



**Newton Parent &  
Student-Athlete  
Handbook  
2017-2018**



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## EMERGENCY CONTACT INFORMATION

**Skiff Emergency Room#** (641) 791-4300

Nearest Land Line #:

Main Office	(641) 792-5797
Counseling Office	(641) 792-5829 ext. 2018
Coaches Office	(641) 792-5797 ext. 2095
Training Room Office	(952) 792-5797 ext. 2117

Athletic Administrator #: Scott Garvis (641) 792-5797 ext. 2137  
EMS (911)

Sport: Indoor On-Campus Facilities

Game Site Street Address: 800 East 4th St. S, Newton, IA 50208

### Emergency Telephone Numbers:

#### **Certified Athletic Trainer:**

Contact phone number for the school's athletic trainer should be made in person. Matt Scotton can be contacted for any questions related to an athletic injury. He may be reached at (641) 521-0357 or [mscotton@newtoncardinals.com](mailto:mscotton@newtoncardinals.com)

**EMS:** 911

#### **Skiff Hospital Emergency Room:**

(641) 791-4300 (Dial 911 for all medical emergencies)

#### Other telephone numbers posted for:

**Fire:** (641) 792-3347 or 911

#### **Iowa Poison Control:**

(800) 222-1222 or 911

#### **Hospitals:**

Skiff Medical Center, 204 N. 4th Ave E., Newton, IA (641) 787-5433

#### **Power and Gas Companies:**

Black Hills Energy Emergency Contact # 1 (800) 694-8989

Alliant Energy Emergency Contact # 1 (800)255-4268

#### **Iowa Health Department:**

321 E. 12th St, Des Moines, IA, 50319, (515) 281-7689



## A LETTER FROM THE PRINCIPAL



Dear Students,

As Newton High School's Principal, I am pleased to welcome you to campus as we start the new academic year.

As new and returning Newton students, each of you has already demonstrated tremendous talent, intellectual ambition, and dedication. As Newton student athletes, you have also proven your ability to compete with enthusiasm and sportsmanship.

The learning that happens in the classrooms on campus is stimulating and rigorous, and you also have a myriad of opportunities to engage in. I hope that you explore all of the resources that are offered to you, including those found off-campus throughout our vibrant city.

I wish you the greatest success both on and off the field of competition.

Sincerely,  
Bill Peters





## WELCOME!

### Welcome to new and returning student athletes!

All of us in the athletic department are delighted to have you back for another great year at Newton High School. We are lucky to have you and want nothing but success for you academically, personally, and athletically. You can have an incredible academic experience at Newton, one of the state's best High Schools, compete athletically, and still have a personal experience of growth and maturity. This is our hope for you. Seize this once in a lifetime opportunity! Do not waste this moment in time.

Please avail yourself of all our resources, including Student Athlete Academic Services, our training staff, coaches, counselors, and athletic staff. Our job is to help. You are not alone - ever. So please do not be afraid to ask for help.

My hope is that you will have an amazing year in so many different ways. Go see a play; listen to a debate; enjoy a concert; explore Iowa. Have a rich and rewarding year and let me know how we can make your Newton experience the best it can be.

**Fight on!**

**Scott Garvis**





## NEWTON ATHLETIC MISSION

Student-Athletes at Newton High School will be provided the opportunity to participate in safe programs and strive toward a commitment to excellence in sportsmanship, integrity, competition, and community service, in support of their academic rigor.



We Act with **INTEGRITY**.  
We demonstrate an uncompromising  
**COMMITMENT** to **EXCELLENCE**.  
We **OUTWORK** and **OUTHUSTLE** our  
opponents in pursuit of **CHAMPIONSHIPS**.  
We desire the **BEST FOR** and expect the  
**BEST FROM** each other.  
We **MAXIMIZE OUR POTENTIAL** by  
**ASPIRING TO GREATNESS**.  
**WE LIVE THE CARDINAL WAY.**



## ACTIVITIES OFFERED

### Activities Offered - Non-Athletic - Newton High School

#### Vocal Music, Band, Drama

Other Clubs & Activities - Art Club, DECA, French Club, FFA, Home Economics Related Occupations (HERO), Key Club, Newspaper, Peer Helpers, Spanish Club, Speech Activities, Student Council, and Yearbook.

(Contact the Activities Coordinator at NHS for information regarding any of these activities.)

### Activities Offered - Athletics - Newton High School

**Fall** - Football, Cross Country, Volleyball, Girls' Swimming & Diving, Boys' Golf, Pacesetters

**Winter** - Basketball, Wrestling, Boys' Swimming, Girls and Boys Bowling

**Fall & Winter** - Cheerleading

**Spring** - Track & Field, Tennis, Girls' Golf, Soccer, Boys' Golf

**Summer** - Baseball, Softball





## ATHLETIC DEPARTMENT POLICIES

### **Hazing:**

“Hazing” means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose.

- No student, teacher, administrator, coach, volunteer, official or employee of a school shall plan, direct, encourage, aid or engage in hazing.
- No teacher, administrator, coach, volunteer, official or employee of a school shall permit, condone or tolerate hazing.
- Apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy.
- This policy applies to behavior that occurs on or off school property and during and after school hours.
- A person who engages in an act that violates MSHSL policy or law in order to be initiated into or affiliated with a student organization shall be subject to discipline for that act.
- The school district will act to investigate all complaints of hazing and will discipline or take appropriate action against any student, teacher, administrator, volunteer, official, or employee of the school district who is found to have violated this policy.

### **Hazing may include but is not limited to:**

1. Any type of physical brutality such as whipping, beating, striking, branding, electronic shocking or placing a harmful substance on the body.
2. Any type of physical activity such as sleep deprivation, exposure to weather, confinement in a restricted area, calisthenics or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity involving the consumption of any alcoholic beverage, drug, tobacco product or any other food, liquid, or substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health of the student.
4. Any activity that intimidates or threatens the student with ostracism, that subjects a student to extreme mental stress, embarrassment, shame or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from remaining in school.
5. Any activity that causes or requires the student to perform a task that involves violation of state or federal law or of school district policies or regulations.

“**Student organization**” means a group, club or organization having students as its primary members or participants. It includes grade levels, classes, teams, activities or particular school events. A student organization does not have to be an official school organization to come within the terms of this definition.

### **Reporting Procedures:**

1. Any person who believes he or she has been the victim of hazing or any person with knowledge or belief of conduct which may constitute hazing shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include hazing. Any such person who receives a report of, observes, or has other knowledge or belief of conduct which may constitute hazing shall inform the building principal immediately.
4. Submission of a good faith complaint or report of hazing will not affect the complainant or reporter’s future employment, grades or work assignment.



## HAZING IOWA CODE 708.10

### IOWA HIGH SCHOOL ATHLETIC ASSOCIATION HAZING POLICY

The Iowa High School Athletic Association believes all individuals should be treated with respect and dignity. Students should be able to participate in IHSAA-sponsored programs in an environment free from any behavior that is intimidating, hostile, offensive, or dangerous. Each member school is responsible for taking such action and enacting such policies as may be necessary to address incidents of hazing and to ensure such conduct is prohibited. Policies enacted by schools should be in accordance with sections of the Iowa Code that address hazing.

### HAZING Iowa Code Section 708.10

1. a. A person commits an act of hazing when the person intentionally or recklessly engages in any act or acts involving forced activity which endanger the physical health or safety of a student for the purpose of initiation or admission into, or affiliation with any organization operating in connection with a school, college, or university. Prohibited acts include, but are not limited to, any brutality of a physical nature such as whipping, forced confinement, or any other forced activity which endangers the physical health or safety of the student.
- b. For purposes of this section, “forced activity” means any activity which is a condition of initiation or admission into, or affiliation with, an organization, regardless of a student’s willingness to participate in the activity.
2. A person who commits an act of hazing is guilty of a simple misdemeanor.
3. A person who commits an act of hazing which causes serious bodily injury to another is guilty of a serious misdemeanor.





# HARASSMENT

## **SEXUAL OR RACIAL HARASSMENT**

All members of the Newton Community School District, including, but not necessarily limited to, the Board, the Administration, the faculty, the staff, and the students, are expected to conduct themselves at all times so as to provide an atmosphere free from racial or sexual harassment. Any person who engages in sexual or racial harassment while acting as a member of the school community will be in violation of this policy and subject to disciplinary action. Student violators may be given an out-of-school suspension for up to five days.

Unwelcome sexual advances, request for sexual favors, or other verbal or physical conduct of a sexual nature may constitute sexual harassment where:

1. Submission to such conduct is made either explicitly or implicitly a term or condition of a person's employment or educational development; or,
2. Submission to or rejection of such conduct by an individual is used as the basis for employment or educational decisions affecting such individual; or,
3. Such conduct has the purpose or effect of unreasonably interfering with an individual's work or educational performance or creating an intimidating, hostile, or offensive working or educational environment. (Board Policy 408.2)

If a person feels that he/she is being harassed, it should be reported to parents, a teacher, counselor, administrator, school equity official, or any school official who the person trusts.

## **PHYSICAL/VERBAL/BULLYING HARASSMENT**

Bullying and harassment of students and employees is against federal, state, and local policy. The school district is committed to providing all students with a safe and civil school environment in which all members of the school community are treated with dignity and respect. Policies, procedures, and practices designed to reduce and eliminate bullying and harassment are currently in place as well as processes and procedures to deal with such incidents. Bullying and harassment of students by students, school employees, and volunteers who have direct contact with students will not be tolerated in the school or school district.

Any harassment, such as verbal put-downs, trash-canning, bodily contact, physical threats, bullying, harassment based upon sexual orientation, or profanity (but not limited to these examples) will not be tolerated and an out-of-school suspension of up to five (5) days may be issued as a result of such harassment. Violations may result in a disciplinary removal from school through action recommended to the Newton School Board of Education.



## HARASSMENT

### **ASSAULTS/PHYSICAL CONTACT/FIGHTING**

Physical contact/fighting which is determined to be serious and potentially harmful will not be tolerated at Newton High School.

Violations will result in out-of-school suspensions for up to ten (10) days. Disorderly conduct charges through the Newton Police Department will also serve as an additional consequence.

The following situations will result in suspension and police charges:

1. Fighting after attempts have been made to resolve a specific conflict.
2. An unprovoked student attack on another student.
3. Bringing a non-school related issue to school which results in a fight. Continued physical contact or assaults by individuals will result in a recommendation to the Newton School's Board of Education for disciplinary removal from school.

Other confrontations which cause disruption to the learning process will be dealt with on an individual basis.



## CONDUCT

Each classroom teacher will set guidelines for their class. The guidelines are to ensure student success and maintain a positive learning atmosphere. Students are made aware of these guidelines at the onset of each course.

Certain rules and regulations are necessary to insure a school environment appropriate for learning. These rules are intended to encourage all students to behave in such a manner that all may learn as much as possible and no one will be kept from learning by the activities of others. Student whose conduct is illegal under state statute may be referred to local law enforcement authorities, in addition to facing school disciplinary consequences. Therefore, students are expected to:

1. represent all matters truthfully.
2. demonstrate good citizenship and not interfere with the education of other students.
3. conduct themselves in an orderly fashion in the school building, on school grounds, and at school-sponsored events.
4. display respect for school property and the personal property of others.
5. refrain from smoking, possession, distribution, consumption or under the influence of tobacco, alcoholic beverages, or drugs in the school buildings, on school property, and at home or out-of-town school contests.
6. refrain from possessing dangerous weapons on school grounds or at school sponsored events.
7. bring class materials and demonstrate proper work habits in each class and study hall.
8. observe the rules established by the Transportation Department when riding in school buses and walking in bus lanes.
9. respect the rights of other students and the authority of all school employees.
10. express disagreements appropriately and through proper channels.
11. refrain from using profanity or inappropriate language.
12. exhibit appropriate behavior throughout the school year. Students who violate behavioral rules at the end of the school year may be penalized for their actions at the beginning of the subsequent school year. Seniors may be penalized prior to commencement or be excluded from commencement exercises.



## POLICY # 503.7 – GOOD CONDUCT RULE

A student who violates that Good Conduct Rule will be declared ineligible and suspended immediately from public appearing events in each of the defined activity categories. The length of the suspension shall be the stated number of events. Multiple events in the same activity but occurring in the same date shall be considered one event. Events must be at the student's personal highest level of participation. During the period of suspension the student may not participate at other levels of the specific activity nor act in any official capacity in a public appearing event.

A student will be suspended within each defined activity category. The suspension will be considered served only if the student remains an active participant for the entire season of the activity. During the period of suspension, the student will be expected to practice or rehearse, attend home and away public appearing events, and perform such reasonable alternative activities as directed by the respective coach or sponsor. Sponsors of co-curricular activities shall not academically penalize a student who is suspended so long as the student completes the required alternative activities in a satisfactory manner.

First offense: Violations of Law, Tobacco Products, Alcoholic Beverages, Illegal Drugs

Suspended from 30 percent of the events (dates) within each defined activity category.

Second offense within one year of the date of the first offense : Violations of law, Tobacco Products, Alcoholic Beverages, Illegal Drugs

Suspended from 60 percent of the events (dates) within each defined activity category.

Third & Subsequent Offense within two years of the date of the first offense: Violations of Law, Tobacco Products, Alcoholic Beverages, Illegal Drugs

Suspended for twelve (12) full months beginning on the first day of ineligibility.

Steroids

First offense is twelve (12) full months suspension from all athletic, cheerleading, fine arts, and club events (dates) beginning on the first day of ineligibility. Second steroids offense will be eighteen (18) full months.

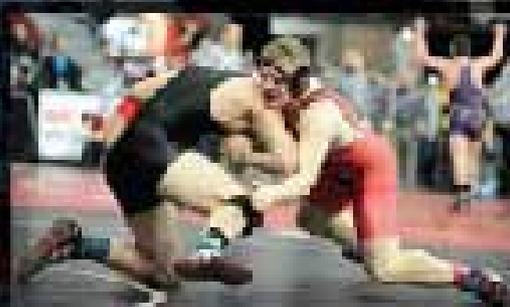
Students and parents should read this policy very carefully.

# BE LOUD BE PROUD BE POSITIVE

Cheer for your team,  
not against the visitors.

Don't get personal  
In your comments  
about players,  
coaches or officials.

No profanity,  
vulgarity, racist or  
sexist comments.





# ACADEMIC INTEGRITY

## High School Policy on Academic Integrity

General principles of academic honesty include and incorporate the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles.

# CONDUCT COUNTS

## ACTIVITY PARENTS' CODE OF CONDUCT

**AS THE PARENT OF AN ACTIVITY PARTICIPANT, I WILL:**

- Remember my daughter or son participates in educational activities for fun.
- Do my best to understand the purpose of educational activities which always puts education first.
- Remember it is a privilege, not a right, for my son or daughter to participate in interscholastic activities.
- Remember my attendance at an interscholastic activity is a privilege, not a right.
- Always conduct myself with character, and insist my daughter or son do the same, even when it is not the popular thing to do.
- Treat all people (teachers/advisors, coaches/trainers, contest officials, other spectators) with respect at all times and insist my son or daughter do the same.
- Support all students participating, not just my son or daughter.
- Be gracious in victory and accept defeat with dignity.
- Honor the spirit and intent of the rules under which my daughter or son participates.
- Never demonstrate threatening or abusive behavior or use foul language.
- Try my best to be a fan, not a fanatic!

Conduct Counts is a program designed to promote and develop proper conduct, appropriate and behavior by students, student athletes, parents and fans who choose to be involved in the educational and interscholastic activities offered as part of their School Districts overall curriculum.

Sponsored by

[www.ihsaa.com](http://www.ihsaa.com) — for more information visit the Conduct Counts program



## Parent/Athlete/Coach Communication Guide

### Our Philosophy

- Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- The school athletic department and administration believe strongly in being accessible to parents and supportive of the coaching staff
- We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

### Parent Expectations

A. It is reasonable to expect your child's coach to inform you:

1. When and where practices and contests are held.
2. Coaching philosophy.
3. About the expectations he/she has for all athletes on the squad as well as your individual child.
4. What is required to be a part of the team, i.e., fees, special equipment, off-season conditioning, lettering requirements, etc.
5. If your child is injured during participation in a practice or contest.
6. Whenever any disciplinary action results in your son/daughter being denied participation in a practice or contest.

B. Typical concerns of parents that are appropriate to discuss with a coach are:

1. Any unhealthy mental or physical strain you detect in your child at home when it affects his/her academic performance.
2. How you can contribute to your child's skill improvement and development.
3. Any dramatic changes you detect in your youngster's behavior.



### **NHS Coaches & Administration Expectations**

- A. It is Inappropriate to discuss with a coach:
1. Playing time
  2. Team strategy or play calling.
  3. Other student athletes.
- B. Coaches often need parents to tell them:
1. Any specific health concerns about your son/daughter expressed directly and informally to the head coach at a mutually convenient time.
  2. Notification of any schedule conflicts well in advance.
  3. Your commitment to the program, and how you plan to make a contribution to the program's success. For example, one way is to be sure your youngster is at practice each day on time and to supervise that your child gets enough rest and nutrition at home.
  4. Strategies that have worked for you in dealing with your son/ daughter being successful in the past
- C. If you have a concern to discuss with a coach, what procedure should you follow?
1. Make an appointment with the coach. Please do not attempt to confront a coach before, during, or following a contest or practice. These can be emotional times for both the parent and the coach and these occasions do not promote objective analysis of the situation.
  2. If the coach cannot be reached, call the Athletic Director to set up a meeting.
- D. What should you do if the meeting with the coach does not result in a resolution to the problem?
1. Call and set up an appointment with the Athletic Director to discuss the situation.
  2. At this meeting the appropriate next step can be determined.



## STUDENT ATHLETE ACADEMIC SERVICES

### BASEBALL

**Dustin Brisel**

Head Coach  
briseld@newton.k12.ia.us

**Tyler Stewart**

Assistant Coach  
stewartt@newton.k12.ia.us

**Ryan Comer**

Assistant Coach  
comer@newton.k12.ia.us

**Brad Kahler**

Freshman Baseball  
Bradkahler2@gmail.com

**Brady Calow**

Freshman Baseball  
calowb@newton.k12.ia.us

### BASKETBALL

**Bill Liley**

Head Coach  
lileyb@newton.k12.ia.us

**Jason Carter**

Assistant Coach  
carterja@newton.k12.ia.us

**Collin Reynolds**

Assistant Coach  
Cardinalqb9@gmail.com

**Tom Weeks**

Volunteer  
weekst@newton.k12.ia.us

**Dan Cibula**

Head JV Coach

**Dustin Brisel**

Head Freshman Coach  
briseld@newton.k12.ia.us

### BOY'S CROSS COUNTRY

**Steve Weeks**

Head Coach  
weeks@newton.k12.ia.us

### FOOTBALL

**Ed Ergenbright**

Head Coach  
ergenbrighte@newton.k12.ia.us

**Andy Swedenhjlem**

Assistant Coach  
swedenhjelma@newton.k12.is.us

**Andy Cazett**

Assistant Coach  
cazetta@newton.k12.ia.us

**Jeff Richardson**

JV Head Coach  
richardsonj@newton.k12.ia.us

**Chase Dickinson**

JV Head Coach  
dickinsonc@newton.k12.ia.us

**Ryan Arguello**

Assistant Coach

**Tom Weeks**

Volunteer

**Brad Kahler**

Assistant Coach  
Bradkahler2@gmail.com

**Trent Powers**

9th Grad Head Coach  
powerst@newton.k12.ia.us

**Nick Hoskins**

Assistant Coach  
Nhoskins08@gmail.com

**Brian Springer**

Assistant Coach  
springerb@newton.k12.ia.us

**Brian Foster**

Assistant Coach  
foster@newton.k12.ia.us

### BOY'S GOLF

**Pat Riley**

Head Coach  
rileyp@newton.k12.ia.us

**Jason Carter**

Assistant Coach  
carterja@newton.k12.ia.us

### BOY'S SOCCER

**Zachary Jensen**

Head Coach  
ztjense@msn.com

**Steve Weeks**

Assistant Coach  
weeks@newton.k12.ia.us

### BOY'S SWIMMING

**Sarah Patterson**

Head Coach  
pattersons@newton.k12.ia.us

**Quin Knepper**

Assistant Coach  
knepperq@newton.k12.ia.us

### BOY'S TENNIS

**John Bieber**

Head Coach  
bieberj@newton.k12.ia.us

### TRACK

**Tanner Clute**

Head Coach  
clutet@newton.k12.is.us

**Trent Powers**

Assistant Coach  
powerst@newton.k12.ia.us

**Roger Slykhuis**

Volunteer

### BOWLING

**Seth Banwell**

Head Coach  
banwells@newton.k12.ia.us

**Christine Hughes**

Assistant Coach



## STUDENT ATHLETE ACADEMIC SERVICES

### WRESTLING

**Andy Swedenhjelm**

Head Coach  
swedenhjelma@newton.k12.ia.us

**Mike Kremer**

Assistant Coach  
kremerm@newton.k12.ia.us

**Adam Hale**

JV Coach  
halea@newton.k12.ia.us

### PACESETTERS

**Paige Meredith**

Head Coach  
Paige.e.meredith@gmail.com

### CHEERLEADING

**Heather Ross**

Head Coach  
hlaaross@hotmail.com

**Jenna Pierce**

Assistant Coach  
Jenna.pierce4@yahoo.com

### GIRL'S CROSS COUNTRY

**Rachelle Tipton**

Head Coach  
rtipton@newtoncardinals.com

### GIRL'S GOLF

**Scott Enyart**

Head Coach  
enyarts@newton.k12.ia.us

**Allison Grier**

Assistant Coach  
griera@newton.k12.ia.us

### SOCCER

**Abby Lamont**

Head Soccer  
lamonta@newton.k12.ia.us

**Mallory Sturtz**

JV Coach  
sturtzm@newton.k12.ia.us

**Jennifer Jensen**

9th Grade Coach  
**GIRL'S SWIMMING**

**Sarah Patterson**

Head Coach  
pattersons@newton.k12.ia.us

**Jenny Jensen**

Assistant Coach  
jensenj@newton.k12.ia.us

### GIRL'S TENNIS

**Erick Zehr**

Head Coach  
Han.ez12@gmail.com

**Molly Kremer**

Assistant Coach  
kremermmo@newton.k12.ia.us

### TRACK

**Rachel Tomas**

Head Coach  
tomasmr@newton.k12.ia.us

**Rachelle Tipton**

Assistant Coach  
rtipton@newtoncardinals.com

**Jeff Richardson**

Assistant Coach

### VOLLEYBALL

**Ashley Carter**

Head Coach  
cartera@newton.k12.ia.us

**Courtney Allen**

Assistant Coach  
allenc@newton.k12.ia.us

**Kristina McNew**

JV Coach  
Kristina.mcnew30@gmail.com

**Mallory Sturtz**

9th Grade Coach  
sturtzm@newton.k12.ia.us

### SOFTBALL

**Kristina McNew**

Head Coach  
Kristina.mcnew30@gmail.com

**Taryn Fisher**

Assistant Coach  
fishert@newton.k12.ia.us

**Elizabeth Roby-Miklus**

Assistant Coach  
e.robymiklus@wartburg.edu

**Lizzie Stock**

9th Grade Coach  
Stock.lizzie15@gmail.com

### GIRL'S BASKETBALL

**Brandon Sharp**

Head Coach  
sharpb@newton.k12.ia.us

**Kim Powers**

Assistant Coach  
powersk@newton.k12.ia.us

**Michaela Wood**

Assistant Coach  
Michaelawood5112@hotmail.com

**Erick Zehr**

JV Coach  
Han.ez12@gmail.com

**Eric VanderVelden**

9th Grade Coach  
vanderveldene@newton.k12.ia.us



## AWARDS

**The Athlete-Academic Award** – Any senior who earned at least one varsity letter and has a 3.5 or better cumulative GPA through the third term of the senior year will receive the award.

**Athletic Participation Award** – Any senior who has earned a total of five or more varsity letters in more than one sport in their career will receive this award.

**Senior Distinguished Athlete Award** – This award is intended to honor those individuals who have made outstanding contributions to NHS over a period of years in the area of interscholastic athletics. This premiere award is reserved for truly outstanding individuals who have made personal sacrifices in order to promote, develop, and positively influence interscholastic athletics for all participants.

**Senior Scholar Athlete Award** – This award is intended to honor those individuals who have excelled in the classroom as well as in athletics.

**Letter Winner Award** – Is an award earned in the high school for excellence in school activities. A varsity letter signifies that its winner was a qualified varsity team member, awarded after a certain standard was met as determined by the coaching staff.

**Participation Award** – A “reward” one gets for participating and remains in good standing with the team rules and regulations.

**Team Awards**– Awards selected by coaching staff





### Staff



Matt Scotton PT, ATC, CSCS  
Head Licensed ATC  
Phone: (641)-791-9675



Amanda Enochs  
Assistant Licensed ATC

### Policy #503.4 – Student Athletic Insurance

All students participating in interscholastic sports shall be covered by accident insurance. Prior to the opening practice in each season, parents/guardians shall do one of the following:

Purchase the insurance policy of the company selected by the superintendent or designee which covers the student for the sports in which the student intends to participate.

Sign a waiver provided by the district which stipulates that the student is covered by accident insurance and the parent/guardian assumes full responsibility for expenses over and beyond the coverage.

Further, it is the policy of the Board that in case of sophomore, junior, and senior football, the sport which requires special insurance coverage at considerably higher rates, the school district shall pay approximately one-half (1/2) of the premium for the selected company's policy. The policy or policies to be used and the exact amount to be paid by the school district will be determined annually by the superintendent or designee and not later than August 1.



# ACCIDENT REPORT

## Newton Community School District Student Athlete Accident Report

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Sport: \_\_\_\_\_

Date of Accident \_\_\_\_ Month \_\_\_\_ Day \_\_\_\_ Year Time \_\_\_\_\_

Date Report Filed \_\_\_\_\_

Place of Accident \_\_\_\_\_

Cause of Accident \_\_\_\_\_

Nature of Injury \_\_\_\_\_

Under Whose Supervision \_\_\_\_\_

Were Parents Contacted \_\_\_\_\_ By Whom? \_\_\_\_\_  
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_:\_\_\_\_ AM/PM (Circle one)

Was the Athlete Seen by a Doctor? \_\_\_\_\_

Name \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

The Accident Occurred (Check One)

\_\_\_\_ During a game or contest

\_\_\_\_ During a practice

\_\_\_\_ Other

Person Making This Report: \_\_\_\_\_

Signature of Coach: \_\_\_\_\_

Signature of Trainer: \_\_\_\_\_

Insurance Report Filed? (Circle one) Yes No

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



## SUBSTANCE USE

### **TOBACCO**

Possession or use of any tobacco product, electronic cigarettes, vape pens, or look-a-like cigarettes on school grounds or at school events will result in an in-school suspension and charges will be filed with the local police.

### **ALCOHOL AND ILLEGAL SUBSTANCES**

Possession and/or use of any illegal substance or alcohol on school property or at a school event will result in a suspension and a possible board hearing that may lead to expulsion.

A possession is defined as the use or transmission/possession of drugs and/or drug paraphernalia. It is also prohibited to be under the influence of any chemical compound, narcotic, hallucinogen, amphetamine, or other central nervous system stimulant, barbiturate, or other sedative, hypnotic, mind-altering drug, marijuana, cocaine, alcoholic beverage, or intoxicant of any kind. This will result in the same consequence as outlined above. The use of over-the-counter and legal products in an effort to create an altered state of mind will receive the same consequences as above.





## CONCUSSIONS

### **What is a concussion?**

You've probably heard the terms "ding" and "bell-ringer." These terms were once used to refer to minor head injuries and thought to be a normal part of sports. There is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. A concussion is caused by a bump, blow, or jolt to the head or body. Basically, any force that is transmitted to the head causes the brain to literally bounce around or twist within the skull, potentially resulting in a concussion.

**It used to be believed that a player had to lose consciousness or be "knocked-out" to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 10% of players actually lose consciousness with a concussion.**

What exactly happens to the brain during a concussion is not entirely understood. It appears to be a very complex injury affecting both the structure and function of the brain. The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers.

Common sports injuries such as torn ligaments and broken bones are structural injuries that can be seen on MRIs or x-rays, or detected during an examination. A concussion, however, is primarily an injury that interferes with how the brain works. While there is damage to brain cells, the damage is at a microscopic level and cannot be seen on MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been seriously injured.

### **Recognition and Management**

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.



## CONCUSSIONS

### **SYMPTOMS REPORTED BY ATHLETE**

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, you must be aware of the signs, symptoms and behaviors of a possible concussion, and if you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

### **SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES**

- Is unsure of game, score, or opponent
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Moves clumsily
- Answers questions slowly
- Loses consciousness

### **WHEN IN DOUBT, SIT THEM OUT!**



## CONCUSSIONS

### **When you suspect that a player has a concussion, follow the “Heads Up” 4-step Action Plan.**

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health-care professional.
3. Inform the athlete’s parents or guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay to return to activity.

The signs, symptoms, and behaviors of a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours. An athlete should be observed following a suspected concussion and should never be left alone.

Athletes must know that they should never try to “tough out” a suspected concussion. Teammates, parents and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery to athletes who do play despite having concussion signs or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

### **Cognitive Rest**

A concussion can interfere with school, work, sleep and social interactions. Many athletes who have a concussion will have difficulty in school with short- and long-term memory, concentration and organization. These problems typically last no longer than a week or two, but for some these difficulties may last for months. It is best to lessen the student’s class load early on after the injury. Most students with concussion recover fully. However, returning to sports and other regular activities too quickly can prolong the recovery.

The first step in recovering from a concussion is rest. Rest is essential to help the brain heal. Students with a concussion need rest from physical and mental activities that require concentration and attention as these activities may worsen symptoms and delay recovery. Exposure to loud noises, bright lights, computers, video games, television and phones (including texting) all may worsen the symptoms of concussion. As the symptoms lessen, increased use of computers, phone, video games, etc., may be allowed.



## CONCUSSIONS

### **Return To Play**

After suffering a concussion, no athlete should return to play or practice on that same day. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Newer studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

An athlete should never be allowed to resume physical activity following a concussion until he or she is symptom free and given the approval to resume physical activity by an appropriate health-care professional.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion and is cleared to return to activity by a health-care professional, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day. The return to activity program schedule may proceed as below following medical clearance:

### ***Progressive Physical Activity Program***

**Step 1:** Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercises.

**Step 2:** Moderate aerobic exercise- 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

**Step 3:** Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.

**Step 4:** Full contact practice or training.

**Step 5:** Full game play.

If symptoms of a concussion re-occur, or if concussion signs and/or behaviors are observed at any time during the return to activity program, the athlete must discontinue all activity and be re-evaluated by their health care provider.

### **Concussion in the Classroom**

Following a concussion, many athletes will have difficulty in school. These problems may last from days to months and often involve difficulties with short- and long-term memory, concentration, and organization. In many cases, it is best to lessen the student's class load early on after the injury. This may include staying home from school for a few days, followed by a lightened schedule for a few days, or longer, if necessary. Decreasing the stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time.

### **What to do in an Emergency**

Although rare, there are some situations where you will need to call 911 and activate the Emergency Medical System (EMS). The following circumstances are medical emergencies:

1. Any time an athlete has a loss of consciousness of any duration. While loss of consciousness is not required for a concussion to occur, it may indicate more serious brain injury.
2. If an athlete exhibits any of the following: decreasing level of consciousness, looks very drowsy or cannot be awakened, if there is difficulty getting his or her attention, irregularity in breathing, severe or worsening headaches, persistent vomiting, or any seizures.



## CONCUSSIONS

### Suggested Concussion Management

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.





## COUNSELING SERVICES

The school counseling department exists to help students adjust to new school experiences and to help students make the best of educational opportunities. Any problems, whether school problems or personal problems, may be discussed with the guidance counselors.

As a student progresses through senior high school, a school counselor will help each individual to choose the subjects which fit his/her individual needs. During these years, plans for the future start taking shape. To help with the many decisions a student must make, the guidance department is well supplied with information about colleges and trade schools and about jobs in hundreds of different fields. Each student is encouraged to become acquainted with the counselors early and to use the guidance services often. Appointments may be made by contacting the counseling office. Students are assigned counselors by the first letter of their last name:

A-G	Jourdan Van Wyk
H-N	Don Arends
O-Z	Cassia Nolin
Success	Ed Ergenbright, Eric Grabe, Desia Kies, Sarah Patterson





## HYDRATION AND NUTRITION

### Hydration

- Pre-exercise hydration:  
~500 to 600 mL (17 to 20 fl oz) of water or a sports drink 2 to 3 hours before exercise & 200 to 300 mL (7 to 10 fl oz) of water or a sports drink 10 to 20 minutes before exercise.
- Hydration during activity:  
~200 to 300 mL (7 to 10 fl oz) every 10 to 20 minutes.
- Post-exercise hydration:  
(Ideally w/in 2 hours of exercise)  
Replenish water, carbohydrates, and electrolytes.
- Carbohydrate (CHO) drinks may be beneficial in restoring glycogen stores pre-exercise and post-exercise.
- 6-7% CHO drinks are recommended, higher than 8% are not advised.
- Fruit juices, CHO gels, sodas, caffeine, and carbonated beverages may compromise hydration and cause gastro-intestinal distress.

### Nutrition

- Make sure to eat a well-rounded meal before all practices & games
- Give about an hour to digest
- Provide healthy snacks throughout the day
- Refuel after practices & games





## STRENGTH AND CONDITIONING

### Strength and Conditioning Staff

Andy Swedenhjelm  
Head Strength and Conditioning  
SwedenhjelmA@newton.k12.ia.us

Ed Ergenbright  
Assistant Strength and Conditioning  
ErgenbrightE@newton.k12.ia.us

Brandon Sharp  
Fall Strength Coach  
SharpB@newton.k12.ia.us

Jeff Richardson  
Winter Strength Coach  
RichardsonJ@newton.k12.ia.us

### Strength and Conditioning Purpose:

- To provide all participants with a positive, healthy, and instructional activity.
- To provide the opportunity for young men and women to be better prepared to meet the physical and mental challenges of athletic participation and daily living.
- To instruct students in proper weight training and spotting techniques.
- To increase muscular strength and power.
- To improve self-esteem, self-confidence, and attitude.
- To improve speed, agility, and quickness.
- To lessen the chance of serious injury and minor injuries.

All teams lift twice a week in season as a team, and also have weight lifting classes available throughout the day. There is no limit on how many lifting classes a student can take, and our athletes are strongly encouraged to sign up for a lifting class.

### Equipment

Hammer Strength equipment including: bench, include, shoulder, leg curl, leg press, gripper, neck, and low row. Other equipment includes: 11 Power Lift racks, adjustable benches, Olympic bars and plates, rubber Olympic plates, light bars, rubber dumbbells, 2 elliptical runners, 2 bikes, cable crossover, ab boards, high low lateral machines, belts, rubber flooring, jump ropes, chalk, collars, and other miscellaneous items.

# NO MATTER HOW GOOD YOU ARE, THIS COULD BE THE NUMBER THAT STOPS YOU.

**2.3** Or Take a KNEE

But your GPA isn't the only challenge. If you don't have the core GPA, the test scores or the right core courses in high school, you don't play in college. Don't let academics hold you back. Check out [2point3.org](http://2point3.org).



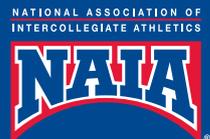
## THE GAME PLAN. OPPORTUNITY TO PLAY.

Committed student-athletes never truly lose the fire or get sports out of their system. In the NAIA, there's no reason to give up what you love.

60,000 Student-Athletes // Close to 300 Colleges and Universities // \$450 Million in Athletic Scholarships

// 23 National Championships

Learn more at [NAIA.org](http://NAIA.org)





### **Social Media**

In light of each student's role as a representative of the school both on and off campus, evidence obtained through the student's use of technology may result in a violation of the Good Conduct Rule. Such violations may include, but are not limited to: the inappropriate use of computers, cell phones, texting, e-mails, social networking sites (Facebook, Instagram, Snapchat, Twitter, etc.) to transmit, post or otherwise communicate speech that the school deems as harassing, threatening, lewd or obscene; and/or, the transmission, posting, or other communication of photographs or other images or information that provides a basis that the student has violated some other portion of the Good Conduct Rule, to include, but not limited to, the student's use of alcohol or tobacco. These actions ARE NOT representative of the educational values of citizenship, character, and integrity espoused by our school.

### **Examples of Inappropriate posts:**

- Posting photos, videos, comments, posts or tweets showing the persona use of alcohol and or tobacco products. (no holding cups, cans, shot glasses etc.)
- Posting photos, videos, and comments that are sexual in nature. This includes links to Web sites of a pornographic nature and other inappropriate material.
- Posting pictures, videos, comments, posts and tweets that relate to drugs or drug paraphernalia.
- ANY inappropriate or offensive language in comments, videos and other postings. This includes threats of violence and derogatory comments against race, gender, team affiliates, or any other organizations.
- Posting negative commentary regarding the performance of athletic teams or relating to the actions of individual student-athletes, as well as any negative postings about team information (long bus rides, early morning practices etc.)



### **Working with the Media**

#### **Creating Allies, Not Adversaries**

##### **Develop Personal Relationships**

- Know the key personnel—Sports or education editor, director, reporter, photographer
- Know their needs—timely scores; stats, features, interviews
- Know the deadlines—daily vs. weekly newspapers; radio, TV; Web
- Know how to contact them—office or cell phone; e-mail; Twitter
- Feed them—deliver the information each requires on time
- Invite them to your post-season banquets

##### **Develop a Communications Plan**

- Appoint personnel to deliver the information—coach, manager, parent, student SID for...scores; stats or highlights can be added if requested; depending on a weekly newspaper's deadline, scores and stats can probably wait
- Periodically follow up to determine if each media is receiving the information each needs according to its deadlines
- Acknowledge appreciation for each media's coverage of your activities

##### **Discover the Simple Solution**

- Reduce your post-game routine
- Enter schedules, rosters—keep the information current; if weather forces a schedule change, make sure to update your Web schedule
- Enter results—scores should be entered within 30 minutes of the conclusion of competition; sooner is even better; never, ever the next day or later because then it is old news and of little use to radio, TV and daily newspapers
- Enter stats—every activity has an option for entering statistical information; ideally this information would be entered immediately after entering a score, but it could wait to the following day
- Enter a summary—write a short and simple summary of the competition that includes highlights (e.g. top scorers, critical statistics, turning points, season records, etc.)
- Appoint a Student Sports Information Director(s)—Explore interest among student staff for the school paper, yearbook or broadcast outlet; ask coaches if a student manager could serve that role; ask English or Journalism teacher to suggest student(s) to serve that role.



### General Tips

- Be positive. Even if you must respond to a negative situation or circumstance, turn the situation around and include something positive.
- Respond to media inquiries promptly. If you don't know the answer or how to best answer a reporter's question, find out the reporter's deadline, get a phone number, and get back to the reporter with a response.
- Be honest. Always tell the truth. Stay away from a simple "No comment." You will be better off to say something like, "I'm sorry, but I am not qualified to comment about that." And then offer to put the reporter in touch with someone who can respond.
- Welcome the media to your activities. Don't charge them admission. Attempt to fulfill their accommodation requests as best you can.





## Calendar Notification System

[www.littlehawkeyeconference.com](http://www.littlehawkeyeconference.com)

- Click on Newton
- Top right click on Notify me.
- Choose your selected athletics
- Choose your selected activities
- Add your email and phone #

The Calendar notification system will enable you to be notified of any cancellations or changes to the schedule immediately.

The screenshot shows the Newton school website's calendar page. At the top left is the school logo and the name "Newton". Below this is a navigation bar with tabs for "Calendar", "Rosters", "Scores and Standings", and "Coaches". The "Calendar" tab is selected. Below the navigation bar are navigation controls: a left arrow, a "Today" button, and a right arrow; a search box with a magnifying glass icon; and a "View:" dropdown menu currently set to "Month", with "Week" and "Day" as options. The main content area displays the date "Thursday, Dec 8, 2016" and a table of events.

Time	Event	Details
	AAU basketball	
7:30am 11:30am	WW - Spring Concert practice	HS- Auditorium
8:00am 3:30pm	reserved	HS- Rotunda
	<i>Student Council Holiday Cheer Bake Sale!</i>	
3:30pm 8:00pm	HS - Basketball Practice - Boys/Girls	<a href="#">HS- Gym- Lower</a> , <a href="#">HS- Gym- Upper</a>
4:00pm 8:30pm	WW - Spring Concert	HS- Auditorium
<b>4:30pm</b>	<b>Basketball:Girls 8th Grade Game</b>	<a href="#">Oskaloosa Middle School</a> vs. <a href="#">Newton-Berg Middle School</a> @ <a href="#">Berg Middle School Big Gym</a>

# NEWTON CARDINALS JOIN US ON SOCIAL MEDIA



Newton Cardinals Sports



Cardinal\_AD



@CardinalAD

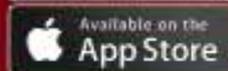


@CardinalAD

## Download The Official Newton Cardinal App



NewtonHS



Newton Cardinal Athletics



[thecube.com/cube/newtonhs](http://thecube.com/cube/newtonhs)

Cardinals Sports Schedules [www.littlehawkeyeconference.com](http://www.littlehawkeyeconference.com)

# [www.NewtonCardinals.com](http://www.NewtonCardinals.com)



### **PROGRESS REPORTS**

Mid-term progress reports will be issued to all students approximately four weeks into each term. Progress reports noting failure or sudden deterioration of performance may be issued at any time. It is the responsibility of students to take these reports home and discuss them with parents. Should you receive such a report, please take those steps necessary to improve your grade.

The guidance office, your teacher, and the entire staff at the high school will provide you with whatever assistance you may need to help you improve your performance. It is your responsibility, however, to make the effort to improve in a class where a report was issued to you.

Other progress reports, parent conferences, emails, or telephone calls may be made at any time during the school year when conditions warrant. It is the practice of the school for the teacher to notify parent or guardian prior to issuing a failing grade. Parents/Guardians may have access to Infinite Campus to track their student's progress. See main office to gain access.

### **REPORT CARDS**

Newton Community School District has implemented online attendance and grading. This enables the parent and student to check progress and attendance at any time via the internet.

Report cards are issued to the students approximately one week after the last day of each term. Report cards are to be retained by the parents and need not be returned. Fourth term report cards will be mailed to the home address.

### **SCHEDULE CHANGES**

Student schedules will be changed only when absolutely necessary. Specific guidelines may be found in the Academic Planning Handbook. PLEASE check those guidelines very carefully. Generally, the deadline for requesting first semester changes is the end of July and for second semester is before Christmas vacation.

### **FINAL GRADE**

The course final grade(s) determine credits earned enter into cumulative grade point average and is reflected on the student's permanent record. A two-term block course will issue final grades at the end of each term. A two-term half block course will issue final grades at the end of each semester. The final grade indicates performance over the entire course and is not necessarily an average of term and semester test grades. Teachers will describe grading procedures in their first-day handouts.



## Philosophy and Objectives of Extracurricular Activities

We believe that extracurricular activities provide positive emotional release and help develop positive self-concepts. They are an integral part of the school program at NHS. The school provides activities which will help you, the student, become the total person.

These activities:

1. Encourage the development of values and non-academic skills which will extend into adult life.
2. Vary sufficiently to provide for individual talents and interests.
3. Foster strong school spirit tempered by good sportsmanship.
4. Benefit you, the student, physically, socially, and emotionally in both the present and the future.

## Conference Affiliations

Newton Senior High School is a member of the 8-school Little Hawkeye Conference (LHC).

### Little Hawkeye Conference

Dallas Center-Grimes	Norwalk
Grinnell	Oskaloosa
Indianola	Pella
Newton	Pella Christian

The LHC provides athletic schedules, festivals in Art, and academic competitions for its member schools.

Newton is classified as a 4A school category for the state of Iowa and is affiliated with the Iowa Girls' High School Athletic Union and the Iowa High School Athletic Association.

## Missing Classes for School-Sponsored Activities

It is a student's responsibility to check with instructors before missing a class or classes due to activities (examples: golf, track, music trips, etc.). A student is not considered absent under the school policy when missing a class or classes due to an activity. Therefore, all students are expected to get class work done on schedule — and should not expect additional time to complete work. The school will attempt to minimize the number of occasions students are required to miss classes for activity participation. We expect students to minimize the times classes are missed for other appointments. Class comes first.



### **Attendance**

Students involved in extracurricular activities are expected to maintain excellent attendance records in school. It is not reasonable to expect those involved in activities to be excused to “go out and eat lunch” on game day, to go home and sleep for two periods to get ready for the play or game, or “sleeping in” following a late trip. Those who abuse the school’s attendance expectations could be subject to disciplinary action.

Athletes and others in activities will be allowed to practice or participate in contests on any given day only if they are in school for the last half or more of their scheduled classes. Exceptions must be arranged with the activities coordinator in advance of the absence. A funeral would be an example of a valid exception.

If you are administratively suspended from school, you are not allowed to compete in or attend extracurricular activities during the suspension.

### **Conduct on Trips**

Athletes and other activity groups representing NHS are considered as “goodwill ambassadors” for the Newton Schools.

Your conduct should always reflect this. You are expected to conduct yourselves as ladies and gentlemen at all times, whether in competition or in the community.

### **Dress for Trips**

Students representing NHS should be neatly dressed on all trips and when representing the school at home activities.

### **Bus Behavior**

Your coach or sponsor will go over bus rules with you, and you are expected to abide by them. Buses are clean when you board them. They should be just as clean after the trip is concluded.



### **Guidance on Scholarship Info.**

Summary of Scholarship Rule, 281—IAC 36.15(2) The following requirements were effective 7-1-08: Ⓓ A student must receive credit in at least 4 subjects at all times.

- A student must pass all and make adequate progress toward graduation to remain eligible.
- If a student is not passing all at end of a final grading period, student is ineligible for first period of 30 consecutive calendar days in the interscholastic athletic event in which the student is a contestant. There is no requirement that the student competed in the sport previously. Students in baseball or softball have the same penalty as all other students.
- If a student is not passing all at any check point (if school checks at any time other than the end of a grading period), period of ineligibility and conditions of reinstatement are left to the school.
- Schools must check grades at the end of each grading period; otherwise, a school determines if and how often it checks grades.
- A student with a disability and an IEP is judged based on progress made toward IEP goals.
- The ability to use summer school or other means to make up failing grades for eligibility purposes not available. The rule now also requires that all original failing grades (even those remediated for purposes other than athletic eligibility) be reported to any school to which the student transfers.

For Further Info:

<https://ighsau.org/wp-content/uploads/2016/09/GuidanceonScholarshipDoc.pdf>