



L T H S E X T R A -
C U R R I C U L A R A N D
A T H L E T I C S H A N D B O O K
2023-2024

LAKOTA TECH HIGH SCHOOL EXTRA-CURRICULAR AND ATHLETICS HANDBOOK

Extra-curricular and athletic activities are an integral part of the education program. They provide experiences that foster student growth spiritually, physically, emotionally, and mentally. Participation in extra-curricular activities is a privilege. Students participating in extra-curricular activities are responsible for positively representing the school, team/group they are a part of, the student body, and the community. The principals of respect and humility are to always prevail.

Extra-curricular activities and athletics offered at Lakota Tech High School include but are not limited to the following:

- Freshman Class
- Sophomore Class
- Junior Class
- Senior Class
- Student Council
- Yearbook/Newspaper
- E-sports
- Cooking Club
- Rodeo
- Chess Club
- National Honor Society
- Music Interp
- Archery
- Hand Games
- Lakota Dance/Drum Group
- Beading/Regalia
- Cornhole
- HOSA
- Healthy Lifestyles
- STEM
- Football
- Volleyball
- Cross-Country
- Basketball
- Wrestling
- Cheer/Dance
- Track and Field
- Golf

CODE OF ETHICS:

The function of a coach or advisor is to educate students through participation in interscholastic competitions. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. The following guidelines for coaches and advisors have been adopted by the National Federation of State High School Activities (NFHS) Board of Directors:

- The Advisor and Coach: shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- The Advisor and Coach: shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public. The advisor and coach shall strive to set an example of the highest ethical and moral conduct.
- The Advisor and Coach: shall take an active role in the prevention of drug, alcohol and tobacco abuse.
- The Advisor and Coach: shall avoid the use of alcohol and tobacco products when in contact with players.

- The Advisor and Coach: shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The Advisor and Coach: shall master the contest rules and shall teach them to his or her team members. The advisor and coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- The Advisor and Coach: shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.
- The Advisor and Coach: shall respect and support contest officials. The advisor and coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- Before and after contests: Advisors and Coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.
- An Advisor and Coach: shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.
- Oglala Lakota County Advisors and Coaches shall only sponsor (1) activity per season
- The Advisor and/or Coach will provide a final report of the activities, schedule, attendance and inventory at the completion of the activity.

NON-DISCRIMINATION STATEMENT

It is the policy of the Oglala Lakota County School District 65-1 that no person be subject to discrimination or harassment, including hazing, on the basis of race, color, national origin, sex, or handicap in its programs and activities for which the Oglala Lakota County School District 65-1 is responsible as required by title VI, Title IX, P.L. 93-112, Sec. #504, and other state and federal laws. Any person wishing to discuss his/ her rights under the Oglala Lakota County School District 65-1 non-discrimination policies may contact the Oglala Lakota County Superintendent at Oglala Lakota County School District, 206 School Street, Batesland, SD 57716, Phone: (605) 288-1921 or Fax: (605) 288-1814; or the US Department of Education, Office of Civil Rights, 10220 North Executive Hills Boulevard, 8th floor, Kansas City, Missouri 64153-1367, (816)880-4200.

Copies of the Oglala Lakota County School District 65-1 harassment policy are available at the office of the Superintendent.

SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION

The state of South Dakota (SDCL 13-36-4) authorizes schools to delegate the control, supervision, and regulation of all high school interscholastic activities to a high school activities association. Thus South Dakota school districts, jointly and cooperatively, created and developed the South Dakota High School Activities Association (SDHSAA) to sanction and regulate activity programs for athletics, music, publications, speech, oral interpretation, and student council through a board of control and an executive staff. Member schools ratified each article of the SDHSAA constitution, bylaws, rules, and regulations. When a high school becomes a member school, it adopts the SDHSAA rules. The Activities and Athletic Director is Lakota Tech High School's official representative to SDHSAA and is responsible for the administration and supervision of the school's activities program. A copy of the SDHSAA administrative rules and regulations is available on the school website with a link to the SDHSAA. Each school coach/advisor is responsible for knowing and complying with the SDHSAA administrative rules and regulations listed in the SDHSAA

handbook including, but not limited to, student eligibility, contest regulations, and regular and out of season rules for his/her respective activity. Non-compliance with these rules and regulations may result in disciplinary measures, up to and including termination of the coach's/advisor's extra duty contract.

CONCUSSION AWARENESS AND PREVENTION POLICY

With commitment in providing a safe learning environment, and in recognition of the risks that concussions pose to our student athletes, the District will provide appropriate concussion awareness education to athletes and parents/guardians through the SDHSAA required forms located within the Parent Forms packet.

- Training: Each year, every athletic coach, including volunteer coaches, shall complete a training program to provide continuing education on the risks and management of concussions provided on the National Federation of State High School Activities Association (NFHS) website.
- No coach shall be allowed to participate in any way in the Districts' athletic program until the individual provides verification to the District that he/she has completed the required training.
- Return to play procedure:
 - Removal from competition or practice following observation or reporting of signs/symptoms of concussion
 - No return to participation in games or practice
 - Medical evaluation following injury
 - Students must submit a return to play form signed by a doctor before resuming participation.

INSURANCE

All students participating in interscholastic athletics must fill out the Consent for Medical Treatment and Student Medical Exam Form requesting insurance information, or the parent/guardian must sign a waiver to the effect that such coverage is not necessary. A copy of the Consent for Medical Treatment Form is located within the Parent Forms packet. Physical Examinations according to the School Board Policy Handbook, and in compliance with SDHSAA policy, in order for a K-12 student to participate in athletic activities in the Oglala Lakota County School District 65-1 at any point during the school year, he/she must have a current, annually-updated health history report and physical on file with the school.

HEALTH HISTORY AND PHYSICALS

Copies of the annual health history report and physical forms are located within the Parent Forms packet. Physicals must be conducted by a qualified health professional, which may include a certified chiropractor. Please contact a medical facility of your choice in order to schedule and complete this requirement. If a student does not have a completed and updated physical on file with the school, he/she will **NOT** be allowed to participate in any events or practices. The cost of the physical is borne by the individual.

Physical forms and health history report forms are available in the front office and with both the Activities and Athletic Director. Each student will submit the forms to the coach/advisor of the first

activity in which he/she participates during the course of the year for verification. The original forms will then be transferred to the School Registrar for filing throughout the duration of the school year.

TRAVEL AND TRANSPORTATION

The Oglala Lakota County School District 65-1 is responsible for student safety when participating in school activities held at a location other than within the Oglala Lakota County School District 65-1. Therefore, students participating in a school activity held at a location other than within the Oglala Lakota County School District 65-1 **MUST** ride on the bus to all school sanctioned activity/athletic events and return to the school on the school bus/transportation unless:

- A parent/guardian requests to personally transport their child to or from an activity, a transportation waiver form must be filled out.
- Under no circumstance shall the coach/advisor authorize the student to leave with anyone other than a legal parent/guardian.
- Parent/Guardian is present to sign student out after the event.
- In no case shall the coach/advisor authorize the student to leave with the specified adult if, in the opinion of the advisor and coach, the specified adult may be under the influence of alcohol or illegal drugs.
- Only team members will be allowed to travel on school transportation.
- The Coach, Advisor, and assistants must ride on the bus with the team. Family members are not permitted to ride in school vehicles.

MEALS

Any travel greater than 60 miles or longer/all double headers:

- Group meals will be provided by LTHS Food Service or food establishment at rates within the OLCSD meal per diem guidelines.
- Group meals for special events including, but not limited to, football jamborees, volleyball triangular and other Sub-State events will be handled on a case-by-case basis.

ATTENDANCE AND PARTICIPATION

Students must maintain 75% attendance from the official first day of an activity (first practice) to the official end of the season in order to be eligible for competition.

- Excused absences will not be counted towards the student's attendance eligibility.
- The following reasons for absence from practice will be considered excusable if followed in this manner:
 - Medical appointment for the student, such as doctor, dentist, chiropractor, etc.
 - Death in the immediate family. (Parent/guardian must make contact with the coach and the office).
 - Illness or injury to student. (Parent/guardian must make contact with the coach and the office)
- Attendance will be tracked through Infinite Campus using the LTHS Attendance Policy:
 - 4 class periods of unexcused absences = 1 day absent;
 - 4 periods of tardy=1/2 day absent.
 - The District understands extenuating circumstances may arise, and these will be assessed by the coach/advisor, Principal, Dean and/or Athletics or Activities Director on a case-by-case basis

- School attendance the day BEFORE, the day OF and the day AFTER an event is MANDATORY. Exception: excused absence for doctor/dental or any other medical professional appointments, death in the immediate family, illness or injury to the student. If a student is in (ISS) or (OSS) he/she shall not attend any athletic events or activities on the days the student is suspended (SEE DISCIPLINARY ACTIONS).
- Students are required to be in attendance and on-time to classes on the day of an event. Students who are Tardy may be subject to discipline, including but not limited to being allowed to participate that day.

ACADEMIC ELIGIBILITY

In order to be eligible to participate in extracurricular activities, students must be in good standing academically. Students must have passed 4 classes (for a total of 2 Units of Credit) the previous semester in order to participate for the current semester as required by the SDHSAA.

WEEKLY ELIGIBILITY

- Students who are failing one or more classes will be ineligible for the week.
- Eligibility will be submitted Monday morning at 8:30am. Administration will run and distribute the eligibility list by 3:30 PM to the Athletic/Activities Director, teachers, and coaches.
 - If grades are not posted, Administration will side with the student.
 - Students will be allowed to practice during the week in which they are ineligible.
 - Grades shall be based on a cumulative grade NOT on a day-to-day basis grade.
- Coaches/advisors may impose more stringent rules for their specific activity, however their rules may NOT be anything less than what is required by Lakota Tech High School.

INELIGIBILITY

You are **NOT** eligible to participate in athletics if:

- You have reached your 20th birthday
- You have attended more than 4 first semesters and 4 second semesters of school (any total of 8 semesters) in grades 9-12. Enrollment in school for 15 school days or participation in inter-school contests shall constitute one semester. Once a student enrolls as a ninth grader, all semesters must be consecutive unless verified in writing by a physician that withdrawal from the school is necessary due to serious illness or injury.
- You are not enrolled in and attending a minimum of 20 hours of high school work per week during the current semester.
- You have graduated from a regular 4-year high school or institution or equivalent rank..
- You have been absent from school more than 10 consecutive school days (illness of the student with proper documentation or death in the immediate family may be excused.)

- You have transferred from one high school to another without corresponding change in residence of your parent/guardian. Exceptions are made for students who transfer pursuant to the open enrollment bylaw. (Constitutional amendment in 2017.)
- You do not have on file an updated signed physical examination and parent permit form.
- You have participated in athletics in any institution of learning of higher rank than a standard secondary school.
- You have violated your amateur standing.
- During a high school sport season, you compete on an unattached basis as an individual or member of a non-school team.

NOTE: Participation in an All-Star basketball or football game during the school year is not sanctioned by the SDHSAA. Seniors who have exhausted their eligibility and completed their final season with the SDHSAA in a particular sport can participate in All-Star games on an unlimited basis, with no regard to date(s), number of events or numbers of participants from a given school entity.

DRESS CODE FOR ACTIVITIES/ATHLETIC EVENTS

Per Coach/Sponsor discretion, students shall be advised on what is acceptable attire for each game or event. In the absence of the coach/sponsor implemented dress code for home and away activity/athletic events, students (at a minimum) shall wear semi-formal attire (ribbon skirts, ribbon shirts, collared shirt/button up, blouse, tie, slacks or dresses/skirts (School dress code applies). Student uniforms as applicable will be supplied by the Head Coach. All uniforms and equipment will be inventoried. Students will be charged for any items not returned. Students can elect to purchase jerseys and other gear through the Athletic Director/Coach.

STUDENT MANAGERS

Student managers and other team support (water boys, stats) for both Activity and Athletic, will be selected from the 9-12 student body and must meet ALL eligibility requirements.

DISCIPLINARY ACTION

Detention:

- Any student receiving detention will be deemed unexcused from practice or competition.

In School Suspension:

- Any student who receives In School Suspension (ISS) for any part of the school day will not be allowed to participate in any game, meet, or event that day, evening, or night.
- If a student receives ISS, he/she must finish any suspension before participating any game or meet.
- Students receiving ISS and completing ISS, will be allowed to practice that day.
- Coaches will be notified of students who are in ISS by Administration, and/or the AD. (Example: If a student is assigned ISS Friday and Monday, he/she will be ineligible for weekend events.)

Out of School Suspension:

- Students receiving Out of School Suspension (OSS) will not be allowed onto school property until their Suspension is completed, therefore they will not be allowed to participate in any

extracurricular activities, including after school practices or meetings, while serving OSS. This will result in an unexcused practice for the team.

DRUG-FEE ACTIVITIES/ATHLETICS

All extra-curricular school activities require each participating student to agree to not use any type of non-prescribed drugs. Drug use prohibitions are clearly explained to students each school year. All athletic coaches, sponsors, volunteers, etc. must begin each activity with the expectation of a drug-free commitment from all students. All school rules apply to extra-curricular activities and athletics.

ALCOHOL, DRUGS AND TOBACCO USE

(including over-the-counter and vape pens)

Student's participating in Lakota Tech High School extracurricular activities will be expected to refrain from the use of tobacco products, alcohol, drugs, or any mind-altering chemicals in accordance with South Dakota Codified Law and District policy. Students who are caught using any of the previously mentioned will be subject to strict discipline guidelines as recommended by the SDHSAA and the Lakota Tech High School Handbook.

- First Violation: After confirmation of the first violation, and assignment of school disciplinary measures, the student shall lose eligibility for the next two consecutive interscholastic events or two weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
 - It is recommended from the SDHSAA that the school develop a local education program through which the student would receive information about the effects of misuse or abuse of mood-altering chemicals.
- Second Violation: After confirmation of the second violation, and assignment of school disciplinary measures, the student shall lose eligibility for the next six consecutive interscholastic events in which the student is a participant. No exception is permitted for a student who becomes a participant in a treatment program.
 - It is recommended from the SDHSAA that before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that he/she has sought or has received counseling from a community agency or professional individual such as a school counselor, drug counselor, medical doctor, psychiatrist, or psychologist.
- Third Violation: After confirmation the third or subsequent violations, and assignment of school disciplinary measures, the student shall lose eligibility for the next twelve consecutive interscholastic events in which the student is participant.
 - If, after the third or subsequent violations, the students on his/her own volition becomes a participant in a chemical dependency program or treatment program, the student may be certified for reinstatement in SDHSAA activities after a minimum period of six weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center. Penalties shall be cumulative beginning with, and continuing throughout, the student's participation on a varsity or sub-varsity activity.

Students participating in extracurricular activities will also be expected to follow the rules and guidelines put forth by each coach/advisor at the beginning of the season. Each advisor and coach's

rules and guidelines will be submitted to, and approved by, the Activities/Athletic Director prior to the beginning of the season.

Activity-level handbooks may impose more rigorous regulations which exceed those found within the Extra-Curricular Activities and Athletic Handbook; these regulations shall be agreed upon via a signed statement of understanding by the athlete and his/her parent/guardian, which will be filed with the coach/advisor and/or Athletic/Activities Directors, and subsequently followed by student athletes.

ATHLETIC/EXTRA-CURRICULAR SUSPENSION

Any person adjudicated, convicted, or the subject of a suspended imposition of sentence for possession, use or distribution of a controlled substance or marijuana is ineligible to participate in any extra-curricular activity at any secondary school accredited by the Department of Education and Cultural Affairs for one year. Upon subsequent adjudication, conviction or suspended imposition of sentence for possession, use, or distribution of a controlled substance or marijuana by a court of competent jurisdiction, that person is ineligible to participate in any extra-curricular activity while the person is attending any school accredited by the Department of Education and Cultural Affairs. The terms used in this section, "Extra-Curricular Activity," means an activity sanctioned by the South Dakota High School Activities Association.

GYM USE POLICY

- Appropriate clothing must be worn at all times. School dress code applies.
- All individuals/students who are utilizing the gym and are on the gym floor MUST wear gym shoes (NO OUTSIDE SHOES). If gym shoes are not available to an individual/student they must take their shoes off to be on the gym floor. This is to avoid damage to the floor.
- No horseplay.
- No fighting.
- All handbook rules apply while utilizing the gym
- Students who refuse to follow the rules listed above will be subject to disciplinary action.
 - First Offense – Verbal Warning
 - Second Offense – Written Reprimand – After School Detention
 - Third Offense – In-School Suspension
 - Fourth Offense – No Gym use for 1 week
 - Any subsequent offenses after the fourth offense will result in a consecutive week suspension from gym use (as deemed appropriate by the Principal, Dean of Students or Activities/Athletic Director.)

ACTIVITIES/ATHLETICS DIRECTORS DISCLAIMER

It is understood that not all situations, problems, or circumstances will be directly addressed by the policies presented within this handbook. It should be understood by all parties that the discretion of the Athletic/Activities Director will supersede policy in the event of any situations not outlined within this document. As necessary, the Athletic/Activities Director will seek the opinion and guidance of the building Principal and/or Superintendent, and refer to Oglala Lakota County School District 65-1 Board Policy in order to determine a decision that is in the best interest of all parties.

GRIEVANCES

Any student who feels that he/she has been discriminated against, believes that his/her rights have been violated, or has any other grievances concerning school affairs and/or administrative/teacher decisions may report these grievances in the following manner.

- Students must file a written report of the grievance to the administration.
- Grievances must be reported within 3 school day following the incident.
- A student accused of an infraction that might result in a hearing may not use the grievance procedure.
- The student may stop the process of the grievance at any time by advising the administration in writing.
- The student may appeal the judgment to the Superintendent.

All students and employees are guaranteed due process rights as set forth by SDCL 1332-4.

Lakota Tech High School is in compliance with the standards established by the State Board of Education.

DUE PROCESS

- Adequate notice given to the student of changes made.
- Reasonable opportunity to prepare for and meet the changes will be given.
- An orderly hearing adapted to the nature and circumstances of the situation will be conducted.
- A fair and impartial decision will be rendered.
- Article 24:07 of the Administration Rules of South Dakota will be used to outline procedures and the definition of due process.

ATHLETE OF THE YEAR

The purpose of Athlete of the Year Award is to encourage our student-athletes' to participate in multi-sport programs. The award also should provide all our student-athletes with an opportunity to learn the importance of ethical behavior, good-sportsmanship, positive values and a realization of their self-worth.

- The name of the award shall be "Athlete of the Year Award."
- The award shall be given annually to one male and one female who exemplify the term "student athlete" by achieving excellence in academics and athletics.
- Selection is made by the Awards and Recognition Committee: Principal, Athletic Director, Dean of Students, Activities Director, Student Council Sponsor, and all Head Coaches.
- Lakota Tech staff will work to explain and showcase the Lakota positive qualities so students will understand how they can achieve these awards.

Award Criteria:

1. The winner **MUST** have participated in two seasons/sports (fall/winter/spring).
2. To be eligible all nominees must have earned at least a 3.0 cumulative out of 4.0.
3. TO be eligible all nominees must have demonstrated superior athletic achievement and brought significant recognition to Lakota Tech High School.
4. To be eligible nominees must have participated in two Athletic Banquets before Senior Year, unless the student enrolled in Lakota Tech in the Junior Year.
5. Student-athlete must have contributed significantly to the team's season (starter or other significant roll).
6. Exhibited some/all of the following positive qualities on and off the court/field:

- Wóuŋsííč'iye (Humility)
- Wówačínthanka (Perseverance)
- Wóohola (Respect)
- Wayúonihaj (Honor)
- wówačhaŋtognake (Love)
- Ič'íč'upi (Sacrifice)

- Wówičakĥe (Truth)
- Waúŋšilapi (Compassion)
- Wóohitike (Bravery)
- Čhaŋtéwaš'áke (Fortitude)
- Čhaŋtéyukĥé (Generosity)
- Wóksape (Wisdom)

After review of all nominations the Awards and Recognition Committee will select the award winners.

APPROVED

ATHLETICS and ACTIVITIES

Oglala Lakota County School District Athletics and Activities General Provisions:

- Overall guidance from the South Dakota High School Activities Association and the OLCSD Back to School Plan will be followed. Plans will be responsive to sudden changes and recommendations.
- Staff will ensure all Back-to-School plan protocols are followed (page 4) and will ensure only district equipment is used. Seating charts will be created. Schedules will be developed to limit contacts to the greatest extent possible for practices, activities, and athletics. Attendance will be taken daily for close contact monitoring as needed.
- Students will follow the Back-to-School Plan requirements (page 4), use district provided equipment and will participate in contact tracing and testing as conditions present. Students will be encouraged to bring their own water bottle or use disposable cups as provided.
- Practices, clubs, presentations, and sporting events will adhere to the same Back to School Protocols (page 4) and school administration will determine changes to schedules based on the risk level of the county.
- Games, Events, and Performances will be open to spectators based on the most current CDC recommendations. Additional restrictions will be in place when the risk level is at the red status for the county (see below). Back to School Protocols (page 4) will be in place and live stream options and radio broadcasts will also be provided to the greatest extent possible.
 - RED LEVEL additional precautions:
 - All spectators will wear masks and have their temperature taken at the door. Spectators need to provide their vaccination card for entry.
 - OLCSD may offer 2 tickets per player to visiting teams. The tickets will allow entrance to the game but general admission costs are not included in the COVID19 Access Ticket.
 - OLCSD may offer 4 tickets per player for home players and will ask that families sit together.
 - OLCSD staff will be allowed to attend games and events, following all prevention protocols in the Back to School plan.
 - Concession stand options will include bottled beverages and individually wrapped options. The concession stand staff will be required to wear face coverings and gloves.
 - Frequent reminders during the game for visitors to mask up.
- Trips: OLCSD will follow this plan, the SDHSAA, State and Tribal guidelines for COVID19 precautions.
 - RED LEVEL additional precautions:
 - Overnight trips will be minimized as much as possible.
 - Overnight stays – up to 4 students in a room, with limited number of essential staff. No extras.
 - Sponsors/Coaches shall follow all district protocols for social distancing during meal times, social gatherings and while at the event and/or hotel.

We, the undersigned participants, hereby acknowledge the receipt of the Extracurricular Activities and Athletic Handbook. We have read and understand the contents of the Handbook and agree to adhere to its rules and regulations. Additionally, we understand that there may be changes to this handbook. In such an event, we understand that these changes shall be provided to us by Lakota Tech High School, in writing.

Student Name/Signature Date

Parent/Guardian Signature Date

Head Coach/Signature Date

Activities Director Signature Date

Athletics Director Signature. Date

APPROVED