



SCHOOL DISTRICT #145

ACTIVITIES GUIDELINES

2024 / 2025



2024-2025 CHANGES/UPDATES IN ACTIVITIES HANDBOOK

- All activity participants will begin their official seasons with the first practice date of the fall NSAA (Nebraska School Activities Association) calendar (Monday, August 12, 2024). All consequences for all activity participants begin with this date for the 2024-2025 school year.
- **Activities Code - page 9: CONDUCT: Expectations/Procedures/Violations:**
Nothing in this handbook preempts or overrides a coach's decision on playing time decisions. Each coach maintains the discretion to manage and direct the participation (or lack thereof) of each team member during practices and competitions.
- Page 11 - All Activity Pass/Participation Fee - School District #145 elementary, middle school and secondary students, not involved in an NSAA sanctioned activity may purchase an **Activity Card for \$50** that will admit them to all home regular season events during the school year with the exception of EMC tournaments and NSAA district and state events. High School students wishing to participate in an NSAA sanctioned activity will be required to pay a \$75 participation fee which also includes the students activity pass. This fee will help offset costs associated with NSAA sanctioned activities/events.
- Page 14 - NAIA
A student must graduate with a 2.3+ GPA or meet two of the three following requirements:
 1. TEST SCORE REQUIREMENT
 - Achieve a minimum of 18 on the ACT or 970 on the SAT Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale. Tests must be taken on an international testing date prior to the start of the term in which you intend to participate in athletics and scores must be achieved on a single test date. The minimum SAT must be achieved on the Evidence-Based Reading & Writing and Math sections only; the Writing score cannot be used. Minimum score requirements for tests taken prior to May 1, 2019 varied. • For tests taken prior to March 1, 2016: 18 ACT, 860 SAT (reading, math) • For tests taken between March 1, 2016 and May 1, 2019: 16 ACT, 860 SAT (evidence-based reading & writing, math)
 2. HIGH SCHOOL GPA REQUIREMENT
 - Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale The NAIA accepts the grade point average determined by the high school, provided it is recorded and awarded in the same manner as for every other student at the school.
 3. CLASS RANK REQUIREMENT
 - If a student's class rank does not appear on the transcript, a signed letter from the principal or headmaster, vice principal or guidance counselor written on the school's letterhead and with the school's official seal, stating the student's final class rank position or percent may be submitted. Exception: Completion of nine institutional credit hours prior to identification at any institution of higher education can be used if no class rank appears on the final official high school transcript. The credit hours must be completed with a grade of "C" or better.
- Page 14 - Self Reporting: Students are reminded and encouraged to self-report any violation that is applicable to the Activities Handbook. The benefit of self-reporting to the students is immediate onset of their consequence timeline. As a learned behavior, this is a positive step by the activity participant. Students will be recognized by both their coaches and school administration for their admittance of an infraction and their acceptance of their consequences. If, after the administration conducts an investigation into a student's potential misconduct, the administration determines that a student promptly and honestly self-reported their misconduct, the administration may (but will not be required to) reduce the student's consequence.
- Page 20 - Callam Photography will take individual and team pictures during the current school year. Every team member is to be included in the group picture as these pictures are used for the yearbook. Individual pictures are optional. Families wishing to purchase individual or team pictures will do so online through the direction of Callam Photography.
- Page 23 - Summertime Activities (NSAA)

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VISION

Committed to Excellence

MISSION

The Waverly Activities Department provides meaningful extracurricular opportunities in a positive environment for student growth.

VALUES

Integrity
Pride
Positive Relationships
Leadership

STRATEGIC FOCUS AREAS

Student Achievement
Communication
Facilities

OBJECTIVES

Offer participation in a wide and varied range of activities, reinforcing the instructional program

Provide the physical, mental, and emotional growth and development to include:

- a. Developing high ideals of fairness in all human relationships
- b. Practicing self-discipline and emotional maturity in learning to make decisions under pressure
- c. Operating within a set of rules, thus gaining a respect for the rights of others
- d. Creating the desire to succeed and excel
- e. Appreciating a worthy use of leisure time now and in the future

Offer acquisition and development of special skills in a democratic self-government

Provide achievement of initial goals as set by the activity in general and the student in particular

Build a strong sense of student morale and spirit of positive support for the school

Develop the most skilled that will enable them to expand their possibilities for future pursuits

Honor outstanding student achievement

ACTIVITIES

STUDENT CLUBS, SPONSORS & COACHES

The following student organizations and groups are approved and sanctioned by School District #145 and are a part of the School District #145 Activities program. Membership in these groups is open to all students of the district who meet the specific membership requirements of the specific group as set forth in their constitution and/or by-laws. This information is available from sponsors of the groups or in the office of the activities director.

(Students need to have Activities Guidelines Compliance Form, student profile and NSAA Student and Parent Consent form signed and completed online in order to participate in activities.)

ART CLUB / Amanda Bultman - Provides current art students seeking aesthetic growth in art beyond the actual studio training received in an art class. It presents several art shows and is involved in community service.

CHEER / Jamie Lanik / Alexis Determan - Squad tryouts are held in the spring for the following year. Members demonstrate a high level of commitment to support the various athletic teams and boost school and community spirit. Cheerleaders also compete in area competitions.

CLASS COUNCILS / TBD - Class councils are elected to represent classes and make class decisions. Freshmen and Sophomores raise money with dues. Juniors are in charge of prom. Seniors pick announcements, class flower and motto. Class Councils also help with graduation exercises.

DANCE / Paige Piper - Squad tryouts are held in the spring for the following year. Members demonstrate a high level of commitment to support the various athletic teams and boost school and community spirit. Dancers also compete in area competitions.

THESPIANS / Jessica Palmquist - Troupe 6186 is Waverly's local chapter of the International Thespian society open to Waverly students; to be inducted, students must earn points by being involved in Waverly Theatre productions. Inducted members have access to special events, performances, professional training and performance masterclasses, leadership opportunities, and are able to attend both the State and National Festivals.

PLAY PRODUCTIONS / Jessica Palmquist & Jeromy Doele - This production is normally a full-length play (drama, comedy or Shakespearian), and will require approximately a six-week commitment. Rehearsals are after school and/or evenings. Auditions will be announced. Stage crews are selected from student volunteers. Participants are not required to be in Drama Club.

FBLA - Future Business Leaders of America / Tara Bohaboj - This club is a national student association for students who are interested in developing leadership skills and self-confidence, participating in community and school service activities, and learning a variety of business aspects.

FCCLA / Audrey Foster/Rachelle Hinrichs - Family, Career, & Community Leaders of America is a career and student technical organization that promotes personal growth, leadership development, and career preparation opportunities as an integral part of Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life-planning, goal setting, problem solving, decision making, and interpersonal communication.

FFA / Kristine Spath - FFA is a nationally affiliated club for youth who are studying areas involved with the food and fiber industry. It is designed to develop character, thrift, scholarship, and citizenship. Its activities will enhance leadership and develop "hands on" skills in agriculture and agribusiness areas such as food science, sales and marketing.

NATIONAL HONOR SOCIETY / Katrina Darling - NHS is an honorary club that recognizes scholastic achievement, leadership, and service. Membership is awarded at the Honors Convocation.

JOURNALISM / Stephanie Flink – Journalism is made up of high school journalists designed to encourage and reward individual student achievement in journalism and school publications.

QUIZ BOWL / David Hartman - Consists of groups of students selected by competition to compete in area quiz bowls.

SPANISH CLUB / Laura Hilkemann & Cass Didier - This club promotes awareness of Spanish/Latino cultures and an

understanding of people around the world. Generally, for students who have been or are enrolled in Spanish.

HISTORY CLUB / Ryan Abbott - The goal of the Viking History Club is to promote student interest in history.

SADD / TBD - Students Against Destructive Decisions makes an effort to alert and inform students about the potential dangers of alcohol and drug use or abuse. SADD sponsors a number of service projects.

SCIENCE CLUB / Holly Burson - This club's goal is to foster an appreciation for science and technology among students. The Science Club will create activities to educate and inform students on opportunities to succeed in the sciences at the individual, school, and community levels.

SPEECH TEAM / Tavia Steenson - Speech Team is a NSAA sanctioned activity which runs from November through March. Contests are primarily on Saturdays. There are ten events including original speeches, interpretive selections, and group pieces. Practices are held after school and evenings. Speech team camp is held the last week in July.

MUSICAL / Jessica Palmquist & Madisen White - This musical production requires a two-month commitment and is usually in the second semester. Auditions are announced.

STUDENT COUNCIL / TJ Wynn & Calvin Sheldon- These elected representatives promote better relations and understanding between the students and administration/faculty and between the students and the community. Participation in Student Council affords training in leadership and citizenship and allows for service to the community.

SkillsUSA / Kate Jones - SkillsUSA is a national student organization representing trade, industrial, technical and health occupations training. SkillsUSA emphasizes respect for the dignity of work, high standards of trade ethics, workmanship, scholarship and safety.

ROBOTICS / TBD - Robotics is a world-wide organization that has two styles of competitions: Vex & CREATE. Vex has rigorous guidelines to the competition. CREATE is a more open platform. Both styles use the same game/challenge presented at Vex Robotics Worlds Competition each spring. Teams design, program and build robots to compete at state wide tournaments or leagues. Points and ranks are given at each event and are used to determine who qualifies for state. Season completion points and state performance determines who qualified for nationals. Nationals rankings can qualify teams for worlds competition.

MATH CLUB / Alek Gaard - Math Club is devoted to increasing students' enjoyment of math, the development of strong math skills, and to help others succeed with mathematics in their own personal endeavors. Math Club looks to assist both middle school and high school students with various math related activities as well as aid the improvement of the mathematics program within School District #145 - Waverly.

GLOBAL VOICES / Cass Didier – Global Voices is a club in which student's research, present, debate and, ultimately, learn about the many perspectives surrounding current domestic and international events.

SLAM POETRY / TBD – Slam poetry helps students develop their writing and performance skills in the area of slam poetry. Students who participate in slam poetry will write original poems, work on performance techniques, and receive feedback from peers and coaches in order to continually grow as a poet. Students may participate at different levels in the club, but the ultimate goal would be to prepare for competition in the Louder Than a Bomb - Great Plains poetry competition in the spring.

ESPORTS / Adam Qualset - Waverly Esports is for students who want to play video games both for fun and competitively. There is a fall, winter and spring season during the school year, each season having different video game titles. In person and online competitions are held throughout the year against other schools in the state.

OTHER ACTIVITIES INCLUDE:

Marching Band - Brady Rohlfs

Concert Band - Brady Rohlfs

Pep Band - Brady Rohlfs

Jazz Band - Brady Rohlfs

Concert Choir - Lauren Hofer

Waverly Show Choir – Lauren Hofer

GRADUATION MAY BE CONSIDERED AN ACTIVITY

Athletics Available at Waverly High School

Fall Season

Girl's Softball – Mike Otte
Girl's Golf – Kristi Bowker
Boy's Tennis – Tammy Tegler
Girl's Cross Country – Laura Hilkemann
Boy's Cross Country – Laura Hilkemann
Girl's Volleyball – Terri Neujahr
Boy's Football – Reed Manstedt
Unified Bowling – Abbie Huenink

Winter Season

Boy's Basketball – Garrett Borchert
Girl's Basketball – John Cockerill
Boy's Wrestling – Eric Dolezal
Girl's Wrestling - Brayden Dowding
Boy's Bowling - Mikal Shalikow
Girl's Bowling - Frank Schmal

Spring Season

Boy's Track – Brian Benson
Girl's Track – Brian Benson
Boy's Golf – Mike Cobelens
Girl's Tennis – Tammy Tegler
Boy's Soccer – Jorge Zuniga
Girl's Soccer – Joel Fritz
Baseball – Jerry Dittenber
Unified Track – Abbie Huenink

Note: All students must have all forms necessary on file before they are allowed to participate in any sports or activities.

ACADEMIC ELIGIBILITY

The purpose of the Waverly Activities Academic Participation Policy is to help provide awareness for kids and open the communication barrier between students and teachers in regards to their academic standing. It strives to teach the students self-advocacy and understand how this and communication can help them socially as young adults.

NSAA Eligibility:

Basic academic eligibility standards are set by the NSAA for varsity eligibility. A student/athlete must pass 20 credit hours the preceding semester to be eligible for varsity competition. Failure to do so would make you ineligible the following semester.

Additionally, Waverly High/Middle School students who are involved in any extra-curricular activity must meet the following academic standards to participate (activity meetings, special events, theater shows or competitions) in any activity recognized by Waverly High/Middle School.

School District #145 Eligibility:

Academic eligibility grade checks will follow the Waverly High/Middle School Powerschool Grade Update Schedule. This schedule can be found at [2024-2025 WHS PowerSchool Grade Update Schedule](#)

A student becomes academically ineligible if they have 2 or more D's OR is failing 1 or more classes on the two-week pulled grade report.

If a student receives a RED CARD, they are ineligible to participate, effective immediately, in club meetings and special club events, theater shows, competitions (including Marching Band), athletic contests, field trips and other special events determined by administration. If applicable, the student is expected to attend practice sessions.

Once ineligibility has been determined, students will not be permitted to travel with teams or organizations to events and/or contests until the activities office has cleared them. There is no appeal process for a student who is academically ineligible.

It is the responsibility of the student to pick up their red card, communicate with the teacher(s) to develop a plan to bring their grade up, follow through with those plans, acquire the necessary signatures from teachers, and hand their red cards back into the activities office. Students MUST have their red card signed by ALL teachers where they obtain 2 or more D's or 1 or more F's.

Coaches and sponsors are expected to follow these guidelines; however, they may be more restrictive. Students will be required to follow their sponsor's or team's rules and may face consequences for failing to do so.

In addition, the District generally follows NSAA guidelines and eligibility criteria for all lower level activities including middle school.

The following steps are taken for Academic Eligibility Participation:

1. Grade reports will be run on the morning of the scheduled date. The dates can be found on our district website, under Waverly High School and the Counseling tab; [2024-2025 WHS PowerSchool Grade Update Schedule](#) . A spreadsheet of ineligible students will be populated and shared with teachers and sponsors. If a student has two D's and/or one F in a course, that student qualifies for a Red Card.
2. On the same day grades are pulled, students and parents will be notified via email of ineligibility.
3. Students will also receive an office pass the day grades are pulled to have them pick up their red cards and be notified of when ineligibility becomes effective. This pass will allow them to, when excused by the teacher, report to the office to physically pick up their printed red card. Students are also encouraged to pick them up in between classes, at lunch, or after school. Red cards will list all grades and give instructions on which grades need to be cleared and by which teacher(s).
4. The student will then need to communicate with specific teacher(s) regarding their grade and develop a plan for the grade to improve. If the teacher(s) and student agree to the plan of action, the teacher can sign the red card indicating the student has fulfilled their academic responsibilities.
 - a. **NOTE – the student grade does not have to change before they become eligible. As long as they have a plan in place to help their grade and the teacher/student feel good about the plan, the student should receive a signature pending other circumstances.**
 - b. This has been an excellent communication step for students and developing self-advocacy. However, they will need to make sure they follow through with their plan.
5. Once each teacher(s) have signed the students red card, they must physically turn in the signed red card to the Activities Office to become eligible to participate.
6. The Activities office will notify specific coaches and sponsors when each student is cleared to participate.
 - They have two weeks to get their grades up and become eligible before the next grade checks are pulled
 - Students have up until the event begins or the buses leave to hand in their red card to become eligible.
 - Special circumstances do present themselves when teachers or students are absent. The high school administration will meet with those students when that time comes.
 - If a Head Coach or Sponsor chooses to have a policy that is more stringent than the above, the policy needs to be submitted to the Activities Director, in writing, for review before the season starts. Once the Activities Director approves it, the Head Sponsor and their assistants will communicate these expectations to the students and their parents.

AFTER HOURS

- After Hours sessions take place after school and are scheduled. Students can be assigned After Hours for a number of interventions including: missing work, retaking tests and quizzes or disciplinary behavior. Students assigned an After Hours session must report to the appropriate area after school. Sessions will last two hours. Students do have the option of leaving when they are finished with all of their work if the classroom teacher has advised the After Hours supervisor.
- Students assigned After Hours are expected to report to After Hours before attending any after school event/practice.
- Students who fail to report for an After Hours session or exhibit inappropriate behavior will be out-of-school suspended and be expected to complete another After Hours session.

ACTIVITIES CODE

School District #145 activities program is before the public eye throughout the school year. The activities program functions on an extracurricular basis; therefore, student participation is completely voluntary. **All activity participants will begin their official seasons with the first practice date of the fall NSAA (Nebraska School Activities Association) calendar (Monday, August 12, 2024). All consequences for all activity participants begin with this date for the 2024-2025 school year.**

People judge the school system by the way participants in the various activities conduct themselves. It is imperative that quality standards of conduct, dress, grooming and training are established as part of the activities program.

The administration and coaching staff of School District #145 feel that it is very important that our teams/groups are portrayed in a positive way, and will work to promote an image that is highly regarded and respected. To produce these ideals, the following guidelines and standards are in effect:

1. **Dress** - Individual coaches and sponsors may request certain dress on days of events and trips.
2. **Grooming** - The participants should be neat and clean in appearance. Hair should be of such length that it does not create a health or safety problem.
3. **Training** - Participants are to demonstrate acceptable standards of conduct and training at all times. These standards of conduct and training shall be maintained in season as well as throughout the school calendar year. Under activities training rules, the standards of conduct prohibit **AT ALL TIMES**, the possession, procurement, use or distribution of alcohol, drugs, tobacco (smoking or chewing) look-alike drugs, look-alike tobacco, look-alike alcoholic beverages, behavior-affecting substances and/or drug paraphernalia.
4. **Attendance** - A participant must be in attendance at school for one-half of the day immediately prior to the scheduled event in which he/she is to participate, practice, perform or compete. **Example: On a normal school day, the student would need to be in attendance by 12:00pm.** **NOTE:** Exceptions may be made by school administration in the case of emergency scheduled professional appointments (medical/dental) or other unforeseen circumstances.
5. **Enforcement** - Any student who is in violation of School District #145 Drug, Alcohol and Tobacco standards of conduct will have further sanctions placed against them under the Waverly Public School Activities Code if they participate in extracurricular activities, including sports, clubs, contests, performances, homecoming, prom, dances, and any other school sponsored events.

CONDUCT: Expectations/Procedures/Violations:

As representatives of School District #145, participants are expected to conduct themselves in a manner which exemplifies good sportsmanship and good citizenship at home and away contests, in-season and off-season, and while either on or off campus. Activity participants should note that a Violation of the Activities Code can occur through **improper actions and/or activities related to poor conduct choices.** School District #145 administration in conjunction with the head coach/sponsor will address these violations on an independent basis, will weigh the severity and repetitiveness of poor conduct choices, and will place sanctions after completing their investigation on all conduct violations. Penalties, consequences and ineligibility time frames will be enforced at the completion of each violation after all information is investigated and processed.

Due Process procedures outlined in the Student Handbook will be followed.

Nothing in this handbook preempts or overrides a coach's decision on playing time decisions. Each coach maintains the discretion to manage and direct the participation (or lack thereof) of each team member during practices and competitions.

ACTIVITIES AND SOCIAL EVENTS

A student organization desiring to sponsor an activity (such as a money raising project, a student dance, an assembly, spirit week, etc.) must submit a request for an approval from the activity director at least TWO WEEKS IN ADVANCE of the desired starting time for the activity. The application must also be signed by the organization sponsor before it is submitted.

The activity is not to begin (other than advance planning) until the APPROVAL FORM is returned to the sponsor by the activities director. Only those approved events will be allowed at school.

Activities and social events usually require the expenditure of class or organization funds. Payment from an organization account in the Activity Fund must be requested on an ACTIVITY ACCOUNT EXPENSE CLAIM and should be supported by a purchase order, invoice, sales ticket, itemized receipt etc. Students who charge purchases outside of Waverly for their organizations are to have a signed PURCHASE ORDER at the time they make the purchase.

Social events are to be scheduled through the activity director's office. The conduct and appearance of the students attending these events are the responsibility of the sponsoring organization.

High school dances will be held during the school year. The sponsors of the dance will indicate which grades are invited and if outside dates will be allowed. School District #145 students desiring to bring outside dates to school dances must submit the names of their date(s) to the office. The school reserves the right to deny any person entrance to the dance. The names of outside dates must be submitted before the end of the school day (3:40 p.m.) at least one day prior to the event. Students leaving a school dance may not re-enter the dance.

Social events are to be scheduled through the Activity Director's office. The conduct and appearance of the students attending these events are the responsibility of the sponsoring student group. Three major dances will be held during the school year. They include:

- Homecoming Dance
- Snowball Dance
- Junior-Senior Prom

Other all-school dances may be held during the school year. These are open only to District 145 students and their dates. School dances are specifically for grades 9-12 unless otherwise indicated.

ACTIVITIES ON WEDNESDAY & SUNDAY

No NSAA sanctioned activity may be scheduled on Sunday. In addition to this, the school wishes to work cooperatively with the churches in the community. Thus, there will be no regularly scheduled activities on Wednesday evenings or on Sundays. Exceptions that can be justified must be requested through the Activities office and final approval of the superintendent. See Board Policy 5034 for further information. www.district145.org >District> Board of Education> Board of Education Policies

ACTIVITIES STUDENT FEES

Information regarding District #145 School Board approved activities (5032), or student fees policy (5033), can be located at www.district145.org > District > Board of Education > Board of Education Policies.

ADMISSION PRICES

Admission prices for athletic contests will be:

- ALL High School Sporting Events** - \$7 for adults and \$5 for students
- ALL Middle School Sporting Events** - \$3 for adults and \$2 for students

Additional admission prices for extra-curricular activities will be set between school administration and the sponsor(s) of that activity.

ADMISSION PASSES

- All patrons of District #145 have the opportunity to purchase Activity passes through the booster club and activities department. The following is offered to patrons of District #145, including staff/students:
 1. Booster Pass – become a Maroon Tier member and receive 2 complimentary 15 punch pass cards good for any home regular season sporting event (excludes any conference, district, or state tournaments)
 2. Adult Punch Card –12 adult admissions good for any home regular season sporting event (excludes any conference, district, or state tournaments)
 3. Adult Punch Card –6 adult admissions good for any home regular season sporting event (excludes any conference, district, or state tournaments)
 4. All Activity Pass/Participation Fee - School District #145 elementary, middle school and secondary students, not involved in an NSAA sanctioned activity may purchase an **Activity Card for \$50** that will admit them to all home regular season events during the school year with the exception of EMC

tournaments and NSAA district and state events. High School students wishing to participate in an NSAA sanctioned activity will be required to pay a \$75 participation fee which also includes the students activity pass. This fee will help offset costs associated with NSAA sanctioned activities/events.

ADMISSION TO PLAYING FIELDS & ATHLETIC AREAS

- Only certified personnel and those designated by the school administration to act as officials, or to have specific assignments at athletic practices or contests, are to have access to dressing rooms, athletic training rooms, equipment rooms, and other athletic rooms or playing areas. It shall be the responsibility of the coach or school employee in charge of practice or contest to exclude unauthorized persons from the areas designated.
- Students attending events that are PreK-8 grades are required to be under the direct supervision of a parent.
- **Middle or High School students will NOT be allowed reentry if they choose to leave an event.**
- At scheduled games, adult personnel on the team bench shall be limited to coaching personnel, those persons who are officially assigned to the sports squad, and the team trainer/doctor.
- It is important that all coaches respect each other's work/storage areas and keeping them clean and secure. This includes the training room and outdoor storage areas.

ANTI-BULLYING POLICY (5011)

One of the missions of the district is to provide a physically safe and emotionally secure environment for all students and staff. Positive behaviors (cooperation, teamwork, understanding, and acceptance of others) are to be encouraged in the educational program and are required of all staff. Inappropriate behaviors (bullying, intimidation, and harassment) are to be identified and students and staff are required to avoid such behaviors. Strategies and practices are to be implemented to reinforce positive behaviors and to discourage and protect others from inappropriate behaviors.

ATHLETIC TRAINING

Mission

Waverly High School Athletic Trainer provides care under the supervision of a physician. Waverly High School Athletic Trainer's mission is to prevent, evaluate, treat, and rehabilitate injuries and illnesses of student-athletes in the most effective manner available, within the athletic training room or referring to other health care professionals.

Philosophy

Waverly High School Athletic Trainer's philosophy is to provide safe and effective healthcare to each Waverly High school student-athlete.

Athletic Training Staff & Physicians

- TBD - Athletic Trainer; @district145.org
- Nebraska Orthopedic Center Team Orthopedic Physicians (402) 436-2000

Athletic Training Room Guidelines:

1. No profanity.
2. No self-treatment.
3. Do not remove anything from the athletic training room without asking permission.
4. Be clean before entering the athletic training room for treatment.
5. T-shirt and shorts must be worn for treatment.
6. No shoes on tables.

Injury Protocol:

In order for Waverly High School to provide your student with proper athletic related medical care, we request any injuries (fractures, concussions, etc.), including those on and off the field, during school, or unrelated to school, be communicated to WHS health staff. It is imperative that students notify the athletic trainer promptly when injury is suspected or known. The athletic trainer can assist in seeking proper medical care for student injuries. In the event of an emergency, appropriate emergency medical personnel should be contacted. WHS requires written documentation from a licensed

medical provider when the student requires medical care outside of the athletic training room. The athletic trainer will be involved in the decision-making process when determining a student's return to WHS practice or competition.

Concussion and brain injury information will be provided on an annual basis to students and the students' parents or guardians. The information provided to students and the students' parents or guardians shall include, but need not be limited to: a. the signs and symptoms of a concussion; b. the risks posed by sustaining a concussion; and c. the actions a student should take in response to sustaining a concussion, including the notification of his or her coaches. A student who participates on a school athletic team shall be removed from a practice or game when it is reasonably suspected that he or she has sustained a concussion or brain injury. The student shall not resume participation in the sport or activity until it is deemed appropriate by school officials. "Return to Play" and "Return to Learn" protocols will be followed as specified in District #145 Policy 5065.

Parents/Guardians are encouraged to review all policies and procedures regarding Athletic Training Services. The full manual can be obtained from the district website under Waverly High School/WHS Activities.

ATTENDANCE

Attendance at Practice and Contests:

A participant must be in attendance at school for one-half of the day immediately prior to the scheduled event in which he/she is to participate, practice, perform or compete. **Example: On a normal school day (including Wednesday late starts), the student would need to be in attendance by 12:00pm.** NOTE: Exceptions may be made by school administration in the case of emergency scheduled professional appointments (medical/dental) or other unforeseen circumstances.

Unexcused Absences:

Participants are expected to be at all scheduled practices. Should an individual not be able to attend a practice, he/she must contact the sponsor in advance. Exception: when the individual is absent from school, he/she does not need to notify the sponsor; however, most sponsors appreciate knowing the reason for the absence from school. Participants are always expected to be on time for all practices, contests, and departures for contests. Should a practice or contest be missed without being excused in advance, he/she may be required to make up this time. Should a second practice or contest be missed without being excused in advance, he/she may be withheld from the next contest in which he/she is scheduled to take part. A third missed practice or contest without being excused in advance may result in being dismissed from the activity for the remainder of the season.

Excused Absences: All practices are important, not only to the individual, but to the group as a whole. In some cases, where an individual must miss practice when he/she is excused in advance, he/she may be required to also spend some extra time before or after a regular practice to make up for the practice time lost.

CHEMICAL PROCEDURE

Philosophy and Purpose:

Health problems of youth are primarily the responsibility of the home and the community. However, schools share in that responsibility because chemical problems often interfere with school behavior, student learning, and the continual development of each student. To share this responsibility, the schools nurture successful interpersonal relationships and promote skills in decision-making, problem solving, and physical ability, while providing for student academic growth.

In spite of such efforts, we understand that a student may become involved with certain chemicals, creating pain for the student and others. Therefore, a program of education and support encouraging a chemical-free lifestyle is offered, and rules and consequences for using chemicals are strictly enforced.

These guidelines are designed for participants and spectators for school activities, and are separate from disciplinary action taken for the regular school academic program.

Specific Rule:

During the school year a student shall not, regardless of quantity, use or consume, have in possession, buy, sell, transfer

or give away any tobacco product including electronic nicotine (or look alike), controlled substance (or look alike), beverage containing alcohol, or illegal substance.

1. The rule applies to the entire school year and any school sponsored activity which occurs prior to or after that year.
2. It is not a violation for a student to be in possession of and to use a controlled substance specifically prescribed for the student by his or her doctor.
3. Consequences shall be cumulative grades 9 – 12, and will be considered for each student's entire school career if applicable.

CONSEQUENCES FOR VIOLATIONS OF RULE

After confirmation of the violation, in addition to established state statutes and local school policies, the student shall be suspended from participation and attending all school activities, which includes any school related activities in which the student is not a direct participant of, for a specified number of calendar days starting from the date of confirmation.

Students Under Suspension

Students who are in In-School Suspension or Out-of-School Suspension will not be permitted to practice or compete until the student is off suspension and back in the regular school setting.

Minimum consequences for violations are as follows: (All timelines are determined by calendar days rather than school days.)

First Violation: Tobacco product, including electronic nicotine, drug paraphernalia (or look alike), --seven (7) days suspension; Controlled substance (or look alike), or alcohol--fourteen (14) days suspension; illegal substance (or look alike), --twenty-one (21) days suspension. In addition, the student may be required to complete an educational program endorsed by the school prior to reinstatement in school activities. The school may require the student to participate in a professional evaluation.

Second Violation: Tobacco product, including electronic nicotine, drug paraphernalia (or look alike), --fourteen (14) days suspension or subsequent violation for tobacco products; Controlled substance (or look alike), or alcohol—twenty-eight (28) days suspension; Illegal substance (or look alike), --forty-two (42) days suspension. In addition, the student will be required to show evidence in writing that he or she has sought and received counseling from a professional individual, i.e., school alcohol/drug counselor, psychiatrist, psychologist. The school may require the student to participate in a professional evaluation.

Third Violation or Subsequent Violation: Tobacco product, including electronic nicotine, controlled substance, alcohol, drug paraphernalia, illegal substance, or any look alike, sixty (60) days suspension. In addition, the student will be required to participate in a professional evaluation for chemical dependency. If the student becomes a participant in a chemical dependency program the student may be reinstated in school activities upon completion of the program. Verification of completion of the chemical dependency treatment program must be provided in writing by the director or counselor of the dependency center prior to reinstatement of the student.

*Sponsors are expected to follow these guidelines; however, they may be more restrictive in accordance with announced rules and regulations.

Self-Reporting of Violations:

Students are reminded and encouraged to self-report any violation that is applicable to the Activities Handbook. The benefit of self-reporting to the students is immediate onset of their consequence timeline. As a learned behavior, this is a positive step by the activity participant. Students will be recognized by both their coaches and school administration for their admittance of an infraction and their acceptance of their consequences. If, after the administration conducts an investigation into a student's potential misconduct, the administration determines that a student promptly and honestly self-reported their misconduct, the administration may (but will not be required to) reduce the student's consequence.

COLLEGE ATHLETIC ELIGIBILITY

NCAA

The National Collegiate Athletic Association (NCAA) has established guidelines that Division I and II member schools must follow before awarding scholarships and granting eligibility to high school students who wish to compete as freshmen on college athletic teams after completion of high school.

NCAA Division I & Division II Athletes

Student athletes who wish to participate in NCAA Division I or Division II sports during the college year following high school graduation- MUST BE CERTIFIED by the NCAA Initial-Eligibility Clearinghouse, which will analyze your academic information to determine if you meet NCAA initial eligibility requirements. The three steps for being certified are clearly explained in a booklet entitled "Making Sure You Are Eligible to Participate in College Sports." Obtain a copy of this booklet (available on-line) early in the first semester of your senior year. Don't delay this process--if you are uncertain about participation in Division I or II it is best to complete this process anyway. This process does not bind you to participate, however, it is a necessary procedure should you elect to participate.

Failure to be certified may affect visitations to colleges regarding athletics, and college coaches may be reluctant to make commitments to athletes who have not completed the NCAA Initial-Eligibility certification. Students who have questions should see their counselor regarding items such as whether a college is a Division I or II institution in the sport in which they are interested. Students interested in participating in athletics at NCAA Division III colleges or NAIA institutions should obtain the appropriate athletic guidelines that pertain to them. Athletes or their parents are encouraged to obtain additional references pertaining to student athletes. The best single reference which may be available in limited quantities in the counseling office, or can be purchased is: NCAA Guide For the College Bound Student Athlete published by the NCAA, 6201 College Boulevard, Overland Park, Kansas 66211-2422. The phone number is (913) 339-1806.

You are encouraged to visit with your counselor or obtain the most recent NCAA booklet to review the policies, which will affect you. Those student athletes first entering collegiate institutions must follow NCAA Bylaw 14.3 requires that they:

- Graduate from high school
- Register online
- Meet eligibility standards specified at <https://web3.ncaa.org/ecwr3/>

NAIA

A student must graduate with a 2.3+ GPA or meet two of the three following requirements:

4. TEST SCORE REQUIREMENT

- Achieve a minimum of 18 on the ACT or 970 on the SAT Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale. Tests must be taken on an international testing date prior to the start of the term in which you intend to participate in athletics and scores must be achieved on a single test date. The minimum SAT must be achieved on the Evidence-Based Reading & Writing and Math sections only; the Writing score cannot be used. Minimum score requirements for tests taken prior to May 1, 2019 varied. • For tests taken prior to March 1, 2016: 18 ACT, 860 SAT (reading, math) • For tests taken between March 1, 2016 and May 1, 2019: 16 ACT, 860 SAT (evidence-based reading & writing, math)

5. HIGH SCHOOL GPA REQUIREMENT

- Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale The NAIA accepts the grade point average determined by the high school, provided it is recorded and awarded in the same manner as for every other student at the school.

6. CLASS RANK REQUIREMENT

- If a student's class rank does not appear on the transcript, a signed letter from the principal or headmaster, vice principal or guidance counselor written on the school's letterhead and with the school's official seal, stating the student's final class rank position or percent may be submitted. Exception: Completion of nine institutional credit hours prior to identification at any institution of higher education can be used if no class rank appears on the final official high school transcript. The credit hours must be completed with a grade of "C" or better.

NJCAA

The National Junior College Athletic Association allows a student immediate eligibility if they:

- Are a high school graduate have received a high school equivalency test, such as a G.E.D. Non-high school graduates can establish eligibility by completing one term of college work, and passing 12 credits with a 1.75 grade point average or higher.

Information pertaining to NCAA and NAIA Student-Athlete Eligibility will be provided to students and parents from our counseling department. Students interested must sign up for this Academic Eligibility Meeting at their September Class Meeting.

COMMUNITY RELATIONS

Sportsmanship, Ethics, and Integrity: School Board Policy 1207

The Board of Education recognizes the value of extracurricular activities in the educational process and the values that students may develop when they have an opportunity to participate in organized activities outside of the traditional classroom.

Student participants and district appointed sponsors involved with school approved extracurricular activities are expected to demonstrate the same level of responsibility and behavior at practice, competitions, and extracurricular events as is expected in the classroom. School district representatives and students are responsible for maintaining sportsmanlike behavior, exhibiting ethical conduct, and demonstrating integrity. The Board of Education further encourages the development and promotion of sportsmanship, ethics, and integrity in all phases of the educational process as well as all segments of the community. This includes administrators, participants, adult supervisors, parents, fans, spirit groups, and support/booster groups.

Spectators are permitted to attend extracurricular activities only as guests of the school district and they must comply with the school district's expectations, rules and policies. Spectators are expected to display mature behavior and sportsmanship. The failure of spectators to do so is not only disruptive but also embarrassing to the students, the school district and the entire community.

Any spectator, who behaves in a manner that is not consistent with school district expectations and this policy, may be removed from the event by security personnel, school officials, or by the individual in charge of the event. In addition, the individual may be denied admittance to future school events or activities for a specified period of time. School officials shall send a notice of exclusion from future extracurricular activities to the spectator involved. Such notice is to be provided from the activities director and/or the respective building principal. Due process shall be provided in accordance with school district policies and shall include the opportunity for a hearing with school officials. In the event the spectator removed or denied future admittance is a student from a visiting school, an effort will be made to work with the administration of the visiting school with respect to future exclusion.

The district shall also have full authority to invoke penalties or pursue legal action as consistent with district rules, regulations, school board policies, and Nebraska and Federal laws.

To protect the rights of students to participate without fear of interference, and to permit the sponsors and officials of extracurricular activities to perform their duties without interference, the following provisions are in effect, but not limited to:

1. Abusive, verbal or physical conduct of spectators directed at participants, officials or sponsors of extracurricular activities or conduct that interferes with the administration of the extracurricular activity will not be tolerated.
2. The use of vulgar or obscene language directed at students, officials or sponsors participating in an extracurricular activity or at other spectators will not be tolerated.

Sponsors and officials will enforce the Spectator Code of Sportsmanship Behavior, Ethics, and Integrity.

1. Keep cheers positive. There should be no profanity or degrading language / gestures.
2. Avoid actions that offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams in a manner in which you would expect to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Obey the instructions of school employees and officials supervising the extracurricular activity.

Policy Reviewed: 04/01/19

CONFLICT RESOLUTION FOR PARENTS

Sometimes the need to contact a coach occurs during the school year. The correct sequence to take is:

- Level-1:** Each head coach/sponsor will have a parent meeting during the pre-season to establish guidelines and expectations for their student-athletes, with parents invited to ask questions at this time.
- Level 2:** During the season, please contact your son/daughter's head coach/sponsor if you have questions or concerns. Please wait 24 hours after a contest to contact your son/daughter's coach.
- Teachable Moment:** **Have your son/daughter visit with their head coach first. If we are preparing students for life's lessons, this is a critical piece of their education.**
- Level 3:** If you have contacted the head coach, and wish to also have the activities director involved, please contact the head coach, and request that the activity director is involved. (The head coach may also request that the activity director sit in on a parent meeting.)
- Level 4:** If you are interested, the building administrators are also available to sit in on a parent meeting if #1, #2, and #3 do not work out. The administration also has several parent communication meetings during the school year, and may be available either during or after one of those meetings.
- Level 5:** If the above are not satisfactory, please contact the activities director office, and contact will be made with the Superintendent of Schools if there are still concerns.
- NOTE:** If a parent meeting is necessary between the head coach/sponsor, and/or the activities director, or other school/district administration, the presence of your son/daughter may be required.

DRESSING ROOM POLICIES

All participants will be under the supervision of the sponsor in charge while dressing. An individual must respect the privacy of others, not linger in the dressing room, be rowdy, or endanger the safety of others. All cases of misconduct while dressing will be dealt with by the coach/sponsor in charge. All athletes are encouraged to lock their lockers at all times. Locks can be obtained from the activities desk. NO PERSONAL locks; ONLY school issued locks are to be used. Any personal locks used will be removed.

Coaches' offices, equipment rooms, and storage areas are off-limits to all students except those designated as assistants or managers or when supervised by a sponsor.

DUE PROCESS

Due process procedures regarding any of the rules, regulations, or guidelines will be followed if violations occur. Should a question arise regarding a rule or regulation of the Nebraska School Activities Association, procedures to be followed are listed in the NSAA Yearbook. See the activities director or assistant principal to review the NSAA Yearbook.

EQUIPMENT

Students will be responsible for equipment checked out to them and are required to pay the cost of replacement if it is not checked-in in reasonable condition at the end of the season or immediately if they should quit the activity. All

collections for lost or damaged school property will be handled in the activity office. At no time should a student wear costumes/equipment checked out to him/her except for practices and contests or when authorized by the coach to do so. Any individual found to be wearing school equipment outside of the above-mentioned situations or possessing school equipment, can expect to be treated as possessing property not belonging to him or her.

FACILITY USAGE

- In season programs will have first priority when scheduling facility usage. The next priority will be programs in the next season (Example: during the fall season, winter programs will have second priority when scheduling facilities).
- Any group/team not affiliated with District 145 or the High School Activities programs will have to schedule any facility usage through the activities director.
- Outside organizations will be required to complete and submit an application for facility use in accordance of board policy (3080)
- Rental Fees for any facility use will follow what is outlined in board policy (3080)
- At no point will facilities be used for personal/private use.
- Facility Usage on Sundays will be prohibited unless approved by the activities director.

FOOTBALL HELMET PURCHASE PROCESS

School District #145 - Waverly provides safe equipment according to standards ascribed to by the National Federation of State High School Associations (NFHS). Equipment is checked, cleaned and otherwise reconditioned as is necessary, meeting the requirements set forth by the National Operating Committee on Standards for Athletic Equipment (NOCSAE). Waverly chooses to recondition football equipment each year after use.

Waverly equipment meets standards of shelf life set forth by the manufacturer. Helmets exceeding 10 years of life are automatically discarded, regardless of use. An independent vendor selected by the Waverly High School Activities Director reviews helmet conditions and provides recommendations to maintain NFHS quality standards.

Waverly provides up to date equipment in its inventory. The equipment provided for use may not be the brand or model preferred by the parent. The following option is available for a parent/guardian to select the football helmet for your child's exclusive use.

If a parent chooses to purchase a helmet for his/her student rather than accept what is issued by the school the following steps must take place:

1. The helmet(s) and required information must be presented to the Waverly High School Activities Office. Information includes the purchase receipts and the parent/guardian agreement form. **(SEE APPENDIX IV)**
2. The helmet must be accepted by the Board of Education as a donated item prior to being used by the student-athlete.
 - Only brand new and unused helmets will be accepted as a donation to the Activities Department.
3. After the helmet has been accepted as a donation by the Board of Education, the helmet becomes the property of School District #145 - Waverly.
4. After approval, the helmet will be issued to the designated student-athlete through the equipment check-out process.
5. The manufacturer's identification number will be used to track the helmet.
6. In the event the donated helmet becomes damaged, cracked, or otherwise deemed not safe for use, it will be disposed in the manner prescribed by the athletic department.

A request must be submitted by July 1 for consideration at the August Board of Education Meeting in order for a helmet to be approved in time for the start of the fall season.

School District #145 – Waverly Board of Education meetings are held on the first Monday of each month.

At the conclusion of the student's participation, the helmet becomes part of the regular inventory of School District #145 - Waverly for the remaining life of the helmet. At the end of the helmet's useful life it will be destroyed.

Helmets not turned in at the end of the season will be treated in the same manner as any piece of school equipment or property. The student will be expected to pay the current replacement value for the unreturned item.

A helmet purchased by the parent/guardian for use by their child to play football will be allowed for use in School District #145's athletic programs only after following this process.

HAZING POLICY

Hazing or initiation by any school organizations, groups, clubs, teams or individuals are prohibited unless specifically approved by the administration. Anyone engaging in hazing or initiation behavior will be subject to disciplinary action up to and including expulsion.

Hazing is 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 with any school organization. Such hazing activity includes whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with 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 which endangers the physical or mental health or safety of any person or the coercing of any such activity. Hazing by classes, clubs, athletic teams or other student organizations are prohibited. Hazing is prohibited even though the person who has been the subject of the hazing consents to the activity.

The Board of Education prohibits the organization of school-sponsored fraternities, sororities or secret organizations wherein membership is determined by members themselves rather than on the basis of free choice. The Board considers those organizations or memberships in those organizations detrimental to the good conduct and discipline of the school. Interference with the instructional program of the district by those groups will not be condoned, and no organizational activities are permitted under the sponsorship of the school district or its personnel.

In addition, the use of hand signals, graffiti, or the presence of any apparel, jewelry, accessory, or manner of grooming which, by virtue of its color, arrangement, trademark, symbol, or any other attribute which indicates or implies membership or affiliation with such a group, may be considered disruptive of a positive learning environment.

It is unlawful for any person, whether a student of the District or not, to enter upon the school grounds or any school building for the purpose of rushing or soliciting, while there, any student to join any fraternity, society, or association organized outside of the schools. Any person who violates this restriction is subject to criminal prosecution and removal and exclusion from school grounds.

INSURANCE COVERAGE

School District #145 does not provide injury insurance for students who participate in athletics or other activities. However, the Nebraska School Activities Association does provide liability/lifetime medical catastrophic insurance. Each parent/guardian must return the parent/guardian consent form before the student athlete may participate. The consent form includes a section in which the parent confirms that his/her child is sufficiently covered by their own family insurance for injuries that occur while participating in extracurricular activities associated with District #145.

For those students who are not covered by insurance, there is a low-cost supplementary option made available for football coverage, school-time coverage, or year-round supplementary coverage. Application forms are available in the high school office.

LEVELS OF PARTICIPATION

Student athletes will participate at the level or levels appropriate for their own improvement and the improvement of the athletic program in which they are participating. Ninth graders may play at the varsity level if the coach, his/her parents, and the activities director agree that participation at that level is appropriate.

LOCKS

- All students involved in athletics and/or physical activity or classes are required to use a lock issued by the school.
- Athletic locks are checked out from the Activities Office.
- Athletic Lock ID's and combination codes are listed on Sport Cards.
- Coaches are required to record locker numbers on Sport Cards.
- Physical Education locks may be checked out from the Physical Education Teacher(s).
- A \$5 "Student Hold Fee" will be charged for any lost and/or damaged lock.

OUT OF SEASON WORKOUTS

- Coaches are encouraged to conduct off-season programs to promote increased athletic skills, however these programs are not to interfere with programs which are currently in-season. Nothing will ever be done by any coach or athlete to take away from the sport that is in-season. All coaches should encourage athletes to participate in sports/activities that are in-season.
- All off-season activities must be properly supervised at all times and follow all NSAA guidelines regarding the organized practice rule. Communication between coaches of Waverly High School athletic and activity programs is expected at all times.
- Pre-season/post-season conditioning programs and activities may not begin for the upcoming season until all in-season sports have held their first contests (Spring sports after the first of the year). As stated above, if there is a conflict regarding the use of facilities the in-season sport has precedence, then the pre-season sport, with the out-of-season sport having the last preference in use of facilities.

PARTICIPANT LIMITATIONS

At School District #145 it is hoped that everyone who chooses to participate in an activity will have the opportunity to do so. However, there may be times when there are a limited number of slots available, or when the number of individuals seeking to participate is so large that it restricts the sponsor from adequately developing each individual the proper skills and training necessary to develop to the utmost of his or her potential. At that time, the sponsor may find it necessary to limit the number on the team in the best interest of all concerned.

Cutting of an athlete will be done at the discretion of the coach in consultation with their staff and the activities director if necessary. Any athlete who gets cut from a team may, if he/she desires, try out for another sport during the same season or try out again the following year. Cuts in non-athletic activities will be at the discretion of the sponsor of that activity. Individuals may also be cut when they choose NOT to follow the rules in the Activities Guidelines Handbook or team/club regulations.

PARTICIPATION PROCEDURES ACTIVITIES/ATHLETICS

1. All required forms must be completed to participate in any activity or sport. All required forms can be found on your parent/student portal.

ADDITIONAL PARTICIPATION PROCEDURES (ATHLETICS)

1. **Baseline SWAY Concussion Testing:** Student-athletes who need to take the Baseline SWAY Test are the following: Any incoming 7th, 9th, 11th, students new to the district; or anyone who sustained a concussion over the previous school year. Testing requirements apply to student-athletes planning on participating in Middle School or High School athletics during the upcoming school year.
 - a. **Testing Dates:** Testing dates along with sign-up instructions and details will be communicated to all parents and students prior to the beginning of the school year.
2. **Pre-participation Physical Examination Form AND/OR Clearance Form:** At least one of these two forms must be completed and signed by a health care provider AFTER May 1, 2024, in order to be eligible for the 2024/2025 school year. Completed physical forms can be uploaded via the parent portal. **REQUIRED FOR ATHLETICS.**

3. **Sport Cards:** Sport Cards are issued to student-athletes after ImPact Baseline Testing requirements AND all required forms have been completed, signed, and submitted via the parent/student portal. Once a sports card is issued, the athlete must turn it into their coach prior to official tryouts, practices, and contests.

Athletic Participation Card (ORANGE CARD): Athletic Participation Cards are issued to student-athletes after ImPact Baseline Testing requirements have been met, and all required forms have been turned in the activities office. Student-athletes must turn in their athletic participation card to their coach prior to any official try-outs, practices and/or contests. *Athletic participation cards are not required to participate in pre-season activities including conditioning, camps and/or summer leagues. This procedure is required prior to each athletic season throughout the school year.

Online Form Submission Starts

- Wednesday July 10, 2024

Sport Card Pick-Up Dates:

- Monday, July 29th - Friday, August 9th, 8:00 AM - 4:00 PM, High School Office and/or Activities Office

2024/2025 Dates to Remember:

- Fall Practice Begins: Monday, August 12, 2024
- Winter Practice Begins: Monday, November 11, 2024
- Spring Practice Begins: Monday, February 24, 2025

PICTURE DAY

- Pictures for the Game Programs and Yearbook are set up by the Activities Director and the Booster Club.
- Callam Photography will take individual and team pictures during the current school year. Every team member is to be included in the group picture as these pictures are used for the yearbook. Individual pictures are optional. Families wishing to purchase individual or team pictures will do so online through the direction of Callam Photography.

Senior Banners

- All Seniors of their respective sport will have the option of getting a Senior banner picture taken on picture day. Each individual family is required to pay for the senior banner BEFORE a picture is taken.
- Senior banners will be allowed to be displayed in the respective locations of their sport competition area.
- Seniors will be allowed to take their banners at the end of the season as long as they have submitted full payment for them. The activities department will not allow any senior banner to be displayed until their payment has been received.
- For outdoor sports, it is the responsibility of Senior parent(s) representatives to hang posters and take them down throughout the season.

PROFANITY

- As a representative of any District #145 activity, it is expected students, parents, and staff are held with the utmost integrity. Profanity will not be tolerated at any point during a school activity. In the locker room, at practice, on the competition stage, or in the spectator viewing areas.
- Students and spectators may be warned if necessary. If the behavior continues it may result in a suspension or removal from his/her team/organization, or contest.

RECRUITING VISITS

Athletic Recruiters/Colleges will typically reach out to the head sponsor regarding a player. Whenever possible, the visit will need to be scheduled during a student's non-academic time (Before/After School, during lunch). However, it is recognized this is not always a possibility due to travel and other visits a recruiter might already have planned.

The head sponsor is expected to communicate with parents, as well as the activity director and activities assistant when they have been contacted by a recruiter who requests a visit. The head sponsor and activities director will collaboratively work to set a date and time for the student-athlete and recruiter to visit. Considerations for a visit will be as followed:

- Non-academic time (Before/After School, during lunch)

- During academic time will be determined by the student's grades in each of his/her classes. Elective classes will be looked at first, followed by general ed. classes and, if necessary, AP or other college level classes.

SCHEDULING

All scheduling of activities, officials, and facilities will be handled through the activity director's office. No contests, scrimmages, practices or meetings will be held without proper clearance through the activity office.

www.easternmidconference.org contains all of the scheduled events at Waverly High School. This is the only calendar that is updated, verified, and recognized by the school. Please contact the Activities Director if you have any questions about an event that is scheduled or would like to schedule an event.

Conflicts in extracurricular activities: An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The activity department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen.

It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise. When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the activities director will make the decision based on all of the following:

- The relative importance of each event.
 - NSAA Sanctioned Event
 - Level of Placement (varsity, non-varsity)
 - Conference, District or state competition
- The importance of each event to the student.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by the sponsor. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity without penalty.

SCHOOL WELLNESS POLICY

Information regarding District #145 School Board Approved School Wellness Policy (5049), can be located at www.district145.org > District > Board of Education > Board of Education Policies.

- To see how this affects Team meals and other Activities, see Appendix V

SOCIAL MEDIA/ELECTRONIC DEVICES

Activity participants are reminded that anytime you share information electronically, it is NO LONGER PRIVATE INFORMATION!!!!!! Examples may include, but are not limited to: Facebook, computers, cell phones, (including text messages), personal blogs, twitter, snap chat, and any/all other electronic devices, apps, or resources. Students are thus notified, that the school administration, while possibly not initially involved in securing information in the sharing process of electronic information, WILL follow normal investigative procedures if a possible school violation and/or activity suspension may be involved. Social media misconduct or violations of these rules or team expectations may result in discipline.

STUDENT PARTICIPATION

Student participation is governed by the bylaws of the Nebraska Schools Activity Association and District #145 School Board policy #5103, Extra Curricular Activities. For the full version visit www.nsaahome.org or [Extracurricular Activity Policy 5103](#)

Each activity shall have written guidelines/standards for membership, participation and lettering (if applicable). These guidelines/standards will be subject to approval by the administration to assure compliance with District #145 and State of Nebraska policies. The guidelines/standards and other regulatory policies are available in the activity director's office for review.

Nebraska School Activities Association Rules: (NSAA)

- A. Waverly High School is a member of the NSAA and is subject to and governed in part by the rules and regulations for activities sponsored by that organization. These rules and regulations include but are not limited to such subjects as eligibility, entry fees, awards, seasons, practices, summer activities, out-of-state contests, state-wide contests, Sunday contests, physical examinations, participation on non-high school teams in non-school competition, all-star events, amateur rules, assumed names, prohibited activities, playing rules, and equal opportunity for participation.
- B. Per NSAA Bylaw 3.1.1.2: If a student is participating in one sport during a sports season and decides to quit that sport and participate in another sport during the same season, the student shall be restricted from practice and competing for seven school days. No student who has practiced or competed in one sport will be allowed to switch to another sport if the district or state meet in the student's former sport is in progress or has been completed or a season has ended.
- C. If an individual is cut from a squad by the coaching staff, he/she may then participate in another sport the same season under the rules of the NSAA bylaw 3.1.1.2.
- D. These NSAA rules and regulations are available online at www.nsaahome.org or in the office of the activities director. The NSAA has a due process appeal procedure for alleged violations of their rules and regulations.
- E. Summary of NSAA Rules as to eligibility of Participants. [See Appendix II]

In order to maintain the integrity of the athletic program, those individuals who are dropped from an athletic team for disciplinary reasons or who quit on their own volition, will not be allowed to take part in any sport-specific activity conducted at District #145 facilities and under the supervision of his/her coach until the completion of the sport which he/she did not finish.

No student will ever use school facilities unless he/she is under the direct supervision of a coach or sponsor.

STUDENT RELEASE FROM CLASS

It is the fundamental policy of the Waverly School System to keep to the very minimum the number of times an athlete is given permission to leave class for activity and athletic participation. The time that athletes are to be dismissed for activity and athletic events will be decided by the activities director conferring with the building principal.

It is the expectation that the sponsor communicates to the attendance secretary at least one day in advance of the trip on which students will be attending. A secretary will cross-reference the travel manifest with the Google academic eligibility form. If a student's name has not been cleared academically, the sponsor/student will be notified and the student(s) will not be eligible to go until they have fulfilled their requirements with the teacher(s). Students will be notified of their academic status via email and personal pass if they are ineligible.

In addition, coaches/Sponsors will be responsible for checking the Google academic eligibility form. If a student's name is not cleared, the student(s) are in danger of not being released for any activity participation. If a student receives a Red

Card, it is the students' responsibility to talk with the teacher and make arrangements to take care of their academic responsibilities. It is the teacher's responsibility to approve/deny the students' leave for the activity.

For all activities, student's will be released via intercom. Any students released/leaving class prior to any announcement by the office will be sent back to class and subject to disciplinary measures.

SUMMER ACTIVITIES (NSAA bylaw 3.2.8)

"Summertime" shall be defined as the Tuesday following Memorial Day to July 31. During the "summertime" there shall be no restrictions on the amount of contact between students and high school coaches. Attendance shall be voluntary, and coaches/school representative may not directly or by implication require a student to attend "summertime" activities as a condition for membership on a high school team or restrict the level of team participation within the high school program.

Allowable Summer Activities:

3.2.8.1 - NSAA Catastrophic Insurance does not cover coaches/students/schools during the summertime period.

3.2.8.2 - **Summertime School-Sponsored Camps/Clinics.** A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days starting with the first date of the camp/clinic.

- A. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.
- B. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.
- C. The use of school facilities and equipment is permitted in accordance with the district's Board of Education policy.
- D. Football summertime school-sponsored camps/clinics must adhere to the following contact limitation progression:
 - 1) On day one and day two unlimited "air" and "bag" contact is allowed with the use of handheld dummies only. Contact with blocking sleds and other mechanical devices, as well as with other players is prohibited. The no-contact rule does not preclude incidental or inadvertent contact, or the touching of a ball carrier with the hand(s). The only pieces of general football equipment shall be footballs, shoes, helmets, kicking tees and hand-held blocking dummies.
 - 2) On day three through ten, contact with blocking sleds and other mechanical devices is permitted. Unlimited "air," "bag," and "control" contact is permitted. A maximum of 30 minutes per day and no more than two consecutive days of "thud" contact is permitted. In addition to general football equipment, shoulder pads are permitted, but full protective equipment may not be worn.
 - 3) If a football camp/clinic is not held over ten consecutive days, the camp/clinic must restart with day one of the progression.

3.2.8.3 - **Summertime Conditioning Program.** A member school may organize and supervise a summer conditioning program to include weightlifting, running, and exercising. Conditioning sessions shall be no longer than 75 minutes in length per day or no more than 5 hours per week, and no student shall participate in more than one such session per day.

3.2.8.4 - **Summertime Open Gym/Facilities.** It is permissible for students to be involved in NSAA activities of a school's open training program during the summertime. Permitting the participation by non-high school students (graduates, adults, or individuals not a member of the school) shall be determined by the district's Board of Education policy.

3.2.8.5 - **Summertime Regulations for Athletes and Coaches.** From the Tuesday following Memorial Day or final day of school (whichever is later) until July 31, there shall be no restrictions on the contact between students and high school coaches.

3.2.8.6 - Summertime Leagues/Competitions. High school coaches are permitted to coach students from their school in summer league competition and games, provided there is no direct support from the school.

- A. All league fees and costs are to be paid by the athlete and/or his/her parents. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in such leagues.
- B. Team fundraisers may be used to finance summer league and camp activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer league or camp activities. Any athlete receiving money for summer league/camps must participate in the fundraising activity.
- C. The use of school-issued game uniforms is prohibited.

3.2.8.7 - Summertime Use of School Facilities. Member schools may permit the use of their facilities in accordance with the district's Board of Education policy.

3.2.8.8 - Summertime Use of School Equipment. Member schools may permit the use of school equipment, other than school-issued game uniforms in accordance with the district's Board of Education policy.

3.2.9 - Summertime College/Professional/Commercial Team Sport Camps/Clinics. High school coaches are permitted to accompany students from their school to college, professional, or commercial sports specialized team camps/clinics during the summer.

- A. The purpose of a specialized sports camp/clinic/school is to give team members an opportunity to improve their skills in a particular activity.
- B. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps, schools, and non-school competition.
- C. Team fundraisers may be used to finance team commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for camp activities. Any athlete receiving money for summer team camps/clinics must participate in the fundraising activity.
- D. The school shall not provide school-issued uniforms but may provide transportation for individuals participating in such camps/clinics, or schools with prior approval from the district's Board of Education.

3.2.10 - Summertime Individual Commercial Camps/Clinics. During the summer, students may attend any individual skill/technique camps or clinics.

- A. The purpose of an individual camp/clinic/school is to give a student an opportunity to improve his/her skills in a particular activity.
- B. The athlete and/or his/her parents shall pay the fees and expenses for attendance to such camps or schools. The school, booster clubs, individuals and/or other organizations shall not provide expenses or support for individuals participating in camps.
- C. Team fundraisers may be used to finance individual commercial camp/clinic activities. The AD/coach can hold money collected from fundraising in a school account until the money is needed to pay for summer individual camp/clinic activities. Any athlete receiving money for camps/clinics must participate in the fundraising activity.
- D. The school shall not provide school-issued uniforms.

TEAM SELECTION

- Each Head Sponsor and their Assistant sponsors will conduct team selection and placement (if applicable).
- Placement on competitive teams will be made with regard to ability first and grade in school second.
- Students need to be aware that this does not mean they are guaranteed a uniform at any level. Suiting up for games must be earned and will be up to the discretion of the coaching staff.
- Sponsors are expected to clearly communicate this to their student and parents/guardians beforehand.
- Each sponsor has the discretion to make playing time determinations and no student has the right to appeal any sponsor's decision to allow (or not) any student to participate in any activity.

TRAVEL

- In most cases, transportation will be provided by School District #145. Students are expected to travel to and from events by school bus or other-school vehicles. Students may ride home from an event with their parent/guardian if the parent gives written permission for the student to do so and checks the student out with the sponsor prior to leaving.

- Administration recognizes that unforeseen circumstances occur and, at times, may need to transport their child to the activity/event, or, have their child ride home from an event with another parent. In this case, PRIOR approval from building administration needs to occur and the proper checkout procedures will still need to happen following the event.
- In certain circumstances a student may arrange for alternative transportation to or from an event with consent from the activities director, sponsor, and written parental permission **prior** to the event. [See Appendix III]

WEIGHT ROOM

- Any student can lift weights in the school weight room. No one is to be lifting weights without proper adult supervision present.
- The Head Strength Coach, along with the activities director, will determine weight room hours, schedules, and workouts in conjunction with head sponsors.

APPENDIX I. NOTICE OF NON-DISCRIMINATION

School District 145 does not discriminate on the basis of sex, disability, race, color, religion, veteran status, national or ethnic origin, marital status, pregnancy, childbirth or related medical condition, or other protected status, or other protected status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The Director of Special Education/Student Services Coordinator has been designated to handle inquiries regarding the non-discrimination policies, including Federal Title IX and Section 504 compliance procedures, for students, employees and others:

Delanie McMillan, 14511 Heywood Street, P.O. Box 426, Waverly, NE 68462 (402) 786-2321.

School District 145 is committed to offering educational opportunity to its students in a climate free of discrimination. Accordingly, unlawful discrimination, harassment and retaliation of any kind by district employees, including, coworkers, non-employees (such as volunteers), third parties, and others is strictly prohibited and will not be tolerated.

Students (or parents on behalf of students) should report all instances of discrimination, harassment or retaliation to a teacher or to the compliance coordinator designated to handle complaints of discrimination. If the student is uncomfortable in presenting the problem to the teacher, or if the teacher is the problem, the student may report the alleged discrimination, harassment or retaliation to the designated coordinator, or in the case of students, to another staff person (such as a counselor or principal). Reference Board of Education Policy 5009.

For further information about anti-discrimination laws and regulations, or to file a complaint of discrimination with the Office for Civil Rights in the U.S. Department of Education (OCR), please contact the OCR at 601 East 12th Street, Room 353, Kansas City, MO 64106, (800) 368-1019 (voice), Fax (816) 426-3686, (800) 537-7697 (telecommunications device for the deaf), or ocr.kansascity@ed.gov.

APPENDIX II. REGULATIONS GOVERNING STUDENT PARTICIPATION

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules of the Nebraska School Activities Association. A summary of the major rules is given below. Contact the principal or activities director for an explanation of the complete rule. If you would like to view all NSAA eligibility rules, visit www.nsaahome.org and click on "About the NSAA", scroll down for constitution and bylaws. Eligibility is under 2.1.

1. Student must be an undergraduate.
2. Student must be enrolled in at least twenty hours per week and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.
3. Student must be enrolled in some high school on or before the eleventh school day of the current year.
4. Student is ineligible if nineteen years of age before August 1 of current school year. (Student may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)
5. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership.
6. Student must have been enrolled in school the immediate preceding semester.
7. Student must have received twenty hours of credit the immediate preceding semester.
8. Once the season of a sport begins, a student shall compete only in athletic contests/meets in that sport which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules.
9. A student shall not participate in sports camps or clinics during the season of a sport in which he/she is involved, either as an individual or as a member of a team.
10. A student shall not participate on an all-star team while a high school undergraduate.
11. When a student enters a high school for the first time after promotion from grade eight of a two-year junior high school, or a sixth, seventh, and eighth grade middle school, or from grade nine of a seventh, eighth, and ninth grade junior high school, he/she may enter the high school of his/her choice and be eligible immediately if eligible in all other respects. Any subsequent transfer to another high school, unless there has been a change in domicile by his/her legal parents, or the student returns to his/her home school district and name appears on the May 1 Transfer List (2.7.8.1), shall render the student ineligible for varsity competition for ninety school days.
12. If a student in grades seven, eight or nine participates in interschool competition on a high school team at any level of competition, he/she has established his/her eligibility at the high school he/she has represented in such competition. Any subsequent transfer to another high school, unless there has been a change in domicile by his/her legal parents, shall render the student ineligible for varsity competition for ninety school days.
13. Any student whose parents reside in a school district that has a high school, shall become ineligible to represent that high school for varsity interscholastic competition for ninety school days upon the change of domicile by the parent(s) from that school to another school district that has a high school except:
 - a. If this domicile is changed during the school year, the student is eligible for the remainder of that school year in the school district from which the parents moved.
 - b. If a student elects to remain at the high school where he/she initially enrolled after being promoted from grade eight of a middle or junior high school, or grade nine of a junior high school, he/she is eligible at that school, or is eligible at a high school located within the school district in which the parents established their domicile.
 - c. If this domicile is changed during the summer months that immediately precede the school year and the student is in grade twelve and has attended the high school for two or more years, the student may be eligible for that school year in the school district from which the parents moved.
 - d. If the student transfers prior to May 1 and the new school notified the NSAA in writing (Option Enrollment Application), postmarked no later than May 1, the student is eligible at the start of the fall semester.
14. A student shall not participate in a contest under an assumed name.
15. A student must maintain his/her amateur status.

APPENDIX III. WAVERLY ACTIVITIES TRANSPORTATION GUIDELINES

ATHLETICS AND ACTIVITIES: All participants are expected to use school-provided transportation to and from the site of all away events when such transportation is provided by the school district. If parents/legal guardians choose to check their son/daughter out and take them home following an event, they will need to communicate that with the head coach/sponsor ahead of time and sign them out following the event.

In the event of special circumstances parents/legal guardians need to contact the school and speak with administration for approval.

Due to some practice and game facilities being located "off campus", parents/guardians need to be aware that students may be allowed to drive themselves. These dates/times will be determined by the head coach/sponsor. If and/or when the school is not able to provide transportation to a practice or event, the proper form(s) must be on file at the school for the affected students to use alternative transportation. The appropriate consent form can be accessed from the head coach/sponsor or by contacting the school office. A brief summary of each request form is described below:

1. **STUDENTS TRANSPORTING THEMSELVES ONLY**, with prior written approval from the appropriate administrator and his/her parents/legal guardians.
2. **STUDENTS BEING TRANSPORTED BY ANOTHER STUDENT**, with prior written permission from the appropriate school administrator and the parents/legal guardians of the students being transported, as well as the parents/legal guardians of the student providing the transportation.
3. **STUDENTS MAY BE TRANSPORTED BY A DISTRICT EMPLOYEE FOR SCHOOL-RELATED BUSINESS**, with prior written permission from the appropriate administrator and his/her parents/legal guardians.

USE OF ACTIVITY TRIP AND INTERSCHOLASTIC ACTIVITIES TRANSPORTATION GUIDELINES FORM

STUDENTS TRANSPORTING THEMSELVES:

1. Print the name(s) of parents/legal guardians and student in appropriate spaces provided, and indicate gender and grade of student.
2. Check the **FIRST** consent box on the ACTIVITY TRIP AND INTERSCHOLASTIC ACTIVITIES TRANSPORTATION GUIDELINES FORM
3. Sign/date the form and check the box that indicates which extracurricular event(s) apply.
4. Submit completed form to the Activities Office **AT LEAST TWO DAYS PRIOR TO THE CONTEST OR EVENT.**
5. The coach/sponsor will receive a record of all students who have school permission for alternative transportation. A copy of the form will be retained by the Activities Office.

STUDENTS BEING TRANSPORTED BY ANOTHER STUDENT:

1. Print the name(s) of parents/legal guardians and student in appropriate spaces provided, and indicate gender and grade of student.
2. Check the **SECOND** consent box on the ACTIVITY TRIP AND INTERSCHOLASTIC ACTIVITIES TRANSPORTATION GUIDELINES FORM
3. Sign/date the form and check the box that indicates which extracurricular event(s) apply.
4. Submit completed form to the Activities Office **AT LEAST TWO DAYS PRIOR TO THE CONTEST OR EVENT.**
5. The coach/sponsor will receive a record of all students who have school permission for alternative transportation. A copy of the form will be retained by the Activities Office.

STUDENTS BEING TRANSPORTED BY A DISTRICT EMPLOYEE FOR SCHOOL-RELATED BUSINESS:

1. Print the name(s) of parents/legal guardians and student in appropriate spaces provided, and indicate gender and grade of student.
2. Check the **THIRD** consent box on the ACTIVITY TRIP AND INTERSCHOLASTIC ACTIVITIES TRANSPORTATION GUIDELINES FORM
3. Sign/date the form and check the box that indicates which extracurricular event(s) apply.
4. Submit completed form to the Activities Office **AT LEAST TWO DAYS PRIOR TO THE CONTEST OR EVENT.**
5. The coach/sponsor will receive a record of all students who have school permission for alternative transportation. A copy of the form will be retained by the Activities Office.

SCHOOL DISTRICT #145 - WAVERLY
ACTIVITY TRIP AND INTERSCHOLASTIC ACTIVITIES TRANSPORTATION GUIDELINES
Please provide the information below and place an "X" in the appropriate box or boxes.

I/We, _____ and _____, parent(s)/legal guardian(s)
(Printed first and last name of parent/guardian) (Printed first and last name of parent/guardian)

of _____,
(Printed first and last name of student) ___ Male ___ Female Grade: _____

consent and approve of the use of alternative transportation **provided by our daughter/son named above** to and/or from the activity trip, practice, game, contest, or event for the current school year, provided that the use of alternative transportation is approved by the school administration. I/We acknowledge that by signing this document that I/we are voluntarily releasing the District of any responsibility, duty or obligation to provide the transportation to and/or from the activity trip, practice, game, contest or event.

consent and approve of the use of alternative transportation **provided by another student for our daughter/son named above** to and/or from the activity trip, practice, game, contest, or event for the current school year, provided that the use of alternative transportation is approved by the school administration. I/We acknowledge that by signing this document that I/we are voluntarily releasing the District of any responsibility, duty or obligation to provide the transportation to and/or from the activity trip, practice, game, contest or event.

consent and approve the use of alternative transportation of our daughter/son named above **provided by a School District #145 - Waverly employee or volunteer** to and/or from the activity trip, practice, game, contest, or event for the current school year, provided that the use of alternative transportation is approved by the school administration. I/We acknowledge that by signing this document that I/we are voluntarily releasing the District of any responsibility, duty or obligation to provide the transportation to and/or from the activity trip, practice, game, contest or event.

I/We acknowledge that the vehicle used for alternate transportation shall carry insurance coverage on such vehicle in an amount equal to or greater than the minimum required by Nebraska law and that seat belts must be used by all occupants of the vehicle used for alternative transportation. I/We acknowledge that I/we must inform the school administration if and/or when the vehicle used for alternative transportation no longer carries insurance coverage on such vehicle in an amount equal to or greater than the minimum required by Nebraska law. I/We acknowledge that the school does not verify the licensure, driving records, or the insurance coverage of parents, students, district employees and volunteers, and/or vehicles used for alternative transportation of students to and/or from off-campus activities. I/We acknowledge that the use of alternative transportation involves inherent risks of an accident that may result in property damages, personal injuries, or death, and I/we voluntarily accept and assume such inherent risks and voluntarily waive and release the District of any and all responsibility, duty, obligation, or liability therefor.

Please indicate the sport/activity in which you give the above consent:

Sport: _____

SAMPLE COPY – NOT TO BE USED
 Coaches/Sponsors will distribute if needed

Activity: _____

Other: _____

 (Parent's/Legal Guardian's Signature) (Date)

 (Parent's/Legal Guardian's Signature) (Date)

 (Student's Signature, If 19 years or older, student must also sign) (Date)

 (Administrator Signature) (Date)

APPENDIX IV. PARENT/GUARDIAN HELMET PURCHASE AGREEMENT

School District #145 – Waverly agrees to allow your child to utilize an independently purchased adult football helmet under the following conditions:

1. A new and unused helmet is purchased directly from the manufacturer or the manufacturer's authorized dealer.
2. The helmet has the National Operating Committee on Standards for Athletic Equipment (NOCSAE) safety standards stamp.
3. The new and unused purchased helmet must be taken to a school district approved vendor to have the official, school-approved color applied to the helmet. The cost shall be incurred by parent/guardian.
4. Parent/guardian must bring the helmet, the purchase receipt and signed waiver form to the Waverly High School Activities Director for verification.
5. The high school Activities Director shall submit the purchase receipt and waiver agreement to the superintendent. The superintendent will place the donation request on the agenda at the next regularly scheduled Board of Education meeting.
6. The Board of Education will take action whether or not to accept the donation. Equipment shall not be used until after action is taken by the District #145 Board of Education.
7. Each donated helmet shall become the property of School District #145 - Waverly and shall remain district property for the duration of the equipment's useful lifetime.
8. Each item will be earmarked for your son/daughter as long as the helmet meets current safety standards, properly fits your child, and remains a member of this team.

Acknowledgement of Helmet Donation and Waiver of Liability

As the Parent/Guardian of the student-athlete named below, I hereby agree to the requirements and conditions and donate the independently purchased helmet to School District #145 - Waverly. Any intentional or unintentional falsification of information regarding the donated helmet makes this agreement null and void and releases District #145 - Waverly from any liability. I am entering into this Agreement freely and voluntarily and I understand and acknowledge that the terms contained herein are and shall be binding on me.

PARENT/GUARDIAN SIGNATURE

_____ DATE _____

ATHLETE NAME: _____ GRADE _____

NAME OF SCHOOL: _____

HELMET

Brand: _____ *Model: _____

HELMET ID #: _____ NOCSAE STAMP: YES / NO

Certification Date: _____ Date Helmet Received: _____

.....

OFFICE USE ONLY

Date Waiver Received: _____ Date Helmet Received: _____

_____ Date Approved by Board of Education: _____

Signature of Activities Director: _____ Date: _____

APPENDIX V: District #145 Student Wellness Policy Information

(NOTE: To see full version, visit www.district145.org ; Policy #5049

Policy Language

“To support healthy food choices and improve student health and well- being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards or, if the state policy is stronger, will meet or exceed state nutrition standards. These standards will apply in all locations...”

“Except as otherwise allowed by the Nebraska Department of Education (NDE), all foods and beverages sold during the school day as part of a fundraiser or for any other purpose in competition with the National School Lunch and Breakfast Programs must meet the nutrition standards of those programs.”

“It shall not be sold in competition with school meals in the food service area during the meal service.”

“It shall not be sold or otherwise made available to students anywhere on school premises during the period beginning one half hour prior to the serving period for breakfast and/or lunch and lasting until one half hour after the serving of breakfast and/or lunch.”

“The sale of food items during the school day shall meet the USDA Smart Snacks in School nutrition requirements.”

“This restriction does not apply to food sold during non-school hours, weekends, and off- campus fundraising events such as concessions during after- school sporting events, school plays, or concerts or to bulk food items that are sold for consumption at home. (Ex: frozen pizzas, cookie dough tubs, etc.)”

Meals CANNOT be sold (this includes paying week to week or paying in a lump sum) to students prior to 2:20 PM.

Meals sold during the school day after 2:20 PM and before 4:10 PM (30 minutes after the end of the school day) MUST meet the USDA Smart Snacks standards. Any foods NOT meeting the USDA Smart Snacks standards CANNOT be sold prior to 30 minutes after the end of the school day or 4:10 PM.

We HIGHLY recommend using our food service to make athlete meals that are needed prior to 4:10 PM. This will eliminate confusion and will benefit our food service program.

Failure to comply by the new policy can mean loss of federal funding/reimbursement for our entire school lunch program!

What this means for Parents/Students

Meals/Snacks sold to students outside the school meal program must meet or exceed the USDA Smart Snacks standards (this includes meals sold during activities/athletics/clubs).

All food and beverages sold during the school day must meet the nutrition standards (this includes meals sold during activities/athletics/clubs as stated under the ‘for any other purpose in competition with the National School Lunch and Breakfast Programs’).

No other food can be sold during the meal service time which is to include 30 minutes before and 30 minutes after meal times. Approximately 7:30 AM to 9:10 AM and 10:55 AM to 2:20 PM.

No other food can be sold during the meal service time which is to include 30 minutes before and 30 minutes after meal times. Approximately 7:30 AM to 9:10 AM and 10:55 AM to 2:20 PM.

All foods sold to students throughout the school day must meet the USDA Smart Snacks standards. Any foods or beverages not meeting the requirements cannot be sold (this includes meals sold during activities/athletics/clubs).

This policy does not include foods provided free of charge to students and does not include foods sold off- campus or after school hours. This does NOT apply concession stands.

