

Triton School Corporation
"Trojans"
Student/Parent
Athletic Handbook



Triton Jr.-Sr. High School
300 Triton Drive
Bourbon, Indiana 46504
(574)-342-6505
Athletic Office Extension – 307

It is the responsibility of the student-athlete and parents to read this handbook prior to the sports season the student-athlete participates in. To participate in athletics at Triton Jr.- Sr. High School, a **physical form, concussion awareness form, and emergency medical sheet** must be completed by the parents and athlete (form must be on file in the athletic director's office prior to trying out for a team). The student athlete must also have on file the completed **“Drug Testing” form** (found in the student handbook), and **the rules awareness form** (found at the back of this handbook) before they may participate.

I. Philosophy

Success shall be measured in more than the number of wins and losses but in the type of individuals who graduate through our program. It is important that we teach, practice, and demonstrate good sportsmanship, respect, self-discipline, teamwork, and self-esteem. While winning is always desired, it should not be the driving motivation of our program. Our goal should be to help the student-athlete in his/her quest to be the best person and athlete. Student athletes should understand that participation in athletics is an honor and a privilege.

II. General Athletic Policies

The athletic department of the Triton School Corporation will be administered by the Triton High School Principal and/or his/her designee. General policies include:

1. Individual coaches may have additional rules and academic standards above those written in this handbook. Student athletes will receive copies of these rules/expectations prior to the first practice.
2. If an athlete quits prior to completing the season, he/she is not eligible for any awards.
3. An athlete may participate in two sports at the same time if it is agreeable with each of the two coaches/sponsors of the two programs (for our purposes cheerleading is part of this participation rule). It will be the choice of the athlete for which sport he/she will designate as the primary sport. Awards can be given for both sports if earned.
4. Athletes are expected to report to school on time.... sleeping in following a previous night's contest is unacceptable. Athletes must be in school by the start of 5th period to participate in practice or a contest.

III. Code of Conduct

A student athlete and athletic support personnel (mascots, student trainers, managers, statisticians) at Triton must be willing to assume the responsibilities that go along with being a member of a team and wearing the blue and gold. Students who cannot accept this challenge and responsibility should not become involved with the Triton Athletic Program.

ATHLETIC TRAINING RULES

Student athletes will need to abide by the training rules on a year round (12 month basis). Training rules will follow the IHSAA by-laws Rule 8 – Conduct, Character, and Discipline.

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Contestants' conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

NOTE: It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school.

Delinquent Acts

- a. Based on conviction, admission by the athlete, or police report (minor traffic violations excluded).
- b. Any student athlete legally charged with, arrested for, or convicted of a crime may be subject to disciplinary action.

Inappropriate Use of Technology

- a. A violation of the rule would be sending, sharing, viewing, or possessing pictures, text messages, e-mails, or other material of sexual nature in electronic or any other form, including the contents of a cell phone or other electronic device.
- b. Administration will report to law enforcement if the Child Abuse/Neglect Law has been violated.

Alcohol, Drugs, and Tobacco

- a. At no time is an athlete allowed to be under the influence of or be in possession of an alcoholic beverage, tobacco products, or illegal drugs.
- b. Possession is defined as having an alcoholic beverage, tobacco products (including e cigarettes and vape), or illegal drugs on your person or in your vehicle.

Penalties

Violations of training rules listed above will be investigated immediately upon receiving the report. Investigations will be handled by the coach, Athletic Director, and/or the Principal or Assistant Principal. If the charge is not substantiated, the source will be notified and no further action will be taken. If substantial evidence appears to exist, the following action will be implemented (the school administration reserves the right to waive any step, accelerate the discipline plan, or devise an alternative consequence based upon the severity of the situation):

First Offense => suspension for 1/3 of the contest season (as defined by the IHSAA). Failure to serve the 1/3 suspension will carry over to the next season a student athlete participates.

- The student athlete will be placed on a **probationary period** lasting 90 days. This period will begin immediately upon the administering of the discipline and will concede 90 days later.
- The student athlete will be required to pass a **drug test** before returning to play. The student athlete will also be required to pass all random drug screenings given by the Triton Administration during the 90 day probationary period. The costs of this testing will be the responsibility of the student athlete and his/her parent/guardian. If the student athlete tests positive, the result will be their second strike.

- The student athlete will complete 10 hours of **community service**. These hours must be completed within 30 days of the violation.
- The student athlete will participate in a **drug/alcohol education** course offered by the Triton Administration. The student athlete will be required to pass a written test prior to the completion of their 1/3 of the season suspension.

Second Offense => suspension for 1 complete contest season (as defined by the IHSAA) in which the student athlete participates. If the student athlete receives a suspension during one season, they must complete that season and then sit out all of the next sports season. If they do not finish the season they are in, they must sit out all of the next season, and half of the next eligible season. They will be required to attend practice and not be a distraction to the team.

- The student athlete will be placed on a **probationary period** lasting 180 days. This period will begin immediately upon the administering of the discipline and will concede 180 days later.
- The student athlete will be required to pass a **drug test** before returning to play. The student athlete will also be required to pass all random drug screenings given by the Triton Administration during the 180 day probationary period. The costs of this testing will be the responsibility of the student athlete and his/her parent/guardian. If any of these tests have a positive result, it will be counted as their third strike.
- The student athlete will complete 60 hours of **community service**. The student athlete must complete a minimum of 10 hours per month. If at any time during their probationary period they fail to complete these hours, they will be ineligible for the remainder of their probationary period.
- The student athlete will participate in the two free **counseling** sessions offered by the Bowen Center. If it is determined by the counselor that further sessions are necessary, the student athlete must complete those sessions, at their own expense, and provide documentation that it has been completed.

Third Offense => The student athlete will be suspended for 365 days.

- The student athlete will be placed on a **probationary period** lasting 365 days. This period will begin immediately upon the administering of the discipline and will concede 365 days later.
- The student athlete will be required to pass a **drug test** before returning to play. The student athlete will also be required to pass all random drug screenings given by the Triton Administration during the 365 day probationary period. The costs of this testing will be the responsibility of the student athlete and his/her parent/guardian. If any of these tests have a positive result, it will be counted as their fourth strike and the student athlete will be expelled from high school athletics for the remainder of their career.
- The student athlete will complete 120 hours of **community service**. These hours must be completed before the student athlete will be eligible to participate. • The student athlete must enroll in an approved **drug/alcohol program**. The program must be completed and proper documentation submitted to the Triton Athletic Office before returning to play.

Fourth Offense => The student athlete will be expelled from high school athletics for the remainder of their high school career.

*The student must complete the sport in which the suspension is served or the suspension must be reinstated for the next sport in which the athlete participates.

***Contest season:** the contest season is defined as the first scrimmage or event through the first IHSAA post season event.

***Self reporting clause (first offense only):** If a student athlete or his/her parents or guardians report the incident to the coach or the Administration within a reasonable time frame of the incident, the student athlete will be awarded with a 50% reduction of their penalty.

*If the suspension is not completed by the end of the season, the suspension will carry over and be completed the following season.

* If students are around alcohol, tobacco or other illegal drugs, they are to leave the area/facility immediately. They are to immediately share this information regarding the situation with their parents/guardians and the Triton School Administration. Otherwise, being in the surrounding areas of the aforementioned will be looked at as a violation of our athletic training rules.

IV. ELIGIBILITY / ACADEMIC STANDARDS

To be eligible to participate in interscholastic athletics at Triton Jr.-Sr. High School, all students will be required to meet ALL of the following standards:

1. Triton Jr.-Sr. High School Academic Requirements: Triton Jr.-Sr. High School stresses academics. In order to demonstrate the importance of schoolwork, we have adopted a "NO PASS - NO PLAY" rule. Any student who receives a failing grade during any of the nine week grading periods would become ineligible until the next mid-term progress report. Mid-term grades can be used to make athletes eligible for participation, but the mid-term grade will not be used to make an athlete ineligible.

NOTE: The 2nd and 4th nine week grades will take precedence over the semester grade. The IHSAA requires that the semester grades take precedence.

2. IHSAA Academic Requirements: Requires an athlete to pass a minimum of five full credit subjects during the immediately preceding grading period in order to be eligible the following grading period.

If a student is academically ineligible...

1. The athlete is required to practice if he/she will be able to compete later in the season.
2. The athlete will not dress out in a full uniform and equipment and will not be allowed to participate in any pre-game or during game activities as a player. (Exception: This rule does not include the summer months. Summer months for a sport are defined as follows: once an individual/team has completed the IHSAA tournament series for his/her/their spring sport until the day before the first IHSAA fall practice date.)
3. If a student/athlete is/becomes academically ineligible, yet still qualifies for an award (as stated in the participation requirements for a varsity award in this handbook), the award will be given.

* The school administration reserves the right to devise an alternative plan for the student/athlete to become eligible.

V. Transportation

Junior High and High School Athletes: All athletes and managers are required to ride the bus to and from the game, match or event.

Exceptions:

1. If an athlete gets hurt and the parent(s) want(s) to immediately take the athlete to the hospital (if not already going in an ambulance), then the coach may release the athlete to the parents to make the trip.
2. All other requests must be discussed with your coach then approved by an administrator or athletic director....form/note must be filled out/written prior to the bus departing on the day of the event.

VI. Equipment

All equipment and uniforms issued at the beginning of an athletic season must be returned at the end of that season. Athletes need to return all equipment to their coach. A fees owed slip will be submitted to the school treasurer for lost or damaged items. Athletes will be charged the **REPLACEMENT COST** of items not returned when requested.

VII. Physical Examinations

Any student who tries out for and/or participates in interscholastic athletics must have on file proof of a physical examination (including the concussion awareness form) performed by a licensed medical doctor (M.D.), prior to the first practice of any sport. The doctor's signature must be dated after April 1 preceding the current school year. It is the responsibility of the athlete and his/her parents to submit the completed physical form.

VIII. Acknowledgement of Risks

When participating in any type of athletic activity, there is always a possibility that an injury can occur. Injuries can range from common sprains and strains to more severe injuries like fractures, dislocations, concussions, and even death. The administration and coaching staff of Triton Jr.-Sr. High School 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.

IX. Injuries / Insurance/Trainer

The school provides the opportunity for participation while the parent retains the right of denial for such participation. Parents/Guardians are responsible to file all medical costs associated with athletic participation with their insurance agency. If requested, the athletic department will assist student-athletes/parents in finding a student accident insurance plan to purchase at their own expense. If interested, parents should purchase the policy before the first team practice.

The Triton Athletic Department will provide a Certified Athletic Trainer through Lutheran Health Network. The trainer will be available after school hours during practices and will be available at some home and away contests. When necessary, the trainer will make the determination when a student is cleared to return to play and practice.

X. Strength Program

The weight room is available for use by athletes as scheduled by their individual coach. **NO STUDENT MAY USE THE WEIGHT ROOM FACILITIES WITHOUT A COACH PRESENT.**

XI. Cheerleaders

Cheerleaders at Triton Jr.-Sr. High School are considered support groups for fall and winter athletic teams. Cheerleaders are usually selected in the spring by the cheerleading sponsors and other judges. The cheerleaders cheer primarily at boys' football and boys' basketball.

XII. Awards and Awards Banquet

Each student-athlete must meet specific standards set by the administration, athletic director, and head coaches in order to qualify for varsity letters and other awards or certificates. Each sport will participate in and/or will conduct an award presentation at the conclusion of that sport season.

Types of Awards:

Numerals and/or Certificate - Award for successful participation on a freshman team or first sport participation by a student-athlete.

Reserve Certificate - Award for successful participation on a reserve (JV) team.

Varsity Letter and/or Certificate - meeting lettering requirements in a varsity sport.

Chevron - Award for varsity participation in a varsity sport.

Championship Patch - Award for any All-Conference, HNAC, and/or IHSAA championship team at the highest level. We will also provide this award for any All-State honors. (Other patches may be ordered at the cost of the individual if they receive the approval of the coach and the Athletic Director)

Letter jacket - Athletes may purchase a Triton Athletic Jacket after they have earned one varsity letter. The athlete will be responsible for the entire cost of his/her jacket. The jacket may be purchased through the athletic department. The athletic director will place orders for jackets at least twice a year.

8 Point Award - Award for athletes who have earned 8 points (9th/JV = 1/2pt; varsity = 1pt)
Championship Rings - A state runner-up or state champion may order and purchase an IHSAA ring through the athletic office. Only individuals listed on the IHSAA post-season roster as a player or manager will be eligible.

General Information/Requirements for Awards:

1. Anyone not meeting the requirements for a varsity award will receive a junior varsity award or first participation award.
2. Any senior who is participating for his/her third or fourth year in the same sport and meets all practice requirements set forth by the coach will automatically receive a varsity award.

FALL SPORTS

1. Cross Country Boys/Girls - Finish in the top seven (7) of the school's squad in 1/2 of the season's meet or qualify for the regional or higher meet.
2. Football - Participate in 1/2 of the total number of scheduled quarters less specialty teams. When we have enough players for a freshman team, freshman awards (1st participation award) will be given. All other players will receive a JV award.
3. Tennis (Boys) - Compete in 1/2 of the regular season varsity matches or be the first alternate.
4. Volleyball - Participate in 1/2 of the sets.
5. Golf (Girls) - Finish in top five (5) of the school's squad in 1/2 of the season's meets or qualify for regional or higher meet.

WINTER SPORTS

1. Basketball Boys/Girls - Complete in 1/2 of the varsity quarters. A Junior Varsity Award will be presented to all who remain on a varsity team the full season, but fail to meet varsity award standards. Junior varsity awards will be presented to all who participate on a junior varsity team the entire season. All freshman team members will receive 1st participation awards.
2. Wrestling - Compete in 1/2 of all matches or qualify for the regional.

SPRING SPORTS

1. Baseball - Compete in 1/2 of all games played.
2. Golf (Boys) - Finish in top five (5) of the school's squad in 1/2 of the season's meets or qualify for regional or higher meet.
3. Softball - Compete in 1/2 of all games played.
4. Tennis (Girls) - Compete in 1/2 of the regular season varsity matches or be the first alternate
5. Track Boys/Girls - Score an average of one point per meet or score in the sectional meet or if necessary be the leading Triton athlete in the event. (Relay points will be divided fractionally among participants)

Injuries due to participation in athletics: If by a licensed doctor's examination, evidence is furnished to indicate that further participation in athletics would further injure the participant, then the participant would receive all awards for the sport season provided he/she assists the team as a manager or statistician. An exception may be made by the athletic director in situations where the athlete cannot participate or assist because of extreme injuries.

SPECIAL AWARDS - PLAQUES

Special Award Plaques will be given in each of the high school sports. Awards given will be determined by the coaching staff and will follow the guidelines set forth in the coaches handbook.

MALE AND FEMALE ATHLETE OF THE YEAR - At the end of the school year, a committee consisting of all varsity head coaches and the athletic director will nominate not less than three but no more than five athletes for the Most Valuable Male and Female Athlete of the Year Award. Following the nominations, each coach and athletic director will have one vote for the Male/Female Athlete of the Year. The winners shall receive a plaque to be presented at the Spring Awards Program.

PICTURE DISPLAYS

Wall of Fame - For a 16 x 20 picture to be placed on the Wall of Fame, an individual must be named to the first team All-State or Academic All-State Team in an IHSAA sponsored sport or an individual must have participated at the state level of competition.

We will also recognize those students who receive an IHSAA Mental Attitude Award or who makes an Indiana All-Star team by placing a picture on the wall. A team must have participated in an IHSAA sport at the state level of competition for its picture to be placed on the wall of fame.

SPECIFICS FOR JUNIOR HIGH AWARDS

1. A certificate of participation will be presented to each junior high athlete after completion of each season.
2. An athlete who completes three (3) seasons will receive a 4" T.
3. An athlete who completes five (5) seasons will receive a medal.

SPECIAL AWARDS - JUNIOR HIGH

All special awards for junior high athletes will be certificates. Awards will be determined by the coaching staff and will follow the guidelines set forth in the coaches handbook.

XIII. Indiana High School Athletic Association

Triton High School is a member of the Indiana High School Athletic Association (IHSAA) that has been the governing body of high school athletics since 1903. The control of the IHSAA rests with the high school principals who elect a legislative body consisting of teachers, athletic administrators, principals, and superintendents of member schools. All rules are found in the IHSAA By-Laws and Articles of Incorporation. The principal and athletic directors have copies of this book.

XIV. National Collegiate Athletic Association

Athletes and parents need to contact the guidance counselor 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 and register with and be certified by the NCAA Initial Eligibility Clearinghouse.

Note: Student athletes and parents should meet with their guidance counselor during the freshman year to map out a four-year plan that meets the NCAA academic requirements.

XV. Hoosier North Athletic Conference

Triton Jr.-Sr. High School is a member of the Hoosier North Athletic Conference. The conference includes: Caston, Culver Community, Knox, LaVille, North Judson, Pioneer, Triton, West Central, Winamac. Conference championships are offered in each sport. Students and athletes will participate in a variety of conference events and can also earn all-conference awards.

XVI. PARENT/COACH COMMUNICATION

Athletes, parents, and coaches need to work together for better programs for the students of Triton Jr.-Sr High School.

PARENT/COACH RELATIONSHIP

As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child.

This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. special equipment, off-season conditioning.
5. Procedures should your child be injured during participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The mental and physical treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Strategy of the team.
3. Play calling.
4. Other student-athletes.

There are other situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, the procedure you should follow:

1. Contact the coach of the sport...call to set an appointment.
2. Triton High School's telephone number is 342-6505. The best time to call is between 7:45-8:00AM or 3:15-3:25PM.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote positive resolution.
4. If the coach cannot be reached, call the athletic director. He will set up a meeting for you.

THE NEXT STEP

What can a parent do if the meeting with the coach did not provide a satisfactory resolution? 1. Call the athletic director to set up an appointment.

2. At this meeting the appropriate next step can be determined.

TRITON ATHLETIC COUNCIL

The purpose of this council is to advise and to investigate athletic concerns prior to school board action:

This council consists of the Athletic Director, two varsity coaches, the high school Principal, Superintendent, and two School Board members. The Varsity Coaches will serve as volunteers for a term of one year. They may serve consecutive terms. If concerns directly involve any member of the council the Athletic Director may appoint an alternate designee.

The athletic Council's function is to serve as a sounding board for school patrons having athletic concerns. School patrons that have concerns must address them through the process of chain of command and then if not resolved would present them before the Athletic Council before they share the concerns with the School Board. The chain of command for patrons who have athletic concerns is as follows:

1. Contact the coach of the sport... establishes the communication network by discussing the problem. This should be player initiated with parent follow-up if needed.
2. Contact the varsity coach of the sport.
3. Contact the athletic director.
4. Contact the school principal.

If concern is still not resolved, the Athletic Council will meet with the patron and the coach involved with the concern. At this meeting it will be determined the plan of action or recommendation to the Board of School Trustees.

The two School Board members on the Athletic Council will report directly to the full School Board. The School Board must hear the recommendation from the Athletic Council before any action is taken unless it is legally necessary. The Board will advise the Athletic Council prior to any discussion to delete or amend this Board Policy.

This council has no legal authority.

**TRITON HIGH SCHOOL
ATHLETIC DEPARTMENT**



RULE AWARENESS VERIFICATION

I hereby certify that I know and understand the Triton High School Athletic Code of Conduct. I also understand that I can find an electronic copy of the Athletic Handbook on the Triton Athletics web-page and can get a printed copy by contacting the Triton High School office.

I acknowledge that student athletes at Triton High School are role models to their peers and to younger students in our community and accept that awesome responsibility. I understand that participation in high school sports is a privilege, not a right and in order to be eligible to participate I must comply with all requirements as stated in the Triton Athletic Handbook.

Please complete the following:

Student Athlete's First Name: _____ Last Name: _____

Student Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____