

STUDENT-ATHLETE HANDBOOK



Fredericktown Local Schools

Athletic Department

Message from the Athletic Director

Welcome to Fredericktown Local Schools! Our coaching staff and I are looking forward to working with each and every student-athlete.

We have a motto in our athletic department at Fredericktown Local Schools. It is: It's Not About Me (INAM)

We will strive to put others before ourselves and look for ways to serve others.

Our core values within our motto are:

Integrity
Respect
Responsibility
Sportsmanship
Servant Leadership

It is a privilege to participate in athletics. We expect our student-athletes to represent Fredericktown Local Schools with class on and off the field of play.

We strive to develop each student-athlete mentally, socially, physically, and emotionally while pursuing excellence in the classroom, on the field of play, and off the field of play.

Our goal is for each student-athlete at Fredericktown Local Schools to have a rewarding experience and to have FUN! We look forward to journeying with you one day at a time!

GO FREDDIES!

Nate Bellman
Athletic Director

Fredericktown Local Schools Information

Fredericktown Local Schools
111 Stadium Drive
Fredericktown, OH 43019
HS/MS Main Office: (740) 694-2726
www.fredericktownschools.com

Board of Education

Jim Blanchard, President
Patty Miller, Vice President
Charlie Streby
Todd McClay
Candi Gallagher

District Leadership

TBD, Superintendent
Heather Darnold, Treasurer
TBD, Special Education Coordinator
Brenton Wolfe, Technology Coordinator
Cale Grubb, Transportation Coordinator

Building Leadership

Kim Radulovich, Principal, High School
Matt Caputo, Principal, Middle School
Miguel Thompson, Principal, Elementary
Nate Bellman, Athletic Director
Jim Nussbaum, Student Affairs Coordinator

Fredericktown Local Schools Athletic Programs



FALL

Cheerleading (MS & HS)
Cross Country (MS & HS)
Football (MS & HS)
Golf (HS & MS)
Volleyball (HS & MS)

WINTER

Basketball (MS & HS)
Bowling (HS)
Cheerleading (MS & HS)
Wrestling (MS & HS)

SPRING

Baseball (HS)
Softball (HS)
Track & Field (HS & MS)

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Associations

Fredericktown Local Schools are members of the Ohio High School Athletic Association (**OHSAA**) and the Knox-Morrow Athletic Conference (**KMAC**).



www.ohsaa.org



www.kmacsports.org

Requirements for Participation

The OHSAA and FLS have several requirements that need to be completed to participate in athletics. A valid sport physical needs to be completed prior to participating in a practice and/or athletic contest. The Emergency Medical Authorization Form, Concussion Information Sheet, and the Sudden Cardiac Arrest Video and Sheet will also need to be completed prior to the first athletic contest.

Pay-to-Participate Fees

There will be no Pay-to-Participate fees.

Academic Requirements/Eligibility

The Ohio High School Athletic Association (OHSAA) requires us to verify eligibility on a quarterly basis. For 7th & 8th graders—student-athletes must have passed 5 classes in the preceding grading period (OHSAA requirement) and have a minimum 1.5 grade point average in that quarter to participate in athletics (FLS requirement). For 9th through 12th graders—student-athletes must have passed 5 credits or the equivalent in the preceding grading period (OHSAA requirement) and have a minimum 1.5 grade point average in that quarter to participate in athletics (FLS requirement).

School-issued Athletic Uniforms & Equipment

School-issued athletic uniforms & equipment will be issued prior to each sport season. These athletic uniforms and equipment are expected to be returned at the end of each sport season. If athletic uniforms & equipment are not returned they will be added to your school account.

Attendance

Student-athletes must be in school a minimum of half day (11:15 AM is the cutoff for arrival/departure) on game days or practice days or be excused by the office to be able to participate in practice or athletic contests that evening. A few examples of excused absences would be dental appointments, doctor appointments, and funerals. A doctor's note is required to participate in practice/game that day that a student-athlete is absent from school.

Insurance

Fredericktown Local Schools provides the opportunity for each student-athlete to purchase voluntary limited-benefit 24-hour insurance, both of which will cover a student who would participate in any interscholastic sport. There is also a football only policy as well. Please contact the High School Office if you are interested in this insurance.

Sportsmanship & Conduct

We are Freddie's. As a student-athlete at Fredericktown Local Schools, you are expected to conduct yourself with dignity and class regardless of the outcome of the contest. Respect will be demonstrated for our opponents, officials, and our school at all times. The desire to win is not a reason to lose self-control and act irrational. At a minimum, the OHSAA standard regarding an ejection from an athletic contest will be administered.

Participation in athletics at FLS is a privilege. Failure to represent FLS with class could result in disciplinary action. At any time, head coaches and/or the athletic director can administer disciplinary action for conduct detrimental to the team/FLS.

Character & Citizenship

We are Freddie's. We expect our student-athletes at FLS to model good behavior and standards in the classroom. We expect our student-athletes to pursue excellence in the classroom and do so with academic integrity. As Freddie's, we will do the right thing—regardless of who is watching. Your actions are being watched by younger Freddie's in the stands and spectators from our school as well as other schools—we want to leave a positive, lasting impression.

College Recruitment

Should your student-athlete be contacted by a college coach, please communicate with your coach to discuss the process and discuss any questions you might have. The Athletic Director is also available to assist with the process and help answer any questions that arise.

Fundraisers

Student-athletes may be asked to participate in fundraisers for their respective sport for additional gear, equipment, or other athletic need. These fundraisers will be approved by each varsity head coach and athletic director.

Transportation Guidelines

Fredericktown Local Schools will provide transportation for student-athletes to all away athletic contests when buses and drivers are available. Students will not be permitted to transport other students to or from any school sponsored away athletic contests. When school transportation is not available, parents may provide transportation provided they have a valid drivers license and proper liability car insurance.

Student-athletes are required to ride to and from away athletic contests by school-provided transportation. There may be an emergency or special event where a parent needs to transport their own student-athlete from an away athletic contest. The coach should have a written note from the parent and see the parent face-to-face prior to the student-athlete being released to depart the athletic contest with the parent. When departing an away athletic contest with your student-athlete(s), parents need to understand that they forfeit any coverage under the Fredericktown Local Schools insurance policy and that of the OHSAA.

State law specifically states that there shall be no eating and drinking on the bus when traveling. Please assist the bus driver with your cooperation with this rule. Before the bus departs FLS there will be a short presentation by the bus driver for your safety. You are asked to remain quiet during the presentation. Before departing the bus, please assist in cleaning up the bus. Leave the bus cleaner than you found it. Each coach is responsible for maintaining discipline and order on the bus. There should be complete silence at all railroad crossings.

Awards

First Year Varsity Award—a 6” Block “F” with a certificate. Only one letter may be earned in each sport season.

Second Year Varsity Award—a medallion with case.

Third Year Varsity Award—a plaque.

Fourth Year Varsity Award—a special award selected by the athletic director.

Participation—For those student-athletes who don’t earn a varsity letter, a certificate will be awarded.

Social Media

Facebook, Twitter, along with other social media sites have become increasingly popular and are used by many student-athletes at FLS. Social media posts can be easily accessible and project student-athletes in positive or negative light depending on the nature of the material.

As you look to represent yourself and FLS with dignity and respect, the following are a few examples of inappropriate social media behaviors:

- Posting material showing your personal use of alcohol, drugs, or tobacco.
- Posting material that is sexual in nature, pornographic, or other inappropriate material.
- Posting content that is threatening, derogatory, unsportsmanlike, or that encourages unacceptable, violent, or illegal activities toward another individual or school.
- Failure to comply with these social media standards will result in disciplinary action.

Drug Testing Policy

The Drug Testing Policy reflects the Fredericktown Local Schools Board of Education’s, as well as the community’s, strong commitment to establish a drug free athletic environment. This policy applies to all student-athletes in grades 7 through 12.

Throughout each year random testing of all student-athletes will be done and will be paid for by the school district. The drug testing company will use a system to ensure that student-athletes are elected in a random fashion. This system will be computer generated. Random testing is unannounced. The day and date will be selected by the Athletic Director in coordination with the drug testing company.

Drug, Alcohol, and Tobacco Policy & Consequences

This policy is in effect 24 hours/day, 7 days/week, 365 days/year and applies to all students in grades 7 through 12.

Possession, selling, supplying, or use of tobacco, alcohol, illegal drugs are prohibited at Fredericktown Local Schools. Health problems of youth are primarily the responsibility of the home and community, but schools share the responsibility because chemical dependency problems interfere with school behavior, learning, fundamental athletic skills, and the fullest development of each student-athlete.

The following are consequences for possession, selling, supplying, or use of tobacco, alcohol, or illegal drugs:

First Offense—Student-Athlete will be suspended from current athletic sport season for 20% of the season. If 20% of the season does not remain, then the remaining percentage from the suspension of the previous sport season will be imposed during the next sport season the student-athlete participates in. The student-athlete may participate in practice during the suspension and attend the athletic contests they are suspended from in coach-approved attire.

Second Offense—Student-Athlete will be suspended from the current athletic sport season for 50% of the season. If 50% of the season does not remain, then the remaining percentage from the suspension of the previous sport season will be imposed during the next sport season the student-athlete participates in. The student-athlete may participate in practice during the suspension and attend the athletic contests they are suspended from in coach-approved attire.

Third Offense—Student-Athlete will be banned from participating in athletics for the duration of their career at Fredericktown Local Schools.

Notification of Suspension

Parents will receive written notification through the mail or email of a suspension detailing the reason(s) for the suspension, length of the suspension, and the appeals procedures.

Appeals of suspensions resulting from violations from the student-athlete and student handbooks may be made to the Superintendent in writing within 10

calendar days of receipt of notification of the suspension. Appeals of the Superintendent's decision may be made to the Board of Education within 10 calendar days of receipt of notification of the Superintendent's decision. The Board of Education decision will stand as final. The student-athlete will remain under suspension during the appeals process.

Individual Coaches Rules & Standards

Coaches may establish additional rules and standards for their respective sport. Coaches will go over their program requirements, rules, and standards at the mandatory parent meeting at the beginning of each sport season. The parent/student-athlete are responsible for obtaining the rules, standards and program requirements from the coach.

Student/Parent Handbook

Additional rules and standards contained in our Student-Parent Handbook are expected to be followed by our student-athletes. Failure to comply will result in disciplinary action.