

WOOD RIVER RURAL SENIOR HIGH ACTIVITIES PROGRAM

This program is designed to provide wholesome opportunities for those students who desire competitive activity.

Each student participating in the activities program should:

1. Consider all opponents as guests when participating at home and treat them with all the courtesy due friends.
2. Accept the decision of officials without question.
3. Never use abusive or irritating remarks.
4. Applaud good sportsmanship from opponents and teammates.
5. Strive for victory through fair play according to the rules of the game.
6. Love the game for its own sake--not for what winning may bring them through publicity.
7. Do everything possible to encourage enthusiasm for the game and courtesy and respect for the players, coaches, and fans.
- 8 Win without boasting and lose without excuses.
9. Do all within their power to make the entire activities program something of which we will always be proud.

Any boy or girl is welcome to try out for any of the activities group available to them providing they meet the requirements established by the Nebraska State Activities Association and the school and they agree to follow the guidelines established in this booklet.

The guidelines established herein for the activities programs were developed by the cooperative efforts of participants, coaching staff, administration and the board of education. They are revised each year with input from each of the before mentioned groups and are indicative of what should be accomplished in an activities program.

PHILOSOPHY

A great tradition is not built overnight - it takes the hard work and dedication of many individuals over many years. As a member of an activities group, the student participant has certain responsibilities to uphold.

Our tradition has been to succeed so that honor comes to our community, our school, and our participants. Such a tradition is worthy of the best efforts of all concerned, the followers, the coach-sponsors, the participant and the student body. We will always try to excel. In doing so, we will always maintain respect for our school, our opponents, and most of all, ourselves.

By participating in the activities program, we hope that all participants are able to derive some of the individual values and benefits of the program. We will do this with emphasis in "sportsmanship" and fostering good character by teaching, enforcing, advocating and modeling the principles of trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

1. Responsibilities to yourself

We like to think of any participant as being someone special in that certain responsibilities are imposed on him/her. A participant is one who accepts these responsibilities and broadens him or herself and develops strength of character. Participants owe it to themselves to get the greatest possible good from their school experiences; their studies and their participation in the activities program. You owe it to yourself to always do whatever you do in life to the best and fullest of your ability.

2. Responsibilities to the school

By being a participant, you have the responsibility to your school to always do your best and always follow the guidelines set forth. By being a participant, you are representing your school and your community.

You automatically assume leadership role when you are part of an activities group. The student body and citizens of the Wood River School district know you. You are on the stage with the spotlight on you. The student body, the community, and other communities judge our school on your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute to our school spirit and community image. Make your school proud of you and your community proud of your school by your performance and your devotion to high ideals. The younger students are watching you. They will imitate you in many ways. Do not let them down-give them high ideals to copy.

3. Responsibility of the coaching-sponsor staff

Our coach-sponsors should feel that they have the responsibility to give the school district the best possible group with the available talent each year. Our coach-sponsors should be dedicated to this fact. To succeed will always be furthest in the coach-sponsors mind, but they should be well aware of what must be done to succeed in the proper manner. Following our philosophy of the importance of sportsmanship and good character, coaches will emphasize, discuss and demonstrate to their athletes the qualities of trustworthiness, respect, responsibility, fairness, caring and good citizenship.

SAFETY

The District's philosophy is to maintain an activities program which recognizes the importance of the safety of the participants. To ensure safety, participants are required to become fully familiar with the dangers and safety measures established for the activity in which they participate, to adhere to all safety instructions for the activity in which they participate, to inform their coach or sponsor when they are injured or have health problems that require their activities be restricted, and to exercise common-sense.

WARNING FOR PARTICIPANTS AND PARENTS

The purpose of this warning is to bring your attention to the existence of potential dangers associated with athletic injuries. Participation in any intramural or athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or

muscles, to catastrophic injuries to the head, neck and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis or death. Even with appropriate coaching, appropriate safety instruction, appropriate protective equipment and strict observance of the rules, injuries are still a possibility.

PRACTICE/CONTEST REGULATIONS

In order that we may always have a well-rounded activities program and because of limited facilities for some activities, the following guidelines are followed concerning off-season unorganized practices.

- 1). No participant will work out using school facilities unless he or she is sponsored.
- 2). Nothing will ever be done by any coach-sponsor or participant to take away from the sport in season. School facilities will be available for students who wish to voluntarily workout to keep physically fit. These times will be before or after school and after the first contest is played during the sport in season with supervision. The athlete must not conflict with the existing sport practice that is in season.
- 3). Coaches and sponsors will encourage their students to participate in another activity during their sports off-season.
- 4). No individual will be allowed to change activities during a season unless they have the approval of the coach-sponsor of the activity they are quitting.
- 5). If the coach-sponsor drops an individual from a group because of disciplinary reasons or if they quit on their own accord, they may not practice for the next activities season using school facilities under the supervision of a coach-sponsor until the activity, which he quit, is complete.
- 6). If an individual is cut from a group by the coach-sponsor, they may then participate in another activity of that season if permissible under the rules of the Nebraska School Activities Association.

PARTICIPATION IN OTHER ORGANIZATIONS

Any individual who is a member of any interscholastic activities group cannot participate in any other organized activity involving a similar activity, in school or out of school, during the period that he/she is a member of an interscholastic group.

Examples:

Town team or church league basketball during Basketball season

An open golf tournament or golf league play during Golf season

Jaycees or AAU wrestling during wrestling season, AAU cross country or road races during Cross Country season

The before mentioned restriction involves all grades.

TRAVEL TO AND FROM ACTIVITIES

1). Coaches-sponsors and activities groups will travel to and from all contest events by school bus or school vehicles. Travel by private cars is discouraged, but when used, strict insurance standards are adhered to and adult drivers are used. All members of any activities group will return from a contest/event by the same transportation provided for taking them to the contest/event.

Exception: The sponsor must have “written” permission from the parents for any member to return home with the parent or another parent.

Should a participant be in violation of this before mentioned policy on transportation, they will be suspended for a period of one calendar week from all events/contests of that activity. Should a participant be in violation of the before mentioned policy for the second time during any activity season, he/she will be suspended from the activity for the duration of the activity season.

When traveling by school bus, the participant should remember the following:

- a. Always be on time for departure.
 - b. There will be no loud or boisterous talking.
 - c. All riders will always be seated.
 - d. There will be complete silence when the bus stops for railroad crossings.
 - e. There will be no yelling out windows or waving of arms out the windows.
 - f. Students will exit the bus through the front door.
 - g. There will be no food or drink taken on the bus unless given permission by the sponsor.
- 2). Dress of group members should be clean, neat, and in good taste.
- 3). Meals: Generally speaking, when an activity group is required to be away from home all day for a contest, group members will eat their pre-activity meal at home and will be encouraged to take a sack lunch to supplement their diet.

PARTICIPATION AND ATTENDANCE

In order for any student to participate in any practice or activity, he/she must be in attendance by 11:30 a.m. In cases of early dismissal or early departure for an activity, failure to attend on that day may result in a student being withheld from participating in the activity. Exception to this rule will be allowed for a student who has been pre-excused.

Any student that violates the above rule will be suspended from the next activity of similar description. For example, if it was a game that he/she participated in, he/she will be excluded from the next game. If it were practice, he/she would be excluded from the next practice.

Coaches and/or sponsors will attempt to make sure that violations of the rule do not occur, but the primary responsibility of adhering to this rule is the students and his/her parents.

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION RULES

1). The Wood River School District is a member of the NSAA, which is a voluntary organization of public and parochial schools of Nebraska, organized for the purpose of promoting and regulating the competition between schools in what is generally known as extracurricular activities. The District is subject to and governed in part by the rules and regulations for extracurricular activities of the NSAA, which rules and regulations are incorporated into and made a part of this policy by this reference. These rules and regulations include, but are not limited to such subjects as eligibility, entry fees, awards, seasons, practices, summer activities, out-of-state contests, statewide contests, Sunday contests, physical examinations, participation of non-high school teams in non-school competition, all-star competitions, amateur rules, assumed

names, prohibited activities, playing rules, equal opportunity for participation, and sports sponsored by the Association.

2). These rules and regulations are available for inspection and review in the office of the school principal. The NSAA has a due process appeal procedure for alleged violations of their rules and regulations which procedures and which rules and regulations will be followed by this school district.

CONCUSSIONS

What is a concussion? A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms? You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

Signs Observed by Parents or Guardians	Symptoms Reported by Athletes
<ul style="list-style-type: none"> • Appears dazed or stunned • is confused about assignment or position • forgets instruction • is unsure of game, score, or opponent, • moves clumsily • answers questions slowly • loses consciousness (even briefly) • shows mood, behavior, or personality changes • can't recall events prior to hit or fall • can't recall events after hit or fall 	<ul style="list-style-type: none"> • Headache or "pressure" in head • nausea or vomiting • balance problems or dizziness • double or blurry vision • sensitivity to light or noise • feeling sluggish, hazy, foggy, or groggy • concentration or memory problems • confusion • just not "feeling right" or is "feeling down"

How can your teen prevent a concussion? Every sport is different, but there are steps your teens can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your teen has a concussion? Keep your teen out of play. If your teen has a concussion, her/his brain needs time to heal. Don't let your teen return to play the to play. A repeat concussion that occurs before the brain recovers from the first-usually within a short period of time (hours, days, or weeks day of the injury and until a health care professional, experienced in evaluating for concussion, says your teen is symptom-free and it's OK to return)-can slow recovery or increases the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

Seek medical attention right away. A health care professional experienced in evaluating for concussion will be able to decide how serious the concussion is and when it is safe for your teen to return to sports. Written clearance from a doctor is required before an athlete can be allowed to return to practice or competition.

Teach your teen that it's not smart to play with a concussion. Rest is key after a concussion. Sometimes athletes wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your teen convince you that he/she's "just fine."

Tell all of your teen's coaches and the student's school nurse about ANY concussion. Coaches, school nurses, and other school staff should know if your teen has ever had a concussion. Your teen may need to limit activities while s/he is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse. Talk to your health care professional, as well as your teen's coaches, school nurse, and teachers. If needed, they can help adjust your teen's school activities during her/his recovery.

If you think your teen has a concussion:

Don't assess it yourself. Take him/her out of play. Seek the advice of a health care professional. It is better to miss one game than the whole season.

Addition to School Policy on Concussions: Return to Learn. The Superintendent or designee shall develop a return to learn protocol for students who have sustained a concussion. The return to learn protocol shall recognize that students who have sustained a concussion and returned to school may need informal or formal accommodations, modifications of curriculum, and monitoring by medical or academic staff until the student is fully recovered.

For more information and to order additional materials free of charge, visit:
www.cdc.gov/Concussion.

PRE-PRACTICE REQUIREMENTS FOR ATHLETICS

Permission to participate in athletics: No participant shall be allowed to represent the school in athletics until there is on file in the school office the following three items:

1. One completed statement from a licensed physician stating that the athlete is physically able to compete in the sports designated. The payment obligation for the physical examination is the responsibility of the parent or legal guardian. This certifies that the athlete is qualified for the entire school year June 1 through the following closing day of school, or the current school year. THE NSAA REQUIRES EACH ATHLETE TO HAVE A PHYSICAL EXAMINATION EACH YEAR.
2. One completed statement must be signed by the student and the parent or legal guardian having custody of the athlete giving their consent for their child or ward to participate in sports under the conditions as stated in Board of Education policies, for the well-being of the parents, the athlete and the school district.
3. One completed statement must be signed by the student and the parent or legal guardian having custody of the student showing that insurance is carried as recommended by the Board of Education, or showing that the student is covered under an insurance policy carried by the parent/guardian while participating in athletics.

ELIGIBILITY

In order to represent a high school in interscholastic activities competition, a student must abide by eligibility rules of the Nebraska School Activities Association and of the Wood River Rural School District. If you do not understand a summary of these rules listed below or you need an explanation of other requirements, consult the high school principal or activities director.

- 1). Student must be an undergraduate.
- 2). Student must be enrolled in at least 20 credit hours per week and regular in attendance.
- 3). Student must be enrolled in some high school on or before the 11th day of the current year.
- 4). Student is ineligible if 19 years of age before August 1 of current school year.
- 5). After a student's initial enrollment in grade nine of a four-year high school, he/she shall be ineligible after eight semesters of school membership. After a student's initial enrollment in grade ten of a three-year high school, he/she shall be ineligible after six semesters of school membership.
- 6). Student must have been enrolled in school the immediate preceding semester.
- 7) Student must have received 20 semester hours of credit the immediate preceding semester.
- 8). Once the school year begins, students' eligibility will be determined on a weekly basis for participation in or attendance at school events. Students who are failing two or more classes will be declared ineligible to participate in any extracurricular activity for a one week period. If students receive a grade in a class for their performance, the activity will not be considered an extracurricular activity. This one week period will run Tuesday morning to Tuesday morning. Parents/guardians of student affected by this will be notified by mail.

The first time a student is failing two or more classes in a semester, he/she have a one-week "grace" period to raise his/her grades. If at any time the student is failing two or more classes after the grace period, he/she will be declared ineligible. Students who are ineligible will still practice during the week and will attend all group functions but may not participate.

Students who do not participate in extracurricular activities and are failing two or more classes may not attend any school-sponsored event.

9). Once the season of an activity begins, a student shall compete only in activity contests/meets in that activity which is scheduled by his/her school. Any other competition will render the student ineligible for the remainder of the season in that activity. The season of an activity begins with the first date of practice as permitted by NSAA rules

10). A student shall not participate in camps or clinics during the season of an activity in which he/she is involved, either as an individual or as a member of a team.

11). All other reasonable rules or regulations adopted by the coach or sponsor of a team or group shall be followed provided that the participant shall be notified of such rules and regulations by written handouts or posting on bulletin boards prior to the beginning of the season.

12). A student shall be ineligible to represent a school in interscholastic competition at the varsity level if he/she does not meet NSAA requirements.

13). A student is ineligible if his/her parents have changed their domicile to another school district and the student has remained in former school, which is in a different school district. (EXCEPTION: If parents have moved after school has started, the student will be eligible to compete for the remainder of the school year, or if parents have moved during the summer which immediately precedes the school year and the student is in grade twelve and has attended the high school for two or more years, the student is eligible for that school year in the school district from which the parents moved.)

14). Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling.

15). A student shall not participate in a contest under an assumed name.

16). A student must maintain his/her amateur status.

The Board of Directors of the NSAA shall act upon requests for the consideration of exceptions to Nebraska School Activities Association requirements three times during each school year. Other cases may be heard at the discretion of the Board of Control if the incident causing a hardship occurs between the regular meetings scheduled for the hardship rulings.

The first hardship committee meeting will be in August in the association office. The second meeting is scheduled for November and the third for March in the association office.

Applications for the consideration of such exceptions must be in the hands of the executive secretary of the NSAA at least one week in advance of a hardship committee meeting. Each application must be made in writing by the superintendent or principal of the high school, and should contain all the facts pertinent to the cause, including sufficient data to make it possible to reach a decision without further investigation. A personal appearance before the board is not necessary.

It should be understood that ordinary cases of ineligibility shall not be considered as coming under this rule and that the conditions which cause the student to fail to meet the eligibility requirement must have been beyond the control of the school, the pupil and/or his/her parents.

ACTIVITIES ON CHURCH NIGHT AND SUNDAYS

According to the Nebraska School Activities Association, no athletic contests may be scheduled on Sunday. In addition to this, the school wishes to work cooperatively with the churches of the community concerning the scheduling of activities on Sunday and Wednesday evenings.

Wednesday evening has been set aside for church activities and no senior high activity will take place after 6:30 p.m. Exceptions will only be made through school and church officials.

STARTING, DISMISSAL AND LENGTH OF PRACTICE

The individual coach or sponsor will design all starting times of practices. All participants are expected to be on the practice facility at the time set by the coach or sponsor. A participant who is not on time is holding back the entire participating group.

In order that participants and their parents may plan accordingly and for the welfare of the participant, it is suggested the length of practices, starting and ending times, and practice dates be communicated with the participant's parents or guardians. (Practice time is time on or at the practice facility. It does not include dressing time or any other corresponding time.)

Students planning to participate in athletics are expected to report for the sport at the beginning of each season, reporting for one sport may count as reporting on time if there is a change in sport approved by the coach.

Participants are required to attend all scheduled practices and meetings. If circumstances arise to prevent their attendance, the validity of the reason will be determined by the coach or sponsor. Every reasonable effort should be made to notify the coach or sponsor prior to all missed practices or meetings.

Good sportsmanship shall be observed during practice sessions and contests. Abusive or profane language or gestures are prohibited.

CUTTING THE SQUAD

As a rule, we aim to carry as large as possible activities group in order to give everyone a chance. The only times a group might be cut are:

1. When a junior or senior does not stand a chance of competing, they will be so advised.
2. As an individual when they do not wish to follow the activities guidelines.
3. When transportation or facility capacity are determined to be at a maximum. We aim to do nothing in any of our programs, which will cause an individual to become discouraged and drop out on their own accord.

EQUIPMENT

In our activities program, we try to furnish the participant with as much of the equipment needed as is feasible. We are confident that we have good equipment and in case of contact sports, our participants are well protected.

All equipment will be checked out to individuals at the beginning of the season by the coach or sponsor in charge. The participant will be responsible for this equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition. (What item costs when purchased for replacement may be double the original cost in many cases.)

It is the responsibility of the participant to check in the equipment at the end of the season or immediately should they quit an activity. If a participant fails to check in their equipment at the designated time or immediately should they quit an activity, they will be expected to pay for the cost of replacement. Athletes will not be permitted to participate in a sport until they have checked in and paid all bills from previous sport.

At no time should participant wear equipment checked out to him/her except for practices and contests. Any participant found to be wearing school equipment outside of practice or possessing school equipment can expect to be treated as possessing property not belonging to him/her.

LETTERING REQUIREMENTS

Each time an individual letters in the senior high, they will be awarded a letter certificate by the coach or sponsor of that activity at the conclusion of the season. The first time, and only the first time, that an individual letters in any activity at the senior high level, he/she will be awarded by the coach or sponsor of that activity, the standard chenille letter representative of activities of the senior high.

Football-To be eligible the athlete must meet one of the following criteria:

1. Average one quarter of participation in each varsity contest.
2. A senior who has been a member of the team for four years.
3. In the event of a season ending injury, average quarters of all games played will be used.

Basketball-To be eligible, an athlete must average one quarter of participation for each game played. This requirement can be waived at the coach's discretion.

Volleyball-To be eligible an athlete must play in ten (10) sets during the regular season and conference or district tournament. The above requirements can be waived in the case of an athlete who has contributed a great deal to the team. In all cases, the athlete must have the coach's recommendation.

Cross Country- 1). The athlete may letter by being one of the first four runners in two or more scheduled varsity contests; 2). Medal in any regular season varsity meet, Conference, or District meets; 3). Placing in the top 25 and participating in 85% of the meets. District and State not included in percentage; 4). And/or qualifying for state as an individual or as a team. The above requirements can be waived in the case of an athlete who has contributed a great deal to the team. In all cases, the athlete must have the coaches' recommendation.

Wrestling-The athlete may letter by:

1. Must have a total of 40 points, forfeits do not count. Points as follows: (a) 2 points to compete-loss situation only (b) 3 points for win by decision-4 points for major-and 5 for technical fall (c) 6 points for win by pin (d) Points for varsity and junior varsity are combined, with at least 20 points being at the varsity level.
2. Must attend all varsity events. Exceptions:(a) family emergencies, funerals (b) therapy (c) illness verified by the coach (d) all other circumstances evaluated by the head coach.
3. The athlete may not have more than five absences from practice. Illness (that requires absence from school) and emergencies are exceptions. The coaches will individually evaluate all other absences.

4. Must have a total of AT LEAST ten service hours. Service hours are any time spent bettering the wrestling program. The easiest way to accumulate these is coaching our kids club. Each practice is two hours long; therefore, it only takes five practices to accumulate the ten hours. The coach records these hours and any athlete not reaching their ten hours will not receive a letter.

5. Athlete must complete the season in good standing. Anyone who meets lettering criteria, but quits the team before the end of the season, will NOT receive a letter. The coach will take into account special situations such as transfer, injuries, and senior members of the squad. Coaches retain the right to give the final recommendation for an athlete to receive a letter.

Golf-The athlete may letter by being one of the first five golfers (varsity) in one or more of the scheduled varsity matches. This requirement can be waived in the case of an athlete who has contributed a great deal to the team. In all cases, the athlete must have the coach's recommendation.

Track-The athlete may letter by averaging 1.5 points per meet scheduled and participating in over 50% of the scheduled meets (district and state not included), placing in an individual event at a major meet (4 or more teams) or by being a member of a relay team which places third or higher in a major meet (4 or more teams). These requirements can be waived in the case of an athlete who has contributed a great deal to the team. In all cases, the athlete must have the coach's recommendation. Coaches will deviate from this somewhat depending on the type of meets that are scheduled during the year.

Other Information Regarding Lettering

1. All requirements are based on varsity competition only.
2. In most cases, student managers will be awarded letters for the completion of a sport season.
3. A letter winner may be a member of the Letterclub.

DRESSING ROOM AND PRACTICE ROOM POLICIES

All participants will be under the direct supervision of the coach or sponsor in charge. A participant must not linger in these rooms, be rowdy or endanger the safety of others. All cases of misconduct will be dealt with by the coach or sponsor in charge. Participants are to always respect all equipment and supplies in these rooms. Offices and equipment rooms are off-limits to all participants except authorized student helpers. Exception: When the participant is asked to enter for a conference by the coach or sponsor.

GUIDELINES FOR THE USE OF THE WEIGHT ROOM

1. Overall supervision of the weight room is under the direction of the Activities Director/Principal.
2. The weight room will never be used by a student unless it is sponsored.
3. The weight room will be used for the following purposes and in the following priorities:
 - a. Physical education instruction-physical fitness program.
 - b. By the sport in season-program to be designed by the head coach.
 - c. Morning conditioning programs for athletes not involved in athletic programs in season.
 - d. Summer conditioning program for all athletes grades 9-12 the coming school year.
 - e. Adult education instruction-physical fitness program.

CODE OF CONDUCT

The Code of Conduct applies to all school activities. Activities at Wood River Rural Schools are defined as any organized school function involving students, at which public attendance is encouraged, which involves competition with other schools, which involves students as representatives of the school, or for which the school assumes a sponsor's role. Activities at Wood River Schools include, but are not necessarily limited to, athletics, music, speech and drama, student council, National Honor Society, Close Up, and organizations such as FBLA and Spanish Club. Activities also include school-sponsored events such as social gatherings, dances and banquets. Graduation is excluded from this policy as it is a Board of Education ceremony and a culmination of thirteen years of effort. However, a student may be excluded from his/her class's graduation ceremony for inappropriate behavior as described below in (Section 4. Behavior rules) or if the student violates the school's Alcohol/Drug/Tobacco Policy (See the student handbook) by using, possessing, distributing, selling, or being under the influence of alcohol, tobacco, drugs, or being in possession of drug paraphernalia at school.

1. Appearance-- Participants will always be neat, clean and well groomed while participating in a school event. Each participant will always take pride in his/her dress and appearance. No outlandish dress or attire will be permitted.

2. Attendance of Practice and Activities-- Participants are always expected to be on time, in fact, ahead of time for all practices, activities, and departures for activities. Every practice is important, not only to the individual, but to the group as a whole. Sponsors must be informed in advance about any absences. Results of absences or failure to clear such absences in advance shall be up to the individual sponsor.

3. Hazing-- There is no place in the activities program or the school system for any form of "hazing" of students. Any participant found to be involved in any form of "hazing" would be dealt with by the coach or sponsor in charge after consulting with the activities director and principal. This punishment could be as severe as dismissal from the team for the remainder of the season.

4. Behavior Rules

a. The following conduct shall constitute grounds for suspension from participation in interscholastic competition when such conduct occurs on or off school grounds during the enforcement period.

(1) The use of violence, force, coercion, threat, intimidation, or similar conduct in a manner that constitutes an interference with school purposes;

(2) Willfully causing or attempting to cause damage to private or school property, stealing, or attempting to steal private or school property;

(3) Causing or attempting to cause physical injury to a student or school employee. Physical injury caused by accident, self-defense, or other action undertaken on the reasonable belief it was necessary to protect some other person shall not constitute a violation of this subdivision;

(4) Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from such student;

(5) A participant will be suspended from the activity if he/she is cited for breaking federal or state laws (excluding misdemeanor traffic violations).

b. The Enforcement period for violation of Behavior Rules will run from the beginning of the first day of practice of the first fall sport to the last day of the spring sports. Each year students will start with a clean slate.

c. Suspension from activities due to a student's conduct in violation of any of the rules set forth in this policy will result in loss of playing any game or other public appearance for the periods specified as follows:

(1) First offense: 7 calendar days

(2) Second offense: 21 calendar days. A student must receive an evaluation for his/her problem area paid for by the parents to be reinstated.

(3) Third offense: 35 calendar days. Student will meet with a coach's panel to discuss changes in behavior to be reinstated.

(4) Fourth offense: suspension for the remainder of the school year.

d. Any student involved in a suspension from an activity as defined in violations (1) through (3) above shall continue to practice for that activity and it will be up to the coach's discretion if they travel with the team.

5. Drugs and Alcohol Policy

Students will follow the suspension guidelines listed below whenever they are cited for or observed possessing, using, consuming, delivering, transferring, or selling illegal drugs or alcohol, or are under the influence of alcohol or illegal drugs, or possessing drug paraphernalia. The school's enforcement of this policy shall not be hindered nor in any way affected by any plea agreement of diversion in lieu of formal charges instituted by the County Attorney having jurisdiction over any such case.

Meaning of Terms.

Use or consume includes any level of consumption or use. Use of a controlled substance in the manner prescribed for the student by the student's physician is not a violation.

Under the influence means any level of impairment and includes even the odor of alcohol on the breath or person of a student, or the odor of an illicit drug on the student. Also, it includes being impaired by reason of the abuse of any material used as a stimulant.

Possession includes having control of the substance and also includes being in the same area where the substance is present and no responsible adult present and responsible for the substance. Possession includes situations where, for example:

(1) Alcohol is in a vehicle in which the student is present. The student is considered to be in possession if the student is aware that the alcohol is in the vehicle, even though the student has not touched or consumed the alcohol; and

(2) Alcohol is present at a party attended by the student. The student is considered to be

in possession if the student is aware that alcohol is at the party and fails to immediately leave the party, even though the student has not touched or consumed the alcohol.

In these situations, a violation would not exist if the alcohol is in the control of a parent or guardian or other responsible adult (age 21 or older) such that students are not allowed to access the alcohol. A violation would also not exist if the student did not know or have a reasonable basis to know that alcohol would be present, and the student leaves the location where the alcohol is present as soon the student could safely do so. (Students are expected to leave immediately, but are not to do so in a manner that would endanger them. For example, you are not to leave in a car being driven by a person who has been drinking just to get away from the alcohol party immediately when there is no other way to get home. Instead, you should call for a safe ride home and, while waiting, clearly distance yourself from the alcohol).

a. Student conduct constituting a violation of the above rules set forth during a student's high school career will result in the suspension of playing any game or other public appearance for a period as specified.

(1) First offense: in grades 9-12 will result in suspension for 21 calendar days, with penalty reduced to 7 calendar days if the student involved reports the infraction to the administration no later than 3:33 p.m. by the end of the first school day after the incident.

(2) Second offense: in grades 9-12 will result in suspension for 28 calendar days, with penalty reduced to 21 days if the student involved reports the infraction to the administration no later than 3:33 pm by the end of the first school day after the incident. He/she must also undergo, at his/her own expense, an evaluation to determine if a problem exists, before reinstatement.

(3) Third offense: in grades 9-12 will result in suspension for 45 calendar days, with penalty reduced to 35 calendar days if the student involved reports the infraction to the administration no later than 3:15 pm by the end of the first school day after the incident. For reinstatement the student must also meet with coaches' panel to discuss what changes in the student's behavior would give reason for his/her reinstatement.

(4) Fourth offense: in grades 9-12 will result in suspension for one calendar year beginning on the date of the incident.

b. The Drug and Alcohol Policy is a year around policy, and although no punishment will be administered, any violations that occur during the summer will be counted as one of the offenses.

c. Students violating the above rules in this section in school at a school event, or on a school trip will not be eligible for self reporting and the reduction that goes with it. Any student involved in a suspension due to the above rules will continue to practice for that activity but traveling with the team during suspension will be up to the coach's discretion.

6. Out-of-School Suspensions -- Students on out-of-school suspensions will not be allowed to participate in any practices, contests, or performances on the day(s) they serve their suspensions.

7. Should a student be in violation of this policy, the penalties listed above would be in addition to any administered because of regular school policies.

8. Due process procedure for suspension and/or expulsions from activities. In case of alleged infractions of the rules and regulations set forth in or adopted under the Suspension or Expulsion rules, the following due process will be followed:

a. If any alleged infraction occurs, the coach, sponsor, principal or activities director shall make an investigation of the alleged conduct or violation and determine if a suspension is necessary to help any participant or to further school purposes, or to prevent interference with school purposes.

b. Before the suspension shall take effect, a participant shall be given oral or written notice of the charges against him/her and an explanation of the evidence the authorities have, and an opportunity to present his version.

c. If, after the above, a determination is made to suspend the participant, the suspension shall take immediate effect, and the coach, sponsor, activities director or principal shall send a written notice to the participant, the participant's parents or guardian of the action taken.

d. If a participant, his parents or guardian are not satisfied with the determination by the coach, sponsor, activities director or principal, a hearing may be requested before the next higher level of authority, i.e. principal or superintendent, if the principal is the supervisor. The hearing must be requested in writing, which writing must be delivered to the appropriate level of authority within five days of receiving notice of suspension.

e. If a hearing is requested, it shall be held within ten days of the request and a notice of the time and place of the contain an outline of the alleged infraction.

f. At the hearing, as provided above, if witnesses should testify, the participant will be given the opportunity to confront and cross-examine such witnesses, the participant will be allowed counsel if desired, the participant will be allowed to call witnesses and present evidence, and the participant will have the right to have a decision based solely on the evidence presented at the hearing.

g. Upon conclusion of the hearing, a written statement of findings of facts from the hearing will be compiled and a decision rendered. The statement of findings of fact and the decision will be mailed to the participant, parents or guardian. The school shall keep a record of the hearing.

h. Nothing contained in this policy shall prevent the participant, parents, guardian or representative from discussing and settling the matter with the appropriate school personnel at any stage provided herein.