



# USD 376

## ACTIVITY

## POLICY

## HANDBOOK

*STUDENT EDITION*

# PHILOSOPHY

The basic philosophy of the Sterling athletic/activity program centers on the concept of opportunity for participation. This includes participation on an individual basis as well as a member of a team effort.

A comprehensive and balanced athletic/activities program is an essential complement to curricular studies. The athletic/activities program should provide opportunities for youth to further develop interest and talents. Participation in athletics and activities, while a privilege and not a right, should provide as many students as possible with experiences to enhance their development.

Every effort will be made to support the athletic/activities program with the best facilities, equipment and the most qualified staff available. Whenever possible, knowledge and skills gained in classes should be applied and developed further through participation in the athletic/activities program. Coaches/sponsors will also teach the specific skills which are necessary for improvement and provide guidance in the development of self-realization, good sportsmanship, cooperation, leadership, ethical behavior, artistic sensitivity and an appreciation for the importance of practice.

The ultimate goals of the athletic/activity program will be; 1) to realize the value of participation without overemphasizing the importance of winning or excelling, and 2) to develop and improve positive citizenship traits among the program's participants.

The **JUNIOR HIGH** programs are designed to teach each student-athlete the fundamentals essential to success. Efforts will be made to allow as many students as possible to participate. The following guidelines apply:

- a. Seventh grade students will play on seventh grade teams except for football, and extra quarters for the regular season competitions. In league tournaments, and when numbers necessitate, seventh graders may play on the eighth grade team.
- b. Eighth grade students will only play on eighth grade teams except for football, and extra quarters.
- c. The coach is responsible for reasonable playing time for seventh grade team members, if discipline and attendance allows.
- d. The coach is responsible for every team member to have some playing time.

The **SUB-VARSITY** programs will help develop athletes and utilize those who show the greatest ability in a variety of skills. Role specialization of athletes may become more evident at this level. Those who are more able will be the primary participants. Effort will be made to insure that team members in good standing will receive playing time.

The **VARSITY** team is for those who have learned the basic skills well and perform them both in practice and in inter-scholastic competition. Role specialization is often necessary at this level and athletes may be used in specific roles for the benefit of the entire team.

Athletes who display leadership and/or enthusiasm, combined with the development of basic skills, may enhance their opportunity to participate.

## **STUDENT ELIGIBILITY**

The staff, coaches and sponsors at Sterling Schools realize the importance of each student maintaining an acceptable level of academic excellence and classroom behavior.

The Kansas State High School Activities Association and Sterling Schools requirements are as follows:

1. The student is a Bona Fide undergraduate student in good standing (good standing will also include Sterling Junior/Senior High weekly eligibility requirements that involve failure of any class).
2. The student shall have passed at least five new subjects (those not previously passed) of unit weight, or its equivalency, the previous semester or the last semester of attendance.
3. The student shall be enrolled in and attending a minimum of five new subjects (those not previously passed), of unit weight, or its equivalency, during the present semester at SHS.
4. Any student who reaches age nineteen on or before September 1, shall be ineligible for interscholastic activities. Any student who reaches age nineteen after September 1, shall be eligible for the remainder of that school year. The same rule applies to 9<sup>th</sup> graders who reach the age of 16 on or before September 1<sup>st</sup>.
5. Students may not engage in outside competition in the same sport while they are a member of a school squad.
6. Students must pass an adequate physical examination by a physician and have the written permission of their parents.
7. Students must meet the requirements of the transfer rule.
8. Students must not compete under a false name or for money or merchandise of intrinsic value and must observe all other provisions of the amateur rule.
9. Students attendance must be regular - conduct and sportsmanship satisfactory.

## **TRAINING RULES**

STERLING SCHOOLS have a vital interest in maintaining a safe and healthful environment for all students, including those participating in school sponsored activities. Being under the influence of controlled substances or alcohol, or using a tobacco product, poses serious safety and health risks to the user and other students. USD #376 recognizes its obligations to its students for the provisions of services and activities that are free of the influence of controlled substances, alcohol, and tobacco. USD #376 will endeavor through this policy to provide controlled substances, alcohol, and tobacco free participation by students in school sponsored activities. USD #376 further expresses its intent through this policy to comply with federal and state rules, regulations, or laws that relate to the maintenance of an educational environment free from controlled substances,

alcohol, and tobacco, and to prevent accidents and injuries resulting from the use of controlled substances or alcohol. USD #376 believes all students who participate in school sponsored activities should refrain from the use of controlled substances, alcohol, and tobacco.

The USD #376 Student Substance Policy applies to all Sterling Schools students who participate in any activity sponsored by USD #376 regardless of the nature or type of activity.

**ALL ATHLETICS AND ACTIVITIES ARE INCLUDED IN THIS POLICY.**

## **GENERAL POLICIES**

***SPORTSMANSHIP*** – We expect our athletes to compete to the very best of their abilities. However, this should not be confused with a “Win at any cost attitude”. When our athletes win they should do so modestly and with respect for the other team. If they lose, they should do so with dignity and congratulate the other team.

### ***PLAYER / COACH EJECTION OR DISQUALIFICATION POLICY***

**1<sup>st</sup> offense:** Any coach or player that is ejected/disqualified from an athletic contest due to his or her unsportsmanlike conduct will be suspended from the next athletic contest.

\* If the ejection is in the final contest of the season, the suspension will be served in the subsequent season of that sport. If the ejection involves a senior athlete, the suspension will be served in the subsequent season of the next sport.

**Multiple offenses:** Additional offenses during the same season will result in multiple suspensions or other sanctions as seen fit by administration (i.e. – a 2<sup>nd</sup> offense might result in suspension from the next 2 contests).

\*\* Prior to reinstatement following an ejection the coach or player must serve a written apology for their actions to his or her team, the officials of the contest, and the opposing school. Verification of apology notices will be administered by the athletic director.

\*\*\* A suspension may be appealed to the administrative team. This team will consist of the superintendent, building principal and athletic director (in the event of a player ejection the head coach will also serve on the administrative team). The decision of the administrative team will be final. Written notice of appeal must be received by the athletic director within 72 hours of the ejection.

**KSHSAA RULES** – The Kansas High School Activities Association has too many rules to list all of them here. The rules listed below are a few that there are frequent questions about. If you have any questions about KSHSAA rules please ask the Activity Director.

- You cannot accept cash or merchandise awards. Example: If you run in a fun run and they give gift certificates to winners, you cannot accept them. You can accept merchandise that is given to everyone as part of the entry fee, not won.
- You cannot participate on a team outside of school in the same sport during the season of that sport. Example: School basketball and AAU basketball at the same time.

**CHANGING SPORTS** – If a student wants to change sports after a season has started (1<sup>st</sup> day of practice), then he/she must have permission of both coaches and the Activity Director. If an athlete quits a team without the permission mentioned above or if they are dismissed from the team by the coach, then they cannot participate in another sport during that sport season.

**ATTENDANCE** – No student may practice or play in a competition unless they have been in attendance at school a minimum of one ½ day. **All exceptions must be approved by the school administration.**

**TRANSPORTATION** – Because of liability coverage to the school district, any student involved in any activity will travel to and from each activity in school approved transportation. The following exception will be allowed: a student will be allowed to travel to and/or from an activity with a parent or legal guardian provided direct communication has occurred between the parent or legal guardian. This exception will only apply to situations that would cause undo hardship for the parent or guardian.

**AWARDS** – All Sterling athletes will wear their school uniform when receiving awards for school competitions. They are not to wear T-shirts or shorts over their uniform. There will be no hats worn while awards are given out.

**TRAINING ROOM** – The training room is for students who need to be treated/taped. There are to be **NO** students in this room without supervision. Students are not to hang out in the training room. Go there, get taped, and leave.

**LAUNDRY ROOM** – Uniforms are to be laundered at school – do not allow students to take uniforms home unless you have permission from the AD. Remove your uniforms as soon as they are laundered.

**ANTICIPATED ABSENCE** – When a student knows he/she will be absent, work will be made up at the teacher's request. The work should be handed in before the absence unless otherwise stated by the teacher.

***UNIFORMS*** – No uniforms are to be worn by anyone other than the athletes at anytime unless prior permission is granted by the AD. (Parents, girlfriend/boyfriend, etc., are not to wear school uniforms).

***MULTIPLE SPORTS*** – Students are not allowed to participate in multiple sports during the same season. This subject has been thoroughly discussed by USD 376 coaches and administrators. It is the belief of both parties that allowing multiple sports during the same season is not in the best interest of the teams or athlete involved.

***INFECTIOUS DISEASES & BLOOD-BORNE PATHOGENS*** – Recommended School Precautions against the Transmission of Blood-borne Pathogens and other infectious diseases:

1. Towels, water bottles, and unwashed clothing should never be shared.
2. Before participating (practice or game), a student-athlete must cover any open body wound. This will reduce the risk of transmission of Blood-borne pathogen from the open wound to and open wound or mucous membrane of another person or vice versa.
3. A student athlete should render personal first-aid and cover open wounds themselves whenever possible. Again, this reduces the risk of transmission of a blood- borne pathogen from one person to another.
4. A student-athlete should take a shower using a liberal amount of soap and hot water after each practice and competition.