

BROWNSTOWN CENTRAL HIGH SCHOOL
ATHLETIC DEPARTMENT

Revised 4/27/17

Welcome parents and student-athletes of Brownstown Central High School. The school is very happy to have your sons and/or daughters participating in athletics at Brownstown Central. We believe that interscholastic athletics are an integral part of the school's curriculum. We believe that participation in a sound athletic program contributes to the development of health, physical skills, emotional maturity, social competence, moral values and self-discipline.

As a student of Brownstown Central, the school welcomes your participation in our athletic program. We encourage each of our athletes to reap from athletics all it might have to offer. Since the rewards that you will receive from an athletic program correlate directly with what you, the athlete, are willing to give of yourself to that program, then it is certainly worth giving your all. No athlete has ever experience total satisfaction without living with the concepts of discipline and sacrifice. These two concepts will be offered to you during the coming seasons. This year and in the future, you will be challenged to become a more disciplined individual and will be asked to make sacrifices for something in which you profess to believe. We hope that you will find the Brownstown Central High School athletic program as a totally rewarding experience, but we again emphasize that you will acquire only what you are willing to invest.

As a member of one of our athletic teams, you are a part of a program that has become a proud tradition at BCHS. It is our sincere desire to be of assistance to each of you in any manner we can. Please feel free to discuss your problems or frustrations with our principal or any member of our athletic staff.

Random Drug Testing Program

It is mandatory that each student who participates in extracurricular or co-curricular activities, as well as those who drive to or from school activities or park on school grounds, sign and return the "Consent Form" prior to participation in any extra curricular or co-curricular activity, or driving to or from school. Failure to comply will result in non-participation. Board Policy 5683-Student Random Drug Testing and administrative guidelines and procedures are available at the high school, middle school, and their respective websites.

THE CODE OF THE BRAVES

We believe that adherence to training rules is the duty of each squad member.

We believe the athlete has an influence on younger students and should be a positive role model both on and off the playing field.

We believe that personal pride should be derived from giving one's best as an athlete and student.

We believe competition should produce goodwill among schools and each player has the duty to promote that feeling.

We believe the success of any organization depends upon the dedication of its individual members.

We believe that due to the athlete's high prestige in the community, his or her actions must be beyond reproach.

We believe the student always places emphasis on academics first and athletics second.

IHSAA ELIGIBILITY

1. **Physical Exams:** Each participant must have the Indiana High School Athletic Association Students/Parents/Physician Certificate on file with the athletic director before his/her first practice.
2. **Medical Coverage:** Student Accident Insurance paid by parents or a waiver signed by parents stating that the student is adequately insured must be on file with the athletic director before the first practice. The high school does not carry medical insurance on athletes. Through school membership in the IHSAA, the athlete is covered by a basic catastrophic policy. If the injured athlete incurs over \$25,000.00 in medical expenses within one year of injury and a claim is reported in writing to the athletic director, the policy is activated.
3. **Age:** A student who is or shall be (20) years of age prior to or on the scheduled date of the IHSAA state finals in a sport shall be ineligible for interschool athletic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the IHSAA state finals in a sport shall be eligible as to age for interschool competition in that sport.
4. **Enrollment-Scholarship:** All participants must be bona fide students. To be eligible scholastically, students must have received passing grades at the end of their last grading period in school in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. For the BCHS trimester grading periods, student must pass a minimum of 4 full credit subjects.
5. **Amateurism:** All athletes must be amateurs. (Students shall not play under assumed names nor accept money or merchandise, directly or indirectly, for athletic participation.)
6. **Outside Participation:** A student who participates in an athletic contest of any other similar team during that same season in which the athlete represent his/her school will become ineligible to compete on his/her high school team in that sport.
7. **Completion of Season:** If an athlete quits or is suspended for disciplinary action, he/she cannot practice for another sport until the final contest of that sport season, unless released by the coach.

Cheerleading is not recognized as an IHSAA sport.

CHEMICAL ABUSE POLICY AND CRIMINAL ACTIVITY POLICY

TYPES OF VIOLATIONS PENALTIES

A. Convicted of a felony.

1st Violation: Expulsion from participating in athletic events for the remainder of the athlete's high school career

B. Illegal possession, illegal use or a positive result on a random drug test for a controlled substance, narcotic drug or alcohol.

1st Violation: Suspended from participating in all athletic events for 365 days.

Option: The suspension may be waived to 50% of the contest season, contingent upon a professional drug assessment and recommendations for rehabilitation, which must be followed by the student. All concerned parties understand that the student's re-admission to athletics is dependent upon the student following the recommendations of the assessment agency.

2nd Violation: Expulsion from participating in athletic events for the remainder of the athlete's high school career.

Option: The expulsion may be reduced to a 365 day suspension contingent upon a professional drug assessment and recommendations for rehabilitation, which must be followed by the student. All concerned parties understand that the student's re-admission to athletics is dependent upon the student following the recommendations of the assessment agency.

3rd Violation: Expulsion from participating in athletic events for the remainder of the athlete's high school career.

C. Illegal possession or illegal use of tobacco or e-cigarettes or convicted of a misdemeanor.

1st Violation: Suspension from 25% of the contest season.

2nd Violation: Suspension from 50% of the contest season.

3rd Violation: Expulsion from participating in athletic events for the remainder of the athlete's high school career.

*Suspension shall be whole games with all fractions rounded to the next whole number. Penalties will be enforced on consecutive games played from the date of the suspension. Contest season includes all contests originally scheduled and one (1) sectional game.

DEFINITIONS

- The above policy is in effect for the entire calendar year, beginning the first day of practice as determined by the IHSAA, or the first day of school the athlete's freshman year.
- All suspensions must be completed in full. If the athlete's season ends before the suspension is complete, the remaining percentage will be served in the athlete's next season of participation.
- Penalties in this policy are cumulative. Thus, the student will maintain his/her record through all four high school years; and subsequently, violations will be disciplined at the next level.
- All categories A, B, or C will be processed separately.
- The enactment of the above mentioned rules and penalties will be administrated by the athletic director, based on the following guidelines.
 - Admission of the athlete.
 - Observation and confirmation by administrator, faculty members or athletic staff.
 - Charges established by law enforcement officers of agencies.

TEAM NAMES

Male athletes competing for Brownstown Central will be called “Braves”. Female athletes competing for Brownstown Central will be called “Lady Braves”.

INDIVIDUAL SPORTS RULES

Each head coach may establish and enforce additional training rules and conduct rules for his/her respective sport.

EQUIPMENT

Athletes are responsible for athletic equipment issued to them. This equipment is to be returned at the end of the season. It is to be used at times indicated by the head coach. Students must pay the cost of replacement of equipment not returned in good condition with reasonable allowance for use.

MID-SOUTHERN CONFERENCE

Brownstown Central is a member of the Mid-Southern Athletic Conference which includes the following schools: Austin, Brownstown Central, Charlestown, Clarksville, Corydon Central, Eastern (Pekin), North Harrison, Salem, Silver Creek and Scottsburg.

One of the most prestigious conference awards is the “All-Sports” trophy based on the conference standing in all varsity sports. Boys and Girls teams compete separately for their own “All-Sports” trophy.

GYM PICTURE POLICY

The following pictures of athletes will be placed in the Brownstown Central High School Gymnasium:

1. IHSAA Sectional winning teams.
2. Individuals that participated in IHSAA state final competition.
3. For team sport athletes, he/she must participate in a coaches association, intra-state, All-Star team, that represents at least ½ of Indiana. Boys and girls basketball players must participate in the Top 60 Workout.
4. Individual and team IHSAA state champions will have enlarged pictures displayed (of next available size).
5. IHSAA state competition mental attitude award winners will have enlarged pictures displayed (of the next available size).

WEIGHT ROOM RECORD BOARD

- I. QUALIFICATION (for name to be placed on board)
- A. Breaking existing record
 - 1) Bench Press - 1 rep
 - 2) Cleans - 1 rep
 - 3) Parallel Squats - 1 rep (top of the thigh must be parallel to floor)
 - B. Be a member of a Varsity or JV, or Freshman team at Brownstown Central High School.
- II. REMOVAL FROM RECORD BOARD
- A. Record is broken
 - B. Qualification during conditioning, but did not come out for that sport or quit the sport during the season.

ATHLETIC AWARD SYSTEM GENERAL REQUIREMENTS FOR ALL ATHLETIC AWARDS

To qualify for any award an athlete must meet the following requirements:

1. Maintain a proper attitude toward:
 - A. School D. Sport
 - B. Coach E. Community
 - C. Team F. Family and friends
2. Personal conduct must be above question.
3. Be responsible for all athletic equipment issued to you.
4. Be recommended by the coach after fulfilling the specific requirements.

AWARDS GIVEN BY THE ATHLETIC DEPARTMENT

1. Scholastic: Presented to all athletes who letter their senior year and rank in the top 10% of their graduating class.
2. First Varsity Award: 7" Block "BC" Letter - to be used on letter jacket.

SPECIFIC REQUIREMENTS FOR LETTER QUALIFICATIONS
(Exhibition games are not included in participation requirement for earning a varsity letter.)

- Volleyball: Meet the general requirements of awards system. Participate in 50% of the varsity matches unless excused by the coach of illness or injury. Complete the entire season unless excused by the coach for illness or injury.
- Baseball: Meet the general requirements of awards system. Participate in 50% of the varsity games unless excused by the coach for illness or injury. Complete the entire season unless excused by the coach for illness or injury.
- Tennis: Meet the general requirements of awards system. Participate in 50% of the varsity matches unless excused by the coach for illness or injury. Complete the entire season unless excused by the coach for illness or injury.
- Golf: Meet the general requirements of awards system. Participate in 50% of the varsity matches unless excused by the coach for illness or injury. Complete the entire season unless excused by the coach for illness or injury.
- Track: Meet the general requirements of awards system. Athlete must accumulate an average of 1 point per meet for a sports season (relay points count $\frac{1}{2}$ where doubled) In relay meets where freshman points are equal to varsity points, freshman will receive $\frac{1}{4}$ point value. Complete the entire season unless excused by the coach for illness or injury.
- Cross
Country: Meet the general requirements of awards system. Athlete must have competed in at least 50% of all regularly scheduled meets unless excused by the coach for illness or injury. Complete the entire season unless excused by the coach for illness or injury.
- Football: Meet the general requirements of awards system. Participate in 50% of the varsity games unless excused by the coach for illness or injury. Complete the entire season unless excused by the coach for illness or injury.

Basketball: Meet the general requirements of awards system. Participate in 50% of all season games unless excused by the coach for illness or injury. Complete the entire season unless excused by the coach for illness or injury.

Softball: Meet the general requirements of awards system. Participate in 50% of the varsity games unless excused by the coach for illness or injury. Complete the entire season unless excused by the coach for illness or injury.

3. Any individual who has participated in a sport for 4 years, but has not previously received a letter in that sport may receive a varsity letter.

4. MAJOR AWARD

A. Varsity Letter Award Jacket

1. The athlete must earn two (2) letters in one sport or three (3) letters in a combination of sports.
2. In case of a transfer student, varsity letters achieved from previous school(s) will be transferred to the student's credit.
3. No athlete may purchase a jacket through the athletic department.

B. Varsity Letter Award Plaque

1. The following plaques will be awarded to athletes who receive at least eight varsity letters:
 - Bronze Plaque - 8 varsity letters
 - Silver Plaque - 9 varsity letters
 - Gold Plaque - 10 varsity letters
2. Athletes will be awarded the plaque that represents the highest level achieved.
3. The plaques will be awarded at the end of the athlete's senior year.
4. The names and graduation years of Varsity Letter Award Plaques will be displayed on permanent plaques in the trophy room.

5. CERTIFICATES

- A. Certificates of merit shall be issued to all those athletes who earn a letter award in lieu of each subsequent letter.
- B. Certificates will also be issued to all athletes who have participated and remained with the team until the end of the regular season, but who failed to qualify for a letter or jacket.
- C. Certificates will also be issued to students who videotape athletic contests for coaches on a regular basis.

6. PATCHES

- A. Patches purchased by the Athletic Department include:
 - 1. Conference Championship
 - 2. All-Conference
 - 3. Championship of highest level attained in tournament series
- B. Athletes may (at their own expense) order patches through the Letterman's Club.

7. A small award plaque will be presented to a varsity team recorder breaker in all recognized events.

8. Special Awards:

FOOTBALL

- Most Valuable Player
- Mental Attitude Award
- Outstanding Offensive Back
- Outstanding Offensive Lineman
- Outstanding Defensive Line/ILB
- Outstanding Defensive Back/OLB
- Outstanding Special Teams Player
 - JV Most Improved Back
 - JV Most Improved Lineman

VOLLEYBALL

- Most Valuable Player
- Mental Attitude Award
- Leading Hitter
- Leading Server
- Assist Leader
- Leading Passer
- JV Most Improved Player
- Leading Defensive Player
- Blocking Award

BOYS BASKETBALL

- Most Valuable Player
- Highest Free-Throw Percentage
- Highest Field Goal Percentage
- Most Rebounds
- Most Assists
- Outstanding Defensive Player
- Mental Attitude Award
- JV Most Improved Player
- JV Free-Throw Award

GIRLS BASKETBALL

Most Valuable Player
Highest Free-Throw Percentage
Highest Field Goal Percentage
Most Rebounds
Most Assists
Most Steals
Mental Attitude Award
JV Most Improved Player
JV Free-Throw Award

BASEBALL

Most Valuable Player
Leading Hitter Award
Leading Pitcher Award
Outstanding Defensive Player
Mental Attitude Award

BOYS CROSS COUNTRY

Most Valuable Runner
Most Improved Runner
Mental Attitude
17 Minute Club
16 Minute Club
15 Minute Club

GIRLS CROSS COUNTRY

Most Valuable Runner
Most Improved Runner
Mental Attitude Award
21 Minute Club
20 Minute Club
19 Minute Club

BOYS TENNIS

Most Valuable Player
Most Improved Player
Mental Attitude Award

GIRLS TENNIS

Most Valuable Player
Most Improved Player
Mental Attitude Award

BOYS GOLF

Award Most Valuable Player
 Most Improved Player Mental Attitude

GIRLS GOLF

Most Valuable Player
Most Improved Player
Mental Attitude Award

BOYS TRACK

Most Valuable Player
Most Improved Player
Mental Attitude Award
Outstanding Field Event
Outstanding Sprinter
Outstanding Distance Runner

GIRLS TRACK

Most Valuable Player
Most Improved Player
Mental Attitude Award
Outstanding Field Event
Outstanding Sprinter
Outstanding Distance Runner

SOFTBALL

Most Valuable Player
Leading Hitter Award
Leading Pitcher Award
Outstanding Defensive Player
Mental Attitude Award

CHEERLEADING

Mental Attitude Award

9. STUDENT MANAGERS:
- A. Must meet general requirements of award system.
 - B. Student may qualify for a jacket award by serving as varsity manager for two (2) years in one sport or in a combination of three (3) varsity sports.
 - C. Manager letters do not combine with athletic/cheerleader letters toward earning a manager's jacket.

10. **CHEERLEADER AWARDS:**

- A. Cheerleaders must meet the general requirements of the athletic award system.
- B. A letter will be awarded for each varsity season.
- C. A jacket will be awarded to a cheerleader when one of the following has been met: two (2) varsity cheerleader letters for the same athletic season (fall or winter) or three (3) varsity letters in combination with athletics.
- D. In order to receive a varsity letter, a cheerleader must have participated in all scheduled events unless excused by the coach or unable to participate because of illness or injury.

SUMMARY

Brownstown Central High School is a member of the Indiana High School Athletic Association (IHSAA) and abides by its rules and regulations. This is only a summary of the rules. Additional questions regarding the IHSAA and the Brownstown Central Athletic Program should be directed to the High School Principal, Athletic Director, or members of the coaching staff.

All Athletes and their parents or guardians must be aware of the possibility of serious injury when they participate in a sports program. Sometimes the injury could be serious enough to have an altering affect on their quality of life.

It is the policy of Brownstown Central Schools not to discriminate on the basis of race, color, religion, sex, national origin, age or handicap.

The below, signed by the student-athlete and the parent/guardian, must be filed in the Athletic Director's office before participation in any sport. This form will be retained on file for the student-athlete's entire high school career.

Please sign your name where indicated to acknowledge that you have received a copy of the BCHS Athletic Handbook and are aware of it's contents.

STUDENT

I have read and understand the rules and regulation as stated in the **BCHS ATHLETIC HANDBOOK**. As a student-athlete representing Brownstown Central High School, I agree to guide my conduct accordingly.

Student - Athlete Signature_____

Date_____

PARENT/GUARDIAN

As a parent/guardian of the above student-athlete, I have also read and understand the content of the BCHS ATHLETIC HANDBOOK. I agree to guide the conduct of my son/daughter to the best of my ability to uphold the rules.

Parent/Guardian Signature_____

Date _____