

Lennox School District Activities Handbook

**Rules and Regulations
2023-2024**

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Introduction

Student participation in extracurricular activities has been linked to improved attendance, higher academic achievement, and greater student self-confidence and self-esteem. Lennox School District provides students with the opportunity to participate in a comprehensive activities program that includes athletics, fine arts, and select clubs or organizations associated with academic areas.

Although the school district believes strongly in the value of student activities, participation in the activities program is a privilege, not a right. Students must obey the rules set out in this handbook and any additional rules created by their coach or activity sponsor. This handbook is advisory and does not create a "contract" with parents, students, or staff. The administration reserves the right to make decisions and make rule revisions at any time to implement the educational program and to assure the well-being of all students. The administration is responsible for interpreting the rules contained in the handbook. If a situation or circumstance arises that is not specifically covered in this handbook, the administration will make a decision based upon all applicable school district policies, and state and federal statutes and regulations.

Please read this handbook carefully. Students and their parents are responsible for complying with all of the rules and procedures detailed in this booklet.

Parents must sign the acknowledgement and permission to participate form at the end of this handbook before their student will be permitted to participate in the activity programs of the district.

The provisions in this handbook are subject to change at the sole discretion of the Board of Education. From time to time, you may receive updated information concerning changes in the handbook. These updates should be kept within the handbook so that it is up to date. If you have any questions regarding this handbook, please contact the Superintendent for assistance.

NONDISCRIMINATION IN EDUCATION PROGRAMS AND ACTIVITIES

The school district does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Name: Chad Allison
Title: 7-12 Principal
Address: 1201 S. Main, Lennox SD, 57039
Telephone: 605-647-2203 (5003)
E-mail: chad.allison@k12.sd.us

For further information on notice of nondiscrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the office that serves your area or call 1-800-421-3481.

For additional prohibited discrimination and related information, please review school district Policy 3053 – Nondiscrimination

**SECTION ONE:
GENERAL INFORMATION ABOUT THE ACTIVITIES PROGRAM**

Academic Eligibility

To be eligible to participate in the school's activity programs, each student must meet South Dakota High School Activities Association (SDHSAA) and District requirements concerning scholastic eligibility (see Section Three of this Handbook). Participants must attend practices and participate in all conditioning during any period of ineligibility.

The school district will notify a participant whenever the participant is declared academically ineligible.

Students may not participate in any activity, performance or practice while serving a short-term suspension, long-term suspension, or expulsion from school.

LENNOX HIGH SCHOOL ACTIVITIES TRAINING RULES POLICY

Participation in school activities encompasses all students without regard to sex, race, or creed and teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules.

With that philosophy in mind, the Board of Education on the advice of the administration, coaches, and advisers, has adopted the following Activities Policy. This is a year-round policy.

I. PARTICIPATION IN AN EXTRA-CURRICULAR ACTIVITY IS SUBJECT TO THE FOLLOWING RULES:

Participating in the following five (5) major areas or types of conduct any time during the year shall constitute a violation of this code:

(1) Use of or possession of chewing, smoking tobacco, or any nicotine delivery device.

(2) Use of or possession of or under the influence of alcoholic beverages.

(3) Use of or possession of or under the influence of mood-altering substances not prescribed by a physician, or possession of drug paraphernalia.

(4) A felony or misdemeanor (other than a minor traffic violation).

(5) Suspension from school for any reason.

All offenses will be CUMULATIVE during the student's four (4) years at LHS.

A. First Offense

The first (1st) violation of the activity policy the student will forfeit the number of contests/performances or activities equal to 1/4 of the scheduled contests/performances or activities. Wrestling tournaments and volleyball tournaments will count as two (2) contests. If 1/4 of the contest/performance or activity results in a fraction of a contest/performance or activity, that fraction will be dropped. If the penalty for a wrestler is completed during the second round of a tournament, the wrestler will be eligible for the entire tournament. Students involved in publications violating the activities training policy would be prohibited from publishing two (2) byline articles.

*The suspension period will be reduced by half upon the student's voluntary admission to violating the training policy except in cases where the student has been cited for a violation of law which violates the standards of the activities training policy or has been suspended from school.

The student must continue to participate and complete the season to restore eligibility. Uncompleted suspensions will carry over to the next sport/activity in which the student had participated the previous season.

Following a first (1) violation, a student must serve the full penalty in a sport/activity he/she had previously participated in unless they are a freshman.

Students violating the training policy will serve the appropriate penalty in the athletic and fine arts activities in which the student is participating at the time of the violation. Fine arts activities include those activities that are sanctioned by the SDHSAA -- band, cheer team, dance team, oral interpretation, theater, vocal music and publications (i.e. yearbook, Pep-A-Graph).

B. Second Offense

Second (2nd) violation of the activity policy by the student will result in forfeiture of the number of contests/performances or activities equal to 1/2 of the scheduled contests/performances or activities. Students involved in

publications violating the activities policy would be prohibited from publishing four (4) byline articles.

* The suspension period will be reduced by half upon the student's voluntary admission to violating the training policy except in cases where the student has been cited for a violation of law which violates the standards of the activities training policy, or has been suspended from school.

The student must continue to participate and complete the season to restore eligibility. Uncompleted suspensions will carry over to the next sport/activity in which the student had participated the previous season. Following a violation, a student must serve the full penalty in a sport/activity he/she had previously participated in, unless they are a freshman.

C. Third Violation

Students violating the training policy a third time will be ineligible for any activity for a period of 12 calendar months from the date of the violation.

D. Fourth Violation

Students violating the training policy a fourth time will be ineligible for the remainder of their high school career at Lennox High School. The above rules apply if the report is made by the student's admission, the student's parents', the coaching/advisory staff, board members, employees of District 41-4, or law enforcement agents.

Attendance at Practices and Contests

Participants in the activities program are expected to attend and be on time at all practices and meetings scheduled by the coach or sponsor. Participants may be excused for absences resulting from a participant's illness, a death in the family, a doctor's appointment, a court appearance, or other absences that are arranged in advance. The coach, sponsor, or director of an activity may require a participant who has an excused absence to complete an alternate assignment for missing a practice, meeting, event, performance, or contest. A participant who is unable to attend a scheduled practice, meeting, or game must contact the coach or sponsor in advance. Students who are absent from school due to illness are not required to provide the coach or sponsor with additional notification of the student's absence from practice.

Students who are absent from school for any part of the day will not be permitted to practice or participate in an athletic contest or activity performance unless the student has the building principal's prior permission to participate despite the absence. **Students who plan to participate in practice or an evening school activity must be in attendance that**

school day a minimum of 1/2 day immediately preceding the practice or activity. Certain individual cases, as in those listed below, will be acceptable upon the discretion of the administration.

- There is a death or critical illness in the immediate family.
- There is a family emergency.
- They have a doctor or dental appointment scheduled during school time that cannot be scheduled at another time.
- They accompany their family on a trip.

If a participant misses a scheduled contest or performance, the coach or sponsor may impose discipline up to and including suspension of the participant from the activity for the remainder of the season or length of the activity.

Closings

Unless the administration determines that it is permissible for the activity to continue as scheduled, all activities will be canceled or postponed in the event that school has been called off for inclement weather or any other reason as determined by the administration. Unless the administration determines that it is permissible for the activity to continue as scheduled.

Colors

The Lennox School colors are orange and black.

Complaint Procedure

To reduce conflicts in the school's activities program, students and/or their parents should use the district's formal complaint procedure to manage conflicts about the program. The complaint procedure is printed in the school's student handbook and may be found on the district's web site.

Concussions



What is a concussion? A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head.
- Can change the way your brain normally works. Can range from mild to severe.
- 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" or had your "bell rung."

How can I prevent a concussion?

It's different for every sport. But there are steps you can take to protect yourself from concussion.

- 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). In order for equipment to protect you, it must be:
 - Appropriate for the game, position, and activity
 - Well maintained
 - Properly fitted
 - Used every time you play

How do I know if I've had a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up days or weeks after the injury. It's best to see a health care professional if you think you might have a concussion. An undiagnosed concussion can affect your ability to do schoolwork and other everyday activities. It also raises your risk for additional, serious injury.

What are the symptoms of a concussion?

- Nausea (feeling that you might vomit)
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems (forgetting game plays)
- Confusion

What should I do if I think I have a concussion?

- Tell your coaches and your parents. Never ignore a bump, blow, or jolt to the head. Also, tell your coach if one of your teammates might have a concussion.
- Get a medical checkup. A health care professional can tell you if you have had a concussion and when you are OK to return to play.
- Give yourself time to recover. 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 permanent brain damage, and even death in rare cases. Severe brain injury can change your whole life

Lodging

If at all possible, lodging arrangements are to be made in advance by the activities director. When making the advance arrangements, please ascertain whether or not the motel or hotel will allow you to have a voucher signed and the school district mail a check at a later date. Most hotels have a direct billing set up with the Lennox School District so no voucher. Make sure to double check with the clerk when making reservations.

We would not expect to stay in the best motel in town nor would we expect you to stay in inadequate conditions. Reasonableness should be paramount in determining where you would stay. Lodging will not be provided if the team is playing within 60 miles of the District. Deviation from this policy (weather, timing of events, etc.) requires approval from the superintendent's office.

Dances

School dances are part of the district's extracurricular activity program. Students who wish to participate in school dances must comply with the activity code. Students may be prohibited from participating in school dances as a consequence for violating school rules or these activity rules.

• Junior High/Middle School Dances

Junior high/middle school (6-8) dances are restricted to students currently enrolled in the junior high school and will be sponsored by junior high teachers and parents. Any organization wishing to sponsor a junior high dance must obtain permission from the principal regarding date and times. Each dance must be sponsored by at least two faculty members. Once admitted to the dance, students must remain until the close of the dance. Students who leave the dance will not be readmitted. Students who are academically ineligible will not be allowed to attend school dances.

• High School Dances

All high school dances are restricted to Lennox High School students and their guests. Any organization wishing to sponsor a dance must obtain permission from the principal regarding date and times. Each dance must be sponsored by at least two faculty members. Once admitted to the dance, students must remain until the close of the dance. Students who leave the dance will not be readmitted. Students who are academically ineligible will not be allowed to attend school dances.

• Homecoming and Prom

The Homecoming dance is open to students and guests of Lennox High School.

The Junior/Senior Prom is open to students and guests of the Lennox High School junior and senior classes. Guests must follow all rules that the students must follow. Each student is responsible for his/her guest's conduct. Appropriate attire is required for these dances. No blue jeans, shorts, or T-shirts will be allowed at the banquet or dance for Prom. Black dress jeans will be acceptable.

Electronic Communication

The school board supports the use of technology by coaches, extracurricular sponsors, and other staff members to communicate with students for legitimate educational, extracurricular, and other school-related purposes. However, electronic communication between students and teachers, sponsors, and coaches shall be appropriate at all times and shall not violate any law, district policies, or the Regulations and Standards for Professional Ethics. Please see the Social Media Policy For School District Employees for further explanation.

Equipment

Each participant in the athletic portion of the activities program will be issued a locker to store his/her personal belongings and school equipment that has been checked out. Students should secure their athletic lockers with combination locks.

School-owned clothing or equipment that is checked out to individual students remains the property of the school. The clothing or equipment is not to be used or worn by the student except for the intended use. Each piece of equipment or clothing is to be returned to the instructor or coach when the season or the use for such clothing or equipment is over. Each participant is responsible for all equipment checked out to him/her. Students will be assessed the replacement cost for school equipment that has been checked out to him/her and is lost or stolen.

Fundraising

All school-sponsored fundraising activities must be approved by a member of the school district administration. Fundraising for any activity must comply with the district's policies, including applicable provisions specifically pertaining to Booster Clubs and PTOs for non-school-sponsored fundraising. Use of the school mascot shall not be permitted unless approved by the superintendent.

Individual Training Rules and Rules of Conduct

Head coaches or sponsors may develop additional training rules or rules of conduct for their activity. Students are responsible for knowing these rules and complying with them.

Injuries

Participants who suffer any type of injury while involved in extracurricular activities must notify the coach or sponsor immediately. The coach or sponsor will then evaluate the injury and, if necessary, notify the participant's parents or seek immediate medical treatment.

If at any time during participation a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The written release must be given to the coach or sponsor of the activity. The release requirement will be satisfied if the initial doctor's order specifies the duration of the student's restriction from participation and/or competition.

Insurance

The school district does not provide medical or other insurance coverage for students who participate in athletic contests or other activities. It is the parents' responsibility to provide adequate insurance to cover any medical expenses that may be incurred while the student is participating in athletics or other activities.

Lettering Requirements

Awarding varsity letters to athletes for contributions made in their sport will be a coach's decision. However, there are some guidelines that the coaches should follow.

- The policy should be made known to the athletes.
- The policy should be set so it is difficult to achieve, but attainable.
- Athletes that complete four years of participation will be awarded a letter.

Lettering in Music/Band

Earning a Band Letter at Lennox High School is purposed to recognize the extra hours spent contributing toward the success of the band program. Students must obtain at least 100 points to earn a Band Letter.

Points earned by each student will be continually accumulated over each year. After earning the initial letter, students can earn a pin for another 100 points each year. Students must keep track of their points throughout the year - you may "double up" on particular ones (15 x 2 for jazz band and jazz combo, 15 x 2 for auditioning for ASB and ASO, etc.).

Activity Points

- Earn an A in band class for both semesters - 25
- Attend all scheduled performances - 25
- Participate as Drum Major/Section Leader - 20
- Participate in extracurricular instrumental group (jazz band, percussion ensemble, etc.) - 15
- Presented an Individual Award (hardest working, MVP, etc.) - 15
- Participate in music ensemble outside of school band (Lennox Choir, church band, community band, etc.) - 15
- Participate in any honor band (SDSU, Augustana, USD, Yankton, etc.) - 15
- Earn a cumulative Smart Music score (Infinite Campus) of 95% or higher for school year - 15
- Audition for All-State Band/Orchestra/Jazz - 15
- Participate for All-State Band/Orchestra/Jazz - 20
- Attend a summer music camp (Jazzfest, SDSU, USD, Augustana, etc.) - 15
- Take regularly-scheduled private lessons(list instructor below) - 20
- Receive a Superior/Division I rating on any solo/small group contest - 15
- Participate in Band all 4 years of High School - 25

Lettering in Basketball

Thirty-eight (38) quarters of play must be obtained by an individual player in a given year to qualify for a varsity basketball letter. Any player may obtain a letter with less than the required quarters upon the discretion of the head coach if deemed the contribution of the player was significant to the overall success of the team with the approval of the Activities Director.

The lettering policy will also include the participation letter for athletes that compete for 4 years and continue to make a positive contribution to the team.

The lettering policy pertaining to team managers will also be at the discretion of the head coach.

Any student manager who has managed for at least two years.

Lettering in Cross Country

Attendance: All runners are expected to attend all practices. Missing practice may be grounds for not competing and dismissal from the team if it occurs frequently.

Lettering: Must earn 10 points to letter.

Points can be earned by:

- A varsity point getter at any meet; 1 point.
- A pusher who contributes to the team scoring; 1 point.
- A medal winner in any major meet; 3 points.

NOTE: Major meet has 5 or more schools entered.

- Any senior who has participated for 3 or more years will letter provided they are a positive contributor to the team.
- Hardship cases due to injury or other factors will be considered by the coach and Activities Director.
- Committing to summer running program and running camps; 1 point.

Lettering in Cheerleading

Any person cheering for a varsity sport has the opportunity to letter. You must cheer at all games/matches of your sport(s), unless arranged with cheerleading coach ahead of time. All rules and regulations of the cheerleading policy and constitution must be abided.

Lettering in Golf

Athletes should average 2 points per event throughout the season to assure a letter. If, for instance, there are 10 duals and tournaments, a letter winner should have earned 20 points or very close to it.

In dual matches, every varsity competitor receives one point for earning a varsity spot plus one more point for every opponent whom he/she defeats (this can usually amount to a possible 6 points maximum).

For tournaments, one point is again guaranteed for earning a varsity berth and potentially can reach 6 points depending what percentage of all competitors they defeat. (1-16%, 1 point; 17-33%, 2 pts; 34-49%, 3 pts; 50-66%, 4 pts; 67-83%, 5 pts; and 84-100%, 6 pts.)

Seniors of 3 seasons will letter.

Boys averaging 45 points will letter and girls averaging 55 points will letter.

Lettering in Football

Athletes should play in half of the varsity quarters in the games in which they were able to play. Any player may obtain a letter with less than the required quarters upon the discretion of the head coach if deemed the contribution of the player was significant to the overall success of the team with the approval of the Activities Director.

The lettering policy will also include the participation letter for athletes that compete for 4 years and continue to make a positive contribution to the team.

Lettering in Tennis

Play at the varsity level for at least half of the season duels

Play at the state tournament

Coach's discretion for participation or deserving of recognition

Lettering in Track and Field

Accumulating enough team points according to the chart below in one of the following categories:

Qualifying for the State Meet is an automatic letter.

INDIVIDUAL POINTS SCORED (10) (Varsity Meets)

RELAY POINTS ONLY (10) (Varsity Meets)

Relay members will divide the points scored in a race. (1/4th)

Example: the relay places 1st and scores 10 team points...each relay

Member will receive 2 ½ letter points.

INDIVIDUAL & RELAY POINTS COMBINED (10)

(Varsity Meets / Any combination of individual & relay points)

(Example) You finish 4th in the 200m dash & 3rd in the 800m Relay at an 8 team meet. You would score 4 points in the 200m dash and 1 ½ points in the 800m Relay for a total of 5 ½ letter

Standard Scoring For Track & Field Meets

(Number of Teams in the Meet) (Individual Pts.) (Relays)

1st-2nd-3rd -4th-5th-6th

7 or more teams.....10- 8 – 6- 4 – 2 – 1

Lettering in Volleyball

An athlete or manager must do the following to letter:

- Any athlete that competes on the volleyball team for four years, regardless of playing time.
- Any player that plays in over one half of the games (not matches) during one season.
- Any student manager who has managed for at least two years.
- Any athlete who is dismissed from the team, due to disciplinary actions at any time will not qualify for a letter.
- Any athlete may be eligible for a varsity volleyball letter with less than the required games (due to injury, illness, significant contributions, etc.) upon the discretion of the head coach and Activities Director.

Lettering in Wrestling

An athlete or manager must do the following to letter:

- Compete in 50% of all varsity competition.
- Earn 14 points at the varsity level (forfeits do not count toward points).

Before lettering, an athlete must obey all training rules and finish the season. Any athlete may be eligible for a varsity wrestling letter with less than the required points (due to injury, illness, significant contributions, etc.) upon the discretion of the head coach and Activities Director.

Any student manager who has managed for at least two years may letter.

Mascot

The official emblem for boys' and girls' athletic teams is the Oriole. The mascot cannot be used for non-school-sponsored purposes unless approved by the superintendent.

Practices

The individual head coach or sponsor, in cooperation with the high school principal, will schedule all starting times of practices. All participants are expected to be ready at the time set by the coach or sponsor.

All students wishing to participate in athletics will provide evidence of a physical examination by a licensed provider annually. Additionally, the student and parent(s) understand the school's position regarding the use or possession of alcohol, tobacco, and other related drugs.

Secret Organizations

Secret organizations are prohibited. School officials shall not allow any person or representative of any such organization to enter upon school grounds or school buildings for the purpose of rushing or soliciting students to participate in any secret fraternity, society, or association.

Student Manager, Helpers, or Activity Aids

Students wishing to serve as student volunteers for extracurricular activities must gain the permission of the coach or sponsor. Student volunteers must comply with all of the rules and procedures contained in this handbook.

Sunday and Wednesday Night Activities

In order to provide students sufficient time away from school for family-related activities, the school will endeavor not to schedule activities on Wednesday evenings or on Sundays. Practices will be organized so that all participants are showered, dressed, and/or leave the facilities by 6:30 p.m. on Wednesday nights. An exception to this guideline would be when a team, group of students, or an individual may be required to participate in an activity sponsored by the conference, district, or state on a Wednesday night.

The school does not allow Sunday practice sessions, except when a varsity team, group of students, or individual is scheduled to compete or perform on a Monday. Practices scheduled for a Sunday must have the prior approval of the activities director or building principal.

Transportation

All participants are expected to ride to and from away activities by means of approved school transportation.

A participant may ride home with his or her parent/guardian only if the parent/guardian personally contacts the sponsor at the activity. A participant may ride home with an adult if the participant's parent/guardian has personally contacted the principal prior to the activity and the adult personally contacts the sponsor at the activity prior to leaving with the student. Parents are discouraged from requesting to take their children home after an away contest or performance. Travel to and from an event provides time for the students to further develop a strong team concept.

Weight Room

The weight room has been developed to help each athlete, student, or adult in the community maintain a level of physical fitness. No one may use the weight room or equipment without proper supervision. The school will develop a schedule for use of the weight room by athletes during the school year and during the summer months.

The weight room is a high demand area within the school facilities. The following guidelines will help determine the priorities in reference to use if more than one group desires to use the facility at the same time:

- Physical education instruction
- By the team sports, which are in season
- Conditioning programs for athletes not currently out for a sport
- Summer conditioning programs
- Adult education

SECTION TWO: AVAILABLE ACTIVITIES

Athletic Teams

Basketball (boys and girls)
Softball
Cross County (boys and girls)
Football
Golf (boys and girls)
Tennis (boys and girls)
Track (boys and girls)
Volleyball
Wrestling (boys and girls)

Art Club

Membership is open to those students who wish to work on out of class projects such as painting windows in classrooms and painting pictures and designs on the art room walls.

Band

The school district sponsors marching band, pep band, and jazz band in addition to concert band. Participants must be enrolled in band class in order to be eligible to participate in these groups.

Cheer Team

Participants are selected by the sponsor(s) or judges appointed by the sponsor. Members of the cheer squad will attend all home and selected away athletic contests.

Theater

Theater is open to all students interested in any aspect of theater and offers varying levels of involvement. The main focus of this club is to produce the fall play and the One-Act Play.

Family Career and Community Leadership of America (FCCLA)

FCCLA is an integral part of the Family and Consumer Sciences department. Members should have taken or presently be taking a family and consumer sciences class. Program emphasis for FCCLA is on leadership development, family cooperation and communication, community service and peer education.

Future Farmers of America (FFA)

FFA is an integral part of the agricultural education department and all students of that department are urged to belong. The activities include training in leadership, opportunities for travel and recreation, and safety and community service activities. Students may participate in field trips, conventions, judging contests, and hands-on experience.

National Honor Society

The National Honor Society is a national organization that recognizes student character, scholarship, leadership, and service to the school. Rules and procedures governing admission and membership are governed by the Lennox Chapter of the National Honor Society.

Oral Interp

Oral interpretation is a vocal delivery performance in which the actor will interpret lines of text to deduce the key emotion they want to convey. Oral interpretation performers do not employ the use of props, make-up or costumes, relying instead on vocal delivery and subtle movement to bring their excerpt to life.

HEALTH OCCUPATION STUDENTS OF AMERICA (HOSA)

HOSA is the career and technical student organization specifically dedicated to preparing students for careers in the Health Science career cluster.

Student Council

The purpose of student council is to arouse the spirit of loyalty toward the school, to promote good citizenship, to sponsor school activities, to extend the spirit of good fellowship throughout the student body, to foster a spirit of cooperation between the students and faculty, and to seek to develop a spirit of cooperation, good will, and better understanding with other schools. The organization, operation, and scope of the student council shall be administered by the Superintendent or designee.

Culture Club

The Culture Club is designed to give students an opportunity to develop their knowledge of different cultures.

Speech and Debate

Students compete in 12 different categories of competition. These include debate, current events speaking, and several theatre-type acting events.

Student Publications

The yearbook is published by the Journalism class along with the help of its teacher. The annual is financed partially by funds raised from the sale of the books.

The school paper is the "Pep-A-Graph." It is published approximately every two weeks by the journalism classes and their teacher. It is financed in part by advertising and subscription.

Top Bird Award

This award was created to reward the talented multi-sport athlete. Its purpose is to encourage participation in three different school sponsored athletic teams to encourage diversity and not specialize in one sport or event.

<u>Award</u>	<u>Points</u>
Freshman Certificate	2
Advanced Certificate	3
Varsity Letter	5
Student Manager Letter	1
Complete four years in one sport	2
TOTAL POINTS NEEDED TO QUALIFY	50

Explanation of Awards (points are awarded for grades 9-12 participation only)

Freshman Certificate - awarded to freshmen who successfully complete the season on a freshman squad

Advanced Certificate - awarded to freshmen through seniors who successfully complete the season on a sophomore, junior varsity, or varsity squad and does not letter

Varsity Letter - awarded to freshmen through seniors who successfully complete the season and meet the standards set by the head coach for that sport

Complete Four Years - awarded to any athlete, their senior year, who has successfully completed all four years in each sport.

*** Can only be awarded one Certificate or letter per season for top bird award

*** Points will be adjusted from the loss of 2020 Spring Activities

SECTION THREE: SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION RULES

Eligibility

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules of the South Dakota High School Activities Association. Eligibility requirements are established by the SDHSAA in its Constitution and its Bylaws and Approved Rulings. These documents can be found online at:

<https://www.sdhsaa.com/Handbook/ATH-ConstitutionByLaws.pdf>

A summary of the major rules is given below. Contact the principal, activities director or the activity sponsor or coach for an explanation of the complete rule.

- **Age.** The student must be under 20 years of age at the time of participation. Age to be determined by birth date.
- **Enrollment.** The student must have enrolled not later than the sixteenth school day of the current semester.
- **Eight Semester Rule.** A student shall be eligible for four first semesters and four second semesters of interscholastic competition while enrolled in grades 9-12. For the purpose of this subsection, enrollment and attendance in school or participation in one or more contests shall count as a semester of eligibility. Once a student enrolls as a ninth grader, all semesters must be consecutive unless waived as per Article VII, Section 3 (l), page 10 of the SDHSAA Constitution.

Academic Eligibility.

- **Preceding Semester/Trimester.** The student, unless they are entering high school for the first time, shall have successfully earned a minimum of two (2) units of credit which are used in the issuance of a diploma, for the preceding or for the most recent semester/trimester of attendance in any accredited high school. For the purposes of this subsection, enrollment and attendance in school or participation in one or more contests shall constitute a semester/trimester in determining eligibility.

NOTE: Failure to earn two (2) units of credit the previous semester/trimester causes the student to become ineligible the entire following semester/trimester. NOTE: Only credits accepted by the school for graduation may be used in determining whether a student successfully earned two (2) units of credit.

- **Current Semester.** The student shall (a) be enrolled in an accredited high school and attend courses for which a minimum of two (2) units of

credit may be earned towards the issuance of a diploma, (b) be receiving alternative instruction as set forth in SDCL § 13-27-3 or (c) any student in grades ten, eleven, or twelve may apply to an institution of higher education or a postsecondary vocational education institution as a special student in a course or courses offered at the institution of higher education or postsecondary vocational education institution. Correspondence/college courses approved in advance by the high school principal for which credits earned are used in the issuance of a high school diploma may count towards the two (2) units of credit eligibility requirement. (Refer to SDCL § 13-28-37)

- **Credit recovery.** Students who have been declared ineligible because of academic deficiencies from the previous semester/trimester may earn scholastic/academic eligibility by taking an academic course(s) via the options approved by the SD Department of Education. Examples include, but not limited to, on-line courses, in-district credit recovery courses, alternative education settings, digital courses, etc. The principal must monitor the successful completion of the course(s) and reinstate eligibility only after the successful completion of 2 units of credit as per Chapter I, Part IV, Section 1, Subsection D., page 14 of the Bylaws.
- **Beginning and Ending of a Semester.** For the purpose of this subsection, the first semester shall be considered as ending at midnight on the day before the second semester begins and the second semester shall be considered as starting on the first day classes are held in said semester. The actual ending of the first/second semester or school year, rather than the date of graduation exercises or diploma date, controls the determination when eligibility terminates.

ADDITIONAL IN-SEASON ACADEMIC ELIGIBILITY REQUIREMENTS

Academic preparation and success should be the number one concern of all our students, teachers, coaches, group advisors, and parents. To help students involved in extra and co-curricular activities including school related clubs and organizations be academically successful, all students involved in activities, clubs, and organizations will be expected to maintain passing grades in all their subjects to be eligible to participate in activities, clubs, and organizations.

No Pass No Play - After the third week of each semester, weekly grades will be posted. Students involved in extra-curricular and co-curricular activities earning a failing average in any class will have one week to improve to a passing average or they will be ineligible to compete in any contest or participate in any activity.

In order to be removed from the failing list, a student must get Red Cards from the Activities Director and work to improve his/her grades above the 67.5% level, get the card signed by the appropriate teacher(s) when the grade improves, and then return one copy of the Red Card to the activities director or office staff and the other to the head advisor. Once this process is complete, the student will be deemed academically eligible.

The student must attend the Extracurricular Study Sessions that week or until their Red Card is signed off as a passing grade. Two sessions are held each day to avoid interfering with practice times/games (Tuesday-Thursday 7:30-8am and 3:30-4:00pm). Red Cards must be signed by the study session instructor on the days of attendance. Failure to attend study sessions while in Red Card status may result in ineligibility for activities or missing practice to make up a study session.

Coaches and Advisors are responsible for monitoring the students on their activities roster regarding the academic eligibility. Students will continue to practice during times of ineligibility.

SECTION FOUR: CODE OF CONDUCT

All students associated with Lennox Public Schools and participating in extracurricular or school sponsored activities (including all SDHSAA activities) are required to avoid conduct that is detrimental to the integrity of, and public confidence in, the school. Rules promoting lawful, ethical, and responsible conduct serve the interests of all people associated with the school. Illegal and irresponsible conduct puts people at risk, tarnishes the reputation of the offender and everyone else associated with the school, and undermines the public support and respect of the school district.

Standard of Conduct. Participation in school-sponsored or extracurricular activities is a privilege and not a right. Participants must follow board policy, this code, and all the training rules and rules of conduct of the coaches and/or activity sponsors. Students participating in school-sponsored or extracurricular activities are held to a high standard. Students are expected to conduct themselves in a way that is lawful, responsible, promotes the values upon which the school is based, and that brings credit to themselves and the school. Students who fail to live up to the required standard of conduct are guilty of detrimental conduct and subject to discipline under all school policies, the general student code of conduct, and these Activity Participation Rules.

Coach and Sponsor Rules. Coaches and/or activity sponsors shall establish training rules or rules of conduct for participation in or attendance at the activity or event. General training rules or rules of conduct shall be established prior to the activity or event. This Code shall control in the event that there is a conflict with coach or sponsor rules.

Prohibited Conduct. Students in school-sponsored and/or extracurricular activities may not engage in the following conduct:

1. Receipt of a criminal citation by law enforcement for any reason.
2. Conviction of a crime in adult court or the adjudication of a criminal charge in juvenile court.
3. Any behavior that is illegal under the laws of South Dakota or the United States of America regardless of whether it results in a criminal charge or conviction.
4. Any conduct that substantially interferes with the educational process or disrupts the activity or event.
5. Possession, consumption, use, distribution, or being under the influence of alcohol, illicit drugs, tobacco, controlled substances, or any lookalike or imitations thereof; or being in the presence of alcohol, illicit drugs, controlled substances, or any lookalike or imitations thereof that are

being possessed, consumed, used, or distributed by any person under twenty-one (21) years of age without parental supervision. "Lookalike or imitations" means substances such as K2 and products like electronic nicotine delivery systems, vapor pens, etc. (Note: the term "under the influence" for school purposes has a less strict meaning than it does under criminal law; for school purposes, the term means any level of impairment and includes even the odor of alcohol on the breath or person of a student; also, it includes being impaired by reason of the use or abuse of any substance for the purpose of inducing a condition of intoxication, stupefaction, depression, giddiness, paralysis, inebriation, excitement, or irrational behavior, or in any manner changing, distorting, or disturbing the auditory, visual, mental, or nervous processes).

6. Engaging in initiations, defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of "hazing" as defined below. Initiations are prohibited except by permission of the superintendent.
7. Engaging in hazing as defined by state law and this policy. Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Under state criminal law, hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person. For purposes of school rules, hazing also includes any activity expected of someone joining a group, team, or activity that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate; personal servitude; restrictions on personal hygiene; yelling, swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; binge drinking and drinking games; sexual simulation and sexual assault.
8. Bullying which shall include cyber-bullying, defined as the use of the internet, including but not limited to social networking sites such as Facebook, cell phones or other devices to send, post, or text message images and material intended to hurt or embarrass another person. This may include, but is not limited to; continuing to send e-mail to someone

who has said they want no further contact with the sender; sending or posting threats, sexual remarks, or pejorative labels (i.e., hate speech); ganging up on victims by making them the subject of ridicule in forums; posting false statements as fact intended to humiliate the victim; disclosure of personal data, such as the victim's real name, address, or school at websites or forums; posing as the identity of the victim for the purpose of publishing material in their name that defames or ridicules them; sending threatening and harassing text, instant messages, or emails to the victims; and posting or sending rumors or gossip to instigate others to dislike and gang up on the target.

9. Using any Internet or social networking websites to make statements, post pictures, or take any other actions that are indecent, vulgar, lewd, slanderous, abusive, threatening, harassing, or terrorizing.
10. Violating any school policy, handbook provision, or a coach's or activity sponsor's training rules or rules of conduct.
11. Dressing or grooming in a manner which is (A) dangerous to the student's health and safety or a danger to the health and safety of others, (B) lewd, indecent, vulgar, or plainly offensive, (C) materially and substantially disruptive to the work and discipline of the school or an extracurricular activity, (D) interpreted to advocate the use of illegal drugs or other substances by a reasonable observer.
12. Failing to report for an activity at the beginning of a season unless excused by the coach or activity sponsor.
13. Failing to attend scheduled practices and meetings unless excused by the coach or activity sponsor.

Such conduct is prohibited year-round regardless of whether it occurs on-campus or off-campus.

Discipline. Students who violate any provision of these Activity Participation Rules may be subject to discipline up to and including expulsion from extracurricular activities and school sponsored events. (including but not limited to graduation ceremony and related activities). These disciplinary consequences and this Activity Code of Conduct are in addition to and do not prejudice, diminish, impede, or reduce any discipline that is authorized by state law, Board Policy, or the Student Handbook. Disciplinary action may include a probationary period and conditions that must be satisfied prior to or following reinstatement. Administrators and coaches will take the following into consideration when making disciplinary decisions:

- Any prior or additional misconduct;
- The nature and seriousness of the offense;
- The motivation for the offense;
- The amount of violence involved;
- The student's demeanor and attitude regarding the violation;

- The actual, threatened, or potential risk to the student and others due to the student's behavior;
- Whether the student has compensated or will compensate the victim in the event of property damage or personal injury;
- Whether the circumstances of the violation are likely to recur;
- The student's willingness to participate in evaluations, counseling, or other programs;
- Any mitigating factors;
- Any other relevant factors.

If suspended, the student must continue to participate in practices and conditioning during the suspension if required by the coach or activity sponsor. The failure to comply with the practice and conditioning requirement will make the student ineligible for reinstatement to the activity.

Evaluation, Counseling, and Treatment. Apart from any other disciplinary procedures, students who violate any provision of these rules may be required to undergo a formal clinical evaluation at the coach's discretion. Based upon the results of that evaluation, the student may be encouraged or required to participate in an education program, counseling, or other treatment deemed appropriate by the evaluating professional.

Reporting of Incident. Students shall report any violation of these rules to the coach, principal, or superintendent no later than 30 minutes after the beginning of the next school day after the violation has occurred. Failure to report an incident will constitute a violation of these rules and will be taken into consideration in making disciplinary determinations under this policy.

Misrepresentations. Any misrepresentation of fact by a student regarding any alleged violation of these rules shall be considered a separate violation of these rules, and the student shall be subject to additional disciplinary action.

Questions. Any parent or student who has questions about board policy, this code, training rules, or rules of conduct of coaches or activity sponsors, or their interpretation or application shall consult with the activities director and/or the superintendent.

Assistance. Students are encouraged to consult with their coach, an administrator, a counselor, or a teacher to obtain access to educational, counseling, and other programs and resources that may be available to help avoid misconduct that may result in discipline under this policy.

AUTHORIZATION AND ACKNOWLEDGEMENT

WARNING: SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

Many forms of athletic competition result in violent physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will eliminate these risks. Students have suffered accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment while playing sports. By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

I understand the statement above and I understand that by allowing my student to participate in athletic events, I assume the risk that he/she may be injured, perhaps severely.

Signature of Parent

Printed Name of Parent

Date

ACKNOWLEDGEMENT OF CONDUCT CODE

I understand that as a student representing the school district in activities, I am obligated to comply with the activities handbook, including the code of conduct. **This means that I may not possess, use, or be at parties in the presence of alcohol, illicit drugs, or controlled substances at any time during the calendar year. I understand that this policy applies both during the school year and in the summer.** I understand that if I violate the code of conduct or other rules in this handbook, I may be suspended from participation in all co-curricular activities and/or school sponsored activities or events.

Signature of Student

Printed Name of Student

Date

I understand that my student is obligated by this handbook, including the statements above.

Signature of Parent

Printed Name of Parent

Date