

# THE ATHLETIC HANDBOOK

The athletic program at Medora Junior-Senior High School will be administered by the Athletic Council. The Council will consist of the Jr/Sr High School Principal, the Athletic Director, the Superintendent, and, as an advisory body, the Varsity Coaching Staff.

## **2011/2012 Medora High School Athletic Council consists of the following personnel:**

Athletic Director  
Superintendent  
Principal  
Athletic Secretary

## **The Advisory Body consists of the Coaches in the following sports:**

Boys' Varsity Basketball  
Girls' Varsity Basketball  
Varsity Volleyball  
Boys'/Girls' Varsity Track  
Boys'/Girls' Varsity Cross Country  
Cheerleading

# PHILOSOPHY

## **Preface**

The Athletic Handbook has been adopted to provide consistency in administering policies and procedures relating to Medora Jr/Sr High School sports. This handbook is intended to help athletes, coaches, and parents better understand the athletic policies and procedures at Medora Jr/Sr High School. The Athletic Handbook will be revised in the spring of each school year.

## **Statement of Philosophy**

It is the sincere belief of the Athletic Council of Medora Junior-Senior High School that athletics is an enjoyable, gratifying and rewarding experience. It is that part of the total educational program that allows not only that application of the intellect, but also the complete involvement of the physical skills an individual may possess. Athletics offer the opportunity for students to dedicate themselves completely to the goals and ambitions they might desire. He/She will experience the joys of victory and the satisfaction of giving his/her all, and at times know the heartache of defeat. No other phase of the educational program can offer the student the complete experiences that athletics provide. We encourage each of our athletes to take from athletics all it might have to offer as an individual; but the rewards received from an athletic program correlate directly with what the athlete is willing to give of himself/herself to the program. If the program is worth the time and effort required, then it is certainly worth giving one's all. No athlete has ever experienced total satisfaction without living with the concepts of discipline. The athlete will be asked to make sacrifices for something that they believe in. We hope that all of our athletes find the Medora Athletic Program a totally rewarding experience. We will offer athletes the sacrifices and disciplines that we feel are essential to be successful. The acceptance or rejection of these concepts is a decision that each athlete must make individually. As a member of our athletic teams, young men and young ladies are a part of a program that has become a way of life for the members of the Athletic Council. It is our sincere desire to be of assistance to every athlete in any manner that we can.

# OBJECTIVES

**A. Participant** – defined as any student who is actively involved in the athletic program, as a player or manager. The objectives of the MHS Athletic Program are:

1. To provide participants an opportunity to learn and improve skills in competitive games.
2. To enable participants to develop physical vigor and desirable health and safety habits.
3. To enable participants to make real friendships with squad members and opposing team members.
4. To encourage participants to observe and exemplify good sportsmanship.
5. To enable participants to realize that athletic competition is a privilege that carries definite responsibilities.
6. To teach participants that violation of a rule in a game brings a penalty and that this same sequence follows in the game of life.
7. To teach participants that the degree of success depends upon hard work, devotion to the task, and enthusiasm for the game.
8. To encourage participants to exercise judgment, think quickly, take responsibilities, and carry each out to the best of one's ability.
9. To encourage participants to participate in as many sports as interested.

## **B. School**

1. Athletics is an integral part of the school's extracurricular program.
2. Athletics is to be used to promote good school morale.
3. Athletics is to be educational.
4. Student interest is to be created by encouraging participation.
5. Visiting opponents are made to feel welcome as guests in Medora Jr/Sr High School and the community.
6. The athletic program is to be broad rather than narrow in scope.
7. Each sport is to be treated with equal importance. In-season sports programs should be afforded the opportunity to attract all potential MHS athletes without competing for the athlete's time with out-of-season sports conditioning programs or open gym.
8. Sportsmanship, fair play, and good school citizenship are to be the main objectives of all athletics.

## **C. Community**

1. The community is to realize that control of, and responsibility for, interscholastic athletics rest entirely with school authorities.

2. Interscholastic athletics is to provide a recreational opportunity for the general public only insofar as the community is willing to see that the program is conducted solely for the benefits of student competitors and student spectators.
3. The community is to realize that any athletic team is a part of the total school and athletic program.

# MHS Hornets



# CODE OF CONDUCT

The code of sportsmanship is followed by the students who participate in athletics. You, as athletes, are generally the leaders of student opinion, and your followers are easily impressed. Misbehavior by a few athletes can ruin the favorable image athletes should create for the school and for the community.

1. **Conduct in Participation:** In any athletic event there is one outcome we are striving for—TO WIN. Regardless of the final score, all Medora Athletes will act like winners.
2. **Act like a Winner:** It is good sportsmanship to congratulate your opponent after an event. An athlete does not display fits of temper, clowning, etc. when things fail to go as desired. A true athlete has complete control of him/herself at all times. Officials do not lose a game for you. No one except the appointed captain talks to the officials. He/She should speak in a tone of respect and only to ask questions for full clarification of a violation. Any behavior contrary to that, which has been stated, will not be tolerated.
3. **Technicals:** Any athlete receiving a technical for unsportsmanlike conduct during a game will be suspended from the next scheduled game. A second offense will result in a 3-game suspension. A third offense will result in the athlete going before the Athletic Council for further discipline.
4. **Conduct on Road Trip:** On trips, athletes directly represent the community, school, and coaches. Therefore, it is expected that all concerned will act in an acceptable manner when traveling and conduct themselves on the bus and in public by the rules. Equipment and facilities of the opposing school will be respected and cared for just like personal equipment.
5. **Conduct in the Classroom:** An athlete should give respectful attention to classroom activities and show respect for students and faculty at all times. The athlete should never be disruptive or distracting.

# IHSAA Eligibility

All athletes must adhere to the standards and rules established by the I.H.S.A.A. (Filed in the Principal's and Athletic Director's offices)

1. **Physical Exams:** Each Participant must have the Indiana High School Athletic Association Student/Parents/Physician Certificate on file with the Athletic Director before his/her first practice.
2. **Medical Coverage:** Student Accident Insurance paid by the parents or a waiver signed by the parents stating that the student is adequately insured must be on file with the Athletic Director before the first practice. The high school does not carry medical insurance on athletes. Through school membership in the IHSAA, the athlete is covered by a basic catastrophic policy. If the injured athlete incurs over \$25,000 in medical expenses within one year of injury and a claim is reported in writing to the Athletic Director, the policy is activated. **THE SCHOOL DOES NOT PROVIDE INSURANCE COVERAGE FOR THE ATHLETES.**

The school does make available to parents a low-cost athletics insurance policy through an independent insurance carrier. If a parent does not carry insurance on his/her child and declines the opportunity to purchase this independent policy through the school, then parents will be required to sign a waiver form stating they are declining insurance.

3. **Age:** A student who is or shall be (20) twenty years of age prior to or on the scheduled date of the IHSAA state finals in a sport shall be eligible for interschool athletic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the IHSAA state finals in a sport shall be eligible as to age for interschool completion in that sport.
4. **Enrollment-Scholarship:** All participants must be bona-fide students. To be eligible scholastically, students must have received passing grades at the end of their last grading period of school for at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take.
5. **Amateurism:** All athletes must be amateurs. (Students shall not play under assumed names nor accept money or merchandise, directly or indirectly, for athletic participation.)
6. **Outside Participation:** A student who participates in an athletic contest of any other similar team during that same season in which the athlete represents his/her school will become ineligible to compete on his/her high school team in that sport.
7. **Completion of Season:** If an athlete quits or is suspended for disciplinary action, he/she cannot practice for another sport until the final contest of that sport season.
8. **Athlete Attendance at Practice:** A student must be in regular attendance at practices in the sport in which they actively participate. Any student missing five (5)

to ten (10) consecutive days must have four (4) practices before competing in the next scheduled contest. Any student missing more than ten (10) consecutive days must have six (6) practices before competing in the next scheduled contest. Athletes must have 10 consecutive practices prior to the first official contest in order to participate.



# DEFINITIONS

1. **Student/Athlete-** Any student enrolled at Medora Junior-Seniors High School who has an IHSAA Physical Form on file in the office of the Athletic Director.
2. **Hornets-** All male athletes competing for Medora High School will be called —Hornets.
3. **Lady Hornets-** Female Athletes competing for Medora High School will be called —Lady Hornets
4. **Team Sports-** Basketball, Volleyball, Cheerleading
5. **Individual Sports-** Cross Country, Track
6. **Varsity-** The highest level in a high school sport.
7. **Practice Season-** The period of time between the date of the first and last IHSAA authorized practice. This does not refer to first school practice when scheduled on a later date.
8. **Contest Season-** For each sport, that period of time between the dates of the first authorized contest until the starting date of the sectional tournament.
9. **Regularly Scheduled Contest-** All interscholastic contests in a sports season. (Excluding I.H.S.A.A. season tournaments)
10. **Next Sports Season-** The sports season the student/athlete participated in the preceding school year.
11. **IHSAA Class Affiliation-** Medora Junior Senior High School is an IHSAA Class A school with 2010-2011 high school enrollment of 124.



# RULES AND POLICIES

- 1. Training Rules:** Training rules are a matter of self-discipline. The best performance the individual is capable of producing comes only when that individual is willing to sacrifice his/her time and effort toward a conditioned training program, which will help discipline his/her daily habits during his/her lifetime. The rules and policies of the Athletic Council and Medora Junior Senior High School are to be followed by all athletes and students connected with the various athletic teams of the Medora Junior-Senior High School which include but are not limited to cheerleaders, managers, and statisticians. The coach of each sport has the right to add any additional rules for his/her sport.
- 2. Violations of Training Rules:** All violations of training rules will be dealt with by the Principal, Athletic Director, and the Coaches of the sport(s) in which the Athlete participates. Out of season violations will be dealt with by the Athletic Director.
- 3. Grade Requirements:** Student athletes must pass 5 classes in order to participate. Grades will be checked at nine-weeks and semester. If not eligible at one of these checks, he/she will not be able to participate until the next nine-weeks grades are released. Students who become academically ineligible, will not be allowed to practice or travel to the games with the team.
- 4. Drug, Alcohol and Criminal Activity Policy:** The policies listed below are in effect for the entire calendar year, beginning the first day of practice as determined by the IHSAA.

All suspensions must be completed in full. If the athlete's season ends before the suspension is completed, the remaining percentage will be served in the athlete's next season of participation.

Penalties in these policies are cumulative. For junior high students, penalties will accumulate for grades 7 and 8, and will be cleared from their record upon beginning their freshman year. The athlete will maintain his/her record through all four high school years; and subsequently, violations will be disciplined at the next level.

All Categories A, B, and C will be processed separately.

*The causes for all of the offenses will be by established charges by law enforcement officials or agencies, observation by members of the Athletic Council, or by admission of the athlete.*

## **A. Convicted of a Felony**

**1st Violation-** *Expulsion from participating in athletic events for the remainder of the athletes' high school career.*

**B. Illegal Possession or Illegal use of a controlled substance, narcotic drug or alcohol.**

**1st Violation-** *Suspended from participating in all athletic events for 365 Days.*

**OPTION:** *The suspension may be waived to 50% of the contest season, contingent upon a professional drug assessment and recommendations for rehabilitation, which must be followed by the student. All concerned parties understand that the student's re-admission to athletics is dependent upon the student following the recommendations of the assessment agency.(All costs associated with this option are assumed by the parent/guardian)*

**2nd Violation-** *Expulsion from participating in athletic events for the remainder of the athlete's high school career. **OPTION:** The suspension may be waived to a 365 day suspension, contingent upon a professional drug assessment and recommendations for rehabilitation, which must be followed by the student. All concerned parties understand that the student's re-admission to athletics is dependent upon the student following the recommendations of the assessment agency.(All costs associated with this option are assumed by the parent/guardian)*

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

**C. Illegal possession or illegal use of tobacco or convicted of a misdemeanor.**

**1st Violation-** *Suspension from twenty five percent (25%) of the contest season. **2nd Violation-** Suspension from fifty percent (50%) of the contest season. **3rd Violation-** Expulsion from participating in athletic events for the remainder of the athlete's high school career.*

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

5. **Practice Rules:** All athletes will report for practice on time. Athletes will not miss practice except when sick or with special approval by the coach. Practices will end at the designated time. In most cases you and your parents will know beforehand. Practices will be planned. Practice schedules will be set. Athletes are expected to clear any missed practice(s) with their coach in advance. Any absence not cleared by a coach is considered an unexcused absence.

If an athlete misses a practice or a game (unexcused), he/she will be suspended for the next scheduled game. If two practices are missed (unexcused), this will result in a three (3) game suspension. Three missed practices (unexcused), will result in a five (5) game suspension. Four missed practices (unexcused) may result in dismissal from the team.

Any athlete who is late for practice (up to 15 minutes) will run two (2) miles for the first offense.

An athlete who is more than 15 minutes late to a practice, will have that practice considered "missed and unexcused".

**Athletes are not allowed to use their cell phones during practice times.**

6. **Hours:** Hours shall be set by the individual coach.
7. **Transportation Rules:** All athletes, managers, and cheerleaders will ride the team bus or assigned transportation to and from all athletic contests. The only exceptions will be for athletics with an injury requiring different transportation or a family emergency.
8. **Locker Room Rules:** Keep the locker area clean. No horseplay in the locker area. Turn off all showers and flush the toilets. Do not abuse any school property.
9. **Athlete Appearance:** Pride in one's appearance goes a long way toward the development of confidence. Other teams, fans, and officials will be impressed by Medora's appearance. Be neat and presentable at all times.
- a. Hair will be cut neatly above the eyebrows, off the collar, and may cover no more than the top half of the ear. Sideburns may be no longer than the bottom of the ear lobe and the face must be neatly trimmed. (boys)
  - b. Girls will wear their hair tied back so as to not interfere in any way with the face.
  - c. Dress slacks, ties, dress shirts or polo's and socks (boys) and dresses, dress slacks or capris (girls) will be worn to all games and sponsored activities, both home and away. Blue Jean material or shorts is not acceptable. Teams should be dressed in a neat and uniform manner.
  - d. Tattoos must be covered before an athlete will be allowed to compete in a regularly scheduled game or contest.

- e. Your conduct with the opposite sex must be appropriate. The coach will deal with any public displays of affection, beyond the scope of school standards, accordingly.

**10. Attendance Rules:**

- a.. Regular attendance at school is required of all participants.
- b. An athlete must attend periods 5, 6 and 7 (afternoon classes) of the school day in order to participate in a sporting event or practice that day. In addition, students must be in attendance at school during periods 5, 6 and 7 on Friday in order to participate in a Saturday sporting activity. With the approval of the administration, certain situations may be excused (doctor or dentist appointments, funerals, etc.). It is the coach's responsibility to enforce this policy.

- 11. Concessions:** If an athlete has signed up, or who has been signed up, to work concessions at a sporting event and does not report without prior approval from his/her coach, he/she will be suspended from playing at their next scheduled athletic event.

**12. Changing Sports**

- a. If an athlete participates in ten practices for a sport, they can not quit that sport and join another sport, conditioning program, or open gym until the first sports season has concluded, or he/she has written permission from the coach of the sport he/she quit.
- b. If an athlete is cut from a team, he/she may join another team or program.
- c. If an athlete is dismissed from the team for discipline reasons, he/she may not participate in another sport, conditioning program, or open gym, until the first sports season is concluded.

- 13. Participation in Two Sports in One Season:** If an athlete is participating in two sports during one sport season, he/she must choose a primary sport which will always take precedence over the second chosen sport.

- 14. Courtesy to In-Season Sports:** An athlete will not be permitted to participate in an organized conditioning program or open gym if a member of an in-season sport.

**15. Athlete Bench Rules**

- a. Teams playing on the same night and at the same site will sit immediately behind the team playing. Players will not sit with male or female friends, or parents and will actively watch the game.
- b. Electronic Devices are not to be used while an athlete is on the bench. All athletes should be actively watching the game and giving their teammates support during the contest. I.e. IPODS, MP3 players, cell phones, etc.
- c. Your conduct with the opposite sex must be appropriate. No one is to be sitting on the bench other than the athletes involved in the athletic contest. The coach will deal with any public displays of affection, beyond the scope of school standards, accordingly.

**16. College Recruiters:** The head coach in each sport will be responsible for each contact.

**17. Gymnasium:** Athletes are not to be in the gym during practice times unless your team is practicing in the gym for that specific time period. Athletes should not arrive until 15 minutes before the start of their practice.

**18. Personal Items:** Athletes are responsible for furnishing all necessary practice materials.

**19. Awards Night:** All student athletes are required to attend the athletic awards nights. Any letters, points or awards may be revoked if an athlete fails to attend without previous approval from the athletic director and coach.

**20. Discussions with Coaches:** Coaches will be more than happy to discuss an athlete's grades, behavior issues and ways for the athlete to improve as a competitor, with the athlete's parents. However, coaches will not discuss playing time with parents. Parents must schedule a meeting through the athletic director. Discussions about these matters are not to take place immediately following or during a game or practice session.

# PROCEDURE FOR COACHES

- 1. Transportation:** Transportation to and from games must be in school buses unless the coach and other responsible adults drive personal cars due to a limited number of players being transported. A schedule of departure times is to be worked out with the athletic director prior to the start of the season. It is the head coaches' responsibility to check these times and inform the athletes and parents. Reservations for meals and lodging, whenever necessary, will be made through the athletic director. The inclusion of cheerleaders will be at the discretion of the head coach and principal who will then inform all concerned people.

Representatives of Medora Jr/Sr High School are expected to look and behave appropriately at all times. This is especially important when they are members of traveling squad. The following guidelines are recommended:

1. Athletes and managers will be on the bus, ready to leave, at the set time of departure.
  2. Coaches will outline what is expected of players and managers and not accept anything less.
  3. Coaches will be responsible for control of students on buses.
  4. Athletes and managers will be properly dressed and remain so throughout the trip.
  5. Coaches will be responsible in making sure that the bus is clean following use.
- 2. Injuries:** In case of a serious injury, the coach should first notify the parent; and if a doctor is needed, the family doctor should be called. The coach is required to complete an injury form. Each coach is required to keep a record of all injuries. Each coach is responsible for instructing all athletes that the cost of any injury requiring medical attention cannot be charged to Medora Jr/Sr High School.
- 3. Ordering Equipment, Supplies, etc.:** All purchases will be made by the athletic director (via a purchase order). Coaches are not to place orders. The varsity coach will submit a request for a purchase to the athletic director on the proper school form (Request to Purchase). Purchases made without the approval of the athletic director and the use of a purchase order will not be acknowledged as a school purchase. Coaches will be responsible for payment.
- 4. Fundraisers:** There are to be no athletic fundraisers unless approval is given by the high school principal,

5. **Care of Equipment:** Coaches are required to maintain updated inventories of equipment and supplies. Equipment is important to every coach and represents a considerable investment by the school. Proper storing and inventory of equipment before and after the season are the responsibility of each coach. Having equipment properly marked and in order makes inventory easy. Equipment should be cleaned before the final storage between seasons.
6. **Locker Room:** Safety should be stressed in the locker room. The shower room is to be kept clean at all times. Coaches are responsible for the management of the locker room and equipment areas during practice time. Unauthorized people are not to be permitted in the locker room.
7. **Volunteer Coaches:** All volunteer coaches must be approved by the administration prior to his/her participation in a sport.
8. **Bench/Sideline Decorum:** Coaches are to observe proper bench decorum at all times. It is important that the community, school, athletic program, the sport, the athlete, and the coach are represented in a positive manner. The coaches' behavior on the bench/sideline is expected to provide a positive example for athletes to follow.
9. **Practices:** Coaches must be present for all organized or unorganized practices. Athletes are not to be left unsupervised any anytime. If an athlete acts in a manner that does not positively represent Medora Jr/Sr High School during a practice, that athlete is subject to probation, suspension, or dismissal.
10. **Uniform Laundry:** Coaches are responsible for the laundry and care of their team's uniforms. Laundering facilities are available at the school during evenings.
11. **Concessions:** When a coach and his/her team is responsible to work concessions as a group, the coach must remain in the concessions area with his/her team until the concessions stand is closed.
12. **Summer Camps:** All summer camps must be approved by the Athletic Director and all information regarding the camps provided to him prior to registration.
13. **Supervision After an Event:** Athletes are not to be left unsupervised following a sporting event. **All coaches must** remain at school with their players until **all** have departed the school grounds. **NO EXCEPTIONS!**

## **BRIEF SUMMARY OF GENERAL ATHLETIC POLICIES**

1. Coaches are expected to adhere to all athletic policies.
2. Coaches are to conduct themselves at all times in such a manner as to reflect credit on our school and their sport.

3. Coaches are not to induce a player to specialize in a specific sport with promises of playing time, scholarships, or by degrading another coach or sport.
4. Coaches are responsible to follow all financial procedures outlined in the Athletic Handbook and the relevant procedures of the Indiana State Board of Accounts.
5. Coaches are required to follow the athletic chain of command. Issues should first be brought to the Athletic Director, then to the Building Principal, then to the Superintendent.
6. Practices/open gyms must be supervised by board approved coaches.
7. Each coach will hold a pre-season meeting with the parents, outlining team rules and student athlete expectations.

# **Medora**

# **Hornets**

# ATHLETIC AWARDS POLICY

Awards will be presented for all sports middle school and high school at an athletic awards program.

**NOTES:** The following special consideration will apply to the awards policy of the Medora High School Athletic Department:

**A.** To receive any award an athlete must complete the season of that sport as a student and as a member of that team in good standing.

**B.** If any illness or injury prevents the athlete from qualifying for any athletic award, the final determination for the receipt of any award shall be made by the coach of the sport involved, the athletic director, and high school principal.

**Letters, Varsity Certificates and other awards will be presented to the varsity athlete as outlined below:**

Complete the season, including tournaments, in good standing and meet the time/point requirements for that sport.

## Individual Sport Letter Requirements

1. **Basketball:** Meet the general requirements of award system. Participate in 50% of all season games unless excused by coach for illness or injury AND dresses for the sectional.
2. **Volleyball:** Meet the general requirements of award system. Participate in 50% of all season games unless excused by coach for illness or injury AND dresses for the sectional.
3. **Track:** Meet the general requirements of award system. Participate in 50% of all season meets unless excused by coach for illness or injury AND dresses for the sectional.
4. **Cross Country:** Meet the general requirements of award system. Participate in 50% of all season meets unless excused by coach for illness or injury AND dresses for the sectional.
5. **Student Managers Awards:** A student manager will receive a letter and certificate based on the fulfillment of his/her job as determined by the coach of that sport, and subject to the same qualifying criteria as the athlete.

6. **Junior Varsity, Junior High Certificates:** An appropriate certificate will be presented to the athlete, student manager, or cheerleader at these levels, subjected to the criteria listed above.
7. **School Record:** Will be awarded to the athlete who established a new record for the school, based on the criteria below:
  - a. To establish a school record in track and field and cross-country, a runner must have his/her time measured by two timers. In field events the highest/longest distance must be measured.
  - b. To establish a school record in any sport, the achievement of the athlete will be compared to the existing record of that sport.



# Varsity Basketball Awards

Awards will be presented in the following areas:

1. **Mental Attitude Award:** Will be presented to the varsity player showing the best mental attitude for the season.
2. **Most Valuable Player:** Will be awarded to the player leading the team in the most statistical categories.
3. **Rebounding Award:** Presented to the athlete with the highest number of rebounds, based on statistical data. (Both boys and girls must have an average of 4.0 per game.)
4. **Field Goal Percentage Awards:** Must have a minimum of 40 shot attempts.
5. **Free Throw Award:** Presented to the athlete with highest free throw percentage. Minimum number of free throws attempted shall be 30.
6. **Assist Award:** Presented to the athlete who has the highest ratio assists to turnovers.
7. **Scholar Athlete Award:** Athlete must have a GPA of 3.5 to be eligible.



# Junior Varsity Basketball Awards

Awards will be presented in the following areas:

1. **Assist Award:** Presented to the boy/girl who has the highest ratio assists to turnovers.
2. **Rebounding Award:** Presented to the leading rebounded based on statistical data. (Both boys and girls must have an average of 4.0 per game.)
3. **Free Throw Award:** Presented to the athlete with the highest free throw percentage. Minimum number of free throws attempted for boys shall be 20.
4. **Most Improved Player Award:** Will be determined by the coaches.
5. **Scholar Athlete Award:** Must maintain a 3.5 GPA to be eligible.



# Jr. High Basketball Awards

Awards will be presented in the following areas:

1. **Assist Award:** Based on statistical data highest ratio.
2. **Rebounding Award:** Based on statistical data
3. **Free Throw Award:** Based on statistical data
4. **Field Goal Percentage Award:** Based on statistical data.

# Track and Field Awards

Awards will be presented in the following areas:

1. **Most Outstanding Runner:** To be determined by the coaches based on the total points accumulated during the season. (All levels)
2. **Most Outstanding Field:** To be determined by the coaches based on the total points accumulated during the season. (All levels)
3. **Most Improved Athlete:** To be determined by the track coach, based on the recorded improvement in time and/or height and/or distance. (All levels)
4. **Scholar Athlete Award:** Must maintain a 3.5 GPA to be eligible. Junior Varsity and Varsity only are eligible.



# Cross Country Awards

Awards will be presented in the following areas:

1. **Mental Attitude Award:** Will be presented to the varsity player showing the best mental attitude for the season.
2. **Most Valuable Runner:** To be determined by the cross-country coach, based on the accomplishments and contributions to the team. (All levels)
3. **Most Improved Runner:** To be determined by the cross-country coach on the recorded data. (All levels)
4. **Scholar Athlete Award:** Must maintain a 3.5 GPA to be eligible. Junior Varsity and Varsity only are eligible.

# Girls Volleyball Awards

Awards will be presented in the following areas:

1. **Mental Attitude Award:** Will be presented to the varsity player showing the best mental attitude for the season.
2. **Outstanding Server Award** (All levels): Presented to the player with the best statistical data.
3. **Serve Reception Award** (All levels): Presented to the player with the best statistical data.
4. **Hitting Award** (all levels): Presented to the player with the best statistical data.
5. **Setting Award** (all levels): Presented to the player with the best statistical data.
6. **Scholar Athlete Award:** Athlete must have a GPA of 3.5 to be eligible. Junior Varsity and Varsity only are eligible.



# Cheerleader Awards

Awards will be presented in the following areas:

1. **Mental Attitude Award:** Will be presented to the varsity cheerleader showing the best mental attitude for the season.
2. **Best All Round Cheerleader:** To be determined by the cheerleading sponsor based on the leadership, appearance, spirit, and tumbling ability. The cheerleader shall be subject to the same qualifying criteria as the athlete.
3. **Most Improved:** To be determined by the cheerleader coach.
4. **Scholar Athlete Award:** Must have a GPA of 3.5 to be eligible. Junior Varsity and Varsity cheerleaders only are eligible.

**2011-2012 SIGNATURE/CONFIRMATION FORM**

I have read and understand the rules and regulations as stated in the Medora Jr/Sr High School's Student/Athlete Handbook. I agree to guide my conduct accordingly, realizing that there are consequences if I do not.

\_\_\_\_\_  
Student/Athlete Signature

\_\_\_\_\_  
Date

As a parent/guardian of the student/athlete, I have read and understand the contents of the Medora Jr/Sr High School's Student/Athlete Handbook.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**NOTE: This signature form signed by both parties must be filed in the office of the Athletic Director before an athlete can participate.**

**COACHES:**

**2011-2012 COACH SIGNATURE/CONFIRMATION FORM**

I have read and understand the rules and regulations as stated in the Medora Jr/Sr High School's Student/Athlete Handbook. I agree to guide my conduct accordingly, realizing that there are consequences if I do not.

I am aware that, should I fail to comply with all rules and regulations outlined in this handbook, this will be reflected in my annual coach's evaluation and/or reprimand.

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Date