



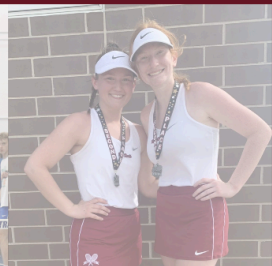
LOWELL HIGH SCHOOL

STUDENT-ATHLETE HANDBOOK



"Enhancing Education through Athletics"

<https://reddevilpride.com>



2025-2026 School Year

TABLE OF CONTENTS

So you want to be a Red Devil?	3
ATHLETIC DEPARTMENT PHILOSOPHY	3
BECOMING AN OFFICIAL ATHLETE OF LOWELL HIGH SCHOOL	5
IMPORTANT REMINDERS FOR “IN-SEASON” ATHLETES	5
AWARDS	6
ATHLETIC DEPARTMENT OVERVIEW	6
ELIGIBILITY RULES	10
CODE OF CONDUCT	13

So you want to be a Red Devil?

A message from Athletic Director Patti McCormack

It has been said that with great privilege comes great responsibility. Being an athlete at Lowell High School is a privilege for many reasons. It is a privilege to represent your school, your family, your community, and yourself through competition. As a member of a Red Devil team, you become a representative of the values attached to our athletic program. Individual teams may emphasize certain values more than others; however, our program focuses on the values of integrity, determination, perseverance, loyalty, commitment, and athletic and academic excellence. These values are developed daily so that when they are instilled throughout high school participation, they become ingrained and carry into the next phase of life. Our program also places a strong emphasis on servant leadership. All teams are asked to do a community service project each season. This is our way, the “Red Devil Way” to lead by example and give back to a community that supports us.

Expectations are very high for athletes because every competition is a public performance. When athletes compete, their performance is evaluated by those who watch. There will be praise, and there will be criticism. Both need to be accepted with humility. While this can be challenging, it is preparation for life.

Athletes are unintentional role models because they are disciplined, motivated, confident, open to criticism, and resilient. Your peers, future Red Devils, community members, and especially your parents know that athletes make sacrifices to wear a Lowell High School uniform. If you are willing to be a positive example for your school, we want you! It is important for you to know that your example matters and that the expectations for you to lead others in a positive way is both challenging and rewarding. Being a positive example to others comes with great responsibility, but oh, what a privilege!

This handbook was created to provide you with general information, resources, LHS procedures, and highlights of IHSA guidelines. Our Athletic Department is here to help you navigate becoming an athlete and succeeding as an athlete. This handbook cannot begin to cover all you need to know, so please do not hesitate to contact LHS Athletics with any and all questions you may have.

You will grow in ways that you will carry with you for the rest of your life. So get ready.....GO RED DEVILS!

ATHLETIC DEPARTMENT PHILOSOPHY

“Level Up” for Athletics and Life

Research shows that high school students who participate in education-based athletics have, on average, higher GPAs, fewer disciplinary problems, and routinely become leaders in business, education, their professions, their community, and in government.

Less than 3% of high school athletes will go onto play college athletics and less than 1% of those will play professionally. We hope every athlete has the opportunity to compete at the next level. At the same time, we are here to prepare athletes for whatever might be in the next phase of sports or life.

As a Red Devil athlete, you are:

- Encouraged to participate in multiple sports,
- Held to higher academic and behavior standards than the general student population,
- Expected to compete and practice with intensity, and

- Taught athletics is a part of the total educational program

Indiana High School Athletic Association sports are education-based, emphasizing the teaching of life lessons beyond high school and participation in athletics. Life lessons include respect for others, reward for hard work and commitment, time management skills, teamwork, sportsmanship, how to face adversity, and a value system based on honesty, integrity, and mutual respect.

LOWELL HIGH SCHOOL ATHLETIC TEAMS	
FALL SEASON - BOYS'	FALL SEASON - GIRLS'
FOOTBALL — Varsity, Junior Varsity, Frosh Coach Casey McKim cmckim@tricreek.k12.in.us	VOLLEYBALL — Varsity, Junior Varsity, Frosh Coach Marytherese Polak mpolak@tricreek.k12.in.us
SOCCER — Varsity, Junior Varsity Coach Jeremy Shuler jschuler@tricreek.k12.in.us	SOCCER — Varsity, Junior Varsity Coach Danny Nestorovski dnestorovski@tricreek.k12.in.us
TENNIS — Varsity, Junior Varsity Coach Dustin Hudak dhudak@tricreek.k12.in.us	GOLF — Varsity, Junior Varsity Coach Hollie O'Nions honions@tricreek.k12.in.us
CROSS COUNTRY — Varsity, Junior Varsity Coach Jake Rakoczy jrakoczy@tricreek.k12.in.us	CROSS COUNTRY — Varsity, Junior Varsity Coach Kelly Blank kblank@tricreek.k12.in.us
	CHEERLEADING — Varsity, Junior Varsity Coach Jennifer DelReal jdelreal@tricreek.k12.in.us
WINTER SEASON - BOYS'	WINTER SEASON - GIRLS'
BASKETBALL — Varsity, Junior Varsity, Frosh Coach Joe Delgado jdelgado@tricreek.k12.in.us	BASKETBALL — Varsity, Junior Varsity, Frosh Coach Kelly Chavez kchavez@tricreek.k12.in.us
SWIMMING — Varsity, Junior Varsity Coach Kelly Blank kblank@tricreek.k12.in.us	SWIMMING — Varsity, Junior Varsity Coach Teanna Briesse tbriesse@tricreek.k12.in.us
WRESTLING — Varsity, Junior Varsity, Frosh Coach Kevin English kenglish@tricreek.k12.in.us	WRESTLING — Varsity, Junior Varsity Coach Kevin English kenglish@tricreek.k12.in.us
	GYMNASTICS — Varsity, Junior Varsity Coach Lisa Blink lblink@tricreek.k12.in.us

	CHEERLEADING – Varsity, Junior Varsity Coach Jennifer DelReal jdellreal@tricreek.k12.in.us
SPRING SEASON - BOYS'	SPRING SEASON - GIRLS'
BASEBALL – Varsity, Junior Varsity, Frosh Coach Ben Mahar bmahar@tricreek.k12.in.us	SOFTBALL – Varsity, Junior Varsity Coach Mike McLindon mmclindon@tricreek.k12.in.us
TRACK – Varsity, Junior Varsity Coach Jake Rakoczy jrakoczy@tricreek.k12.in.us	TRACK – Varsity, Junior Varsity Coach Sarah Dedelow sdedelow@tricreek.k12.in.us
GOLF – Varsity, Junior Varsity Coach TBD	TENNIS – Varsity, Junior Varsity Coach Dustin Hudak dhudak@tricreek.k12.in.us

STUDENT ATHLETIC TRAINING IS COED AND OFFERED IN ALL SEASONS

Certified Athletic Trainer(s)–

- Usbaldo Montoya umontoya@tricreek.k12.in.us

BECOMING AN OFFICIAL ATHLETE OF LOWELL HIGH SCHOOL

The Athletic Department at Lowell High School is excited about your interest in becoming a “Red Devil.” Here is a “quick-start” checklist on how to become eligible to compete.

- Students new to LHS who attended or competed at any high school other than Lowell High School MUST immediately schedule a meeting to transfer athletic eligibility. This is extremely important. Failure to transfer your eligibility from the previous school prior to competing at Lowell High School will result in your team forfeiting any contest in which you compete.
- You must be enrolled at Lowell High School prior to participating in any summer activities.
- The IHSAA Pre-Participation Physical Evaluation Form must be signed by a licensed Indiana healthcare professional (MD, DO, PA, or NP) and must be dated after April 1, 2025, to be valid for participation in the 2025-2026 school year. The IHSAA physical form must be turned in directly to the athletic office and must be the original State of Indiana form. Once the form is on file in the athletic office, coaches will be notified via Final Forms of your initial eligibility to practice.
- Final forms: Student-athletes may not participate until ALL documents are signed and submitted by both the parent and the student-athlete (tricreek-in.finalforms.com).

IMPORTANT REMINDERS FOR “IN-SEASON” ATHLETES

When students are officially rostered for the season and practices begin, there are strict restrictions in place that must be adhered to in order to prevent becoming ineligible. This checklist is provided to help ensure clarity.

During the current season of your current sport:

- Athletes may not attend a non-school camp of the same sport of that season. For example, during basketball season, an LHS basketball player may not attend or participate in a non-school camp for basketball but could if the non-school camp was for any other sport than basketball. (Exception: Athletes may receive one-on-one lessons by an instructor who is not their high school coach. This is true for both individual and team sports.)
- Athletes may NOT participate in tryouts or attend camps of the same sport during their current season.
- Athletes may NOT participate in an organized contest with or against players from another school in the same sport they are currently participating in at LHS.
- Athletes may NOT participate as an individual on another team of the same season sport of the current season.
- Athletes may NOT participate in demonstrations of athletic ability, such as college tryouts of the same current sport.
- Athletes may NOT attend or participate in a student clinic of the same current sport.
- Athletes may NOT compete or practice the same current sport on Sundays or meet with coaches on Sunday.
- At any time during the school year, current athletes **may not** scrimmage or compete against alumni of Lowell High School.

AWARDS

Individual Athletic Awards (specific criteria presented in pre-season meetings)

- I. Varsity Athletic Letter Award
 - A. Athlete must be recommended by the head coach.
 - B. Athlete must meet all standards set by the head coach.
 - C. Athlete must complete the sports season as a member in good standing.
 - D. Athlete must return all equipment issued or pay for the same.
- II. Junior Varsity and Freshman Award
 - A. Junior Varsity players who finish the season in good standing will receive a participation certificate. First-time award winners receive numerals.
 - B. Freshman players who finish the season in good standing will receive a participation certificate. First-time award winners will receive numerals.

ATHLETIC DEPARTMENT OVERVIEW

Lowell Athletic Booster Club Ways to Help (*parents and community members*)

The mission of the Lowell Athletic Booster Club is to provide financial support to the athletic programs of Lowell High School and Lowell Middle School.

- Join at <https://reddevilsbooster.com/>
- Say YES when called upon
- Support all LHS athletes
- Participate in and attend
 - Bingo Nights in December and February
 - Dollars for Devils
 - Physical Night
- Be sure to volunteer to work a gate during your team's assigned weeks. Volunteerism is KEY!
- Inform Athletic Department of corporate sponsors that might be willing to get involved.

- Notify Athletic Department to fill in when we have emergency cancellations.
- Helping with team meals – all parents need to have a limited background check. Please contact the athletic office for the easy-to-fill-out form.

Athletic Fees

There is an athletic fee due for **each season** of participation. The amount due is \$50.00.

- If there is a financial hardship, please contact the athletic office.
- Practice Pack fees may range from \$90 - \$110 and are separate from the athletic fee.
- Fees are due prior to the or established date, or first away contest

Athletic Training

- Two certified athletic trainers are on staff.
- Review sport-specific cautionary statements warning on the Athletic website; athletics carries with it an inherent risk of injury.
- Goals: 1) to minimize the risk of injury through preseason conditioning;
2) to provide proper coaching techniques;
3) to evaluate and treat any injury that occurs as efficiently and effectively as possible;
4) to return the injured athlete to scheduled participation as soon, and as safely, as possible
- LHS offers a year-round conditioning program open to all student-athletes to reduce the chance of injury.

Communication - The Athletic Department of Lowell High School strives to keep open lines of communication between athletes, parents, coaches, and the general public. Much of the information needed to keep current with the events and policies of Lowell High School can be accessed by using <https://reddevilpride.com/>.

Communication between parents and coaches should follow standard operating procedure and should follow the athletic chain of command. The Chain of Command communication is as follows:

- 1) Meeting involving both the coach and the athlete;
- 2) Meeting with the coach, athlete, and parent;
- 3) Meeting with the coach, athlete, parent, and athletic director.

Face-to-face conversations between coaches and athletes are strongly encouraged as a first step. Playing time is not considered a conflict and should be addressed directly between a player and a coach.

Conduct and Character - Athletes' conduct both in and out of school shall be such as (1) not to reflect discredit upon their school or the IHSAA, and (2) not to create a disruptive influence on the discipline, good order, morale, or educational environment of the school. Athletes who violate this rule may be excluded from representing Lowell High School in interscholastic competition.

Conflict Policy - Policy for athletes in multiple extracurricular activities (performing arts, academic teams, etc.)

- Athletes are responsible for
 - o comparing practice and contest schedules of each program;
 - o communicating any and all conflicts with the coaches/sponsors of each program;
 - o meeting with coaches/sponsors to resolve conflicts before the season begins; and
 - o adhering to the collaborated resolution.

Dropping a Sport - If an athlete quits his/her current sport to start another sport before the season ends:

- Athlete forfeits all athletic awards.
- Athlete is not permitted to participate in another sport until the sport he/she dropped is completed (unless coaches in each program mutually consent).

Enrollment - In order to participate in any athletic competition, a student must be enrolled at Lowell High School. After **15** days of enrollment, Lowell High School becomes the school of record. Athletes have eight **(8)** consecutive semesters of eligibility.

Equipment - All athletes are responsible for the care and return of equipment owned by the school. Lost equipment must be replaced at a fair market value. All equipment owned by the school will be worn in a manner determined by the coaching staff of each of the respective sports.

Inherent Risk - Any student who participates in athletic competition must understand that a risk of injury always exists. The Athletic Department and Lowell High School coaching staff will do everything possible to minimize risks for student-athletes, both in practice and competition.

Insurance - Lowell High School has a great concern for medical care and insurance protection for all those participating in interscholastic competition. As a result, students participating in athletics at LHS are required to carry insurance coverage. The student's family pays for all insurance costs. The IHSAA does carry a catastrophic insurance policy on all athletes that covers amounts from **\$25,000** up to one million dollars.

Locker Room Security -

Locker and Lock Policy

- Athletic Department-issued locks are the only locks that may be used on athletic lockers. Students should never share lockers and should lock their lockers at all times when not in use.
- Lockers are assigned, and students are responsible for any items inside of their issued lockers.
- Athletes should not pre-set lockers for faster entry.
- Locks become the permanent property of athletes once purchased and should be used for the duration of the athlete's high school career.

Non-School Teams - Participation in organized sports competition in the same sport during the authorized contest season of that IHSAA sport will cause the student-athlete to become ineligible for their school team. Additionally, forfeitures will likely be mandated by the IHSAA should this occur.

Participation in non-school competition while on a school team of a different sport should be discussed with the in-season coach. Participation on Lowell High School teams should be the priority of all athletes during their season.

Parent Pre-Season Meetings

All athletes and parents are to attend a pre-season meeting with the coaching staff of that sport. A large meeting will occur before breakout sessions with teams each season. Parents and athletes only need to attend the large group meeting once per school year. Breakout sessions should be attended for every sport in which the athlete participates. The breakout sessions generally start approximately 45 minutes after the large group meeting ends. These meetings are traditionally held before the first contest. Parents will be informed of rules for their student-athlete's sport as well as the rules of Lowell High School and the IHSAA.

Physical Examinations - Students wishing to participate in athletics in any IHSAA-sanctioned sport must undergo a physical examination by a doctor (or approved medical personnel) holding a license to practice medicine. The physical examination form must be completed on the IHSAA form and be signed by the physician, parent, and student-athlete. The IHSAA physical examination form is good from April 1 of each year and will be in effect for all activities until the end of the school year. If a team competes beyond the last day of school, the physical is valid until school competition ends. Please note that the original form must be submitted as copies will not be accepted.

Practices - The school day at Lowell begins at 8:15 a.m. and concludes at 3:00 p.m. Practices may begin at 3:15 p.m. daily. In cases of inclement weather that result in school being dismissed early, all practices for that day will be postponed. Exceptions to this rule will require the approval of the principal and the athletic director. Please know that non-traditional days (weather delays, half days, etc.) still require students to arrive no later than 30 minutes late. In the event of an emergency, the athletic director should be contacted immediately. When a weather delay is called, all morning practices are canceled.

School practices, games, scrimmages, film sessions, or meetings held on Sundays are strictly forbidden by the IHSAA. Calling one or more team members together for scouting reports, film viewing, and/or the treatment of injuries are also violations of the IHSAA.

All athletes are expected to be at practice on time. All illnesses and injuries should be reported to a coach and trainer immediately. The head coach has the discretion to determine if a missed practice is excused or unexcused. Athletes should inform coaches in advance of known absences for practices and/or competitions. In the event that a physician restricts an athlete from participation, a physician must return the athlete to practice by sending a written release with the student or parent directly to the athletic office.

The head coach is responsible for informing the team of practice dates and times well in advance. Athletes will not be allowed to practice if they do not attend school unless a planned excused absence occurs. All exceptions to this rule must be cleared through the principal and/or athletic director.

Safety Certifications of Coaches - All coaches are certified in Concussion, Heat Illness, Cardiac Arrest, Protecting Students from Abuse, and Student Mental Health and Suicide Prevention.

Team Guidelines - Coaches will communicate their own team guidelines. Some of these may include practice attendance policies, dress codes, curfews, lettering requirements, transportation, team rules, etc.

Team Physicians - Trainers will be notified once a team doctor is assigned. Team doctors will usually be able to see patients within 24-48 hours after injury during the week. Contact the athletic trainer or athletic office for quick access to the doctor's office. There is no obligation to use our physicians.

Travel - Lowell High School athletes are required to travel to and from athletic events in school-approved vehicles (school district buses) and under adult supervision provided by Lowell High School. Extreme circumstances must be cleared by the principal or athletic director.

Students may be released to their parents (if the head coach is in agreement) and if the LHS travel release form is completed and signed at least 48 hours in advance of the contest. Students will not be released to ride home from a contest with other students. Athletes may obtain travel release permission slips in the athletic office in advance, and must acquire the coach's signature before submitting to the athletic office.

Athletes represent Lowell High School on all road trips. Appropriate dress will be determined by the coaching staff. Athletes are expected to act in an acceptable manner while on all school trips. Equipment, facilities, fans, opponents, officials, and staff members at opposing school sites are to be treated with respect at all times. Any damage or improper behavior on the part of Lowell athletes and/or support staff will result in appropriate disciplinary action and appropriate restitution if damages occur.

Early release time from class for athletic activities will only be granted with the prior approval of both the principal and athletic director.

Weight Room and Gymnasiums - The following guidelines must be observed when students are using the weight rooms, gymnasiums, and any other athletic facilities at Lowell High School.

1. Students may use the weight room, gymnasiums, and other athletic facilities only while under the direct supervision of a Lowell High School staff member.
2. Students working out in the weight room, gymnasiums, and other athletic facilities must be dressed in proper attire. **Full-length shirts and shoes are always a requirement.**
3. **No food or drink is allowed in the weight room at any time or for any reason.**
4. Weights and other equipment should be returned to the proper racks or storage areas before students and coaches leave the area.
5. All facility usage shall be scheduled in advance and placed on the school calendar by the head coach in cooperation with the assistant athletic director.
6. No usage of any athletic facilities by IHSAA-sponsored teams will ever be allowed on Sundays.

ELIGIBILITY RULES

In order to represent Lowell High School in any interscholastic competition, all students must meet eligibility requirements set forth by the Tri Creek School Corporation, Lowell High School, and the Indiana High School Athletic Association (IHSAA). All questions concerning eligibility or IHSAA rules should be directed to the athletic director.

Academic Eligibility – To be academically eligible, students must receive a passing grade at the end of their last grading period (semester grades take precedence over nine-weeks grading period grades when determining athletic eligibility) in at least 70% of the maximum number of full credit subjects.

- o Study Hall does not receive a credit.
- o Students enrolled in college classes or virtual learning *must* have their schedules evaluated by the athletic director at the beginning of the grading period to ensure the student has enough credits to be eligible.
- o Work study programs or external vocational/trades classes also need to be evaluated.
- o Students with alternate learning schedules must make an appointment with the athletic director as soon as school begins, and again at the start of the second semester if necessary.

Age Limitations - A student who is or will be twenty (20) years of age prior to or on the scheduled date of the IHSAA state championship in his/her sport shall be ineligible for interscholastic competition for that entire sports season.

Amateurism - Monetary gifts are illegal for high school athletes and may jeopardize athletic participation due to a loss of amateur status. Students may not play under an assumed name or

accept payment directly or indirectly for any athletic participation. Students may not participate in athletic activities, tryouts, auditions, practices, and/or games held or sponsored by professional athletic organizations, clubs, or any of their representatives while competing as a high school athlete.

Athletic Transfers - Parents of students who wish to participate in athletics at Lowell High School, who did not attend Lowell the previous year of high school, are required to complete an IHSAA Athletic Transfer Form. The student and parent must complete this form in the athletic office before ANY participation in a contest can occur. Students do not become eligible to participate in contests until both schools (the sending school and the receiving school) and the IHSAA have approved the transfer. Students who transfer without a corresponding change of address will likely be granted ***“Limited Eligibility”*** to compete at the junior varsity levels for 365 days.

Attendance - Students must attend school on the day of an event in order to participate in any extracurricular event that occurs after the school day. Approved field trips or school activities will constitute attendance. The school principal or athletic director must approve all exceptions to the attendance rule. Any athlete who misses school for a prolonged period of time (5 days or more) must have written permission from a doctor to resume participation in practices and/or competition. All students must be in school within 30 minutes of the designated start time. Additionally, students with medical appointments are to attend school until the time of their appointment and return immediately following their appointment in order to be eligible for practice and competition. Absences for funerals and college visits should be arranged through the attendance office. Approved school-sponsored field trips do not restrict participation in practice or contests.

Awards/Gifts - Athletes may not receive any cash or monetary compensation (including gift cards) or clothing or other gifts (valued at \$90 or more) for athletic performance that is not approved by the IHSAA or Lowell High School. Athletes may not accept awards, medals, recognition, gifts, or honors from colleges, universities, or booster organizations. Awards and gifts should never be accepted for winning athletic contests.

Changing Sports - Any athlete cut from a team may join another sport immediately; however, the athlete must meet the minimum required practice threshold of eight (8) and must have five (5) additional consecutive practices in the sport joined. Any athlete who quits a team cannot join another team until the first team has completed competition for that season. Athletes may transfer from one sport to another during the same season only if the head coaches of the two sports involved are in mutual agreement about such a move. Out-of-season conditioning and limited contact practice sessions are open to all students at Lowell High School, who are not in a current sports season. Three (3) days of tryouts are given to athletes trying out for a sport.

Eight (8) Separate Days of Practice Prior to First Contest - Athletes must complete eight (8) full-length practices prior to competing in their first contest. In all sports, however, only five (5) days of practice are required between seasons if the amount of time lapsed is less than a week. Additionally, only five (5) practices are required to compete in scrimmages. Coaches and Coach Baldo must verify these numbers with the athletic director before contest eligibility can occur.

Limited Contact (IHSAA 15-2.5) - Allows athletes to practice with their high school coach out of season three times per week / two hours each time.

Limited Contact Program	2025-2026 Start Date	2025-2026 End Date
Winter/Spring	September 1, 2025	October 18, 2025
Fall/Spring	December 8, 2025	February 7, 2026
Fall/Winter	April 6, 2026	May 16, 2026

Multi-Sport Athletes - Must have IHSA permission during the same season and be in good academic standing.

Numbers of Schools in Classes (Rule 2-2) - Four-class sports will be classified so that Class 4A will include the largest of 20% of schools; Class 3A will be the next 25%; Class 2A the next 25%; and Class A the smallest of 30% of schools. Their division will be based on the number of member schools. Lowell High School will participate in Class 3A in all team sports except for Girls Soccer, which is Class 2A, and Football, which is Class 4A. Currently, individual sports are single class.

Participation on Non-School Teams - Applies during the season as well as the entire school year.

Athletes may not:

- o Participate as a member of a non-school where more than the following number of students participated on the same team during the previous year:
Basketball = 3, Baseball = 5, Football = 6, Volleyball = 3, Softball = 5, Soccer = 7

Practice Attendance Required to Participate in a Contest (Rule 9-14 b. (2). Attend and actively participate in eight (8) school-supervised practice sessions of normal length, which shall occur on eight (8) separate days prior to the day of the contest. If the student fails to attend and actively participate in more than seven (7) but less than fifteen (15) consecutive days of regularly scheduled practice sessions and contests.

Days Missed	Number of Practices Required
5 to 10	2
More than 14 consecutive	3

Rule for Individual Sports (XC, Golf, Tennis, Swimming, Track, Wrestling) - To be eligible to compete in the IHSA tournament, all members of individual teams MUST compete in 75%

During Authorized Contest Season (Rule 15-1.1)

Participation by a student in any organized non-school sponsored sports competition *during the Authorized Contest Season*, or at any time prior to the conclusion of the student's participation in the IHSA Tournament Series, in that sport shall cause such students to become ineligible for the school team in that sport for a period not to exceed three-hundred sixty-five (365) days as determined by the Commissioner.

Example: If you play on a summer league baseball team, you cannot play on the summer team until your Lowell High School baseball season ends – this includes sectional play if you are on the roster.

Summer Guidelines

- Summer officially begins the Tuesday after Memorial Day.

- Attendance at a school-sponsored or non-school camp after week 4 (8/3/2025) for all fall sports must be terminated.
- Attendance at any non-school camp must be terminated prior to Monday, Week 6 (8/15/2025).
- Summer participation is open participation – exception is MORATORIUM WEEK 6/30/2025 - 7/6/2025 ABSOLUTELY NO CONTACT BETWEEN COACH AND ATHLETE DURING THE ENTIRE WEEK OF MORATORIUM.

CODE OF CONDUCT

Membership in extracurricular activities is a privilege, not a right, and comes with a higher standard of expectations. When a student violation of the Code of Conduct occurs, a thorough review will be conducted, and consequences will be assigned according to the guidelines of the ECA Discipline and Support Matrix. The Extracurricular Discipline and Support Matrix Guidelines and student discipline record are in effect for the entire duration of each student's high school career. Offenses are cumulative and roll over to the next school year until graduation.

EXTRACURRICULAR DISCIPLINE AND SUPPORT MATRIX			
INFRACTION	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE
Behavior Resulting in an Out-of-School Suspension	Coach and Athletic Director or ECA Sponsor and Principal will determine implementation of one or more of the following: ● Community Service ● Mentoring ● Restorative Education/Justice ● Special Projects ● Up to 30% suspension from contests	Coach and Athletic Director or ECA Sponsor and Principal will determine implementation of one or more of the following: ● Community Service ● Mentoring ● Restorative Education/Justice ● Special Projects ● Up to 30% suspension from contests ● Counseling Services	Student and Parent/Guardian will meet with the ECA Council to develop a personal behavior and improvement plan to support, address, and correct unacceptable behavior of the student that also includes disciplinary consequences.
Behavior that violates local, state, or federal laws occurring in or out of school	Student and Parent/Guardian will meet with the ECA Council to develop a personal behavior and improvement plan to support and correct unacceptable behavior of the student.	Coach and Athletic Director or ECA Sponsor and Principal will assign a suspension from contests of up to 40% (no less than percentage of penalty of 1st offense, in addition to one or more of the following: ● Community Service ● Mentoring ● Restorative Education/Justice ● Special Projects ● Counseling Services	Coach and Athletic Director or ECA Sponsor and Principal will assign a suspension from contests of 50% to 365 days.