

Hiawatha High School



Activity Handbook 2018-19

**U.S.D. 415
ACTIVITY PHILOSOPHY**

As in all other educational matters, the Board of Education shall have regulatory control over all school activities.

The Hiawatha school system has a long history of a well-rounded activity program. The activity programs are the outgrowth of the school academics and interscholastic sports. It is the policy of our school system to provide each participant with the best instruction, the finest equipment and the most worthwhile competition available.

The program should include the following principles: self-discipline; respect for self, others, and for authority; fair play; sportsmanship; teamwork; and good citizenship. We believe that it is a privilege to represent the school in interscholastic athletics and that privilege should be reserved for those students who meet the above listed criteria.

The athletic department, under the direct supervision of the principal and athletic director, is responsible for the promotion and implementation of the activity program.

Only those students who are eligible under the rules of the Kansas State High School Activities Association (K.S.H.S.A.A.) and U.S.D. 415 guidelines, and who are capable of assuming the responsibilities of being official representatives of the schools through their manners, conduct, appearance, and sportsmanship, shall be permitted to represent the school in the athletic program.

OBJECTIVES

- I. Provide an opportunity for any student to participate in an organized athletic program.
 - A. Provide a comprehensive sports program for grades 7 - 12.
 - B. Provide coaches and staff that understand the age group of students they are working with that encourage a positive, wholesome attitude towards success and failure.
 - C. Provide adequate staffing for proper instruction and supervision.
 - D. Provide an adequate, realistic budget.
 - E. Provide adequate indoor and outdoor facilities.
 - F. Provide safe equipment.
 - G. To encourage as many students as possible to participate in one or more activities.
 - H. To be conscious of physical health and emotional well being of the students participating.
 - I. To stress the importance of fair play.
 - J. To teach students to live by the rules of the game and of life.
 - K. To take pride in representing your school at all times.
 - L. To instill a desire to win but to accept defeat or victory.
 - M. To teach the students to respect property and opponents.
 - N. To maintain highest essential standards of academic ability as set by the KSHSAA and USD #415.
 - O. To teach basic fundamentals in each activity at all levels.

Eligibility

- A. You must be a bona-fide undergraduate in good standing.
- B. You must not reach 19 years of age on or before September 1.
- C. You cannot have completed eight semesters of competition and not more than four seasons of any sport.

- D. You cannot have completed eight semesters of high school attendance.
- E. You must have passed **seven** subjects of unit value in the previous semester. In addition, they must currently be passing 7 classes in order to attend and/or participate in games, dances and all other school activities. Students who are not passing 7 classes and are participants in an activity will be given a one week probationary period in which to bring their grades up. If they fail to do so then they will be ineligible until they are passing 7 classes.
- F. You cannot engage in any outside competition during your season of sport in which you represent your high school.
- G. You must have passed an adequate physical examination by a physician and have written consent from your parents.
- H. You must have met the requirements of the transfer rule, if applicable.
- I. You must have valid amateur standing.
- J. Your attendance must be regular and your conduct and sportsmanship satisfactory.
- K. You must be in attendance until or arrive to school by 11:00 am to be eligible to participate in a practice session, athletic event, or performance that evening unless they have been given permission by the principal or activities director.

ACTIVITY POLICIES

ACTIVITY FEE

| | | |
|-------|-----------------|---------|
| Cost: | HS One Activity | \$35.00 |
| | Each Additional | \$15.00 |

Due: The fee is due before the students can participate in the sport

Refunds: Refunds can be given if a participant decides within 5 days of going out for the sport that he/she does not want to stay out, is cut from the team, or quits the team.

- The athlete must bring a form signed by the coach stating he/she is no longer a member of the team and that all equipment/uniforms have been returned.
- This must be done within 5 days of the last practice the student participates in.
- Those teams that have to cut will let the participant know within 5 days from the first practice.

ATTENDANCE – Practice

- Any time an athlete is aware that he/she may miss a practice: the coach should be informed well in advance.
- Whenever a practice has been missed, the athlete is expected to contact the head coach upon arriving back at the school the next morning to give an account of his/her whereabouts.
- The head coach will declare all absences as “excused” or “unexcused”. This determination is at the discretion of the head coach with guidance from the athletic director and principal.

ATTENDANCE – School

- In order to practice or participate in afterschool activities, students must be in attendance until or arrive to school by 11:00 am.

- Friday's attendance will be use for activities that are held on Saturday.

CHANGING SPORTS

If a student wants to change sports after a season has started (1st day of practice), then he/she must have permission of both coaches and the Athletic Director. If an athlete quits a team without the permission mentioned above or if they are dismissed from the team by the coach, then they cannot participate in another sport during that sport season.

COMMUNICATION

Both parenting and coaching can be difficult, challenging and ultimately rewarding experiences. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child becomes involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team or activity.

When your child becomes involved in Hiawatha High School programs they will experience some of the most challenging and rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way your child wishes. At these times, the expectation is that the student-athlete will initiate a discussion with the coach about their concerns. We believe this approach is both the most likely way to a positive resolution, and valuable learning experience for the student athlete. The coaches have been instructed to encourage this type of dialogue and to promptly set aside time for individual, private appointments when requested.

REMINDERS FOR PARENTS:

- 1) Follow the communication chain: Student to Coach, Parent to Coach, Parent to AD, etc.....
- 2) Parents are not allowed in a locker room, dugout, bench, sideline, etc. before, during or after games, unless requested by the coaching staff or administration.
- 3) If a problem arises, parents should contact the Head Coach no sooner than 24 hours after the game or practice.
- 4) Do not discuss issues with assistant coaches unless your concern is with that coach specifically.

Appropriate Concerns to Discuss With Coaches

- a. The treatment of your child, both mentally and physically.
- b. Ways to help your child improve.
- c. Concerns about your child's progress, behavior, and grades.

Issues Not Appropriate to Discuss With Coaches

- a. Playing time
- b. Team strategy
- c. Play calling
- d. Other Student-Athletes

Steps to follow if a concern arises:

1. Discuss issue with your son/daughter
2. Encourage your son/daughter to discuss the issue with their coach.
3. DO NOT confront a coach before / after a practice and/or contest, wait 24 hours after an event to contact a coach about a concern.
4. Set up an appointment with the coach by calling the High School office, 785-742-3312.
5. If resolution isn't reached, schedule a conference with the AD.

CONCUSSIONS

- If there is any indication or possibility that an athlete has suffered a head injury (Concussion), they are to remain out of practice or competition until cleared by a MD or DO.
- All athletes will utilize the ImPact test to obtain a baseline of cognitive level.
- All coaches and athletes will complete the Acute Concussion Evaluation (ACE) care plan symptoms for when it has been determined that a concussion may have occurred.
- Coaches and/or sponsors must complete the symptom form ASAP to the report of a potential concussion. This form should be photocopied and sent with the student so that the medical professional that treats them has a full understanding of their condition.

CUTTING SQUADS

- If cutting is necessary, a tryout will be held at the beginning of the season and the coaches will evaluate and make decisions on who will be on the team.
- The tryout should be a minimum of 2 days and a maximum of 4 days.
- Participation fees will be reimbursed after the tryout if a player is cut.
- Players need to realize that making the team doesn't guarantee playing time.
- Coaches who desire to set limits as to the numbers on their team are to inform their athletes and their parent(s) of this intention prior to the start of the season.

END OF THE SEASON – CHECK IN EQUIPMENT

- All athletes must turn in uniforms and equipment at the conclusion of their season.
- If an athlete fails to do so, he/she will not be allowed to participate in their next season sport, until ALL items are returned and fees are paid. This also includes from one school year to the next.
- If an item is lost it is the responsibility of the athlete to pay for it to be replaced.

ImPACT Testing

- All students must get baseline tested prior to participating in any extra-curricular activity.
- The baseline will be used by medical professionals to assist in determining when an athlete is ready to return to activity.

INAPPROPRIATE BEHAVIOR

- Inappropriate behavior handicaps the student's ability and team performance.
- The following acts will be considered inappropriate behavior.
 - A. Any act which results in administrative discipline - by coach or school administrator.

- B. Any act which results in criminal charges, conviction, or would have resulted in conviction during the respective season.
- C. A student whose character or conduct brings discredit to the school or to the student
- D. Any act which will bring disrespect to an individual or team.

INCLEMENT WEATHER ACTIVITIES POLICY

- If inclement weather would force the cancellation of school for the day, it is the school policy that there be no organized practice or activity and also that no coach or sponsor be involved in the opening of the gym or school for students to practice or workout.
- Also, if weather forces an early school dismissal, no school activities will take place on that day without special permission from the superintendent of schools.
- Coaches will abide by KSHSAA hot weather and lightning safety guidelines when practicing. Athletes should dress appropriately for weather conditions.

INJURIES

- We require that all athletes notify the coaches/sponsor if they have suffered an injury during the course of a practice or game.
- If the injury is such that symptoms do not arise till after the conclusion of the practice or game, the coach or sponsor should be notified ASAP before the next practice or game.
- If there is any indication or possibility that an athlete has suffered a head injury (Concussion), they are to remain out of practice or competition until cleared by a MD or DO. SEE CONCUSSIONS

PARENT / COACH MEETING

- Coaches are required to have a parents meeting before their sport begins to explain their rules/guidelines, expectations, and lettering policies.
- At this meeting, coaches should give parents a chance to get their questions answered.
- The meeting will be scheduled by the Athletic Director and will be placed on the district calendar. Informational packets for the parents should be prepared and handed out at this time.
- Along with the packets each parent should be made aware of the acknowledgement sheet that each parent and athlete signs, showing they have read and understand the guidelines and agree that their son/daughter will abide by those guidelines.

PHYSICALS

- Every student who wishes to participate in athletics, cheerleading and/or dance squad must have a physical on file in the Athletic Directors office prior to any participation.
- Managers are not required to have a physical on file.
- Athletes must get a new physical every school year. The earliest a new physical can be taken is for the upcoming school year (May 1st of each year)

SPORTSMANSHIP/ RULE 52

We expect our athletes to compete to the very best of their abilities. When our athletes win, they should do so modestly and with respect for the other team. If they lose, they should do so with dignity and

congratulate the other team.

SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- a. Be courteous to all (participants, coaches, officials, staff, and fans)
 - b. Know the rules, abide by and respect the official's decisions.
 - c. Win with character and lose with dignity.
 - d. Display appreciation for good performance regardless of the team.
 - e. Exercise self-control and reflect positively upon yourself, team, and school.
 - f. Permit only positive sportsmanlike behavior to reflect on your school or its activities.
- All athletes as well as spectators are expected to display good sportsmanship at all levels of competition.
 - Any spectator exhibiting behavior that is unacceptable may be asked to leave the competition and more severe consequences may be enforced.

Rule 52 Violations

Violations of the Citizenship/Sportsmanship Rule 52 by member schools and/or individuals shall be subject to consideration by the KSHSAA.

- Action may result in the form of a reprimand, probation or suspension of the school and/or individual depending upon the degree of the violation.
- If a member school is not willing to impose disciplinary measures acceptable to the KSHSAA, a hearing (informal or formal) will be held and restrictions imposed by the KSHSAA.
- School/coaches are encouraged to use the NCR Report Form to call attention to unusual situations, positive or negative, immediately following the contest. These forms are to be submitted to the KSHSAA.
- If a problem is severe, then the KSHSAA should be notified by telephone so the situation can be followed up immediately.

SCHOOL EQUIPMENT

- School athletic equipment shall not be worn at anytime other than at authorized practices, games or matches, unless given special permission by the activities director.
- Equipment must be turned in within one week following the end of the season.
- All equipment must be cleaned and returned in good shape.
- A charge could be given for equipment that has been abused or neglected.
- If an athlete fails to do so, he/she will not be allowed to participate in their next season sport, until ALL items are returned and fees are paid.
- All athletes are responsible for paying for the replacement of any lost uniforms/equipment.

TRANSPORTATION

- Any student who is involved in activities is required to travel to each activity in school approved transportation.
- A student may be allowed (coaches discretion) to travel from an activity with a parent or legal guardian, to do so the parent or guardian must "sign out" the student out with the coach or sponsor.

Nothing in this policy is intended to diminish the ability of the district to take other disciplinary action against the student in accordance with other policies governing student discipline.

When a student is suspended from school, he/she will sit out the next contest.

When a student has served detention, consequences will ensue at the discretion of the coach.

When a student is suspended from an activity for any period of time, he/she will be required to attend all team meetings and practices and be present with team during games.

Disciplinary action will be handled on an individual basis, except those that are specifically spoken to above. Expulsion from the team will result, if in the judgment of the head coach and administration, the athlete's actions reflect an irreconcilable attitude on his/her part. The head coach has the authority to access lesser disciplinary action so that an athlete will be given a chance to prove his/her desire to remain on the squad.

He/she will follow all rules and regulations that are established by the coach and will respect the authority of the coach while under his/her direction.

WE the students and parents, have read and understand these policies. This form must be returned by all students prior to participating in activities. Parents of athletes are encouraged to attend a pre-season meeting, when held, prior to their student's participation in practices or contest for the purpose of reviewing this policy and other guidelines as set by the respective coaches.

STUDENT'S SIGNATURE :

DATE:

PARENT/LEGAL GUARDIAN SIGNATURE:

DATE: