. Most Improved Player for girls, selected by the coach at the end of the season.

Soccer

To earn a varsity letter in soccer, an athlete must play in at least one-half of the varsity halves for which the athlete is physically fit.

Optional awards may include:

1. Most Valuable Player, selected through a process determined by the head coach and coaching staff.
2. Mental Attitude Award, selected by the coaching staff at the end of the season.
3. Leadership Award, selected by the coaching staff at the end of the season.
4. Defensive Player Award, selected by the head coach.
5. Offensive Player Award, selected by the head coach.
6. Most Improved JV Player, selected by the coaching staff at the end of the season.

Wrestling

To earn a varsity letter in wrestling, an athlete must wrestle in at least one-half of the varsity meets for which the athlete is physically fit and be certified for the conference or sectional meet.

Optional awards may include:

1. Most Valuable Wrestler, selected through a process determined by the head coach and coaching staff.
2. Most Takedowns, awarded to the wrestler with the most varsity match takedowns during the season and approved by the head coach.
3. Most Pins, awarded to the wrestler with the most varsity match pins during the season and approved by the head coach.
4. Most Improved JV Wrestler, selected by the coaches at the end of the season.

Basketball

To earn a varsity letter in basketball, an athlete must play in at least one-half of scheduled varsity quarters for which the athlete is physically fit and be certified for one varsity tournament.

Optional awards may include:

1. Most Valuable Offensive Player and Most Valuable Defensive Player, selected by the coaches using statistics as a primary criterion.

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2. Free Throw Percentage Award, awarded to the player with the highest free throw percentage in varsity competition and approved by the head coach.
3. Miss Hustle Award, selected by the coaches at the end of the season.
4. Trojan Award for Leadership, Dedication, and Toughness, awarded to the player or players who best demonstrate and embody these attributes.
5. We Before Me Award, awarded to the player or players who demonstrate a team-first attitude throughout the season or career.
6. Bruce Bennett Award, awarded to the senior with the highest GPA and a minimum GPA of 3.0.
7. Most Improved JV Player, selected by the coaches at the end of the season.
8. Freshman/C-Team Most Improved Player, selected by the coaches at the end of the season.

Baseball

To earn a varsity letter in baseball, an athlete must play in at least one-half of varsity innings during the season for which the athlete is physically fit.

Optional awards may include:

1. Most Valuable Player, selected through a process determined by the head coach and coaching staff.
2. Earl Strawser Memorial Award, awarded to the player with the leading batting average at the end of the season. The player must have at least 25 at-bats.
3. Dick Ashton ERA Award, awarded to the pitcher with the lowest earned run average at the end of the season. The pitcher must have more than 18 innings of varsity competition.
4. Most Improved JV Player, selected by the coaches at the end of the season.

Softball

To earn a varsity letter in softball, an athlete must play in at least one-half of varsity innings during the season for which the athlete is physically fit.

Optional awards may include:

1. Most Valuable Player, selected through a process determined by the head coach and coaching staff.
2. Mental Attitude Award, selected by the coaching staff at the end of the season.
3. Batting Average Award, awarded to the player with the leading batting average at the end of the season. The player must have at least 25 at-bats.
4. Most Improved JV Player, selected by the coaches at the end of the season.

Track and Field

To earn a varsity letter in track and field, an athlete must compete in at least one-half of the varsity meets for which the athlete is physically fit and be certified for the conference or sectional meet.

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Optional awards may include:

1. Most Valuable Runner, awarded to the athlete who has scored the most points by the end of the season and approved by the head coach.
2. Most Valuable Field Event Athlete, awarded to the athlete who has scored the most field event points by the end of the season and approved by the head coach.
3. Most Improved, selected by the coaches at the end of the season.
4. Trojan Pride Award, also known as the Mental Attitude Award, selected through a process determined by the head coach and coaching staff.

Optional Team Awards

Coaches are not required to issue every award listed for a sport. If the situation warrants, the athletic department may add, remove, or adjust awards to meet the needs of individual coaches, athletes, and teams.