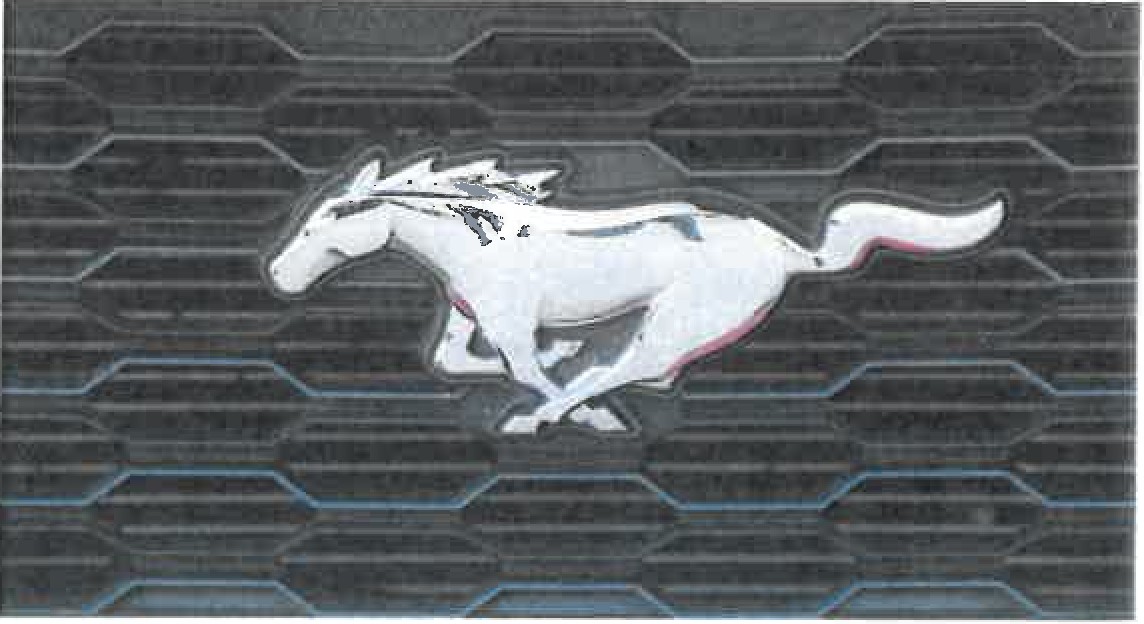
ACTIVITY PART ICIPATION I NFORMATION

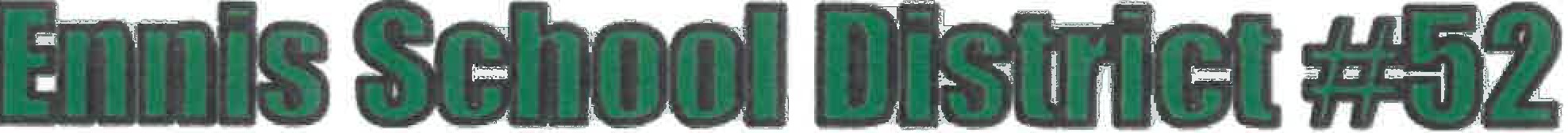
2020-2021



(Parent copy - retain for your records)

Activity Pass Prices Student - $55.00 (Grades K-12)

Adult - $65.00 Family - $165.00



**ENNIS SCHOOL DISTRICT ACTIVITIES-ATHLETIC HANDBOOK 2020-2021**

Ennis Public School District #52 will make equal educational opportunities available for all students without regard to race, color, national origin, ancestry, sex, ethnicity, language barrier, religious belief, physical or mental handicap or disability, economic or social condition, or actual or potential marital or parental status. **{School Board Policy 3210}**

**Please read carefully before signing:**

The Ennis School District provides a wide range of athletic and extra-curricular activities for both boys and girls. Participation in such activities is voluntary. The School District recognizes that participation in athletic and extra-curricular activities can bring the student many rewards.

These activities require that the student make a commitment to the activity, submit to the discipline of the coach or advisor, and develop self-discipline to be able to successfully participate. Participation in these activities often requires considerable physical exertion, physical conditioning and adherence to training rules and regimens.

The rewards for participation are obvious. Learning to function in a team effort teaches a student important lessons for life. Participation in individual sports teaches self-reliance and commitment. All such activities develop in the student an appreciation for his or her physical abilities and develop enthusiasm and school spirit. Competition is fun and everyone must learn how to deal with both victory and defeat.

Athletic and extra-curricular activities tend to keep the student involved in a constructive endeavor. The District's experience has been that its athletes and members of other extra-curricular activities tend to be good citizens and good students. The District believes that you should encourage your child to participate in these activities and support and encourage him or her during the ups and downs of the particular endeavor.

The School District will provide properly trained coaches, safe equipment and facilities, and make reasonable efforts to see that the athletic or extra-curricular program is safe for your child.

Nevertheless, because athletic activity can involve injury to the participants, we must warn you of such dangers.

The purpose of this warning is to aid you in making an informed decision as to whether the student should participate in the athletic activity. In addition, its purpose is to make you aware that as a student athlete and parent or guardian, it is your responsibility to learn about the sport involved and to inquire of coaches, physicians and other knowledgeable persons about any concerns that you might have regarding athletic safety and the School District's athletic program.

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Athletic injuries can impair the student's general, physical and mental health and the student's ability to earn a living and engage in social or recreational activities and general enjoyment of life. Such injuries can include health or serious physical injury and a possibility of emotional injury. Injury can arise from training room procedures, the administration of first aid, or failing to follow game, training, safety or other team rules. The use of transportation provided or arranged by the School District to and from games also involves the risk of injury or death.

**DIRECTORY INFORMATION**

Regarding student records, federal law requires that "directory information" on a child may be released by the District to anyone who requests it unless the parent/guardian/caretaker relative objects in writing to the release of the information. This includes release of directory information to post-secondary institutions and military recruiters. Please make sure a parent/guardian/caretaker relative completes the Student Directory Information Notification as found in the Student Handbook.

**REQUIREMENTS**

All students participating in extracurricular activities must have the following prior to the first practice:

* A required physical documented on the official Montana High School Association (MHSA) Physical Form (at least for all MHSA sanctioned activities).
* An Assumption of Risk statement signed by the parent.
* A Permission to Participate form (sign-off).
* Ari updated Medical information form.
* A Concussion Education and Compliance form signed by the student athlete and parent.
* A required drug testing activity form 3351F signed by the student athlete and parent.

**PURPOSE**

The purpose of this guide is to establish rules, procedures, policies, and philosophy as it pertains to the Ennis School District Athletic and Activities Programs. The fundamental purpose of the athletic/activities program is to facilitate the development of:

* Sportsmanship,
* A sense of responsibility to themselves and others,
* A devotion to an athletic and/or activities assignment,
* Pride of accomplishment of a job done to the best of one's ability,
* Sense of belonging to a group,
* Social values derived from contact with students and adults from other communities and
* Healthy behaviors of participants.

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### GENERAL INFORMATION RELATING TO POLICIES

* 1. **Academic Eligibility For Participation**

Ennis Schools will follow the eligibility rules as set forth by the Montana High School Association which reads as follows:

* + 1. **MHSA Requirement:** A student must be enrolled and have received a passing

grade in at least twenty (20) periods of prepared class work or its equivalent in the last previous semester in which the student was in attendance. Failure to meet this requirement will result in one (I) semester of ineligibility. Middle school students will be required to receive a passing grade in ten {10) periods of prepared work per week. A home school student is not eligible to participate for an MHSA member school. (Article II, Section (2) Eligibility, MHSA handbook)

* + 1. No student who is enrolled in a grade below the ninth shall be eligible to participate in a MHSA Association Contest, except as established in Section (5) of the **MHSA** handbook

Ennis Schools further stipulate:

**Ennis High School Requirement:** In addition, Ennis Schools requires the following:

* + - 1. A weekly eligibility check will be conducted for all students involved in any extra -curricular student activity, grades 6-12, based on the current cumulative grade for that quarter on the date of the eligibility check. The first eligibility check for each quarter will take place the 3rd Tuesday to allow students and staff time to establish new grades and GPAs.

\* Quarter grades, NOT semester grades will be used to determine eligibility.

* + - 1. Eligibility will be checked on Tuesday morning; teachers will be required to give at least one grade each week and shall upgrade their PowerSchool grade-books by each Monday evening. The principal and/or athletic director will inform students and coaches/advisors of student eligibility status. Academic ineligibility will run from Wednesday through Tuesday at midnight.
      2. A student must have no F's and must maintain a cumulative quarter grade point average (GPA) of 2.0 or higher to be considered academically eligible until the next eligibility check. Students ineligible on the last day of any quarter will remain ineligible until the next quarter's 3rd Tuesday eligibility check.
         1. Students taking Montana Digital Academy or other online classes must complete at least one assignment per week with a grade of 60% or above.
      3. Grace Period Clause: students will be given one grace period per quarter that may be used during that quarter, but may NOT be used for ineligibility that exists on the last eligibility check of that quarter. If a student uses a grace period, they

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will be eligible for that week, but only if he or she attends study table each day it is offered. If a student misses study table that week, he or she will immediately become ineligible until the next eligibility check and will have forfeited the grace period. Once ineligible, each missed study table during the week will result in an additional week suspension for each absence.

* + - 1. A student who is academically ineligible will be expected to participate in all practices that week ***provided*** the student attends Study Table for each day it is offered. Tardiness to or failure to attend Study Table will result in the loss of practice privileges for that day. The core purpose of study table is to help the student regain his or her eligibility.
      2. A student who is ineligible will not participate in any contest or travel with the team or activity group during the period of ineligibility.
      3. A student with an unexcused absence from school and/or practice will not be able to participate at the next scheduled competition.
  1. **Activities Philosophy**

##### ACTIVITIES PHILOSOPHY

It is our philosophy that participation in co-curricular activities is an integral and vital part of the total educational program.

The clubs, activities, and athletics provided by Ennis School District No. 52 shall afford opportunities for students to involve themselves outside the classroom. Besides providing these programs, the District encourages student involvement because it benefits both the individual student and the school. The student derives cooperation, dedication, personal pride and ownership, sense of purpose, enhanced self- worth, loyalty, success and recognition, physical and social development, and a wholesome use of time.

Student interest leads to pride in school, citizenship, leadership, democratic experience, and character development. Teamwork, sportsmanship, and respect for others' rights and views are advanced.

Therefore, we believe it is the responsibility of the District to identify and maintain a mix of activities that motivates an optimum number of students without encroaching on one another. It is further incumbent upon the District to encourage participation by students for the above-mentioned reasons and their synergistic effect on the school community.

Finally, we believe that these activities are not an end in themselves, but vehicles to work with students. We want to "win" not for "winning's sake," but because the desire to excel is a worthwhile lifetime goal.

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We do not subscribe to a "winning at all costs" philosophy. We value the importance of good sportsmanship, giving one's best effort, winning humbly, and losing with grace. We believe it is not the score that makes one a "winner" or a "loser".

## Accident Report Form and Procedure

**Injuries:** All injuries are to be reported immediately to the coach/advisor/activity director regardless of the nature of the injury. The coach/advisor/director will fill out an accident report form and file it in the principal's office within one (1) school day of the accident.

* 1. **Age Rule- MHSA**

Section (7) AGE-RULE

7.1 No student is eligible to participate in an Association contest who has become nineteen (19) years old on or before midnight, August 31, of a given year. Therefore, a student who becomes nineteen {19) years old after midnight, August 31, of a given year, will be permitted to compete in all Association contests throughout that school year, under the provisions of this section.

## Assumption of Risk Statement

Liability: The coach/ advisor/ director, any other member of the school staff, or any member of the Board of Trustees will not be held liable or responsible in case of an accident incurred during practice, games, meets, matches, tournaments, concerts, or trips supervised by Ennis Public Schools. Each parent or guardian will be responsible to sign an "assumption of risk" statement indicating that the parents/guardians assume all risks for injuries resulting from such participation. [Board Policy 2151]

## Attendance the Day of an Activity

**School Absences:** Absences from school and participation in practices, games, meets or performances.

If you are absent from school for a school sponsored event you can practice, play in a game, or take part in a performance that day.

If you are absent from school for a limited number of periods for a medical, dental, optometrist, etc. appointment you can participate with approval from the administration (principal, vice principal, or the activities director). A written excuse from the doctor is required.

You may attend practice, play in games, or participate in performances with administrative approval if absent for a court appearance, bereavement, a family emergency, or some other reason deemed acceptable by the administration.

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If you are home sick and do not come to school for all or part of the day or are absent from any class (excused or unexcused) you cannot practice, play, or participate in performances. It is not in the best interest of our participants to be practicing when sick.

If you are in school but are absent from class for reasons deemed unexcused, you may not participate in games, practices, or performances that day. A student with an unexcused absence from school and/or practice will not be able to participate at the next scheduled competition.

**School Suspension:** School suspension means the exclusion of a student from attending

individual classes or school and participating in school activities for an initial period not to exceed ten (10) school days. This will be treated as an unexcused absence from the activity. If a student serves a suspension from school, they will not be able to participate in that week's activity(s). This will be treated as an unexcused absence from the activity. [School Board Policy 3300]

**Authorized Students** - **Practices and Events**

*"Only authorized students may be present at Ennis School District activity practices, on the bench and locker room during events, and on District-provided transportation to and from events. Authorized students include the members of the team or activity and approved managers. Unauthorized students include children who are not participating in the activity or members of the team and students who are not enrolled in Ennis School District.*

### Bullying, Harassment, Intimidation, Hazing Policy

**HAZING, BULLYING, HARASSMENT** & **INTIMIDATION**

The Board will strive to provide a positive and productive learning and working environment. Bullying, harassment, intimidation, or hazing, by students, staff, or third parties, is strictly prohibited and shall not be tolerated. (School Board Policy #3226)

* + 1. "Hazing" includes but is not limited to any act that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or as a condition or precondition of attaining membership in or affiliation with any District-sponsored activity or grade-level attainment , including but not limited to forced consumption of any drink, alcoholic beverage, drug, or controlled substance, forced exposure to the elements, forced prolonged exclusion from social contact, sleep deprivation, or any other forced activity that could adversely affect the mental or physical health or safety of a student; requires, encourages, authorizes , or permits another to be subject to wearing or carrying any obscene or physically burdensome article, assignment of pranks to be performed, or other such activities intended to degrade or humiliate.

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* + 1. "Bullying" means any harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact , including any intentional written, verbal, or electronic communication ("cyberbullying") or threat directed against a student that is persistent severe , or repeated, and that substantially interferes with a student's educational benefits, opportunities, or performance, that takes place on or immediately adjacent to school grounds, at any school-sponsored activity , on school-provided transportation, at any official school bus stop, or anywhere conduct may reasonably be considered to be a threat or an attempted intimidation of a student or staff member or an interference with school purposes or an educational function, and that has the effect of:
       1. Physically harming a student or damaging a student 's property;

11. Knowingly placing a student in reasonable fear of physical harm to the student or damage to the student's property;

1. Creating a hostile educational environment, or;
2. Substantially and materially disrupts the orderly operation of a school.
   * 1. Electronic communication device" means any mode of electronic communication, including but not limited to computers, cell phones, PDA, social media or the internet.

#### Reportin&::

All complaints about behavior that may violate this policy shall be promptly investigated. Any student, employee, or third party who has knowledge of conduct in violation of this policy or feels he/she has been a victim of hazing , harassment, intimidation, or bullying in violation of this policy is encouraged to immediately report his/her concerns to the building principal or the District Administrator , who have overall responsibility for such investigations. A student may also report concerns to a teacher or counselor, who will be responsible for notifying the appropriate District official. Complaints against the building principal shall be filed with the Superintendent. Complaints against the Superintendent or District Administrator shall be filed with the Board.

#### Exhaustion of Administrative Remedies

A person alleging violation of any form of harassment, intimidation, hazing, or threatening, insulting, or demeaning gesture or physical contact, including any intentional written, verbal, or electronic communication, as stated above, may seek redress under any available law, either civil or criminal, after exhausting all administrative remedies.

### SEX BASED DISCRIMINTION AND TITLE IX

No student, on the basis of sex, will be denied equal access to programs, activities, ser\_vices, or benefits or be limited in the exercise of any right, privilege, or advantage, or denied equal access to educational and extracurricular programs and activities.

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Inquiries regarding discrimination on the basis of sex should be directed to the District Title IX Coordinator, located in the Ennis High School District Administration Office.

**Sexual Harassment Policv {B.P. 3225)**

Sexual harassment is a form of sex discrimination and is prohibited. An employee, Distr ict agent, or student engages in sexual harassment whenever that individual makes unwelcome advances, requests sexual favors, or engages in other verbal, non-verbal, or physical conduct of a sexual or sex-based nature , imposed on the basis of sex, that:

* + - 1. Denies or limits the provision of educational aid, benefits, services, opportunities, or treatment, or that makes such conduct a condition of a student's academic status; or
      2. Has the purpose or effect of:
         1. Substantially interfering with a student's educational environment;
         2. Creating an intimidating, hostile, or offensive educational environment;
         3. Depriving a student of educational aid, benefits, services, opportunities, or treatment; or
         4. Making submission to or rejection of such unwelcome conduct the basis for academic decisions affecting a student.

Students who believe that they may have been sexually harassed or intimidated should consult a counselor, teacher, Title IX coordinator, or administrator, who will assist them in the complaint process. Supervisors or teachers who knowingly condone or fail to report or assist a student to take action to remediate such behavior of sexual harassment or intimidation may themselves be subject to discipline.

* FOR A COMPLETE DESCRIPTION of the Ennis School District #52 Sexual Harassment Policy, refer to Policy Descriptor code: BP 3225 and/or contact Mark Womacks, Title IX Coordinator, Ennis Public Schools.
  1. **Cell phone use by students**

**Cell Phones and Other Electronic Equipment (Students)**

Student possession and use of cellular phones, and other electronic mobile devices on school grounds, at school-sponsored activities, and while under the supervision and control of District employees is a privilege which will be permitted only under the circumstances described herein. At no time, will any student operate a cell phone or other electronic mobile devices with video capabilities in a locker room, bathroom, or other location where such operation may violate the privacy right of another person. In

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addition, it is expected that students not be on their devices during actual play. Students are expected to watch the competition and to be in full support of their peers.

* 1. **Code of Conduct**

**Extra** - **and Co -Curricular Chemical Use Policy**

Students participating in extra- and co-curricular activities, whether sponsored by the MHSA or not, shall not use, have in possession, sell, purchase, or distribute alcohol, tobacco products, alternative nicotine and vapor products, or illegal drugs or abuse prescription or non-prescription drugs during their extracurricular seasons. These rules are in effect twenty-four (24) hours a day.

This policy applies to middle and high school students who are involved in the extra- and co-curricular activities program.

### College Recruiting

Coaches are encouraged to promote their athletes for scholarships whenever possible, however this should be done after consultation with parents.

Documentation of all contacts with representatives of secondary institutions should be forwarded to the Activities Director.

When counseling athletes or their parents, coaches should inform them of NCAA student

-athlete eligibility requirements.

* 1. **Code of Ethics**

**ACTIVITY CODE OF ETHICS:**

It is the duty of everyone involved in school activities, participant or sponsor, to:

1. Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. Eliminate all possibilities which tend to destroy the best values of the activity.
3. Stress the values derived from participating in activities.
4. Show cordial courtesy to visitors and officials.
5. Respect the integrity and judgment of sports officials.
6. Achieve a thorough understanding of the activity and its rules.
7. Encourage leadership and good judgment.
8. Recognize that the purpose of activities is to promote the physical, mental social, and emotional well-being of all involved.
9. Remember ... no competition is a matter of life or death for participants, coach, school, official, fan or community.

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I0. Keep an open line of communication between participant and coach/ sponsor.

1. Hazing, harassment, bullying, intimidation on the part of students, staff, or a third party (fan or student attending event) will not be tolerated. Activities are an extension of the classroom and a violation will be treated as such and dealt with as stated in the student and staff handbooks.
2. Realize that your failure as a student participant to abide by the code of ethics may result in your removal from the event, activity, and/or disciplinary action.

### 12.Concussion Education and Compliance

**Concussion Form:** All participants and their parent/guardian must initial all the required information on the concussion form and have it completed before the student may begin practice.

### A Fact Sheet for ATHLETES

##### WHAT IS A CONCUSSION?

A concussion is a brain injury that:

* Is caused by a bump or blow to the head
* Can change the way your brain normally works
* Can occur during practices or games in any sport
* Can happen even if you haven't been knocked out
* Can be serious even if you've just been" dinged"

##### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

* Headache or "pressure" in head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Bothered by light
* Bothered by noise
* Feeling sluggish, hazy, foggy, or groggy
* Difficulty paying attention
* Memory problems
* Confusion
* Does not "feel right"

##### WHAT SHOULD I DO IF I THINK I

**HAVE A CONCUSSION?**

* **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
* **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
* **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until

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you get approval from a doctor or health care professional to return to play.

**HOW CAN** I **PREVENT A CONCUSSION?**

Every sport is different, but there are steps you can take to protect yourself.

* + Follow your coach's rules for safety and the
  + Rules of the sport.
  + Practice good sportsmanship at all times.
  + Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards,

**A Fact Sheet for PARENTS**

**WHAT IS A CONCUSSION?**

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

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 or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

**WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

**Signs Observed by Parents or Guardians**

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

* + Appears dazed or stunned
  + Is confused about assignment or position
  + Forgets an instruction
  + Is unsure of game, score, or opponent

and eye and mouth guards). In order for equipment to protect you, it must be:

* The right equipment for the game, position, or activity
* Worn correctly and fit well
* Used every time you play

**Remember, when in doubt, sit them out!**

**It's better to miss one game than the whole season.**

* Moves clumsily • Answers questions slowly
* Loses consciousness (even briefly)
* Shows behavior or personality changes
* Can't recall events prior to hit or fall
* Can't recall events after hit or fall

**Symptoms Reported by Athlete**

* Headache or "pressure" in head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Sensitivity to light
* Sensitivity to noise
* Feeling sluggish, hazy, foggy, or groggy
* Concentration or memory problems
* Confusion
* Does not "feel right"

**HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Every sport is different, but there are steps your children can take to protect themselves from concussion.

* Ensure that they follow their coach's rules for safety and the rules of the sport.

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* + Encourage them to practice good sportsmanship at all times.

mouth guards). Protective equipment should fit properly, be well maintained,

* + Make sure they wear the right protective and be worn consistently and correctly. equipment for their activity (such as • Learn the signs and symptoms of a helmets, padding, shin guards, and eye and concussion.

**WHAT SHOULD YOU DO IF YOU TIDNK YOUR CHILD HAS A CONCUSSION?**

I. **Seek medical attention right away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

1. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon-while the brain is still healing-risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
2. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child ' s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

# Remember, when in doubt, sit them out!

**It's better to miss one game than the whole season.**

**Be Prepared**

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

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### SIGNS AND SYMPTOMS OF A CONCUSSION

|  |  |
| --- | --- |
| **SIGNS OBSERVED BY PARENTS**  **OR GUARDIANS** | **SYMPTOMS REPORTED BY YOUR CHILD OR TEEN** |
| •Appears dazed or stunned   * Is confused about events   •Answers questions slowly  •Repeats questions  •Can't recall events prior to the hit, bump, or fall   * Can't recall events after the hit, bump, or fall * Loses consciousness (even briefly)   •Shows behavior or personality changes  •Forgets class schedule or assignments | **Thinking Rememberin g Emotional:**  **i---,.;..;.;....;.;;.;;.;.;;.,"'---'...;;.;;;.;; ;..;;.;;..;.;;.;;.Joo' 1**   * Difficulty thinking clearly •Irritable   •Difficulty concentrating or •Sad  remembering •More emotional than usual   * Feeling more slowed down •Nervous   •Feeling sluggish, hazy, foggy, or  groggy **Sleep\*:**  •Drowsy  **Phvsical:** •Sleeps less than usual   * Headache or "pressure" in head sleeps more than usual   + Nausea or vomiting • Has trouble falling asleep * Balance problems or dizziness * Fatigue or feeling tired *\*Only ask about sleep symptoms if the* * Blurry or double vision *injury occurred on a prior day.*   + Sensitivity to light or noise * Numbness or tingling * Does not "feel right" |

**14, Corporal Punishment <Discipline and Punishment of Pupils M.C.A. 20-4-302)**

No District employee or person engaged by the District may inflict or cause to be inflicted corporal punishment on a student. Corporal punishment does not include reasonable force District personnel are permitted to use as needed to maintain safety for other students, school personnel, or other persons or for the purpose of self-defense.

### Participant Selection Policy

In some activities, only a limited number of participants will be possible. Selections or auditions will occur and some participants will not be included on teams or selected for positions or roles. Coaches/advisors/directors are charged with the following responsibilities relating to these decisions:

* + 1. The coach/advisor/activity director is responsible for making decisions about who is selected, keeping those participants who give the group the best chance of success.
    2. The coach/advisor/activity director has the responsibility to meet with each participant who is not selected and explain the reasons for the decision.
    3. The coach/advisor/director has the responsibility to meet with parents who would like to discuss a selection decision. The coach/advisor/director will not meet with a parent until a 48-hour waiting period is observed.

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* 1. Dress and Grooming

**Dress for** Activities

Coaches/sponsors/advisors are hereby encouraged and authorized to establish exemplary standards and practices in fashion, grooming and taste that will tend to enhance the appearance of the group as a whole. Students are expected to look neat and clean. Dress for success.

Such standards and/or practices must be of a reasonable nature, appropriate to the group's activity and reflect positively on the image of the group and school.

Further, these standards and/or practices must be made known to all potential members at the beginning of the activity season for that group (or sooner if possible).

17, Dual Activity in a Season

QUALIFYING ACTIVITY PREFERENCE

At any time a student is participating in multiple school-sponsored activities and more than one activity falls on the same day, the participant will attend and participate in the activity that is a state level competition or qualifying activity (districts/divisional/ regionals) for future participation.

**18 Extra-Curricular Activities Offered**

##### BASKETBALL (grades 6-12)

Basketball is a ball and hoop sport involving CONTACT. Because it is a contact sport, basketball involves the risk of serious injury to every part of the body.

Common injuries sustained as a result of participating in basketball include ankle, knee, back, head or neck and leg injuries. Bruises, muscle strains, cramps, fractures and dislocations are common types of injuries sustained by basketball players. Basketball injuries can result from contact with other participants, the basketball, the playing surface and other solid objects in and around the basketball court.

**CROSS COUNTRY ( ades 6-12)**

Cross Country is a sport involving running. Common injuries sustained as a result of participating in cross country are to the thigh, and hamstring muscle in the back part of the leg. The most common time for injury to occur is during practice or warm-up.

The risk of injury may result from falls or collisions with others, or in the case of cheerleading, with participants in the sports where cheerleading takes place.

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