

Conotton Valley Union Local School District



“Every Child, Every Day, In Every Way!”

#SOAR

Student-Athlete and Parent Handbook

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“Every Child, Every Day, In Every Way!” -Our Focus

“The Conotton Valley Union Local School District embraces the opportunity to provide our students with educational opportunities focused on the development of the whole child in an environment where effort, growth, and achievement are the expectation.”

- Mission Statement

“Ensuring each child is able to realize the fullness of his/her human potential.” -Vision Statement

Introduction

Being a member of the Conotton Valley Union Local School District athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great tradition is not built overnight; it takes the hard work of many people over many years. As a member of an athletic program of the Conotton Valley Union Local School District, you have inherited a wonderful tradition, which you are challenged to uphold.

It will not be easy to contribute to such a great tradition. When you represent the Conotton Valley Union Local School District, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family. To whom much is given, much is expected. Being a student-athlete at Conotton Valley also carries a great deal of responsibility:

- ❖ **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies and your participation in athletics prepare you for your life as an adult.
- ❖ **Responsibility to Your School:** The Conotton Valley Union Local School District cannot maintain its position as having outstanding schools unless you do your best in the activity in which you engage. By participating to the maximum of your ability, you are contributing to the reputation of our school.
- ❖ **Responsibility/Commitment to the Community:** You assume a leadership role when you are participating in athletics. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our schools by your conduct and attitude, both on and off the playing surface. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Conotton Valley proud of you and your community proud of your school, by your consistent demonstration of these ideals.
- ❖ **Responsibility to Others:** As an athletic participant, you also bear a heavy responsibility to your home. If you give your family, friends and community members something to be proud of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, when you have performed to the best of your ability every day and that you have performed at your highest level, you can maintain your self-respect and your family can be justly proud of you. The younger students in the Conotton Valley Union Local School District are watching you. They will copy you in many ways. Do not do anything to let them down. Be a great role model!

The Value of Athletics

Athletics are an important part of the total school program which works in conjunction with the other educational experiences to provide students the environment and opportunity to develop as better citizens. This opportunity is a privilege that carries with it responsibilities to the school, to the sport, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education. While participation is to be encouraged, it should be regarded as a privilege to compete for the school and excessive praise and awards should be discouraged.

The Board recognizes the value of a comprehensive program of interscholastic athletics as an integral part of the total experience to all students of the district and to the community. Therefore, the Board of Education shall provide as comprehensive an athletics program as is financially and practically possible.

Co-Curricular Activities

The Board believes that the goals and objectives of this district are best achieved by a diversity of learning experiences, some of which are more appropriately conducted outside of the school. All learning experiences offered by the schools of this district, curricular and co-curricular, should be planned and integrated toward the attainment of the district's objectives.

Extracurricular Activities

The Board requires equal opportunity for every student of the district. In every way possible this policy must communicate that each student has equal access to every program of the school. It is understood that elections, tryouts, and auditions are necessary for an organization whose numbers of participants must be limited. It is also understood that criteria for selection must apply to all candidates, and in return, all Conotton Valley athletes in grades 7-12 must attend practices unless physically sick or have an emergency, funeral, etc.

Academic Eligibility

To be eligible for athletics, a student must be enrolled as a full-time student pursuing a minimum four-year program as outlined in the Conotton Valley High School Program of Studies or a full-time middle school student pursuing minimal standards for promotion.

Eligibility will follow OHSA guidelines.

School Attendance

A student athlete who is absent the day of an extracurricular sporting event shall not participate in the scheduled sporting activity unless excused absence is authorized by the building principal.

A student-athlete who is absent from school for more than 3.5 hours the day of a scheduled event, may not participate unless an excused absence is authorized by the principal.

Athletic Code of Conduct

We will follow the Athletic Code of Conduct as outlined in the Conotton Valley Junior/Senior High School Student and Parent Handbook.

Spectator Courtesy

In an effort to provide a safe playing environment for the teams, the coaches, and the spectators, the Conotton Valley Athletic Department and Board of Education has adopted a policy in regards to unsportsmanlike and/or unacceptable behavior for all who attend home/away contests. This policy applies to any function held on the premises of the Conotton Valley Union Local School District and applies to any unacceptable behavior that may be directed towards our team and its coaches, toward our guests and their coaches, and toward the officials who have been assigned to the contest.

Anyone who is ejected for infractions of this policy will be required to contact the High School Principal/Athletics Director to discuss their behavior, and will serve a minimum penalty of the remainder of the day's contests AND the next two home games/events at the level that they were ejected.

Student Disciplinary Guidelines/Procedures

A participant is considered to be in violation of the code of conduct if the violation is observed by a school employee, coach/advisor, school activity chaperone, member of any law enforcement agency, or the parents of the participant or through a statement of admission by the student.

All student-athletes will be disciplined in accordance with district policy. However, the principal will determine the magnitude of all infractions and will rule on which level of additional consequences the student-athlete will face.

All suspensions will consist of the student-athlete being denied participation in all contests. Additionally, the participant must practice and travel with the team in order to be reinstated after their school suspension ends.

Student athletes may reduce the length of suspensions by self-reporting conduct infractions and completing community service hours (the number of hours will be determined by the Principal).

The athletic code of conduct begins for all student-athletes in the 7th grade. Upon completion of the 8th grade, any infractions a student-athlete may have on their record will not follow them into high school.

All student athletes must successfully complete the entire season in the sport that forfeiture of participation occurred. Unsuccessful completion of the sport will result in forfeiture of participation in the next sport played.

Infraction	First Offense	Second Offense	Third Offense	Fourth Offense
Level 1: Inappropriate behavior/gestures; disrespect, truancy, etc.	Consequences will be executed in accordance with district policy and team rules.	Consequences will be executed in accordance with district policy, team rules, along with a one game suspension.	Consequences will be executed in accordance with district policy, team rules, along with a 20% suspension of scheduled contests.	Consequences will be executed in accordance with district policy, team rules, and a 50% suspension of scheduled contests.
Level 2: Tobacco, Alcohol, Drugs, Nutritional Ergogenic Aids, Bullying, Sexual Harassment, etc.	Suspension for a minimum of 20% of the scheduled contests, competitions, or events.	Suspension for a minimum of 50% of the scheduled contests, competitions, or events.	Suspended from participation in athletics for one full school year from the date of the occurrence.	Suspended from participation in athletics for the duration of their high school career.

District Disqualification Policy

The Conotton Valley Union Local School District requires that a disqualified participant, coach, and/or team personnel shall not be permitted to participate in the next two events at the same level.

Multiple Sport Participation

Students are encouraged to participate on as many different sports teams as they can during their careers. However, for a student to participate on more than one team per season is extraordinarily difficult, and the student needs to effectively communicate with each coach throughout the season to help avoid any conflicts. Both coaches will work collaboratively to share athletes; however, if a conflict should arise, the athlete will make the decision on which sport to participate in with the approval of administrators. This policy applies to only OHSA sanctioned sports.

Under no circumstances shall an athlete be subject to any consequences for choosing one sport over another.

Equipment

School equipment/supplies checked out by the student-participant are his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment/supplies is the student-participant's financial obligation. Equipment/supplies issued are to be used only during scheduled activities or by permission from the Head Coach.

Uniform tops and game jerseys may be worn on certain game days. Normally the wearing of school sports items will be reserved for special occasions.

Insurance

Athletes are required to have proper insurance coverage before they participate in practice sessions. If the athlete is insured through the family policy, an Emergency Medical Form must be completed by the parents, returned and kept on file. If an athlete does not have full coverage an application will be given as prescribed by the district.

Injury

If an injury should occur, it is the duty of all coaches and/or athletic trainers to assist and aid an athlete at practice or at an event. Proper protocol will be followed including immediate notification to parents. Where serious injury is incurred, it is required that the athlete produce a written statement from the physician granting permission to resume participation. The OHSA has adopted additional guidelines for all sports dealing with concussions that will be followed by the district.

Team Travel

All student athletes are expected to travel to and from out-of-town competitions/events in transportation provided by the school district.

The Athletics Director, Principal, Superintendent, and Board of Education must approve any and all overnight trips in advance. Coaches should make their requests known to the Athletics Director stating the purpose and goals, in addition to providing a detailed itinerary. Coaches are expected to inform parents where the team will be staying and phone numbers in the event of a family emergency.

Athletes must be told curfews and team expectations of conduct. Coaches will be expected to deal with athletes who become problems with disciplinary action, including game suspension or missing the next road trip(s).

For overnight team travel, coaches must complete the CVUL Non-Traditional Field Trip Event Checklist. It is the responsibility of the head coach to provide all adult members of the party with the District Trip Leaders/Chaperone Protocols, Procedures, and Expectations Form.

A meeting with the coach, Athletics Director, and principal must be scheduled and take place prior to any overnight or out-of-state travel.

The head coach is required to ride the team bus to and from all games or meets. *As members of a team, student-athletes should ride the team bus to and from all games or meets. Exceptions to this regulation may be granted by the principal. Exceptions must be presented to the principal at least twenty-four hours in advance of the request. The principal will notify the requesting party and coaches of his/her decision.*

Student conduct while on the bus applies to district policy and regulations. Student-athletes should be mindful of their conduct while on buses, at hotels, restaurants, etc. as it reflects upon them, their families, our district, and the team as a whole.

Vacations

Vacations by extracurricular participants during the specified activity season are discouraged. In the event of an unavoidable absence due to a vacation, a participant must contact the head/coach prior to the vacation and be willing to assume the consequences related to their status within the organization. There is a two week no contact period for all sports beginning with the last week in June and running through the first week in July.

Academic Conflicts

Every effort will be made to schedule athletic events in a manner to avoid disturbances to the academic program. Release time for home and away events will be reasonable to limit the amount of class time missed. Students are responsible for academic material missed. It is the responsibility of the participant to see his/her teacher the day before the classes he/she will miss. All work shall be made up at the convenience of the teacher.

Athletic Conflicts

The athletic program recognizes student needs for a wide range of experiences in their education. It is virtually impossible for students to avoid conflict of obligation. Students need to recognize, however, that absences from practices will hinder their skill development and physical conditioning, as well as jeopardize team unity. Time missed from practice will influence a student's performance, and therefore, his/her position with the organization. The athletic program will do its part to schedule events to minimize conflicts.

Where conflicts do arise, the sponsors, advisors, and coaches must cooperate to devise a solution that will be in the best interest of the student. The student's decision as to which event or activity he/she will participate in should be based on the following:

- 1.The related importance of each event;
- 2.The individual importance of each event to the student;
- 3.The contribution the student can make to each event;
- 4.The time at which the events were scheduled;
- 5.Head coach discussion with the parent;
- 6.Head coach discussion with the student.

Holidays

Practices, meetings, etc. are not permitted on the following days: Thanksgiving, Christmas, and Easter. Practices held on any other holiday when school is closed are permitted under the following exceptions and are voluntary and approved by the administration.

Game and Practice Protocols and Procedures: Inclement Weather

The decision to postpone or cancel winter athletic competitions due to inclement weather will be a collaborative process involving a number of stakeholders. Please find this process:

Home Games: Junior Varsity/Varsity Competition

1. Communication with the visiting opponent will take place to determine whether or not the traveling team is able to safely arrive at the Rocket Center. If it is deemed by the visitors that they cannot travel safely to us, the game will be postponed or canceled.
2. Locally, we will determine if our players, cheerleaders, coaches, support staff, and fans are able to safely travel to the Rocket Center. If weather and road conditions make it unsafe for local travel, the game will be postponed or canceled.
3. Determinations regarding the status of play will be made as quickly as possible.

Typically, the timeframe for a decision is as follows:

*For evening start times (5:00 p.m. and later), a decision will be made no later than 1:00 p.m.

*For morning games, (prior to 12:00 p.m.), a decision will be made no later than 7:00 a.m.

*For afternoon games (12:00 p.m.- 5:00 p.m.), a decision will be made within 4 hours of the scheduled start time.

Away Games: Junior Varsity/Varsity Competition

1. After consultation with our Transportation Coordinator, the Ohio Department of Transportation, and local law enforcement, a determination will be made as to whether or not our student-athletes can be transported safely.
2. Once that determination has been made, we will contact our opponents and notify them of our decision. Immediately thereafter, coaches and advisors will be notified of our decision. An automated call to our families will be generated. Coaches may also use alternate forms of communication (Remind) to notify players, cheerleaders, etc. Additionally, we will notify local media outlets for assistance in relaying this information.
3. Decisions will be made as quickly as possible using the same windows as shared for home games.

Junior High School Games/Practices: When school is canceled due to weather related reasons, all games and practices will be canceled.

Practices:

1. *When school is canceled due to inclement weather, all junior high school and lower practices/competitions will be canceled.*
2. A determination for Junior Varsity/Varsity Sports will be made by 1:00 p.m. The determining factor, as always, will be the health and welfare of our student-athletes.
3. Once again, we will utilize our district means of communication to notify players, cheerleaders, coaches, and parents of our decision.

****There may be occasions when the decision-making process needs altered or adjusted based on factors beyond our control. When such situations arise, we will do our best to act promptly with the safety of our students as the top priority. During such scenarios, we thank you in advance for your support and cooperation recognizing winter weather provides challenges and can change quickly.**

Coach to Athlete Communication

Our district coaches will all use the same, universal App to communicate with parents and team members as well as athletic staff. The *Rooms App* is the district approved and required App for this form of communication. No other apps are to be used. *The Remind App will no longer be used.*

Awards and Honors

At Conotton Valley the concept of team is stressed above all else; therefore, individual awards are not to be issued. Individual athletes have ample opportunities to garner individual awards by earning Inter Valley Conference awards, OVAC awards, and OHSA awards.

Letter Requirements

The Varsity "CV" Award shall be presented to students who have satisfied the participation requirements listed below, completes all team obligations, finishes the season in good standing, and/or receives the recommendation of the Head Coach:

- 1.A student who moves from one level of competition to another will letter at the level of the highest competition, provided the student has met the combined requirements.
- 2.A head coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
- 3.Injury rule: any student who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the head coach's judgment he/she would have met the lettering requirements.
- 4.Complete the season in good standing with the school and head coach.

Baseball/Softball: Have at least one plate appearance for every game that is played during the season, or have an inning pitched for every game of the season, or have participated in 50% of the innings played.

Basketball: Participate in 50% of the quarters played.

Bowling: Participate in 50% of all varsity matches.

Cheerleading: 75% of the quarters cheered.

Football: Participate in 21 of the 40 quarters played, or perform special team duties in 21 of the 40 quarters played.

Golf: Participate in 50% of the matches played.

Track: Score 10 team points, or qualify for the District Championship.

Volleyball: Participate in 50% of the matches played.

Wrestling: Participate in 8 Varsity points (matches).

Addressing a Concern

If a student, parent, or community member has a complaint, they must follow this procedure. Hopefully, most issues can be resolved when lines of communications are open and issues are handled directly. However, if the issue cannot be satisfactorily resolved at the initial level, the complaint must use this chain of command. Anyone who skips a level will be sent back to the appropriate level before any action is taken. Always make an appointment and do not approach a coach before, during, or after practice or a game to discuss the issue or complaint. Inappropriate topics of discussion are: playing time, team strategy, play calling, other student-athletes, etc.

Level 1: Student/Coach

Level 2: Parent/Coach

Level 3: Athletic Director

Level 4: Principal

Level 5: Superintendent

Denial of Participation

General rules shall be developed that are consistent for all athletic organizations. In addition to these general rules, each coach may develop additional rules for his/her sport. These rules must be on file in the Athletics Director's Office. Students and parents must be notified in writing of both general rules and the specific rules of the sport by the coach. The coach, in consultation with the Athletic Director and Principal, is responsible to administer reasonable disciplinary action for violation of all specified rules including suspension from the sport for a temporary period or removal from the team altogether.

Violation of athletic general rules may result in immediate suspension or removal from the team by the coach. In response to violations of general rules, the coach must follow the procedures outlined below.

Violation of the coach's specific rules may result in suspension from the sport only; before denying participation in the sport, the coach should communicate with the parents, discuss the situation with the student and administer lesser forms of disciplinary action.

All violations of school and/or district policies are subject to administrative review and level of discipline is subject to administrative discretion.

Parent Participation

There is a general expectation of parental involvement in the Athletic Program at Conotton Valley. When we work together we can help our students have a better experience. There are many opportunities for parents to volunteer such as: bookkeeper, scoreboard operator, stat panel operator, concessions worker, line judge, etc. Thank you in advance for your cooperation and support!

Go Rockets!! #SOAR