LETTER TO STUDENT ATHLETES

Student-athletes who are good sports are positive role models within our school and the community at-large. A good sport knows that athletic competition builds character and shapes lifetime attitudes. You, in turn, experience additional educational and leadership benefits that come from participation in sports.

Integrity, fairness and respect are inherent principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As an athlete at our school, your sportsmanship goals should include:

● Developing a sense of dignity under all circumstances;
● Respecting the rules of the games, the officials who administer the rules, and their decisions;
● Respecting opponents as fellow students; and acknowledging them for striving to do their best while you seek your best at the same time;
● Refraining from engaging in all types of disrespectful behavior, specifically taunting, trash talk and other forms of intimidation;
● Looking at athletic participation as a potentially beneficial learning experience, whether you win or lose;
● Educating other students and fans to understand the rules of the game, and the value of sportsmanship.

These and other expectations are included in the attached guidelines, which we hope you will take a few moments to review. They give us a roadmap to follow toward a more educational atmosphere for interscholastic athletics.

You are the spokesperson for your school when you represent us in athletic competition. Your actions are viewed by family and friends, opposing fans, the local community and the media. Your display of good sportsmanship will show the most positive things about you and our school; and hopefully, reminds us all that in the end, sport is meant to be fun.

We hope the upcoming season is a rewarding one for you!
PURPOSE

It is the intent of this booklet to:
1) inform students of the rules and regulations pertaining to their athletic eligibility and participation; and
2) to assure parents/caretakers that their children will be participating in a supervised and regulated athletic atmosphere.

PLACE AND IMPORTANCE OF ATHLETICS AT HILLSDALE

The Hillsdale School Athletic Program will be conducted in a manner so that:
A. The participants develop good character through involvement in the activity;
B. A positive attitude toward life is developed through exemplary leadership;
C. Every student will have an equal opportunity to try out for the sport of his/her choice;
D. A pre-season conditioning program is conducted that is adequate for the health and safety of the participants;
E. The discipline is administered in a uniform manner throughout the program;
F. An informative system of communications exists between the Athletic Department and the community.

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

Athletics in Ohio are controlled by the Ohio High School Athletic Association. It is the intent of our school to abide by its Constitution and By-laws. The OHSAA has given the Principal ultimate responsibility for all athletics within his/her school.

ATHLETIC ADVISORY COUNCIL

The Athletic Advisory Council will be composed of the following personnel
(Chairperson: High School Athletic Director)
1. High School Principal
2. Middle School Principal
3. High School Athletic Director
4. Middle School Faculty Manager
5. Head Coach of each accepted varsity sport

A. Any member of council may place items on the agenda for discussion and action.
B. Each member will have only one vote on all items brought before the council for a vote, regardless of how many sports he/she coaches.
C. Passage of any item will require a 2/3 majority vote to be accepted by the council and to be taken to the Board of Education for final approval.
D. The Athletic Advisory Council will meet at least 4 times per year. Meetings will be held in August, November, March and June.
E. Special meetings may be called by a request of 2/3 of the council membership.
F. Duties and responsibilities of the Council are to:
   ● Continuously evaluate the interscholastic athletic program.
   ● Develop a long-range program for the development and extension of facilities for each sport.
   ● Unify objectives and interests to determine what relationships should exist between the high school and the middle school program.
   ● Establish the athletic program as an integral part of the total educational program of the Hillsdale Local School District.
G. All concerns with the program should be directed to the head coach of that sport or the Athletic Director.

RESPONSIBILITY FLOW CHART

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School Board
Superintendent
High School Principal Middle School Principal
Athletic Director Middle School Faculty Manager
Head Coaches
High School Assistants Middle School Assistants
High School Office  419-368-6841
Middle School Office  419-368-4911
Athletic Director’s Office  419-368-8516
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REQUIREMENTS FOR PARTICIPATION

When the following items have been completed, a student will be eligible to participate in practice/games in any sport:

- Physical Examination Card on file.
- Emergency Medical Form on file with the coach.
- Insurance Waiver Form on file.
- All residency requirements have been met.
- Athletic Responsibility Acknowledgment Form signed by parents/caretakers and athlete on file with the coach.
- Concussion Form on file.
- All academic eligibility requirements have been met.
- Any athletic fees have been paid, or other athletic obligations fulfilled.

SCHOLASTIC ELIGIBILITY REQUIREMENTS

The Hillsdale Board of Education, in compliance with the Ohio Revised Code, has established a minimum grade point average of 1.0 on a 4.0 grading scale to be eligible to participate in extra-curricular activities.

- Students are permitted to participate in activities if they receive a failing grade in a previous grading period, provided they maintain the requirements of the OHSAA.
- Any student with an IEP exempt from the 1.0 minimum grade point average.
- The OHSAA has set standards for scholarship. Each athlete is required to meet these standards in order to participate in a sport.
- Any student in grades 9-12 must pass a minimum of the equivalent of five (5) credits toward graduation the immediately preceding grading period in order to be eligible for the following grading period.
- The student must be a full-time student in Hillsdale High School and enrolled in at least five credits for the preceding year, unless a transfer student from another high school, where the student was enrolled full time.
- An athlete that does not meet the eligibility requirements (may): practice and be part of the team functions but cannot participate in scrimmages or games. The athlete must spend one hour per school day at a supervised study table.

Scholastic eligibility is determined every nine (9) weeks.

- Any student in grades 7-8 must pass 5 courses in the preceding grading period in order to be eligible for the following grading period.

AGE/ENROLLMENT REQUIREMENTS

The OHSAA establishes age requirements and number of semesters of eligibility for all Participants.

- Any high school student who attains the age of 20 is ineligible for further participation.
- No matter where the 20th birthday falls on the calendar.
- Any high school student who has been enrolled in high school for more than 8 semesters loses eligibility.
- Any middle school student who attains the age of 15 prior to August 1 of the beginning school year is ineligible for further participation.
- Any middle school student who has been enrolled in the middle school for more than 4 semesters in grades 7 and 8 loses eligibility.

TRAINING RULES AND REGULATIONS

Hillsdale Local School officials and coaches of athletic teams believe that those students who are selected for the privilege of membership on teams should conduct themselves as responsible representatives of their school. In order to ensure this conduct, the Athletic Director and coaches will enforce the Athletic Code. Members of teams who fail to abide with the Athletic Code are subject to disciplinary action as prescribed by the code.

As recognized representatives of Hillsdale Local Schools, members of each team will demonstrate the character and behavior outlined in the Code. Behavior of team members is to be monitored by coaches and school officials in or out of season, in or out of uniform, whether in or out of school.

The close contact of advisors and coaches at activities within the Hillsdale community provides them the opportunity to observe, confront, and assist young people. Hillsdale therefore supports education and awareness training in adolescent chemical use problems, including the symptoms of chemical dependency and special issues affecting district activities for administrators, athletic directors, coaches, advisors, participants, and their families.
SECTION I

A. An athlete at Hillsdale will be subject to disciplinary action if he/she commits any of the following violations:
   1. Failure to abide by the Hillsdale High School Parent Student Handbook or the Athletic Code of Conduct, as adopted by the Hillsdale Board of Education, which results in a suspension out of school.
   2. Insubordination/Ejection of Players
      Acts of unsportsmanlike conduct during the sport season in which the athlete is involved, such as fighting or verbal abuse of officials, contestants, coaches, or spectators for which the athlete is ejected from the team or game by game officials or school officials.
   3. Use/Possession of Alcohol, Drugs, or Tobacco
      Use of or possession of tobacco (all forms), alcohol, marijuana, or any other illegal drugs or related paraphernalia, look-alike drugs, or abuse of prescription/non-prescription drugs.
   4. Criminal Offenses
      Athletes will be denied participation as determined by the coach and/or administration for conviction of a felony and/or misdemeanors, excluding minor traffic violations. Maximum penalty will be denied of participation for a period of one calendar year from date of infraction.
   B. Each coach has the prerogative or discretion to establish additional rules pertaining to the activity supervised.
      1. Report any law enforcement infraction to the coach immediately.
      2. These rules may include attendance at practice, detentions, curfew, dress and general conducts of all participants during practices, games, and trips.
      3. Violations of these rules will be handled by the coach on an individual basis.
      4. These rules are to be clearly communicated to the student/athlete and the parent/caretakers.

SECTION II

Any violation of the stated policy while the athlete is enrolled at Hillsdale will result in the following action.

For violation of Section I, rule A-1:
   1. Suspension from all practice or games equal to the amount of time the student is suspended.
   2. After a total of 15 days of out of school suspension in a season, the athlete will be removed from the team for the remainder of the season.
For violation of Section I, rule A-2:
   1. Any student ejected for unsportsmanlike conduct or a flagrant foul shall be ineligible for contests during the amount of time the OHSAA specifies in the sport from which the student was ejected.
   2. If no contests are scheduled during this ineligible period at the same level as the ejection, the student shall be ineligible for the football game or a minimum of two contests in any other sport.
   3. If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates.
   4. A student under suspension may not sit on the team bench, enter the locker room, or be affiliated with the team in any way traveling to, during or traveling after the contest(s).
   5. A student who is ejected a second time shall be suspended for the remainder of the season in that sport.
For violation of Section I, rule A-3:
   1. First Offense:
      a. Suspension from all athletic contests for 30% of the scheduled contests (not scrimmages), with the student expected to participate in all practice sessions during that time. No exception is permitted for a student who becomes a participant in a treatment program.
      b. If drugs or alcohol are involved, a mandatory program with a substance abuse counselor, the parent/guardians and the athlete is required for reinstatement. The athlete may not participate until his/her coach has received notification from the substance abuse counselor or Athletic Director that a preliminary contact has occurred. The program will continue until the requirements of the substance abuse counselor have been met. Student-athletes who fail to complete the treatment program will be not able to participate until those requirements have been met.
      c. Voluntary admission of an infraction of a training rule regarding substance abuse will result in a 20% suspension and will still count as a first offense. In such cases, a mandatory program with a substance abuse counselor is still required. (The purpose of this provision is to allow the athlete to seek help) This voluntary admission may not be used by the student if the school is already aware of the rules infraction. This provision may be used only one time.
   2. Second Offense:
      a. After confirmation of a second violation, the athlete will lose eligibility for an additional 50% of scheduled contests in which the student is participating, but will be expected to practice.
      b. If necessary, this suspension may be carried over from one sport’s season into another, or from one year to the next. The athlete must complete the season during which the penalty is being served. In addition to the above penalty, if the second offense occurs during the same sport season in the same school year, the student shall lose eligibility for all practices and contests for the remainder of that sport season. No exception is permitted for a student who becomes a participant in a treatment program.
      c. If drugs or alcohol are involved, a mandatory program with a licensed substance abuse counselor will be required as stated above.
   3. Third Offense:
      a. After confirmation of a third or subsequent violation, the student/athlete shall lose inter-scholastic eligibility for the remainder of that sport season, as well as for the next three (3) sports seasons.
      b. If drugs or alcohol are involved, a mandatory program with a substance abuse counselor, parents/guardians, and the student/athlete is still required for reinstatement.
These sanctions apply to all athletes during the course of the school year whether they are in or out of season.

The penalties shall be cumulative beginning with the athlete signing this code and continuing throughout the athlete’s athletic career. An athlete is considered an athlete 365 days a year.

All substance abuse counselor fees are the responsibility of the parents or guardians of the student/athlete involved in the substance abuse counseling sessions.

SECTION III

Practice/Vacation Policy
A. Vacations by athletic team members during a sport season are extremely discouraged. Parents/Athletes wishing to so may wish to reassess their commitment to being an athlete.
B. If athletes are absent due to a vacation they must:
   1. Practice one day for each practice or contest day missed prior to resuming competition.
   2. Be willing to assume the consequences related to their status on that squad as a starter, 2\textsuperscript{nd} string, 3\textsuperscript{rd} string, etc.

SECTION IV

A. Conflicts in Extra-Curricular activities
   1. An individual student who attempts to participate in several extra-curricular activities will undoubtedly be in a position of having a conflict in obligations.
   2. When conflicts do arise, the sponsors/advisors will collaborate together and provide a solution so that the student can participate to the fullest extent possible.
B. As a result of conflicts in which the athlete misses practice, the athlete must:
   1. Practice one day for each practice or contest day missed prior to resuming competition.
   2. Be willing to assume the consequences related to their status on that squad as a starter, a 2\textsuperscript{nd} string, 3\textsuperscript{rd} string, etc.

SECTION V

A. Due process for a violation of any of the above:
   1. Coach confronts the violator.
   2. Coach and Athletic Director confer.
   3. Coach and Athletic Director discuss the problem, arrive at a logical solution, and appraise the Principal of the situation.
   4. Coach informs the student/athlete and parents/guardians of the determination through written notification.
   5. Coach communicates the information to the squad.
B. Appeals process:
   1. Appeal may be made to the School Principal, then the Superintendent, then the school board.
   2. Written notification for an appeal must be presented to the Athletic Director within five(5) days of notification of what was determined by the coach.
   3. Just reason for the appeal must be included in the written request for the appeal.
   4. Written notification of the outcome of the appeal must be presented to the athlete and parent/guardians within twenty-four(24) hours after the hearing takes place.
      a. Any penalty assessment begins immediately upon written notification to the athlete and parents/guardians. It will remain in effect during the appeal process.
      b. No further appeal of the violation may be taken.

SECTION VI

A. Tryouts may be held for any athlete who wants to be on an athletic team. The athlete may be subject to being cut from the team.
B. The head coach of any team will have final say on whether a student may continue to be a part of the team after a period of 3 days.
C. Factors which may lead to being cut, but not all inclusive are:
   ● Basic fundamental skills
   ● Coachability
   ● Age
   ● Attitude

SECTION VII
A. Any athlete wishing to participate in an athletic program is requested to attend a pre-season meeting, along with a parent or caregiver, before the start of each sport season. The meeting will be held before the start of each season.

B. All coaches involved in the upcoming season for grades 7-12 shall be at this meeting.
   1. Athletic rules, expectations, and requirements will be discussed by the coaches.
   2. Athlete and parent/caretaker will be expected fill out all required forms at this time if in agreement with all information presented.

Should the pre-season meeting be missed, special arrangements should be made with the head coach of the sport to provide the information covered at the pre-season meeting.

The contents of the Athletic Handbook shall be explained to all incoming freshmen at Freshman Orientation prior to the start of the upcoming school year.

**TRANSPORTATION OF ATHLETIC TEAMS**

A. Traveling to and from contests:
   1. All athletic teams will travel in board-owned or board-authorized vehicles.
   2. A student/athlete may travel with his/her parent(s) if a written note, signed by the parent(s), states they are taking the athlete home. The note must be directly handed to the coach by the parent(s) and the coach should visually see the athlete leave the site in the parent(s)' custody. At the coach’s discretion, he/she may allow athletes to be signed out to ride home with their parent’s only.

B. While traveling as a team, the head coach and assistants will assume all responsibility for conduct and discipline.
   1. Dress must meet with the Head Coach’s approval.
   2. Manners in public restaurants must be exemplary.
   3. Any member of a traveling team who might conduct him/herself in such a manner as to cause poor reflection upon anyone associated with the team will be subject disciplinary action, which might include dismissal from the team.

**SPORTS SEASONS AND PRACTICE SESSIONS**

A. Sports Seasons:
   1. Conditioning programs will be by rules of the OHSAA and local rules.
   2. In any physical conditioning program, all students must have a physical card signed prior to any participation and proof of insurance or waiver of insurance.

B. Practice Sessions:
   1. There will be no sessions of any kind or type on both the Saturday and Sunday of any weekend, unless a Saturday or Monday contest occurs. Attendance at both weekend sessions will not be mandatory.
   2. There shall be supervision/and or control at all times when student/athletes are in locker or shower rooms, on the fields, in the gym, or are participating in conditioning of any kind.
   3. Athletic conditioning programs may be held prior to regular practice sessions. They must be supervised at all times by members of the coaching staff. Anyone may participate in these programs.
   4. No practice may occur on any holiday unless prior approval is granted by the Principal or Athletic Director.
   5. Practices on Christmas Eve and Good Friday must be completed by 12:00 Noon.

**ATTENDANCE THE DAY OF ATHLETIC ACTIVITY**

A. A student/athlete must attend school by 11:00 AM and remain at school until the end of the school day, to be able to dress for or compete in an athletic practice or event that day, unless prior approval is given by the Principal or Athletic Director.

**JOINING A TEAM - CHANGING SPORTS IN MID-SEASON**

A. From the time a player’s name appears on the official eligibility list for an interscholastic sport, he/she may not join another team or compete in another interscholastic sport until after the end of the first sport season.

B. Mid-season change of teams may be permitted under the following conditions:
   1. If the athlete presents to both coaches involved a doctor’s certificate recommending that he/she drops the first sport for reasons of health and permitting participation in the second sport.
   2. If both coaches involved and the Athletic Director agree that a mid-season change of sport would be beneficial to the athlete without being unfair to the athletes of either team.

C. Any athlete who is not a member of an athletic squad by the end of the first week of school in the fall, or by the completion of the first scheduled varsity contest in other sports, shall not be eligible to join the team, except due to illness or injury, scholastic eligibility or residency.
OUT OF SEASON FITNESS PROGRAM

1. Physical fitness activities are necessary for those athletes not participating in one of the in-season sports. All coaches should encourage their athletes to play in as many other sports as possible, especially since we are a small school and rely upon the same athletes for all programs. The following regulations will apply to our fitness programs:

2. No coach of football, volleyball or basketball will have any athletic or athletic-related contact with squad members in the same sport for the period of time starting with the first day after the last interscholastic contest and ending 28 days later.

3. Also, any coach of basketball, baseball, or fastpitch softball is prohibited from any athletic or athletic-related contact with squad members in the same sport for the period of time ending with Labor Day and beginning with four weeks prior to Labor Day.
   a. This contact includes any type of tryouts in or out of school for purposes of non-interscholastic competition.
   b. It also includes verbal contact which encourages, discusses, or promotes any activity related to the sports name above.

4. Physical fitness programs must comply with all by-laws and regulations of the OHSAA.

5. Weight machines and indoor weight rooms may be utilized in physical fitness programs.

6. Physical fitness programs may not be conducted for a select group of students.

7. All equipment that is used must be given priority to the sports that are in season, such as weights, weight room, and locker rooms.

8. School facilities may be opened for unstructured free play, provided the activity is supervised by a school employee, who may remove participants for disciplinary reasons.

9. The school may designate the sport or sports that will be played during the free play period, but may not limit participation to a select group of students from within the school.

10. No regulation timing or written scorekeeping is permitted.

STARTING DATES FOR FITNESS PROGRAMS - PARTICIPATION

1. For Fall Fitness: September 1st thru November 30th
2. For Winter Fitness: December 1st thru February 28th
3. For Spring Fitness: March 1st thru May 31st
4. For Summer Fitness: June 1st thru August 31st
5. Any student may participate in as many sessions as desired.
6. Mandatory attendance is prohibited.
7. Activities to be included should cover the areas of: strength, agility, endurance, and reaction
8. The program should be for athletes from all sports and should not include the teaching of techniques of any one sport to individuals or groups.
9. Group activities, in included, will not be competition involving any sport in which Hillsdale competes on an interscholastic level.

LOCKER ROOM BUILDING, AND EQUIPMENT SUPERVISION

A. The head coach is responsible for making sure that all lights are out in the gym and locker rooms, and that all doors are secure before leaving the building.

B. Coaches are to prohibit students from using their offices as lounges and should make sure that all doors to offices and equipment storage areas are locked when they are not in the room.

C. No athlete is to be in the school building without direct supervision of a coach.

D. Keys are not to be given to any athlete or group of athletes, unless given to a manager, to get equipment or supplies. Keys must be returned to the coach immediately upon return to the practice or game area.

E. Coaches are to supervise the changing of clothes in the locker room

F. No equipment is to be left on practice or game areas, locker rooms, or other areas easily accessible by others.

G. The head coach of each sport is responsible for distributing any equipment or training supplies To athletes and is responsible for washing and putting away all materials used in his/her sport.

H. Athletes are to be in the training room only under the direct supervision of a coach, trainer, or manager.

RULES AND REGULATIONS GOVERNING ATHLETIC AWARDS

A. Awards are not based upon practice participation or how hard an athlete has worked, but rather it is the intent of the Athletic Department to award the athlete based upon proficiency and participation in inter-scholastic contests. Being present at every practice and working hard does not qualify an athlete for an award, other than a certificate of participation. The exception is the freshman “H” award which is awarded to all freshmen upon completion of each sport season in which they participate.
B. It is also the intent of the Athletic department to have the athlete participate in interscholastic sports for the purposes as outlined in the athletic handbook and the Ohio High School Athletic Association. The awarding of any letter or other award is not to be the major factor for a student to participate in an interscholastic sport.

C. The awards which are given are to be based upon objective criteria as outlined in the Athletic handbook and are an indication of the athlete having achieved enough proficiency in the skills of the sport to take part in the required number of contests. To do otherwise is to defeat the purpose of high school athletics on the interscholastic level and to make an award or honor have no value to the athlete or the school.

D. If an athlete wishes to receive an award, it is up to the athlete to make a sufficient commitment to acquire enough skills to be able to compete at the level required to achieve the desired award.

**REQUIREMENTS FOR ALL ATHLETIC AWARDS**

A. Sportsmanship: A student must maintain an attitude of true sportsmanship throughout the season in order to win an athletic award. His/her attitude must be for the betterment and advancement of himself/herself, the team, and the school, as well as not bring any disrespect upon the team or the school.

B. Scholarship: To receive an athletic award, a student must maintain scholarship standards as set forth in the OHSAA.

C. The athlete must complete the season in good standing and attend awards’ night to receive his/her award. If an athlete is unable to attend it must be conveyed to the coach or Athletic Director beforehand.

**INTERSCHOLASTIC SPORTS OFFERED**

A. Fall Sports
   1. Cross Country
   2. Golf
   3. Football
   4. Volleyball
   5. Soccer

B. Winter Sports
   1. Basketball - Boys and Girls
   2. Wrestling

C. Spring Sports
   1. Baseball
   2. Softball
   3. Track

**SPECIFIC SPORTS AWARD REGULATIONS**

1. Baseball/Softball
   a. Must participate in one-half of eligible innings
   b. Pitchers must pitch in one-half of eligible innings

2. Basketball
   a. Must play in one-half of eligible quarters

3. Cheerleaders
   a. Must complete the year in good standing

4. Cross Country
   a. Must compete as a varsity runner in one-half of all meets; or
   b. Place in the league meet or qualify for advancement in any state qualifying meet

5. Football
   a. Must play in one-half of eligible quarters

6. Golf
   a. Must compete in one-half of all matches

7. Soccer
   a. Must compete in one-half of eligible halves.

8. Track
   a. Must be designated as a varsity contest in one-half of all meets; or
   b. Place in the league meet, or qualify for advancement in a state qualifying meet.

9. Volleyball
   a. Must play in one-half of all eligible games

10. Wrestling
    a. Must wrestle in one-half of all meets; or
    b. Place in the league meet, or qualify for advancement in a state qualifying meet.

At the conclusion of each sport season, the coach of each sport will certify on the proper forms the awards that have been earned by all students who participated in his/her sport.

Any athlete that competes on a junior varsity squad and finishes the season in good standing will receive a JV award.

**TYPES OF LETTER AWARDS**

A. Varsity Awards: Columbia blue on navy blue outlined in gold with appropriate metal pin.
   1. First year: Chenille 7-inch Block “H” with appropriate metal pin and large metal bar.
   2. Second year: Additional metal bar and certificate.
   3. Third year: Additional metal bar and a 2 ½” by 2 ½” plaque.
4. Fourth year: Additional metal bar and a trophy.
B. Junior Varsity Awards:
   1. Any athlete competing in a sport in which there is designated Junior Varsity competition will receive a 4" block “H” chenille awards and small bar.
   2. Each year, thereafter, any athlete competing on a particular sport’s JV team will receive an additional metal bar for each year.
C. Freshman Awards:
   1. Any athlete participating in a sport will receive a 3” chenille block “H”.
D. Cheerleader Awards:
   1. Same as athletes, but with metal megaphone pin.
E. Managers/Statisticians/Video Operator Awards:
   1. First Year: 1” silver medallion
   2. Second Year: 1” gold medallion
   3. Third/Fourth Year: Plaque
F. Any athlete who is on a varsity or junior varsity team and does not qualify for a letter award will receive a certificate of participation.
G. No athlete shall receive an award from more than one of the above categories.
H. Varsity Letter Jacket: may only be purchased by those athletes who have earned a varsity letter.
I. Seniors not qualifying for a varsity letter:
   1. Must have competed for three (3) years.
   2. Must finish the sport season in good standing.
   3. Will receive a varsity 1st year award upon completion of the sport season.
J. Injured Athletes: If forced from the squad due to an injury, may receive the regular award if:
   1. Recommended by the coach; and
   2. Has played in one-half of total quarters, halves, innings, or meets occurring outside the period of this disability.

CHEERLEADERS

A. Cheerleaders are part of the Athletic Department
B. They are subject to the same rules and obligations of all athletes. The Cheerleader Advisor may make additional rules and regulations for the cheerleaders as written in the cheerleader handbook.

SPORTSMANSHIP TEN COMMANDMENTS

1. “The Golden Rule” - Do unto others as you would have others do unto you.
2. Enjoy yourself and promote enjoyment for others.
3. Be responsible for your actions.
4. Have an open mind to others’ weaknesses and have a forgiving attitude.
5. Have pride in one’s performance and one’s school.
6. Be a friend, not an enemy, and create a positive environment.
7. Encourage others to do or be their best.
8. Sportsmanship should be contagious.
9. Remember it is a privilege to participate.
10. Practice sportsmanship in all situations at all costs.

Remember… Sportsmanship takes teamwork!

Adopted by: Hillsdale Board of Education  May, 2017