

Crofton High School



Athletic Handbook 2010-11

ACTIVITY PHILOSOPHY

Crofton High School is proud of the students and coaches who contribute to make the activity program a positive experience for our participants. Success in activities cannot always be measured by the wins and losses of each program, but must also be measured by the satisfaction and educational experiences received by the participants. The activity program at Crofton High School provides experiences to help boys and girls physically, mentally and emotionally. The element of competition and winning, though it exists, is controlled to the point that it does not determine the nature of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society. Students are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times to enhance the educational values of contests.

The coaching staff/sponsors at Crofton High School believes that participation in activities, both as a participant and as a student spectator, is an integral part of the student's educational experiences. Such participation is a privilege that carries with it responsibility to the school, to the team, to the student body, to the community, and to the students themselves. In their participation and in their conduct, they are representing all these groups. Such experiences contribute to the knowledge, skill, and emotional patterns that they possess, thereby making them better individuals and better citizens.

SAFETY

The District's philosophy is to maintain an activities program which recognizes the importance of the safety of the participants. To ensure safety, participants are required to become fully familiar with the dangers and safety measures established for the activity in which they participate, to adhere to all safety instructions for the activity in which they participate, to inform their coach or sponsor when they are injured or have health problems that require their activities be restricted, and to exercise common-sense.

WARNING FOR PARTICIPANTS AND PARENTS

The purpose of this warning is to bring your attention to the existence of potential dangers associated with athletic injuries. Participation in any intramural or athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis or death. Even with appropriate coaching, appropriate safety instruction, appropriate protective equipment and strict observance of the rules, injuries are still a possibility.

ACTIVITY PROGRAMS

Crofton High School offers a comprehensive and interesting range of activity programs. The students and their parents should weigh the advantages of participating in these activities with the student's ability to maintain an acceptable grade point average. A student's schooling must be considered first. Activity programs available to students include:

Athletics (boys and girls)	Class officers	National Honor Society
Band	Dance	Speech
C-Club	Drama	Student Council
Cheerleading	FCCLA	Yearbook
Chorus	FFA	

Activity participation may be limited by selection or special talent qualifications.

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION (“NSAA”) ELIGIBILITY GUIDELINES

The eligibility rules and regulations of the NSAA are available from the Activities Director and are also posted on the NSAA webpage: <http://www.nsaahome.org/>. It is important that students and parents be familiar with the rules in order to maintain eligibility and Crofton High School's compliance with the rules.

Provided below are summaries of the rules. Be aware that the rules are changed from time to time. Consult the full rules and ask the AD if you have any questions about eligibility!!

Summaries

1. Parental Consent: Certificate of consent signed by student and parent. The major eligibility rules have been disclosed to the student and parent or guardian.
2. Physical Examination (for sports) reflects student is physically fit for athletic participation. Must be given during the school year in which the student participates or during the preceding summer (after May 1st). Is kept on file at the high school.
3. Age: Age 19 maximum (prior to August 1 of the current school year). A 7th or 8th grade student who reaches age 15 prior to August 1 may participate on a senior high school team.
4. 8 Semesters/4 Seasons of Participation: Ineligible after 8 semesters of school membership since initial enrollment in 9th Grade. Ineligible after 4 seasons of participation in any one activity.
5. Bona Fide Student of a member high school. Must not have graduated from any high school or its equivalent. Students of a middle school that is a part of a member high school system may participate.
6. Attendance: Must have enrolled in a high school on or before the 11th school day of the semester in which the contest takes place to be eligible for varsity interscholastic competition. Student must be regular in attendance in accordance with the school's attendance policy.
7. Scholastic: Must be enrolled in at least 20 credit hours in the semester that will ordinarily be considered as advancing the student towards graduation. Must have earned 20 credit hours in the immediate preceding semester.
8. Domicile: Parent's domicile must be within the member school.
9. Transfer Rule: 90 days ineligibility upon transfer to another school. Exceptions include:
 - Change in parents' domicile.
 - Option enrollment application signed, filed and approved prior to March 15.
 - Foreign exchange student with a J-1 Visa. Maximum two consecutive semesters of eligibility.
10. School Sports Participation: During the season, student must participate in the school's athletic contests only. Cannot participate in any athletic contest involving any skill of the sport of that season or participate in sports camp or clinic or group instruction (e.g. club team); with some exceptions. Can not participate on an all-star team. Must maintain amateur status.

CHAIN OF COMMAND

The Administration shall be responsible to the Board of Education for the operation of all activities programs. The Board of Education shall be brought into any matters which concern the Nebraska State Activities Association's rules or regulations and Board of Education policies.

The Activities Director shall be responsible to the administration for the operation and conduct of all athletic programs. He/She shall serve as coordinator between the various activities programs and consult with coaches and sponsors in matters pertaining to their assigned duties.

The Coaching Staff/Sponsors shall be responsible to the Activities Director for the operation and conduct of the activities programs. Coaches/Sponsors, at all times, shall conduct themselves in a professional manner and reflect in their actions the purposes of high school extra-curricular activities. Volunteer Coaches are subordinate to Assistant Coaches in the hierarchy of coaching responsibilities.

Students and parents must bring their questions or concerns to the level most closely associated with the problem.

EXTRACURRICULAR CODE OF CONDUCT

Purpose of the Code of Conduct. Participation in extracurricular activities is a privilege. The privilege carries with it responsibilities to the school, team, student body, and the community. Participants are not only representing themselves, but also their school and community in all of their actions. Others judge our school on the student participants' conduct and attitudes, and how they contribute to our school spirit and community image.

The student participants' performance and devotion to high ideals and values make their school and community proud. Consequently, participation is dependent upon adherence to this Code of Conduct and the school district's policies, procedures and rules.

Scope of the Code of Conduct.

Activities Subject to the Code of Conduct: The Code of Conduct applies to all extracurricular activities. Extracurricular activities means student activities or organizations which are supervised or administered by the school district which do not count toward graduation or grade advancement and in which participation is not otherwise required by the school.

Extracurricular activities include but are not limited to: all sports, cheerleading, dance team, Pep Band, vocal, band, speech and drama, One-Act, FCCLA, FFA, Student Council, National Honor Society, and other school sponsored organizations and activities. The Code of Conduct also applies to participation in school sponsored activities such as school dances and royalty for such activities.

A participant means a student who participates in, has participated in, or will participate in an extracurricular activity.

When: The Code of Conduct rules apply to conduct which occurs at any time during the school year, and also includes the time frame which begins with the official starting day of the fall sport season established by the NSAA and extends to the last day of the spring sport season established by the NSAA, whether or not the student is a participant in an activity at the time of such conduct.

The rules also apply when a student is participating or scheduled to participate in an extracurricular activity that is held outside the school year or the NSAA season. For example, if a student plans to participate in a conference in July and commits a Code of Conduct infraction in June, the student may be suspended from participating in the conference. Conduct during the summer months may also affect a student's participation under the team selection and playing time guidelines.

Where: The Code of Conduct rules apply regardless of whether the conduct occurs on and off school grounds. If the conduct occurs on school grounds, at a school function or event, or in a

school vehicle, the student may also be subject to further discipline under the general student code of conduct. A student who is suspended or expelled from school shall not be permitted to participate in activities during the period of the suspension or expulsion, and may also receive an extended activity suspension.

Grounds for Extracurricular Activity Discipline. Students who participate in extracurricular activities are expected to demonstrate cooperation, patience, pride, character, self respect, self-discipline, teamwork, sportsmanship, and respect for authority. The following conduct rules have been determined by the Board of Education to be reasonably necessary to aid students, further school purposes, and prevent interference with the educational process. Such conduct constitutes grounds for suspension from participation in extracurricular activities and grounds for other restrictions or disciplinary measures related to extracurricular activity participation:

1. Willfully disobeying any reasonable written or oral request of a school staff member, or the voicing of disrespect to those in authority.
2. Use of violence, force, coercion, threat, intimidation, bullying, harassment or similar conduct in a manner that constitutes a substantial interference with school or extracurricular activity purposes or making any communication that a reasonable person would interpret as a serious expression of an intent to harm or cause injury to another.
3. Willfully causing or attempting to cause substantial damage to property, stealing or attempting to steal property, repeated damage or theft involving property or setting or attempting to set a fire of any magnitude.
4. Causing or attempting to cause personal injury to any person, including a school employee, school volunteer, or student. Personal injury caused by accident, self-defense, or other action undertaken on the reasonable belief that it was necessary to protect another person shall not constitute a violation.
5. Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from a student or making a threat which causes or may be expected to cause a disruption to school operations.
6. Knowingly possessing, handling, or transmitting any object or material that is ordinarily or generally considered a weapon or that has the appearance of a weapon, or bringing or possessing any explosive device, including fireworks, on school grounds or at a school function or event, or in a manner that is unlawful or contrary to school activity rules.
7. Selling, using, possessing or dispensing alcohol, tobacco, narcotics, drugs, a controlled substance, or an inhalant; being under the influence of any of the above; possession of drug paraphernalia, or the selling, using, possessing, or dispensing of an imitation controlled substance as defined in section 28-401 of the Nebraska statutes, or material represented to be alcohol, narcotics, drugs, a controlled substance or inhalant.
8. Public indecency.
9. Sexual assault or attempting to sexually assault any person. Engaging in sexual conduct, even if consensual, on school grounds or at a school function or event.
10. Engaging in any activity forbidden by law which constitutes a danger to other students, interferes with school purposes or an extracurricular activity, or reflects a lack of high ideals.
11. Repeated violation of any of the school rules.
12. Truancy or failure to attend assigned classes or assigned activities; or tardiness to school, assigned classes or assigned activities.
13. The use of language, written or oral, or conduct, including gestures, which is profane or abusive to a school employee, school volunteer, or student. Profane or abusive language or conduct includes, but is not limited to, that which is commonly understood and intended to be derogatory toward a group or individual based upon race, gender, national origin, or religion.
14. Dressing or grooming in a manner which is dangerous to the student's health and safety or a danger to the health and safety of others or repeated violations of dress and grooming standards; dressing, grooming, or engaging in speech that is lewd or indecent, vulgar or plainly offensive; dressing, grooming, or engaging in speech that school officials

- reasonably conclude will materially and substantially disrupt the work and discipline of the school or of an extracurricular activity; dressing, grooming, or engaging in speech that a reasonable observer would interpret as advocating illegal drug use.
15. Willfully violating the behavioral expectations for those students riding Crofton Public School buses or vehicles used for activity purposes.
 16. Failure to report for the activity at the beginning of the season. Reporting for one activity may count as reporting on time if there is a change in activity within the season approved by the coach or the supervisor.
 17. Failure to participate in regularly scheduled classes on the day of an extracurricular activity or event.
 18. Failure to attend scheduled practices and meetings. If circumstances arise to prevent the participant's attendance, the validity of the reason will be determined by the coach or sponsor. Every reasonable effort should be made to notify the coach or sponsor prior to any missed practice or meeting.
 19. All other reasonable rules or regulations adopted by the coach or sponsor of an extracurricular activity shall be followed, provided that participants shall be advised by the coach or sponsor of such rules and regulations by written handouts or posting on bulletin boards prior to the violation of the rule or regulation.
 20. Failure to comply with any rule established by the Nebraska School Activities Association, including, but not limited to, the rules relating to eligibility.

All terms used in the Code of Conduct have a less strict meaning than under criminal law and are subject to reasonable interpretation by school officials.

BOARD OF EDUCATION VIOLATION/EXCLUSION ACTIVITY POLICY

It shall be the policy of Crofton Community School District No. 54-0096, Crofton, Nebraska, to recognize the value of all school activities in the development of the District's youth. Participation in school activities is voluntary and shall be considered a privilege made available to the students by the District.

The Board of Education is aware of the dangers inherent in alcohol and drug use to both the physical and psychological well being of the students of Crofton Community School. The Board of Education is also aware that the students may need additional stimulus and support to resist the use of alcohol and other drugs. One of the purposes of this policy is to provide one more tool to help all students remain drug free.

The students and patrons of the Crofton school district are proud of the school's record and the effort exhibited by the participants in all school activities involving area schools. With pride comes the expectation that all students will represent the Crofton Community School in an exemplary manner. Rules and guidelines developed by the Nebraska School Activities Association (NSAA) and/or the Crofton Community School must be adhered to before any student can participate in any activity offered by the Crofton Community School.

The following policy will serve as the guideline and rule for all activities at the Crofton Community School. The application of the guidelines and rules shall be in effect year round and shall apply to all activities.

I. Student Participation

- A. A student participating in any school activity or practice held after school must be in attendance at least one half of the school day and that attendance must begin by the beginning of the third block period.
- B. Any exception to item I.A. must be approved by the principal.
- C. All student participants must meet eligibility requirements.

II. Exclusion from Activities

- A. A student will be excluded from an activity when found guilty in a court of law, or found in violation of the school's policies by an investigation conducted by the principal concerning the following infractions:
1. Engaging in the unlawful possession, selling, dispersing or use of a controlled substance or alcoholic beverage.
 2. Possession or use of tobacco.
 3. Causing or attempting to cause physical injury to another student during school or a school activity. Physical injury caused by accident, self-defense or other actions taken on a reasonable belief that it was necessary to protect some other person shall not constitute a violation of this subdivision.
 4. Being involved in theft or damage or attempting to cause damage to school property, property belonging to a school employee, property belonging to another school district, or property belonging to another student.
 5. Engaging in behavior that would bring discredit to the participant and/or his/her activity members.
 6. Refusing to abide by a coach's or sponsor's request concerning actions, appearance, and/or general conduct as a representative of the Crofton Community School.
 7. Engaging in any other conduct which may not be described previously, but which constitutes a substantial interference with the activities of the school or is a danger to another student.
- B. The duration of the exclusion shall be thirty (30) school days from participation in all activities for a first violation of this activity participation policy. Activities held on weekends shall cause the participant to be excluded from said activity, but shall not count in the thirty (30) day activity exclusion. A second violation, and all subsequent violations, of the activity participation policy will cause a student to be excluded from participation in all school activities for ninety (90) school days.
- C. Violations involving the use of tobacco will require the student to enroll in the Crofton Community School Tobacco Cessation Program. Successful completion of the Tobacco Cessation Program will reduce a first offense violation from thirty (30) days from all activities exclusion to twenty (20) days from all activities exclusion. There will be no reduction in exclusion time for a second offense. (See Item II. B.).
- D. Violations involving the use of alcohol and/or other controlled substances may require the student to enroll in a recognized alcohol or drug treatment program. Successful completion of such a program will reduce a first offense violation from thirty (30) days from all activities exclusion to twenty (20) days from all activities exclusion. The cost of such a program will be borne by the student. There will be no reduction in exclusion time for a second offense (See Item II. B.)

WHAT THE ADMINISTRATION CAN EXPECT FROM COACHES AND SPONSORS

- An example for all students of healthful living, high moral fiber and good sportsmanship.
- Achievement of the following criteria:

- Competence in teaching. The ability to teach players to think clearly in stress situations.
- Knowledge of the game. Know the history, techniques, strategy, skills, rules and formations necessary for successful participation.
- Knowledge of the participants.
 - Understanding the sociological, physiological and psychological needs of participants.
 - An interest in and understanding of each player as an individual
- High character and personality
 - The Coach/Sponsor should embody all desirable human traits.
 - The Coach/Sponsor should be a worthy example
 - An athlete learns as much from what the Coach/Sponsor is and acts as from what the Coach/Sponsor teaches.
 - The Coach/Sponsor must make constant efforts to instill in the athletes wholesome attitudes, thought, and actions. His/Her influence is tremendous. He/She must use it wisely.
- An unwavering interest in the physical well-being of all players. No player should ever participate who is not physically fit.
- Sincere interest in the student's classroom achievements and conduct. Make every effort to stimulate scholastic achievement and citizenship by counseling with students and working with faculty. Refrain from pressure tactics or asking for special privileges.
- Sincere interest in the total school achievement by attending most school functions.
- Care in selection, maintenance, handling and inventorying of the equipment. The loss of or unwarranted destruction of equipment from lack of care results only in available funds being used for replacement rather than build-up of a high quality equipment inventory.
- A well-disciplined squad both on and off the field or courts.
- Loyalty. Coaches/Sponsors will support all decision as to methods and policy deemed necessary by the administration or head coaches. Agreement is not necessary, but support of the decision is. Back biting destroys squad, school, and community morale and results in loss of job satisfaction and eventually in loss of position. Participation in community functions lets the people get to know you.

WHAT THE COACHES/SPONSORS CAN EXPECT FROM ADMINISTRATION

- Public declaration and support of a sound philosophy of activities.
- The lending of full support to the NSAA, the NENAC Conference and the local coaching staff.
- Interest in the development and maintenance of superior activities programs; advice, guidance and direction toward the improvement of the program according to the sound principles of education, athletics, and administration.
- Unqualified support, win or lose, for coaches who competently work with players under their direction according to the educational goals of Crofton Community Schools.
- An understanding of the problems of good coaches and aid in helping solve them.
- Adequate financial support and physical facilities.

WHAT COACHES/SPONSORS AND ADMINISTRATION CAN EXPECT FROM STUDENT PARTICIPANTS

- That they will represent themselves, their parents, the school, and the community in a socially acceptable manner as regarding dress, personal grooming and manners, appropriate to time and place.
- Maintenance of scholastic achievement according to ability.
- Maximum effort contributing to team goals.
- Faithful care and use of equipment and facilities according to recognized standards as set by coaches/sponsors.
- The development of personal habits that lead to excellence in physical skill, strength, endurance and health.
- It is expected that all coaches/sponsors will require activity participants and other students as well, to refer to adults in positions of authority as Mr., Mrs., Miss, Ms., Coach, or in some manner denoting respect. The development of respect for authority is an area in which those involved in extra-curricular activities should provide leadership.

RELATIONSHIPS BETWEEN PARENTS AND COACHES/SPONSORS

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone.

Parents have the right to know the expectations placed on them and their children. Coaches and sponsors have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Parents' Role in Interscholastic Athletics and Other Extracurricular Activities

Communicating with your children

- Make sure that your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- Be helpful but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure. If they are comfortable with you win or lose, then they are on their way to maximum enjoyment.
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted.
- Don't compare the skill, courage, or attitude of your child with other members of the team.
- Get to know the coach(es). Then you can be assured that his or her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his or her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.

Communicating with the coach

- Communication you should expect from your child's coach includes:
 - Philosophy of the coach
 - Expectations the coach has for your child
 - Locations and times of all practices and contests
 - Team requirements
 - Procedure should your child be injured
 - Discipline that results in the denial of your child's participation
- Communication coaches expect from parents
 - Concerns expressed directly to the coach
 - Notification of any schedule conflicts well in advance
 - Specific concerns in regard to a coach's philosophy and/or expectations
- Appropriate concerns to discuss with coaches:
 - The treatment of your child, mentally, and physically
 - Ways to help your child improve
 - Concerns about your child's behavior

 - Injuries or health concerns. Report injuries to the coach immediately!! Tell the coach about any health concerns that may make it necessary to limit your child's participation or require assistance of trainers. Students are sometimes unwilling to tell coaches when they are injured, so please make sure the coach is told.
- Issues not appropriate to discuss with coaches:
 - Playing time
 - Team strategy
 - Play calling
 - Other student-athletes (except for reporting activity code violations)
- Appropriate procedures for discussing concerns with the coaches:
 - Call to set up an appointment with the coach
 - Do not confront a coach before or after a contest or practice ((these can be emotional times for all parties involved and do not promote resolution)
- What should a parent do if the meeting with the coach did not provide satisfactory resolution?
 - Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
 - At this meeting, an appropriate next step can be determined, if necessary.

**RECEIPT OF CROFTON HIGH SCHOOL
2010-2011 STUDENT-PARENT ACTIVITY HANDBOOK**

We acknowledge receipt of the 2010-2011 Student-Parent Activity Handbook.

We agree to abide by the extracurricular activity code of conduct set forth in the handbook and the other rules and regulations set forth in the handbook.

We agree to read the handbook. In the event we have a question on the meaning of any of the material in the handbook, we understand that we can request a conference with the Principal or the Athletics Director to get an explanation.

Date: _____

Date: _____

Student's Signature

Parent or Legal Guardian's Signature