

St. Lawrence School

524 Walnut Street
Lawrenceburg, Indiana 47025

Athletic Handbook 2013-2014

Important Phone Numbers

School.....812-537-3690

School Fax.....812-537-9685

Parish Office.....812-537-3992

School Website.....www.stlschool.com

Mission Statement

The staff of St. Lawrence School, in active cooperation with its parents and the community, pledge to promote positive academic and spiritual growth of each student. We strive to provide a quality education in a nurturing atmosphere. We are committed to teach as Jesus taught, instilling Catholic values and emphasizing respect for the individual in a caring atmosphere, which fosters a love for learning and continuous growth.

Vision

Our vision is to foster intellectual curiosity and build the skills needed to inquire in an atmosphere that honors and promotes individualized learning while living out the Gospel value of service, rooted in the traditions of the Catholic faith.

Athletic Program Philosophy

We base our program upon methods that provide student-athletes with opportunities to reach their highest potential with respect to good sportsmanship, Christian attitude, hard work, self-discipline, respect, and self-confidence.

Eligibility

Students in grades 5-8 are eligible to participate in athletics at St. Lawrence Catholic School provided they are in good standing academically and comply with the expectations outlined in this handbook. Athletes participating in sports at Greendale Middle School are required to follow their eligibility requirements. The Athletic Director and Principal will have final say regarding athlete eligibility. Students are not allowed to join a team once the season has started unless they are a move in and meet the eligibility requirements.

Physical Exam

Athletes must have an IHSA Pre-Participation Physical Exam form completed, signed by a physician, and on file with the school office before participating in practices and games. This form must be completed on or after May 1st of the previous school year and before the first practice to be valid. Forms can be picked up from the school office or Athletic Director.

Academics

A student's first priority is academics. Success in the classroom is more important than success on the field or court. Athletes are expected to do well in the classroom and maintain sufficient grades in order to participate in athletics. The following guidelines (as stated in the parent/student handbook) determine eligibility based on academic standing:

For academic eligibility in any non-academic extracurricular activity, a student must be passing every subject with a 76% or higher. Should a student be absent from school due to illness or an unexcused absence on the day of a scheduled extracurricular activity, he/she may not participate in the activity.

Lawrenceburg Community Schools Athletic Eligibility Policy (please see appendix)

Behavior

St. Lawrence Catholic School athletes should display proper behavior both on and off the court. Below are guidelines for student athlete behavior:

- All school rules as stated in the St. Lawrence Catholic School handbook must be followed by athletes at all times.
- Athletes, who consistently display negative attitudes, disrespect towards adults, teammates, opposing team players & coaches or referees, or any other inappropriate behavior whether at school, practice, or games face potential dismissal from the team. The Principal and Athletic Director will make this decision with input from coaches and teachers.
- Athletes who receive detention must sit out one quarter of the basketball game. Athletes that are suspended from school are also suspended from the basketball team. They are still required to attend the game and sit on the bench in “Street Clothes.”
- Athletes should not have their cell phones on the bench during games. These should be kept in a safe location.
- Athletes who are waiting for their game to begin will sit in the area designated by their coach in a supervised setting.
- Athletes may not be wandering the school building at any time.
- Athletes who do not attend all scheduled classes because of illness are not eligible to practice or participate in athletic contests or games on that school day. Verified appointments, including funerals, do not affect eligibility.
- Athletes must leave school property after school unless under the direct supervision of a coach, Athletic Director, latchkey or other staff member. Athletes should return to school prior to a home game or before departing for an away game only at the time designated by a coach.
- Athletes should not leave the school building once they report for the game, unless they are leaving with a parent or guardian. Coaches or Athletic Director must be informed if an athlete is leaving.
- Athletes participating in any action, in or out of school, deemed harmful to the athlete, team or school will be dismissed from the team for the remainder of the season. This includes, but is not limited to, smoking, drinking, use or possession of illegal substances, etc. The Principal and Athletic Director will make the final decisions regarding dismissal.

Athletic Teams

St. Lawrence School currently offers basketball for boys and girls in grades 5-8. We are looking to add additional sports in the coming years so that there will be more opportunities for our student athletes.

Basketball (grades 5-8)

Boys and girls in grades 5-8 are able to participate in basketball during the winter. Each grade will field a separate team. Boys and girls will practice separately except for an organized scrimmage between the teams if the seasons overlap. These scrimmages should be kept to one or

two times per season. The Athletic Director needs to be notified of and approve these scrimmages.

Fifth and Sixth Grade Basketball

Both boys' and girls' fifth and sixth grade teams are developmental in nature. No cuts will be made at this level if sufficient coaching is available. The Athletic Director and Principal will have final say on team size. Coaches should emphasize fundamentals and aspects of team play. There are typically two practices a week, and one to three games per week. Games are played against local schools in the area. Fifth and sixth grade games are normally both played in the same night. Coaches make every effort to make sure all athletes receive equal playing time.

Seventh and Eighth Basketball

Boys' and girls' seventh and eighth grade basketball prepares athletes for the next level of competition while continuing to develop the skills necessary to compete at a higher level. There are typically three practices per week and one to three games per week. Teams compete against other schools in the area. They also will compete in the Oldenburg Tourney, DCIT Tourney, and possibly others. Seventh and eighth grade teams also play on the same night unless an opposing school does not have two teams. Equal playing time is NOT GUARANTEED but coaches are encouraged to make every attempt to play each athlete during a game.

Cheerleading (grades 5-8)

Girls and boys in grades 5-8 are able to participate in cheerleading during basketball season. Fifth and sixth grade cheerleaders cheer at fifth and sixth grade boys' basketball home games. They may cheer at away games if permission is received from the Athletic Director. Seventh and eighth grade cheerleaders will cheer at both home and away boys' basketball games. There is typically one practice per week and one to three games per week. Team members will learn a wide variety of cheers and dances during the season. Cheerleading camp and competitions are also a possibility.

Greendale Middle School Sports

Students in grades 6-8 are able to participate in any sport at Greendale Middle School that St. Lawrence does not offer. Information regarding these sports is passed on to families when the main office or Athletic Director receives it from Lawrenceburg Community Schools.

Uniforms and Equipment

St. Lawrence School Athletic Department will provide uniforms and equipment for most athletic teams. Athletes are responsible for keeping uniforms clean and other equipment in working order during the season. Everything must be turned in at the end of the sport season. Any student who does not turn in their uniform at the end of the season will be charged a fee of \$75 to cover the cost of replacing the uniform. For some athletic teams, additional clothing and equipment may be necessary. Please make sure to wash all uniforms on delicate cycle with cold water and hang to dry unless instructed otherwise.

Transportation Policy

Transportation for all sporting events is not provided. Parents are responsible for transporting athletes to and from games. Coaches must communicate arrival and departure times prior to game night. Athletes should be dropped off and picked up in a timely manner for both practices and games.

Volunteering

Parents and other volunteers are needed to ensure that all athletic events run smoothly. It is the expectation that parents/guardians of athletes will assist with various athletic duties throughout the season. These responsibilities include, but are not limited to, driving athletes to and from practices and games, working the concession stand or admissions, and assisting the Athletic Director with set-up or clean-up at all home athletic events. For all home basketball games, parents are assigned tasks on specified game nights throughout the season. Detailed information and a schedule are provided at the beginning of the season. St. Lawrence students can assist their parents, but they cannot handle the money.

Communication

Effective communication between coaches, athletes, and parents is vital to the athletic program. Parents and athletes can expect regular communication from the coaches in addition to periodic contact from the Athletic Director. Below are some general communication policies:

- A pre-season meeting is scheduled before the start of each athletic season to discuss expectations, meet coaches, review athletic policies, collect contact information, etc. Parent/guardian attendance is required.
- If an issue or concern arises during the season, parents/guardians should contact the coach to set up a meeting. This should not be done during a practice or game, but privately by phone or email.
- If an issue is not resolved after meeting with the coach, then the Athletic Director should be contacted.
- If the coach and Athletic Director are unable to resolve the issue or conflict, the Principal will be notified.
- Parents/guardians are expected to be a positive representative of St. Lawrence Catholic School at all times. The Athletic Director and Principal will address any behavior that is considered inappropriate.

Coaching

Coaches assume a very important role in St. Lawrence Catholic School Activities. They are responsible for the safety, development, and overall well-being of athletes under their supervision. Coaches serve as role models for athletes and should display proper conduct at all times.

General Guidelines

- Coaches should teach athletes the important of dedication, hard work, and good sportsmanship.
- All decisions made by coaches are in the best interest of the athletes.

- Coaches should make every attempt to play all players in all games. Playing time may be determined by, but is not limited to, the following:
 1. An athlete is able to play as long as he/she is eligible based on the guidelines as listed in this handbook.
 2. All fifth and sixth grade basketball players should play as close to equal time as possible.
 3. All seventh and eighth grade basketball players are NOT guaranteed equal playing time. Coaches will consider an athlete's overall attitude, work ethic, skill level, and effort when making playing time decisions.
- Athletes should only play with one team per sport unless a lack of numbers requires that the appropriate grade below plays up. This must be approved by the Athletic Director.
- Coaches should have basic first aid knowledge and should have a first aid kit with them at all home and away games.
- Coaches must also attend or show documentation of previous attendance at a Virtus Training session offered by St. Lawrence Catholic Church or another parish in the Indianapolis Archdiocese.
- Coaches must be aware of eligibility rules for athletes and report any ineligible players to the Principal.

Coaches Evaluations

- All coaching positions are on a volunteer basis. No compensation will be given to any coach.
- Coaches may be terminated by the Athletic Director or Principal if it is determined they have been involved in any inappropriate activity.

Communication

- Coaches should meet with athletes and parents at the beginning of the season. This meeting should cover expectations for behavior during practices and games, playing time, as well as volunteer duties for parents.
- Coaches should report any unruly players, students, parents, or fans to the Athletic Director.
- Coaches must report any injuries to the Athletic Director.
- Coaches should communicate regularly with parents and athletes about schedule changes, games, and any other important information. This communication should be done in a timely manner.

Sportsmanship

- Coaches must always represent St. Lawrence Catholic School in a positive manner.
- Coaches and athletes should shake hands with opponents after every game.
- Coaches should refrain from using inappropriate language.
- Coaches should not intentionally run up the score on weaker opponents.
- The Athletic Director and Principal will meet with coaches who receive a technical foul.
- Coaches who are dismissed from a game, will be suspended from the next game.

Supervision

- Coaches must supervise athletes at all times.
- Coaches must remain at practice or games until all players have been picked up.
- Practices and games cannot be held without one of the coaches being present. A parent standing in for the coach is not permitted.

Home Game Information

- All Basketball games start at 5:30 p.m. A coach or Athletic Director will communicate a change if necessary.
- Doors open at 4:45 p.m. for athlete arrival. Ticket sales will begin at 5:00 p.m.
- Ticket prices for ALL games are \$4 for adults, \$1 for students in grades K-12, \$8 for a family pass that includes two parents and school age children.
- Season passes are available for \$40 per family. A family includes two parents/guardians and their school aged children.
- The concession stand will be open at all home games. All of the proceeds go to the St. Lawrence Athletic Fund.
- All spectators are asked to throw away trash before leaving the Panther Dome. Please report any spills or other issues to the Athletic Director or other school personnel.
- Children must be supervised at all times. For safety reasons, students are to be in the gym or balcony during games. They are not to be in Hartzler Hall, classrooms, or hallways. Children cannot go to their classroom to retrieve anything during basketball games.
- Any person heckling, or using inappropriate language at any time towards athletes, coaches, officials, or spectators will be asked to leave the Panther Dome.

Athletic Awards and Banquet

At the conclusion of the athletic season for boys and girls, athletes will receive certificates and awards for their participation. The nature of the banquet and awards is at the discretion of the Athletic Director, Principal and Pastor.

Contact Information

Athletic Director

Michelle Stedam

513-310-5271

Appendix A

Lawrenceburg Community Schools Extracurricular Program

The primary purpose of the extracurricular program at Greendale Middle School is to promote the physical, mental, social, emotional, and moral well being of the participants. It is hoped that the extracurricular program will be a positive force in preparing students for an enriching and vital role in American life.

The extracurricular program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the student gives time, energy, and loyalty to the program. He/she also accepts the training rules, regulations, and responsibilities, which are unique to any particular activity. In order to contribute to the welfare of the group, the participant must willingly assume these obligations as the role demands that the individual make sacrifices not required of others. In addition to the “Rules and Regulations for students in Greendale Middle School” the “Middle School Activity Code” also governs extracurricular program participants.

Lawrenceburg Community Schools Athletic Code

General Information

1. Athletic Code—This code is for every student-athlete involved in extracurricular activity.
2. Application of Rules—The rules and regulations in this code shall apply to any violations, on and off school premises. These rules shall be in effect at all times (24 hours a day, 365 days a year as long as the athlete is in middle school).
3. Out-of-Season Violations—Consequences will take place during the next season in which a student-athlete participates based on previous school year’s athletic participation.
4. In-Season Violations—Suspensions for a percent of a season will be administered as follows:
 - a. Suspension for 100%* -- If a student-athlete is excluded from 10 scheduled contests and the season consists of 20 contests, then 50% of the penalty has been satisfied. The remaining 50% must come from the next season.
 - b. Suspension for Less than 100% -- If the student-athlete has a 20% penalty and is excluded for 1 (one) contest and the season consists of 10 contests, then 50% of the penalty has been satisfied. The remaining 50% must come from the next season.

*100% of Season—based on previous school year’s athletic participation.

Determination of consequences will be made by a committee consisting of the Athletic Director and Principal.

5. Advisement of Consequences – Before any consequence provided under these rules shall take effect, the student-athlete shall be verbally advised by the head coach or Athletic Director of the alleged violation. The student-athlete will have an opportunity to explain or justify the action. If, after such conference, the head coach/Athletic Director is satisfied that a consequence is justified, the parents/guardians of the student-athlete shall be notified.
6. Appeals – If the student-athlete feels that he/she has been treated unfairly, he/she may request a hearing before the Athletic Director and another school administrator. This request must be made in writing to the Athletic Director and must be made within 10 days following the imposed penalty.
7. Additional Rules – Additional rules from the head coach/sponsor must be cleared by the Principal and the Athletic Director. Any additional rules and regulations must be in writing and on file in the Athletic Director’s office.

Policy Regulations

Student-athletes participating in extracurricular athletics must follow the rules regarding eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc that are set down by the Indiana High School Athletic Association, when applicable. Each coach has the responsibility to know, to inform team members and parents, and to enforce school and IHSAA regulations in these matters.

I. Academic Eligibility

To be eligible to participate in any extracurricular athletics, the student-athlete must be passing in at least five solid subjects (IHSAA requirement). It is strongly recommended that each student-athlete carry at least six (6) solid subjects, preferably seven (7).

II. Guidelines

- A. Any infraction or conduct by a student-athlete that is determined by the school administration to be detrimental to the athletic program, school, or school district will result in suspension of all athletic contests for the remainder of school year.
- B. No student athlete may quit one sport and try out for another after the season has begun without the mutual consent of both coaches.
- C. Student-athletes must defend previous letters in order for them to accumulate toward athletic awards.
- D. Extracurricular participants must travel to and from contests/activities, away from Lawrenceburg in transportation provided by the school. The only exceptions are:
 1. Injury to a participant, which would require alternate transportation.
 2. Arrangement between the participant’s parent/guardian and the coach for the student to ride with the parent/guardian only.
- E. Any display of unsportsmanlike conduct toward an opponent or official or use of profanity during practice or contests will result in counseling by the coach and possible consequences.
- F. Violations requiring the student-athlete to serve ACDC will result in:

1. First Violation—Counseling by the coach and/or Athletic Director and possible further consequences.
2. Second Consequence—Suspension from one contest.
3. Third Consequence—Suspension from two contests.

An out-of-school suspension for disciplinary reasons will result with consequence #2 on the first offense.

- G. Completion of the season is required in order for the student-athlete to be eligible for a letter or other team or individual awards (Exception—injury that limits participation). No awards shall be given to any student-athlete suspended for the remainder of the season for the “Athletic Code Violation.”

III. School Attendance Requirements:

- A. Student-athletes are expected to be in school the entire day prior to participating in a contest scheduled for that particular day. A student-athlete will be denied the right of participation unless his/her reason for absence is due to a doctor or dentist’s appointment (*Student-athlete must provide doctor’s excuse).
- B. On a contest day, if a student-athlete is tardy to school, it will result in a suspension of that day’s contest.
- C. A student athlete who has been treated for sickness or injury must have a medical release signed by a physician before he/she may participate in practice and/or the actual contest.

IV. Tobacco, Alcohol, and/or Drugs

A. Possession of or Use of Tobacco Products:

1. First Violation—Suspension from 10% of the regular season contests (Student-athlete may continue to practice).
2. Second Violation—Suspension from 50% of the regular season contests (Student-athlete may continue to practice).
3. Third Violation—Suspension from all contests for one calendar year (365 days).

B. Possession of or Use of Alcohol and/or Illegal Drugs:

1. First Violation—Suspension from 50% of the regular season contests, and successful completion of an approved drug/alcohol education program. (Student-athlete may continue to practice).
2. Second Violation—Suspension from all contests for one calendar year (365 days).

■ PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM



(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep a copy of this form in the chart.)

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) within the last month?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you had a herpes or MRSA skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headaches with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			43. Have you had any problems with your eyes or vision?		
BONE AND JOINT QUESTIONS	Yes	No	44. Have you had any eye injuries?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			45. Do you wear glasses or contact lenses?		
18. Have you ever had any broken or fractured bones or dislocated joints?			46. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			47. Do you worry about your weight?		
20. Have you ever had a stress fracture?			48. Are you trying to or has anyone recommended that you gain or lose weight?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			49. Are you on a special diet or do you avoid certain types of foods?		
22. Do you regularly use a brace, orthotics, or other assistive device?			50. Have you ever had an eating disorder?		
23. Do you have a bone, muscle, or joint injury that bothers you?			51. Do you have any concerns that you would like to discuss with a doctor?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			FEMALES ONLY		
25. Do you have any history of juvenile arthritis or connective tissue disease?			52. Have you ever had a menstrual period?		
			53. How old were you when you had your first menstrual period?		
			54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

■ PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM



(The physical examination must be performed on or after April 1 by a Physician holding an unlimited license to practice medicine to be valid for the following school year – IHSAA By-Law C 3-10)

Name _____ Date of birth _____

PHYSICIAN REMINDERS

- Consider additional questions on more sensitive issues
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		
Height _____	Weight _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
BP _____ / _____ (_____ / _____)	Pulse _____	Vision R 20/ _____ L 20/ _____ Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)		
Eyes/ears/nose/throat • Pupils equal • Hearing		
Lymph nodes		
Heart ^a • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)		
Pulses • Simultaneous femoral and radial pulses		
Lungs		
Abdomen		
Genitourinary (males only) ^b		
Skin • HSV, lesions suggestive of MRSA, tinea corporis		
Neurologic ^c		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/arm		
Elbow/forearm		
Wrist/hand/fingers		
Hip/thigh		
Knee		
Leg/ankle		
Foot/toes		
Functional • Duck-walk, single leg hop		

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
^bConsider GU exam if in private setting. Having third party present is recommended.
^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____
- Not cleared
- Pending further evaluation
 - For any sports
 - For certain sports _____
- Reason _____
- Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians). *(The physical examination must be performed on or after April 1 by a Physician holding an unlimited license to practice medicine to be valid for the following school year – IHSAA By-Law C 3-10)*

Name of physician (print/type) _____ Date _____
 Address _____ Phone _____
 Signature of physician _____, MD or DO

■ PREPARTICIPATION PHYSICAL EVALUATION IHSAA ELIGIBILITY RULES



INDIVIDUAL ELIGIBILITY RULES (Grades 9 through 12)

ATTENTION ATHLETE: Your school is a member of the IHSAA and follows established rules. To be eligible to represent your school in interschool athletics, you:

1. must be a regular bona fide student in good standing in the school you represent; must have enrolled not later than the fifteenth day of the current semester.
2. must have completed 10 separate days of organized practice in said sport under the direct supervision of the high school coaching staff preceding date of participation in interschool contests. (Excluding Girls Golf – See Rule 101)
3. 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. Semester grades take precedence.
4. must not have reached your twentieth birthday prior to or on the scheduled date of the IHSAA State Finals in a sport.
5. must have been enrolled in your present high school last semester or at a junior high school from which your high school receives its students . . .
 - . . . unless you are entering the ninth grade for the first time.
 - . . . unless you are transferring from a school district or territory with a corresponding bona fide move on the part of your parents.
 - . . . unless you are a ward of a court; you are an orphan, you reside with a parent, your former school closed, your former school is not accredited by the state accrediting agency in the state where the school is located, your transfer was pursuant to school board mandate, you attended in error a wrong school, you transferred from a correctional school, you are emancipated, you are a foreign exchange student under an approved CSIET program. You must have been eligible from the school from which you transferred.
6. must not have been enrolled in more than eight consecutive semesters beginning with grade 9.
7. must be an amateur (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract).
8. must have had a physical examination between April 1 and your first practice and filed with your principal your completed Consent and Release Certificate.
9. must not have transferred from one school to another for athletic reasons as a result of undue influence or persuasion by any person or group.
10. must not have received in recognition of your athletic ability, any award not approved by your principal or the IHSAA.
11. must not accept awards in the form of merchandise, meals, cash, etc.
12. must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than your school team. (See Rule 15-1a) (Exception for outstanding student-athlete – See Rule 15-1b)
13. must not reflect discredit upon your school nor create a disruptive influence on the discipline, good order, moral or educational environment in your school.
14. students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete. Graduates should refer to college rules and regulations before participating.
15. must not participate with a student enrolled below grade 9.
16. must not, while on a grade 9 junior high team, participate with or against a student enrolled in grade 11 or 12.
17. must, if absent five or more days due to illness or injury, present to your principal a written verification from a physician licensed to practice medicine, stating you may participate again. (See Rule 3-11 and 9-14.)
18. must not participate in camps, clinics or schools during the IHSAA authorized contest season. Consult your high school principal for regulations regarding out-of-season and summer.
19. girls shall not be permitted to participate in an IHSAA tournament program for boys where there is an IHSAA tournament program for girls in that sport in which they can qualify as a girls tournament entrant.

This is only a brief summary of the eligibility rules.

You may access the IHSAA Eligibility Rules (By-Laws) at www.ihsaa.org

Please contact your school officials for further information and before participating outside your school.

(Consent & Release Certificate - on back or next page)

■ PREPARTICIPATION PHYSICAL EVALUATION CONSENT & RELEASE CERTIFICATE



I. STUDENT ACKNOWLEDGMENT AND RELEASE CERTIFICATE

- A. I have read the IHSAA Eligibility Rules (*next page or on back*) and know of no reason why I am not eligible to represent my school in athletic competition.
- B. If accepted as a representative, I agree to follow the rules and abide by the decisions of my school and the IHSAA.
- C. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved, and agree to release and hold harmless my school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agree to take no legal action against my school, the schools involved or the IHSAA because of any accident or mishap involving my athletic participation.
- D. I consent to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me, including but not limited to any claims or disputes involving injury, eligibility or rule violation.
- E. I give the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use my picture or image and any sound recording of me, in all forms and media and in all manners, for any lawful purposes.

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION. (to be signed by student)

Date: _____ Student Signature: (X) _____

Printed: _____

II. PARENT/GUARDIAN/EMANCIPATED STUDENT CONSENT, ACKNOWLEDGMENT AND RELEASE CERTIFICATE

- A. Undersigned, a parent of a student, a guardian of a student or an emancipated student, hereby gives consent for the student to participate in the following interschool sports **not marked out:**
Boys Sports: Baseball, Basketball, Cross Country, Football, Golf, Soccer, Swimming, Tennis, Track, Wrestling.
Girls Sports: Basketball, Cross Country, Golf, Gymnastics, Soccer, Softball, Swimming, Tennis, Track, Volleyball.
- B. Undersigned understands that participation may necessitate an early dismissal from classes.
- C. Undersigned consents to the disclosure, by the student's school, to the IHSAA of all requested, detailed financial (athletic or otherwise), scholastic and attendance records of such school concerning the student.
- D. Undersigned knows of and acknowledges that the student knows of the risks involved in athletic participation, understands that serious injury, and even death, is possible in such participation and chooses to accept any and all responsibility for the student's safety and welfare while participating in athletics. With full understanding of the risks involved, undersigned releases and holds harmless the student's school, the schools involved and the IHSAA of and from any and all responsibility and liability, including any from their own negligence, for any injury or claim resulting from such athletic participation and agrees to take no legal action against the IHSAA or the schools involved because of any accident or mishap involving the student's athletic participation.
- E. Undersigned consents to the exclusive jurisdiction and venue of courts in Marion County, Indiana for all claims and disputes between and among the IHSAA and me or the student, including but not limited to any claims or disputes involving injury, eligibility, or rule violation.
- F. Undersigned gives the IHSAA and its assigns, licensees and legal representatives the irrevocable right to use any picture or image or sound recording of the student in all forms and media and in all manners, for any lawful purposes.
- G. Please check the **appropriate space:**
 - The student has school student accident insurance. The student has football insurance through school.
 - The student has adequate family insurance coverage. The student does not have insurance.

Company: _____ Policy Number: _____

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE PROVISION.

(to be completed and signed by all parents/guardians, emancipated students; where divorce or separation, parent with legal custody must sign)

Date: _____ Parent/Guardian/Emancipated Student Signature: (X) _____

Printed: _____

Date: _____ Parent/Guardian Signature: (X) _____

Printed: _____

CONSENT & RELEASE CERTIFICATE

Indiana High School Athletic Association, Inc.
9150 North Meridian St., P.O. Box 40650
Indianapolis, IN 46240-0650

**File In Office of the Principal
Separate Form Required for Each School Year**



St. Lawrence School
Athletic Department
524 Walnut Street
Lawrenceburg, IN 47025

Student and Parent Certification of Knowledge and Release

We have read and understand the St. Lawrence School Athletic Handbook. 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. To the best of my knowledge I have suffered no injury or illnesses in the past that would hinder my participation in my chosen sport.

I acknowledge that I have received a copy of the handbook, been informed of and read the Code of Conduct for St. Lawrence School athletes. I understand the code applies to me year-round 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 my school and rules of my coaches. I understand that participation in athletics is a privilege. I further understand and have been told that there is 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, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. I also understand that travel is necessary and accident-causing injury is a possibility.

I have read the above provisions carefully.

Students Athlete signature: _____

Printed Name: _____

Parent signature: _____

Date: _____