

ALEXANDER PUBLIC SCHOOL



ACTIVITIES HANDBOOK

2022-2023

ACTIVITIES DIRECTOR'S MESSAGE

Welcome to Alexander Public School Activities. The school district supports the activities program as a positive extra-curricular activity. We will use the following guidelines:

1. Activity participants are treated as regular students. No special consideration is given them for grades or assignments.
2. The activities programs are conducted for the benefit of the participants with maximum concern for their safety, health, and well-being.
3. Full allegiance must be given to the North Dakota High School Activities Association and its constitution and by-laws.
4. Coaches/Advisors employed as regular faculty members and just as other teachers, are expected to exhaust all legitimate channels for promoting the highest level of excellence in the program, and are to be evaluated on the basis of their loyalty and contribution to the total school program.
5. All involved must be mindful that participation in activities is a privilege earned by meeting certain expectations.
6. It is the policy of Alexander Public Schools that educational activities, employment programs and services are offered without regard to race, national origin, sex, religion, disability or age. Leslie Bieber is the contact for Title IX compliance, Shannon Faller for Section 504 and ADA compliance.

In pursuance of these policies and beliefs, the activities are organized under the direction of the Activities Director, who is directly responsible to the Superintendent.

Students are encouraged to participate in at least one of the activities offered by the Alexander Public Schools to bring added fulfillment to their school experience.

Activities Director
Alexander Public Schools

Anything not covered in this handbook will automatically follow the guidelines of NDHSAA

TITLE IX

All complaints shall be submitted with the Title IX Coordinator or Co-Coordinator.

The Title IX Coordinator for Alexander Public School District is Mrs. Shannon Faller.
Shannon.Faller@k12.nd.us, 701-828-3334.

The Co-Title IX Coordinator is Aaron Allard.
Aaron.Allard@k12.nd.us, 701-828-3334.

Alexander School Board Policy AAC defines the process of Title IX complaints.

Policy AAC is available at the following locations:

- Alexander Public School Front Office
- Alexander Public School Teacher's Lounge
- Alexander Public School Website: <https://www.alexanderschoolnd.us/page/title-ix>

PHILOSOPHY

The program of interscholastic activities at Alexander Public Schools is organized and conducted as an integral part of the total educational program of the school. The objectives of the programs must conform in every respect to the general purpose of the school.

Strong and healthy bodies, alert minds, a high sense of sportsmanship, enjoyment, and a love of teaching and coaching should be the outcome of the activities programs at the school. For the student and alumni alike, the values include the development of a sense of pride in the total educational program, the development of tradition and school spirit, sportsmanship and loyalty.

PARENT TRAINING RULE MEETING

Coaches are encouraged to hold a Parent Training Rule Meeting annually or provide a copy of the rules and expectations to parents of children who plan to participate in each activity. These activities are: football, basketball, wrestling, and volleyball. This meeting also includes parents of student trainers, student managers and statisticians (physical forms are waived for these students, however permission forms need to be on file). Handbooks, permission forms and physical forms are distributed and discussed at the meetings. **Students cannot participate in the above activities until the forms are turned in to the activities office.**

PHYSICAL EXAMINATIONS FOR ATHLETIC ACTIVITIES

Every athletic participant will need a yearly physical exam. The physical form should be turned into the high school office to be kept as record. Any athletes not having a physical exam prior to or on the first day of practice will not be able to participate in activities until an exam form has been handed in to the coach or the high school office. The physical exam must not have been taken before April 15 of current season.

CONCUSSION MANAGEMENT

If an athlete exhibits any sign, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. If signs of concussion occurs the athlete must (1) Be removed from play; (2) Ensure the athlete is evaluated by an appropriate health-care professional- MD (Doctor of Medicine), DO (Doctor of Osteopathic Medicine), medical licensed professional, LAT (License Athletic Trainer); with specialized studies in concussions; (3) Inform the athletes parents about the possible concussion and give them information; (4) Keep the athlete out of play the day of the injury and until an appropriate health-care professional says the athlete is symptom-free.

Progressive Physical Activity Program Steps: Steps will be set, monitored and approved by the Alexander Athletic Trainer with Sanford Health.

If symptoms of a concussion re-occur, or if concussion signs and/or behaviors are observed at any time during activity program, the athlete must discontinue all activity and be re-evaluated by appropriate health care provider.

BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:

SECTION 1. A new section to chapter 15.1-18.2 of the North Dakota Century Code is created and enacted as follows:

Student athletics - Concussion management program - Requirements.

1. The superintendent of public instruction shall ensure that any athletic activity that is sponsored or sanctioned by a school or school district in this state and which requires a participating student to regularly practice or train, and compete, is subject to the terms of a concussion management program.
2. The concussion management program must:
 - a. Define the signs and symptoms of a concussion;
 - b. Require that any coach, trainer, or official immediately remove a student from practice, training, or competition if that student exhibits any sign or symptom of a concussion, as defined under this subsection;
 - c. Require that any student who is removed in accordance with this subsection must be examined by a physician as soon as practicable after exhibiting any sign or symptom of a concussion; and

- d. Provide that any student who is removed in accordance with this subsection may be allowed to return to practice, training, or competition only after a physician provides written authorization for the student's return to the student's coach or trainer.
3. The superintendent of public instruction shall ensure that before a student is allowed to participate in the athletic activity, the student and the student's parent shall document that they have viewed information, made available electronically by the student's school or school district, regarding concussions incurred by students participating in athletic activities.

SECTION 2. A new section to chapter 32-12.1 of the North Dakota Century Code is created and enacted as follows:

Athletic activities - Children - Concussion management program - Requirements.

1. If a political subdivision, other than a school district, sponsors or sanctions an athletic activity that requires a child under eighteen years of age to pay a fee in order to regularly practice or train, and compete, the political subdivision shall ensure that the athletic activity is governed by the terms of a concussion management program.
2. The concussion management program must:
 - a. Define the signs and symptoms of a concussion;
 - b. Require that any coach, trainer, or official immediately remove a child from practice, training, or competition if that child exhibits any sign or symptom of a concussion, as defined under this subsection;
 - c. Require that any child who is removed in accordance with this subsection must be examined by a physician as soon as practicable after exhibiting any sign or symptom of a concussion; and
 - d. Provide that any child who is removed in accordance with this subsection may be allowed to return to practice, training, or competition only after a physician provides written authorization for the child's return to the child's coach or trainer.
3. The political subdivision shall ensure that before a child is allowed to participate in the athletic activity, the child and the child's parent shall document that they have viewed information, made available electronically by the political subdivision, regarding concussions incurred by minors participating in athletic activities.

BASIC PRINCIPLES

This being the activities philosophy of the Alexander Public Schools, it follows that we adhere to certain principles.

1. Coaches/Advisors shall meet all requirements expected of faculty members and shall abide by the same rules and regulations and privileges pertaining to all other faculty members.
2. Event leave times need to be emailed to all staff one week ahead of time.

3. All participants shall be afforded the utmost protection while engaged in school sponsored events both on the field and while traveling to and from the events. The participants' general health and physical welfare must be the FIRST concern.
4. Sound equipment, safe playing conditions, and channels for assuring proper training and medical attention shall be available at all times.
5. No member of the staff or faculty shall feel that his/her job depends on winning or losing, although we shall strive to the utmost to give our best effort.
6. Activities during school time will be kept to a minimum as much as possible.
7. When school is dismissed due to inclement weather, no practices will be held.

CO-CURRICULAR ATTENDANCE POLICY

All students involved in co-curricular activities are expected to be in school for the last four periods the day of a game, contest, or activity. **A student who must miss school on any activity day must clear the absence with the principal or athletic director before missing school to be certain of their eligibility for that particular contest.** Activities also include but are not limited to school dances, drama production, band and concerts, and vocational activities. The only acceptable reasons for missing any or all of the school day, and still being allowed to participate, are for scheduled appointments and family emergencies. All students are expected to be in attendance the entire day following an activity. Failure to comply with this policy may result in suspension from the next contest or event.

SCHOOL SPONSORED ACTIVITIES ON WEDNESDAY NIGHT

The building principal and activities director shall not permit groups to schedule any school activities after 6:00 p.m. on Wednesday evenings. All students must be out of the buildings and the doors closed by 6:00 p.m. The time after 6:00 p.m. is for church functions and must remain free from school activity interference. Students must be excused from extra-curricular activities to attend religious functions without repercussions for the absence.

ATHLETIC ASSOCIATIONS AND CONFERENCES

The rules, principles and spirit of such rules and principles of the North Dakota High School Activities Association and other organizations to which the high school may belong will be considered minimum, and vigorously subscribed to and enforced.

TRANSPORTATION FOR EVENTS

Alexander Public Schools will provide transportation for all school-sponsored sanctioned events away from home. Any student traveling for an event between November 1 and March 31 will be required to have a warm coat, stocking cap and gloves along with them. Bus drivers and coaches have the right to leave a student-athlete at home that does not comply. Student / Athletes are to make sure they use their electronic devices in a non-distracting way for the safety of all on the bus. If asked to turn them off by a coach and/or bus driver, they are to be put away for the safety of everyone. Coaches have total discretion on the use of these devices. Students are to travel to and from an event with the team/group unless a parent requests and a coach/advisor permits the student to travel with the parent upon signing them out. Any athlete needing to transport themselves to an event or practice must have the Parent Permission slip provided by AHS filled out and submitted to the school before being allowed to driving.

SUPERVISION OF FACILITIES

Under NO CIRCUMSTANCES is a student to be in a building of the Alexander Public School system without direct school staff supervision.

INSTRUCTOR'S AUTHORITY OVER STUDENTS

Every instructor has authority over all students at all times in all areas of the school premises whether during school hours, after school, Saturdays, or other times. Students are under jurisdiction not only of their classroom instructors but all instructors. If any instructor makes a reasonable request for a student to do something, the student should respect that request.

EXTRACURRICULAR ACTIVITIES ELIGIBILITY

Junior High/Senior High: In order to stress the importance of academics to the future of our youth, an eligibility policy is also in effect for participation of all students in activities. Parents and students are reminded that the best approach to improving achievement in school is to work with the teacher as a TEAM. Activities need to be kept in perspective. They are a benefit to the student if they are treated as part of total student growth.

To be eligible for participation in any school sponsored extracurricular activities, students cannot be failing any classes. Every Monday, administration will generate a list of students who are

failing. If the student is failing a class, they will be ineligible for one week from that Wednesday to Tuesday. It is possible to be eligible one week and not the next week.

Students who participate in extracurricular activities may not be dismissed from school for practice or activity if failing any class.

If at the end of the semester, a student is failing two classes, he/she will be ineligible for the first 4 weeks of the following semester. At the end of the 4 weeks, eligibility will be determined from the beginning of the new semester.

Junior High students (grades 7-8) participating on a high school team must be passing all classes to maintain eligibility.

Return to play: For all injuries, except a concussion (please see Concussion Management above), the AHS athletic trainer and/or a medical doctor's release must be received before an athlete is allowed to return to participate in practice or a game.

DUAL-SPORT ATHLETES

Student-athletes are allowed to participate on more than one extra-curricular team during the same season. Coaches will work together with the athlete to determine daily schedules. Dual-sport athletes are required to attend practice and/or contests for at least one of their respective sports per day, and are encouraged to do both, if possible. **Dual-sport athletes will only be allowed to be dismissed early from school for contests two times per week unless approved by administration. JH student/athletes will only be able to miss school two times per week. JH and HS students will need to be passing all classes in order to do both. If at any time during the season a dual sport athlete is on the ineligible list they will only be able to play one sport the rest of the season. Student / Athlete will pick which sport.**

NORTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION CONDENSED ELIGIBILITY RULES

You are NOT eligible:

- ***if*** you have not been in classes as many days as you have missed from the opening of the semester.
- ***If*** you entered school later than 10 days after the opening of the semester.
- ***If*** you have competed in a sport for four years as a high school student.

- *If* you compete in a similar athletic contest on an out-of-school team during the same sports season or in post season athletic contests.
- *If* you have been enrolled in an institution of higher rank except as an accelerated student carrying advanced work in addition to three high school subjects.
- *If* you did not earn credits in four subjects the preceding semester.
- *If* you did not maintain a passing average in four subjects during the present semester.
- *If* you have graduated from a 4-year high school or equivalent.
- *If* you have accepted awards other than those having symbolic value and costing more than seventy-five dollars.
- *if* you are twenty years of age or over.
- *If* you are not an amateur or if you have competed under an assumed name.
- *If* you have transferred from another school without corresponding change of residence by your parents.
- *If* you are in your ninth semester of attendance and have reached your eighteenth birthday.
- *If* you are in your eighth semester and your seventh and eighth semesters are not consecutive.
- *If* you do not have a **current doctor's certificate of physical fitness issued EVERY YEAR** beginning April 15, 2011. Each year following physical must be taken on or after April 15.
- *If* you have participated in any post season interscholastic football, basketball, or wrestling contest.
- *If* you do not have fees paid and permission forms on file with the activities office.

DRUG, ALCOHOL, TOBACCO RULE

The following rules and regulations concerning the extra-curricular activities in Alexander Public Schools are set up to govern all school-sponsored activities and performances. Exempt from these rules would be classroom-sponsored activities. Offenses are within the same calendar school year.

SECTION 1: OFFENSES / SUSPENSIONS

Any Alexander Public Schools student will be subjected to a suspension from any school-sponsored activity or performance for the following:

- 1.1. The mere presence of tobacco, alcohol, or any controlled substance as defined by North Dakota Law. (See 1.3 for definition of mere presence.)
- 1.2. Steroid Policy: the use, possession or sale of non-prescriptive anabolic steroids by any student at any time during the year is prohibited. Any student found to be in violation of this policy shall be subject to the penalties provided in this policy. The

- use or possession of anabolic steroids prescribed or directed by a physician shall not be a violation of this section.
- 1.3. Mere presence: the administration will take into consideration whether the student was in a vehicle or at a location where the student had knowledge that alcohol, tobacco, or controlled substances were present, and whether or not the student had a reasonable opportunity to remove himself or herself from said location.
- 1.3-A An intention to leave is not a defense. Nor is being the “designated driver.”
- 1.3-B Stay and risk the loss of eligibility for extra-curricular activities.
- 1.4. Involvement in an act, which, if done by an adult, would be designated a felony under the laws of North Dakota, another state, or the United States. A violation of the laws governing the operation of a motor vehicle does not fall under this paragraph.

In-School, Out-of-School Suspension

Students are not allowed to practice or participate in activities during the day(s) that they are in in-school or out-of-school suspension.

NDHSAA Eligibility

Since AHS is a member of the North Dakota High School Activities Association (NDHSAA), all students must meet the NDHSAA eligibility rules to participate in NDHSAA sponsored activities. Your coaches and advisors will provide you with a pamphlet listing the NDHSAA eligibility rules.

In addition to meeting the eligibility rules of the NDHSAA, students must also meet the eligibility rules of AHS.

SECTION 2: INELIGIBLE STUDENTS

2.1 If a student is declared ineligible for extra-curricular participation either because of a NDHSAA and/or AHS rules violation, the period of suspension shall begin from the date and time; the school administrator gives notification to the student. While suspended a student may still practice, but cannot represent the school at functions. Extra-curricular activities include all sports, music, and drama activities, all clubs and organizations, and any other activities that are not part of the normal classroom (for example: dances, prom, banquets, state fair, school plays, concerts, FHA, pep band, National Close-Up, homecoming candidates, etc.).

2.2 Summer Infractions

Any student determined by law enforcement personnel to be in possession of alcohol, drugs, or tobacco during the summer, including multiple infractions, shall be declared ineligible for the first 2 varsity contests or 2 contest in which the students level of competition is at (whichever greater) for each season the student-athlete participates in

throughout the school year. Summer infractions shall not factor into a student's violation when determining multiple infractions during a school year.

SECTION 3: PROCEDURES

- 3.1 The school administrator (principal or athletic director) shall immediately investigate any alleged violation of the alcohol, tobacco, and controlled substance rule of the NDHSAA.
- 3.2. If the administrator has reasonable grounds to believe that these rules have been violated, they shall give the student immediate notice of suspension in writing.
- 3.3. The period of suspension shall begin from the date and time the notification is received by an administrator.

Home Schooled Student / Athletes

Home schooled students will be able to compete at the high school level when they have reached grades 5-12. Each home schooled student will be required to take 6 classes. The home school parent will send grades each Monday of the school year in order to check eligibility. The grades should be based on the semester grade for the student / athlete. Home school students will follow all NDHSAA and AHS rules and guidelines.

ALEXANDER SCHOOL TEAM RULES Participants are expected to attend every practice.

1. Excused absences include family emergency and illness. Personal appointments should be scheduled so they do not conflict with practices. Coach's discretion will also be used.
 2. Any school disciplinary action that results in a participant missing practice will be considered unexcused.
 3. Contact coaches ahead of time in case of a conflict.
 4. 9 practices are required for all grade levels prior to participation in 1st competition.
- B. Travel
1. Players will ride to and from away games with the team.
 2. Exceptions include family or medical reasons.
 3. A written and / or verbal request are encouraging ahead of time if a parent wishes to take their child home. Otherwise, a sign out sheet will be available with the coach after the games.
 4. Bag checks for all overnight activities by coaches and/or administration.
- C. Dress Code
1. Dress codes for home and away games will vary by sport. Head coaches will notify participants before the season begins.
- D. Uniforms
1. Participants are responsible for any uniforms or practice gear issued to them.
 2. Any gear returned at the end of the year that is considered to be less than satisfactory may require full or partial reimbursement to the school.
 3. Any gear that is not returned/lost will be required to be reimbursed in full.

E. Conduct

1. Any conduct detrimental to the team will not be tolerated. Punishment, which may include suspension or removal from the team, will be determined by the coaching staff.
2. Injury - Clearance from injury by a physician or licensed athletic trainer is required prior to the return to completion or practice
3. Injuries on the field or court: Coaches and school employees are the only people allowed on field or court for injuries unless otherwise requested. We have to stay with school policy.

**MEALS FOR STUDENTS PARTICIPATING IN EXTRACURRICULAR
ACTIVITIES**

Alexander School District School Board strongly supports a quality extracurricular program for students in the Alexander School District Public Schools. However, the provision for meals when students are participating in extracurricular activities is the responsibility of parents except as delineated below.

The District shall pay the cost of meals for students only when they are participating at state tournaments sponsored by the North Dakota High School Activities Association or state final competitions sponsored by the North Dakota State Vocational Education Board which are held outside the Alexander School District area. The allowance for authorized student meals shall not exceed the state rate for employees. Meal allowances and payment procedures shall be established by the Superintendent. Funds donated for this purpose will be allocated according to board policy. Policy FFE-AR

TRAVEL/PARTICIPATION WHILE INELIGIBLE

Students who are ineligible either academically or through suspension will **not** be allowed out of school for an early dismissal to attend activities, or be allowed to travel with a team or group. Ineligible students will be allowed to represent the school during a contest-public performance as a member on the sidelines, bench, in the locker rooms, etc., with a team or group. Students will be allowed, and are encouraged, to attend all practices during the time of ineligibility. Students who are ineligible because of a NDHSAA Drug, Alcohol, or Tobacco violation cannot participate, but can practice with the team or group at the coach's discretion.

COMPLAINT PROCEDURES

1. Depending on the nature of the complaint, try to resolve it directly with the AD by setting an appointment 24 hours after the incident.

2. If the complaint is not resolved satisfactorily, the following chain of command is to be followed: athletic director (the AD will involve the coaching staff when necessary), school principal, superintendent, and school board.
3. Complaints given in writing will be shared with the athletic director.
4. "Playing time" is a non-negotiable matter and will be left to the discretion of the coach.

SPORTSMANSHIP

The Alexander Public School District believes that sports programs serve educational purposes in the lives of the district's students. One of the purposes is the development of good sportsmanship. The primary focus of the challenge of achieving good sportsmanship is on the student, but others are involved.

The School Board believes that administrators must insist that good sportsmanship is the goal; activities directors must realize the value of sportsmanship and set the tone for the implementation of its good practice.

The coaches/advisors must accept the responsibility of making each activities contest a showcase for education. They are expected to be models of self-control and dignity for participants and spectators.

The participants must be taught to handle themselves in a sportsmanlike way; they are also expected to project good sportsmanship in the activities in which they participate.

Spectators must realize that they also must exhibit good sportsmanship at all activities. Spectators serve as a model for their own children and for other young people in the community. Spectators also need to demonstrate self-control and dignity while participating in activities.

Good sportsmanship practices will be demonstrated by administrators and coaches, students will be taught good sportsmanship and be held accountable for their actions, and spectators will be reminded and encouraged to be appropriate role models for young people.

EXTRACURRICULAR PARTICIPATION GUIDELINES

Alexander Public School students are encouraged to participate in extracurricular activities to round out their educational program. However, it must be clearly understood that participation in extracurricular activities is a privilege, not a right, and with privileges come certain responsibilities.

Students are representatives of the school at all extracurricular events. The conduct of the students at such events determines the reputation of our school and its students. Disciplinary

action could result if any student's conduct is detrimental to his/her school or community. In addition to the NDHSAA rules, the Alexander High School Activities Department have established the following:

1. Students in grades 7-12 will earn letter in an extracurricular activity provided that the student is on a varsity roster.
2. Participants must follow and abide by all North Dakota High School Activities rules. (Copies of NDHSAA laws are available in the office for review.)
3. A participant's academic eligibility will be determined by compliance with the weekly Academic Performance Report.
4. Coaches/advisors will notify all participants of curfew hours and rules before the season begins.
5. All students involved in extracurricular activities are expected to be in school attendance for the last four periods of the day of a game, contest, or activity. **A student who must miss school on any activity day must clear the absence with the principal or activities director before missing school to be certain of their eligibility for that particular contest.**
6. A participant receiving school suspension will not be allowed to attend any school activity during the days of suspension.
7. A participant is to travel to and from an event with the team/group unless a parent requests and a coach/advisor permits the student to travel with the parent.
8. The proper procedure to address a positive or negative situation with a specific extracurricular activity is to visit with the following personnel in the stated order:
 - 1) Advisors/Directors/Coaching Staff
 - 2) Activities Director
 - 3) Principals
 - 4) Superintendent
 - 5) School Board
9. The building principals and activities director shall not permit groups to schedule any school activities after 6:00 p.m. on Wednesday evenings. All students must be out of the buildings and the doors closed by 6:00 p.m.
10. I have read the Concussion policy / ND Law on Concussions and viewed the concussion training provided by the Alexander School Nurse.

The Alexander drug/alcohol policy will apply to all extracurricular and non-curricular activities. Violations do not carry over from year to year.

The use of tobacco, drugs, or intoxicating beverages on school premises is strictly prohibited. Students having such items in their possessions while on school premises or at school activities will be suspended or expelled. BCI Drug sniffing dogs will be brought in randomly as part of drug prevention.

The School administrator shall immediately investigate any alleged violation of the alcohol, tobacco and controlled substance rule that is made known to the administrator. If the administrator

finds probable cause to believe that this rule has been violated, he shall give the student notice as provided below.

The period of suspension from all extra-curricular activities shall begin from the date and time that the notification is given to the student by the school administrator. The period of the suspension will be a minimum of 6 weeks for the first offense and 18 weeks for subsequent offenses. The student shall have the right to a hearing within three school days after such notification. During the period between notification and hearing, the suspension may be deferred for good cause. Such hearings shall be conducted by a school administrator. The student shall have the right to be present at the hearing and offer such testimony and other evidence that the student deems material. Such students shall also have the right to confront and question the person or persons who complained of such student's violation of this NDHSAA rule. If any student is not satisfied by the ruling of the hearing officer, such student shall have the ruling reviewed by the local Board of Education. Administrators should remind students when suspended, that they may be excluded from all events. Students convicted of a crime may be suspended from extracurricular.

NOTE: Any student involved in athletics at Alexander Public Schools who is found to use or be in possession of alcohol, tobacco, or a controlled substance will be suspended from participation for a minimum of six consecutive calendar weeks, and for the remainder of the sport they are currently participating in.

Students who have had a felony conviction or who have violated the school's drug/alcohol/tobacco policy will not be permitted to attend the prom, banquet, or after prom party during the school year in which the violation occurred. Alexander students may arrange with the superintendent to do 30 hours of school supervised community service prior to the banquet as an exemption to this rule. Out of town guests must not have had a drug/alcohol/tobacco or felony conviction at any time.

The Alexander drug/alcohol policy will apply to all extracurricular activities. Non-athletic extracurricular sanctions will be determined by the administration on a case by case basis

CO-OP GUIDELINES

The Alexander School does participate in Co-Ops with Williston schools in the sports of, Fast Pitch Softball, Baseball, and Track. The following guidelines will be followed in the event your child participates in one of these coops:

COMET ATHLETES INVOLVED WITH CO-OP SPORTS IN WILLISTON:

- 1) AHS may provide transportation to and from practices during the calendar school day.
- 2) AHS may provide transportation to meet the bus to go to an event if departure time is within the school day (8:00-4:00). The student will be responsible for their own ride home after the event.
- 3) If the athlete chooses to drive or ride to a practice or event within the school day, they will need to fill out a consent form and have it signed by a parent beforehand.

- 4) Once practice has started and the athlete is assigned a coach and a team (JV, JV@, V, etc.) he/she will need to give that information to the AHS AD.
- 5) Students are required to communicate with their coaches via format assigned by coach.
- 6) Assignment slips should be obtained prior to being absent for scheduled events/practices.
- 7) Our students are representing not only themselves as an athlete, but they are also representing our school. They need to be respectful of their coaches, be on time for events/practices, and be diligent in attendance.
- 8) If an athlete is not able to attend a practice for any reason, they will need to notify the proper coach and the Alexander school office.
- 9) Athletes need to aid in communication with the AHS office/AD as far as any changes in their practice/game schedule, as it is a fact that schedules, especially in the spring, are quite fluid.
- 10) Athletes must be courteous to their drivers. They are required to keep them informed of any changes in scheduled times as well.
- 11) Varsity letters will be assigned from the school earned.
- 12) Student will be required to pay any participation or uniform fees that are a result of a cooperative agreement
- 13) Parents are highly encouraged to attend parent meetings for cooperative sports.
- 14) A permission slip will need to be signed by a parent prior to the first day of practice.

Disclaimer: All APS District Policies are not included in this handbook. Items/issues not specifically covered in the handbook will be reviewed/handled at the discretion of administration.

Student's and parent's signatures of receipts and adherence to the Alexander Public Schools extracurricular guidelines must be on file with the Activities Director before a student will be allowed to participate in an activity or sport.

**CERTIFICATION OF RECEIPT OF AND ADHERENCE TO THE
ALEXANDER PUBLIC SCHOOLS EXTRACURRICULAR GUIDELINES**

PARENT'S SIGNATURE/DATE

STUDENT'S SIGNATURE/DATE

Parent's Pledge:

I will set an example for my child by honoring the Game and will encourage him to have respect for the Rules, Opponents, Officials, Teammates, and Self.

I understand that playing time is not guaranteed. One of the objectives of a competitive athletic program is to teach the athletes to win as many games as possible. I understand that in close games some players may get more playing time than others, but the coaches will do their best to ensure equal practice attention as to make sure each player is the best they can be.

I will not coach from the sidelines, either during practices or competitions. I will let the coaches do their job and limit my comments during the game to encouraging my child and the other players.

I will not approach a coach or the athletic director, immediately after the game. If I have an issue, I will wait 24 hours (Cooling off Period) before contacting the coaches first. If issues are not resolved satisfactorily with the coaching staff, then a meeting will be set up at later date with the Athletic Director and then the Superintendent until the issue is resolved.

I will encourage my child to do his best at all times and I understand that if my child misses practices/games this may affect his playing time.

I understand that I am responsible for my child's behavior during practices, games, traveling, etc.

I understand that any misconduct or reckless behavior from my child, could result in loss of playing time and/or possible termination from the team.

Parent Signature:_____

Date:_____

Student Signature:_____

Date:_____

**ALEXANDER HIGH SCHOOL ACTIVITIES
MEDICAL CARE RELEASE**

Emergency Medical Care Release

We (parents/guardians) do hereby grant permission to the attending physician and/or emergency medical personnel to carry out any and all necessary medical and/or first aid procedures on

(full name of student) _____ in the case of an emergency. We (parents/guardians) understand that every effort will be made to contact us before any procedures are carried out, if possible. However, we understand that there may be a situation in which the emergency care must be undertaken immediately by the attending physician and/or emergency medical personnel. We hereby give our consent to the above mentioned medical personnel to carry out such procedures if immediately necessary.

We (parents/guardians) further acknowledge that the Alexander High School does not carry or provide medical insurance to participants in school activities who may be injured or become ill while participating in an Alexander High School sponsored activity. All such costs are the responsibility of the parents/guardians.

Date _____

Parent/Guardian Signature _____

Parent/Guardian Signature _____

Note: This form must be filled out each year. Its purpose is to provide coaches/advisors and medical personnel with the necessary information needed in the event of an emergency. Coaches/advisors are required to carry this information with them at all times including but not limited to practices and games/events. It is the responsibility of the parents/guardians to notify the Activities Director at Alexander High School if there are any changes and complete a new form.

Note: Participants in sports are also required to complete physical forms each year. These will be kept on file in the Activities Director office at Alexander High School.

Contact Information

Participant's Name: _____ Grade: _____

Address: _____ Birth date: _____

_____ Age: _____

Home Phone: _____ Male/Female: _____

Cell Phone: _____

Mother/Guardian: _____ Father/Guardian: _____

Work Place: _____ Work Place: _____

Work Number: _____ Work Number: _____

Cell Number: _____ Cell Number: _____

Other Number(s): _____ Other Number(s): _____

Name of person to contact if Parents/guardians cannot be reached:

Name: _____ Phone: _____ Relationship to

participant: _____

Medical Information

Family physician: _____ Phone: _____

Family dentist: _____ Phone: _____

Health Insurance Company: _____

Policy Number: _____

Does the participant have any of the following:

physical restrictions? _____

significant medical health issues? _____

taking any medications? _____

have any allergies to drugs/food/etc.? _____

surgical history? _____

dates and number of concussions? _____

If answered yes to any of the above, please explain below: