
South Summit High School Activities Handbook



Wildcats

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I. INTRODUCTION

Welcome to South Summit High School! You are joining a school that prides itself in success on the field, in the gym and most importantly in the classroom. Students of SSHS enjoy teams and organizations of the highest caliber. Those who participate in our athletic programs recognize the importance of being a “Student Athlete” (notice “student” comes before the “athlete”). We welcome all students to participate and contribute to a culture of excellence through discipline, respect and integrity. SSHS athletes pride themselves on overcoming challenges through hard work, preparation, focus and endurance. These are important life skills that benefit our students throughout their lives. South Summit High School is a member of the Utah High School Activities Association (UHSAA), competes at the 3A level and pertains to Region 13.

The purpose of the Student Activity Handbook is to explain the policies and procedures of South Summit’s interscholastic athletic and activities program. Please use this as a guide to answer any questions you might have concerning your interscholastic experience while attending South Summit High School.

Students and their parents/guardians should become acquainted with the specific rules, regulations, policies, and standards for conduct and academic achievement. Failure to adhere to regulations may result in the loss of participation on a temporary or permanent basis. It is, therefore, important for you to be aware of these requirements.

Good luck in all of your academic and athletic endeavors.

Jon Conner
Athletic/Activities Director

Jeremiah Fierro
Assistant Principal

Kena W. Rydalch
Principal

II. MISSION AND VISION STATEMENT

Mission Statement

South Summit athletes and activity participants represent our school by promoting integrity, sportsmanship, ethical behavior, and citizenship. Participation in interscholastic athletics and activities provides student athletes with an opportunity to mature and to develop life skills, while experiencing the challenges offered in a healthy, competitive atmosphere.

Vision Statement

South Summit High School has a strong sense of school and community PRIDE. Everything we do reflects that PRIDE. The way we approach athletics, fine arts and academics is called the

THE WILDCAT WAY.

PASSION - Action with sincere and aggressive intent for competition

RESPECT - Recognition of the value of all those involved

INTEGRITY - Do Right consistently, especially when its hard

DISCIPLINE - Intentional action that leads to individual and team success

EVERYONE - No Wildcat succeeds alone

III. GOVERNANCE

State

The Utah High School Activities Association creates and enforces state policies according to the state educational Board of Trustees and the Executive Committee, which consists of a representative from every region in the state.

District

The local Board of Education, which is made up of a representative from each city in the district, has the responsibility to follow state laws and policies along with creating and enforcing local policies and procedures for school and activity participation.

School

The administration will enforce state law and board policy. They will also create effective procedures to govern the daily functions of a safe and positive school environment.

Team

Each coach or advisor will follow the established school and district rules and policies. The coach or advisor also has the right and responsibility to effectively communicate team expectations with students and parents.

IV. ROLES OF PARENTS, STUDENTS AND COACHES

Parents

The most important role of a parent in high school sports is support. Parents have a great opportunity to teach their students how to respond to adversity that might come through injury, playing time or losing. Parents must help their students keep perspective that sports and fine art performances are temporary but the life lessons they learn through participation can benefit their students for a lifetime. Parents need to be positive role models when communicating with coaches, refs and administration. Students should be taught how to communicate with their coach directly when there are concerns. Parents should not berate or tear down the coaches to their students. It teaches young people to make excuses and not be accountable.

Students

A student's role is to have a good attitude, work hard, listen, follow instructions, and learn life lessons through participating in South Summit sports and activities. Students should also focus on enjoying their experience as a high school athlete or performer. Students must be accountable for their actions and not be entitled to anything regarding sports or fine arts. Participation in extracurricular activities are an honor and privilege, not a right. Students must trust their coaches and the process for improvement. They must invest the time, energy, focus and effort to be their best by being coachable and supporting their teammates.

Coaches

A coach's role is to teach, organize and inspire students to compete and perform at their best. A coach or advisor has a great opportunity of influence and must assure their influence is a positive one. Coaches must be effective communicators with the highest level of character and integrity. A coach or advisor must surround himself with effective assistants who know the sport or activity well and builds kids up. A coach should be capable to lead students to success in their given sport or activity.

V. REQUIREMENTS FOR PARTICIPATION

Register My Athlete

Athlete and performer registrations should be completed by parents or guardians.

Prior to individual sport team selection or play practice starting dates, a parent or guardian must register their student on the Register My Athlete website. All students interested in participating on any UHSAA team or activity during the school year must do the following **prior** to the first practice after tryouts. This information must also be completed if you are transferring to South Summit High School from another school. (Freshman transitioning from the middle school are **NOT** considered to be coming from another school)

Go to <https://home.registermyathlete.com/login/>

Follow the basic steps below to register your athlete for the first time...

1. Create an account: Do this by clicking the "Create An Account" button. After filling in the required information the system will automatically log you in and you will be required to accept the terms of use.
2. Add a new athlete: The next step is to add an athlete. You can do so by click the "My Athletes" tab on the left-hand side of the page or by clicking "Add Athlete" underneath the "My Athletes" tab. ***This only needs to be done once during your student's entire career.*** The information entered here will carry over from year to year. This information includes your athlete's contact information and medical information
3. The student's profile: After you've created your student's profile you will be brought to their Profile page. This page is a summary of their info and involvement.
4. Register for an activity: Click "+ Register For A Sport" to begin registration, you will be asked to choose which sport or activity your student is registering for.
5. Your registration checklist: This page shows the status of your student's registration. You will be asked to complete several steps to complete registration including agreeing to documents, completing the physical, and answering the UHSAA tryout checklist.
6. Physicals: Students must print off the physical forms and have a doctor fill it out. Once completed, students or parents must upload the signed documents to their RMA account. (this doesn't apply to fine arts)
7. Complete registration: Registration is complete once all items on the checklist have been completed.
8. Payment may be made online (My Student Fees) or at the high school.
9. After registration: After registration is complete, you can login at any time to view the status of your athlete and their participation on the team.
10. Additional students: If you have additional students to register, you can repeat steps 2-8 for them under your same account.

Once your student has been added to your account, you only need to follow steps 4-8 to register for sports each year.

Fees

Fees cover officials, state fees, equipment, costumes, sets, game day attire, camps, uniform rentals, hotels, green fees, tournaments and drug tests. Fees do not cover personal food on travel trips.

Fundraising

Teams are encouraged to engage in at least one fundraising opportunity each season and the money raised should go directly to pay the individual student fees or equipment. Teams are not allowed to do more than 2 fundraisers in a calendar year.

VI. ELIGIBILITY & PARTICIPATION

A. AGE

No student shall be eligible to participate in an activity that has reached nineteen (19) years of age prior to the first day of September of the school year in which such participation is intended.

B. SPORTS SEASON RULE

1. No student shall participate in more than four seasons in any one activity after entering the ninth grade.
2. A student shall have no more than one season of eligibility per sport per year.

C. ACADEMIC ELIGIBILITY FOR PARTICIPATION IN ATHLETICS

The goal of South Summit High School is to foster an environment of excellence in academics, activities, and athletics. Because academic performance is the keystone of the school community, it is the standard against which eligibility for participation in activities and athletics is measured.

To be academically eligible to participate in the athletic and activity programs at South Summit High School, participating students must meet the following academic standards:

1. Participating students must attend a minimum of four (4) credit-bearing classes for each semester.
2. Participating students cannot fail any classes during the proceeding grading period.
3. Participating students must maintain a GPA of 2.0 or higher for the proceeding grading period, based on a 4.0 scale.
4. Participating students may not have any F's during the season or activity in which they are participating. Grades will be reviewed at midterm and the end of quarter. If students have any F's at midterm, they become ineligible to participate for one week. After one week they can return to full participation when their PowerSchool report shows no F's. If students have any F's at the end of quarter, they cannot participate in any UHSAA or UMEA sanctioned activities for the entirety of the following quarter.
5. Fine arts students must not have any F's at the time of any non-class based performance, school sponsored trip or competition to be eligible to participate.

D. BEHAVIORAL EXPECTATIONS

Students who participate in extracurricular activities at South Summit are expected to be role models and to represent the school with the highest degree of leadership, sportsmanship, and citizenship.

1. When a student is referred to administration for misbehavior, they will receive at least one, if not more, of the following consequences:
 - A warning
 - Lunch detention
 - Book study
 - Service hours
 - Game suspensions
 - School suspensions
2. Students who are serving an in or out-of-school suspension are also suspended from all practices and games occurring during the suspension period. This will include holidays and weekends.
3. Students with outstanding parking tickets or fines may also be suspended from participation in athletics or activities until their obligations are met.
4. Students are expected to engage in positive and constructive behavior. Team initiations, rituals, or any group and/or individual behavior that can be construed as hazing is strictly prohibited. Students found to have violated this standard may be suspended or dismissed from the team or activity.
5. The use of drugs, tobacco, alcohol or vaping will not be tolerated. Students who participate in extracurricular activities are subject to drug testing. Results of a test that shows consumption of drugs, alcohol or nicotine are considered guilty.
6. Students who violate this policy in or out of season by using or possessing these substances will receive the following consequences:
 - a. **First offense**: Suspension from two consecutive games, meets, matches, competitions or performances at the same level of play (and any intervening levels as well). Practice may be continued only after a personal assessment of the student by a licensed substance abuse intervention or treatment program has been completed. This assessment is the responsibility of the student and their parents to complete.
 - b. **Second offense**: A six-week suspension from games, meets, matches, competitions or performances. Student participation in an assessment by a licensed substance abuse intervention or treatment program with prescribed follow-up is required. Practice may continue only after the assessment has been completed and positive participation in the prescribed follow-up is occurring. The assessment and follow-up program is the responsibility of the student and their parents. Students must also complete 6 hours of community service.

Community Service Resources:

- Peace House
- People's Health
- Christian Center of Park City
- Jewish Family Services

- CONNECT Summit County
- Utah Trafficking in Persons Medical Subcommittee

- c. **Third offense:** An eighteen-week suspension from all games, meets, matches, competitions, performances and practices. Reinstatement of eligibility at the end of the eighteen-week suspension is predicated upon successful completion of a formal assessment, intervention and treatment program. In all of the foregoing offenses, local school and/or district requirements which deal with discipline, suspension, corrective measures, parent/guardian involvement, rehabilitation and so forth, must be met.
- i. **Violations carry over year-to-year and sport/activity to sport/ activity. There is no fresh start each year.**
 - ii. **In accordance with the UHSAA, penalties for violations follow the student to any school to which he/she transfers.**

Substance abuse intervention or treatment program resources:

- Not On Tobacco (NOT)
- INDEPTH
- Horizon (Travis and Liza Sanderson)
- QPR
- LEAP

7. Students will not use profanity, vulgar language, or obscene gesture while representing South Summit High School at any games, meets, matches, competitions, performances, or practices. Students in violation of this standard will be referred to their head coach, advisor or AD for disciplinary action.
8. **Appeal Process:** If a student feels they have received a consequence that was unjust, they can appeal the decision by filling out an Appeal form to the District Superintendent for review. The Superintendent will review the form then set up a mtg with the student, parents and those involved in the situation.

E. SOCIAL MEDIA

Student-athletes are high-profile representatives of South Summit High School, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her family, team and coaches, the Athletics Department and the entire school campus. Therefore, student athletes are expected to represent themselves and South Summit High School with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments.

The Activity Department has developed this Social Networking Guideline in order to:

- Provide recommendations and suggestions for students to help them use social media in a safe and responsible manner.
- Outline important rules that students must follow when using social media.

Important Suggestions & Recommendations Regarding Social Networking Sites

Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal safety and personal welfare concerns.

For example, student-athlete and performers have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites. Students should also be aware that potential employers and graduate school admissions officers now regularly screen applicants by conducting “Google” searches of an applicant’s name and by reviewing the applicant’s social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

Student-athletes and performers should be very careful about what personal information they share on the internet. For their own security, protection and welfare and that of their teammates and friends, the Activity Department strongly recommends and advises students to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student athlete’s personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom a student-athlete may accept as “friends” on a social networking site.
- Use whatever security and privacy features are available to restrict the ability of others view a student-athlete’s site or to post pictures, messages and other content on a student-athlete’s site.
- If an individual contacts a student via a social networking site and the nature of the contact makes the student concerned for his or her safety or uncomfortable in any way, the student should immediately contact a parent, a coach, or a campus administrator.

Rules Regarding Social Networking Sites

Participation in SSHS Activities is a privilege and not a right. As a condition of being a student-athlete or performer at SSHS, students must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.

2. Student-athletes or performers may not post any pictures online, information or other content that might cause embarrassment to themselves, fellow students, teams, coaches, the Activities Department or the school (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).

3. Student-athletes or performers may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

4. Student-athletes or performers may not post any content online that would constitute a violation of the SSHS Student Code of Conduct.

5. Student-athletes or performers may not post any information that is sensitive or personal in nature or is proprietary to the Activity Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

6. Student-athletes and performers are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

1st Offense - Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or activities.

2nd Offense – Parent meeting with the head coach and the Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or activities.

F. ATTENDANCE

Academic success requires that a student be present, on time, and participating in class. Attendance will be taken for each class, and students are expected to be in school and in each of their classes on time, except in the case of illness or emergency. South Summit students involved in athletics or activities are expected to adhere to the following:

1. Students are only allowed 4 tardies per quarter to be eligible for activities. If a student wants to make up tardies, they may sign up at the office for lunch detention. Tardies can be made up on the ratio of 2 tardies per lunch detention.

2. Students are expected to attend class the full day of a game, performance or activity unless prior arrangements have been made with the administration. If a student is absent the day of a gam, they become ineligible for the game or activity that day. If a student arrives at class more than 15 minutes after the class starts, it is considered an absence.

Attendance Requirements

Parents are asked to call the attendance office outlining the reason for any absence prior to the day of a game or performance. If no contact has been made about the student's absence, it will become a truancy.

School activities (assemblies, athletic contests, field trips, etc.) that are scheduled during the school day are considered part of the regular school day. Students are required to be at that activity or assembly, or in a school supervised alternative area. If they are not, they are considered absent. School sanctioned activities are counted as time in school. It is important that each student becomes responsible for his/her own attendance. Students may not compete in extra-curricular activities if they have any truanancies that have not been made up. Students with extenuating circumstances are responsible to initiate a conference with the teacher or administration to determine a course of action to solve individual problems. Parents and or administrators will be consulted as needed.

Attendance eligibility for fall sports and activities will be determined by the previous school year's 4th quarter attendance. A student cannot participate with any truanancies or more than 4 tardies. All attendance must be made up before a student is eligible in the fall. This also applies for attendance eligibility of any previous quarter. Extenuating circumstances may be considered by administration.

Checking Out of School

Students leaving school at any time during the school day will check out through the attendance office. Contact with parents is required before a checkout can be completed. If a student leaves the school without checking out, that is considered a truancy. This does not pertain to Ednet students and students without classes.

Truancy

Truancy occurs: 1) When a student leaves school without being excused at the office, 2) When a student misses school without the parent giving permission within 2 school days of the absence, 3) When a student leaves class without receiving permission from his/her teacher. Truanancies may only be made up by attending lunch detention. Lunch detention consists of spending a lunch period for each class period truant in the assigned teacher's classroom. You may bring your own lunch or you may sign up to have a school sack lunch brought to you. After a student has been truant in 5 separate days, a parent meeting with administration will be arranged.

Continuous Attendance

Once a class has started, students are not to leave the room without permission from the teacher and a Hall Pass in hand. Teachers will issue the appropriate hall pass. Students who leave class without permission are considered truant.

VII. Procedures and Information

Lettering Requirements

A. Athletic Letter

For a student-athlete to receive a Varsity Letter they must play in at least one varsity game in that season, this includes cheer.

B. Fine Arts Letter

For a student-performer to receive a Fine Arts Letter they must compete at a region or state event.

Student Process for Communicating and Resolving Concerns

Athletics and fine arts involvement, while fun and rewarding, can be very time consuming and emotional. Due to the level of effort and emotion invested, conflicts between players/performers and coaches/advisors will inevitably arise. All conflicts should be addressed professionally and as soon as possible. To accomplish this, please follow these guidelines:

FIRST STEP: Student and Coach Contact

The student should meet with the coach to share concerns and/or discuss any issues or conflicts. It is the student's responsibility to make an attempt to meet with the coach. If a student isn't confident to meet with a coach, then a parent or administrator could be invited as an *observer*, but the student should be empowered to address their concern.

Times to avoid initiating contact with a coach:

- Immediately prior to and/or right after a contest (parents are not allowed to contact a coach within 24 hours of a contest)
- During an active practice session
- During a time when other students are present and/or when the discussion is readily visible by other students
- When it is apparent that there is not sufficient time to allow for complete discussion

SECOND STEP: Parent/Guardian and Coach Contact

If a conflict between a student and a coach remains unresolved or becomes a chronic issue, the parent/guardian and student should schedule a meeting with the coach. *The student must be involved and present at this meeting.*

THIRD STEP: Parent/Guardian and Athletic Director Contact

If a satisfactory resolution is not reached through direct contact with the coach, the student and parent/guardian should inform the coach that they intend to contact the Athletic Director. A meeting with the Athletic Director should be scheduled through the Athletic Office.

FOURTH STEP: Parent/Guardian and Administration Contact

If existing concerns remain after meeting with the Athletic Director, the student and parent/guardian should initiate contact with the administrator who oversees athletics.

Please Note: Students or parents should not address a concern or problem to an administrator BEFORE addressing this issue with a coach! At no time should the school district superintendent be addressed about a concern before the high school administration unless the concern is with the high school administration.

Try-outs

It should be understood that representing South Summit High School through athletics is a privilege. Students are encouraged to become involved in athletics each season. Participating in tryouts is necessary in order to be considered for an athletic or performance team. In some programs, there is a risk of not being selected for a team. Team sizes may be limited due to the nature of the sport or activity, the number of candidates, or safety. The approximate squad size will be announced after the first tryout.

The coaching staff of each team has the sole responsibility for selecting members of the team and determining the amount of playing time. Prior to tryouts, all candidates will be informed as to the expectations that the coach has for them during tryouts.

Whenever possible, no cuts will be made until after two days of tryouts. Any student not selected is encouraged to explore other opportunities on teams that have not finalized their rosters. If a student is not selected for a team, he/she may personally contact the coach for an explanation.

A coach has the right to add or remove players from their team roster at any point throughout the season.

Playing Time

Students volunteering to participate in interscholastic athletic programs at the High School level must understand that playing time is not guaranteed. All playing time decisions are made by the coaching staff and it is to be expected that time will vary from individual to individual. The South Summit Athletic

Department will take no part in playing time decisions. All athletes are encouraged to speak to their coaches about what areas they can improve in order to earn playing time.

Out of Season Sports Involvement

Participation in out of season clinics, camps, leagues, or other related sport activities is strictly up to the discretion of the student and their parents/guardians. While such participation will undoubtedly improve knowledge and skill, it is the individual's decision whether or not he/she wishes to become involved in such activities. Participation in such activities will have no bearing on the student's participation on a South Summit High School athletic team. The Athletic Department encourages all students to take full advantage of the activities we offer and become involved in more than one sport.

According to UHSAA rules, a coach or any other representative of the school may not require an athlete to participate in a sport nor training program outside of the UHSAA defined sport season. Voluntary conditioning sessions, open to all students in the school, may be conducted between seasons, provided no candidate is either required to participate or penalized for not doing so.

**SOUTH SUMMIT HIGH SCHOOL
STUDENT & PARENT ACTIVITIES HANDBOOK SIGN OFF FORM**

As a participating student I have read the rules and regulations of the South Summit Activities Department and agree to abide by them as a member of any athletic team or club. I understand that violation of said rules and policy will result in possible disciplinary action.

As a parent/guardian of the student-athlete I have read the rules and regulations of the South Summit Activities Department and understand that violation of said rules and policy will result in possible disciplinary action.

The undersigned agree and/or acknowledge as follows:

1. There is no fundamental right to participate in interscholastic activities and participation in a South Summit High School activity program is a privilege.
2. We have read, understand and agree to terms found in the "SSHS STUDENT HANDBOOK".
3. We understand that ***this signed form must be on file*** in order for any student to have the privilege of participating in any South Summit High School activity program.
4. We shall comply with and be bound by all terms and conditions of this handbook.

- 5.

Student:

Grade:

Date:

Parent/Guardian:

Date:

BEHAVIOR RESPONSE PLAN (BRP)

Student Name _____ Grade _____ Date _____

Method of Parent Notification _____

Sport/Activity _____

Brief Description of Incident _____

Elements of the BRP

1. _____
2. _____
3. _____
4. _____

School Staff Involved:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

BEHAVIOR RESPONSE PLAN

APPEAL FORM

Student Name _____ Grade _____ Date _____

Parent/Guardian Name _____

Phone Number _____ Email _____

Student Sport/Activity _____

Brief Description of Incident

Elements of the BRP

1. _____
2. _____
3. _____
4. _____

Reason for Appeal

Date of Appeal Mtg _____

Result of Appeal Mtg

