

# **Terre Haute North Vigo High School**

3434 Maple Avenue  
Terre Haute, IN 47804  
Athletic Office: 462-4326  
Fax: 462-4519

*It is the responsibility of the student-athlete and parents to read this handbook before signing and returning the physical examination form included in this booklet. To participate in athletics at Terre Haute North Vigo High School, the student-athletes and their parents must complete the physical form and the V.C.S.C. Athletic Code of Conduct form. Your signature on both forms indicates that you have read, understand, and will abide by the regulations as stated in this handbook.*

## **SCHOOL MISSION STATEMENT**

The Terre Haute North Vigo High School community is committed to providing a secure haven for learning. We strive to empower and to challenge all students to become educated, ethical, responsible citizens in a diverse, ever-changing world.

## **ATHLETIC PHILOSOPHY**

Terre Haute North Vigo High School (THN) recognizes that interested students should have the opportunity to develop their potential as athletes in activities appropriate to their level of ability. In this spirit, THN provides a program of interscholastic athletics which promotes participation for qualified students within the rules and regulations of the Indiana High School Athletic Association (IHSAA) and the Terre Haute North Vigo High School Athletic Department. It is the goal of our school to provide such opportunity as a further means of developing the intellectual, emotional and social maturity of our students, while at the same time teaching the importance and worth of teamwork and sportsmanship. THN athletics also provide a unifying influence upon our student body and between our school and community. Finally, as is true in all aspects of education at THN, our athletic program is committed to the pursuit of excellence, acknowledging that the quest itself is the most significant aspect of achievement.

## **PROFILE OF THN ATHLETICS**

Terre Haute North Vigo High School has developed a rich tradition in athletics. The entire school and community take pride in the accomplishments of the Patriot athletic teams. THN athletics reflect our school's philosophy and commitment to excellence.

Boys are offered a ten-sport program including cross-country, football, soccer, and tennis in the fall; basketball, swimming, and wrestling in the winter; and baseball, golf, and track in the spring.

# **Student/Parent Athletic Handbook**

Girls are offered a ten-sport program including cross-country, golf, soccer, and volleyball in the fall; basketball, swimming, and gymnastics in the winter; and softball, tennis, and track in the spring.

Cheerleading is our twenty-first varsity sport and there are separate squads for varsity, junior varsity, and freshmen. Competition squads are made up of members of the various cheer teams.

All students with sufficient ability are eligible to participate provided they meet the scholastic standards and conduct requirements as established by THN and the IHSAA.

THN is a proud charter member of the Metropolitan Interscholastic Conference (MIC). Other member schools include Ben Davis, Carmel, Center Grove, Lawrence North, North Central, Terre Haute South, and Warren Central.

## **ATHLETIC DEPARTMENT POLICIES**

### **ABSENCE DUE TO ILLNESS OR INJURY**

An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the Athletic Director or coach before he/she may again become eligible for participation. Additional practices are required by the IHSAA before regaining eligibility after an extended absence due to illness or injury.

### **ACADEMICS**

Student-athletes should manage their time in such a way as to not to miss practices, competitions, or school in order to participate in athletics and achieve successfully in academics. If this cannot be done, students should not be involved in athletics. Athletics must be a higher priority than academics.

### **AGE**

A student whose 20<sup>th</sup> birthday occurs on or prior to the scheduled date of the IHSAA State Finals in a sport shall be ineligible for interscholastic athletic competition in that sport.

### **AMATEURISM**

Students shall not play under assumed names, accept remuneration directly or indirectly for athletic participation, or participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs, or their representatives.

### **ATHLETIC AWARDS**

At the close of each of the three sport seasons (Fall, Winter, Spring), the THN Athletic Booster Club sponsors a program for the participating student-athletes of that season's sports. At each of these programs, numerous athletic awards are announced. Freshmen numerals and certificates, Junior Varsity certificates, and Varsity letters, chevrons, and certificates are presented. Please review the student handbook for more specific awards criteria.

## **ATHLETIC SUSPENSION CARRY-OVER**

If the violation of the Athletic Code of Conduct occurs, and requires an Athletic Suspension, in the last part of a sport's season and the violator cannot fulfill the term of his/her violation in that sport, the suspension will carry-over until the suspension is fulfilled. This includes the next sport or the same sport next year. For example, if the suspension is for 20% of the football season (2 games) and the student-athlete misses only one game before the season has ended, then he/she will serve the remaining 10% (half of 20%) in his/her next athletic season. If that next season is basketball, then he/she must miss 10% of the basketball season (10% of 20 games is 2 games).

When serving a suspension, the student-athlete is expected to be present at all athletic contests and practices involving his/her team or squad. The student-athlete is a member of the team and is expected to fulfill this responsibility. The head coach's discretion can excuse the student-athlete.

## **ATHLETIC TRAINER AND REPORTING INJURIES**

The athletic department will assume no responsibility of payment for medical treatment for an injury incurred during practices or contests. A state licensed athletic trainer is employed for the purpose of treating injuries that are not severe enough to be referred to a doctor. All injuries are to be reported to the coach and to the athletic trainer. The athletic training room is for treatments and rehabilitation; therefore, only athletes needing those services are permitted. Student athletic trainers from Indiana State University assist the licensed athletic trainer throughout the school year.

## **ATTENDANCE**

Student-athletes are expected to make school a priority. This includes attendance both the day of and the day after athletic contests. Student-athletes and student managers are expected to be in attendance at school on time the day following all evening activities. All efforts are made to avoid late night activities on school nights, but sometimes they are necessary. Students must be in attendance at school during the last two periods of the day to be eligible for extracurricular activities that day. Exceptions would be prearranged absences, school-related functions, or other exceptions approved by the Principal or Athletic Director.

## **CHEERLEADERS**

THN Cheerleaders are representatives of and ambassadors for our school. In addition to fostering spirit and good sportsmanship, they serve as positive role models for the youth of our community. All requirements for participation which apply to other athletes (such as physicals, Athletic Code of Conduct, etc.) also apply to cheerleaders. The procedure for selection of cheerleaders is established by the coach.

## **CONDUCT AND CHARACTER**

Students shall not be eligible to participate as athletes, student staff for athletic teams, or cheerleaders, who at any time in or out of school:

- do not represent our school in a positive manner; or
- exhibit habits, conduct, or character such as to reflect discredit upon our school, as determined by the Principal or Athletic Director.

*(See the Athletic Code of Conduct for the specific expectations regarding alcoholic beverages, drugs, tobacco, criminal behavior, and acts of delinquency.)*

## **CONFLICTS IN EXTRACURRICULAR ACTIVITIES**

THN recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students are also urged to use caution in attempting to "specialize" too much, thereby denying themselves a well-rounded high school career. Students, however, should be cautious about participating in too many activities. Interscholastic sports at the high school level require a substantial time commitment, which usually extends Monday through Saturday from the first official day of practice until the end of the tournament series. A commitment to a high school athletic team indicates that all non-school conflicts will be resolved in favor of the high school team. This would not include such things as significant religious holidays, a family member's funeral, etc.

If a conflict between activities arises, the student should notify the coach and/or sponsors involved as soon as possible and attempt to resolve the conflict as equitably as possible. If the conflict persists, the student may contact the Principal or Athletic Director for assistance.

## **CONTEST MANAGEMENT**

The Athletic Directors and/or event managers are in charge of home contests. In the absence of the listed individuals, the head coach is responsible for the event.

## **ELIGIBILITY**

Each student-athlete *must be passing four (4) full credit subjects* during the previous grading period before participation. Each student-athlete must have a current physical examination form and the Vigo County School Corp. Athletic Code of Conduct form on file between May 1 and the first practice each year. Other IHSAA requirements are available to view in the Athletic Office.

## **ENROLLMENT**

After enrollment or attending classes in the 9<sup>th</sup> grade, a student is eligible for no more than 12 consecutive semesters.

## **EQUIPMENT ISSUE AND RETURN**

THN endeavors to provide each team member with the best and safest equipment available. All equipment issued to an athlete is expected to be returned in the same condition as when issued (excepting normal wear and tear) or the athlete is expected to compensate the Athletic Department for the lost or damaged equipment. Failure to return equipment or to compensate the school for lost or damaged equipment will result in forfeiture of athletic award.

## **FRESHMAN PARTICIPATION AND ELIGIBILITY**

THN maintains separate teams for freshman in all sports whenever possible. Freshman are eligible to participate in all sports at the junior varsity or varsity level based on ability as determined by the head coach.

## **GROOMING AND APPEARANCE**

THN athletes act as representatives of the school and community and therefore are required to exhibit a well-groomed and appropriate appearance. The Principal, Athletic Director, and coaches will determine Athletic Department guidelines as needed concerning the appropriateness of styles within the context of safety and accepted social norms.

## **NATIONAL COLLEGIATE ATHLETIC ASSOCIATION**

Athletes and parents may contact the THN Guidance Department for the newly published NCAA guidelines. This information contains a detailed description of requirements for collegiate athletic participation. Student-athletes who wish to participate in collegiate athletics must meet NCAA athletic eligibility requirements.

These requirements include but are not limited to:

1. Specific Grade Point Average in the Core Curriculum
2. Specific Scores on the ACT and/or SAT
3. Must register with and be certified by the NCAA Initial-Eligibility Clearinghouse

The NCAA has rules governing both DIVISION I and DIVISION II member institutions that determine eligibility for freshmen athletes.

## **METROPOLITAN INTERSCHOLASTIC CONFERENCE**

THN is a member of the Metropolitan Interscholastic Conference. The conference includes Ben Davis, Carmel, Center Grove, Lawrence North, North Central, Terre Haute North, Terre Haute South, and Warren Central. Conference championships will be offered in each sport. Students and athletes participate in a variety of intra-conference events.

## **MULTIPLE SPORT PARTICIPATION**

The THN Athletic Department supports the concept of participating in more than one high school sport. High school coaches should not establish expectations "out of season" which would prohibit or restrict a student's participation in another sport which is "in-season". A student-athlete who wishes to participate in more than one sport in the same season must have prior approval of the coaches involved and the Athletic Director. A schedule resolving all practice and competition conflicts must be established prior to the season and the student-athlete will be asked to designate a "primary" sport if necessary.

## **PARTICIPATION ON TEAMS OUTSIDE OF SCHOOL ATHLETICS**

Athletes who participate as members of any similar teams in the same sport season, not under the direct supervision and management of their school, shall not be eligible for participation on the school team. Participation in other sports while participating on a school team should only be done with the knowledge of the high school coach.

## **PHYSICAL EXAMINATIONS**

Students desiring to participate in athletics must undergo a physical examination performed by a licensed medical doctor (M.D.) *prior to the first practice* of any sport. The IHSAA physical form, which must be signed by an M.D., may be obtained at the Athletic Office or from the coaching staff. The doctor's signature must be dated after May 1 preceding the current school year. The student must complete the medical history and sign to be eligible for participation.

## **RISK OF INJURY**

When participating in any type of athletic activity, there is always a possibility that an injury can occur. Statistically, an athlete will suffer at least one injury during their athletic career that requires that he/she miss a number of practices and/or games.

Athletes can decrease their chance to be injured by following the following guidelines:

1. Use the proper techniques that are taught by the coaches.
2. Condition properly during the preseason and work to stay in condition.
3. Get proper rest and nutrition.
4. Refrain from risky behavior on the athletic field or in the locker room.
5. Wear proper fitting protective equipment.
6. Keep all protective equipment in working order.
7. Stay alcohol and drug free.

Remember that some serious or severe injuries still occur when the athlete follows the above guidelines. However, those who disregard the above guidelines are at a greater risk to sustain a serious or severe injury.

Athletic participation benefits people by teaching self-esteem, team unity, proper health, and fellowship. Most people agree that the benefits of participating in athletics outweigh the risks. The coaching staff and athletic training staff of THN want its athletes and parents to understand that there are risks involved with participating in athletics. The coaching staff will continue to teach and practice only those techniques that promote safe participation, but the staff realizes that some athletic injuries will continue to occur. The staff hopes that athletes and parents alike will take the time to learn more about athletic injuries and how best to avoid them. It will take a "team" effort from coaches, athletic trainers, athletes, and parents to continue to provide safe participation for all of those involved. We hope that we can count on your support in this endeavor.

### **SANCTIONED SPORTS**

As a general rule, THN sanctions the sports that are sanctioned by the IHSAA. Sanctioning of other sports by THN would require School Board approval. Such approval would include consideration of available schools to schedule, costs, revenue, supervision, availability of facilities, availability of qualified coaches, student interest, etc.

### **TICKET INFORMATION**

THN offers a variety of ticket plans for the convenience of students, parents, and patrons. Substantial savings on admission costs to events can be realized through the purchase of an "All-Sports Pass" which is good for all THN home athletic events, excluding IHSAA, county or conference tournaments, or jamborees. Season tickets are also available for varsity boys' basketball games. Students and patrons may also purchase single event tickets at the gate for any event they wish to attend. For further information, contact the Athletic Office.

### **TRANSFER STUDENTS**

Parents of students who wish to participate in athletics at THN, but who did not attend THN during the intended sports season the previous school year, are required to complete an Athletic Transfer Report Form which will be sent to the student's former school and to the IHSAA for approval. The student cannot become eligible for competition until approval has been granted by the IHSAA. Students who transfer without a corresponding change in residence by parents MAY be granted "limited eligibility" which allows for participation at the junior varsity level only for a period of 365 days.

### **TRAVEL**

THN athletes are required to travel to and from athletic contests and special events in school-approved vehicles under adult supervision provided by THN. Appropriate behavior and citizenship is expected of all students who ride in school-approved vehicles.

For some sports, such as golf, athletes must provide their own transportation to and from practice. Extraordinary circumstances for travel to and from contests and special events should be submitted in writing to the head coach and/or Athletic Director for their review as far in advance to the day of the event as possible.

### **WEIGHT ROOM**

The THN weight room (also called the Fitness Center) is available for use by athletes before and after school as scheduled by the Weight Room Director. No student shall use the weight room facilities without adult supervision. Every student must bring a towel and proper gym shoes when entering the weight room. No drinks or food are allowed in the weight room. Many teams sign up for times to use the weight room while they are "in season" and during the "off season".

----- DETACH HERE AND RETURN -----

## **Be a Terre Haute North Athletic Booster Club Patron!**

*YES!* Include me as a patron of the Terre Haute North Athletic Booster Club for *only \$15*.

**Please print name(s) as you would want it to appear in the sports magazine:**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE/FAX:** \_\_\_\_\_

**ATHLETE'S NAME:** \_\_\_\_\_ **SPORTS:** \_\_\_\_\_

Make checks payable to THN ATHLETIC BOOSTER CLUB.

Mail this coupon and check to:  
**Terre Haute North Vigo High School**  
**c/o Athletic Booster Club**  
**3434 Maple Avenue**  
**Terre Haute, IN 47804**