

# **LEOLA/FREDERICK TITANS**

**2023-2024  
STUDENT ACTIVITY HANDBOOK**

**LEOLA SCHOOL DISTRICT  
AND  
FREDERICK AREA SCHOOL DISTRICT**



**APPROVED BY LEOLA SCHOOL BOARD  
AND  
FREDERICK AREA SCHOOL BOARD**

**(Approved: July 10, 2023)**

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## **Purpose of Handbook**

Welcome and thank you for your participation in the Leola-Frederick Athletic Cooperative! The intent of this handbook is to give general guidance to parents and their students who participate in athletic cooperative extra-curricular activities. By no means is this an all-inclusive list of school policies. Each sport, and thus coach, has discipline rules and basic rules for the conduct of players and teams for practice and games. It is the responsibility of the respective coach to make these rules known to the players.

## **Philosophy**

The philosophy of our sports programs is to be an extension of the classroom, teaching our student-athletes teamwork and individual responsibility. Participating in sports at Leola-Frederick is a privilege. Students are provided with a means to be involved in competitive sports. Through this, students can learn the values of hard work, fitness, fair play, friendship, success, and accomplishment.

Many good things can result in a successful athletic year. A successful season is not necessarily judged by the win/loss record. Success can be assessed by the athlete's and team's growth mentally, physically, and in ability. Judgments made of a team come not only on ability, but also on attitude during practice and competition.

Sports also provide a means for school pride and unity. It is the intention for all athletes to support all sports at Leola-Frederick High School. Sports provide the community with entertainment and pride in the school and town.

## **COOP COLORS & NICKNAME**

- A. Colors: Navy Blue, White, and Carolina Blue
- B. Nickname: Titans
- C. School Song: On Wisconsin

## **COOP ACTIVITY OPPORTUNITIES**

The following sports are offered at the junior high, junior varsity, and varsity levels: Football, Volleyball, Boys & Girls Basketball:

- Practice will be generally two hours Monday through Friday as scheduled on the calendar.
- AD's will schedule practice places and times to arrange transportation.
- Coaches will review daily routines of practices, games, & travel and either give a schedule/playbook or show students how to access electronic versions.
- All students will attend practice unless excused in advance by the coach.
- Every attempt will be made to ensure that there are an equal number of home games at both sites.
- Seventh and eighth grade students may be moved up to the high school level at the coach's discretion. Coaches will notify the Athletic Directors, and both must approve of the request to bring the athlete up. Parents would then be notified and also approve of any such move.

## **PRE-PARTICIPATION REQUIREMENTS**

As an athlete you are not eligible to participate in any sport until the following items have been completed.

- Physical examination paperwork and parental permission forms on file with the AD
- Insurance forms returned to the Athletic Director whether the insurance is desired.

- All scholastic eligibility requirements have been satisfied as well as meeting the requirements set by the SDHSAA.

**Academic Checks / Extra-Curricular Eligibility**

While attending school is a right, participating in extracurricular activities is a privilege. It is expected that students will adhere to this Eligibility Policy to perform or compete in any extra-curricular activities offered by the school. This policy applies to all students in grades 6 – 12. All SDHSAA eligibility rules will also be enforced.

- Grades will be checked at the conclusion of the second week ~~beginning of the third week~~ of each quarter and will continue to be checked on a weekly basis thereafter.
- Students with an F in one or more classes will be unable to compete or perform for the following week (Monday through Sunday). Students will remain ineligible until they no longer appear on the F list at grade check time. There will no longer be a “warning week”.
- Parents/Guardians will be notified when their child is failing a course.
- If a student is ineligible at the completion of any of the first three quarters, he/she will remain ineligible until the next grade check. If a student passes a first semester course, he/she will be eligible regardless of the 2<sup>nd</sup> quarter grade.

Unless a Coach/Advisor has their own rules against it, students will be allowed to travel with the team, if no school time is missed and the trip does not involve an overnight stay.

**ACTIVITY & PRACTICE BUS**

In the interest of school safety, program cohesiveness and school liability, it is recommended that each student rides the team or activity bus to travel as a team. In case of accidents, law enforcement will request bus manifests that include all passengers on the vehicle.

Parent(s)/guardian(s) must sign their student out by signing a release with the coach, director, or advisor prior to leaving the event. Parents/guardians wanting their child to ride home with another adult (other than a parent/guardian) must obtain prior administrative approval.

Students on the bus are under the authority of the driver and/or coach. Any student who misbehaves may be denied the privilege of riding the bus and removed from the activity until the student is reinstated. The decision to discontinue bus service to such students will be made by the superintendent from that student’s home district. Such services may be denied a student for any time period not to exceed the remainder of the current school year.

**ADMISSION**

Admission Prices will be set using Lake Region Conference pricing guidelines:

**Students & Sr. Cit. \$3.00                      Adults \$5.00**

The annual meeting will establish this pricing prior to the start of each year. Activity Passes will be recognized by both schools.

**Season Adult-\$70.00**  
**Season Students-\$30.00.**  
**Season Family Pass: \$175.00**  
**Season Senior Citizen: \$30.00 for 65 & older**

## **ATTENDANCE**

Unless approval is made with administration prior to the absence, students must be in school for at least half of the school day in order to participate in co-curricular activities on that day. Students who are ill and not in school are not allowed to attend any school activity that evening. (Example: The student has the flu during the day but then attends a high school ballgame that evening.) The student will be sent home from the activity. Certain individual cases rest with the discretion of the administration (such as a non-emergent doctor's appointment or funeral). Students are not counted absent while on school-sponsored trips/activities.

A student/athlete who is on suspension or injured is still a part of the team and therefore will be required to attend practices, travel with the team (suspended athletes will not travel with the team if it involves missed school time or overnight trips) and sit on/or behind the bench during the games. A severe injury/illness may be an exception at the coach's discretion.

Planned absences from practice: Student-athletes will notify their coach as soon as possible. Coaches must give each school's office a list of athletes attending early released activities.

## **AWARDS**

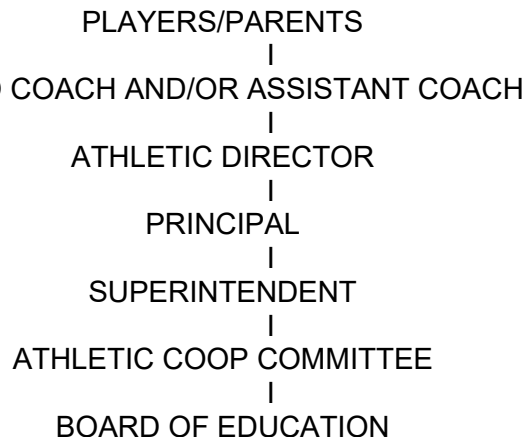
Each school will handle their own awards day unless other arrangements are made. Coaches/Advisors should attend each school district's event. If that is not possible, then awards should be given to the correct site prior to the event so that an appointed designee can make the presentation at the event.

## **CALENDAR & SCHEDULES**

These can be found on each district's webpage and will be handed out at the Fall Sports' Open House.

## **CHAIN OF COMMAND**

Within our Athletic Program, the following chain of command has been established. Except under extraordinary circumstances, individuals must not "skip" a step in the chain. The chain starts with Players/Parents and proceeds through the linear structure.



**COACHING STAFF:**

<b>Position</b>	<b>Person</b>
Head FB	Jeff Kusters
Asst. FB	Marty Morlock
Asst. FB	Trevor Van Tilburg
JH FB	Brett Flemmer
JH FB	Troy Podoll
Head VB	Leesa Ware
Asst. VB	Alura Johnson
JH VB	Bev Myer
JH VB	Shekota Lehmann
Head BBB	Brock Pashen
Asst. BBB	Alex Sumption
JH BBB	Don Nickelson
JH BBB	Warren Sumption
JH BBB	Bryson Thorpe
Head GBB	Jeff Kusters
Asst. GBB	Sarah Sumption
JH GBB	Holly Lapka
JH GBB	Troy Podoll
<b>Non-Coop</b>	
F-Cross Country	Janelle Barondeau
F-Asst. Cross Country	Sarah Sumption
L-Cross Country	Jackie Bender
F-Golf	Jeff Kusters
L-Golf	Max Waltman
F-Head Track	Marty Morlock
F-Asst. Track	Wayne Haas
F-Asst. Track	Janelle Barondeau
F-Asst. Track	Megan Russo
L-Head Track	Jackie Bender
L-Asst. Track	Trevor Van Tilburg

**COMMUNICATION**

If a parent or student has any concerns about any activity, they should follow the chain of command and talk to the coach first. Do not talk to a coach immediately following the game/sporting event, go home and sleep on it and then call the coach to make an appointment to talk to them. Before speaking to the coach, we encourage parents to talk to their child at home and have a very straight forward conversation with them. The first question that should always be asked is, "What does my child need to do to become better?"

If you are not satisfied, contact and talk to the athletic director. If you are still unable to resolve the concern, set up a meeting with the superintendent, coach, and athletic director. If satisfaction has not been reached, request the superintendent to put your concerns on the school board agenda for the next month (see Person's Wishing to Address the Board).

### **Issues Not Appropriate to Discuss with the Coach**

- Other student/athletes-per law, coaches can only discuss your athlete with you. Together the coach, parents, and athletes can then move toward making this sports program the best experience possible. Do not initially approach board members, administrators, or athletic directors; for if you do so, you will be redirected to the coach.
- Team Strategy/Play Calling
- Playing Time - One of our core beliefs is that students must earn their playing time. Playing time is always a controversial subject. Playing time will be earned in practice and in practice only. Simply showing up for practice is not enough, though, athletes will be expected to work hard.

### **DRESS CODE**

Student dress and grooming will be subject to reasonable standards of decency, safety and healthfulness. Administration or coaches may send a student home to change or refuse admittance on the bus to an activity if their attire is considered unacceptable.

Unacceptable dress could include, but is not limited to:

- A. Clothing with slogans promoting alcohol, tobacco, drugs, and other unacceptable language.
- B. Torn or ripped blue jeans will not be allowed.
- C. Lack of proper winter clothing – NO open toed shoes or short dresses during cold weather!

### **DUAL PARTICIPATION**

If a student is participating in two activities, he/she will inform both coaches at the beginning of the season as to which activity will take precedence if there should be a conflict in which both activities have an event on the same day. If an unforeseen circumstance should arise to cause the athlete to wish to change that, he/she will inform the athletic director and a conversation with the coach will ensue.

### **EQUIPMENT/UNIFORMS**

- The school will issue the best equipment that our budget allows. You are expected to care for your gear in an intelligent manner. Do not write on or use tape to patch your equipment. Lost equipment must be paid for. Do not ask to borrow equipment and do not leave your equipment lying on the floor.
- You are responsible for your personal materials. Any school equipment that is checked out to you must be accounted for. If it is lost, it must be replaced at your expense.
- All washable materials will be kept in a presentable manner.

### **EXPENSES**

- There are certain expenditures when participating in various activities and athletics are no exception. The cost will vary depending upon the activity.
- Participating students are expected to have their own insurance coverage.
- Fines for lost equipment will be assessed according to the condition and newness of the equipment.

- The district will NOT pay for meals or lodging on any athletic trips - EXCEPT when reimbursed by the SDHSAA for state event expenditures.
- Team camps (Registration, Lodging, and Meals) are to be paid for through fundraising or sponsorship efforts or individual fees. Teams may use school vehicles for out-of-season team camp.

## **FUNDAMENTALS OF SPORTSMANSHIP**

All schools must be aware that they have certain required responsibilities as a member of the association as a host school, or as a visiting school. The responsibility may vary in degree but not in importance. It is logical to establish control and clearly state all procedures essential to smooth contest management for students, student athletes, and parents/spectators. The following are good rules of thumb to abide by:

1. **SHOW RESPECT FOR THE OPPONENT AT ALL TIMES:** The opponents should be treated as guests, greeted cordially on arriving; given the best accommodations; and accorded the tolerance, honesty, and generosity that all human beings deserve. Good sportsmanship is the golden rule in action.
2. **SHOW RESPECT FOR THE OFFICIALS:** The officials should be recognized as impartial arbitrators who are trained to do their job. Good sportsmanship implies the willingness to accept and abide by the decision of the officials.
3. **KNOW, UNDERSTAND, AND APPRECIATE THE RULES OF THE CONTEST:** A familiarity with the current rules of the game and the recognition of their necessity for a fair contest are essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
4. **MAINTAIN SELF-CONTROL AT ALL TIMES:** A prerequisite of good sportsmanship requires one to understand his/her own bias or prejudice and to have the ability to recognize that rational behavior is more important than the desire to win. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship is concerned with the behavior of all involved in the game.
5. **RECOGNIZE AND APPRECIATE SKILL IN PERFORMANCE REGARDLESS OF AFFILIATION:** The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of good sportsmanship.

## **RESPONSIBILITIES OF THE PARENTS/SPECTATORS**

The following are just a few reminders of the important role parents play in modeling behaviors when involved in athletic programs:

1. You are a fan and spectator. – that's your role – play it well.
2. You are not the coach - so don't coach.
3. You are not an official - so don't referee.
4. You are the host for all visiting teams - treat them with respect and dignity.
5. Cheer for our team - not against the opponent.

***Remember – you are a role model for your child and others who are part of the team and overall program – how do you want to be remembered?***

## **RESPONSIBILITIES OF THE COACH**

The coach bears the greatest burden of responsibility for sportsmanship. He/She has the strongest influence upon the attitudes and behavior of the players, the student body, and the community. For good sportsmanship to become a reality, it is essential that the coach



subscribes to the values of sportsmanship and teaches its principles through word and deed. Specifically, it is recommended that the coach:

- Always set good examples for others to follow. Avoid use of vulgar or offensive language.
- Instruct the players in their sportsmanship responsibilities.
- Discipline students who display unsportsmanlike behavior. If necessary, take away their privileges of representing the school.
- Be a good host to opponents and treat them as guests.
- Provide opportunities for social interaction among coaches and players.
- Endorse or recommend only officials who demonstrate the highest ethical standards.
- Respect the officials' judgments and interpretations of the rules.
- Publicly shake hands with the officials and opposing coach before and after the contest.

### **HAZING PROHIBITED**

Soliciting, encouraging, aiding, or engaging in "hazing" on or in any school property at any time, or in connection with any activity supported or sponsored by the district, whether on or off school property, is strictly prohibited. "Hazing" means any intentional, knowing, or reckless act meant to induce physical pain, embarrassment, humiliation, deprivation of rights or that creates physical or mental discomfort, and is directed against a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization, club, or athletic team sponsored or supported by the District and whose membership is totally or predominantly comprised of other students from the District.

Students engaging in any hazing or hazing-type behavior that is, in any way, connected to any activity sponsored or supported by the district, will be subject to one or more of the following disciplinary actions:

- a. Removal from participation in extra-curricular activities
- b. Conference with parent(s)/guardian(s)
- c. Suspension for up to 10 days

### **INCLEMENT WEATHER SITUATIONS**

When school is dismissed early due to inclement weather, no practice or open gym will be conducted, and all students shall go home. When the school start time is delayed due to inclement weather, no AM practices or open gyms will be held. When school is canceled due to inclement weather, no practice or open gym will be held. If school is dismissed for heat reasons – high school teams will practice – but will follow an abbreviated schedule – middle school teams will NOT practice. Cancellation/late start notices will be issued through each district's one-call system.

**LETTERING POLICY FOR ATHLETES** – Athletes must have completed the entire season. (Injury or illness may be an exception) A varsity letter may be withheld if equipment/jerseys loaned to the athlete by the school district are not turned in or paid for. All coaches will share the lettering requirements with their athletes prior to each season. A varsity letter may also be given at the discretion of the head coach. Any student/athlete who violates training rules will not be eligible to letter, nor will they be eligible to receive any post-season awards.

### **LOCKER ROOMS**

Students are to maintain locker rooms in an orderly fashion. Showers and floors should be neat and free of personal belongings. Clothes should be cleaned often! Items found in the locker room will be removed.

Any students found stealing will be disciplined accordingly. Further punishment will be handled by the administration. It is wise for students to refrain from leaving valuables in unlocked lockers. Athletes are to follow the same locker room rules while visiting their opponent's school.

### **PHYSICAL EXAMINATION & CONCUSSION TESTING**

Athletes are required to have a physical every year. During the month of May, Leola School District and Frederick Area School District will each schedule a time for physical examinations for next year's activities. Any student not taking their physical on that day will be expected to make their own arrangements. All student-athletes will have a physical examination and completed SDHSAA physical forms turned in before they will be allowed to practice or participate in the regular season school-sponsored sport. The parents will pay the cost of the examination in advance.

Athletes participating in any sport are required to complete a concussion baseline test. Athletes entering 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade will take the baseline test, as well as any other athlete that did not have one the previous year. This test costs \$2.00 and is done by school staff on a computer. If an athlete is held out of practice or competition due to suspicion of a concussion; an impact test must be completed, and the athlete will not be permitted to return without being cleared by a doctor's signature. The post-injury concussion test will be administered when the athlete is no longer experiencing symptoms related to the concussion. This program is hosted by Sanford.

### **SENIOR NIGHT**

Senior night for all sports related activities will be as follows:

- Seniors will be recognized, and their parents will be asked to come down on the field/court with their son/daughter after their names have been announced.
- Athletic directors, along with head coaches, will decide the date of senior night.
- Athletic directors and head coaches will be responsible for organizing the night.

### **SOCIAL NETWORKING EXPECTATIONS**

Leola/Frederick Athletics recognizes its student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. Each student-athlete must remember that they represent the Leola and Frederick Area School Districts and are expected to portray themselves, their team, and Leola/Frederick Athletics in a positive manner at all times.

If you participate on a social networking site:

- Everything you post is public information, as texts or photos are out of your control once online.
- Use caution when adding or inviting friends.
- Limit information about your location or plans.
- Use of disrespectful comments and behavior online will not be tolerated by Leola/Frederick Athletics. This includes, but is not limited to:
  - a - Comments or photos that depict unlawful or prohibited conduct.
  - b - Derogatory, defamatory, harassing, or discriminatory posts related to teammates, a coach or coaching staff, or the Leola/Frederick Athletics, that will adversely affect team chemistry.
  - c - Comments that create a serious danger to the safety of another person or that constitute a credible threat of emotional or physical injury to another person.

Situations involving any of the above activities will result in a meeting with the Athlete, Parents, Coach, Principal, and Athletic Director. The results of that meeting could range from just having the meeting, to different levels of suspension. Those involved in that decision will be the Coach and Administration.

This applies to all athletes in the Leola/Frederick School Districts playing on school sponsored teams in grades 6 – 12. It is in effect for 365 days a year and all penalties will be administered during the sport that has been adversely affected.

### **SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION**

The State of South Dakota (SDCL 13-36-4) authorizes schools to delegate the control, supervision, and regulation of any and all high school interscholastic activities to a high school activities association. South Dakota school districts, jointly and cooperatively, created and developed a voluntary, non-profit association for the advancement of interscholastic activities.

#### **SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION ELIGIBILITY RULES**

1. You are under the age of 20.
2. You have not attended more than 4 first semesters and 4 second semesters of school in grades 9 through 12. Enrollment in school for 15 school days or participation in an inter-school contest shall constitute a semester. Once a student enrolls as a ninth grader, all semesters must be consecutive unless waived due to illness, injury or other circumstances of a similar serious nature which must be verified in writing by a licensed health professional or other professional personnel if requested by the SDHSAA.
3. During the preceding semester you passed a minimum equivalent of four full time subjects for which you earned at least 2.0 units of high school credit that will be used in the issuance of a diploma.
4. During the current semester you are enrolled in and attend a minimum equivalent of four full time subjects for which you will earn at least 2.0 units of high school credit that will be used in the issuance of a diploma.
5. You have enrolled by the 16<sup>th</sup> school day of the current semester. Date of regular entry into classes is considered the date of enrollment.
6. You have on file in the principal's office a signed physical examination and parent's permit form.
7. You have not transferred from one high school to another without a corresponding change in the residence of your parents. (Exception made for students who transfer pursuant to the open-enrollment By-Law.)
8. You have a copy of your transcript on file in the principal's office prior to competition.
9. You have not been absent from school more than ten (10) consecutive school days in a member school which operates a five (5) day school week or more than eight (8) consecutive days in a member school which operates a four (4) day school week. (Illness of the student or death in the immediate family excepted.)
10. During a high school sport season, you do not compete on an unattached basis as an individual or as a member of a non-school team.
11. You have not participated in an athletic contest under an assumed name.
12. You have not participated in athletics in any institution of learning or higher rank than a standard secondary school.
13. You have not violated your amateur standing.
14. You have not graduated from a regular four-year high school institution or equivalent rank.

15. Students who have been declared ineligible because of academic deficiencies from the previous semester may not earn scholastic/academic eligibility by taking an academic course(s) during the summer vacation period.

**NO SIXTH GRADE CONTESTANTS** Member schools should be advised that the interpretation of Chapter I, Part IV, Section 3, page 15 of the SDHSAA Bylaws prohibits any student from participating in high school athletic contests who might be in grade six or below. This pertains to both boys' and girls' athletics, and there is no exception to the rule.

**SUMMER PARTICIPATION - see also: SDHSAA Summer Participation Guidelines**

The athletic department believes the summer participation situation needs to be kept in proper perspective. Athletic development during the summer months needs to focus on the development of *individual skills and strength*. *Team* skills are secondary in nature and student-athletes need to organize their summer around the following priorities:

- (1) Weight Room
- (2) Individual Skill Development
- (3) Open Gym/Captains Runs/3 on 3
- (4) Individual Camps
- (5) Team Skill Development

We will coordinate our activities so that they do not conflict with each other by establishing a summer calendar. This is also to work around summer gym closing for cleaning.

**FIVE DAY PRACTICE RULE**

The SDHSAA requires that each team have five days of practice before their first event or contest.

All practices need to end by around 6:00, so the traveling school can be on the road by 6:15, except for Wednesday when they need to end prior to 6:00 pm. Practice should be limited to weekdays, and any practices on Saturday or Sunday need to be approved by the Athletic Directors.

**TRAINING RULES**

**Reporting and Hearing Process**

It is important to note that throughout the year student athletes who make the choice to use – or illegally have in their possession - alcohol, tobacco (including nicotine delivery device), vaping, and/or illegal drugs will be punished. Students may also be declared ineligible to participate in activities when a student's actions, conduct, or standards of behavior, create a negative image detrimental to the school or its programs. The penalties for these types of infractions will be treated the same as training rules violations.

A violation for possessing, using, or distributing illegal drugs (SDCL 13-32-9) imposes a one-year suspension, or 30-school day suspension after the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program.

In the event it appears there is a violation the following steps shall be taken:

1. The student will be advised of the concern.
2. The student will be allowed to explain his/her position.
3. The parent/guardian of the student will be notified of the alleged violation and provide an opportunity for a parent conference with any of the following personnel

present: coach/advisor, activities director, principal, and student. This conference may be used to determine the action taken.

4. The activities director will notify all parties of the decision rendered.
5. Punishment will begin the date the guilty decision is rendered.
6. The decision may be appealed to the superintendent.

Reports by staff members and other students (penalties for false reporting), parents of the student/athlete, and law enforcement are acceptable sources of information on infractions. The athletic director, principal and coaches will investigate infractions reported to them, and reports should be issued in writing, signed, and dated.

In the summer months, any violations turned in by the local or state law enforcement, or witnessed by school personnel, will be considered a violation of this policy, and will fall into the penalty schedule below.

### **Self-Reporting**

Any student that self-reports a violation to their head coach will have their penalty reduced by one-half (1/2). An admission of guilt is considered a self-report if the student initiates the reporting of the incident prior to the coach and/or administration hearing about it. The opportunity to receive half the punishment due to self-reporting will apply only to a first offense. Any subsequent infractions will follow the policy listed above.

### **Recommended Penalties:**

#### **A. First Violation**

Upon confirmation of the first offense by the district administration, an athlete will miss 2 contests or 2 weeks, whichever is greater. The athlete must complete the season, or the consequences carry over into the following sport/season.

#### **B. Second Violation**

Upon confirmation of the second offense by the district administration, an athlete will miss six contests or six weeks, whichever is greater. The athlete must complete the season, or the consequences carry over into the following sport/season.

No exception is permitted for a student who becomes a participant in a treatment program; however, to regain eligibility at the end of the second violation suspension, five hours of professional counseling needs to take place. This counseling may be provided by each individual district, or if the parents prefer, they may choose outside counseling at their own expense. The counseling is mandatory and must be completed in its entirety to regain eligibility at the end of the second violation suspension.

#### **C. Third Violation**

Students will be ineligible for all sports and extra-curricular activities for a calendar year. Students must finish the season and start at the beginning of the next season. If applicable, the student will still be referred to a chemical dependency counselor, at the parents' expense.

### **Tips to Help Your Child and/or Athlete**

1. Support your child, but allow them to make their own mistakes.
2. Enjoy your child's performance, but don't try to relive your high school days through them. It's their turn now; you already had yours.
3. Don't talk negatively about a coach. Your child needs to see them as a professional in order to have a productive relationship with them.
4. Don't allow your child to talk negatively about a coach. All teams go through rough times. If you allow it at home, athletes will tend to want to place blame somewhere else other than themselves.
5. Encourage your child to get out and run, bike, lift weights, etc. Student athletes everywhere go to practice; this is where your child can separate themselves from others.
6. Help your child develop a winning attitude. Complaining about everything that is going wrong creates more problems. Let's find a way to be successful.
7. Schedule appointments such as haircuts during other times than practice. Everyday is important and needed.
8. During conflicts, if you can support the coach, your child will be more likely to make the changes that will make them better. We all have the same goal in mind. Let's work together.
9. Help your child understand how to be a team player. It may mean not playing the star role or the position they want. They should be asking, "How can I best help the team."
10. Remember that in this co-op, there are no Leola kids and there are no Frederick kids; there are only Titans. Kids will always be the first to make new friends and accept change. Again, we had our day; now let's let them have theirs.

PLEASE READ THE FOLLOWING

The information in this packet has been approved by the Boards of Education of the Leola School District and Frederick Area School District. It is intended to provide insight into the organization, goals and policies of the Activities Department as well as provide for guidelines for the conduct of our students.

After you have read the preceding pages, read the following statement, put your signature in the appropriate place, and return it to the Athletic Director. If you have any questions regarding any part of this handout, please feel free to contact the Athletic Director at the school office in Leola at 439-3143 or in Frederick at 329-2145.

WHEREAS we, the undersigned, attest to reading of the attached STUDENT ACTIVITY HANDBOOK and are aware of the various policies heretofore outlined.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date