

CASCADE HIGH SCHOOL

Student Athlete/Parent Athletic Handbook



ALWAYS COMPETE • EXPECT VICTORY • WIN CHAMPIONSHIPS

ATHLETIC HANDBOOK FOR STUDENT-ATHLETES

ATHLETIC STATEMENT

This athletic handbook is designed to inform athletes and their parents or guardians of the rules, regulations and information that helped develop the tradition of competition at Cascade High School.

Participation in Cascade athletics is a privilege which carries with it varying degrees of honor, responsibility and sacrifice. Since athletic competition of Cascade teams is a privilege and not a right, those who choose to participate will be expected to follow the **Code of Conduct** established by the administration, and other specific coach's rules for their sport. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is becoming to their family, Mill Creek Schools and the community.

ATHLETIC PHILOSOPHY / MISSION

The philosophy of the Cascade Athletic Department is to provide the best opportunities for its student-athletes to excel in teamwork, sportsmanship, self-discipline, and moral character. The purpose is to provide each participant with experiences that will be positive, memorable, and helpful to them to develop the capacity for commitment to a cause, acceptance of responsibility, and loyalty toward any chosen endeavor.

ATHLETE DEFINED

The Cascade athlete is defined as and includes all young men and women who represent a team that engages in interscholastic competition and further includes cheerleaders, student managers, trainers and statisticians affiliated with a team. Students will be considered athletes from the time they try out for their first team until they graduate or are no longer a student at Cascade High School.

ATHLETIC PROGRAM PROFILE

Cascade supports 17 sports and cheerleading to students in grades 9-12. Cascade is a member of the Western Indiana Conference (WIC). Members of the WIC are Brown County, Cascade, Cloverdale, Edgewood, Greencastle, Indian Creek, North Putnam, Northview, Owen Valley, South Putnam, Sullivan, and West Vigo.

ATHLETIC DEPARTMENT STAFF & ADMINISTRATION

Scott Stevens, RAA
Director of Athletics
317-539-9315 Ext. 707
sstevens@mccsc.k12.in.us

Anastasia Berkley, ATC/L
Athletic Trainer (Hendricks Regional Health)
317-501-4915
aberkley@mccsc.k12.in.us

Jon Acton
Principal
317-539-9315 Ext. 711
jacton@mccsc.k12.in.us

Brant Donovan
Assistant Principal
317-539-9315 Ext. 712
bdonovan@mccsc.k12.in.us

ELIGIBILITY

ACADEMIC/ATHLETIC ELIGIBILITY AT CASCADE

Student-athletes must be enrolled at Cascade and pass five full credits (IHSAA standard) with no more than 1 F each 9 week grading period in order to continue to participate as a team member. Semester-ending grades take precedence. Coaches and sponsors can check progress of students by talking with teachers, issuing periodic grade checks and checking grade cards at the end of grading periods. It is the policy of the athletic department to work closely with the academic progress of each participant. Students with failing grades will attend practices or study at the coaches' discretion during periods of academic difficulty. The ineligibility will be in effect until the next 9 week report card. At that time, eligibility will be determined.

RANDOM DRUG TESTING PROGRAM

To be eligible to participate in athletics at Cascade a student athlete must enroll in the random drug testing pool. The random drug testing policy is outlined in our student handbook. The athletic code of conduct, specifically the consequences for substance abuse violations of the code, is aligned with the random drug testing policy.

PHYSICAL EXAMINATIONS

Every student-athlete is required by Cascade and the IHSAA to have a **yearly physical examination completed and on file with the athletic office before practicing in any sport**. Physical exams are the responsibility of the athlete and his/her parents. Exams are in effect for the next school year if taken after April 1st. Physical exams will be offered at school one evening in the month of May, date to be determined by Hendricks Regional Health.

CONCUSSION AND SUDDEN CARDIAC ARREST

In compliance with Indiana State Laws (IC-20-34-7 and IC-20-34-8) Mill Creek Community School Corporation will ask all student athletes and parents/guardians to follow the following guidelines

- All student athletes will be provided and expected/encouraged to read *Heads Up Concussion: A Fact Sheet Athletes* and *Sudden Cardiac Arrest: A Fact Sheet for Athletes*.
- All parents/guardians will be provided and expected/encouraged to read *Heads Up Concussion: A Fact Sheet for Parents* and *Sudden Cardiac Arrest: A Fact Sheet for Parents*.
- All student athletes and their parents/guardians must sign an acknowledgement form of receiving and reading the documentation mentioned above. This form must be on file with the athletic trainer.

Return to Play after Injury

- Concussion – A student athlete returning from a concussion will be expected to provide to the athletic trainer a written release from a licensed physician who has been trained in concussion evaluation and management. The release must be on an official document from the physician's office.
- Sudden Cardiac Arrest – A student athlete who has been removed from play due to sudden cardiac arrest symptoms may not return to play until the student athlete has been evaluated and cleared by a licensed physician. The release must be on an official document from the physician's office and provided to the athletic trainer.

WHAT MUST BE DONE BEFORE YOUR FIRST PRACTICE

The following items are to be completed by the athlete and parent/guardian before the first practice with any team:

- **Take and pass physical examination and have supporting student, parent and doctor signatures**
- **Meet academic eligibility requirements**
- **Have Hendricks Regional Health Information form signed and on file**
- **Have athletic transfer filed (Transfer students new to Cascade High School cannot compete in interscholastic contests until an athletic transfer is completed)**
- **Have handbook acknowledgment signed and on file**
- **Have concussion & sudden cardiac arrest acknowledgements signed and on file**
- **Have all other supporting documentation completed and on file**

CODE OF CONDUCT

STATEMENT

The following Cascade High School rules are in accordance with the Indiana High School Athletic Association Constitution. An athlete is defined as a participant on an athletic team, cheerleaders, managers, trainers, and athletic assistants.

The Mill Creek Community School Corporation is committed to fair play, ethical behavior, and integrity - all critical elements of good sportsmanship. The values of good citizenship and high behavioral standards apply equally to all school activities, participants, and fans.

ENFORCEMENT OF THE CODE OF CONDUCT

The Principal or his/her designee shall enforce all rules and regulations as described in the Code of Conduct (hereafter the Code) for athletes. All rules regarding behavior and/or training as outlined in IHSAA regulations apply. The Code will be reinforced by the coach of each sport during the year. Parents/guardians and athletes are required to sign the acknowledgment, consent, injury awareness and disclosure document stating that they understand the Code and the athlete is subject to disciplinary measure should he/she violate the Code.

Any alleged violation of the Code shall be reported first to the Principal or his/her designee and then is to be followed by an investigation by any or all of the following people...coach, sponsor, athletic director, principal or his/her designee.

THE CODE IS IN FORCE TWELVE (12) MONTHS A YEAR

EXPECTED STANDARDS OF CONDUCT FOR ATHLETES.

- No player(s) will ever employ illegal tactics to gain an undeserved advantage. All players will devote themselves to being a true sportsman.
- All athletes will care for all equipment as though it was their own personal property. If equipment is destroyed through practice it will be replaced by the school. If equipment is lost the athlete(s) will fulfill their responsibility by paying for replacement of items(s).
- All athletes will obey the specific training and practice rules of their team as given to them by the coaching staff.
- Athletes will not engage in negative things. Drinking alcohol, taking controlled drug substances, using tobacco products, using profanity and being disobedient are harmful to athletes and their team. Maximum effort and performance cannot be attained doing these things.
- Athletes and support students of the team must pass five credits, with no more than 1 F, each grading period to be eligible to participate in athletics. Team members should plan their time so that they devote energy to their studies to insure passing grades which represent their true abilities.
- Athletes should be a positive influence in all they attempt to do. They are to work for the betterment of Cascade and set a good example by doing what is right and good.
- Officials deserve courteous respect. All must realize that officials do not lose a game or contest. They are there for the purpose of insuring both teams a fair contest.
- Athletes should appreciate that coaches, teachers and school officials have the best interests of all athletes in mind as they equip, schedule and conduct the athletic program.
- All Cascade athletes must comply with the standards of our athletic code of conduct and school rules or be subject to disciplinary action or dismissal from a team as determined by the rules, coaching staff, athletic director and or principal of Cascade High School.

ANTI-HAZING POLICY

Cascade High School is committed to providing the best learning atmosphere for our students. Hazing activities are inconsistent with our educational mission and will not be tolerated in the athletic department. The Indiana Code defines hazing as "forcing or requiring another person-(1.) With or without the consent of the other person and (2.) as a condition of association with a group or organization; to perform an act that creates a substantial risk of bodily injury." The American Heritage Dictionary, Fourth Edition, defines hazing as: "To persecute or harass

with meaningless, difficult, or humiliating tasks. To initiate by exacting humiliating performances from or playing rough practical jokes upon." The Cascade Athletic Department will not tolerate actions by athletes that recklessly or intentionally endanger the mental or physical health or safety of a student. This includes, but is not limited to, paddling, beating, branding, exposure to the elements, forced consumption of food or drink, "swirlies", forced conduct resulting in extreme embarrassment, or any other conduct which could adversely affect the mental health or dignity of another individual. Disciplinary actions will be taken against students who plan, encourage, or engage in hazing activities. Athletic department employees who permit, encourage, condone or tolerate hazing will be subject to discipline.

RULES OF CONDUCT

The following rules are specific examples of conduct that would violate the **Code of Conduct** set forth above. Conduct that is not covered by these specific examples but that violate the principles of the **Code of Conduct** is subject to disciplinary measures at the discretion of the principal or his/her designee.

RULE 1: Athletes shall not knowingly possess, use, transmit or be under the influence of any narcotic drug, hallucinogenic drug, alcohol, tobacco, stimulant, depressant, anabolic steroids, marijuana, counterfeit caffeine pills or possess, use or transmit paraphernalia for use of such substances. (Use of an authorized drug as prescribed by a registered physician shall not constitute a violation of this rule). *Any of the above offenses, whether done consecutively or separately, are considered an offense.

CONSEQUENCE: First Offense

Suspension from 25% of all regular season contests for that sport he/she is able to compete. Student-athletes will be allowed to practice and attend contests in street clothes. The Carry Over Rule will be used in instances where needed.

Second Offense

Suspension from athletics for 365 calendar days from the time infraction was discovered by the administration. Student-athletes will not be allowed to practice, compete, and/or try-out for any sport that falls within the time frame that the suspension is being served.

Third Offense

Suspension from participation in athletics for the remaining time they are a student at Cascade High School.

*Carry Over Rule: The student's suspension will begin the first official day his/her practice begins. If the student commits the offense during summer break or any other time when the student is not participating in his/her sport season, the consequence will start on the first official practice day of his/her sport. Should a student be suspended from participation in the middle of the athletic season, he/she will finish out the remainder of the suspension when they participate in another sport.

RULE 2: Conduct

A student may be suspended from athletics for the use of violence, force, noise, coercion, threat, intimidation, passive resistance, or conduct constituting an interference with the athletic program. He/She may also be suspended for urging other students to engage in the above activity. Furthermore, damage or theft involving school and/or private property, intentionally causing bodily harm to fellow students or school employees, intimidating any student with the intent of obtaining money, possessing weapons, and failing in a substantial number of instances to comply with the directives of coaches and/or rules of the athletic program and/or school are all grounds for suspension

CONSEQUENCE: The athlete will suffer consequences at the discretion of the Athletic Department.

RULE 3: Athletes shall not be in violation of school rules such as truancy, classroom disruption, or other punishable acts.

CONSEQUENCE: The athlete will be disciplined by already-established school rules. He/she may further be dealt with within the structure of each coach's rules for their sport.

RULE 4: Specific team rules may be set forth by the coach of each sport. These rules and the penalties for breaking them will be given to the athletes by the coach of that sport. These written regulations will be on file with the Athletic Director.

ATHLETIC SEASON DEFINED

The athletic season is defined as commencing with the first practice and ending with the final event for that sport. Penalties for violations take effect immediately upon verification of any violation and will include games in succession - i.e. season schedule, tournament and state series, in order of competition.

FORFEITURE OF AWARDS

If an athlete is not in good standing at the end of the sports season that athlete will forfeit all letters and awards for that sport.

CARRY-OVER SUSPENSION

If the violation of the Code occurs in the last part of a sport and the violator cannot fulfill the terms of his/her violation in that sport the suspension does carry-over until the suspension is fulfilled. If a typically one-sport athlete elects to participate in a new sport in order to serve a suspension, he/she will be required to complete that new season in good standing.

COMPLETING A SUSPENSION

When serving a suspension, the athlete is expected to be present at all athletic contests and practices involving his/her team. The athlete is a member of the team and is expected to fulfill this responsibility. If the athlete does not attend the contest, credit will not be given toward fulfilling the requirements of the suspension. It is the coach's discretion to excuse the athlete from attending a contest.

AWARDS

INITIAL VARSITY AWARD

Students will earn their numerals and "C" after successfully earning their first varsity letter in a sport. Students will also earn a chevron for each varsity letter they earn. Numerals, "C's", and chevrons will be purchased and provided by the athletic department.

CHAMPIONSHIP PATCHES

Individual champions or varsity team champions will be eligible to order patches for winning the conference, county, sectional, regional, semi-state or state title(s). Individuals that are awarded all-conference are eligible to order patches for this individual accomplishment as well. All championship patches will be purchased by the student-athlete.

CAPTAIN STARS

Captain stars awarded to each varsity team captain and will be provided by the athletic department.

LETTER JACKETS

Letter jackets can be purchased by the athlete or his/her family after an athlete earns his/her first varsity award. A letter jacket can be earned, and paid for by the athletic department, by an athlete accumulating 25 points or letter 4 years in a single sport. Points are earned based on level of participation.

Varsity Letter = 5 points

JV Participation = 3 points

Freshmen Participation = 1 point

CRITERIA FOR EARNING A VARSITY LETTER

Boys and Girls Basketball

- Complete the season in good standing and
- Dress in 50% of varsity games

Boys and Girls Track

- Complete the season in good standing and
- Participate in 50% of varsity meets or
- Score in the county, conference, or sectional meets

Boys and Girls Soccer

- Complete the season in good standing and
- Participate in 50% of the total varsity games played

Football

- Complete the season in good standing and
- Play in 18 varsity quarters or
- Exclusive play on special teams receives $\frac{1}{2}$ quarter toward a letter award for each varsity quarter played

Boys and Girls Swimming

- Complete the season in good standing and
- Participate in county, conference, or sectional meets, or
- Score at least 1 point in 50% of all dual/tri meets

Wrestling

- Complete the season in good standing and
- Participate in 50% of the season meets/tournaments or
- Place in top three in county, conference, sectional or eight team tourney

Boys and Girls Cross Country

- Complete the season in good standing and
- Compete in 50% of all varsity meets or
- Score in the county or conference meet

Volleyball

- Complete the season in good standing and
- Participate in 50% of all varsity games played or
- Late start rule

Boys and Girls Golf

- Complete the season in good standing and
- Play in top 6 positions in at least 50% of meets or
- Score in county or conference meet.

Softball

- Complete the season in good standing and
- Participate in 50% ($\frac{1}{2}$) of all varsity games played or
- Late start rule

Baseball

- Complete the season in good standing and
- Participate in 50% ($\frac{1}{2}$) of all varsity games played or
- Late start rule

Cheerleading

- Complete the season in good standing and
- Required attendance at 90% of all scheduled events (games, practices, etc...)

Team Managers

- Complete the season in good standing and
- Must attend all practice and games, unless excused by the coach, and be responsible for duties outlined by the coach.

INJURED ATHLETES: An athlete who is injured during the season will receive points according to the athlete's status and involvement with the team before, during, and after injury.

SENIORS: Any senior who has been a part of the program for four years and has not met the above requirements may receive a letter at the coach's discretion.

LATE START RULE: In a team sport, an athlete may be promoted from the reserve team and become a starter on a regular basis on the varsity team. In such a case, the athlete may earn a varsity letter.

***Head coaches may award a varsity letter to an individual for reasons beyond the scope of this handbook with administrative approval.**

INFORMATION FOR ATHLETES AND PARENTS

ACCIDENTS/INJURIES

All accidents or injuries, home or away, are to be reported to the trainer and/or coach immediately.

ATHLETIC TRAINER

Hendricks Regional Health provides athletic training services for Cascade High School. The trainer is on campus for all high school practices and home events. The trainer also travels with many varsity teams.

ATHLETIC TRAINING ROOM

Student-athletes are not permitted in this room without adult supervision. Training rooms are for treatment and rehabilitation. Space is limited, therefore only athletes needing treatment are allowed in these rooms.

ATTENDANCE (ABSENCE) SCHOOL & GAME DAY

Daily attendance to school and practice is very important and expected. A Student-athlete must attend the last four class periods of the school day in order to participate in his/her athletic event or practice. When the absence occurs on a Friday, the student-athlete is ineligible to participate until the following Monday. Approved field trips or school activities constitute attending school. Any exemptions (funeral, dental, doctor) must be approved through the principal's office and/or athletic office.

CHANGING A SPORT

If an athlete is cut from a team at the start of a season, he/she may join another team or program in that sport season. An athlete cannot quit one sport to join another sport until the original sport is no longer competing.

Athletes may transfer from one sport to another during a season only upon mutual agreement of both coaches and the athletic director. If an athlete is removed from a team for any reason (i.e. quitting, rule violation, grades, etc.), that athlete will not be allowed to participate in any practice, conditioning program, or weight room activity until completion of competition for that sport he/she was removed. If the athlete wishes to appeal, a written appeal must be submitted to the athletic director.

COMMUNICATION

As an athlete involved in your choice of sports at Cascade you will experience rewarding moments and times when things do not go the way you wish. At these times your best choice is to express directly to the coach your concerns. It is always appropriate for the athlete to discuss position, consideration for future play, treatment, behavior and ways to improve. Also, it is important for each athlete to inform his/her parent(s) that they are encouraged to discuss treatment, improvement and behavior with the coach. However, it is never appropriate for athletes or parents to discuss other student-athletes with the coach.

The Cascade Athletic Department suggests that you go through the following steps when you have a concern.

1. The athlete should address the problem with the coach one on one.
2. If the problem is not resolved, the parent should contact the coach.
3. If the problem still exists, contact the athletic director and set up a meeting with him privately or with the coach present.

4. It is always the prerogative of the parent to contact the principal, if the issue is still a problem after meeting with the athletic director and the coach.

DRESS

Coaches may ask their players to dress according to team rules.

DUAL SPORTS

All students at Cascade are encouraged to participate in a wide range of school-sponsored activities. Students should examine carefully the time commitment and schedules of activities to avoid major conflicts that would result in a negative impact on others or themselves by participation.

The athlete is required to fill out a dual sport form and inform both sport coaches of his/her desire to participate in dual sports by the first day of try-outs/practice. Failure to comply with this guideline will result in not being allowed to participate in dual sports for that season. After informing both coaches, the coaches and athletic director will meet to discuss the reasonableness of the dual sport request and schedule the student athlete. The decisions of this meeting will take precedence unless at a later date both coaches agree to amend the schedule. If after reviewing the schedule, the student athlete decides to reconsider and participate in only one activity, he/she must inform both coaches within a week of the beginning of the latest season.

The following priority list shall be used in determining an appropriate resolution to a schedule conflict:

1. State level competition including travel time
2. Qualifying events to state and national school-sponsored activities
3. Level of activity (Varsity, JV, Freshman)
4. Conference tournaments and events
5. County tournaments and events
6. If a direct conflict cannot be resolved through the above, then the importance a student's participation in the group's performance will be considered

No penalty shall be assessed to the student participant if he/she properly communicates the conflict to all parties. All decisions will be adhered to; however, if any unusual circumstances do occur at a later date, the student may request a change in the decision by filing his/her request in writing to the athletic director no later than 10 days prior to the scheduled conflict.

Conflicts with non-school related activities should be resolved between the student and the activity sponsor or instructor. It is understood that such conflicts are not generally excused and penalties may be assessed.

EQUIPMENT

All athletes will care for all equipment as though it were their own personal property. If equipment is destroyed through practice it will be replaced by the school. If equipment is lost or stolen, the athlete(s) will fulfill their responsibility by paying for replacement of item(s). Remember that stealing or wearing stolen equipment is a violation of the Code of Conduct and punishable by suspension from athletics. Equipment may not be worn during the school day, at home or on the streets without approval of the coach of that sport.

ALL ISSUED EQUIPMENT AND UNIFORMS REMAIN THE PROPERTY OF CASCADE AND MUST BE RETURNED AT THE CONCLUSION OF THE SEASON. ANY MISSING ITEMS WILL BE CHARGED TO THE STUDENT-ATHLETE.

IHSAA INDIVIDUAL ELIGIBILITY RULES (Grades 9 through 12)

ATTENTION ATHLETE: TO BE ELIGIBLE TO REPRESENT CASCADE IN INTERSCHOOL ATHLETICS YOU:

- 1) Must be a bona fide student in good standing; must be enrolled not later than the 15th day of the current semester.
- 2) Must have completed 10 separate days of organized practice in one sport under the direct supervision of the high school coaching staff.
- 3) Must have received passing grades in at least five full credit subjects, with no more than 1 F during your last grading period and must be currently enrolled in at least five full credit subjects.
- 4) Must not have reached your 20th birthday prior to or on the scheduled date of the IHSAA state finals in a sport.
- 5) Must have been enrolled in your present high school last semester or at Cascade Middle School.
- 6) Must not have been enrolled in more than eight consecutive semesters beginning in grade 9.

- 7) Must be an amateur (have not participated under an assumed name, have not accepted money or merchandise directly or indirectly for athletic participation, have not accepted awards, gifts, or honors from colleges or their alumni, have not signed a professional contract.)
- 8) Must have had physical exam between April 1st and your first practice.
- 9) Must not have transferred from one school to another for athletic reasons as a result of undue influence by any person or group.
- 10) Must not have received any award from your athletic ability not approved by your principal or IHSAA.
- 11) Must not accept awards in the form of merchandise, meals, cash, etc.
- 12) Must not participate in an athletic contest during the IHSAA authorized contest season for that sport as an individual or on any team other than your school team.
- 13) Must not reflect discredit upon your school.
- 14) Students with remaining eligibility must not participate in tryouts or demonstrations of athletic ability in that sport.
- 15) Must, if absent 5 or more days due to illness or injury, present written verification from a physician stating you may participate again.
- 16) Must not participate in camps, clinics or schools during the IHSAA authorized contest season.
- 17) Girls shall not be permitted to participate in an IHSAA tournament program for boys where an IHSAA tournament program is offered for girls in that sport.

PRACTICES (REGULAR, VACATION, SCHOOL CLOSING)

All team members are expected to attend all practices. Practice scheduled during school vacations are set by the coach and only the coach can excuse an athlete from practice. Practice during a school closing time (snow, etc.) is not permitted.

QUITTING A TEAM

An athlete cannot quit one sport to join another sport until the original sport is no longer competing. Athletes may transfer from one sport to another during a season only upon mutual agreement of both coaches and the athletic director. If an athlete is removed from a team for any reason (i.e. quitting, rule violation, grades, etc.), that athlete will not be allowed to participate in any practice, conditioning program, or weight room activity until completion of competition for that sport he/she was removed. If the athlete wishes to appeal, a written appeal must be submitted to the athletic director.

TEAM CUTTING POLICIES

Coaches of the 17 varsity sports and Cheerleading at Cascade have their own policy on how they will choose their teams. In some sports "cutting" a team down to a manageable size is a necessity. Coaches will explain their policy to candidates for their team at the first meeting. An athlete may be cut from a team anytime during a season.

WEATHER

If the Mill Creek Community School Corporation is on a delay, all morning practices are canceled. If school is closed or we have an early dismissal, all afternoon and evening practices and games will be canceled unless the Superintendent makes an exception.

WEIGHT ROOM

The weight room is available for use by teams before and after school. No student shall use the weight room without adult supervision or without having a physical exam on file in the athletic office. Coaches should consult with the strength coach on the approved core workouts for all athletes.

CELL PHONES & SOCIAL NETWORKING SITES

1. Cell phones and cameras may not be used inside a locker room for any purpose. This means no texting, no calling and obviously no pictures. The use of cell phones, regardless if it has a built-in camera or not, is not permitted in the locker room at any time. **NO EXCEPTIONS TO THE RULE.** This rule applies to all players, managers and coaches (coaches may use a cell phone in their office, not the locker room). A violation of this rule will result in immediate penalty, which could include dismissal from the team. If a photograph is taken, the matter may be turned over to legal authorities for possible prosecution. Should an athlete receive a call or text while he/she is in the locker room, he/she should take the phone (still in backpack, book bag, gym bag, etc.) out to the hall or outside the building before use. **CAMERAS AND PHONES MAY NOT BE IN USE OR OUT IN VIEW IN THE LOCKER ROOM FOR ANY REASON.**

2. SOCIAL NETWORKING SITES: Student-athletes are responsible for information contained in written or electronic transmissions (e.g. e-mail) and any information posted on a public domain (e.g. Twitter, Facebook, Vine, Snapchat, Instagram, You Tube, etc...). Inappropriate or embarrassing information or pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social networks; however, student-athletes should be reminded that they serve as representatives of their team, the athletic program and the Mill Creek Community School Corporation. Texting, tweeting and uses of other social networks to disparage or criticize the team, other students, opponents, coaches or other school personnel is inappropriate behavior and conduct unbecoming of a Cascade student-athlete. Any individual identified on a social networking site which depicts illegal or inappropriate behavior, will be considered in violation and subject to athletic discipline which could include suspension or dismissal from the program. Length of suspension will be determined by the athletic director with coach's involvement.