

ELWOOD PIRATE Extracurricular/Activity HANDBOOK



2023-24

PHILOSOPHY

A great tradition in activities is not built overnight. It takes the hard work and dedication of many individuals over many years. As a member of the interscholastic team, the participant has certain responsibilities to uphold.

Our tradition at Elwood Junior/Senior High has been to win so that honor comes to our community, our school, and to the participants. Such a tradition is worthy of the best efforts of participants, and the student body. We will always approach each activity "to win." In doing so, we will always maintain respect for our school, our opponents, and most of all, ourselves.

We will also work to win every activity at the Junior High level. But, we will also remember that it is at this level that participants of varsity ability are made. Besides placing the emphasis on winning, it is our philosophy to give as many individuals as possible the opportunity to take part so that they may develop the necessary fundamentals in order to participate at the Senior High level. By participating in the interscholastic program, we hope that all students are able to derive some of the individual values and benefits of the program.

1. RESPONSIBILITIES TO YOURSELF

We like to think of an activity participant as being someone special in that certain responsibilities are imposed on him/her. Activity participants are those who accept the responsibilities, broaden themselves, and develop strength of character. Participants owe it to themselves to get the greatest possible good from their school experiences, their studies, and their participation in all co-curricular activities. You owe it to yourself to work to your abilities in all that you do.

2. RESPONSIBILITIES TO THE SCHOOL

By participating in activities, you have the responsibility to our school to always do your best and always follow the guidelines set forth. By participating in activities, you are representing yourself, your family, your school, and your community. You automatically assume a leadership role when you participate in interscholastic activities. The student body, and citizens of the community know you. The student body, the community, and other communities judge our school on your conduct and attitude both while participating and not. Because of this leadership role, you can contribute to your school spirit and community image. Make your school proud of you and your community proud of your school, by your performance and your devotion to high ideals. The younger students are watching you. They will imitate you in many ways. Do not let them down. Give them high ideals to follow.

3. RESPONSIBILITY OF THE COACHES AND SPONSORS:

Since there is a great tradition behind activities at E.P.S., the coaches and sponsors feel that they have the responsibility to give the community the best possible team/performance with the available talent each year. Coaches and sponsors at E.P.S. are dedicated to this fact. They are well aware of the tradition that has been built. Winning will always be utmost in every coach and sponsor's mind, but they are well aware of what must be done to win in the proper manner.

Those of you who want to be a part of this great tradition established for you will have to accept the responsibilities which are set up for every member of all teams of interscholastic activities at E.H.S. These guidelines are drawn from the philosophies of the present coaches, sponsors, and administration, present activity participants, existing school policies, and from the policies set up by the Nebraska School Activities Association (NSAA).

HAZING

No hazing or initiation of new members will be allowed under any circumstances. **PRACTICE**

REGULATIONS

A. No athlete will ever work out using school facilities unless he or she is under the direct sponsorship of a coach or sponsor. (This does include use of the weights.) **B.** If an individual is dropped from a team, because of disciplinary reasons or quits, they may not practice for the next activity using school facilities or be under the supervision of a coach or sponsor until the activity that he/she quit or was dropped from is completed.

TEAM TRAVEL

A. Every member of the team will travel on the team bus to the activity. Team members will also be expected to travel home on the bus. The only exception will be if a PARENT/GUARDIAN PERSONALLY asks the coach and signs a release sheet, to let their son/daughter travel home with them. **Team members will be expected to stay and support the team until the team activity is over.** Special circumstances will be dealt with by the administration on an as needed basis.

B. Dress when traveling: Dress of team members will be neat, clean, and in good taste.

PARTICIPATION AND ATTENDANCE

In order for any student to participate in an activity or practice a student must be in attendance by the start of 4th period on regular days, - unless it is a pre-excused absence or at the discretion of the administration. The principal via telephone will accept emergency pre-excuses until 8:45 a.m. on the day of the absence, if the call is made by a parent/guardian or if the student returns with a signed excuse from the doctor. **Any student serving an in-school or out-of-school suspension cannot participate in an activity on the days they are suspended. Any suspension that occurs on a Friday, will carry over through the weekend and prohibit the student from participating in any weekend activities.**

PRE-PRACTICE REQUIREMENTS

All athletes must meet the following requirements before they start practice:

RETURN TO THE COACH OR PRINCIPAL

1) A medical physical card signed by doctor

a. (Forms found attached at the back of these guidelines.)

- 2) Parental/guardian permission to participate in the activity.
- 3) Parental permission for trips and the securing of medical aid.

STUDENT ELIGIBILITY

The school follows the eligibility requirements established by the Nebraska School Activities Association. All participants in activities should be aware of the following eligibility requirements established by the NSAA.

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- 1) Student must be an undergraduate
- 2) Students must be enrolled in at least 20 hours per week and be in regular attendance, in accordance with the school's attendance policy.
- 3) Students must be enrolled in some high school on or before the 11th school day of the current year.
- 4) Students are ineligible if they are 19 years of age before August 1st of the current school year. (Students may participate on a high school team if he/she was 15 years of age prior to August 1 of the current school year).
- 5) After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school attendance.
- 6) Student must have been enrolled in school the immediate preceding semester.
- 7) Student must have received 20 semester 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 that is scheduled by his/her school. Any other competition will render the student ineligible for the remainder of the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules. See table above.
- 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 under-graduate.
- 11) A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After making a choice of high schools, any subsequent transfer will cause the student to be ineligible for ninety school days.

If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.

- 12) When the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student is ineligible for ninety school days except:
 - A. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and will be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
 - B. If a student has been attending the same high school since initial enrollment in grade nine and the school is located in the school district from which the parents moved, he/she may remain at that high school and retain eligibility or he/she is eligible at a high school located in the school district where his/her parents established their domicile.
 - C. If the parents moved during the summer months and the student is in grade twelve, the student may remain at the high school he/she has been attending and retain eligibility.
- 13) Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their

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domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling of a possible hardship waiver.

- 14) A student shall not participate in a contest under an assumed name.

15) A student must maintain his/her amateur status.

16) Every student who participates in any extracurricular activity may not be on the down list with F's in **Three** or more subjects on the same day and must be in good standing with the administration. Revised 5/23

Junior high students will be required to meet the same student eligibility rules established by the Nebraska School Activities Association (NSAA) for high school students to be eligible to compete in Junior High activities. This will include students advancing from 7th grade students into the 8th grade, and 8th grade students into the 9th grade.

ACTIVITIES ON CHURCH NIGHT AND SUNDAYS

- A) According to the Nebraska School Association, no athletic contests may be scheduled on Sunday. In addition to this, the school wishes to work cooperatively with the churches of this community. The policy will state: "There will be no activities scheduled (practice included) on Wednesday evenings." Coaches will make every attempt to have all students out of the building by **6:00 P.M.** on Wednesday evenings. **EXCEPTION:** When a team is required to play in conference, district, or tournament competition.
- B) The policy further states, "There will be no activities scheduled on Sunday." **EXCEPTION:** Practices may be scheduled on Sunday afternoon. For all such practices, permission must first be granted from the Principal or Superintendent.

EQUIPMENT

- A) All equipment will be checked out to individuals at the beginning of the season by the coach or sponsor in charge. The student will be responsible for this equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition.
- B) **It is the responsibility of the student to check in the equipment at the end of the season or immediately, should they be dropped from a team due to disciplinary reasons, or if they quit an activity.** If a student fails to check in his/her equipment at the designated time, they will be expected to pay for the cost of replacement.
- C) No article of equipment or uniform is to be worn for everyday attire.

LETTERING REQUIREMENTS

The requirements for a letter are determined by the sponsors for:

- **SPEECH**
- **ONE-ACT**
- **FFA**
- **FCCLA**

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- **MUSIC**
- **DANCE**

DRESSING ROOM POLICIES

All athletes will be under the direct supervision of the coaches when possible. An athlete must not linger in the dressing room, be rowdy, or endanger the safety of others. All cases of misconduct while dressing will be handled by the coach of that particular activity.

Students are encouraged to put locks on their gym lockers. A key or copy of the combination must be given to the sponsor or principal. Locks will be available from the school.

TRAINING RULES

The Elwood School District recognizes that the use of tobacco, alcohol and illegal drugs is a significant health and

social problem. Student tobacco, alcohol, and illegal drug use results in negative effects on behavior, learning, social and physical development.

Because we believe that we have the obligation to address what we consider to be detrimental influences on student performance, achievement, and development, the following substance abuse/activity participation policy was developed. It is a part of a total effort to discourage the use of tobacco, alcohol, and other illegal drugs by the young people of our community.

Any student of the Junior or Senior High School shall be subject to the penalties outlined below if it is determined that the student has had possession of or used alcohol, tobacco, illegal drugs, or abused any other form of mind-altering chemicals, such determination shall be based on a witnessed violation, an admitted violation, or upon citation by law enforcement. Witnessed violation shall be reported by any school official to the Activities Director or Sponsor involved. School officials will also rely upon law enforcement officials in determining violations.

The following are some situations that will result in suspension:

- (a) Any witnessing of a student involving the use, possession or distribution of tobacco, alcohol or controlled substance by any member of the certified staff of Elwood Public Schools.
- (b) Any confession by a student to a teacher or administrator involving the use, possession, or distribution of tobacco, alcohol, anabolic steroids, or any controlled substances.
- (c) Any citation by law enforcement involving the use, possession, or distribution of any controlled substances, anabolic steroids, or alcoholic beverages.
- (d) A student convicted of a felony or who has the matter adjudicated in juvenile court will be dismissed from all activities for the remainder of the school year.
- (e) A student cited for misdemeanors, or who has the matter adjudicated in juvenile court, will face the same penalties as those who use alcohol, anabolic steroids, tobacco, or drugs.
- (f) **Regular attendance is important; therefore, students who are determined to have missed more than 10 days per semester will be removed from all activities for the rest of the semester.** Prolonged illness, injury or emergency supported by a doctor's statement will be dealt with on an individual basis.

The enforcement of this policy will begin with the official starting day of the fall sport season established

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by the Nebraska School Activities Association and will end on the last official day of school in a given year as established by the Board of Education unless the activity extends beyond the last official day of school.

This policy applies to students participating in the following activities:

- Fine arts activities including but not limited to speech, vocal and instrumental music, and plays.
- School sponsored activities including but not limited to National Honor Society, Student Council, School Dances (including Prom), FCCLA, Academic Bowl Teams, and Homecoming Activities.

Penalty for violation of this policy.

First Offense – A student who self reports a violation of this policy to the principal or superintendent by 8:25 AM the next school day after a violation has occurred AND discloses where the illegal contraband came from will not be allowed to participate in any activity for a period of two (2) weeks (10) school days and/or days with school activities in which the student is a participant), beginning with the first scheduled contest in that activity. Any student who fails to notify the schools administrator of a violation by 8:25 AM the next school day after a violation has occurred or does not disclose where the illegal contraband came from will not be allowed to participate in any activity for a period of four (4) weeks (20) school days and/or days with school activities in which the student is a participant), beginning with the first scheduled contest in that activity. The student will be required to practice and attend all non-school day contests with the team, although not dressed out, and will assist the coach or sponsor if necessary. If the violation occurs between seasons or events, the penalty will be enforced during the next season or event. Students who go out for an activity to serve their punishment will be expected to finish the season in that activity or the punishment will not be allowed to be worked off. If the violation occurs when school is in session, or at a school sponsored activity, the student will not be allowed to participate in any activity for a period of four (4) weeks (20) school days and/or days with school activities in which the student is a participant), beginning with the first scheduled contest in that activity. The student will also be subjected to a suspension by the school administrators as per incident may warrant. All incidents will be reported to the student's

parents and the Gosper County Sheriff's Department.

Second Offense - The student will be automatically expelled from all activities for the remainder of the school year.

Any student convicted or adjudicated in juvenile court of a felony will be dismissed from all activities for the remainder of the school year and may be subjected to suspension or expulsion based on the seriousness of the incident.

The above rules are a minimum for all activities. Individual coaches or sponsors for their activity and the administration, may add additional rules. Due process will be followed in all cases as outlined in the Board of Education policies.

71-9104: Concussion Awareness

(1) Each approved or accredited public, private, denominational, or parochial school shall:

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(a) Make available training approved by the chief medical officer on how to recognize the symptoms of a concussion or brain injury and how to seek proper medical treatment for a concussion or brain injury to all coaches of school athletic teams;

(b) Require that concussion and brain injury information be provided on an annual basis to students and the students' parents or guardians prior to such students initiating practice or competition. The information provided to students and the students' parents or guardians shall include, but need not be limited to:

(i) The signs and symptoms of a concussion;

(ii) The risks posed by sustaining a concussion; and

(iii) The actions a student should take in response to sustaining a concussion, including the notification of his or her coaches; and

(c) Establish a return to learn protocol for students that have sustained a concussion.

ELWOOD PUBLIC SCHOOL

2023-24 Activities Insurance Information

Please indicate below whether or not you have your own insurance or whether you wish to buy it through the school. An insurance program is available here at the school. If you desire this plan, please complete the coverage form as soon as possible and return it to school along with a check for the required amount.

If you have your own insurance:

Name of Insurance Co. _____

Policy Number _____

_____ I wish to purchase insurance through the school.

_____ I do not wish to purchase insurance through the school.

Parent Signature: _____ **Date:** _____