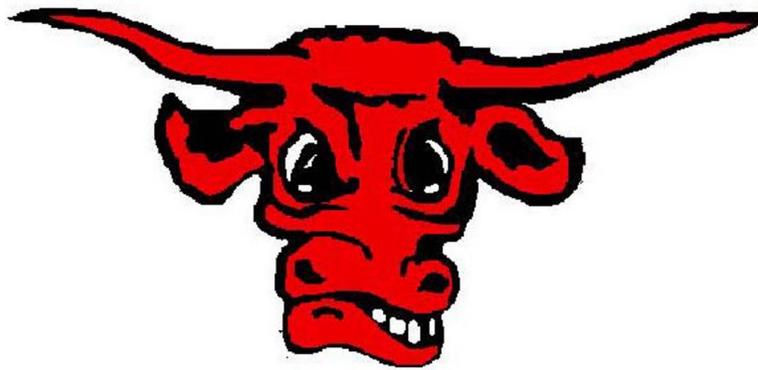


# **McPherson County High School**

## **Athletic/Activities Handbook**

**2018-2019**



## **ATHLETIC/ACTIVITIES ELIGIBILITY**

The following eligibility requirements have been established by McPherson County High School for participation in athletic/activities competition. This is subject to change pending coops and other schools' policies. Students should be aware of the following:

1. All students must be passing all classes with at least a 60% average each week to be eligible to participate in athletic/activities competition.
2. Weekly eligibility is determined each Thursday, in each class with ineligibility beginning the following Monday.
3. If a student has a grade of below 60%, they will be put on academic probation for one week (this will be classified as a grace period), but will still be able to participate. If a student has a grade below 60% for a second week, they will become ineligible for one week.
4. It is the responsibility of each teacher to turn in ineligible student's names to the principal before 4:00 p.m. on Thursday.
5. The principal will notify each coach with a list of those ineligible to participate on Monday.
6. The coach will notify each student of his or her ineligibility.
7. The principal will then communicate to the parents and the student notifying them of the student's ineligibility. If a parent would need to be contacted by another means they will notify the principal in writing with the necessary contact information. If this information were to change it is the responsibility of the parent to notify the principal of these changes.

## **CREDIT ACQUISITION RELATED TO ASYNCHRONOUS COURSES**

When a student opts not to take a class offered at McPherson County Schools the student will take an online or Distance Learning class at the same level of rigor as the class offered by McPherson County Schools. The Head of the department for that class and the administration will have the final ok on appropriateness.

## **CREDIT ACQUISITION RELATED TO EXTRA-CURRICULAR ELIGIBILITY**

Since McPherson County School's Activities Eligibility Policy requires students to be passing all of their classes to remain eligible (with ineligibility imposed as soon as a student is failing a class two consecutive weeks), there must be eligibility accountability for students who opt out of classes offered at McPherson County Schools and fall behind in academic progress toward completing those credits from another institution.

Administration will monitor the progress of classes from the other institutions establishing assignment benchmarks commensurate to the requirements of classes taken from MCS. If the other institution has created a semester long schedule of assignments for their class, the MCS administrator will follow that institution's time line.

## **LETTERING CRITERIA**

The following guidelines are general rules, but extenuating circumstances, like injury and illness, will be considered. Coaches have the final decision in lettering.

### **Volleyball**

The athletes must play in one-third of the total varsity sets or if the team should qualify for the state tournament, all varsity members at that time will letter. The athlete must complete the entire season in order to receive a letter. A senior, not gaining enough requirements to letter, may be awarded a letter in the discretion of the head coach for effort or team contribution.

### **Football**

The athletes must play in one-third of the total varsity quarters or if the team should qualify for the state playoffs, all team members will receive a letter. The athlete must complete the entire season in order to receive a letter. A senior, not gaining enough requirements to letter, may be awarded a letter in the discretion of the head coach for effort or team contribution.

### **Cross Country**

The athletes must place in the top 20 of two meets. The athlete must complete the entire season in order to receive a letter. If an athlete qualifies for the state tournament, they will automatically letter. Athletes must complete the season in good standing with the coaching staff. A senior, not gaining enough requirements to letter, may be awarded a letter in the discretion of the head coach for effort or team contribution.

### **Boys and Girls Basketball**

The athletes must play in one-third of the total varsity quarters in order to receive a letter. If the team should qualify for the state tournament, then all varsity players at that time shall receive a letter. The athletes must complete the entire season in order to receive a letter. A senior, not gaining enough requirements to letter, may be awarded a letter in the discretion of the head coach for effort or team contribution.

### **Wrestling**

An athlete must compete as the varsity representative for a weight class, in at least 60% of the total regular season contests. If an athlete qualifies for the state tournament, they will automatically letter. Athletes must complete the season in good standing with the coaching staff. A senior, not gaining enough requirements to letter, may be awarded a letter in the discretion of the head coach for effort or team contribution.

### **Boys and Girls Track**

The requirement of lettering is to achieve 100 points. The following is a breakdown of points earned: 3 points for each practice attended. 5 points each time they obtain a Personal Record (PR) in an event at a meet. Points earned at a track meet 10, 8, 6, 4, 2, 1 are points towards lettering. School or meet records are worth 25 points. If an athlete qualifies for the state tournament, they will automatically letter. Athletes must complete the season in good standing with the coaching staff. A senior, not gaining enough requirements to letter, may be awarded a letter in the discretion of the head coach for effort or team contribution.

### **Boys and Girls Golf**

The athletes must place in the top 10 of two meets. The athlete must complete the entire season in order to receive a letter. If an athlete qualifies for the state tournament, they will automatically letter. Athletes must complete the season in good standing with the coaching staff. A senior, not gaining enough requirements to letter, may be awarded a letter in the discretion of the head coach for effort or team contribution.

### **Band and Chorus**

To letter, a student must be in good standing (At least an 80 or above each quarter) and

...

1. Remain in band or chorus for a full year.
2. Attend all scheduled performances during the year including, but not limited to: Conference clinics and all school programs.
3. Attend Conference and District Music contests as a part of the full group (band/and /or /choir)
4. Attend Conference and District Music contests as a soloist and/or member of a small ensemble.
5. Exhibit proper conduct, dress, and sportsmanship at all contests, performances, and rehearsals.

A doctor's note will be a required to excuse a student from a performance and an alternative assignment will need to be completed. First year receives a chenille lyre, lyre pin with band or chorus on it, and a bar. After the first year, letter winners receive a bar.

### **Speech**

MCHS Speech Team letters are based on effort, spirit, and achievement. To earn a letter, a team member must be in good standing and. . . .

1. Remain on the speech team for the entire season.
2. Schedule and attend at least one 20-minute practice session per event per week during the speech season.
3. Compete at one invitational tournament.
4. Compete at the Conference and District speech contests.
5. Attend all contests for which one is signed up; and if a team member does not attend, the team member must reimburse the school for the entry fees. (Fees vary at each contest.)
6. Exhibit proper conduct, dress, and sportsmanship at meets.

## **Play Production**

MCHS Drama Troupe letters are based on effort, spirit, and achievement. To earn a letter, a team member must be in good standing and:

1. Remain as a member of the cast or crew for the entire season.
2. Attend all scheduled rehearsals for your role or position in the cast or crew.
3. Meet all deadlines for memorizing lines, and/or making props and costumes.
4. Attend and compete at all scheduled competitions.
5. Attend and perform at all scheduled community performances.
6. Exhibit proper conduct, dress, and sportsmanship at all contests and rehearsals.

## **NATIONAL HONOR SOCIETY**

Membership is open to those students who meet the required standards in four (4) areas of evaluation: scholarship, leadership, service, and character. Standards for selection are established by the national office of NHS and have been revised to meet our local chapter needs. Students are selected to be members by a five (5) member Faculty Council, appointed by the principal, which bestows this honor upon qualified students on behalf of the faculty of our school each semester.

Induction into the Honor Society is partially based on GPA, but also is accessible to students at certain times throughout their high school career. Therefore, in order for a sophomore student to be academically eligible for induction during the spring of their sophomore year, the student must not only have a qualifying GPA, but must also be accumulating the proper number of credits overall, and in the required content areas. This must be true of a student at each available entry point to the Honor Society. If a student formerly inducted, having met all of the academic criteria at the time of induction, falls behind earning credits, said student will be put on probation up to one semester, but must be caught up and in good standing with the number of credits earned at the beginning of the following semester. If the student is not caught up after the semester of Honor Society probation, the student will be removed from Honor Society.

### **Removal from National Honor Society**

A student may be removed from the NHS by action of the Principal upon a determination by the Principal that the student:

1. Prior Conduct. Engaged in conduct prior to induction which was not known at the time of induction and which, if known, would have caused denial of induction;
2. Post-Induction Conduct. Engaged in conduct after induction which is grounds for a student to be long-term suspended or expelled from school under the student code of conduct; which is grounds for suspension or removal from any extracurricular activity of the school, or which would cause denial of induction if such conduct had taken place prior to the time of induction.

The student may appeal the Principal's decision to the Superintendent by giving written notice of appeal to the Superintendent within ten calendar days of receipt of the Principal's removal decision. The appeal procedures shall be established in the discretion of the Superintendent such as to allow a fair opportunity for the student's views and information to be considered. The decision of the Superintendent on the appeal shall be final.

**See McPherson County Schools National Honor Society Chapter Bylaws.**

**RULES AND REGULATIONS FOR SPORTS PROGRAMS OF MCPHERSON  
COUNTY HIGH SCHOOL**

To excel in athletics, one must be willing to commit, not only to the rules of the game, but must also make commitment to training rules, the classroom and to the team of which that athlete is a part. To meet these commitments, the athlete must develop good attitudes toward organization, orderliness, propriety, responsibility, and integrity. To that end the following guidelines have been developed.

**I. General Conduct:**

Athletes in violation of rules of student conduct a detailed in the student handbook, will be subject to the disciplinary measures at the discretion of the coach. Said rules shall include all areas which could result in suspension and expulsion.

**II. Missed Practices and Games:**

Only excused absences will be accepted for missed practices or games. By definition, an excused absence is an absence due to personal illness, family emergency, appointments with doctor or dentist and selected circumstances.

**III. School and Game Day Absence:**

Participants shall attend no less than one half of the day in which the event is held. Students must attend school half day on the day or the day before (if leaving for the event at the beginning of the school day) of any scheduled school activity in order to participate in the activity. This includes athletic contests, practices and dances. Failure to attend will result in a student being withheld from participation in the activity. The Principal retains the right to grant participation should exceptional circumstances prevail.

**IV. Tutoring:**

Failure to attend a scheduled tutoring session with a teacher, will be considered the same as a missed practice. A poor attitude, a discipline problem or lack of effort during the help session shall also be considered the same as a missed practice.

**V. Conduct Unbecoming A Student Of McPherson County High School:**

It is expected that all athletes of McPherson County High School shall conduct themselves properly at all times when representing their school while at home or away.

VI. Penalties For Above Rules And Regulations Violations:

- First Offense – one game suspension
- Second Offense – two game suspension
- Third Offense – suspension for the season

VII. Examples Of Above Rules And Regulations Violations Which Can Result In A Starting Position or Suspension

1. Failure to meet a tutoring session and having an unexcused absence from practice during the same week.
2. Having two unexcused absences during the same week.
3. Misrepresentation of our school while being involved in school activities.

VIII. Use Of Alcohol, Tobacco, Illicit Drugs

The use of alcohol, tobacco, or any illicit drugs may result in suspension from practice and play.

IX. Penalties For Violation of Rule VIII.

Confirmed information by the coach or staff or citation by a law enforcement officer regarding the use of alcohol, illicit drugs or tobacco, will be an automatic suspension from playing for the next two games. Practice will still be required.

Self-reporting within twenty-four hours of the violation will reduce the suspension to one game. Practice will still be required.

A second offense for use of alcohol, illicit drugs or tobacco will result in suspension for ninety days. Suspension time will carry over into the next season. The ninety day period will begin with and be counted only during NSAA sporting seasons.

X. Concussion

A coach will sit a player out if a concussion is suspected. The student will not return to play until the following has been conducted:

1. Coach gives a concussion form to the student/athlete parents/guardians;
2. The concussion form is completely filled out by the parent/guardian and the care provider, and the student has been released to participate;
3. The trainer has completed a concussion test and compared it to the student's baseline test;
4. The student has followed the progression steps from the trainer in "Return to Play";
5. And the coaches, player, parents/guardians, and trainers have agreed to full participation.

## XI. Transportation

Activity vehicle drivers can stop for meals. Activity vehicle drivers can stop at our four identified rest stops (Old Highway/Paint Test Area which is east of Tryon, Ringgold Church, Cody Park and Platte River Mall), if they have received written requests from parents in advance. The driver must pull completely off the highway, and stop the engine at the rest area. Children may board or get off the vehicle at that time. This is considered a rest stop while traveling from point A to point B, and the vehicle can park only at these identified places, similar to a planned meal stop. Parents must remember to give written permission to the coach at least one day in advance. Coaches not driving must communicate this to the driver before the event.

If a student does not ride school transportation to an event or activity, the parent or guardian must provide hand written permission one school day in advance of the event stating who the child will be with. If the hand written permission is not provided to the sponsor/coach, the student forfeits his or her opportunity to participate. Additionally, the student shall reimburse the school for any entry fees paid for the student's participation at the event/competition. Texted communication will not be accepted as a substitute for a parent/guardian note. A texted picture of a signed note will be accepted as long as it is legible.

## XII. Sign-off

If a student plans to not ride school transportation home from an event/competition, the parent/guardian must sign the coach's/sponsor's sign-off sheet in front of the coach. A student cannot be signed off anyone under the age of 19. However, if a parent/guardian is not at the event, he or she may send to the coach/sponsor a handwritten note in advance of the activity. This note should explain who will be responsible for the student's transportation home. Then at the competition/event, the delegated person will sign the coaches' sheet. If a student leaves the event and no one signs the student out, then the student could not be eligible to compete at the next event. Texted communication will not be accepted as a substitute for a parent/guardian note. A texted picture of a signed note will be accepted as long as it is legible.

XIII. Prior to the beginning of each season, the coach of each sport shall call a meeting of parents and players to explain said rules and to share expectations. Rules of the game along with NSAA rule changes shall also be discussed .

## **Code of Conduct**

3.1.2 December Moratorium. For five consecutive days in December, there shall be no practice and no inter school competition by individuals or teams in any athletic activity sponsored by the Nebraska School Activities Association. The specific dated for each five-day period will be set by the Board of Control three years in advance. (Refer to monthly school calendars for these dates.)

Approved Ruling 3.1.2 The term “no practice and no inter school competition by individuals or teams” shall be interpreted to mean that a grades 9-12 student who is a participant in a NSAA activity shall not be permitted to practice or compete during the moratorium in a facility that is owned, used, or leased by the school, whether or not a coach, sponsor, or other adult person associated with the program is present. There can be no contact with the school coach, sponsor, or other adult person associated with the program if a student chooses to workout in a facility that is not owned, used, or leased by the school.

2.10.1 Conduct During Interscholastic Competition. Students, participants, and staff members representing member schools in interscholastic competition are expected to conduct themselves in a sportsmanlike manner.

2.10.1.1 Unsportsmanlike conduct shall include physical or verbal assault upon any participant, game official, or spectator, or any acts that may endanger the personal safety of individuals involved, or acts that hinder the normal progress of a contest or lead to the restriction or discontinuance of a contest.

2.10.1.2 If a student, participant, and/or staff member representing a member school in interschool competition acts in a manner constituting unsportsmanlike behavior during such competition, the member school and/or individuals shall be subject to penalties as set out in Section 2.11

2.10.1.3 If any participant or staff member while representing a member school in an Association-sponsored district tournament, playoff, or state contest acts in a manner constituting unsportsmanlike conduct, the individual is subject to penalties as set out in Section 2.11

2.11.2 Student Violations. If a student violates any of the provisions of the Constitution, Bylaws, or Approved Rulings during the course of any Association-sponsored district contest, playoff, or state contest, the Board of Control or Executive Director may suspend the student from further competition for any portion or all of the remainder of the sub-district, district, playoff, or state contests.

2.11.3 Participant Ejections from Athletic Contests. Any participant ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

3.3.11 Conduct and Sportsmanship. Member schools shall maintain proper crowd control and enforce the principles of good sportsmanship and ethics during all interscholastic contests. Failure to fulfill this obligation shall subject the school to penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

3.3.11.1 Conduct of Coaches and Athletes. Coaches and athletes shall conduct themselves in accordance with the playing rules of the sport contest and refrain from unsportsmanlike conduct during interscholastic competition. Failure to fulfill this

obligation will subject the individual(s) to the penalties as provided in Article 2, Section 2.11, NSAA Bylaws Governing All Activities.

3.3.11.2 Definition of Unsportsmanlike Conduct. Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent directed toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gesture, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving of a team bench area.

Approved Ruling 3.3.11 In the realm of good sportsmanship, it is the expectation that all student spectators wear shirts for all sub-district, district, and state events. Each individual school shall be responsible of assuring that student spectators are appropriately attired.