

McCook
Central/Montrose
Fighting Cougars



Athletic Handbook
2020-2021

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“The McCook Central and Montrose School Districts do not discriminate in their employment policies and practices, or in their educational programs on the basis of race, color, creed, religion, age, sex, persons with disabilities, national origin, or ancestry. Inquiries concerning the application of Title VI, Title IX, or Section 504 may be directed to the HS Guidance Counselor at McCook Central Schools, P.O. Box 310, Salem SD 57058 or by phone at (605) 425-2264, or at Montrose Schools, 309 S. Church St., Montrose SD 57048 or by phone at (605)363-5025;

or to the Regional Director, Department of Education, Office of Civil Rights, 1244 Spear Blvd., Suite 310, Denver, CO 80202-3582.”

ATHLETIC PHILOSOPHY

I. PURPOSE OF THE ATHLETIC PROGRAM

- A. For the Athlete: Athletic competition offers increased opportunity for improving skills, developing physical vigor, promoting friendships and learning good sportsmanship. It is fully intended that athletic competition develop the understanding that the rules of the game are similar to the rules of everyday living.
- B. For the Student: The athletic program provides opportunities for developing school morale, for being sportsmanlike hosts to visiting students and athletes; and for exercising the qualities of fair play and courtesy. The athletic program should be considered a part of the school curriculum, educational in purpose and conduct.
- C. For the Community: The athletic program affords opportunities for school-community relations under constructive conditions.

II. THE DISTRICTS PROVIDE:

- A. An opportunity for every student to participate in some phase of the athletic program.
- B. Leadership in the form of coaches and other supervisors.
- C. Necessary equipment and facilities.

III. THE STUDENTS PROVIDES:

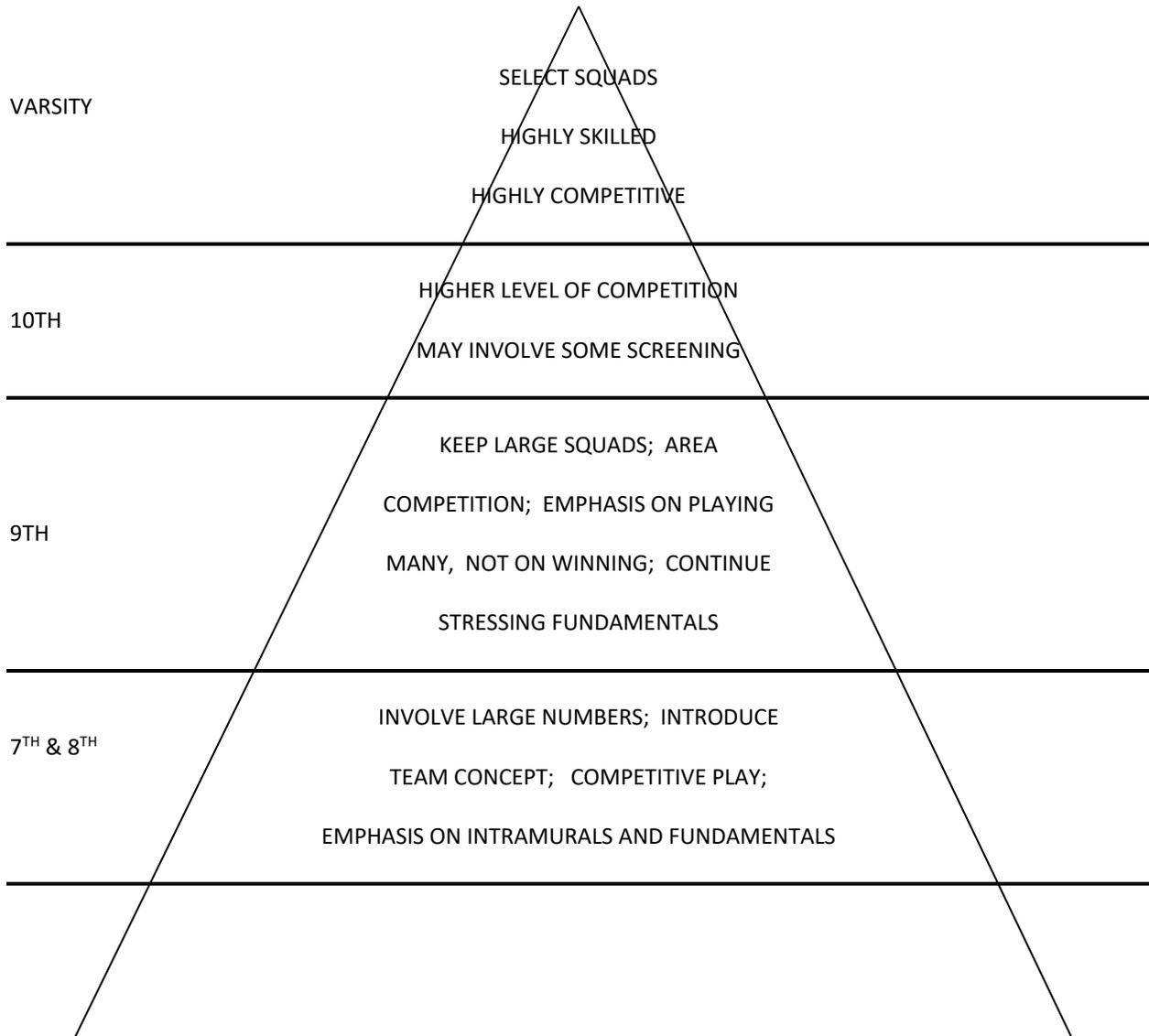
- A. Themselves and their desire to excel.
- B. A good attitude which includes:
 - 1. Training Rules: High regard and willingness to conform.
 - 2. Equipment: Proper care and accounting.
 - 3. Acting as a representative of the school, student body, and communities.

IV. THE PARENTS PROVIDE:

- A. Encouragement to their son or daughter.
- B. Support to and help enforcing training regulations.
- C. Support to the program in which their son or daughter is participating.

PARTICIPATION/COMPETITION PYRAMID

The pyramid shown below describes the McCook Central and Montrose Public Schools athletic participation/competition philosophy at the various levels of the program. The base of the triangle represents total participation. The apex represents the highly competitive varsity level.



CODE OF CONDUCT

Adopted by Board Action 05-10-2000

Revised 3-26-2018

The procedures below will also be applied when a student's language, actions and/or behaviors are unbecoming of a student athlete.

Alcohol, controlled substances & tobacco

The following procedures will be used in dealing with possession, use, distribution, or being under the influence of alcohol, tobacco products, including e-cigarettes, and other controlled substances.

A. First Offense - (athletic year)

1. The administration will notify the parent (s)/guardian(s) by phone to explain the incident and arrange a conference;
2. The principal/AD may notify available law enforcement authorities;
3. **Athletic participant (any district sanctioned sport)** Upon confirmation of first violation, said athlete will lose eligibility for the next two weeks and/or two contests, whichever is greater in length of time. It is up to the discretion of the coach if said athlete would be allowed to practice.
If a student self-discloses his/her use/possession of alcohol, controlled substances and/or tobacco products, the student will lose athletic eligibility for one week or one contest, whichever is greater. If a student admits (confesses) to the improper language, action and/or behavior, they will lose eligibility for one week or one contest, whichever is greater.
4. The administration will notify the parent(s)/guardian(s) in writing of the decision.

B. Second Offense - (athletic year)

1. The administration will contact the parent(s)/guardian(s) to arrange for a conference;
2. The principal/AD may notify available law enforcement authorities;
3. **Athletic participant (any district sanctioned sport)** Upon confirmation of second violation, said athlete shall lose athletic eligibility for 6 events.
4. The administration will notify the parent(s)/guardian(s) in writing of the decision.

C. Third Offense - (athletic year)

Upon third offense, **athletic participant** will lose eligibility for the remainder of the year.

- D. Students whose observed behavior indicates possible use of alcohol and/or other drugs will be referred to the building administrator. The building administrator and /or "first-responder" medical personnel will determine whether to contact the parent for further instruction, refer to the emergency authorization form or immediately seek additional medical treatment. Following the handling of the emergency, this Policy Statement for Alcohol and/or Other Drug abuse will be followed.

CONTROLLED SUBSTANCE VIOLATION SDCL 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 thirty calendar days if the person participates in an assessment with a certified or licensed addiction counselor. 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 second adjudication, as described above, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education for one year from the date of adjudication, conviction, diversion, or suspended imposition of sentence. The one year suspension may be reduced to sixty calendar days if the person completes an accredited intensive prevention or treatment program.

Upon a third or subsequent adjudication, as described above, that person is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education.

As used in this section, the term, extracurricular activity, means any activity sanctioned by the South Dakota High School Activities Association. Students are ineligible to participate in activity events, competitions, and performances, but a local school district may allow a student to participate in practices.

No local school board may impose a lesser consequence than those established in § 13-32-9, but a local school district may adopt a policy, by local school board action, with more strict consequences to meet the needs of the district.

If a suspension is reduced pursuant to § 13-32-9, a suspension for a first offense shall make the student ineligible for a minimum of two South Dakota High School Activities Association sanctioned events. If two sanctioned events for which the student is ineligible do not take place within the reduced suspension period, the student's suspension remains in effect until two sanctioned events for which the student is ineligible have taken place. If a suspension is reduced pursuant to § 13-32-9, a suspension for a second offense shall make the student ineligible for a minimum of six South Dakota High School Activities Association sanctioned events. If six sanctioned events for which the student is ineligible do not take place within the reduced suspension period, the student's suspension remains in effect until six sanctioned events for which the student is ineligible have taken place. To count toward the minimum number of events, the student must participate in the entire activity season and may not drop out or quit the activity to avoid suspension and the failure of a student to complete the entire activity season shall result in the student being ineligible for one year from the date of adjudication, conviction, the subject of an internal adjustment or court approved diversion program, or the subject of a suspended imposition of sentence or suspended adjudication of delinquency. A suspension that is not completed by the student during one activity season shall carry over to the next activity season in which the student participates. In addition, a suspension that is reduced pursuant to § 13-32-9 is only in effect during the South Dakota High School Activities Association's activity year, which begins on the first day of its first sanctioned event and concludes on the last day of its last sanctioned event. A reduced suspension that is not completed by the end of one activity year shall carry over to the next activity year.

A suspension begins on:

(1) The day following the notification to a school administrator by the Unified Judicial System that a student has been adjudicated, convicted, the subject of an informal adjustment or court approved diversion program, or the subject of a suspended imposition of a sentence or a suspended adjudication of delinquency for possession, use, or distribution of controlled drugs, substances, or marijuana as defined in chapter 22-42, or for ingesting, inhaling, or otherwise taking into the body any substance prohibited by § 22-42-15 and the school administrator gives notice to the South Dakota High School Activities Association and the students; or

(2) The day following the student's admission to a school administrator that the student committed an offense enumerated in subdivision (1), which shall be made with the student's parent or guardian present if the student is an unemancipated minor, and the school administrator gives notice to the South Dakota High School Activities Association.

DISCIPLINE/DUE PROCESS

Refer to your respective student handbook.

MCM SPORTS COOPERATIVE DUAL SPORT POLICY

Any MCM Sports Cooperative athlete who desires to participate in any two sports during the same sports season must complete and return the MCM Dual Sports Application no later than August 1st of the school year in which the athlete wishes to participate in the sports. For example, if an athlete wants to participate in two sports in the winter of 2017 (the 2017-18 school year), they must return the completed application no later than August 1st, 2017. If a student transfers or moves into either District after August 1st, the application should be completed within two (2) calendar weeks of official enrollment.

The application *must* have signatures of approval on the application from BOTH coaches, the athlete, and a parent of the athlete before the application will be deemed complete. If both coaches do not sign in agreement, the application is denied.

Complaints regarding a denied application shall follow the MCM Sports Cooperative complaint procedure. All complaints shall be resolved by administration and, if necessary, a joint MCM board committee prior to the beginning of the school year.

The SDHSAA Sideline Cheer handbook notes in section A, sub-item 2 that "Sideline cheer is not an SDHSAA recognized sport. It is a support activity for a competitive sport sponsored by the SDHSAA". Therefore, sideline cheer is exempt from this policy.

First Reading- January 19, 2017

Second Reading- February 13, 2017

Third Reading- March 13, 2017

Amendment First Reading- March 15-16, 2017

Approval- March 27, 2017

References: SDHSAA Sideline Cheer Handbook (2017), retrieved from

<http://www.sdhsaa.com/Portals/0/PDFs/Handbook/Athletics/28-SidelineCheer.pdf>

INJURIES

Physical activities and participation on athletic teams may result in exposing students to the possibility of injury. Students must understand the risks involved. This risk is even greater when dealing with a contact sport like football, wrestling, basketball, or the high jump and pole vault in track. If students or parents have questions concerning the risks involved, please ask the coach, athletic/activities director.

ACCIDENTS AND INJURY

McCook Central and Montrose Public Schools will do everything possible to provide a safe and healthy environment for the students in our school and in our activities. However, it is important for students and parents to understand that the school does not have insurance to cover medical, optical, or dental expenses that a family has to pay as a result of an accident or injury at a school sponsored activity. Athletics place students in a situation with more risk of injury. This is particularly true in a contact sport, such as football, wrestling, and even basketball. Parents or guardians should review their private insurance to make sure that their child is properly protected from financial loss due to accident or injury.

ELIGIBILITY FOR ACTIVITIES (PARTICIPATION) **STUDENTS PARTICIPATING AT THE HIGH SCHOOL LEVEL**

Amended March 23, 2020

The following eligibility requirements set by the SDHSAA must be met before any student can participate in the school interscholastic athletic program. Coaches should know these and discuss with all members of their team.

GENERAL REQUIREMENTS-Only undergraduates or students who have not fulfilled requirements for graduation by attending high school for four first and four second semesters of high school and no more than eight semesters in all are eligible to participate in interscholastic activities as representatives of a member school and in addition a student must meet the following requirements:

- a. Must be under 20 years of age at the time of participation.
- b. Must be enrolled no later than the sixteenth school day of the current semester.
- c. Must have successfully completed 4 classes of high school work per week in courses approved for graduation by the state educational authority for the preceding semester for the most recent semester of attendance in any school. For the purposes of this subsection, enrollment in school for fifteen school days or participation in one (1) or more contests shall constitute a semester in determining eligibility. Provided however the Board of Control shall have the right to waive the 15 day attendance rule when and if a student withdraws from school after 15 days of attendance as a result of an injury or illness and does not return to any school for the remainder of the semester and he/she does not receive any high school course credits and he/she has not participated in one or more inter-school contests. The Board of Control of this Association shall request proper affidavits from the student's attending physician attesting to the fact that the injury or illness necessitated his/her withdrawal from school.
- d. Students must be passing all enrolled classes to be eligible for extracurricular activities. Any student receiving a failing grade during weekly grade checks will be ineligible from extracurricular activities until the assigned teacher of the failing class reports the student has successfully earned a passing grade. Teachers will make every effort to grade missing work in a timely manner, but students will be respectful of teacher time restraints to review missing work.
- e. Athletes will be given a two-week grace period for eligibility at the beginning of each quarter. Loss of eligibility, as defined in (e) above, will begin the third week of each quarter.
- f. Must not transfer to or from another school without a change in address for their parents.
- g. Must have on file in the athletic director's office a signed athletic physical examination and parent's permission form.
- h. **MUST NEVER:**
 1. compete under another name
 2. compete for an independent team or pick-up team during the practice or game season.
 3. compete for an institution of higher learning while still in high school.
 4. accept money awards beyond the SDHSAA limits.

NOTE: There are exceptions to the above rules. Consult your coach or principal if any question arises.

ELIGIBILITY FOR ACTIVITIES (PARTICIPATION) **STUDENTS PARTICIPATING AT THE MIDDLE SCHOOL LEVEL**

- a. Students must be passing all enrolled classes to be eligible for extracurricular activities. Any student receiving a failing grade during weekly grade checks will be ineligible from extracurricular activities until the assigned teacher of the failing class reports the student has successfully earned a passing grade. Teachers will make every effort to grade missing work in a timely manner, but students will be respectful of teacher time restraints to review missing work.
- b. Athletes will be given a two-week grace period for eligibility at the beginning of each quarter. Loss of eligibility, as defined in (e) above, will begin the third week of each quarter.
- c. Must have on file in the athletic director's office a signed athletic physical examination and parent's permission form

COACHES' SPECIFIC DUTIES AND RESPONSIBILITIES

1. Each athlete must have a physical and parent permit form before he/she is allowed to practice or compete in the public school athletic program. Also, insurance forms are to be made available to all athletes. A list of those participating in the insurance program is to be turned into the athletic director.
2. The head coach is responsible for getting eligibility lists of the entire squad to the athletic director one week before the first contest. (Including year in school and birthdate.)
3. Check transportation schedules with the athletic director who will coordinate all travel through the activities director. Any requests for use of the bus or van must be made well in advance.
4. Arrangements for out-of-town travel and overnight accommodations should be made with the athletic director. A list of students, chaperones, and coaches will be turned into the principal's office at least three (3) days prior to date of departure. Travel forms will be provided.
5. Coaches are responsible for the checking-out and checking-in of equipment. At the end of the season, equipment is to be stored and an inventory given to the athletic director.
6. The head coach must make a final report for the official record book no later than two weeks after the last contest. This will include team rosters, alphabetized by class, major award winners, schedules and results of contests. A copy of letter winners will also be submitted to the school office.
7. The activity directors will formally evaluate each head coach at the conclusion of his/her season. Head coaches will evaluate all paid assistant coaches.

COACHES' PROCEDURES FOR SUSPENSION OF ATHLETES FROM THE TEAM

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 parent or guardian of the violation and provide a parent conference, which may include coaches, athletic director, activities director, principal, superintendent, and athlete, if requested by the athlete or parent.

SPORTS SEASONS DATES

The dates for the beginning of all sports seasons are set by the SDHSAA.

PRACTICE SESSIONS

The Activities Director will create all practice schedules. Practices on Wednesday should conclude by 5:45 PM so our athletes can attend their church activities. Once competitions begin, practices should conclude by 6:00 PM. Seventh and eighth grade teams do not practice on Wednesdays.

TRANSPORTING ATHLETES

Transporting our athletes will be mainly by the K & D Busing of Miller, SD. The athletic director will set up your transportation schedule. In cases when a small group will travel, use of the school van is permissible. This is only allowed for transporting 9 students or less in compliance with state law. It is advisable for coaches and assistant coaches obtain a CDL with school bus endorsement. Cheerleaders will **not** ride with the team. Other transportation will be arranged with cheerleading supervisors driving the cheerleaders.

BUS TRIPS

A student who goes on any school sponsored trip will be expected to go by school bus unless otherwise designated. Any student who rides to an event on the bus is to return on the bus or by transportation arranged by the activities director and principal. Parents who wish to take their athlete to an event, must provide a written (electronic text or email is acceptable) statement to the school administrator prior to bus departure. Parents who wish to take their athlete home after an event will need to provide written (electronic text or email is acceptable) or sign the coach's sign out sheet for that event prior to the athlete leaving with the parent.

LETTER WINNERS

Definite policies for winning major awards should be established for each sport. These should be made available to all squad members at the start of the season. Only one major award, large "M", "MC" or "MCM" will be given when the athlete has met the qualifications as a varsity team member. Letter award certificates will be presented to all members at the senior high level. Repeat letter winners will receive bars after they have the emblem for the sport.

CHEERLEADING

Cheerleaders have been selected for Varsity Football, Varsity Wrestling, Varsity Girls' Basketball, and Varsity Boys' Basketball. Cheerleaders will be under the same training rules as the athletes that they support and will be under the same policies and procedures listed in this handbook. Cheerleaders may only attend/perform at events in which there is a cheerleading advisor.

YELL LEADERS

Yell leaders, or support cheerleaders must be approved by the administration, wear school-approved clothes, and adhere to school rules as any other representative of McCook Central and Montrose High Schools. Yell leaders do not necessarily get to participate at all games, tournaments, etc.

EXTRA CURRICULAR PARTICIPATION OF ALTERNATIVE INSTRUCTION STUDENTS

Students who participate in alternative instruction, i.e. who are home schooled, shall have the opportunity to participate in district co-curricular and interscholastic activities if they meet the requirements of state law, the South Dakota High School Activities Association, and district policy, including regulations specified in the student handbooks.

The purposes of these regulations are two-fold: (a) to allow alternative instruction students to participate in district co-curricular and interscholastic activities and (b) to offer alternative instruction students an opportunity to participate in district co-curricular and interscholastic activities while remaining fair and equitable to students who regularly attend school at the McCook Central or Montrose School Districts. Nothing in this section confers any vested right in any student wishing to participate in any interscholastic activity to be selected for competition in such activity.

As a condition of participation, the alternative instruction student in grades 7-12

1. must have a completed a board-approved alternative instruction application on file with the McCook Central or Montrose School District;
2. must demonstrate compliance with CHAPTER 1, PART IV — Student Eligibility — and CHAPTER II, PART I — Further Eligibility for Athletic Contests — of the SDHSAA Eligibility Checklist for Alternative Instruction Students. Compliance with this provision must be demonstrated annually.
3. must be enrolled in the McCook Central or Montrose School District during the entire year in which the student participates in the extracurricular/co-curricular activity and

- a. must attend a minimum of two (2) academic class periods per day (2-50 minute periods/per semester) at McCook Central or Montrose High School; and
 - b. must meet jointly with the principal to finalize a class schedule.
 - c. the classes attended by the alternative instruction student must be classes that grant academic credit and one of which must include a 'core' course at the McCook Central or Montrose School District (core courses are those within the areas of Science, Math, English and Social Studies); and
 - d. must maintain passing grades in all classes enrolled in, not to exceed the number required of regularly enrolled students; and
 - e. must remain in the two courses for the entire year, even if their preferred activity is held entirely within the fall or spring semester. Failure to remain in courses for the entire year shall eliminate their future eligibility for co-curricular/interscholastic activities.
 - f. must meet all attendance requirements as outlined in McCook Central or Montrose School District board policy.
 - g. on the day of participation in any interscholastic competition, the alternative instruction student must have attended both class periods that day in order to be eligible to compete in the contest.
 - h. must meet and follow all training rules and codes of conduct set forth by the McCook Central and Montrose School Districts.
 - i. must have an annual athletic physical examination completed prior to participation on any athletic team.
 - j. must be at least 14 years of age if entering the senior year of high school (the student will be classified as freshmen for course requirement purposes);
4. No student will have any athletic/fine arts eligibility after his or her 20th birthday as per SDHSAA Eligibility Requirements.
5. A student who leaves an accredited school for any reason to enter an alternative instruction program shall be ineligible for interscholastic competition for a period of one (1) year beginning on the date the student enters the alternative instruction program.
6. Any student, who was unable to maintain academic eligibility in an accredited school, shall be ineligible to participate as an alternative instruction student for a period of one (1) year. After one year, the student may regain eligibility per the school district's administrative policy.
7. Junior high students will be eligible for co-curricular/ extra-curricular activities in a commensurate fashion with the senior high regulations.

Adopted: March 26, 2018

CONCUSSION GUIDELINES

The Boards of Education of the McCook Central and Montrose School Districts recognize the importance of rigor, accuracy, and communication in facing the issue of concussions in student athletes. Therefore, the Boards of Education direct their respective Superintendents and the McCook Central/Montrose Athletic Director to adhere to the following guidelines concerning concussions and head injuries to athletes:

1. These protocols apply to every coach, youth athlete, and their parent(s) or guardian(s) who seek to compete in activities sanctioned by the South Dakota High School Activities Association (SDHSAA).
2. All athletes must have, on record, a baseline neurocognitive test that is no more than two years old.
3. The cooperative will distribute information consistent with current medical knowledge to each member school, coach, athlete, and the athlete's parent(s) or guardian(s) regarding: the nature and risks of concussions; the signs, symptoms, and behaviors consistent with concussions; the need to alert appropriate medical professionals for diagnosis and treatment; and the need to follow proper medical direction and protocols for treatment and return-to-play after an athlete sustains a concussion.
4. Every coach participating in athletic activities sanctioned by the SDHSAA must complete yearly concussion training developed by the SDHSAA and the SDDOE.

5. Parent(s) or guardian(s) of a youth athlete must sign a consent for each academic year allowing the youth athlete to participate in an athletic activity. The form must include information about the nature and risks of concussions.

Removal from Play

An athlete shall be removed from participation in any athletic activity sanctioned by the SDHSAA at the time the athlete (a) exhibits signs, symptoms, or behaviors consistent with a concussion or (b) is suspected of sustaining a concussion.

Return-To-Play

Once an athlete has been removed from participation in an athletic activity sanctioned by the SDHSAA, the youth athlete may not return to athletic activities until (a) the athlete no longer exhibits signs, symptoms, or behavior consistent with a concussion **and** (b) receives an evaluation by a licensed health care provider trained in the evaluation and management of concussions **and** (c) receives written clearance to return-to-play from such health care provider.

Definition of "Health Care Provider"

Under these guidelines, "health care provider" means a person who is registered, certified, licensed, or otherwise recognized in law, by the State of South Dakota, to provide medical treatment and is trained and experienced in the evaluation, management, and care of concussions.

References

SDCL 13-36-9

<http://www.sdhsaa.com/Portals/0/PDFs/Athletics/Health-Safety/SDConcussionLegislation.pdf>

APPENDIX A*

This is the form that the South Dakota High School Activities Association recommends to member schools to get consent from parents and/or legal guardians for medical treatment when away from home on road trips for various activities.

This form is necessary for all students in case of injury or illness and parents cannot be contacted.

CONSENT FOR MEDICAL TREATMENT

I am the _____ (Mother-Father-Legal Guardian) of _____, who participates in extra-curricular activities for the McCook Central and Montrose School Districts. I hereby consent to any medical services that may be required while said child is under the supervision of an employee of McCook Central and Montrose School Districts, while on a school sponsored activity and hereby appoint said employee to act on behalf in securing necessary medical services from any duly licensed physician or osteopath.

_____ We have adequate insurance in case an injury would happen to occur.

Dated this _____ day of _____, 20_____.

Parent or Guardian's Signature

CONSENT OF CHILD

I, _____, have read the above consent form signed by my _____ (Mother-Father-Legal Guardian) and join with _____ (him/her) in the consent.

Dated this _____ day of _____, 20_____.

Student's Signature

***Return to your coach by the third day of practice.**

APPENDIX B*

TO THE ATHLETE AND THE PARENT

Detach this form and return it to the Athletic Director's Office prior to your participation on an athletic team.

We have read the Athletic Handbook and are familiar with the contents and agree to support these policies pertaining to McCook Central and Montrose High School Athletics

Comments or Suggestions:

Parent or Guardian Signature _____

Student Athlete Signature _____

***Return to your coach by the third day of practice.**

Dual Sport Application

Date: _____

Athlete Name: _____

School Year in which the application pertains: _____

Sports in which the athlete wants to participate:

Sport #1: _____

Sport #2: _____

Is a proposed plan for how this will be achieved, covering practices and competitions, included with this application?

Yes

No

Athlete Signature: _____

Parent Signature: _____

Coach #1 Signature: _____

Coach #2 Signature: _____

Office Use Only

Received Date: _____

Received By: _____

(Circle One):

APPROVED

DENIED

Complaint Process Notes: _____
