

**HAMILTON SOUTHEASTERN  
INTERMEDIATE & JUNIOR HIGH  
ATHLETICS**



**BUILD CHARACTER.  
INSPIRE EXCELLENCE.  
REALIZE POTENTIAL.**

***STUDENT-ATHLETE & PARENT  
HANDBOOK***

**Hamilton Southeastern Junior High  
Student-Athlete Handbook**

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**Extra-Curricular Offerings:**

**FALL**

7th grade Football      8th grade Football

7th grade Volleyball      8th grade Volleyball

6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Boys/Girls Cross-Country

7<sup>th</sup>/8<sup>th</sup> Cheerleading

7<sup>th</sup>/8<sup>th</sup> Boys and Girls Tennis

7<sup>th</sup>/8<sup>th</sup> Girls Golf

**WINTER**

6<sup>th</sup> grade Boys Basketball      6<sup>th</sup> grade Girls Basketball

7<sup>th</sup> grade Boys Basketball      7<sup>th</sup> grade Girls Basketball

8<sup>th</sup> grade Boys Basketball      8<sup>th</sup> grade Girls Basketball

6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Wrestling      7<sup>th</sup>/8<sup>th</sup> Cheerleading

**SPRING**

6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Boys/Girls Track

7<sup>th</sup>/8<sup>th</sup> Boys Golf

***\*\*For all of the most up to date announcements, important dates, schedules, coaches' information, and other information regarding athletics please visit our website <http://www.hse.k12.in.us/HIJ/athletics/>\*\*  
FOLLOW US ON TWITTER @hijhathletics***

# Coaching Staff

## Fall Sports

### Cheerleading

- Amy Blair-Football [ablair@hse.k12.in.us](mailto:ablair@hse.k12.in.us)

### Cross Country

- Aaron Beck [aaronbeck91@aol.com](mailto:aaronbeck91@aol.com)
- Deb Satterfield [wesatt@sbcglobal.net](mailto:wesatt@sbcglobal.net)

### 7<sup>th</sup> Grade Football

- Nick Brobst-Head Coach [nbrobst@hse.k12.in.us](mailto:nbrobst@hse.k12.in.us)
- Eric Dailey-Assistant Coach [cottonmedicalgroup@me.com](mailto:cottonmedicalgroup@me.com)
- Courtney McGee-Assistant Coach [ctmcgee@olivet.edu](mailto:ctmcgee@olivet.edu)

### 8<sup>th</sup> Grade Football

- Greg McCord-Head Coach [gmccord@hse.k12.in.us](mailto:gmccord@hse.k12.in.us)
- Alan Richardson-Assistant Coach [arichardson@hse.k12.in.us](mailto:arichardson@hse.k12.in.us)
- Harvey Allen-Assistant Coach [hallen2@bsu.edu](mailto:hallen2@bsu.edu)

### Girls Golf

- Pat Bradshaw-Head Coach [pbradshaw@hse.k12.in.us](mailto:pbradshaw@hse.k12.in.us)

### Boys/Girls Tennis

- Becky Ragsdale-Head Coach [beeragsdale@aol.com](mailto:beeragsdale@aol.com)
- Sherri Holm-Assistant Coach

### 7<sup>th</sup> Grade Volleyball

- Kylie Stone – Head Coach [kstone@hse.k12.in.us](mailto:kstone@hse.k12.in.us)

### 8<sup>th</sup> Grade Volleyball

- Mary Auger – Head Coach [mauger@hse.k12.in.us](mailto:mauger@hse.k12.in.us)

## Winter Sports

### Cheerleading

- Heather Bates – 7<sup>th</sup> grade [hbates@hse.k12.in.us](mailto:hbates@hse.k12.in.us)
- Paula Peters – 8<sup>th</sup> grade [ppeters@hse.k12.in.us](mailto:ppeters@hse.k12.in.us)

### 6<sup>th</sup> Grade Boys Basketball

- Matt Wallace – Head Coach [mwallace@hse.k12.in.us](mailto:mwallace@hse.k12.in.us)
- Andrew Wooddell-Assistant Coach [awooddell@hse.k12.in.us](mailto:awooddell@hse.k12.in.us)

### 7<sup>th</sup> Grade Boys Basketball

- Matt Allison-Head Coach [mallison@hse.k12.in.us](mailto:mallison@hse.k12.in.us)
- Donald Yates – Assistant Coach [yates19@hotmail.com](mailto:yates19@hotmail.com)

### 8<sup>th</sup> Grade Boys Basketball

- Anthony Ioannacci-Head Coach [aioannacci@hse.k12.in.us](mailto:aioannacci@hse.k12.in.us)
- Courtney McGee – Assistant Coach [ctmcgee@olivet.edu](mailto:ctmcgee@olivet.edu)

### 6<sup>th</sup> Grade Girls Basketball

- Ina Pruzinskis – Head Coach [ipruzinskis@hse.k12.in.us](mailto:ipruzinskis@hse.k12.in.us)
- - Assistant Coach

### 7<sup>th</sup> Grade Girls Basketball

- Neal Ogle-Head Coach [nogle@hse.k12.in.us](mailto:nogle@hse.k12.in.us)
- Julie Smith-Assistant Coach [jsmith@hse.k12.in.us](mailto:jsmith@hse.k12.in.us)

### 8<sup>th</sup> Grade Girls Basketball

- Byron Bullock – Head Coach [bullockbyron16@yahoo.com](mailto:bullockbyron16@yahoo.com)
- Jordan Smith – Assistant Coach [jnsmith@hse.k12.in.us](mailto:jnsmith@hse.k12.in.us)

### Wrestling

- Alan Richardson-Head Coach [arichardson@hse.k12.in.us](mailto:arichardson@hse.k12.in.us)
- Bob Rice-Assistant Coach [brice@hse.k12.in.us](mailto:brice@hse.k12.in.us)
- Glenn Sandifer-Assistant Coach [sandifer.glenn1@comcast.net](mailto:sandifer.glenn1@comcast.net)

## Spring Sports

### Boys Golf

- Corey Jackson – Head Coach [cjackson@hse.k12.in.us](mailto:cjackson@hse.k12.in.us)

### Boys/Girls Track

- Aaron Beck – Head Coach [aaronbeck91@aol.com](mailto:aaronbeck91@aol.com)
- John Wegener – Head Coach [jwegener@hse.k12.in.us](mailto:jwegener@hse.k12.in.us)
- Jacob Wright – Assistant Coach [jwright81@sycamores.indstate.edu](mailto:jwright81@sycamores.indstate.edu)
- Hilary Normand – Assistant Coach [hnormand@hse.k12.in.us](mailto:hnormand@hse.k12.in.us)

## I. Introduction

- A.** The *Student-Athlete & Parent Handbook* exists so that student-athletes and their parents may better understand their responsibilities and rights regarding participation in our athletic programs. It shall be understood that the *Student Handbook* of HIJH is applicable to all students, including student-athletes, and shall take precedence over the *Student-Athlete Handbook* should any question arise regarding the interpretation of a rule.
- B.** The principal of HIJH is responsible for the conduct of the athletic program, and is therefore designated as its controlling authority.
- C.** The athletic director is responsible for organizing and administering the athletic program under the supervision of the principal.

## II. Philosophy

- A. Purpose:** HIJH believes that participation in athletics is a great way for young people to develop not only their athletic skills, but also skills such as discipline, sportsmanship, teamwork, determination, responsibility, accountability, and commitment that will help them throughout life. We are committed to contributing to the development of our student-athletes into mature young adults through our athletic programs.
- B. Athletics is a Privilege:** Student participation in competitive interscholastic athletics is a privilege, not a right. Student-athletes assume varying degrees of responsibility and sacrifice. It is the duty of all participants to conduct themselves in a manner that is becoming to themselves, their family, their team, our school, and the community.
- C. Winning:** Although winning is the assumed goal of every contest, the primary goal of our athletic department is to value and promote the physical, social, and emotional development of our student-athletes as well as preparing them to win. The ideals of sportsmanship, ethical behavior, commitment, self-discipline, and an intense work ethic will be expected and modeled. Opportunities to promote developmental growth and the ideals of sportsmanship and ethical behavior will not be sacrificed in an effort to win.

## III. Participation

To be eligible to represent HIJH in athletics, a student-athlete must meet the following requirements:

- A.** The student must be academically eligible (see section V on page 9 for details).
- B.** The student must have an **IHSAA physical form** on file with the athletic director prior to participating. The physical examination must be ***on or after APRIL 1<sup>ST</sup> in order to be valid for the following school year.***
- C.** Parents must submit the Rank One online signature forms. A link to the forms can be found on our athletics website.
- D.** A student-athlete must participate in at least 10 organized practices (1 practice per day) under the direct supervision of the coaching staff before being allowed to compete in contests. A student-athlete may be considered eligible to participate in an immediately following season's sport contest after 5 organized practices, with approval from the Athletic Director.
- E.** The student must be an amateur in the sport in which they wish to participate (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 professional contract).
- F. Cutting --** When it is necessary to cut students from a team, the coach will give fair and equal treatment to all students trying out for the team. Cutting students from a team will take place when it is in the best interest of the team as a whole to limit the number of team members. If an athlete tries out for a sport and is cut from that team, then that athlete has 2 weeks to go out for a non-cut team.
- G.** We recommend that boys and girls who participate in athletics carry insurance. Insurance is available through a school corporation approved plan, or may be purchased individually through any other insurance company.
- H. Concussions:** Per Indiana Code 20-34-7, a student athlete who is suspected of suffering a concussion may not return to play until the student athlete has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and head injuries and receives a written clearance to return to play from the health care provider who evaluated the student athlete.

#### IV. Policies and Procedures

The purpose of eligibility requirements for participation is one of insuring the academic well being of the individual student. Such a policy should reflect the intention of placing a top priority on the academic purpose of the school. It should not have as its intent the limitation of participation by students in these activities. To this end, the following policy has been established:

A. A student must maintain academic eligibility (see section V on page 8 for details).

**B. Students must be in attendance at school a minimum of one-half day (3 FULL class periods) to be eligible to participate that afternoon or evening.** The coach of a sport may require that student-athletes practice or participate in contests on a weekend or vacation day (although never on a Sunday).

C. Absences from practices/contests: Student-athletes who choose to be on a team are expected to make a commitment to their sport, coach, and teammates and attend all practices and contests. A student-athlete who misses an athletic practice or contest due to a reason that allows for an excused absence from school, or to participate in another *co-curricular* school function (not *extra-curricular*), shall be excused. The student-athlete shall inform the coach of the reason for his/her absence. There will be progressive consequences for unexcused absences. Excessive unexcused absences could result in dismissal from the team.

D. Any **6<sup>th</sup> grade** student reaching his/her 14<sup>th</sup> birthday prior to or on the scheduled date of the last contest in a sport will be ineligible to compete in that sport. Any **7<sup>th</sup> grade** student reaching his/her 15<sup>th</sup> birthday prior to or on the scheduled date of the last contest in a sport will be ineligible to compete in that sport. Any **8<sup>th</sup> grade** student reaching his/her 16<sup>th</sup> birthday prior to or on the scheduled date of the last contest in a sport will be ineligible to compete in that sport.

#### E. STUDENT-ATHLETE CODE OF CONDUCT

Participation in athletics is a privilege, not a right. It is the duty of all student-athletes to conduct themselves in a manner that is becoming to themselves, their family, their team, our school and the community. Student-athletes are expected to be role models and set the standard for the rest of the student population regarding behavior and citizenship. Disciplinary action, as deemed appropriate by the coach and/or administration, will be taken for any offense or behavior that is unbecoming of a student-athlete. The disciplinary action may determine whether a student is eligible to participate in athletic practices and/or interscholastic competition.

1. Any inappropriate behavior that does not result in a formal referral and/or detention will result in progressive consequences for the student participant according to the coach's/sponsor's established team rules, including the possibility of being removed from the team for major or reoccurring violations.
2. Formal referrals to the assistant principal which result in reprimand will result in consequences ranging from diminished team role, to game suspensions and all the way up to eventual removal from the team, depending on circumstances.
3. If an athlete is required to serve an in-school suspension, he/she will not be allowed to practice or participate in an athletic contest after school on that particular day. An athlete may be dismissed from a current athletic team or prevented from participation on future athletic teams at the discretion of the coach and/or administration due to an out of school suspension.

#### F. Locker Room Regulations

Locker rooms are provided for the benefit of athletes. Locker rooms are to be used for preparation for practices or games. The following regulations are meant to maintain a safe environment and may, if not followed, lead to suspension of participation:

1. Rough housing, horseplay, and throwing towels or other objects is not allowed in the locker room.
2. Only coaches, managers, and in-season athletes are allowed in locker rooms after school.
3. Hazing of other players is not allowed. (see below for anti-hazing and bullying policy)
4. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
5. No glass containers are allowed in the locker rooms.
6. Cell phone & camera use is STRICTLY PROHIBITED in the locker rooms. Do not text, call, or take pictures inside the locker room. NO EXCEPTIONS. Should a student-athlete receive a call or a text while in the locker room, he/she can take the phone out to the hallway or outside of the building before responding. Failure to abide by this rule will result in immediate penalty, which could include dismissal from the team.

## G. Anti-Hazing Policy

Hamilton Southeastern Junior High/Intermediate 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. Hazing is defined as *—to persecute or harass with meaningless, difficult, or humiliating tasks. To initiate by exacting humiliating performances from or playing rough practical jokes upon.* HIJH will not tolerate actions by athletes that recklessly or intentionally endanger the mental or physical health or safety of a student. Disciplinary action will be taken against students who plan, encourage, or engage in hazing activities. Athletic department employees who permit, encourage, condone or tolerate hazing will also be subject to discipline.

## H. Bullying

1. Bullying is prohibited. Students who commit any acts of bullying are subject to discipline including but not limited to suspension, expulsion, arrest, and/or prosecution.
2. Definition: Bullying is defined as overt, repeated acts or gestures, including:
  - a. Verbal or written communication
  - b. Physical acts committed
  - c. Any other behaviors committed by a student or group of students against another student with the intent to harass, ridicule, humiliate, or harm the other student. Cyber-bullying is defined as repeated misuse of technology to harass, intimidate, bully, or terrorize another person.
3. Applicability: This rule applies when the bullying student is:
  - a. On school grounds immediately before or during school hours, immediately after school hours, or at any other time when the school is being used by a school group
  - b. Off school grounds at a school activity, function, or event
  - c. Traveling to or from school or a school activity, function, or event
  - d. Using property or equipment provided by the school.

I. Each head coach or sponsor is responsible for informing all team or activity members of team or activity rules and eligibility.

J. It shall be the duty of the individual coach or sponsor to confirm the eligibility of those students participating in their program.

K. A student who quits a sport that makes cuts to establish the team is ineligible for participation in another sport during the time the team he or she quit is in progress. A student who quits a sport that does not make cuts to establish the team must quit before the first 10 school days of the season to be eligible to join another sport that season.

L. Participants under "House Arrest" for law violations will not be allowed to participate in extracurricular activities during the arrest period.

## M. Dual Participation

1. Participation on two school athletic teams during the same season is not allowed.
2. Participation on a school athletic team and another school extracurricular activity at the same time is generally allowed ONLY IF the two schedules do not interfere with one another. Student-athletes must be aware that coaches need to make decisions in the best interests of the team, and absences to participate in another school activity could result in loss of playing time or a diminished role on the athletic team.
3. Participation on a school athletic team and a non-school activity at the same time is generally allowed, although participation in a sport during the same season the student-athlete represents HIJH in the same sport is strongly discouraged. **A student-athlete may not miss any activity related to the school athletic team to participate in a non-school activity.**

N. Lost Equipment- Student-athletes must return all equipment issued to him or her. If the equipment is lost, stolen, or damaged due to unapproved use, the athlete must pay the school the amount required to replace the missing item.

O. School Closing- All practices and contests will be canceled in the event of a school closing unless otherwise notified by the Athletic Director or Head Coach.

P. School Rules- All school rules are in effect at all times during extracurricular activities.

**Q. Sportsmanship**-Good sportsmanship is viewed as a commitment to fair play, ethical behavior and to the integrity of the sport. All participants and fans are expected to model good sportsmanship. Please practice the following appropriate ways to show your PANTHER PRIDE!

1. Know and demonstrate the fundamentals of good sportsmanship.
2. Respect, cooperate, and respond enthusiastically to cheerleaders.
3. Respect the property of the school and the authority of school officials both home and away.
4. Respond to play using only positive cheers, signs, and praise without antagonizing or demeaning participants, fans, coaches or officials.
5. Show respect for an injured player when he/she is removed from the contest.
6. Do not heckle, jeer, or speak negatively towards any participants, fans, guest or officials.
7. Respect the opposing team's spirit groups, cheerleaders, fans, coaches and participants.
8. Remain in the contest area and assigned concessions areas at all times.
9. Remember that it is a privilege to attend a Hamilton Southeastern sporting event or extra-curricular activity.
10. Profanity, inappropriate comments, or poor behavior will result in immediate removal from the contest. Students may also be banned from attendance to extra-curricular activities for the remainder of the school year.

**R. Social Networking Sites**- Student-athletes are responsible for information contained in written or electronic transmissions (i.e. e-mail) and any information posted on a public domain (i.e. Twitter, Instagram, Facebook, 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 HSE School District. 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 unbecoming of an HIJH 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 or suspension per policy guidelines.

**S.** Any student with an excused non-participation day in physical education is not permitted to participate in any active extra-curricular functions such as athletics, intramural activities, etc. (Per HSE Board Policy J8.2.1)

**T.** Students who have late afternoon practice are not to remain in the building waiting for practice to begin unless under the direct supervision of a coach or sponsor.

**U.** Spiked shoes/cleats should never be worn inside the school or on the team bus.

**V. Bus trips**

1. The Athletic Director will arrange transportation for athletic teams to road contests. It is the responsibility of the coach to inform athletes as to the departure and approximate return times.
2. All team members are to ride the team bus to and from away events unless granted permission by the coach.
3. Cheerleaders may ride team buses when accompanied by the cheerleading coach. Cheerleaders are to sit in the front seats away from team members.
4. Student-athletes should display exemplary behavior while riding the bus. Failure to display appropriate behavior on the bus will result in disciplinary action.

## **V. Academic Eligibility**

Any student-athlete receiving more than 1 failing grade (F) at the end of any 9 week grading period will be declared ineligible for the remainder of that season and any season that occurs during the next 9 week grading period.

Any student-athlete with more than 1 failing grade (F) at midterm of any grading period or on any weekly grade check after midterm will be placed on probation. When on probation student-athletes are permitted to practice, but are NOT permitted to compete in interscholastic contests until probationary status is lifted.

A student-athlete's 2nd semester grades or the average of their 3rd and 4th 9 weeks grades will carry over and determine eligibility for fall sports the following school year. Two or more failing grades (F's) would make the student-athlete ineligible for fall sports.

## **VI. Awards**

**A.** A student-athlete or manager who finishes a season in good standing shall receive a certificate of participation from the athletic department.

**B.** In addition, a student-athlete MAY receive an individual award (MVP, most improved, etc) from his/her coach.

### **C. Scholar Athlete Program**

1. Any student who achieves High Honor Roll status in *each* of the first 3 grading periods AND is involved in at least one school sport will receive a Scholar Athlete certificate, T-shirt, and an invitation to the Scholar Athlete breakfast.

**D.** Triple Threat Award – awarded to any student who participates in and completes 3 different HIJH school sports during the same school year.

**E.** Athletes that do not turn in their school owned equipment at the end of a season will have their awards withheld until all equipment is turned into the assigned coach or until replacement cost is paid. Lost equipment must be paid for before the student-athlete can be eligible for another sport.

## **VII. Parent/Athlete/Coach Communication**

### **A. Communication you can expect from coaches:**

1. Sound coaching philosophy.
2. Expectations for the student-athletes and team as a whole.
3. Locations and times of practices and contests.
4. Team requirements; i.e. fees, special equipment, etc.
5. Principles of sportsmanship, ethics, good behavior, etc.

### **B. Appropriate concerns to discuss with coaches:**

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

### **C. Issues NOT appropriate to discuss with coaches:**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

### **D. Procedures to use in discussing concerns with a coach:**

1. Student-athlete approaches coach to discuss concern first. If they are not satisfied:
2. Parent should call or email coach to set up an appointment to discuss any appropriate concern.
3. PLEASE DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parents and the coach. Meetings of this nature do not generally result in a profitable outcome. All practices are CLOSED to parents.

### **E. What to do if meeting with the coach does not provide a satisfactory solution:**

1. Call or email to set up an appointment with the athletic director and coach to discuss the situation.
2. At this meeting, the appropriate next step can be determined.

### **VIII. Ten Things Parents of Athletes Should Know**

*The following was written by a parent of 2 Division I college athletes. In his introduction, he says "My point here is, it's about them (the athlete). Get out of their way, enjoy the process, and uncoil a bit. Someday far too soon this whole sports thing will be over and you will be begging them to come home for Thanksgiving. TRUST ME!"*

1. It's not about you, it's about them. Do not live your own sports dreams through your kids. It's their turn now. Let them make their own choices, both good and bad.
2. Never talk to a coach about your child's play time after a game. Actually you never should. You should have your kid do that. That said, if you just can't help yourself, send an email the next day and ask for some phone time.
3. NEVER yell at referees. They are trying. How would you like it if someone came to your job and screamed at you? Not. So. Much. If you have a real issue file a grievance the next day.
4. Do NOT coach your kid from the sideline. Your job is to be a cheerleader, not a coach. If you wanted to coach, you should have volunteered.
5. It is EXTREMELY UNLIKELY you are raising a professional athlete. I promise you. Relax, let them have a good time and learn the lessons they are supposed to be learning in sports.
6. Kids should play the sport that is in season until they are in middle school. Then they can decide which one or two sports they want to play and become more focused. Cross training prevents injuries and burnout.
7. If you have nothing nice to say, sit down and be quiet. Don't be "that" parent.
8. If you are losing your mind on the sideline of game, it's time to look in the mirror and figure out why. It's not normal to care that much about sports. Put that energy into something more productive.
9. Let them fail. Forgotten equipment, not working out, not practicing at home? Let them suffer the consequences of that. It will make them better.
10. Your kids are watching you. Make them proud not embarrassed.

***Participation in school athletics should be an enjoyable learning experience for the student-athlete. The behavior and attitude of the parents is critical in this process. Years from now, parents will care deeply about their grown child's health and happiness, but very little about how many points they scored in a junior high school game, meet or match. Please help us to teach the important lessons that come from participating in athletics. These experiences can make a positive impact on your child's ability to handle the tremendous challenges of life. Great teams have players, coaches and parents pulling together toward a common goal. Thank you for trusting us to do our part!***

**-Chad Guest  
Athletic Director**

## **IX. The 8 PANTHER Principles**

### **P – *Passionate***

Be enthusiastic during every minute of every practice and game. Love what you do.

### **A – *Accountable***

Take responsibility for your own actions. Do *your* job; lead by example. If you want to see change, start by making a change in yourself.

### **N – *Nurturing***

Be supportive and encouraging of your teammates, coaches, and peers.

### **T – *Thankful***

Be appreciative of the opportunity you have to represent your community, school, and family in athletics. Thank your coaches and family often.

### **H – *Humble***

*You can accomplish anything in life, provided you do not mind who gets the credit. (President Harry S. Truman).* Honestly recognize your strengths and weaknesses, do your job to the best of your ability, and know that you cannot accomplish team goals on your own.

### **E – *Ethical***

Do what's right, and do it all of the time...even when no one is watching.

### **R – *Respectful***

Be courteous and polite to all school personnel, opponents, coaches, and officials. Represent HIJH the way it should be represented!

### **S – *Steadfast***

Be firm in your purpose, whatever that might be. It's easy to remain calm when everything is going your way. However, the true test of character is how you respond to adversity. Can you keep pushing forward regardless of the circumstances before you?

**GO PANTHERS!!!**



**LOVE THE PROCESS**

**-IT WILL BE DIFFICULT**

**-IT WILL TAKE TIME**

**-IT WILL REQUIRE SACRIFICE**

**-IT WILL BE WORTH IT**