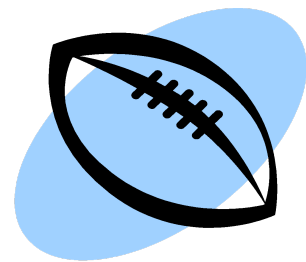
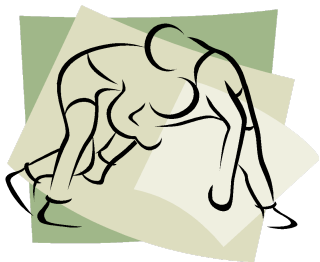


2023-2024 Shoshoni Schools Athletic/Activity Handbook



GO BIG BLUE!



The Shoshoni Wranglers challenge you to "Join the RIDE!" This is the sportsmanship initiative developed by the WHSAA and students. To join the RIDE, you must show:

Respect to participants, officials, guests, your school, their school and yourself,

Integrity by treating others as you wish to be treated,

Dedication through understanding that the RIDE takes time; it's worth it in the end, not just for you but for all, and

Encouragement by promoting good sportsmanship just as much as you discourage bad sportsmanship

The following are the five groups who are essential in promoting and having an impact on positive sportsmanship. The WHSAA provided the role of responsibility for each of these groups.

ADMINISTRATORS: You are the standard by which sportsmanship excellence is measured. Consistency is key!

COACHES: You are the brightest beacon for good or bad sportsmanship. Be a good role model!

SPECTATORS: Use your voice to represent yourself, your team, your school and your community in a positive way!

PARTICIPANTS: You are the reason everyone is there. Compete with class!

OFFICIALS: With your enforcement of the rules in a fair and consistent manner, the contest maintains its integrity.



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Attitude

by Charles Swindoll

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act a certain way. We cannot change the inevitable, the only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. As so it is with you...we are in charge of our Attitudes.

Statement of Philosophy

FCSD #24 recognizes that all members of the student body are representatives of the school and encourages all students to participate in activities due to the benefits derived from such participation. Participation in student activities subjects students to greater public exposure and scrutiny and students are expected and encouraged to bring credit rather than discredit to the school whose programs makes such participation possible. It shall therefore be the policy of the school district:

- Student participation in athletics/activities is a privilege, not a right.
- Those students who exercise the privilege of participation shall consequently be expected to exemplify high standards of behavior, demonstrate respect for the dignity and rights of others, good sportsmanship, and respect for authority.
- Students who choose to participate will be expected to conform to basic standards of conduct and to demonstrate a degree of self-discipline and self-sacrifice for the welfare of their team.
- Students who participate in extra-curricular activities at FCSD #24 are expected to be students first. The building administration realizes that at times situations arise that dictate students missing class. However, it is the responsibility of the students to make arrangements with their teachers for the material covered in class while the student was absent due to a school activity.
- Each sponsor or coach may have additional training rules. These must have the approval of the building principal and AD; and participants must be fully informed of all additional regulations.

JUNIOR HIGH AND YOUTH

The Junior High and Youth interscholastic athletic program addresses the physical, social, and emotional needs of early adolescence. We have an "A" team and a "B" team with the approach to the B team including expanded opportunities to participate, in recognition of the physical, mental, and social changes that these students are experiencing. The approach to the "A" team is more competitive which includes a culminating event. The "A" team also recognizes the physical, mental and social changes of the athletes, but there is more of a focus on preparation for the competitive nature of high school athletics. Participation at the junior high and youth levels are not solely focused on athletic ability; students are encouraged to participate in a program that includes:

- A "no cut" policy (athletes can be removed from the team for handbook violations)
- A focus on playing time for all student/athletes and development of skills
- Coaches who value playing all team members in each contest while still keeping in mind the success of the athlete
- Voluntary participation in practices during vacation periods

HIGH SCHOOL

Athletic participation at the high school level is more competitive than the Junior High program, and the junior varsity (JV) program functions as a transition between the two. All athletes who compete in high school will have the opportunity to play at the JV level, but Varsity competition is based on ability and participation in this program requires a significant commitment of time as well as adherence to more stringent team and Athletic Department rules. Parents and athletes are advised to take this into consideration when deciding whether or not to participate at the JV or Varsity level. In order to fully appreciate a family's commitment to this competition and to avoid miscommunication or unrealistic expectations, parents and students must understand that:

- Practices and contests are often scheduled on Saturdays and during school vacation periods. Athletes are required to participate in all practices and contests unless excused by the coach. Excessive unexcused absences will result in disciplinary action, which may include dismissal from the team.
- Squad selection is based on a combination of ability, work ethic and attitude
- Playing time and substitutions are made at the discretion of the coaching staff

Athletic Participation

All athletes who participate in a sport are encouraged to stay in that sport for the entire season. Students will be allowed to change or join that sport within the first two weeks of that sport season. Any subsequent change cannot be made without the express approval of the coaches, Athletic Director and/or Principal.

Participant requirements prior to first practice:

- All Shoshoni School and WHSAA semester eligibility requirements have been met.
- Completed physical examination form, which includes the completed Emergency Medical Release form, completed insurance information and completed parent consent
- Signed "Code of Conduct."
- Coaches will complete the online "Concussion In Sports, What You Need To Know" course through the NFHS.

All forms for participation must be turned in to the Activities Director prior to participation. The Activities Director will provide a copy of the needed forms to the coach for the team's safety.

Eligibility Requirements

Students, parents, and coaches are encouraged to check grades often (through IC, Canvas, teachers, etc.) to maintain the best grades possible and ensure accuracy within the reporting system.

The following requirements must be met to establish eligibility for participation in all activities for all students in grades 5-12: AN ELIGIBILITY REPORT WILL BE RUN FROM THE ELECTRONIC GRADING SYSTEM, BY THE ACTIVITIES DIRECTOR, BEFORE 1ST HOUR OF THE REPORTING DATE AND DISTRIBUTED TO STAFF. An eligibility warning report will be run on Monday of the eligibility week. Students on that list will be notified via email and will have until Wednesday at 3:40pm to turn in a reestablish sheet to the AD. Eligibility reports are run every other Wednesday throughout the school year beginning in the third week of each quarter.

***The reestablish list will run on the Monday of the next week after an eligibility report (if there is not school on Monday, it will be run on the next closest school day**

***In extenuating circumstances, the principal may make decisions regarding eligibility**

Students who receive one or more failing grades (F) and/or have more than ONE D in all their classes when the eligibility report is generated will be declared ineligible for participation in extracurricular activities for the remainder of the week.

- Students may regain eligibility in two ways: 1. The first day of the reestablish week, the AD will run the eligibility report. If the student meets eligibility requirements per the report, he/she will be deemed eligible. 2. If the student is not eligible, per the report, he/she will be required to obtain a reestablishment sheet and reestablish with the teacher(s) that he/she is ineligible in and return that sheet to the AD by 3:40pm of the reestablish day.

A REESTABLISHED LIST WHICH WILL CONTAIN THE NAMES OF ALL STUDENTS WHO WERE INELIGIBLE THE PREVIOUS WEEK WITH A NOTATION OF THOSE WHO HAVE REESTABLISHED WILL BE DISTRIBUTED TO STAFF.

The Activities Director will notify every ineligible student via school email. If a report is not run, or the student has not been notified, they are considered eligible.

During the **first** week a student is ineligible they may still practice with their team. If a student remains ineligible for a **second** consecutive week it is recommended they spend their practice time after school in the study lab or with a classroom teacher getting help with their subjects. Students who remain

ineligible for a **third** consecutive week **may not practice** with their team and it is strongly recommended that they spend time in the study lab and/or with teacher(s) working to become eligible. A student who is ineligible for **four** consecutive weeks will be required to meet with the principal, a parent/guardian, and the coach (if s/he is participating in an extracurricular activity).

Students who are ineligible may not travel with their team to away events.

Ineligibility that occurs at the end of the fourth quarter grading period will not carry over to the first quarter of the following year. Except for the following semester guidelines - High School students may be failing in **no more than one class** in which they are enrolled during the first semester to be eligible for the second semester, and they may be failing in **no more than one class** in which they are enrolled during the second semester to be eligible for the first semester the following year. Ineligibility bars participation in all co-curricular activities except for events in which credit can accrue or class meetings.

Participation Requirements

- Students must be in attendance all day to practice, play or participate in an activity that day, or be in attendance all day of the previous school day if the activity is on a non-school day unless prior arrangements have been made and cleared through the office. The only excusable absences are Medical/Dental appointments and family emergencies (death/illness in the family). Medical/dental appointments will be excused **ONLY** by a note from the medical practitioner. The secretary will notify coaches of any unexcused absences.
- **MORNING PRACTICE**-Students must attend school all day the day of morning practice or they will not be allowed to participate in the next scheduled event. Examples: Games, field trips, etc.
- All activities are an extension of the school day. All school rules and behavior expectations apply when on the bus, while traveling, staying overnight or otherwise away from our school.
- Transfer students to Shoshoni High School will be eligible to participate provided they were eligible by the standards of their former school and by the standards established by the WHSAA.
- 5th & 6th grade athletes are allowed to practice with the junior high teams. Fifth graders will compete as members of the youth league. Sixth grade students may participate in the youth league or the junior high league.

Practice Policies

- There will be no practice during scheduled school hours.
- Coaches are to be the first to arrive and the last to leave a practice session. At no time are students to be left unattended in any facility.
- Coaches must keep in mind that the safety and well-being of each student athlete must be a top priority. When scheduling practices on times, dates, early-outs, and vacation days review weather conditions and resident location of your athletes.
- Parents/Guardians are allowed to attend practice as an observer only. If a parent/guardian wishes to participate in any practice, he/she must be approved as a volunteer and meet the following requirements:
 - FCSD #24 Volunteer paperwork completed (including fingerprinting, a background check and approval of the superintendent)
 - Approval from the head coach, principal and AD
 - The head coach will meet with the volunteer prior to participation to set expectations for the volunteer's role with the team
 - The head coach can terminate the volunteer at any time
 - Highly Recommended but not required: Current First Aid and CPR/AED certification

Student Managers

All forms, other than a physical, are needed for managers. Managers of high school activities will be of high school age and managers of JH/Y activities will be of JH/Y school age. Managers will abide by the same rules and guidelines as that of a participating athlete.

Alcohol / Tobacco / Drug Policy

The use and/or possession of mood-altering chemicals such as alcohol, tobacco, drugs or drug paraphernalia (including vapor pens and electronic cigarettes) by participants of extra-curricular activities (regardless of age) **is prohibited**. This policy shall be in effect beginning with the first day of school, or first day of practice (whichever starts first) in August and end on the last day of school, or final competition (whichever is last) in May; in addition, these rules will be in force at all school sponsored summer activities (i.e. open facilities, summer camps, etc.).

Note: IF A STUDENT VIOLATES THESE RULES AT AN OFF-CAMPUS, SCHOOL SPONSORED ACTIVITY, A PARENT/GUARDIAN WILL BE REQUIRED TO PICK THE STUDENT UP IMMEDIATELY, AT THEIR OWN EXPENSE.

A suspension will carry over into the next activity season of participation, provided the student/athlete successfully completes that entire season.

Once a violation has occurred, penalties will be graduated and assessed to level 2 and level 3 for one year from the date of the incident. The student's record is cleared after 365 days without violations; from the last violation.

Conduct

Egregious acts of misconduct by participants in athletics/activities shall not be tolerated. Acts of misconduct include but are not limited to: flagrant misbehavior in class, out-of-school suspension, disorderly conduct as defined by state law, criminal behavior, disrespectful attitude directed toward school personnel, harassment, hazing, assault, other conduct which adversely affects and relates to the management of the school, posting disparaging or disrespectful comments, with respect to any coaches/advisors, teachers, school administrators, students, game officials, or students at opposing schools on electronic media available to the general public, or through text messages or emails.

The disposition of each case will be based on each incident's individual set of circumstances.

* Minimum Consequence: Conference with student and parent/guardian contact.

* Maximum Consequence: Suspension from competition/activities for a period of one year.

Any suspension will carry over into the next activity season of participation, provided the student/athlete successfully completes that entire season.

Once a violation has occurred, penalties will be graduated and assessed for one year from the date of the incident. The student's record is cleared after 365 days without violations; from the last violation.

Definition of an Offense

1. If reasonable evidence is presented to the principal that would cause the principal to believe such an offense has occurred; even if a ticket from law enforcement is not issued
2. Notification of an offense from the Student Resource Officer to the coach, AD, or principal
3. If a participant is convicted or enters into a plea bargain in the court system
4. If the student comes forward and discloses that he/she is guilty of an offense prior to school administration or coaches being aware of the incident. These students will also be eligible to receive a reduced sentence; at the discretion of administrators

Infraction Chart			
All contests are per WHSAA guidelines for what constitutes a contest in each sport			
Infraction	1st Violation	2nd Violation	3rd Violation
Tobacco and Alcohol (use or possession)	FB & TK= 1 contest VB, BB & WR= 2 contests	FB & TK= 2 contests VB, BB & WR= 4 contests	FB & TK= 4 contests VB, BB & WR= 8 contests
Controlled Substance—Not prescribed to the individual (use or possession)	FB & TK= 4 contests VB, BB & WR= 8 contests	FB & TK= 8 contests VB, BB & WR= 16 contests	365 days

For all tobacco, alcohol, and controlled substance violations:

- The contest suspension will count all levels (e.g. Varsity/JV, or A/B/C) as 1 contest.
- Attendance at practice will be at the discretion of the coach or advisor. Parents/Guardians will be notified, and a record will be kept of the pertinent facts, actions and contracts associated with the consequences.

Locker / Gym / Equipment Rules

- Roughhousing and throwing any objects are not allowed in the locker room.
- Hazing is not allowed, Student Handbook consequences will be followed
- No GLASS containers are permitted in the locker rooms.
- All spiked or cleated shoes must be put on and taken off outside of the building at all times.
- It is the responsibility of the students to care for uniforms and other equipment. If students lose/damage the uniforms/equipment, they are required to replace it.
- Equipment must be returned within one week following the conclusion of each sports season.
- Athletes cannot participate in the next athletic season until the previous coach has released the athlete, i.e. equipment checked in, fines paid etc.

Shoshoni High School Activity Awards

Shoshoni High School is an affiliate of the Five Rivers Athletic Conference and a member school of the Wyoming High School Activities Association. The Shoshoni High School head coaches are members in good standing of the Wyoming Coaches Association. With the above affiliations, our students may receive school, conference and state recognition for their activity achievement.

Students may receive the Varsity Letter "S" for their accomplishments in sports as follows:

- A. Girls Volleyball
 - B. Boys Football
 - C. Boys Basketball
 - D. Girls Basketball
 - E. Boys Wrestling
 - F. Girls Wrestling
 - G. Boys Track
 - H. Girls Track
- Coaches for each sport will define specifications for students to receive the "S" and present such specifications at the player meeting prior to the beginning of their season. Students will receive the letter "S" for their accomplishments in their first sport. Awards after that time will be rewarded with a sport emblem or service bar.
 - Junior high school awards will be recognized on a participation basis only and recipients will be honored at an assembly.

Shoshoni Athlete of the Year

Each year a Male and Female **Shoshoni Athlete of the Year** may be selected. The athlete with the most points accumulated by the following criteria will be named athlete of the year:

- 5 points for selection to an All-State Team
- 4 points for selection to an All-Conference Team
- 3 points for lettering in a varsity sport at Shoshoni High School
- 1 point for participating in a varsity sport at Shoshoni High School

* Athletes who compete for other schools will receive points for All-Conference and All-State, but will not receive points for a varsity letter or participation.

* In the event of a tie, co-athletes of the year will be awarded

* Placing first or second at regional wrestling and regional track will be considered an All-Conference selection. Placing first or second at state wrestling and state track will be considered an All-State selection. Only one event will be counted for track in both the regional and state meets.

Royal Order of the Wrangler

Each year, athletes who earn varsity letters in 3 sports at Shoshoni High School will be recognized as a member of the Royal Order of the Wrangler. These athletes will receive a plaque.

Grand Order of the Wrangler

Each athlete who earns 9 or more varsity letters in his/her career will be recognized as members of the Grand Order of the Wrangler. These athletes will receive a plaque.

Transportation Rules

1. When involved in off campus activities, students are expected to behave in the same manner as if they were in school. Students on school-sponsored trips are under the jurisdiction of the school at all times. All school & bus rules apply.
2. It is the policy of Fremont County School District #24 that all student/athletes must ride school district transportation to and from all school-sponsored activities.
3. Exceptions to the above rule:
 - a. By filling out the proper form and getting it approved at least 24 hours prior to the departure for an event, a student may ride home with an adult other than their parent/guardian. **(See the transportation release of liability form below)**
 - Parents/Guardians may not take their student/athlete until after the final contest has been completed except for pre-arranged or extenuating circumstances.
 - Student/athletes are not allowed to drive themselves to activities that are sponsored by the school, in their own vehicles.
 - Student/athletes will be allowed to drive to/from a predetermined pick up point, but must ride school district transportation from the pick up point to the destination of the event with the team. (See the transportation release of liability form below)
 - Coaches will carry sign out forms for parents to sign at the event to release a student/athlete to that parent.
 - Any other special circumstances on out-of-town transportation that deviates from the preceding exceptions *must be made a minimum of 24 hours prior to departure for the event* by contacting activities director and/or principal.
4. Coaches will provide itineraries to all participants, activities director, and high school or elementary office staff as well as the transportation department a minimum of 2 school days prior to leaving for the activity. Included in the itinerary will be; list of students on the trip, activity/game times, activity location, leave and return times, equipment and supplies the students must bring, travel plans etc.
5. Restrictions on numbers of students who may travel with the team for season tournaments, playoffs, district/regional events and state events:
 - Football: One bus will be provided for the team and 4 managers
 - Volleyball: The number allowed on the roster by the conference or WHSAA and 4 managers
 - Basketball: The number allowed on the roster by the conference or WHSAA and 4 managers
 - Wrestling: The number allowed on the roster by the conference or WHSAA and 4 managers
 - Track: The number of entries allowed by the conference or WHSAA and 4 managers

Parent/Coach Communication

GROUND RULES FOR EXTRA CURRICULAR ACTIVITIES...THE FOLLOWING ISSUES **ARE NOT** TO BE DISCUSSED DURING PARENT/COACH COMMUNICATION.

- Playing time, team strategy, play calling, student-athletes other than your own. There are situations that may require a conference between the coach and the parent. When these conferences are necessary, the procedure outlined should be followed to help promote a resolution to the issue of concern.

Chain of Communication (Do not confront a coach within 24 hours of a contest):

1. The athlete must talk to the coach about the concern. If a resolution is not reached:
2. The parent/guardian can call to set up an appointment with the coach, athletic director and/or principal to discuss the situation (*the athlete must also be present*). If a resolution is not reached:
3. The parent/guardian can call to set up an appointment with the superintendent to discuss the situation. If a resolution is not reached:
4. The parent/guardian can go to the next school board meeting for a resolution

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to the students. As parents, when your child becomes involved in the Shoshoni Activities programs, you have the right to understand what expectations are placed on your child. This begins with clear communication between coach and player and more importantly, **player and parent**.

Communication you should expect from the coach:

Philosophy of the coach, including, but not limited to: Expectations of your child as a member of the team, locations and times of all practices, locations, times, and dates of all contests, injury procedures, team rules outlined in team & parent meetings, consequences for violation of these rules and discipline that would result in denial of participation.

Communication coaches should expect from parents and athletes:

All concerns expressed directly to the coach (see the chain of communication above), notification of schedule conflicts well in advance, specific concerns regarding philosophies, procedures or expectations, and open line of communication in regards to injuries. Remember, if a student is unable to participate due to doctor's orders, coaches are required to have a medical release from a doctor in order for the athlete to resume participation in any way.

Again, DO NOT attempt to confront a coach within 24 hours before or after a contest or practice; this type of meeting will end in a negative experience.

Appropriate Concerns to Discuss With A Coach:

- Treatment of your child mentally and physically, ways to help your child improve, and concerns about your child's behavior.
- It is very difficult to accept your child not playing as much as you had anticipated. Remember, **COACHES ARE PROFESSIONALS**. They make judgment decisions based on daily practices and what they believe to be best for all students involved.
- As you have seen from the list above, certain things can be and should be discussed with the coach; however, other things must be left to the discretion of the coach as a professional.
- **Should a parent choose to attend practice, the parent's role is that of an observer only. Parents who wish to be an active participant in practice and games must fill out the volunteer forms (and be approved by head coach, AD, and principal), have a meeting with the head coach to specify the role, and have current First Aid and CPR/AED certifications.**

Shoshoni School Administrative Forms

Each activity participant at Shoshoni High School will have all forms properly signed and completed. No student will participate in any athletic activity until all forms are properly signed and returned to the head coach and Athletic Director.

- Code of Conduct Acknowledgement (last page of this handbook)**
The Shoshoni Code of Conduct defines a basis for acceptable standards at Shoshoni School. Both student and parent must sign this form stating knowledge and acceptance.
 - Physical Examination Form (can be found on school website)**
All student physicals must be administered by a Doctor or nurse practitioner as listed by the WHSAA. Both the physician and parent must sign this form.
This includes informed consent, permission to seek medical treatment and insurance information For voluntary student insurance at your cost, you can enroll here: www.studentinsurance-kk.com
 - WHSAA High School Eligibility Pamphlet (AD has these forms)**
High School Students only-This form ensures eligibility requirements are aligned with the standards of the WHSAA.
- All of the above forms may also be obtained from the Activity Director. PLEASE return these forms TO YOUR COACH ON THE FIRST DAY OF PRACTICE OF YOUR FIRST SEASON OF PARTICIPATION IN THE CURRENT SCHOOL YEAR.

It is with sincere hope that ALL of our student-athletes, coaches, parents and fans can enjoy a very successful year of Wrangler athletics and activities. We look forward to the coming school year and the beginning of another great year of activities!

Go Big Blue!

Waiver of Liability and Hold Harmless Transportation Agreement

Please sign, date, and return this form to the High School Office a minimum of 24 hours prior to departure. (If you are picking up your child post activity, the 24-hour requirement is not needed, but this form must be filled out.)

I understand that Fremont County School District #24 rules require that student/athletes ride district transportation to and from all Shoshoni School sponsored activities.

In consideration for the Board of Trustees of Fremont County School District No. 24, Fremont County, Wyoming ("Board" and "District" respectively) granting permission for my child(ren) to travel to and or from the following Shoshoni School sponsored activities in a vehicle or vehicles not owned or operated by the District:

1. I hereby **release, waive, discharge and covenant not to sue** the District, the Board and its individual members, officers, agents, servants, or employees (hereinafter referred to as **releasees**) from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by my minor child(ren) or me, or any of the property belonging to me, as result of, or in any way arising out of my child(ren) traveling to and or from Shoshoni School sponsored activities in a vehicle or vehicles not owned or operated by the District.

2. I **voluntarily assume full responsibility for any risks of loss.**

3. I further hereby **agree to indemnify and hold harmless** the **releasees** from any loss, liability, damage or costs due to my child(ren) traveling to and or from Shoshoni School sponsored activities in a vehicle or vehicles not owned or operated by the District.

4. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed and enforced in accordance with the laws of the state of Wyoming.

5. **In signing this release, I acknowledge and represent that** I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed.

6. Child(ren): _____, _____, _____

Signature of Parent/Guardian: _____ Date: _____

NAME OF EVENT AND DATE:

If not riding with parents; responsible adult(s)? _____

Signature of Administrator: _____ Date: _____

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