

# Middletown Athletics

“The Middie Way Program”



## WHAT IS A MIDDIE?

**A Middie is a lady or a gentleman,**

**A scholar,**

**And an athlete**

**In that order!**

**Student Athlete and Parent/Guardian Handbook**

Athletic Department

Middletown High School

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# INTERSCHOLASTIC ATHLETICS

Every student athlete and his/her parent(s) will be responsible for reading the following Middletown City School District Athletic rules. The student athlete and his/her parents or legal guardian will be required to sign the document in the space provided to indicate they have read the athletic policies. Student athletes in the Middletown City School District will be required to abide by the rules and regulations in the athletic policy established by the Ohio High School Athletic Association and Middletown City School District Code of Student Conduct Policy. This signed policy is to be returned to the school and will remain in effect for one year.

## Training Rules and Regulations

Student athletes will be required to abide by the Code of Student Conduct and the rules and regulations stated in this policy as well as the other training rules specified by the coach of the particular sport's activity, and approved by the athletic director, in which they are participating. The Ohio High School Athletic Association will determine the sport's season. Any student who violates the Athletic Training Rules and Regulations will be disciplined as follows:

1. **“ALCOHOL AND OTHER DRUG USE BY STUDENT ATHLETES”** File:IGD-R. RULES AND REGULATIONS accompanying this document. This literature does not need to be returned with this signed statement and it should remain with the student and their parent/guardian for referral purposes.
2. A student athlete violating the training rules and regulations, including the use of tobacco off school property, will be put on a one-week probation. During the probation the student athlete may not participate in any interscholastic contests or games but must attend all practices. A student athlete who violates the training rules and regulations for a second time during the current sport's session will be immediately denied participation in athletics in the Middletown City School District for the balance of the current sport's season including practices.
3. Student athletes awaiting a hearing will be denied participation in athletic activities pending the disposition of the hearing.
4. Before a student athlete may participate in any athletic activity in the Middletown City School District, he/she must have the forms required for the activity on file in the school office. The student athlete must have a valid physical with all the information recorded on the proper physical card provided by the Ohio High School Athletic Association. The doctor, parent or guardian and the student athlete, must sign the physical card.
5. Student athletes are responsible for returning all equipment issued to them during their sport's season.
  - a. The student athlete will be financially responsible for any lost equipment. All financial obligations of the student athlete must be taken care of within one week after the end of the sport's season. Financial obligations include all school fees. No student athlete will receive an athletic award until all equipment is returned and all financial obligations have been paid. No further equipment will be issue until this equipment has been returned.
  - b. Any student athlete having in his/her possession stolen athletic equipment, jerseys, etc., which is property of the Middletown City School District must return these items immediately to the school or be subject to the penalty as defined in the previous paragraph.

A student athlete quitting a sport's activity may not participate in a new sport's activity until the athlete has received an athletic release from the head coach of the sport being dropped or until the end of that specific sport's season. No student may participate in any sport's activity until the student athlete has taken care of all previous financial and athletic obligations.

Students, employees of the Board of Education, volunteer coaches, booster club members and all others are forbidden from recruiting student athletes from other schools. Such recruiting activities could make the student athlete ineligible and could cause the school to be suspended from competition by the Ohio High School Athletic Association.

# Criteria for Participation

A student athlete who has been absent from school may not practice a sport activity after school. In order to participate in an athletic contest, a student athlete must attend school at least the last four periods of the day of an athletic contest. Extenuating circumstances will be given special consideration by the principal or the athletic director.

A student athlete will abide by all the school rules and regulations stated in the student handbooks and the Middletown City School District's Code of Student Conduct Policy (which would include the appeals process available to students, their parents or legal guardians).

## Conduct of Student Athletes

1. The Middletown City School District expects student athletes to conduct themselves properly and display acceptable sportsmanlike behavior while participating in athletic competitions. Fighting, verbal abuse and other unsportsmanlike conduct are unacceptable behaviors and have no place in athletic competition.
2. Coaches, individual athletes and game officials are responsible for preventing fighting, verbal abuse and any other unsportsmanlike conduct during practices or at any event. Athletes, officials and coaches to insure a safe athletic environment must maintain proper control.
3. If it becomes evident to the school administration that a safe athletic environment has not been maintained, and then it is the responsibility of school administration to take necessary action to establish a proper athletic environment. Such action can be direct to individual athletes and/or coaches, particular squads or teams, or to the entire athletic program.
4. A student may be suspended or expelled from an athletic program or team by his/her coach for violating the Code of Conduct or for breaking any rule established for the activity or team by the coach. The rules established by the coach of an activity or team shall be in writing and each student participant and his/her parent or guardian shall sign a copy of the rules, which signed copy shall be on file with the coach prior to any participation in the sport by the student.
5. If a coach determines that a suspension from participation in any athletic activity is warranted, he/she may do so by informing the participant and parent of the length of the suspension. A coach may expel a participant from an activity or team for the balance of the season by informing the participant of the reasons therefore in writing and by advising the participant that he/she may have his/her expulsion reviewed by the building principal if he/she requests a review within 24 hours.
6. At the review a participant may have his/her parent or guardian present. The principal or designee shall sustain the expulsion unless the coach has acted arbitrarily or unreasonably. The principal's decision shall not be subject to further review.

Approval date: March 26, 1990  
Middletown City School District  
Middletown, Ohio

STUDENT CONDUCT  
(Zero Tolerance)

Students are expected to conduct themselves in such a way that they respect and consider the rights of others. Students of the District must conform to school regulations and accept directions from authorized school personnel. The Middletown City Schools Board has “zero tolerance” of violent, disruptive or inappropriate behavior by its students.

A student who fails to comply with established school rules or with any reasonable request made by school personnel on school property and/or at school-related events is subject to approved student discipline regulations.

The rules and regulations to which students are subject while in school, ~~or~~ participating in any school-related activity, or are engaged in out-of-school conduct targeted at a student, school employee, official, or volunteer, if that out-of-school conduct creates a fear of a specific and significant disruption of school, are outlined in the Code of Student Conduct. This information includes the types of conduct that are subject to suspension or expulsion from school or other forms of disciplinary action. Any violations of the Code of Student Conduct are punishable. The rules also apply to any form of student misconduct directed at a District official or employee or the property of a District official or employee, regardless of where the misconduct occurs.

If a student violates this policy or the Code of Student Conduct, school personnel, students or parents should report the student to the appropriate principal. The administration cooperates in any prosecution pursuant to the criminal laws of the State of Ohio and local ordinances.

A student may be expelled for up to one calendar year if he/she commits an act that inflicts serious physical harm to persons or property if it was committed at school, on other school property, or at a school activity, event or program.

MIDDLETOWN CITY SCHOOL DISTRICT  
BOARD OF EDUCATION POLICY (ADOPTED 9/11/84, REV. 9/16/97, REV. 5/9/05, REV. 6/26/06,  
REV. 5/29/07, REV. 6/9/08, REV. \_\_\_\_\_)  
CODE OF STUDENT CONDUCT (O.R.C. 3313.661)

The following code sets forth school rules prohibiting certain types of student conduct:

This Code of Student Conduct applies to all students (1) on school grounds or property at all times, (2) off the school grounds or property at a school activity or event; ~~and~~ (3) going to or coming from school or a school activity or event while riding in a school vehicle; **and (4) engaged in conduct, regardless of location, targeted at a student, school employee, official, or volunteer, if that out-of-school conduct creates a fear of a specific and significant disruption of school.** Pursuant to House Bill 204, O.R.C. 3321.01; 3321.04; 3321.13; 3321.14; 3321.38, students may have their driver’s license revoked if expelled for being absent without legitimate excuse or for use or possession of drugs or alcohol. It shall be the decision of the proper school administrator, after carefully weighing all the facts and circumstances pertaining to an incident of misconduct, as to which corrective measures are appropriate or adequate.

## STUDENT DISCIPLINE

Effective discipline, which requires respect for the rights of others, is necessary if all students are to attain a quality education.

A student's failure to comply with the requirements for conduct outlined in student handbooks may result in student discipline. Depending on the seriousness of the offense committed by the student, suspension or expulsion may also result. Discipline is always administered in a reasonable manner. (Please refer to the Middletown City School District Code of Student Conduct Reference Chart at the back of this publication.)

**EXTRACURRICULARS:** Students engaging in extracurricular activities must keep in mind that participation in these activities is a privilege, not a right. Students engaging in extracurricular activities are prohibited from engaging in conduct that brings discredit upon the school, or that brings a disruptive influence on the good order, disciplinary, or educational environment of the school. Failure to do so is a violation of the Code of Conduct.

**ARRESTS/CHARGES/OTHER MISCONDUCT:** Therefore, any athlete or participant in any other extracurricular activity who is arrested, who is charged as a juvenile or as an adult, or who otherwise engages in conduct that brings discredit upon the school or brings a disruptive influence on the good order, disciplinary, or educational environment, may be suspended from participating in the activity or competitions until the criminal or juvenile action is completed. If the student's participation in practices brings further discredit upon the school or brings a disruptive influence on the good order, disciplinary, or educational environment of the school, the student may also be denied participation in practices.

**CONVICTION/GUILTY/ADJUDICATION:** Students found guilty of, admitting to, pleading no contest to, or being adjudicated of, charges may expect to have their suspensions extended, up to and including a permanent ban from any or all extracurricular activities or sports.

**TIMING:** The Code of Conduct requirements apply both in and out of season. Therefore, discipline will be imposed for conduct that occurs in season, out of season, or prior to the start of a season.

## ALCOHOL AND OTHER DRUG USE BY STUDENT ATHLETES

All student athletes, (cheerleaders, managers, trainers, statisticians,) are required to abide by the Code of Student Conduct, the rules and regulations stated in this policy, and other training rules specified by the coach/sponsor of the particular interscholastic activity and approved by the athletic director or building principal.

All student athletes and parent(s) or guardian(s) must attend a school-sponsored meeting at the beginning of each sport/activity season. Failure to attend a mandatory meeting will result in denial of participation. Principals, coaches, sponsors, or the athletic director/manager are expected to monitor and enforce any and all violations of the Code of Student Conduct.

### RULES AND REGULATIONS

#### 1. POSSESSION AND USE OF NARCOTICS, ALCOHOLIC BEVERAGES, AND STIMULANT DRUGS.

- a. Unless prescribed by a physician or dentist, or in the case of legally obtainable non-prescription drugs, used and not abused with the consent of his or her parent or guardian, no student athlete shall knowingly possess, use, transmit, consume, or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, or other stimulant, barbiturate or other sedative, marijuana, inhalant, alcoholic beverages, including but not limited to, labeled beer or near beer, other similar labeled beverages, wine, or intoxicant of any kind or the use of ergogenic aids or supplements (over the counter medications) in an attempt to improve athletic performance which puts the student athlete's health at risk.

"Under the influence", as used herein, includes manifesting signs of chemical misuse and may be assessed through the use of a "Rapid Eye Check" by trained personnel and may include a odor associated with the use of drugs or alcoholic beverages. The provisions of the policy also apply to reasonable facsimiles of the foregoing.

- b. Unless possessed for a lawful purpose and with the consent of his/her parents or guardians, no student athlete shall knowingly possess:
  - i. Any instrument, article, or thing whose customary and primary purpose is for the administration or use of a dangerous drug, i.e. and drug which, under F.D.A. regulations. Federal Narcotic Laws, or Ohio Statutes, may be dispensed only on a prescription; or narcotic drugs available without a prescription; or drugs intended for injectable use.
  - ii. Paraphernalia for the use of any drug, illegal, prescription, or over the counter, i.e. any instrument, device, article, or thing whether or not of crude or extemporized manufacture or assembly that is used or intended for use for any of the following:
    1. Preparing drugs for ingestion, inhalation, or other introduction into the body;
    2. Ingesting, inhaling, or otherwise introducing drugs into the body;
    3. Enhancing the effect of drugs upon the body;
    4. Testing the strength, effectiveness, purity, or measurement of any drug.

#### c. FIRST VIOLATION OF RULE NO. 1

Any student athlete that violates the Code of Student Conduct Chemical Use/Abuse Policy will be subject to the following consequences:

- i. The student athlete will be suspended for ten school days in accordance with the established student due process procedures approved by the Middletown Board of Education for all students.

1. The student athlete and parent(s) or guardian(s) must sign an agreement to have an evaluation by a trained chemical dependency assessor. The evaluation must take place during the ten-day suspension.
  2. The student athlete will be required to participate in a drug education program as defined in the Code of Student Conduct and provide written evidence of participation.
- ii. The student athlete is not allowed to practice during the ten-day suspension.
  - iii. The student athlete will be excluded from participating in 30% of the scheduled regular season and any post-season sport/activity upon receipt of a positive drug assessment, which indicated the presence of drugs, which is defined by these regulations. The (30%) denial of participation will carry over to the next sport/activity season or school year if the consequences cannot be met during the sport season/activity or school year in which the violation(s) occurred.
  - iv. If the student athlete fails or refuses to take the assessment, or for recommendations, he/she will be denied participation in extracurricular contests/events and be subject to be expelled.
  - v. The student athlete and parent(s) or guardian(s) must attend a meeting with a review panel to receive permission to return to practice/competition. The review panel will consist of the Student Services Director, building Principal, and Athletic Director.
  - vi. The student athlete is not permitted to travel with the team or sit with the team during competition or performance.
- d. SECOND VIOLATION OF RULE NO. 1

The student athlete will be denied participation in extracurricular contests/events for (180) school days and will be subject to the following consequences:

- i. The parents will be notified and the student athlete will be removed from school for the remainder of the day.
  - ii. The appropriate legal agency with jurisdiction will be notified, and at their discretion, may conduct an investigation.
  - iii. The parents will be notified and informed of their child's involvement, the consequences, and the need for their child to receive and/or continue receiving help from a substance use/abuse agency.
  - iv. The student athlete will be suspended for ten days in accordance with established student due process procedures and will be recommended to the Superintendent for expulsion.
  - v. Whenever a student athlete is expelled for use or possession of drugs or alcohol, the Superintendent may notify the Registrar of Motor Vehicles and Judge of Juvenile Court. Such notification is to be given within two (2) weeks after the expulsion in a manner that complies with the provisions of O.R.C. 3321.13 (B) (3).
- e. THIRD VIOLATION OF RULE NO.1
- A student athlete will be denied permanent participation in extracurricular contests/events and will be subject to the same consequences listed under the Second Violation of Rule No. 1.
- f. SELF-REFERRAL:
- i. There shall be no denial of participation in a sport/activity if the student athlete adheres to the following rules:

1. Seeks help through the administration, coaches, athletic director or the safe and drug free coordinator; and
    2. Agrees to participate in a drug/alcohol assessment program approved by the administration; and
    3. Follows recommendations and provide a written release from a physician.
  - ii. If the student athlete fails to follow through with the assessment, or the assessment recommendations, he/she will be subject to the consequences defined in the first offense violation.
- g. REASONABLE SUSPICION:
- i. The coach/sponsor has the authority to determine the status of participation of the student athlete based on reasonable suspicion.
  - ii. The student athlete may be subject to a "Rapid Eye Check" by trained personnel. If warranted, this decision will be made by the head coach/sponsor, athletic director or building principal.
  - iii. The student athlete and parent(s) or guardian(s) will be required to sign an agreement to have an evaluation by a trained chemical dependency assessor within 48 hours of reported alleged violation.
  - iv. All costs for assessment, treatment, rehabilitation, or counseling shall be the responsibility of the parents.
  - v. Selling/distributing and attempted selling/distributing of alcohol or other drugs:
    1. FIRST VIOLATION: The student athlete will be dismissed from all athletic contests/events for (180) school days.
    2. Any additional offense will result in denial of participation in athletics for the remainder of the student athlete's school career.

# Eligibility

## Guidelines for Student Athletic Eligibility

### I. OHSAA Requirements

- The student must have received passing grades in a minimum of 5 one-credit courses, or the equivalent, which count toward graduation during the preceding grading period grades 7-12.
- Summer school and other educational options may NOT be used to substitute for failure to meet the academic standards during the last grading period of the school year.
- The complete Guidelines for Student Athletic Eligibility from the OHSAA can be found by going to [www.ohsaa.org](http://www.ohsaa.org).

Note: In addition to any local standards or state mandated standards (GPA); the OHSAA standards must be met **without exception** in order to maintain athletic eligibility.

### II. MIDDLETOWN CITY SCHOOL DISTRICT requirements

- A student must have a 1.55 or higher GPA during the previous grading period. (7-12)
- A student must meet all of the standards as set forth by the OHSAA.
- An 8<sup>th</sup> grade student 4<sup>th</sup> quarter grades will be used for high school eligibility requirements for the following school year.

### III. ATHLETIC/EXTRACURRICULAR SCHOLASTIC ELIGIBILITY POLICY

#### • **Quarterly Eligibility**

1. Any student not meeting the OHSAA and Middletown City School Eligibility guidelines cannot participate in interscholastic competition.

*Below italic information applies to high school athletes only.*

2. *Any student whose grade point average for the previous grading period was below a 2.5 or received one "F" in any course must participate in a study table-intervention program to remain eligible for participation.*

#### • **Bi-Weekly Eligibility**

1. *Student athletes in season will submit eligibility sheets to their coaches during the 3<sup>rd</sup> week and during the 7<sup>th</sup> week of each grading period. Coaches will turn in all eligibility sheets into the athletic office at the end of the 3<sup>rd</sup> and 7<sup>th</sup> week. Grades will also be checked at interims and the end of the nine weeks by the athletic office.*

#### • **Study Tables**

1. *Study tables will be held in the high school cafeteria on Monday – Thursday afternoons from 2:30 p.m. – 3:30 p.m. Teachers will serve as supervisors and tutors of the study tables.*
2. *Students who failed to achieve a 2.5 GPA or received an "F" the previous grading period must attend three sessions per week. The students must attend for two weeks until the next grading report.*

***Any student who fails to attend two sessions per week shall be ineligible the following contest.***

## **Transportation**

The following rules are in effect for all athletes riding to and from games or any school-sponsored event:

1. All athletes will ride to and from games or school-sponsored events on Board of Education approved transportation. The only exception will be if the parent contacts the coach before the event about extenuating circumstances. Such circumstances would be:
  - a. An appointment for the athlete that could not be met time-wise if the athlete returned on the bus.
  - b. The parent is planning to stay in the area where the contest was held.
  - c. An emergency at home – coach will use his/her discretion.
2. No athlete may ride to or from a contest or school-sponsored event with a parent other than his or her own even if they meet the circumstances in rule #1.
3. No athlete may ride to or from a contest or school-sponsored event with a friend or relative, other than a parent or guardian, even if they meet the circumstances in rule #1.



