JOHNSTOWN-MONROE LOCAL SCHOOL DISTRICT

ATHLETIC HANDBOOK & CODE OF CONDUCT FOR STUDENT-ATHLETES & PARENTS

2026-27

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INTRODUCTION

This handbook is presented to parents and students.

Parents, it is important that you read and understand the information in this handbook because your son or daughter has indicated a desire to participate in interscholastic athletics in the Johnstown-Monroe Local School District and you have expressed your willingness to permit him/her to compete.

For student-athletes, knowing the information in this handbook and following the rules and guidelines provided is crucial to having the best experience possible in your athletic endeavors. Everyone affiliated with our schools is very pleased with your interest in the athletic program. We believe that a comprehensive program of student activities is vital to the educational development of each and every student.

This handbook is presented to the athlete and his/her parents to help them understand that, like so many things in life, participating in an athletic program is a privilege that must be earned and maintained. Student-athletes are held to high standards in the classroom, on the field, track, course, or gym floor, as well as in all aspects of their lives, wherever they may be. Our athletes represent themselves, their families, the community, the school, coaches, and fellow athletes, past and present. Involvement in athletics is extremely rewarding and provides lasting satisfaction. As an athlete, it is expected that you will always carry yourself with tremendous pride. You must wear your uniform proudly. Your actions, always and everywhere, reflect on many others. You are a role model for the entire community. Consequently, as an athlete you must seize every opportunity to set a good example for those around you.

When a student chooses to participate in athletics, both the student and the parents should have many questions regarding the athletic program. The purpose of this handbook is to help by answering many of your questions about the athletic program. This information is provided in an effort to keep the students and parents informed and to assist in making the athletic experience a positive one for the entire family. We hope that athletes and parents will find this handbook helpful. All of us wish you the best for a great season.

STATEMENT OF JOHNSTOWN-MONROE ATHLETIC PHILOSOPHY

The Johnstown-Monroe Athletic programs at Johnstown Middle School (JMS) and Johnstown High School (JHS), together comprising The Johnstown-Monroe Schools' Athletic Program, are committed to providing a variety of structured experiences to aid in the development of favorable habits and attitudes in students that will help prepare them for adult life in our democratic society.

The interscholastic athletic program will always be conducted in accordance with Board of Education policies, rules, and regulations. The Board of Education (BOE) takes great pride in the winning record of its teams; however, it will not condone winning at any cost! The Board also discourages any type of pressure or influence that may tend to discourage good sportsmanship and good mental health. The Johnstown-Monroe Schools' athletic program will be conducted in such a way as to ensure its value as an integral component of an effective educational program.

ATHLETIC DEPARTMENT POLICIES

REQUIREMENTS FOR ATHLETIC PARTICIPATION:

No student is eligible to participate in any sport until the following are completed:

1. Students must be officially enrolled with the guidance office and have the proper paperwork on file before participation in any practice or contest.

2. All academic eligibility requirements must be satisfied, including participation in available remediation sessions as required, including study tables during the school year and credit recovery during the summer.
3. Prospective athletes must meet with the coach prior to the first day of participation to cover the rules and regulations found in the Athletic Code of Conduct.
4. All students and parents must attend pre-season coaches' meetings wherein rules and expectations for each sport will be explained by the coach and provided in writing. Coaches will provide and collect sign-in records for these sessions.
5. All pre-participation forms must be electronically signed by both parent and athlete using the *Final Forms* platform prior to the first official team practice/camp.
6. The required physical examination must be completed, and the physical must be on file in the Athletic office.
7. (When in effect) A pre-season drug test must be completed and on file in the athletic office.
8. All outstanding fees, including school fees and athletic participation fees, must be paid in full prior to the first team contest or performance.

PARENTAL ACKNOWLEDGMENT OF ATHLETIC POLICIES

At the beginning of each school year or at the time a student tries out for an athletic team, he/she will be presented with this handbook and all necessary forms and information for participating in athletics will be available on the *Final Forms* platform. Each parent/guardian and athlete should read all of the material and certify that they understand all athletic department rules and regulations of the JMLSD and the OHSAA.

PHYSICAL EXAMINATION

OHSSA physical examination forms must be completed for all participants. The prescribed form must be signed by a licensed physician, the participant, and the participant's parent/legal guardian. Completed forms must be on file in the athletic director's office before any candidate may participate in any practice or contest. These forms necessitate the physician's certification of the individual's physical fitness no less than once each school year. Students are encouraged to get physicals during the spring when the athletic department offers group exams at a significant discount.

FINANCIAL OBLIGATIONS AND EQUIPMENT

All athletes are responsible for the proper care and security of equipment and uniforms issued to them. School furnished equipment/uniforms are to be worn for contests and practice only. Any and all equipment/uniforms not returned in good condition at the end of the season will be subject to a financial obligation to the district.

- Only uniforms issued and/or approved by the athletic department are permitted to be worn for contests.
- Any athlete who gives his/her uniform to a non-athlete or wears any part of her/his uniform in an unapproved fashion or outside of a sanctioned team related event for whatever reason may be subjected to disciplinary action.

ATHLETIC FEE POLICY

- Description- In order to supplement the cost of providing athletic programs, it is necessary that an athletic participation fee (hereinafter referred to as the fee) be charged to each athlete. The fee will be $145.00 for the first sport in which an athlete participates during a given athletic season. If an athlete participates in a second sport during the same athletic season, the participation fee for the second sport will be $75.00. This reduced fee applies only to an athlete's second sport when both sports occur within the same season. Funds generated through these fees will go directly to Johnstown Athletic Budget Accounts and will be used solely for athletic expenses. The applicable fee(s) will be collected in full prior to the last week before opening contests or performances in each sport/activity. Athletes will pay the required fee for each sport in which they are participating. Failure to pay the fee will result in the athlete being denied participation until such time as the fee has been paid.

- Collection of Fees - The fees will be collected only by the school offices at JMS/JHS during normal business hours or by using the online platform through the JMLSD website. All accounting and records for the fee will be maintained on each student's individual fee record in the schools' student information system, as entered by the school secretary. Checks may be made payable to the Johnstown-Monroe Local School District.
    - There are NO exceptions, exclusions, or family limits.
    - All athletes will be required to pay a participation fee of $145.00 for their first seasonal sport. If an athlete participates in an additional sport during the same athletic season, a participation fee of $75.00 will be charged for each additional same-season sport.
    - The Johnstown-Monroe coaching staff/Athletic Department may make an effort to identify students in need of financial assistance and advise potential resources for financial assistance. No guarantee of assistance is made.
    - Fees collected for a sport will not be refunded after the first contest has been played.
    - Disciplinary action resulting in suspension or dismissal from a team will not be grounds for a refund of fees paid for that sport.
    - Any and all donations received by the district from the general public for the purpose of reducing the athletic fee will be applied in the following year in a manner designed to reduce the total amount of the fee equally for all participants of all programs (Exception: District recognized booster organizations may establish rules, separate and unrelated to the district as appropriate.)
- Review - The fee structure will be evaluated annually by the administration and approved by the Board. A status report will be given to the Board on an annual basis.

SCHOLASTIC ELIGIBILITY REQUIREMENTS

To be eligible to participate in interscholastic athletics, grades 7-12, all students are required to meet standards established by the OHSAA and JMLSD BOE. The current standards are as follows:

High School - OHSAA Bylaws: During the preceding grading period, the student must have received passing grades in a minimum of five one-credit courses, or the equivalent, which count toward graduation.

High School - JMLSD BOE Requirement: Student-Athletes must maintain a minimum 1.75 GPA.

Middle School - OHSAA Bylaws: A middle school student must have passed a minimum of four courses of all subjects taken in the preceding grading period.

Study Tables are offered before and after school at JHS; these are offered after school at JMS. Study Tables are open to any student and are to be utilized as an additional resource to aid in the educational process. In-season student-athletes shall have their grades checked weekly, on Monday mornings, to determine if Study Tables will be required. Those with at least one current failing grade are assigned 90 minutes of mandatory Study Tables for the five-day week (60 minutes for a four-day week and zero minutes for a shorter week) if failing any course. Study Table assignments can alter based on grade changes made after Monday. Changes will only be made based on confirmation received from the teacher via email to athletic director and athletic secretary by 12pm on Wednesday. Student-athletes must complete all assigned time by the end of the week. Students who do not complete their assigned time (must be present and on task for the entire assigned time) will be issued a one-game/meet/event suspension from competition. Study Table time will not count if the student is being disruptive or off task, as deemed by the instructor. Students are expected to prioritize classwork for their failing class(es) before attempting coursework for another course.

Students are expected to make every effort to complete the assigned Study Table time for the week; however, if there are serious and severe extenuating circumstances (i.e., funeral, serious injury or ailment, physician's appointment, etc) that prevent the student from serving the assigned time, the student-athlete shall communicate

this situation to the athletic director. The athletic director and building principal will review the circumstances before making a final decision.

High School & Middle School OHSAA Bylaws: Eligibility/ineligibility of a student continues until the start of the 5th school day of the next grading term. At that time grades from the immediately preceding term are in effect.

ATTENDANCE POLICY

Student-athletes are required to be in attendance for at least one-half of their scheduled school day in order to participate in any practice, contest, or athletic event on that same day. This attendance requirement remains in effect throughout the school year, including during exam schedules, block scheduling, early-release days, and any other variations to the academic calendar. For purposes of eligibility, one-half of the student's scheduled school day will be determined based on the student's assigned schedule for that day.

Students who fail to attend at least one-half of their scheduled school day will be deemed ineligible to participate in practices, contests, or events on that day. If a student-athlete is absent for more than one-half of the scheduled school day on Friday without an approved excused absence, the student-athlete will be ineligible to participate in the next scheduled athletic contest only. This applies whether the next scheduled contest occurs on Friday evening or on Saturday.

For Saturday contests or events, student-athletes must have been in attendance for at least one-half of their scheduled school day on the preceding Friday unless the absence is determined to be excused by the appropriate attendance official.

- If the student-athlete has contests on both Friday and Saturday, the student-athlete will be ineligible for the Friday contest only and will regain eligibility for Saturday, provided all other eligibility requirements are met.
- If the team's next scheduled contest is Saturday only, the student-athlete will be ineligible for that Saturday contest.
- If the team has two contests on Saturday (e.g., a doubleheader or tournament), the student-athlete will be ineligible for the first scheduled contest only and will be eligible to participate in the second contest, provided all other eligibility requirements are met.
- If circumstances warrant additional disciplinary action beyond the loss of one contest, any extension of the suspension from athletic participation will be determined collaboratively by the Athletic Director, Principal, and Head Coach on a case-by-case basis.

Students whose absences are determined to be excused by the appropriate attendance official may participate in practices and contests, provided the reason for the absence does not preclude participation. Students whose absences are determined to be unexcused by the appropriate attendance official shall not be permitted to participate in practices, contests, or events.

Routine appointments should be scheduled outside of school hours whenever possible. Emergency situations and medical appointments are exceptions and must be approved in advance by the Athletic Director or Principal whenever practicable.

VACATION POLICY

As during any time school is in session, vacations during an athlete’s season are strongly discouraged. If a vacation is unavoidable, the parents and athletes must:

- Make all appropriate arrangements to complete required work in all academic classes.
- Contact the head coach for a conference prior to vacation.
- Follow all requirements set by the coach before resuming competition.

- Be willing to assume the consequences related to their status on the team.
- Vacations will not be accepted as an excuse for missing academic remediation when required.

TRYOUTS

- Once officially enrolled in Johnstown Middle/High School students may try out for a team. However, the potential athlete will not be permitted to participate in any contest until all enrollment paperwork has been completed and all grades and other pertinent records have been received from their previous school.
- New students may "go out" for a non-cut sport after the season starts at the discretion of the coach. New students who change schools will not be granted permission to participate until they meet with the athletic director to review OHSAA requirements and must adhere to the OHSAA transfer rule, if applicable, before participation.

INDIVIDUAL SPORT RULE

Coaches will establish additional rules and regulations for their respective sports. Penalties (except for prohibitions governed by the Board adopted policy) will be designated/handled by the respective coaches with appeal to the athletic director and principal. Discipline for minor offenses may be defined as, but not limited to: extra conditioning, line drills, other menial assignments, community service, denial of participation for part or all of a contest.

CHANGING SPORTS - SAME SEASON

Once an athlete attends the first five (5) days of practice of a sport (i.e., football), he/she may not quit and try out for another sport, (i.e., soccer) which is being conducted simultaneously, unless approved by the athletic director and given the fact that the two coaches (i.e., head football coach and head soccer coach) mutually agree. If an athlete is cut from the squad, he/she may try out for a second sport at the discretion of the coach of the second sport.

DUAL SPORT SEASON

A student may participate in up to two sports at the high school and middle school levels (i.e. cross country and golf) during the same season if both coaches (i.e. head cross country coach and head golf coach) agree and the administration approves based on whether or not dual participation will result in conflict in the requirements of the two sports. A student may not participate in more than two school sports during the same season.

CONFLICTS IN SCHOOL SPONSORED EXTRACURRICULARS

An individual who attempts to participate in multiple extracurricular activities may potentially have conflicts of obligations. Students need to be cautious about participating in too many activities where conflicts might occur. When conflicts do arise, the coach and/or director may attempt to work out a solution so that the student is not caught in the middle. If a conflict cannot be resolved, the principal will make the decision based on the following:

- The relative importance of the student's participation in each event
- The relative contribution the student can make
- How long each event has been scheduled
- Discussion with the parents

Once the decision has been made and the student follows that decision, (s)he will not be penalized in any way by a coach or director. If it becomes obvious that a student cannot fulfill the obligations of both school activities, (s)he may be required to withdraw from one.

CONFLICTS IN NON-SCHOOL SPONSORED ACTIVITIES

Student-athletes participating in non-school sponsored activities and in school athletic program(s) are expected to treat the school athletic program(s) as their primary priority. Involvement in a non-school sponsored activity must not regularly conflict with a school sport. If it does conflict, the student-athlete faces penalties ranging from decreased playing time and game prohibitions to permanent prohibition from the school sport.

OPEN GYMS, FIELDS, COURTS, ETC.

All open gyms/fields/courts, etc., must follow guidelines of the OHSAA (refer to OHSAA Handbook: Sports regulations rules). In-season athletes shall not be permitted to attend an open gym/field/court, etc., held by a coach of an out-of-season school sport without permission from the in-season coach and approval from the athletic director. No open gym/field/court will be mandatory under any circumstance.

TRAVEL

All athletes must travel to and from away athletic contests in transportation provided by the athletic department and approved by the district. The only exception will be when a written request is submitted by the parent, to transport his/her own student only, and approval is granted by the athletic director 24 hours prior to the contest. (See *Travel Releases* below)

Athletes will remain with their squad under the supervision of the coach at all times when attending an away contest. This rule applies from the time the team gathers to leave Johnstown until the coach releases the team upon its return.

Athletes who miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances. The head coach has the final say in all such cases and will report each case to the athletic director.

All regular school and bus rules will be in effect including rules pertaining to bullying and harassment, food, noise, electronics, remaining in seats, and care and respect for equipment. Athletes will also observe any special rules required by the host school.

TRAVEL RELEASES

Under certain circumstances, when a serious inconvenience to the family would result, athletes may be excused from riding either to or from an athletic event on school authorized transportation. Families are permitted two (2) transportation excusal requests per sport season (Fall, Winter, and Spring). Requests exceeding the allotted two excusals will only be considered under serious or extenuating circumstances.

This privilege should not be abused and is expected to be used responsibly by all families. The district strongly believes that traveling to and from athletic events as a team promotes unity, accountability, safety, and school pride. Team transportation also provides coaches with opportunities to communicate important information before and after competitions while ensuring student-athletes travel together under school supervision. Special circumstances may apply to certain athletic programs, including wrestling, golf, cross country, and track & field, due to the unique nature of their competitions and scheduling.

To request alternate transportation, a parent or guardian must complete and submit the Alternate Transportation Form, which is available on the district website. Completed forms must be submitted to the Athletic Director at least 24 hours prior to the scheduled event. Requests submitted after this deadline may not be approved.
To ride in private transportation:

- Parents must make arrangements with the athletic director and coach in advance of the trip by having the approval on file in the athletic director's office on the day of the trip.
- The athlete will be released only to the parent(s) or designated adult by the coach from the contest.
- Athletes are not allowed to ride home with a student or any person other than a designated adult. If such an occurrence does happen, parents assume all liability and exclude the school district from any and all

responsibility

RISK OF PARTICIPATION

All athletes and parents must realize the risk of serious injury that may result from athletic participation. The JMLSD will use the following safeguards to make every effort to eliminate injury:

- Use of state licensed coaches and volunteers
- Instruction for all athletes about the possible dangers of participation in a particular sport and how to avoid injury

INSURANCE

The Johnstown-Monroe Local School District does not provide accident or health insurance coverage for athletes participating in interscholastic athletics. It is the responsibility of the parents to maintain an active accident and health policy while their child is participating in sports. The school district does offer a supplemental accident insurance policy at the beginning of each school year to all students. Information on this policy can be obtained from the school office or athletic director.

CODE OF CONDUCT FOR EXTRACURRICULAR ACTIVITIES

PHILOSOPHY

The Johnstown-Monroe School District Board of Education recognizes that the use and abuse of chemicals among students can be a serious problem. Research has shown that use of drugs and alcohol has harmful effects on students' mental, physical, and emotional health. Research has also shown that tobacco is addictive and harmful to students' physical health. Therefore, the Board believes regulations concerning drugs, alcohol, tobacco, as well as look-alikes, should be developed for all extracurricular participants while enrolled as students in any Johnstown school.

A primary goal of the athletic program is to provide every participant the opportunity to grow mentally, morally, physically, and emotionally. To assure that the program can provide these opportunities, a degree of self-discipline is required of each participant. Self-discipline involves compliance with rules and regulations concerning personal behavior. Furthermore, the Board of Education expects students to use good judgment and not attend activities where drugs or alcohol are present among peers.

It must also be remembered that participation in extracurricular activities is not a right but a privilege. All students who participate in extracurricular activities at any time must meet the following regulations during the school year in any season and in all locations. Failure to comply with the regulations could jeopardize a student's entire athletic career.

This policy is applied in conjunction with the existing Student Code of Conduct adopted by the Board of Education. The Superintendent or designee will continually monitor this policy and will recommend changes.

12-MONTH RULE

All athletes shall abide by a code of conduct that will earn the honor and respect participation and competition in the interscholastic program requires. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct may be, but are not limited to: Theft, vandalism, disrespect, inappropriate use of social media, immorality, bullying and harassment (online or otherwise), and violations of the law. The actions of any athlete can damage the reputation of everyone associated with the athletic program. This code shall be in effect for 12 months a year and 24 hours a day for those who make the team. Formal athletic discipline may not be added after the fact for an incident that took place before the student was a member of their first JHS or JMS sport team. If an athlete makes the team and quits to avoid punishment the code still applies. The code of conduct applies to extra-curricular activities for one calendar year after the conclusion of the last sports season in which the athlete participated but is a good code to always live by.

SECTION 1: DEFINITIONS

For the purposes of the Policy, these terms are defined as follows:

- **Alcohol**: Liquor, wine, beer, or other substance containing intoxicants.
- **Assistance Program**: The student may be required to do one or more of the following: Attend an intervention conference with the student assistance team with parent or guardian involvement. Follow the recommendations of the student assistance team. Complete an assessment for possible chemical problems at an approved agency and complete the treatment program recommended by the evaluator.
- **Extracurricular**: Extracurricular activities are those out-of-class pursuits which may or may not be associated with a specific class and carry no grade or academic credit. Students enjoy freedom in selection and in participation in extracurricular activities.
- **Drugs**: Any drug, including illegal drugs, marijuana, inhalants, build-altering steroids, legal prescription, and over-the-counter drugs used or possessed or distributed for unauthorized purposes, and counterfeit (look-alike) substances.
- **Mood-Altering Chemicals**: This includes, without limitation, narcotics, depressants, stimulants, hallucinogens, counterfeit drugs, marijuana, and prescription drugs unless authorized by a medical prescription from a licensed physician and kept in the original container that states the student's name and the directions for proper use.
- **Parent/Guardian**: "Parent" means a student participant's mother or father unless the rights of the parents have been restricted by court order or legal agreement. "Guardian" means a legal custodian.
- **Permanent Suspension**: Student is not allowed to participate in extracurricular activities for the remainder of the student's attendance in the Johnstown-Monroe Schools.
- **Appeal:** A student may file a petition for re-entry into an extracurricular activity by submitting a written notice to the building principal. The notice shall include the violation, activity, and necessary rationale for consideration.
- **Possession**: Alcohol, tobacco, and/or any controlled substance as defined by Ohio Revised Code Section 3719.02, or drug paraphernalia, is or has been touched and/or handled physically; and/or is or has been on and/or in the student's body; or is or has been physically contained within his/her property, such as a coat, backpack, car, locker, shared locker, etc.
- **School Year**: The school year is defined as the first day of August through the last day of July as set forth by the Johnstown-Monroe Board of Education.
- **Self-referral**: A self-referral is not to be used as a means of avoiding the consequences of a code violation. Code violations pending or already reported cannot be self-referred. Students may self-refer only once during their school career. A self-referral must be reported no later than the next school day after the occurrence. A student cannot be self-referred if police intervention has taken place. A student may seek assistance from a school-approved program for drug/alcohol problems. The superintendent or designee will establish the necessary criteria for sanction of drug/alcohol programs. Self-referrals will be considered first violations. No reduction of season or activity will be assessed if the student agrees to follow the student assistance procedure. Parent-referral may be treated as a self-referral. If the student fails to complete the assistance and treatment, the penalty will be enforced in full. Each self-referral will be evaluated and approved by the school administrator. Approval/agreement as to whether the incident qualifies as a self-referral and eventual consequences will be made taking the participant/violator's past history and disciplinary record into consideration.
- **Substance Abuse**: The use of drugs and/or alcohol or any other substance in violation of state or federal law and/or in violation of school policy.
- **Vaping:** Inhalant from an electronic cigarette; considered a tobacco look-alike for all intents and purposes of this handbook.

WARNING REGARDING USE OF ANABOLIC STEROIDS

- Improper use of anabolic steroids may cause serious or fatal health problems, such as heart disease, stroke, cancer, growth deformities, infertility, personality changes, severe acne, and baldness.

- Possession, sale, or use of anabolic steroids without a valid prescription is a crime punishable by a fine and imprisonment. -- Sections 3313.752, 3345.41, 3707.50 Ohio Revised Code
- Possession, sale, or use of anabolic steroids without a valid prescription WILL NOT be tolerated. Such activity will subject the offender to immediate, lifetime dismissal from extra-curricular activities and potential legal action as noted above.

SECTION 2 – GENERAL RULES

Participants will be advised of all regulations, by means of the student handbook and required meetings, prior to participation, so that each student may determine the feasibility of his/her participation. To help achieve the personal commitment of participating students, each coach/advisor will explain the Extracurricular Activities Code of Conduct as soon as practical, but in no case later than the first contest.

Being present at any location where it is later deemed reasonable to have known, or for actually being present more than five minutes' duration after realizing that alcohol, illegal or immoral activities, or other violations of the code(s) of conduct are taking place will result in a conference with the coach and/or athletic director, the student-athlete, and his/her parents or guardian and may subject the athlete to the same penalty as could full participation in the illicit activities. The terms "illegal drugs" or "drugs" means any substance, as included in this Athletic Handbook, Board Policy 5530, and/or under state or federal law. For questions or concerns, see the Student Handbook Drug and Alcohol Policy.

RULE I - No use, abuse, purchase, or possession of drugs or alcohol. No transmission, attempted transmission or sale of drugs or alcohol.

RULE II - No use, purchase, possession, or transmission of tobacco in any form, including vapors and look-alikes.

RULE III - No bullying, hazing, intimidating, or otherwise aggressive or threatening behavior towards a classmate, teammate, etc.

RULE IV - No fighting or physically harassing another individual.

RULE V - No inappropriate texts, harassing social media posts, improper photos, or electronic communications that are deemed out of line or otherwise detrimental to another individual or entity.

RULE VI - Any other action that is deemed inappropriate or detrimental to the image of the team, the athletic program, and the school district. This may include, but is not limited to: theft, vandalism, disrespect, immorality, insubordination, unsportsmanlike behavior, and violations of the law

All penalties to the above rules or any behavior that results in discipline from the Athletic Department shall be cumulative to the last official school day within each of the following three (3) periods of academic life:

1. Entire Duration of Grades K through 5
2. Entire Duration of Grades 6 through 8
3. Entire Duration of Grades 9 through 12

NOTE: For example, a student-athlete who violated Rule II (tobacco policy) in grade 7 and then again in grade 11, that offense in grade 11 would be treated as a first offense because it was the first offense of that policy in grade 9-12).

Penalties for more than one offense may not be fulfilled concurrently.

SECTION 3 – PENALTIES

RULE I: No use/abuse, sale/purchase, or possession of drugs/alcohol, AND/OR any controlled substance.

First Violation:

The student who is in violation will be prohibited from participation in all extracurricular activities for one (1) calendar year from the date of the violation.

If the student who is in violation agrees to participate in an approved controlled substance program or attend a school-approved drug/alcohol evaluation and treatment program not funded by JMLSD, the penalty may be reduced to fifty percent (50%) of the current or next occurring extracurricular activity season. The student-athlete must successfully complete the approved program before the reduced suspension of fifty percent (50%) is applied. During participation in the program, a biweekly progress report from the treatment program liaison must be submitted to the athletic director, principal, and school social worker. The student may practice and travel with the team or group during the period of suspension. Following the penalty period, the student must submit evidence of successful participation and completion of the assistance program to the athletic director or principal and may petition for a hearing to return to participation. The student is expected to provide evidence of an ongoing commitment to abstaining from the illegal use of drugs, alcohol, and controlled substances.

The athletic director, principal, or designee will approve or disapprove the student's completion of the assistance program based on the student's commitment to and successful participation in the program. In addition, the treatment program liaison will provide a comprehensive evaluation of the student's progress, which will be considered by school administration as part of the overall determination regarding successful completion of the program. Any student found in violation will be prohibited from serving in any leadership position for one (1) calendar year. The student will not be permitted to attend an awards banquet or ceremony and will not receive awards, letters, or other recognition for participation during the current season or, if not currently participating in an extracurricular activity, the next season of participation.

Any student who is charged with, or is found responsible for a criminal offense related to drugs, alcohol, or controlled substances may be suspended from all extracurricular activities for up to one (1) calendar year without the opportunity for a reduced penalty through participation in a treatment, evaluation, or assistance program. The athlete will be given the opportunity to meet with the athletic director and building principal to discuss the reasons for the prohibition or to otherwise explain his/her actions. The provision of this meeting or any other due process is not applicable in the case of normal disciplinary procedures in which a student is removed from the athletic activity for less than one day.

Second Violation:

A student who is found in violation of this policy for a second time will be prohibited from participation in all extracurricular activities for one (1) calendar year from the date of the violation.

The student will be required to participate in and successfully complete an approved drug and alcohol education, evaluation, and/or treatment program as determined by school administration. During participation in the program, biweekly progress reports from the treatment program liaison must be submitted to the athletic director, principal, and school social worker.

Third Violation:

The superintendent or designee may enforce a permanent suspension from participation in all extracurricular activities for the remainder of a student’s academic life or total of attendance in the Johnstown Monroe School District.

RULE II: No use, purchase, possession, or transmission of tobacco in any form, including vapors and look-alikes.

School administration will enforce discipline in accordance with the Johnstown-Monroe High School and

Middle School Student Handbooks. Student-athlete violations will be addressed on a case-by-case basis by school administration and the head coach. Consequences may include, but are not limited to, game suspensions, removal from team activities, mandatory educational programs or counseling, written reflections, or dismissal from the team.

RULES III, IV, V, & VI: These situations will be handled by the school administration team and head coach on a case-by-case basis. Violations may result in, but are not limited to: game/contest suspensions, removal from all team activities for a period of time, referral to online classes or mandatory educational programs, counseling, written apology letters, removal from the team for the remainder of the season/future seasons.

SECTION 4: DISCIPLINARY PROCEDURES

When a student is in violation or suspected of violation of any rule, the principal, designee and/or athletic director shall be notified immediately. The student may be temporarily removed from an activity by the principal, designee, athletic director, coach, and/or activity advisor responsible for supervision of that activity.

A review committee consisting of no less than the coach or advisor and the principal, and other staff deemed appropriate by the principal, will meet to investigate the violation. If the review committee feels action beyond temporary removal is warranted, the principal shall inform the student and parent of the specific violation and the penalty.

An informal hearing with the student and review committee will be held. Violations shall be determined based on significant and/or relevant evidence. In assessing the evidence, the principal and the review committee may take any reasonable step/s including, but not limited to, the following:

- Investigating the alleged violation before holding hearings.
- Verifying evidence essential to hearings.
- Creating records of sources of evidence or verifications of evidence.
- Consulting with any other personnel of the Johnstown-Monroe School District.

The principal and/or athletic director will inform the student and parents of the review committee's decision. The review committee's decision may be appealed to the superintendent/designee.

During an appeal, the student may participate in practices but may not participate otherwise in any official activity pending the outcome of the hearing conducted by the superintendent/designee. The decision of the superintendent/designee is final.

For students who participate in more than one (1) activity, the length of the penalty will be determined by listing all those activities in which they are currently participating and identifying the activity having the shortest season. The length of the penalty period shall be appropriate to that activity's duration. Any penalty will be enforced in the current and/or immediately following activity and/or season. Administration reserves the right to apply special sanctions, subject to appeal, in the event of egregious or unforeseen infractions.

PENALTY DEFINITIONS FOR CODE OF CONDUCT

- To calculate the percentage of penalty for prohibition, the number of all regular season contests scheduled will be used for each respective sport.
- When a penalty results in a prohibition of a partial contest, the fraction will be rounded to the nearest whole contest. (e.g., 3.49 contests will be 3 contests; 3.50 contest will be 4 contests.)
- A prohibited athlete who has a carry-over into a succeeding sport must complete the current season with no further violation for the prohibition to be credited to that sport.
- After serving their penalty, the student-athlete must finish that sport season in good standing (e.g, Discipline issue in the preseason/offseason and a student has been issued a multi-game penalty, the penalty cannot be counted if a student 'chooses to serve' that prohibition and then quits the team). If

there is a case in which the student-athlete does not complete their season, the penalty would then be applied to that next sport season in which the student-athlete joins the team.

- Any sophomore, junior, or senior athlete who is serving a prohibition from participation will not be permitted to serve their prohibition by going out for a sport for the first time. If a student-athlete wants to play a different sport in the same sport season of an already-established sport, the penalty may be applied to that next sport (e.g., Freshman year played Baseball, suspension imposed in February of Sophomore year, then student decides to go out for Track & Field of Sophomore year).
- Eighth grade violations with penalty time remaining will carry over into the ninth-grade year.

SCHOOL DISCIPLINE REFERRAL

Student-athletes are expected to maintain compliance with the JMLSD Code of Conduct, Code of Conduct for Students Participating in Extracurricular Activities, and Tobacco/Drug/Alcohol Policies and Procedures. Any student referred to the school office for a school discipline rule violation(s) may be denied the privilege of participation in all athletic activities for a period to be determined by the principal and/or athletic director.

PROHIBITIONS

The superintendent and/or other school district administrative personnel are authorized to prohibit students from any or all athletics and extracurricular activities for a violation of the athletic code of conduct, athletic training rules, OHSAA requirements, or any other rules or regulations of the school district. Other rules imposed by a coach or advisor that are applied to student athletes or extra-curricular activities are in addition to the terms of any prohibition and subject to discretion of the coach.

Prior to any prohibition in athletics, the athlete will be given the opportunity to meet with the coach and/or athletic director (or other, appropriate officials) to discuss the reasons for the prohibition or to otherwise explain his/her actions. The provision of this meeting or any other due process is not applicable in the case of normal disciplinary procedures in which a student is removed from the athletic activity for less than one day.

Violation of any of the following may result in SUSPENSION or DISMISSAL from the team/squad:

- Buying, selling, using, possessing, or being under the influence of any controlled substance (drugs, narcotics, alcohol, tobacco, etc.); or buying, selling using, possessing, or being under the influence of any counterfeit tobacco/controlled substance, or what you think is tobacco/controlled substance.
- Verbal and/or physical abuse to members of the athletic staff or members of the team, school, or game officials.
- Theft and/or willful destruction of school or personal property.
- Violation of established curfew.
- Behavior that is detrimental to the image of interscholastic athletics at Johnstown High School / Johnstown Middle School.

APPEALS PROCEDURE

An athlete may formally appeal a prohibition to the principal. The principal will meet with the parents, student-athlete, and coach at a pre-determined time. The appeal shall require the following:

- A written appeal must be presented to the principal and the athletic director within three (3) days following the date on the notice of prohibition from athletics.
- The principal shall notify/otherwise provide a decision to the parents and/or athlete regarding the appeal.
- The decision of the appeal shall be final and can only be appealed to the superintendent of schools.
- The decision of the superintendent of schools shall be final.
- During the time any appeal is pending, all penalties in this policy shall be enforced.

GARY CHAMBERS WEIGHT ROOM FACILITY - POLICIES & PROCEDURES:

Strength and conditioning facility policies or rules are important in providing the participants with guidelines for conduct and behavior, keeping order, protecting the facility, and maintaining the program on a course toward the goals of providing a safe, clean, and professional training environment. The following is a checklist of facility rules and policies for athletes and other users. These will also be posted in the training area where they can be easily seen.

Specific rules on weight room use:

1. No one is allowed in the training facility without a qualified, board-approved coach present.
2. Prior to participation, students must get a medical check-up and receive a doctor's approval in writing.
3. Prior to participation, students must undergo an orientation on equipment and its proper use. Do not use equipment unless you are knowledgeable about how to use it properly.
4. Observe weight room etiquette and demonstrate courtesy toward others in the room at all times. No horseplay, loud offensive language, or temper tantrums are permitted. Keep feet off the walls. Minimize chalk and powder on the floor. Do not spit in the facility.
5. Wear proper training attire, particularly shirts and athletic shoes, at all times. No jeans are allowed.
6. Show respect for equipment and facilities at all times. Do not drop or throw weights. Keep equipment off the floor and return it to its proper rack when lifting is completed.
7. Lifters are required to use collars once there is more than one plate on the end of the bar. Move weights from the racks to the bars only. Never set them on the floor or lean them against equipment. Strip all bars immediately after use. Return dumbbells to the rack in the proper order.
8. Keep bars and weights off the vinyl at all times to prevent tearing.
9. Utilize spotters and locks when necessary (e.g., for overhead lifts, squats, bench presses, and platform lifts).
10. The on-duty coaches have authority over all room conduct and use of equipment, including the sound system.
11. Immediately report any facility-related injury or facility/equipment irregularity to the coach on duty.
12. Tobacco, food, chewing gum, glass bottles, and cans are not allowed in the training facility. Alcohol, drugs, and banned substances are not allowed in the training facility.
13. Coaches and the school are not responsible for the user's personal belongings or lost/stolen items.
14. All guests and visitors must report to the athletic director or weight room coordinator in advance to sign the liability forms and receive approval for the use of the facility.
15. The staff office and telephones are off-limits to athletes unless permission to use them is given.
16. Failure to follow any of the policies could result in loss of weight room privileges. You may be expelled from the facility immediately if you misuse any equipment or the facility.

To ensure that athletes adhere to the facility rules, weightlifters must sign a "Weight Room Policies" agreement.

PARTICIPATION ON INDEPENDENT TEAMS – OHSAA BYLAWS

Participation by an athlete in a non-interscholastic program (tryouts, practice, contest) while (s)he is a member of a school squad in the same sport season is prohibited. Penalty for violation is ineligibility for the remainder of that season.

- Bylaws of the Ohio High School Athletic Association (OHSAA) allows athletes to try out for, practice, and compete in non-interscholastic programs prior to and after the school season during the school year under the following conditions:
- The number of players from the same school squad (roster) is limited as follows: Soccer-5; Baseball/Softball-4; Volleyball-3; Football-2. Football squad members are prohibited from non-interscholastic participation. This rule is not in effect from June1-July 31.
- An athlete may have no contact with the school coaching staff in a non-interscholastic program except from June 1-July 31. Penalty for violation of out-of-season regulations (except when a senior) is ineligibility for the ensuing season. For a senior, the penalty is ineligibility for all sports for the remainder of the school year.

RESIDENCE – OHSAA BYLAWS

- A student must live in the school district or apply for open enrollment by July 15.
- A student establishes residency when the parent or legal guardian of the student resides within the school district's attendance boundaries, meets all legal and Policy definitions regarding residence, and the student lives in the household full-time. Eligibility related to a change in custody must be approved by the commissioner of the OHSAA in order for a student to remain eligible.
- Refer to the OHSAA bylaws for the complete residency rule including the 9th grade rule. Violation of these rules will result in forfeiture of all contests in which the nonresident participated.

TRANSFERS – OHSAA BYLAWS

- When a student transfers from another school (public or private), (s)he must adhere to the OHSAA transfer rules. A transferring student may be ruled eligible by the commissioner of the OHSAA if legally released by formal action of the board of education of the former school.
- Refer to the OHSAA bylaws for the complete transfer rule and meet with the athletic director to review.

AWARDS

AWARDING OF VARSITY LETTERS

To be awarded a Johnstown-Monroe High School varsity letter, the recipient must meet, at a minimum, all the eligibility standards for the Ohio High School Athletic Association and the Johnstown-Monroe School District. If injury, illness, or extenuating circumstances arise, the coach may, at his or her discretion, award the athlete a varsity letter.

Varsity Letter Requirements:

A. Baseball / Softball (must meet at least one of the following):
   - A player must participate in one-half of all innings played.
   - Pinch-hit or pinch-run in three-fourths of all games played.
   - Be a pitcher with at least four starts or six appearances in games and/or win a tournament game.

B. Basketball
   - Athletes must participate in 25% of all quarters the team plays.
   - Athletes brought up to the varsity squad for tournament play only WILL NOT be awarded a varsity letter, unless previously earned.

C. Cross-Country
   - Top 7 runners in each the boys and girls squads make up the varsity squad.
   - The top 7 fastest times in each meet will determine those runners.

D. Football
   - An athlete must play in at least one-half of the total number of regular season quarters. Note: A player must play two consecutive plays to receive credit for a quarter.
   - An athlete who plays a key position (i.e., punter, kick-off specialist, return man, extra-point kicker) in 50% of the regular season contests.

E. Golf
   - Earn points equal to one more than half the matches played with one point given for playing in a match and an additional point awarded for each place above 5th.

F. Lacrosse
   - Athletes must participate in 25% of all quarters the team plays.
   - Athletes brought up to the varsity squad for tournament play only WILL NOT be awarded a varsity letter unless previously earned.

G. Soccer
   - An athlete must participate in 50% of the halves of the regular scheduled games.

G. Athletes brought up to varsity squad for tournament play only WILL NOT be awarded a varsity letter unless previously earned.

H. Swimming and Diving - Boys and Girls
- An athlete must score an average of one point per dual meet during the season.
- An athlete must compete in a minimum of 80% of the dual meets.

I. Track - Boys and Girls- An athlete must meet one of the following:
- Earn fourteen points throughout the season.
- Meet one of the following standards during regular scheduled meets on varsity schedule:

Boys		**Girls**	
Event / Standard		**Event / Standard**	
110 hurdles	16.5	100 hurdles	18.5
100	11.5	100	13.9
1600	4:59	1600	6:29
400	55.0	400	72.5
300 hurdles	44.0	300 hurdles	55.0
800	2:12	800	2:45
3200	11:30	3200	14:15
200	23.4	200	29.0
High jump	5’10”	High jump	4’8’
Long jump	19’0”	Long jump	13’6’
Shot put	40’	Shot put	27’
Discus	115’	Discus	80’
Pole Vault	10’	Pole Vault	7’

J. Volleyball
- An athlete must participate in 50% of the games played.
- Athletes brought up to varsity squad for tournament play only WILL NOT be awarded a varsity letter unless previously earned.

K. Wrestling
- Must score a combined total of 30 team points and points saved during the season in varsity competition. In tournaments, points for advancement, quality of match, and placement are awarded according to the NFHS Rule Book. One-half of the points scored in D II or D III varsity competition shall count towards the varsity letter.

L. Statisticians
- All students who have been selected to compile statistics for a sports team must do so satisfactorily for the entire season.

M. Managers
- Any student who manages both practices and contests satisfactorily for the entire sports season is entitled to the appropriate awards for that sport.

N. Cheerleaders - JMLSD sponsors varsity, reserve, freshman, and middle school cheerleading teams for fall and winter sports when numbers permit. Each team consists of students selected on the basis of personality, appearance, voice, and physical ability to perform cheerleading routines. Cheerleaders are considered equal to and the same as any athlete; therefore, they are required to adhere to all rules and regulations of the athletic department.
- The cheerleader awards will parallel the regular athletic awards system and will be made only upon the recommendation of the coach.
- All persons selected to respective squads must complete the season and have met the contest and practice requirements of the program.
- The cheerleader must cheer in 75% of all games.

O. Student Trainers

- Any student who assists our athletic trainer at all Varsity contests satisfactorily for an entire sports season is entitled to the appropriate awards for that sport.

INDIVIDUAL AWARDS

A. OHSAA Bylaws

Any award for participation in interscholastic athletics, which may be accepted by the student from any source, shall consist of (only) those items that do not exceed $400.00 in value.

B. Varsity

JMLSD will provide two plaques for each Varsity sport, generally (one) Sportsmanship and (one) Johnnie Award plaque. Defining awards as character-based is a decision that is also coaches' discretion, and all awards are determined by the coach unless otherwise stated.

1st year awards: Chenille award letter and pin bar that indicates one year of lettering, and certificate. (Note: Should the athlete letter in another sport, he/she will not receive a second chenille letter.)

2nd year award: Bar. And, and if student is a senior, certificate, and two-year plaque.

3rd year award: Bar. And, if student is a senior, certificate, and senior three-year plaque.

4th year award: Certificate with Bar and a sport plaque indicating the recipient as a four- year varsity letter winner.

Championship Award: Letter winners of a varsity team that wins a league, district, regional, or state championship will receive a chenille emblem of that sport indicating the championship.

C. Examples for Individual Varsity Awards NOT Provided by the School District are listed below. Such awards may be purchased by boosters and presented to athletes with approval of administration.

Football: most valuable offensive player, most valuable lineman, most valuable defensive player, most improved player

Basketball: most valuable, most improved, coaches award, highest percent for free throw

Wrestling: most valuable wrestler, most improved wrestler

Soccer: most valuable player, most improved player, coaches award

Cross-Country: most valuable runner, most improved runner

Volleyball: most improved player, captain's award, hustle award

Golf: lowest average, most improved golfer

Baseball: most valuable, most improved, highest batting average, golden glove award

Softball: most valuable, most improved, highest batting average, golden glove award

Track: leading scorer (male and female), most improved trackman (Male and Female)

Cheerleading: leadership awards, most improved

D. Non-Letter Varsity

All members of a varsity athletic squad who successfully complete an athletic season for a particular sport but have not earned ample points for a varsity letter are awarded varsity participation certificates.

E. Non-Varsity

All members of reserve, freshman, and junior high athletic squads who successfully complete an athletic season for a particular sport are to be awarded an award certificate. The second-year middle school award will be a second certificate. No plaques are provided by the athletic department at these levels.

F. Sportsmanship Athlete Awards: (subject to change due to availability of sponsorships)

Agonis Scholar-Athlete Award – The Agonis Club of Columbus is an athletics-oriented public service club recognizing one male and one female from JHS who excels in academics, athletic participation, and community service. Nominees must have lettered at least 3 times in one sport, or 4 times in all sports.

The Archie Griffin Award – Given in honor of Ohio native and two-time recipient of the Heisman Trophy for football, Archie Griffin was a professional athlete who always displayed exemplary sportsmanship. This award is presented to a JHS male and female student who has been involved in, or supportive of, the interscholastic athletic program and who has been outstanding in efforts to promote sportsmanship in the school and community.

Columbus Dispatch Scholar-Athlete Award Nominees – One male and one female are nominated for this award which takes into consideration outstanding achievements in academics, athletics, and service - as well as leadership in the school and community.

Dave Adams Memorial Scholarship Award – The Dave Adams Memorial Scholarship is given in memory of Dave Adams, a distinguished JHS athlete during the 1955-1957 school years. Dave was an All-LCL Football Player in 1956, both offensively and defensively, and was All-Ohio Class A halfback in football in 1956. He placed at the state track meet in three events in 1956 and 1957. He went on to become an All-Ohio Conference Football Player at Baldwin-Wallace College as a running back in 1960 and still holds several Licking County records. This award is presented annually to a male and female scholar-athlete who has had noteworthy academic attainment, consistent high sense of ethics and character, outstanding athletic achievement, acceptance of higher educational pursuit, and is a role model for younger students as a true "student-athlete".

Dardinger Family Scholarships – The Dardinger Family scholarships were established in memory of Carl and Louise Dardinger, Richard Dardinger, and Esther Dardinger. Scholarships are given annually to four senior students, one of which is a softball or volleyball player.

The Don Jakeway Johnstown-Monroe High School Scholarship – This scholarship was established to benefit graduating football seniors at JHS in honor of Don Jakeway. Priority is given to those who are pursuing a career in Education, Sports Management, or other Athletic-Related Fields.

Harold A. Meyer Award – At the end of each sports season, one member of the every team is presented with this OHSAA award for sportsmanship for their individual sport. At the end of the year, one outstanding male and female athlete is selected based on integrity, conduct, and leadership overall.

Jim Davis Memorial Award – This award is in memory of James E. Davis, a 1965 JHS graduate who earned twelve varsity letters through participation in football, basketball, and baseball. The scholarship is presented annually to an outstanding senior male and female athlete whose versatility is exemplified by having earned varsity letters in more than one sport.

Lynn Beach Memorial Scholar Athlete Award – Given in memory of Lynn Beach, a former principal and coach at JHS. Mr. Beach served as a leader, mentor, and role model to many people. Given annually to honor one student-athlete who excels in the classroom and shows outstanding leadership in sports.

Mike Craig – Given in memory of Mike Craig, teacher, and coach, at JHS. The award is based on the qualities of leadership, moral character, work ethic and academics. Requirements: Must further education at a 2- or 4-year college, be involved in at least one extra-curricular activity, maintain a minimum GPA of 3.0, submit an essay on the importance of character and integrity as you go to college and beyond, and submit 2 letters of recommendation from teachers or administrators.

NFHS National Award of Excellence – Presented to individuals who are positive role models for others and who encourage others to be positive role models through good citizenship, high moral character, and

good sporting behavior. One male and one female student who may or may not have participated in interscholastic athletics may be recognized.

OHSAA Courageous Student-Athlete Award – This award is intended to bring credit to a very special student who has been involved in, or supportive of, the interscholastic athletic program and who deserves recognition for courage**.**

OHSAA Scholar-Athlete – Exemplifies a dedication to academic excellence while participating in interscholastic athletics. The highest scholastic average of all male and all female athletes is taken at the end of first semester of grade 12 and recipients must earn a minimum of four varsity letters in all sports combined in order to qualify for this award.

OHSAA State Award for Sportsmanship, Ethics, and Integrity – The annual state sportsmanship, ethics, and integrity award is presented to an individual in the Johnstown community who exemplifies good sportsmanship, is a positive role model for others, reflects a high level of ethics and integrity in dealing with students and the interscholastic athletic program, supports and demonstrates positive values, and contributed to the well-being of the youth of Johnstown High School.

United States Marine Corp Distinguished Athlete – Awarded to the most decorated male and female athlete in the graduating class.

ATHLETIC DEPARTMENT PHILOSOPHIES

PHILOSOPHY REGARDING COACHES

The primary goals of our coaches are to not only prepare the athletes to compete in their sports, but also to teach them individual discipline, values, and to lead them to become better citizens in our society. To be a successful coach, one must be able to communicate well with each and every individual athlete and to incorporate students with different personalities and backgrounds into an effective team.

The coach of any team is, in all ways, an outstanding role model to his team, school, and community. Coaches expect the same of student-athletes and encourage them to represent JHS with integrity, respect, and class.

Individual and team success comes from teamwork and does not focus on the wins and losses. Coaches strive to instill in student-athletes the surety that success comes from hard work, dedication, discipline, and enthusiasm. Coaches practice each of the previous key points with their athletes as they prepare them for success both during competition and in society.

- As member of the Ohio High School Athletic Association, Johnstown-Monroe Local Schools encourage the participation of young men and women in a number of interscholastic sporting activities.
- No student shall be required to participate in any sport or activity as a prerequisite for participating in another sport.
- It is the belief of the JMLSD Athletic Department that a quality athlete is a disciplined athlete.
- We feel that excellence can only be achieved through a great amount of hard work and total dedication.

These things come mostly from within. The motivation that brings about the kind of excellence we all desire is largely self-motivation. With this belief in mind, student athletes are expected to observe the following rules and our coaches will encourage this behavior:

- Always do your very best in the classroom.
- Conduct yourself at all times in a manner that will bring credit to your team, school, and community.

- Promote team spirit.
- Attend every practice unless excused by the coach.
- Keep the hours established by the coach of each sport.
- Refrain from condemning fellow players, coaches, or advisors relative to the activity.
- Always set a positive example. You are in the limelight and are always being evaluated by others.
- Always present a neat and appropriate appearance when representing JMLSD.
- In times of adversity, strive to be a better person.
- Follow all rules and regulations established by the coaching staff and/or advisors.

PHILOSOPHY REGARDING PARENTS

Communication You Should Expect from Your Child's Coach:

- Philosophy of the coach
- Expectations the coach has for your child as well as for all players on the squad
- Locations and times of all practices and contests
- Team requirements (fees, special equipment, off-season conditioning)
- Procedure followed if your child is injured
- Discipline that results in the denial of your child's participation

Communication Coaches Expect from Parents:

- Notification of any schedule conflicts well in advance
- Concerns expressed directly to the coach
- Specific concerns in regard to a coach's expectations

Issues which are Appropriate to Discuss with Coaches:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior and/or safety

Issues which are NOT Appropriate to Discuss with Coaches:

- Philosophical differences in coaching/team strategy/play calling
- Playing time and position
- Other student-athletes

Appropriate Procedure for Discussing Concerns with Coaches:

- Call to schedule an appointment with the coach (contact the athletic administrator to set up the meeting if unable to reach the coach).
- Do not confront a coach before or after a contest or practice, these can be emotional times for all parties involved and do not promote resolution. Concerns and suggestions are gladly accepted at times other than on game day and/or within 2 hours before or after practice.
- What if the meeting with a coach did not provide a satisfactory resolution?
    - Call to set up an appointment with the athletic director and coach
    - Determine the appropriate next step at this meeting

Suggestions in Communicating with your Children:

- Always work to ensure your children believe that win or lose, fearful or heroic - you love them, appreciate their efforts - and that you are never disappointed with them. This will always support the

in doing their best without fear of failure. Be the person in their life they will always look to for constant, positive reinforcement.

- While remaining aware of the words above, try your best to be completely honest and realistic about your child's athletic ability, competitive attitude, sportsmanship, and actual skill level.
- Be helpful but don't coach them. It is tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction. In a nationwide survey, when athletes of all ages were asked to identify the worst part of playing sports, an overwhelming number stated that "the ride home with my parents" was the worst part.
- Teach your children to enjoy the thrill of competition, to be out there trying, and to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, and for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure. Remember, you won and lost as well, you were frightened, you backed off a bit at times, no one is always heroic. Don't pressure your child through your own pride. If they are comfortable with you, win or lose, then they are on their way to maximum achievement and enjoyment.
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, (s)he will likely become confused and disenchanted.
- Don't compare the skill, courage, or attitude of your child with other members of the team, siblings, etc..
- Get to know the coach(es). Then you can be assured that his or her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- Make a point of understanding courage and the fact that it is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear. Courage is doing something in spite of fear and discomfort.

PHILOSPHY REGARDING SPORTSMANSHIP

The Fan's Role

The spectators at an athletic contest have an important role in displaying good sportsmanship. Their habits and reactions reflect directly upon the reputation of their school and community.
Fans should:

- Show respect for the opponent.
- Positively support their team.
- Understand the rules and concepts of the game.
- Maintain self-control at all times.
- Recognize and acknowledge good performances by athletes on either team.
- Give support to those participating in the athletic event.
- Set a good example for the opposing school's athletes and fans.

The Parent's Role

Being the parent of a middle or high school interscholastic athlete can be a great experience. Johnstown High School and Johnstown Middle School have many different sports. Parents' participation, with their son or daughter, should be an enjoyable activity. Their support is very important to their athletes, the high school and community. To make this experience the most rewarding for all concerned, the following suggestions on being a supportive athletic parent are offered:

- Be positive. Being on a high school team is quite an accomplishment. Do not let playing time, positions, or other coach strategic decisions dictate the athlete's happiness. Celebrate the fact he/she was good

enough to make a team. When things are not going well for your son/daughter or for the team is when parents need to be most positive and supportive.

- Be supportive of the coaching staff in front of your son/daughter. Nothing can injure teamwork faster than athletes doubting the capabilities of their coaches. The coaches are trying to do their best at every moment. If you have concerns, see the coach or athletic director. (S)he will listen, appreciate your confidentiality, and give you a timely response.
- Be part of a parent network. Whether you are part of a booster club or not, special relationships can be fostered over the careers of athletes by socializing with other parents. This socialization can take place at games, after games, at team dinners, etc. Parents need support too! Be positive with each other and do not hesitate to remind each other about always remaining positive. If you hear a rumor that concerns you about any athletic issue, call someone to verify or clarify what you have heard. Do not perpetuate a rumor by passing it on or by remaining silent about an issue that could negatively affect a program.
- Booster parents are essential. We appreciate the fact that you are an active booster parent and supportive of our total program. Do not feel you are obligated to donate funds or equipment to our athletic program for it to be successful. While we have financial needs from time to time, our school historically has made a strong commitment to high school athletics. Your attendance at our sporting events and encouraging other fans to come and watch our athletic teams perform would be of tremendous support. Booster parents are also encouraged to be involved in ongoing booster meetings and projects.
- Winning and losing is a part of the game. It shall be our staff's goal to pursue excellence in the school's athletic program through motivating students to achieve to the best of their ability while honoring themselves with their talents. Winning under a positive goal-oriented environment can be a natural and enjoyable outgrowth of this attitude. Everyone enjoys a well-played victory, but a "Winning At All Cost" philosophy cannot become the controlling force. Too much is sacrificed when that philosophy is dominant. The philosophy should be to be honorable in our attitudes and skills and whether we win the physical victory or not, we have still won the game of life.
- Athletics provide a wonderful opportunity for young people to stretch their capabilities and to develop life-long skills in fitness and character. The school's athletic program and coaching staff shall dedicate themselves to those ends.
- College Scholarships are available. Having lofty expectations for our children is a normal and healthy goal. In striving for these expectations, we must also be realistic. Not everyone can receive a college scholarship, nor should your child's athletic success be measured by the number of offers (s)he receives. We have received our share of scholarships based on all the hard work you, the athletes, and the coaches have put forth. Our coaches will help individuals and parents in whatever way they can to find an opportunity for those who wish to pursue collegiate careers. Coaches will not, however, recommend a school at which the athlete cannot potentially be successful.
- Other thoughts regarding our program: The success of our athletic program is not dictated by the athletes and coaches alone. Our school's teams, students, and adult supporters should work together. If the contributions of any of these three are less than total, everyone stands to lose. We have a tremendous amount of support for our athletes from the coaches, the administration, and the board of education. We thank you for your support and participation.

An excerpt from; ***Attitude*** -- by Charles Swindol

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only

thing is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes!"