

Andes Central/Dakota Christian
Thunder

ACTIVITIES HANDBOOK
FOR STUDENTS

2020- 2021

Andes Central Board Approval: May 11, 2020

Dakota Christian Board Approval: May 7, 2020

CO-CURRICULAR/EXTRA CURRICULAR OPPORTUNITIES

Basketball

Cheerleading

Competitive Cheer and Dance

Cross Country

Football

Golf

Track

Volleyball

Wrestling

IMPORTANT PHONE NUMBERS

Andes Central High School
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Dakota Christian School
(605) 243-2211

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Introduction

One of the primary purposes for interscholastic activities in the school curricula is to prepare young adolescents for the challenges of adult life. Students are being short-changed if all they take from the interscholastic programs are the skills related to playing the sport or activity. We must offer the student things that will last them a lifetime and help them to be a better person and better equipped to deal with the challenges of life. If it's done right, participation in activities, win or lose, can become one of the most powerful and influential educational experiences that can occur in young adults.

A good activities program will make a concerted effort to teach:

1. Good sportsmanship.
2. The importance of persistence and perseverance.
3. A commitment to excellence.
4. The want and desire to be the best you can be at every pursuit.
5. How to achieve and commit to a goal.
6. Pride, devotion, dedication, honesty, trustworthiness and self-discipline.
7. Respect for those in authority.
8. The ability to work and care for others in a team setting.
9. Respect for rules and regulations.
10. Stick-to-itiveness in developing a strong work ethic.

Elastic Clause

The Activities Handbook does not include everything that may possibly happen during the school year. If any situation not specifically covered should arise, the administration will make every effort to act fairly and quickly. The best interest of the student, school, and community will be considered. Each situation is different and will be handled on an individual basis. It is sincerely hoped that each student will have a successful and enjoyable school year. Take the time to know the rules and regulations you are expected to follow and many of the little problems can be avoided.

General Program Procedures

Seasons

The Athletic Director will implement a schedule as accurately as possible. The schedule will follow the South Dakota High School Activities Association (SDHSAA) guidelines found at <http://www.sdhsaa.com/>.

Philosophy

The following describes the AC/DC Cooperative's philosophy at the various levels of athletic programs.

Varsity	Select Squads Highly Skilled Highly Competitive
Junior Varsity	Higher Level of Competition Prepare for the Varsity Level May Involve Some Screening
C-Team	Maintain Large Roster Provide Fair Playing Time Stress Fundamentals

Varsity

Since activities are developmentally beneficial, coaches are encouraged to involve as many students as possible in the activities program in some manner. In short, a balance must be found between maximizing opportunities and diluting the efficiency and quality of a program. At the high school level, students tend to become more selective in their choices as they begin to identify their interests and talents, and become more adept at comparing their skills with those of their peer group. In spite of increased specialization, coaches in certain activities may be involved in the unpleasant task of making selections (cutting). Every program below the varsity level, however, is developmental, and as many participants as possible should be retained.

Junior Varsity

Junior varsity squads include cross-country, football, volleyball, wrestling, girls/boys basketball, and golf. The JV athletic philosophy is to develop players for the varsity level of competition. However, this does not mean that playing time will be equal or that every player will play in every game.

C-Team

C-Team participants will have separate schedules if participant numbers allow. This will assure each participant some playing time. However, this does not mean that playing time will be equal.

Middle School Students Competing at the High School Level

It is the desire of the AC/DC Cooperative to have appropriate team programs for the appropriate age. However, the district acknowledges that it is not uncommon to have a young athlete with the physical talent and maturity to be elevated to high school level competition.

It is the intent of this policy to allow that rare instance where a gifted athlete may be given the opportunity to participate in a high school sports program.

The AC/DC coaching staff will use the following procedure for movement purposes when programs are offered at both seventh and eighth and high school levels. It is the responsibility of the Athletic Director to oversee the following procedures:

1. After consultation of the respective coaches, a decision to recommend an athlete to be moved to high school level competition.
2. The decision will be based on the athlete's skill level development, maturity, and his/her attitude.
3. The athlete is then informed of the recommendation and his/her approval must be given to the head coach(es) of that sport.
4. Parents/guardians are then informed of the decision, and written approval must be given to the head coach(es).
5. If all parties agree (head coach(es), parents/guardians, athlete, and principals), the athlete will be added to the eligibility roster in the high school.

Eligibility factors: The following factors must be adhered to regarding advancing an athlete to high school level of competition.

1. Students advanced to high school level competition must meet the high school eligibility standards.
2. The athlete must have on file in the high school office, a current physical examination. A pre-participation Interval Health History report must also be completed.
3. Participation in high school athletics as a 7th or 8th grade student in NO WAY AFFECTS THE STUDENT'S ELIGIBILITY WHEN HE/SHE ENTERS HIGH SCHOOL. The student will still have four (4) first semesters and four (4) second semesters of high school eligibility.
4. Granting 7th and 8th grade student letters and other awards for high school competition also has no bearing on future eligibility.

Conduct

All participants in any extracurricular activity will be held to the following procedures regarding conduct while attending an activity as a representative of the AC/DC Cooperative.

Participants are expected to adhere to responsible standards of behavior and conduct themselves in a socially acceptable manner.

Participants will:

1. be fully responsible for one's own actions and the consequences of such;
2. respect the rights and beliefs of others;
3. treat others with courtesy and consideration;
4. respect and obey the rules of the school and laws of the community; and
5. conduct themselves in a manner befitting role models.

Practice

All sports will follow SDHSAA requirements as to the minimum practices required before the first contest. Students who miss a significant number of practices, such as illness or ineligibility will be evaluated by their coach as to fitness before participation in a game in order to insure their safety. Students must be out for the sport by the third practice.

Practice is extremely valuable. Coaches are encouraged to work together with the Athletic Director in setting up equal use of the facilities. Coaches need to have their full attention on team members while at practice, and therefore no one except team members should be in the practice area. Coaches have the responsibilities to the safety of team members. The coach should be the last to leave, making sure equipment is cared for, lights are off, and doors are locked. No coach should ever leave unless all students have been accounted for and have left the facility.

All practices will have a maximum of no more than three (3) hours. The head coach is responsible for making decisions regarding his/her team. This includes making up practice times whether excused or unexcused.

Sunday Activities

There will be no school-related activities or practices held on Sundays.

Wednesday Night - Church Night

Wednesday night is designated as church night. Practices will end no later than 5:45 PM. There are a few state-controlled activities held on Wednesday night over which we have no control and must ask the cooperation of all involved.

Inclement Weather

When school is dismissed due to inclement weather, practices may only be held with administrative approval. At all times, the safety of the participants should be the primary concern. If a practice is needed, the practice will be voluntary, not mandatory.

Open Gym and Weight Room Usage

Each school will retain their own policies and procedures regarding gym/weight room usage.

Clothing and Equipment

Students receiving articles of clothing/equipment to be worn/used during activities are responsible for those items, and are expected to take proper care of them. Coaches issuing these items will be responsible to check them in at the end of that activity. Missing or damaged items will be charged to that individual responsible. No student shall be permitted to participate in another sport until all equipment checked out to him/her is returned or paid for. This will carry over from year-to-year. An Activity clothing contract will outline replacement costs and will be reviewed and approved prior to checkout.

Participation in More than One Activity at One Time

If a student participates in more than one sport in the same season, each sports' required practice times must be maintained. If required standards cannot be maintained, the athlete will need to choose which activity he/she will participate in. It is the responsibility of the coaches to submit verification that an athlete is able to meet this requirement to the Athletic Director by the end of first week of the season.

Transportation

Student Transportation

Students are to ride to/from an event (practice, contest, etc.) in school vehicles. Any exceptions to this need to be preapproved through administrative channels.

The School District will be responsible for transporting students, participants, coaches, managers, statisticians and Board of Education recognized volunteer assistants that are recognized by the school board to and from athletic and activity events.

Travel Procedures

This guide has been compiled so that all know the procedures that are to be followed:

1. The Athletic Director will work with the bus drivers to establish times for activities. If changes are made regarding leave times, the coaches are to contact the bus drivers with the adjustments.
2. The coach is in charge of all matters pertaining to students, destination, times and rest stops.
3. The coach is responsible for discipline on the bus. Students must keep the noise level low enough so that the bus driver is not distracted. Only technology devices with headphones will be allowed to be used during a bus trip.
4. The bus driver is the final authority on matters related to speed, load, safety, and driving conditions.
5. Eating and drinking on a moving bus is not desired. Students are to use the garbage containers that are available in the bus. Coaches will check to make sure the bus or other school vehicles are clean before allowing students to leave.

6. Students will know when and where the bus will be leaving from and returning to after the trip. Also, students will know the approximate time they are expected to return home in case parents need to pick them up after the trip has ended.
7. Coaches are responsible for the students conduct the entire trip, not just on the bus. Supervision will therefore be maintained at all times.
8. Students who travel with their respective activity groups are expected to return with their group. Written documentation from parents/guardians is needed if a student will not be returning with the team. (The coach will have a sign-out sheet that will serve as the permission slip.) The student(s) may only be released to the parent/guardian or school designated driver. Only parents/guardians may sign out their child.
9. Parents are responsible to pick up their child after each event/activity. Coaches will not be expected to give students a ride home.
10. Any problems that arise on a trip should be reported to the athletic director or principal as soon as possible.
11. Everyone is responsible for promoting the AC/DC Activities Program on out of town trips.

Activities Training Rules

Training rules are in effect from the first practice until the activity's season is completed.

In order to assure a high quality of student activity performance, the AC/DC Cooperative has developed the following guidelines for those young people who wish to participate in school sponsored athletic activities. The purpose of these guidelines is to:

1. Encourage proper school conduct at home and away from school.
2. To help young people to develop a positive attitude and to teach self-discipline.
3. Encourage young people to work as a unit and develop pride toward their activity and school.
4. To confirm and support existing state laws which restrict the use of mood-altering chemicals.
5. To assist students who desire to resist peer pressure.
6. To emphasize the schools concerns for the health of students in areas of safety while participating in activities and the long-term physical and emotional effects of chemical use on their health.

General Guidelines

The enforcement of these rules and regulations are the responsibility of the head coach, athletic director and principal.

Physicals

The AC/DC Cooperative will follow the criteria established by the SDHSAA regarding utilization of physical forms for two years. However, no athlete is prohibited from obtaining an annual physical if they so choose.

Attendance

A student must be in school the entire day of, as well as the day after an event in order to be eligible to participate in the next scheduled activity.

The principal may grant an exception to the activities attendance policy (i.e. for emergencies) on an individual basis. These procedures are in effect for the length of each sporting season. All requests for this consideration should be made at least one day prior to the scheduled activity. If a student is absent due to a medical appointment, a doctor's statement is required to be submitted.

Suspensions

Students who are suspended (in school or out of school) from school are also suspended from attendance or participation in all school activities until the day following the end of the suspension. A student who has been suspended from a team for a training rule violation will be allowed to practice but not compete during the duration of the suspension. This student will not be allowed to leave school early to travel with the team.

Drug Screening

While participating in any interscholastic programs, participants will be subjected to initial and random urine drug screening. Participants refusing to such drug screening will be allowed to practice but not participate in any competitive interscholastic programs. Consent forms will be sent home for parents/guardians and student's signatures.

Concussions

The AC/DC Cooperative will utilize the SDHSAA guide relating to evaluation of student athletes prior to returning to practice or competition following a head injury.

In Season Scholastic Eligibility

Students will be required to maintain a cumulative GPA of 1.34 per semester, and be passing all subjects. Student grades will be evaluated three weeks into each semester and weekly afterwards to determine eligibility status. Students will receive probationary status for one week should a grade in one course fall below passing. If this grade is not raised within the week, or if the student has failing grades in more than one subject, the student will then become ineligible to participate until the identified standard has once again been met. Students not maintaining these standards will be ineligible for all extracurricular activities until they have reached the criteria established above.

Eligibility determination begins at 12:01 PM on Monday and ends the following Monday at 12:00 noon.

Training Rule Violation Procedures, Offences, and Consequences

The following is a list of practices not condoned by the school or coaching staff. A student involved in athletics that chooses to participate in such practices will be subject to disciplinary action from the program in which they are involved. A district staff member, legal authorities, the individual's voluntary admission, or a responsible adult who is willing to go on record must

substantiate the report of a violation. All students will be afforded the due process rights of any disciplinary action.

In the event it becomes necessary to suspend an athlete for a violation of one of the training rules, coaches should take the following steps:

1. Notify the principal and athletic director.
2. Advise the athlete of the violation.
3. Allow the athlete to explain his/her position.
4. Notify the parents or legal guardian of the violation and provide a parent conference, which may include coaches, athletic director, principal, superintendent, and athlete (if requested by the parent).
5. Please be advised that a coach does not have the authority to suspend any student long-term concerning extracurricular activities. All suspensions, including long-term and short term, must be approved by administration.

Level 1	
Offenses	Consequences
<ul style="list-style-type: none"> • Violation of team rules, policies, regulations • Unsportsmanlike conduct (practice, sidelines, contests, anytime representing school) • Unexcused absence (practice/games) • Absence either on the day of an event or the day following the contest/event • Initiation/hazing • Insubordination • Improper use of social media 	<p>Sit out one (1) contest/event for each offense</p>
Level 2	
Offenses	Consequences
<ul style="list-style-type: none"> • Use or possession of tobacco products • Use, possession of, dispensing of, being under the influence of illegal drugs or chemicals including alcohol • Vandalism, theft, destruction of property or any felony or misdemeanor other than traffic violation 	<p>Refer to each school's policy</p>

Lettering

Specific lettering requirements for each sport or activity are left to the discretion of each head coach. The first time a student letters he/she will be given the respective letter "AC" or "DC" pin and a bar for that particular activity. Every time thereafter, he/she will only be given a bar by the head coach. It is understood that for an athlete to earn an athletic award they must have complied with all rules and regulations for athletic participation as established by the AC/DC Cooperative and the SDHSAA. The athlete must complete the season unless released by the

coach for reason of illness, injury, or extraordinary circumstances. In this case, lettering will be at the discretion of the head coach and his/her staff. Lettering requirement should be made known to the athletes prior to the season. Lettering requirements for each activity should also be on file in the athletic director's office.

Awarding varsity letters to athletes for contributions made in their sport will be a coach's decision. However, there are some **guidelines** that the coaches should follow.

1. The policy should be made known to the athletes prior to the season.
2. The policy should be set so it is difficult to achieve, but attainable.
3. Athletes must complete the entire season to earn a letter.
4. Seniors that complete three (3) years in the program will earn a letter.
5. The head coach and athletic director will use discretion in the following categories: injuries, conduct, attitude, citizenship, post-season play, managers, student transfers or any condition not covered.

Cheerleading:

- Finish the season in good standing.

Competitive Cheer and Dance:

- Perform in at least 3 competitions.

Cross Country:

- Participate in half of the cross country varsity meets.
- Be an individual state qualifier.

Football:

- Participation in half of the total number of regular season quarters and completion of the season in good standing.

Volleyball:

- Participation in half of the total number of regular season games.

Basketball:

- Participation in one-fourth of the total number of regular season quarters and completion of the season in good standing.

Wrestling:

- Winning a minimum number of seventeen (17) letter points and completing the season in good standing.

Golf: To letter in golf, participants must have completed any one (1) of the following:

- Participate in half the varsity matches.

- Medal in a varsity match.
- Receive a match Score of 90 for boys or 110 for girls.

Track:

- Winning three (3) or more points during the season in major meets and having completed the season in good standing. Major meets shall consist of varsity competition at any of the following: invitational meet with five (5) or more schools, conference meet, regional meet, or state meet.

Student Managers/Statisticians:

- Complete the requirements of the sport that they serve as manager.

Award Night and Recognitions

A joint Athletics Award Ceremony will be planned to recognize achievement.

At the last home event of the season, a listing of all athletes and families will be included in the program. Seniors on the team along with his/her parents will be formally recognized.

Additional Information

Chain of Command

In order for any organization to function well, there needs to be a properly functioning “Chain of Command”. The Cooperative welcomes constructive comments when they are motivated by a sincere desire to improve the quality of the program and to help personnel in performing their tasks more effectively. The Cooperative places trust in employees and support their actions in such manner that employees are freed from unnecessary spiteful, negative criticism, complaints and/or grievances.

Whenever a complaint is made directly to the school board (of either district) as a whole or to a board member as an individual, it shall be referred to the school administration so that the established procedures may be followed.

When a concern is noted, students and/or parents are to address the issue with the athletic director. The athletic director will assess the situation to see if a violation of the handbook has occurred, or if the matter is simply a question or comment.

- If a question or comment, the athletic director will direct student or parent to the coach for a constructive conversation, not accusation. If necessary, the athletic director will be present for this conversation.

- If a violation has occurred, the athletic director will apprise the coaching staff of the concern, allowing for explanation, comment, and presentation of the facts as he/she sees them.
- If matters are not settled in the first step, problems/questions will be taken to administration from both schools. The administrators will review the information and make appropriate determinations on the next steps to be taken.
- The AC/DC Cooperative Advisory Board will consider hearing citizen complaints and/or grievances when the first two steps cannot resolve them. Matters referred to the Advisory Board must be in writing and should be specific in terms of the complaints and/or grievances that have not been explored at the appropriate administrative level. All complaints must address which of the approved procedures have been violated.
- Individual student issues will be handled by each school according to their established procedures.

Parent Meeting

AC/DC Cooperative coaches are to conduct parent meetings prior to the start or within the first week of practice. The following areas need to be presented at this time:

1. the Cooperative's philosophy;
2. explanation of the risk of personal injury that is inherent with participation of the specific activity;
3. training rules;
4. additional rules and expectations;
5. proper submission of paperwork prior to participation;
6. restriction of athletes to participate without parent consent and proper physical forms;
7. participation restriction in any activity if athletes owe the department for lost equipment or uniforms;
8. the attendance policy in respect to activity participation;
9. the eligibility requirements;
10. the travel policy for activities;
11. the importance of sportsmanship;
12. the expectations for social media usage;
13. other pertinent information including the lettering policy;
14. honoring and celebrations; and
15. the chain of command and outline procedures for discussing issues

APPENDICES

South Dakota High School Activities Association (SDHSAA) and Codified Law References

SDHSAA Eligibility for Athletic Participation

All activities programs in South Dakota Schools come under the direct supervision of the SDHSAA. The following guidelines have been established by the SDHSAA for activity eligibility. The AC/DC Cooperative expects all programs to be conducted within the proper guidelines of the state association.

The South Dakota High School Activities Association states a student is **not eligible** if:

1. he/she has reached their 20th birthday, as determined by the student's birth date;
2. he/she has attended more than 4 first semesters and 4 second semesters of school in grades 9-12. Enrollment in school for 15 school days or participation in an inter-school contest shall constitute a semester;
3. he/she did not pass 25 hours of high school work per week, in courses approved for the preceding semester;
4. he/she are not enrolled in and attend a minimum of 25 hours of high school work per week during the current semester. NOTE: If the student is used in the Average Daily Membership (ADM) count, full or partial day, then they are considered to have attended school;
5. he/she has graduated from a regular four-year high school or institution of equivalent rank;
6. he/she has not enrolled by the 16th school day of the current semester. The date of regular entry into classes is considered the date of enrollment;
7. he/she has been absent from school more than 10 consecutive school days (illness of the student or a death in immediate family excepted);
8. he/she has transferred from one high school to another without a corresponding change in the residence of their parents;
9. he/she does not have on file in the Athletic Director's office a signed physical examination and sports form;
10. he/she has ever participated in an athletic contest under an assumed name;
11. he/she has ever participated in athletics in any institution of learning of higher rank than a standard secondary school;
12. he/she has violated their amateur standing; or
13. during a high school sport season, he/she competed on an unattached basis as an individual or as a member of a non-school team.

Scholastic/Academic Eligibility Rules:

1. **Preceding Semester:** The student, unless they are entering high school for the first time, shall have successfully earned a minimum of two (2) units of credit which are used in the issuance of a diploma, for the preceding or for the most recent semester of attendance in any accredited high school. For the purposes of this subsection, enrollment and attendance in school or participation in one or more contests shall constitute a semester in determining eligibility. However, the Board of Directors or the Executive Director shall have the authority to waive the attendance rule when and if a student withdraws from school as a result of an injury or illness and does not return to any school for the

remainder of the semester and the student does not receive any high school course credits. NOTE: Failure to earn two (2) units of credit the previous semester causes the student to become ineligible the entire following semester. NOTE: Only credits accepted by the school for graduation may be used in determining whether a student successfully earned two (2) units of credit. (Source: Minutes of the January 10-11, 2001 SDHSAA Board of Directors Meeting.)

2. Current Semester. The student shall (a) be enrolled in an accredited high school and attend courses for which a minimum of two (2) units of credit may be earned towards the issuance of a diploma, (b) be receiving alternative instruction as set forth in SDCL 13-27-3 or (c) any student in grades ten, eleven, or twelve may apply to a constitution of higher education or a postsecondary vocational education institution as a special student in a course or courses offered at the institution of higher education or postsecondary vocational education institution. Correspondence/ college courses approved in advance by the high school principal for which credits earned are used in the issuance of a high school diploma may count towards the two (2) units of credit eligibility requirement. (Refer to SDCL 13-28-37)
3. A student's grades which are dependent upon completion of a project such as a vocational education project after the close of the academic school year shall be determined by the grade averages of record assuming satisfactory completion of the project. (Revised 7/11 By-Laws – 9 from SDHSAA)
4. Credit recovery. Students who have been declared ineligible because of academic deficiencies from the previous semester/trimester may earn scholastic/academic eligibility by taking an academic course(s) via the options approved by the SD Department of Education. Examples include, but not limited to, on-line courses, in-district credit recovery courses, alternative education settings, digital courses, etc. The Principal must monitor the successful completion of the course(s) and reinstate eligibility only after the successful completion of 2 units of credit as per Chapter I, Part IV, Section 1, Subsection D., page 8 of the By-Laws.
5. Beginning and ending of a semester. For the purpose of this subsection, the first semester shall be considered as ending on midnight on the day before the second semester begins and the second semester shall be considered as starting on the first day classes are held in said semester. The actual ending of the first/second semester or school year, rather than the date of graduation exercises or diploma date, controls the determination when eligibility terminates.

NOTE: Eligibility is extended to all students:

1. Who choose to graduate at the conclusion of the first semester until the first day of classes of the second semester.
2. Including those graduating students whenever a sub-state/state event is held after the school year has been completed at the local level.

SDCL 13-32-9 Suspension from Extracurricular Activities for Controlled Substance Violations

13-32-9. Any person adjudicated, convicted, the subject of an informal adjustment or court-approved diversion program, or the subject of a suspended imposition of sentence or suspended adjudication of delinquency for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education for one calendar year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one-year suspension may be reduced to sixty school days if the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. If the assessment indicates the need for a higher level of care, the student is required to complete the prescribed program before becoming eligible to participate in extracurricular activities. Upon a subsequent adjudication, conviction, diversion, or suspended imposition of sentence for possession, use, or distribution of controlled drugs or substances or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substances as prohibited by § 22-42-15, by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education. Upon such a determination in any juvenile court proceeding the Unified Judicial System shall give notice of that determination to the South Dakota High School Activities Association and the chief administrator of the school in which the person is participating in any extracurricular activity. The Unified Judicial System shall give notice to the chief administrators of secondary schools accredited by the Department of Education for any such determination in a court proceeding for any person eighteen to twenty-one years of age without regard to current status in school or involvement in extracurricular activities. The notice shall include name, date of birth, city of residence, and offense. The chief administrator shall give notice to the South Dakota High School Activities Association if any such person is participating in extracurricular activities.

Upon placement of the person in an informal adjustment or court-approved diversion program, the state's attorney who placed the person in that program shall give notice of that placement to the South Dakota High School Activities Association and chief administrator of the school in which the person is participating in any extracurricular activity.

As used in this section, the term, extracurricular activity means any activity sanctioned by the South Dakota High School Activities Association.