

ATHLETIC HANDBOOK
for
STUDENT-ATHLETES



**FRANKLIN CENTRAL
HIGH SCHOOL**

**HOME OF THE "FLASHES"
12 - 13**

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FRANKLIN CENTRAL HIGH SCHOOL STUDENT ATHLETIC HANDBOOK

Section 1 – Profile of Athletic Program

Through the tireless efforts of many generations of Franklin Township residents, employees and supporters, Franklin Central High School has developed a rich tradition in athletics.

Young men are offered a ten-sport program including cross-country, football, soccer and tennis in the fall; basketball, swimming and wrestling in the winter; baseball, golf and track in the spring. Young women are offered a ten-sport program including cross-country, golf, soccer and volleyball in the fall; basketball, gymnastics and swimming in the winter; softball, tennis and track in the spring. Cheerleading is also part of the athletic department with participation in the fall and winter.

Athletic Statement – This booklet is designed to inform athletes and their parents or guardians of the rules, regulations, and information that helped develop the tradition of athletic competition at Franklin Central High School.

Participation in high school athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate will be expected to follow the Code of Conduct established by the administration and other specific coaches' rules for their sport. Student-athletes represent their school, family and community. It is the athletes' duty to conduct themselves in a dignified and respectable manner.

Athletic Philosophy – The goal of the Franklin Central Athletic Department is to provide the best opportunities for its student-athletes to excel in teamwork, sportsmanship, self-discipline and moral character. The purpose is to provide each participant with experiences that will be positive, memorable and that help him/her to develop the capacity for commitment to a cause, acceptance of responsibility and loyalty towards any chosen endeavor.

Athlete Defined – The Franklin Central athlete is defined as and includes all young men and women who represent a team that engages in interscholastic competition. This includes participants, managers, trainers and cheerleaders.

Conference Indiana – Franklin Central is a charter member of Conference Indiana along with Bloomington North, Bloomington South, Columbus North, Lawrence Central, Perry Meridian, Pike and Southport. The purpose of the conference is to stimulate interest in a well-rounded athletic program, to promote sportsmanship and a friendly understanding among member schools in all interschool relations.

Franklin Central High School Athletic Staff

Athletic Director	Burt Austin (Office # 803-5529)
Athletic Secretary	Vicky Roehling (Office # 803-5537)
Athletic Trainer	Mark Sarault (Office # 803-5568)

Fall Head Coaches

Cheerleading	Alicia Castillo
Boys Cross Country	Eric Kellison
Girls Cross Country	Matt Sweetman
Football	Burt Austin
Girls Golf	Steve Land
Boys Soccer	Ilyas Holmes
Girls Soccer	Kyle McClarnon
Boys Tennis	Micah Torgersen
Volleyball	Liz Statzer

Winter Head Coaches

Boys Basketball	John Rockey
Girls Basketball	Brian Hacker
Gymnastics	Kim Dykes
Swimming B/G	Bart Braden
Wrestling	Gary Fox

Spring Head Coaches

Baseball	John Rockey
Boys Golf	Steve Land
Softball	Kathy Stricker
Girls Tennis	Bruce Torgersen
Boys Track	Dave Bannon

Girls Track

Brian Hacker

Cheerleading

Alicia Castillo

Athletic Trainers

Mark Sarault

Kent Evans

Section 2 – I.H.S.A.A. Rules of Eligibility

You are **INELIGIBLE** if:

Age

- You are 20 years of age prior to or on the scheduled date of the IHSAA state finals tournament in a sport.

Amateurism

- You play under an assumed name.
- You accept money or merchandise directly or indirectly from athletic participation.
- You participate in clinics or camps without IHSAA approval.
- You sign a professional contract.

Awards/Gifts

- You receive in recognition for your athletic ability any award not approved by your high school principal or the IHSAA.
- You use or accept merchandise as an award, prize, gift or loan or purchase such for a token sum.
- You accept awards, gifts, trips or honors from colleges or their alumni.

Enrollment

- You did not enroll in school during the first 15 days of a semester.
- You have been enrolled more than 8 semesters beginning with grade 9.
- You have represented a high school in a sport for more than 4 years.

Illness/Injury

- You have been absent 5 or more consecutive days due to injury or illness and do not present to your principal or designee written verification from a licensed physician stating that you may resume participation.

Parent/Physician Certificate

- You do not have the completed certificate on file with your principal each school year, between May 1 and the first day of practice.

Practice

- You have not completed the required number of separate days of organized practice in a sport under the direct supervision of the high school coaching staff preceding participation in a contest.

Scholarship

- You did not pass 5 full credit subjects in your previous grading period or at semesters end.
- You are not enrolled in 5 full credit subjects.

Section 3 – Code of Conduct

Statement – The following Franklin Central athletic rules are in line with the Indiana High School Athletic Constitution which states:

“Contestants’ conduct, in or out of school, shall be as: 1) not to reflect discredit upon their school or the IHSAA or, 2) not to create a disruptive influence on the discipline, good order, moral or educational environment in a school. It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school.”

also

“Any contestant or coach ejected from a contest for an unsportsmanlike act shall be suspended from the next interscholastic contest at that level of competition and all other interscholastic contests at any level in the interim, in addition to any other penalties assessed.”

Enforcement of the Code of Conduct – The principal (or designee) shall enforce all rules and regulations as described in the Code of Conduct for athletes. All rules regarding behavior and/or training as outlined in IHSAA regulations apply. The coach of each sport will reinforce the code during the year. Any alleged violation of the code should be reported first to the principal (or designee) and athletic director.

The code is in force (12) twelve months a year, grades (9) nine through (12) twelve.

Expected Standards of Conduct for Athletes

- The good of the team is first and foremost. Once a team is eliminated the individual becomes the most important.
- No player(s) will ever employ illegal tactics to gain an undeserved advantage. All players will devote themselves to being a true student/athlete.
- All athletes will obey the specific training and practice rules of their team as given to them by the coaching staff of that team.
- Athletes should not engage in doing negative things. Drinking alcohol, taking controlled drug substances, using tobacco products; using profanity and being disobedient are harmful to athletes and their team. Maximum effort and performance cannot be attained doing these things.
- Be a positive influence in all you do. Work for the betterment of Franklin Central and set a good example by always doing what is right and good.
- Officials deserve courteous respect. Realize that officials do not lose a game or contest. They are present for the purpose of insuring a fair contest for both teams.
- All athletes will care for all equipment as though it was their own personal property. If equipment is "worn-out" through practice, the school will replace it. If equipment is lost or stolen the athlete will be responsible for replacement costs. Equipment may not be worn during the school day, or outside the school without the approval of the coach of that sport.
- All Franklin Central athletes are expected to comply with the standards of our athletic code of conduct and school rules.

IMPORTANT – Franklin Central is not asking athletes to make sacrifices. Sacrifices imply giving up good things. We are asking our athletes to do the opposite. Live clean, think clean and do those things that make them more competent individuals and team members.

RULE #1 – Athletes (including cheerleaders, managers, statisticians and student trainers) shall not knowingly possess, use, transmit or be under the influence of any illegal drug, tobacco or alcohol.

Consequence:

First offense: Student will be suspended for at least 50% of scheduled contests of the current season with the head coach's discretion to remove the student from the team for the remainder of that season. If the student is out of season or if less than 50% of the season games remain, the penalty will carry over to the next season in a sport, which he/she had participated in the previous year. In addition, the student must show proof of participation in a rehabilitation program to continue to participate in any athletic program at Franklin Central.

Second offense: Student will be suspended from athletics for one calendar year from the date of the infraction. In addition, must show proof of participation in a rehabilitation program to continue in athletics.

Third offense: Student will forfeit all athletic privileges for the remainder of his/her career at Franklin Central.

Self-Report Clause – If a student voluntarily reports a violation of Rule #1 or Rule #3 to the Athletic Director, Assistant Athletic Director or his/her head coach prior to being reported by some other means, he/she will not be permitted to participate in a number of contests equal to 10% of or at least one contest of the season. The student must also show proof of participation in a rehabilitation program to continue in athletics. The intent is to help the student and encourage the violator to be honest and seek help. A student may use this self-report clause only one time during his/her career.

RULE #2 – School officials shall suspend any athlete charged with a felony immediately from athletic participation pending further investigation. Any athlete convicted of a felony shall be suspended from athletic participation for one calendar year from the time of the conviction. Conviction of a misdemeanor shall be subject to athletic suspension determined by the athletic council.

RULE #3 – Attendance at social events (parties, dances, etc.) is up to the athletes and their parents. However, athletes are expected to leave social events as soon as possible where the illegal use of drugs/alcohol is present. Violators will be subject to athletic suspension for 50% on the first offense (in the next sport which he/she had participated in the previous year). The second offense will result in a one year suspension from athletics.

RULE #4 – Any athlete in violation of school rules such as truancy, suspension, and classroom disruption will be disciplined by the already established school rules. The athlete may further be disciplined according to team rules.

RULE #5 – Athletes shall not commit acts of disrespect, vandalism and/or theft. His/her team rules and/or the athletic council may discipline the athlete.

RULE #6 – The penalties included in this Athletic Handbook represent the minimum for a student-athlete found to have violated a rule of it. The head coach of each sport may set forth specific team rules. These rules and the penalties for breaking them will be given to the athletes by the coach at the first practice or meeting of that sport. These written rules should be signed by the athlete and his/her parent or guardian and kept on file with the athletic director.

The Code of Conduct is written to best determine the rules and their penalties for student-athletes at Franklin Central. However, administrative discretion may be used to determine the severity of disciplinary actions taken for any offense.

Section 4 – Notes

Attendance – Daily attendance at school and practice is expected. All student-athletes must have attended classes for at least four periods the day of contests to be able to participate in his/her next athletic event. Approved field trips or school activities constitute attending school. Any exceptions must be approved through the principal's and/or athletic office.

Athletic Council – The athletic council is composed of the assistant principal in charge of student activities, athletic director(s), one selected non-coaching faculty member, and a member of the community selected from a pool of such candidates. The athletic council is in existence to hear appeals of accused athletes and to make recommendations on the hearing evidence to those in attendance. Following a hearing, the parents/guardians of the athlete will be notified by the assistant principal within five school days the decision of the council.

Appeals/Hearings – An athlete or his/her parent/guardian has the right to a hearing on exclusion by so notifying the principal in writing within five school days after the decision. The right of appeal is forfeited if the request is not made within this five-day limit.

The purpose of the appeal hearing is to inquire into the athlete's alleged violation and to allow the athlete to present evidence on the student's behalf. The hearing will be tape recorded with copies available upon request.

The decision of the athletic council may be appealed by the athlete and his/her parent/guardian in writing to the high school principal within five days of notification of the council's decision. The appeal procedure will follow the Student Due Process Administrative Guidelines of Franklin Township.

Athletic Season – An athletic season shall begin on the first official practice date as determined by the I.H.S.A.A. and shall conclude on the date of the final event for that particular sport season. An athlete must remain in good standing academically and athletically during that period to qualify for any awards.

Carry Over Rule – If a rule violation occurs and the athlete cannot fulfill the terms of the violation within that sport's season, the suspension carries over to the next season in which the athlete has previously participated.

Changing a Sport – If an athlete is cut from a team, he/she may join another team or program in that sport season. An athlete cannot quit one sport to join another sport until that team is no longer competing. For example: An athlete cannot quit football to try out for basketball until football season is completed. (Athletes may transfer from one sport to another during a season only with approval from the athletic director.) If an athlete is removed from a team for any reason (i.e. quitting, rule violation, grades, etc.) that athlete will not be allowed to participate in any practice, conditioning program or weight room activity until completion of competition for the team from which the athlete was removed. If the athlete wishes to appeal to the Athletic Council, a written appeal must be submitted to the assistant principal in charge of student activities within five school days of the athletic director's decision.

Anti-Hazing Statement – Franklin Central High School is committed to providing a positive learning atmosphere for our students. Hazing activities are inconsistent with our educational mission and will not be tolerated in the athletic department. The Indiana Code defines hazing as “forcing or requiring another person (1) with or without the consent of the other person and (2) as a condition of association with a group or organization; to perform an act that creates a substantial risk of bodily injury.” The *American Heritage Dictionary, Fourth Edition*, defines hazing as: “To persecute or harass with meaningless, difficult or humiliating tasks. To initiate by exacting humiliating performances from or playing rough practical jokes upon.” The Franklin Central High School Athletic Department will not tolerate actions by athletes that recklessly or intentionally endanger the mental or physical health or safety of a student. Disciplinary action will be taken against students who plan, encourage, or engage in hazing activities. Athletic department employees who permit, encourage, condone or tolerate hazing will be subject to discipline.

Insurance – Franklin Central's Athletic Department no longer provides insurance coverage for student-athletes. Franklin Central High school's administrators, coaches and trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sport(s). Due to the nature of athletic activity, injury may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are encouraged to have a family insurance policy to cover athletic injuries and the cost of treatment. The IHSAA carries catastrophic insurance to cover certain major injuries incurred while participating in approved IHSAA sports programs.

Out-of-season violations – Athletic rules and consequences are cumulative and in effect year-round.

Performance Enhancing Drugs – In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes and student-athletes shall not use such drugs, medications or food supplements. **All student-athletes and their parents/guardians should consult with their physicians before taking any supplement product.**

Team Cutting Policies – Each coach at Franklin Central has his/her own policy on how a team will be chosen. In some sports, reducing a team down to a manageable size is a necessity. Coaches will explain their policy to candidates for their team at the first meeting. An athlete may be cut from a team anytime during a season.

Training Room – Training rooms are for treatment and rehabilitation. Space is limited, therefore only athletes needing treatment should be in the training room. No student is permitted in the training room without the permission of the athletic trainer and/or the athlete's coach.

Transportation – Franklin Central athletes are required to travel to and from athletic contests and special events in school approved vehicles under adult supervision provided by F.C.H.S. Extenuating circumstances should be cleared in advance with the Assistant Athletic Director or Athletic Director.

Weight Room – The weight room is available for use by teams before or after school. No student should use the weight room facilities without adult supervision. Weight room guidelines must be followed or usage privileges may be suspended.

Section 5 – Awards

All Franklin Central athletes are eligible to earn awards. Each sport gives the same awards, which are purchased by the athletic department. The athletes must purchase letter jackets. An athlete must be in good academic standing and not be under suspension for an athletic violation to receive an award. Candidates must complete the season's play unless an injury has occurred. Awards will not be given to those athletes who have not turned in equipment to a coach or trainer.

Description of awards

Freshman awards – The first award is a set of 4" white chenille numerals designating the year of graduation. All additional freshman awards are certificates.

Junior varsity awards – All junior varsity awards are certificates.

Varsity awards – The first varsity award is a 7” white chenille block letter “F”, accompanied by the appropriate Swiss insert for the sport. Upon attainment of additional varsity awards in a sport, a diploma type certificate will be given, along with an appropriate Swiss insert for that sport.

Senior Tri-Athlete Award – A senior athlete who receives a varsity award in each of the three sport seasons will receive an appropriately engraved plaque.

Blue Plaque Award – A female athlete who receives eight varsity awards will receive a Blue Plaque with the appropriate engraving.

Gold Key Award – A male athlete who receives eight varsity awards will receive a Gold Key with the appropriate engraving.

Athletes become eligible to purchase a letter jacket after they have earned one varsity letter. All purchases must be made through the Franklin Central High School athletic department.

ALL ATHLETIC AWARDS WILL BE GIVEN UPON THE RECOMMENDATION OF THE HEAD COACH FOR THAT PARTICULAR SPORT.

Section 6 – NCAA Eligibility Standards

Information from the NCAA follows on the next two pages. Please read carefully.



NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES:

Core Courses

- Starting August 1, 2008, 16 core courses will be required for NCAA Division I only. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- 14 core courses are required in NCAA Division II. See the breakdown of core-course requirements below.

Test Scores

- Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, math, reading and science.
- All SAT and ACT scores must be reported directly to the NCAA Initial-Eligibility Clearinghouse by the testing agency. Test scores that appear on transcripts will no longer be used. When registering for the SAT or ACT, use the clearinghouse code of 9999 to make sure the score is reported to the clearinghouse.

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- Be sure to look at your high school's list of NCAA-approved core courses on the clearinghouse Web site to make certain that the courses being taken have been approved as core courses. The Web site is www.ncaaclearinghouse.net.
- Division I grade-point-average requirements are listed on page two of this sheet.
- The Division II grade-point-average requirement is a minimum 2.000.

DIVISION I 16 Core-Course Rule

16 Core Courses:

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule

14 Core Courses:

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

PLEASE NOTE: For students first entering any NCAA college or university on or after August 1, 2005, computer science courses may only be used for initial-eligibility purposes if the course receives graduation credit in mathematics or natural/physical science and is listed as such on the high school's list of NCAA-approved core courses.

OTHER IMPORTANT INFORMATION

- Division II has no sliding scale. The minimum core grade-point average is 2.000. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 Core courses are required for Division II.
- 16 Core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the clearinghouse from the testing agency. Scores on transcripts will not be used.

For more information regarding the rules, please go to www.ncaa.org. Click on "Academics and Athletes" then "Eligibility and Recruiting." Or visit the clearinghouse Web site at www.ncaaclearinghouse.net.

Please call the NCAA Eligibility Center if you have questions:

Toll-free number: 877/622-2321

NCAA Eligibility Center
08/28/07 LM:cvs

NCAA DIVISION I SLIDING SCALE CORE GRADE-POINT AVERAGE/ TEST-SCORE New Core GPA / Test Score Index		
Core GPA	SAT Verbal and Math ONLY	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

**STUDENT and PARENT: CERTIFICATION OF KNOWLEDGE
CODE OF CONDUCT – INJURY AWARENESS**

STUDENT CERTIFICATION OF KNOWLEDGE of Indiana High School Athletic Association rules and the Franklin Central Code of Conduct and Injury Awareness.

I have read the Athletic Handbook for Student Athletes published by Franklin Central which contains condensed eligibility rules of the Indiana High School Athletic Association. I believe I am eligible to represent my school in athletics and agree to abide by said rules and regulations of my school and the IHSAA.

I acknowledge that I have received a copy of the athletic code, been informed of and read the Code of Conduct for Franklin Central athletes. I understand the Code and realize that I am subject to disciplinary measures should I violate the Code. I do agree to participate and conduct myself in accordance with the rules of our athletic code and with any other specific rules of my coaches. I further understand and have been told there is a risk of being injured that is inherent in all sports. I realize that the risk may be severe, including the risk of fracture, brain injury, paralysis or even death.

Print Name _____

Student Athlete Signature _____ Date _____

PARENTAL CERTIFICATION OF KNOWLEDGE of the Franklin Central Code of Conduct and Injury Awareness.

As a parent of the above student-athlete, I have read the Franklin Central Code of Conduct and discussed with my son/daughter. I understand the Code and realize that my son/daughter is subject to disciplinary measures should he/she violate the rules of the Code or the Coaches. I further understand and have been informed through this document, my son/daughter and the Code that there is a risk of being injured that is inherent in all sports. I realize that the risk may be severe, including the risk of fracture, brain injury, paralysis or even death.

Print Name _____

Parent /Guardian Signature _____

PARENTAL CONSENT to release academic information. I give my permission to Franklin Central High School to release my child's academic information to any college, university, coaches association, civic groups or any other group that has made such a request.

Parent/Guardian Signature _____