

# ATHLETIC POLICY HANDBOOK

## FREMONT COMMUNITY SCHOOLS

*(2022 – 2023)*

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# **FREMONT COMMUNITY SCHOOLS INTERSCHOLASTIC ATHLETICS**

## **Philosophy and Objectives**

The athletic programs of the Fremont Community Schools place emphasis on developing the individual by providing a broad program of athletic activities. Participation in athletics means more than competition between two individuals or two teams representing different schools. Athletics teach fair play, sportsmanship, and understanding and appreciation of teamwork. Athletics create friendly rivalry, create new friendships, improve community relations, and develop athletic skills.

The coaching staffs, the Building Athletic Directors, and Principals administer the program within the policies established by the coaches, Athletic Directors, Principals, Indiana High School Athletic Association (IHSAA) and the local school board.

Our objectives for our athletic program are:

### **Student-Athlete's Objectives**

1. Athletes will have the opportunity to learn and improve skills in a competitive contest.
2. Opportunities will exist to make lasting friendships with team members, and to visit and play in other communities.
3. Athletes will have the chance to observe and exemplify good sportsmanship.
4. Athletes will come to the realization that athletic participation is a privilege that carries definite responsibilities.
5. Individuals will be afforded a chance to enjoy one of the greatest experiences of youth. This is the privilege to compete.
6. Athletes will learn that the degree of success depends upon hard work, devotion to the task, enthusiasm for the game as well as the innate ability of the person.

### **School's Objectives**

1. Athletics should be an integral part of our school's co-curricular program.
2. Athletics should be used to promote good school spirit and pride.
3. Athletics should be educational.
4. The athletic program should be broad rather than narrow in scope.

- Sportsmanship, fair play, and good school citizenship should be the main objectives of athletics.

## **Athletic Council**

The Athletic Council is made up of the Building Athletic Directors, and all Head Coaches. The High School Athletic Director will serve as the chairman of the council. The purpose of the council is to resolve common problems that arise in the Athletic Department. The council will serve in an advisory capacity to the Principals. The building Principals hold the ultimate authority in all aspects of the athletic program. The High School and Middle School will comply with the rules and regulations of the IHSAA.

### **Athletic Offerings – High School**

#### **Fall Sports**

Boys Cross Country  
 Girls Cross Country  
 Cheerleading/Lifters  
 Football  
 Girls Golf  
 Boys Tennis  
 Volleyball

#### **Winter Sports**

Boys Basketball  
 Cheerleading/Lifters  
 Girls Basketball  
 Wrestling

#### **Spring Sports**

Baseball  
 Boys Golf  
 Boys Track & Field  
 Girls Track & Field  
 Softball  
 Girls Tennis

### **Athletic Offerings – Middle School**

#### **Fall Sports**

Football  
 Boys Cross Country  
 Girls Cross Country  
 Cheerleading  
 Volleyball

#### **Winter Sports**

Boys Basketball  
 Girls Basketball  
 Wrestling  
 Cheerleading

#### **Spring Sports**

Boys Golf  
 Girls Golf  
 Boys Track  
 Girls Track

## **Changing Sports**

If an athlete does not make a team at the beginning of a season, he/she may join another team or program. An athlete cannot quit one team to join another after the first game, match, meet, etc. has been held in the sport that he/she originally went out for. And then, the athlete can switch teams only if the coach of the team that the athlete is going to, agrees to allow him/her to do so. An athlete that quits a team at any time may participate in off season and/or pre-season activities for the next sport that he/she will participate in.

## **Illness – Injury**

Any student athlete that is absent five (5) or more consecutive school days or practice days due to illness or injury shall be ruled ineligible until the student athlete presents a written verification from a physician returning the student athlete to full participation.

## **Pre-Season Meetings**

Pre-season meetings play an integral role maintaining an open line of communication among parents, athletes, coaches, and administrators. At the beginning of each sport season the athletes and their parents are asked to attend a general session meeting with the high school or middle school athletic director. Each head coach may also have a meeting with parents and players to go over his/her guidelines.

## **School Policy – Basic Training Rules**

Each student-athlete who is participating or has declared his/her intent to participate in athletics will not use or possess any form of tobacco products (including any kind of electronic cigarettes), alcoholic beverage or illegal drug.

Each student-athlete who is participating or has declared his/her intent to participate in athletics will refrain from theft in general, theft of athletic equipment or theft while on an athletic trip, practice or sponsored event.

## **School Policy – Reporting Violations of Basic Training Rules**

The athlete, a parent of an athlete, Fremont School Employee or concerned community member must report violations. A law enforcement officer or probation department official may also report a violation with the approval of the Steuben County Circuit Court Judge.

The Basic Training Rule Policy applies twelve (12) months a year. This policy applies to Middle School athletes commencing at the completion of the fourth grade. This policy applies to High School athletes commencing at the completion of the eighth grade. Any information involving an athlete's possible violation of the athletic training policy must be referred to the High School or Middle School Athletic Director for investigation. Athletic probationary periods or penalties shall be transferred from Middle School to the High School.

For violations of any of the previously mentioned policies, the following steps will occur:

### **Middle School**

**First Offense** – The Athletic Director will issue a formal written notice of probation in the form of a letter to the athlete and a copy to the athlete’s parents/guardians. If the athlete is participating in a sport season, the athlete may be suspended. The recommended suspension will be **20% to 25%** of the athletic season. A review committee consisting of the building level Athletic Director, Principal and Head Coach in-season will determine the penalty for all the first offenses.

Any games/matches/meets from which an athlete may be suspended may include tournament contests if the tournament takes place during the suspension time. If the violation occurs out of the season, the penalty will be imposed in the next school year sport in which the athlete participates. The probationary period will be effective for one (1) calendar year from the date of confirmation of the infraction. In the event that a violation occurs after the one-year probationary period expires, the process starts over.

**Second Offense** – (during a probationary period) the athlete will be suspended from interscholastic activities from that sport or upcoming sport for **sixty (60) calendar days** commencing immediately if the student athlete is in season, and commencing the first day of practice of the student athlete’s upcoming sport season.

The coaching staff will be responsible for establishing the procedure for acceptable reinstatement. The athlete may then participate in practices leading up to a reinstatement.

**Third Offense** – (during a probationary period) the athlete will be suspended for **one (1) calendar year** or as near as possible from the date of the third offense, from all athletic sports at Fremont Community Schools. The student/athlete will not be permitted to practice with the team during this suspension.

### **High School**

**First Offense** – If the athlete is participating in a sport in season, the athlete will be suspended **50%\*** of the athletic season. Any games/matches/meets from which an athlete may be suspended may include tournament contests if the tournament takes place during the suspension time. If the violation occurs out of season, the penalty will be imposed in the next IHSAA school year sport in which the athlete participates. The penalty to be served may start in one season and end in another.  
(\***Honesty clause or compassion clause would reduce penalty in half.**)

**Second Offense** – On a second offense the athlete will be suspended **one (1) calendar year** from the date of notification.

**Third Offense** – On a third offense the athlete will be suspended for **the athlete's high school career**.

An athlete that violates the tobacco, alcohol or illegal drug part of the athletic policy and does so out of season, or an athlete that is serving the penalty for a second offense, must pass a drug screen, administered just before the athlete's next sports season begins, in order to be permitted to participate in that sport.

The building level principal and athletic director will rule on all cases involving any infraction committed before, but reported after, an athlete is already serving a penalty for another infraction.

### **Compassion Clause**

Any athlete who seeks counseling or help due to substance dependency abuse for tobacco, alcohol or drugs and/or other issues will be awarded compassion, up to one-half (1/2) the penalty of the first offense. This can occur only once during the athlete's high school career. The athlete must provide verification that the counseling sessions have been completed before being re-instated.

### **Honesty Clause**

Any athlete who comes forward and admits his/her guilt on a first offense prior to being reported will reduce his/her discipline in half. This does not include an athlete who has been arrested or who has been drawn to be tested in the corporation's random drug testing program.

The Honesty Clause applies only to high school athletes.

A student cannot use both the compassion clause and honesty clause on the same offense.

### **Athletic Probation**

The building level athletic director may place an athlete on athletic probation. The length and conditions of the probationary period will be set by the athletic director. During the probationary period, the athlete may continue to practice and play as long as the conditions of the probation are being met. If the conditions are not met, the athlete may be suspended or even dismissed from the team.



## **Violation of School Discipline**

Any athlete who is in violation of school rules such as truancy, classroom disruption, or other punishable acts will be disciplined by the already established school rules (see Student Handbook). The athlete may be, in addition, disciplined within the structure of rules for each sport. **If an athlete is serving an out-of-school suspension for any reason, the athlete will be ineligible for all practices and/or contests during the term of the suspension. An athlete serving a more-than-one block in school suspension, may practice, but not participate in contests the day(s) of the suspension. An athlete serving a one block detention may practice and participate in contests.**

An athlete who is not eligible to play in a contest shall not dress in uniform for that contest.

## **Team Rules Established by Coach**

A coach may establish additional team rules and penalties for the violation of a rule with the approval of the building level principal and athletic director. These additional rules will be in writing and on file with the athletic director. Once a team has been selected, a copy of the written rules will be distributed to each team member.

## **Prohibition of Harassment/Bullying**

It is the policy of the Fremont Community Schools Board of School Trustees to provide a learning and working atmosphere for students, employees and visitors free from harassment/bullying.

Fremont Schools are committed to effectively reducing the number of instances of bullying and/or harassment in their buildings. The bullying of students at Fremont Schools is strictly prohibited. Indiana Code 20-33-8-.02 and IC 20-33-8-13.5 define bullying as overt, repeated acts or gestures, including: (1) verbal or written communications transmitted; (2) physical acts committed; or (3) any other behaviors committed; by a student or group of students against another student with the intent to harass, ridicule, humiliate, intimidate, or harm the other student.

Any instance of bullying must be reported to a staff member or administrator as soon as reasonably possible. The administration will immediately begin an investigation. Offenses will be dealt with through conferences/education and/or out-of-school suspensions. Continual offenses or a severe infraction may result in an expulsion.

## **Sportsmanship Policy**

Fremont High School is a member of the Indiana High School Athletic Association. In accordance with the rules and regulations of the IHSAA, all athletes, coaches, parents and fans from Fremont will embrace and display qualities of good sportsmanship at all athletic events.

All athletes and coaches at Fremont High School fall under the jurisdiction of the IHSAA sportsmanship policy. The IHSAA sportsmanship policy calls for a one game suspension for any player and/or coach ejected from a contest for any flagrant conduct or misconduct. Fremont High School endorses and will comply with this policy.

Any Fremont patron who is displaying unsportsmanlike behavior at an athletic event, regardless of who or what the behavior is directed towards, may be removed from that event. In addition, the policy concerning "Unruly Adults" may be enacted.

## **Policy – Unruly Adults**

(Policy adopted by the Fremont Community Schools Board of School Trustees,  
December 17, 1979).

Schools are occasionally embarrassed by the unsportsmanlike conduct of adult fans. In some cases, the actions of the fans become quite serious when officials and school personnel are verbally abused, or confronted by adults, etc.

The following procedure will be adhered to when a report of unsportsmanlike fan conduct is made.

A certified letter will be sent to the fan listing the conduct and asking the fan to appear before the Board of Education to show reason why the fan should not be barred from attending interscholastic school activities. If the fan fails to appear, the school will have reason to conclude that this lack of assurance would indicate that this unsportsmanlike conduct might be repeated. This hearing is provided to involve due process and protect interscholastic participation of Fremont with the IHSAA, North East Corner Conference (NECC), Tri-County Athletic Conference (TCAC) and all independent schools.

The Fremont Board of School Trustees will impose proper disciplinary action after full due process has been granted to those involved.

## **What An Athlete Must Do Before the First Practice**

- Pass an IHSAA physical examination (*must be on file in the Athletic Director's office*)
- Meet IHSAA academic eligibility requirements
- Submit, with the athlete's and parent's signature the "Concussion and Cardiac Arrest" acknowledgement signature form, indicating that they have read the information about concussions and cardiac arrests (*must be on file in the Athletic Director's Office*)
- Complete a Fremont Community Schools Athletic Emergency Medical Card. This form requires a parent signature and should be given to the varsity coach for that season.
- Submit, with the athlete's and parent's signatures the "Certification of Knowledge and Consent to Abide by the Fremont Athletic Policy" form. This policy is available at the Fremont Community School's website and in the Athletic Director's Office (*must be on file in the Athletic Director's Office*).

## **Mandatory Random Drug Testing Program**

In an attempt to ensure the safe, drug-free participation of students in athletics, under-mine the effects of peer pressure by providing an additional reason not to use drugs and provide help where help may be needed, student athletes at Fremont Middle School and High School, that are in season, will be part of the Fremont Community Schools random drug testing pool.

A student who refuses to participate in the program is ineligible to compete in athletics at Fremont Middle School or High School.

A student at Fremont Middle School becomes an athlete when he or she participates in his or her first practice of his or her first sport at Fremont Middle School. A student at Fremont High School becomes an athlete when he or she participates in the first practice of his or her first sport at Fremont High School. Once a Middle School student participates in the first practice of his or her first sport, he or she is considered an athlete until the completion of the 8<sup>th</sup> grade year. Once a Fremont High School student participates in the first practice of his or her first sport, he or she is considered an athlete until the completion of his or her 12<sup>th</sup> grade year, including graduation from Fremont High School. Any athlete who goes three consecutive seasons without participating in a Sport, will have his or her name removed from the random drug testing program as an athlete. If, after having his or her name removed, that athlete later again participates in athletics, he or she will again become an athlete for the purpose of this testing program when he or she participates in the first practice of his or her sport.

All positive tests of athletes from the Fremont Community Schools random drug testing program will be reported to the building level Athletic director. The building level athletic director will administer the appropriate action in accordance with the guidelines concerning violations of the training rules code.

### **Home School Student Participation**

Home school students shall be permitted to participate in extracurricular activities sponsored by Fremont Community Schools. Such activities include (but not limited to) interscholastic athletics, marching band, school musicals or other before or after-school activities sponsored by Fremont Community Schools.

To be eligible, the home school student must:

- 1) be legally settled within Fremont Community Schools' boundaries;
- 2) provide proof to the IHSAA that the spirit of the eligibility rules will not be compromised, occurring in conjunction with the non-public, non-accredited school and Fremont Community Schools;
- 3) be or have been enrolled in the non-public, non-accredited school for the previous three years, in succession;
- 4) be enrolled at Fremont Community Schools at the start of the semester in which a sport officially begins and remain enrolled at Fremont Community Schools the entire school year;
- 5) be enrolled in and attending at least one high school (two 85 minute classes) or three middle school (three 40 minute classes) full credit classes offered within the school building. Classes must be taught by a Fremont Community Schools' teacher in a Fremont Community Schools' room and be part of the Fremont Community Schools' master schedule. Online classes, independent studies and off-campus instruction do not count towards this requirement;
- 6) complete any and all local and state-wide examinations; and
- 7) abide by all other Fremont Community Schools' and IHSAA rules and policies, including the Fremont Community Schools Athletic Handbook.

To maintain eligibility, the home school student and/or the home school supervisor must submit a written weekly report to the building principal, or designee, by noon on Friday during the season or activity, providing the following:

1. verification of a minimum of four hours of daily instruction with a supporting log; and
2. verification that all student coursework is being maintained according to Fremont Community School's academic eligibility requirements.

3. If weekly requirements are not met in terms of the guidelines above, the home school student will be ineligible to participate for one 91) week.

For those students participating in interscholastic athletics, the home school supervisor must also submit a list of the student's classes and grades earned every four and one-half (4 ½) weeks to the athletic director, or designee.

A student who withdraws from Fremont Community Schools to be home schooled shall not be eligible to participate in any extracurricular activity offered by Fremont Community Schools for a minimum of three hundred and sixty-five (365) days after the student withdraws.

**FREMONT**

**MIDDLE**

**SCHOOL**

## **FREMONT MIDDLE SCHOOL INTERSCHOLASTIC ATHLETICS**

(Fremont Middle School athletes will follow the general guidelines of Fremont Community School and IHSAA athletic policies)

### **Conference Affiliation**

Fremont Middle School is a member in good standing of the Jr. High Northeast Corner Conference (JrNECC). Fremont Middle School will abide by the constitution and by-laws of the JrNECC. Member Schools include:

Angola Middle School  
Central Noble Junior High  
Churubusco Junior High  
Eastside Junior High  
Fairfield Junior High  
**Fremont Middle School**

Garrett Middle School  
Hamilton Junior High  
Lakeland Middle School  
Prairie Heights Middle School  
West Noble Middle School  
Westview Junior High

The conference shall determine champions in the following sports:

#### **Boys' Athletics**

**Fall:** Football (7&8), Cross Country (6,7&8)

**Winter:** Basketball (6,7&8), Wrestling (6,7&8)

**Spring:** Track and Field (6,7&8), Golf (6,7&8)

#### **Girls' Athletics**

Volleyball (7&8), Cross Country (6,7&8), Cheerleading (7&8)

Basketball (6,7&8), Cheerleading (7&8)

Track and Field (6,7&8), Golf (6,7&8)

### **Athletic Eligibility**

The intent of the Fremont Middle School staff and administration is to encourage and allow participation by as many students as possible while maintaining academic and citizenship integrity. Athletes should realize that participation in athletics is a privilege that carries with it definite responsibilities. Participation will be based upon parental consent, and the athlete's good academic and citizenship status. The administration has the right to allow 5<sup>th</sup> grade students, who are in good academic and citizenship status, to practice ONLY with athletic teams and only in sports that are offered to 6<sup>th</sup> graders. Approval of 5<sup>th</sup> graders practicing will be discussed on a

season to season basis with input from the coaching staff of the sport involved and final approval made by the administration. This opportunity for 5<sup>th</sup> graders is a privilege, not a right, and should not be considered a guarantee. 5<sup>th</sup> graders may be able to participate in competition only if numbers in a sport participating are too low to fill a team with 6<sup>th</sup> grade students.

The athlete must have the following items prior to a student's participation.

1. The student athlete must have parental /physician consent and release form (an IHSAA physical form) on file in the Middle School Assistant Principal's office.
2. The student athlete must understand that any breach of school or classroom rules (truancy, classroom disruption, vandalism, etc.) will place the athlete in jeopardy of losing normal eligibility status (warning or probation as defined in the next section).
3. Student athletes participating in sixth, seventh or eighth grade athletic contests should be eligible with the following guidelines:
  - A. **6<sup>th</sup> Grade** – A student athlete who is or shall be fourteen (14) prior to or on the scheduled date of the last contest in a sport is ineligible for athletic competition in that sport.
  - B. **7<sup>th</sup> Grade** – A student athlete who is or shall be fifteen (15) prior to or on the scheduled date of the last contest in a sport is ineligible for athletic competition in that sport.
  - C. **8<sup>th</sup> Grade** – A student athlete who is or shall be sixteen (16) prior to or on the scheduled date of the last contest in a sport is ineligible for athletic competition in that sport.
4. The student athlete must be enrolled as a full time student receiving "C" or better in all subjects. The grade of "D" in any subject will result in the athlete being placed on academic warning (Phase I – outlined below). The grade of "F" in any subject will result in academic probation (Phase II – outlined below).

The warning and probation procedure is intended to permit the student athlete who is experiencing academic or citizenship difficulties an opportunity to regain participation status by meeting school academic citizenship expectations. Coaches will explain this procedure to all athletes at the beginning of their season.

#### **Phase I – Academic/Citizenship Warning**

1. A grade of "D" in any subject will place a student on warning status. The Athletic Director/Assistant Principal upon checking eligibility status at the beginning of the sport season, and when progress reports and grade cards are distributed, will advise the Middle School Coaches of any student athlete that is affected.
2. Student athletes with warning status may participate with full privileges. Progress in the class in which the student athlete received the grade of "D" will be monitored weekly. Student athletes will be responsible to obtain an eligibility progress report form from the Athletic Director/Assistant Principal, every Friday morning prior to the beginning of



classes, to be filled out by all teachers and signed by the student athlete and their parent or guardian. Completed and signed forms must be returned to the Athletic Director's/Assistant Principal's office by 8:00 AM on Monday morning.

### **Phase II – Academic/Citizenship Probation**

1. A grade of “F” in any class will result in probationary status as will failure to complete class work while on academic warning. Student athletes on probation will not be allowed to participate in any contests until the probationary status is removed. The Middle School Athletic Director/Assistant Principal will check eligibility at the beginning of the sport season and when progress reports and grade cards are distributed and will notify the Middle School coaching staffs’ accordingly.
2. The Middle School Athletic Director/Assistant Principal will monitor progress on a weekly basis. Notification in the form of a letter must be signed by the student athlete and his/her parents or guardians and returned to the Middle School coach. Progress in the class in which the student athlete received the grade of “F” will be monitored weekly. Student athletes will be responsible to obtain an eligibility progress report from the Athletic Director/Assistant Principal, every Friday morning prior to the beginning of classes, to be filled out by all teachers and signed by the student athlete and their parent or guardian. Completed and signed forms must be returned to the Athletic Director's/Assistant Principal's office by 8:00 AM on Monday morning.
3. Any student athlete placed on probation for academic reasons, who has completed all homework, daily work, labs, projects, etc. and who, by the determination of a review committee, is working to their ability, may be granted permission to participate. The review committee will be comprised of the student athlete's teacher(s) affected, an administrator and the Guidance Counselor. The student athlete and his/her parents or guardians must request the review, in writing, and then the review committee can be formed. Progress will be monitored weekly.
4. Student athletes receiving probation resulting from disciplinary infractions will also have their progress monitored weekly. If no further incidences occur, the student athlete will return to normal eligibility status. If however, further incidences do occur, the student athlete will remain on probation or may be removed from the team.
5. If a student fails two or more classes in any given nine week grading period, he/she will be declared ineligible to participate in after-school events for the next nine weeks. This includes intramurals, attendance at games, dances, clubs, drama/school plays, athletics, student council, academic teams, or any other activity that is not approved by the principal. This will supersede the Athletic Eligibility Policy.

## **Selection of Teams**

The intent of Fremont Middle School staff and administration is to provide the opportunity for all students who are willing to follow basic training rules and faithfully attend practices to be a member of the athletic programs at the school. In furtherance of this policy, no eligible student athlete is to be involuntarily removed from an interscholastic team unless as a result of the following:

1. The student athlete is in violation of the athletic or school rules, regulations or standards.
2. The student athlete has failed to meet the academic/citizenship standards set forth in this handbook.
3. The student athlete has an attitude adversely affecting the team.
4. If the coach determines that continued participation by the student athlete constitutes a physical hazard to the student athlete or their teammates.
5. The numbers of participants does not allow proper instruction and potential safety risks.

## **Participation Awards**

A participant certificate of award will be presented at the season's end to the student athletes and managers who finish the season in good standing, and were academic/citizenship eligible at the conclusion of the season.

## **Plaque Awards**

A sportsmanship plaque will be awarded to the student athlete who best demonstrates this characteristic. A sportsmanship plaque will be awarded in each of the following sports.

6<sup>th</sup> grade – Girls' Basketball, Boys' Basketball

7<sup>th</sup> grade – Football, Volleyball, Girls' Basketball, Boys' Basketball, Cheerleading (F & W)

8<sup>th</sup> grade – Football, Volleyball, Girls' Basketball, Boys' Basketball, Cheerleading (F & W)

### **One Sportsmanship Award (Grade 6 through 8)**

Girls' Cross Country	Boys' Cross Country	Wrestling	Boys' Golf
Girls' Track	Boys' Track	Girls' Golf	

## **Middle School Cheerleaders**

All cheerleaders will be selected in the spring by the method chosen by the coach with prior approval of the Middle School Principal and Middle School Athletic Director.

Squads will be limited to the seventh and eighth grades, and will consist of five members at each level.

Cheerleaders will adhere to the same athletic policies as all others and will receive same awards.

Cheerleaders will be required to cheer at all home football, boys' and girls' basketball games and all other home events as requested by the Cheerleading coach. Attendance at away contests will be determined in advance by the administration.

Uniforms will be purchased by the athletic department.

All shoes, socks, tights, bodysuits, blouses and special order letters or insignia are to be purchased by the cheerleaders.

It will be the coach's responsibility to designate mandatory practices and take attendance at those practices. The coach may approve extenuating circumstances. All uniforms are to be inventoried at the end of the season and stored at the school.

Cheerleaders may choose to try out for fall, winter, or both. They cannot participate in another sport at the same time as cheerleading.

## **Intramural Athletics**

### **Philosophy**

Intramural athletics will provide a positive recreational and athletic experience for as many Middle School student athletes as possible. It will present a setting for recreation, game play or low-keyed competition which nurtures a healthy spirit of competition.

In the Fremont Middle School (Grades 5-8), the intramural program will consist of the following sports: Soccer, Tennis, and Volleyball (played in the spring).

### **Eligibility – Intramural Athletics**

Participation in intramural athletics is a privilege that is based upon good citizenship standing. Any breach of school or classroom rules will place the student in jeopardy of losing normal eligibility status.

### **Recreational Intramural Activities**

Throughout the course of the school year students will have the opportunity to participate in recreational activities such as swimming, bowling, roller-skating, skiing, camping, etc. These activities will be offered at various times during the year. Generally most activities will be

organized by class and take place during the school day. However, attempts will be made to schedule some activities during the evening hours to allow students' families to attend as well.

### Eligibility – Recreational Activities

In order to be eligible for participation students must:

1. Have a signed parental permission slip.
2. Pay necessary admission/rental fees, or make other financial arrangements.
3. Understand that any breach of school or classroom rules will place them in jeopardy of losing the privilege to participate.

# **FREMONT HIGH SCHOOL**

# **FREMONT HIGH SCHOOL INTERSCHOLASTIC ATHLETICS**

## **Conference Affiliation**

Fremont High School is a member in good standing of the North East Corner Conference (NECC). As a member school, FHS will abide by the constitution and by-laws of the NECC. A copy of the constitution is on file in the High School Athletic Director's office. Member schools include:

Angola High School	Garrett High School
Central Noble High School	Hamilton High School
Churubusco High School	Lakeland High School
Eastside High School	Prairie Heights High School
Fairfield High School	West Noble High School
<b>Fremont High School</b>	Westview High School

## **Eligibility Requirements**

Student athletes, it is better to be safe than ineligible, therefore. . .

1. Participation in athletics is a privilege earned by meeting the standards set by the high school, conference and the IHSAA. If you have any questions regarding your eligibility, contact the High School Athletic Director or Principal before your athletic eligibility is endangered.
2. Both male and female athletes are bound by the IHSAA regulations.
3. Read these rules carefully and be sure you understand them. The rules are on file in the Athletic Director's office.

## **IHSAA Eligibility Requirements**

### **Academics**

To be eligible scholastically, students must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects.

### **Age**

A student athlete who is or shall be twenty (20) years of age prior to or on the scheduled date of the IHSAA State finals in a sport shall be ineligible for interschool athletic competition in that sport.

### **Amateurism**

The student athlete shall not play under assumed names; accept payment 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.

### **Awards – Gifts**

The student athlete may not receive in recognition for their athletic ability any award not approved by their high school principal or IHSAA. Athletes may not accept awards, medals, recognition gifts or honors from colleges/universities or their alumni.

### **Athletic Transfers**

Students who wish to participate in athletics at Fremont High School but did not attend Fremont High School during their intended sport's season the previous school year are required with their parents, to complete an ATHLETIC TRANSFER FORM. The transfer form will be sent eligible 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.

### **Attendance**

An athlete must be in school at least half of the school day (two blocks) in order to be able to practice or compete in a game, match, or meet that day. Exceptions to this would include, but not be limited to missing more than two blocks because of a funeral, doctor's appointment,

college visitation day, etc. An athlete that must leave school because of an illness or because of having a fever, will not be permitted to practice or compete in a game, match or meet that day. The principal has the authority to rule on any special circumstances.

## **Selection of Teams**

The highly competitive nature of high school athletics, along with the IHSAA limits regarding tournament rosters has created a need for coaches to limit the number of participants. In furtherance of this need, the following procedure in reducing team rosters will be employed:

1. Coaches should submit written player expectations to the student athlete at the initial team meeting or practice.
2. Coaches are encouraged to be honest and forthright with their student athletes as to the likelihood of the student athlete's participation or playing time in contests. Where appropriate, constructively advise and assist the student athlete in recognizing the existence of other possibilities or programs, which might provide a more meaningful experience for the athlete.
3. The Athletic Department recommends a minimum of three days of practice prior to reductions.

## **Conduct and Character**

If the conduct or character of a student athlete, in or out of school, is such that it reflects discredit upon Fremont High School and/or creates a disruptive influence on the discipline, good order, moral or educational environment in the school and/or team, the student athlete may be excluded from representing his/her school on interscholastic teams. Examples of such conduct include any illegal activity and any other activity that is lewd, vulgar, obscene, indecent, or that portrays sexual conduct in a manner whereby others learn of such activity and is reported to a school official; or any activity that degrades, demeans, disparages any coach, activity sponsor, school official or student.

Student athletes are responsible for information contained in written or electronic transmissions (e.g. e-mail) and any information posted on a public domain (e.g. internet, chat room, blogs, Facebook, You Tube). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social networks; however, student-athletes should be reminded that they serve as representatives of their team, the athletic program and the Fremont Community School District.



## Participation in More than One Sport in the Same Season

Multiple sport participation is not recommended for all. It requires more time plus advanced physical and emotional strength. Athletes who choose to participate in more than one sport will be expected to practice in each, and this must be determined before the season by applying the following guidelines:

1. The student athlete must apply to the High School Principal at least three (3) weeks prior to the first practice in each season.
2. The coaches of each sport must agree to support the student athlete.
3. The coaches must set a daily practice schedule for the student athlete in both sports on a daily basis with supervision.
4. The Corporation Athletic Director will assign games or matches at the start of the season with the assistance of the coaches involved.
5. Conference games/matches/meets take precedence over non-conference games/matches/meets.
6. Sectional games/matches/meets take precedence over conference games/matches/meets.
7. When a conflict of both conference or both non-conference games/matches/meets occur on the same date, a decision will be made before the season begins whenever possible.
8. Make-up dates will be rescheduled on an open date if possible. If conflicts still exist, the above rules apply.
9. If one sport is cancelled and the other is not, the student athlete must make every attempt to attend the scheduled one.
10. A student athlete may participate in just one/game/match/meet per day unless approved by the coaches and the Corporation Athletic Director.

## Awards

All recipients of athletic awards shall finish the season and be in good standing with the school environment and academically eligible. Good standing is the completion of the season to the satisfaction of the varsity coach and coaching staff. **Any student athlete who has served a suspension of games is not eligible for plaque awards (breaking a training rule).** The season ends with the last competition or Sports Banquet for that season whichever is the latest date.

**If the conduct or character of a student athlete is such that in the judgment of the High School Principal or Athletic Director reflects discredit to the school, the student athlete is not eligible to receive any athletic awards.**

## **Participation Award**

A participation award will be presented to non-letter winners on varsity teams and to all junior varsity and freshman team members.

## **Varsity Awards**

When a student athlete earns a varsity letter the student athlete will receive:

1. A certificate stating the sport in which the letter was earned.
2. A special chevron for that sport, to be displayed on the student's athletic letter jacket.

## **Jacket Award & Numeral Awards**

All student athletes are eligible to purchase a varsity jacket upon earning their first varsity, athletic letter. A letter, signed by the Athletic Director, indicating that the student athlete has earned a varsity letter will be needed in order to purchase the letter jacket. The Athletic Department will provide a block "F". The numerals will be provided by the Athletic Department upon the student athlete receiving their second varsity letter.

## **Plaque Awards**

Plaque awards are individual awards given by head coaches for specific areas of recognition in their sport. All sports give the Max L. Mitchell Sportsmanship Award.

## **Transfer Students**

For school records in a particular sport, only stats accumulated while an athlete at Fremont will count. Stats accumulated at a previous school attended will not count for Fremont school athletic awards. For varsity letters and awards given based on varsity letters, an athlete must have earned a varsity letter while both a junior and a senior at Fremont High School. In this case, with verification of previous school attended, any and all letters won at a previous school attended may also count.

## **Managers**

Effective managers are essential to the Fremont Athletic Department and the individual sport program. Managers assume the responsibility for the care and security of all athletic equipment used by the teams. They are also asked to assist the coach in everyday responsibilities pertaining to their sport. The manager awards will be the same as the athlete. A manager should receive a varsity letter based upon the time, effort and value to the varsity team. All managers will receive a participation certificate for the first season, and earn a varsity letter for the second season through the fourth season. The varsity coach should direct unusual situations to the Athletic Director and High School Principal.

## **Conference & Tournament Patches**

Conference patches will be awarded to the letter winners of a team that wins the conference championship (League or Tournament). The patch will be a 4” circle, except for football that shall be in the shape of a football. The patch will indicate “NECC Conference Champions” and the year.

## **Other Patches**

An appropriate patch will be awarded to all athletes who are selected NECC All-Conference (Conference expense), Sectional Individual and Team Champions, Regional Individual and Team Champions, Semi-State Individual and Team Champions, or State Individual and Team Champions. Those individuals who qualify for advancement in the IHSAA state tournaments will receive a patch.

## Plaque Awards

### Football

Outstanding Lineman  
Outstanding Defensive Player  
Outstanding Offensive Player  
Most Valuable Player  
Max L. Mitchell Sportsmanship

### Boys & Girls' Basketball

Most Valuable Player  
Outstanding Defensive Player  
Outstanding Offensive Player  
Most Improved  
Max L. Mitchell Sportsmanship

### Volleyball

Outstanding Defensive Player  
Outstanding Offensive Player  
Most Valuable Player  
Max L. Mitchell Sportsmanship

### Wrestling

Outstanding Wrestler  
Guts  
Most Improved Wrestler  
Max L. Mitchell Sportsmanship

### Boys' & Girls' Cross Country

Most Valuable Runner  
Most Improved Runner  
Max L. Mitchell Sportsmanship

### Boys' & Girls' Golf

Most Valuable Player  
Most Improved Golfer  
Ken Wertz Mental Toughness  
Max L. Mitchell Sportsmanship Award

### Baseball & Softball

Most Valuable Player  
Outstanding Defensive Player  
Outstanding Offensive Player  
Most Improved Player  
Max L. Mitchell Sportsmanship

### Boys' & Girls' Track and Field

Outstanding Field Events  
Outstanding Running Events  
Most Improved Player  
Most Valuable Performer  
Max L. Mitchell Sportsmanship

### Cheerleading

Most Valuable Cheerleader  
Leadership Award  
Most Improved Cheerleader  
Max L. Mitchell Sportsmanship Award

### Boys' & Girls' Tennis

Most Valuable Player  
Most Improved Player  
Mental Attitude Award  
Max L. Mitchell Sportsmanship

### JV Total Heart Award

*Given to a member of a JV team that has the best attitude and works the hardest. There must be a full JV team, that actually competes, in order for this award to be given.*

**Boys' & Girls' Senior Plaque Awards – (8 x 10)**

Chad Craig Memorial Scholarship  
Don Trine Memorial Scholarship  
Andy Mauk Memorial Scholarship  
DeBurl Foulk Memorial Scholarship  
Todd Hedges Memorial Scholarship  
Maynard J. Stafford Scholarship  
Mental Attitude  
Scholastic  
Participation  
Letter Winner (minimum of 8 varsity letters)

**Varsity Letter Requirements**

**Baseball** – The student athlete must play in one half (1/2) of the innings (except pitchers will be determined by the baseball coaching staff). The student athlete must also be certified for the IHSAA Sectional Tournament.

**Boys' & Girls' Basketball** – The student athlete must play in one half (1/2) of the quarters and be certified for the IHSAA Sectional Tournament.

**Cheerleading** – The student athlete must cheer in at least 75% of the varsity games in a season.

**Boys' & Girls' Cross Country** – The student athlete must score at least twenty (20) points over the course of the season and be certified for the IHSAA Sectional Tournament. Points can be earned in the following ways:

- Placing in Fremont's top five (5) in dual, invitational, or postseason meets:  
*3 points*
- Place in Fremont's top six (6) or seven (7) spots in the same: *2 points*
- Qualifying for the regional, semi-state, and/or state, as a team or as an individual:  
*3 points*
- Winning an invitational or postseason meet as a team: *5 points*
- Points accumulated the previous season by non-letter winners are credited toward the present season. Letter-winners the previous season begin the present season with zero (0) points.

**Football** – The student athlete must play in one half (1/2) of the quarters. Athletes may earn credit for quarters by playing on varsity special teams. Also, athletes can earn credit for quarters by being named demonstration player of the week during the season. Each week an offensive and defensive demo player will be selected by the varsity coaching staff. An athlete will earn one (1) varsity quarter for each demo player of the week he receives during the course of the season. The student athlete must be certified for the IHSAA Sectional Tournament.

**Boys' & Girls' Golf** – The student athlete must participate in at least two (2) varsity level tournaments and play in at least four (4) varsity level regular season matches. The student athlete must be certified for the IHSAA Sectional Tournament.

**Softball** – The student athlete must play in one half (1/2) of the innings (pitchers guidelines will be determined by the softball coaching staff). The student athlete must also be certified for the IHSAA Sectional Tournament.

**Boys' & Girls' Tennis** – The student must play in one half (1/2) if the number of varsity level matches and be certified for the IHSAA Sectional Tournament.

**Boys' & Girls' Track and Field** – The student athlete must score at least fifteen (15) points for the team in regular season and postseason meets, or place in the top five (5) in the NECC meet of the IHSAA state tournament. The student athlete must also be certified for the IHSAA Sectional Tournament.

- Points accumulated the previous season by non-letter winners are credited toward the present season. Letter-winners the previous season begin the present season with zero (0) points.

**Volleyball** – The student athlete must play in one half (1/2) of the games (not matches) and be certified for the IHSAA Sectional Tournament.

**Wrestling** – The student athlete must earn thirty-six (36) points during the season (point procedure is on file in the High School Athletic Director's office). The student athlete must be certified for the IHSAA Sectional Tournament.

All recipients of varsity letters shall finish the season and be in *good standing* with the school environment and be academically eligible. *Good standing* is the completion of the season to the satisfaction of the varsity coach and coaching staff. The season ends with the last competition or sports awards program for that season, whichever is the latest date.

In special circumstances, a student/athlete who has not met the standards as outlined for lettering, may still receive a varsity letter upon recommendation of the varsity coach for that sport and approval of the athletic director.