

Powell High School



Activities Student/Parent Handbook 2023-2024

Driven by Excellence

PANTHER ATHLETICS

Boys Basketball
Cheerleading
Boys Cross Country
Football
Boys Golf
Boys Soccer
Boys Swimming
Boys Tennis
Boys Outdoor Track
Boys Wrestling
Boys Indoor Track

LADY PANTHER ATHLETICS

Girls Basketball
Cheerleading
Girls Cross Country
Girls Golf
Girls Soccer
Girls Swimming
Girls Tennis
Girls Outdoor Track
Volleyball
Girls Wrestling
Girls Indoor Track

PANTHER/LADY PANTHER ACTIVITIES

Art Guild
Band
Chorus
Dance
Drama
Erocne
FFA
Jazz Band
Letter Club
NHS
Publications
Robotics
SkillsUSA
Speech and Debate
Student Council

Principal – Tim Wormald

Assistant Principal – Steve Lensegrav

Activities/Athletic Director – Richard Despain

Administrative Assistant Activities/Athletic - Vicki Walsh

Powell High School Activities Department

Congratulations! You are part of the long tradition of academic and extra-curricular excellence that is Powell High School. We are very proud of our students and work hard to see them succeed in all of their endeavors. To that end, we offer a variety of extra-curricular programs to enhance the overall academic experience.

Participation in activities and athletics has proven to be a major contributor to wholesome lifetime values, a step toward achieving successful adulthood, but never without self-discipline. Those who participate represent not only themselves but their student body, faculty, family, and community. With that responsibility in mind, it is imperative that participants conduct themselves with class, discipline, and integrity. My hope is that, when people think about activities at Powell High School, they think of success that has been achieved by doing things the right way.

Class

- Represent the school and community in a positive manner in everything you do
- Be proud of your program, but demonstrate humility
- Treat others, including your opponent, with dignity and respect

Discipline

- Earn your success
- Lead by example
- Put forth the best of you

Integrity

- Match your words with actions
- Make decisions you (and your mother) can be proud of
- Speak the truth to build others up

Richard Despain-Activities Director

PANTHER PRIDE



PHILOSOPHY

The Board of Education believes that a dynamic program of student activities is vital to the educational development of all students. Participation in these activities is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the participants themselves.

The experiences gained from participation in the Activities Program should aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

The Activities Program should function as an integral part of the total curriculum. It shall offer opportunities for the student to develop all-around growth, to encourage good citizenship, to assist in the development of positive relationships, and to help develop a positive self-esteem.

THE CASE FOR HIGH SCHOOL ATHLETIC/ACTIVITIES

There is a secret in America's high schools that need not be hidden any longer. The secret is that activities are not just a way to have fun or be with friends, they are a valuable educational tool. From interscholastic sports to music, drama and debate, activities enrich a student's high school experience.

Athletics and activities support the **Academic Mission** of schools. They are not a diversion, but rather an extension of a good education program. Students who participate in athletic and activity programs tend to have higher grade point averages, better attendance records, lower dropout rates and fewer discipline problems than those who do not.

Athletics and Activities are **Inherently Educational**. Athletic and Activity programs provide valuable lessons on many practical situations—teamwork, sportsmanship, winning and losing, along with hard work. Through participation in athletics and activity programs students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These qualities are what the public expects schools to produce in students, so they become responsible adults and productive citizens.

Athletics and Activities **Foster Success in Later Life**. Participation in high school athletics and activities is often a predictor of later success in college, a career and becoming a contributing member of society.

From the National Federation of State High Schools Association

OBJECTIVES

The objectives of student participation are as follows:

1. Develop the key skills which participation cultivates: leadership, cooperation, dependability, organization, sociability, self-control, respect for rules and regulations, role acceptance, prioritization and agenda development, good health habits, and teamwork.
2. Develop the fundamental physical skills needed for participation in activities.
3. Develop life-long vocational and recreational interests.

PARTICIPATION IN MULTIPLE PROGRAMS

Those students who to participate in a variety of activities/athletics benefit most from their involvement in them. Specialization in any one activity is not encouraged, and students should not limit themselves in their potential growth experiences. Specialization may occur through the student's choice, but it is not encouraged.

DISTRICT POLICY

It is the intent of Park County School District #1 to include a program of extra-curricular activities for all students enrolled in Grades K-12 as a part of the school curriculum. The Board of Trustees believes that such activities effectively promote the educational goals and values received by students in the classroom and help provide a better overall educational program.

However, the District does not fund or financially support summer clinics or camps, etc., for sports/athletics or for extra-curricular or co-curricular groups or individuals. Under certain circumstances use of District facilities may be permitted for such programs.

Definitions

The definition of an extra-curricular school activity is one which falls into one of the following categories:

- a. Student Council and its member organizations (clubs, etc.);
- b. Service as staff members of school publications;
- c. Musical festivals or contests;
- d. Speech contests, debates, dramatic contests/productions, etc.;
- e. All organized events which are a part of the presentation and conduct of interscholastic athletic activities, including membership in bands, drill teams, cheerleading squads, etc.;
- f. Interscholastic athletic contests of all types;
- g. Any other extra-class activities which result primarily in inter-school and intra-school competitions.

The definition of a co-curricular school activity is any activity that is outside of the regular curriculum but complements the regular curriculum, for example: Family Career Community Leaders of America, Future Business Leaders of America, Future Farmers of America, etc.

Eligibility for Participation

It is a privilege and not a right for students attending Park County School District #1 to participate in the school's extra-curricular activities. Participation in such activities may be limited or conditioned upon compliance with District policies, rules and regulations, and/or separate codes of conduct. Such privilege may also be conditioned upon attendance at school and maintaining satisfactory grades.

These rules/regulations shall apply to eligibility for all activities which are approved and sanctioned by the Board of Trustees.

Home School Students

Home school students will be permitted to participate in activities sponsored by the school district, subject to the applicable rules and regulations of the District and of the Wyoming High School Activities Association. Parents of home school students will notify the principal or athletic director when their child does not meet the eligibility requirements of students enrolled in Park County School District #1 schools.

PARENT CODE OF CONDUCT

As parents, you are an invaluable part of your child's educational development. Your attitudes and actions have the most impact upon the outcome of your child's learning. Therefore, it is important that you see activities for what they can do to help your child's development. The Parent Code of Conduct is

1. Be a positive role model through your own actions to make sure your child has the best experience possible.
2. Be a "team" fan, not a "my kid" fan.
3. Weigh what your children say; they may tend to slant the truth to their advantage.
4. Show respect for the opposing players, coaches, spectators and support groups.
5. Be respectful of all officials' decisions.
6. Do not instruct your children before or after a game; it may conflict with the coach's/sponsor's plans and strategies.
7. Praise students in their attempt to improve themselves as students, performers, athletes, and people.
8. Gain an understanding and appreciation for the rules of the contest.
9. Recognize and show appreciation for an outstanding performance or play by any participant.
10. Help your child learn that success is experienced in the development of his or her skills and contribution to a team and that he or she can be proud of that endeavor, win or lose.
11. If you have a concern, take time to talk with coaches/sponsors in an appropriate manner, including working with them to identify the proper time and place. Be sure to follow the designated chain of command.
12. Reinforce our alcohol, tobacco, and other drug-free policies by refraining from the use of any such substances before and during performances and contests or any event associated with student extra-curricular activities, including post season banquets, celebrations etc.
13. Remember that admission to a school event is a privilege.

COACH'S CODE OF ETHICS

The function of a coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic success. Each child should be treated as though he or she were the coach's own and his or her welfare shall be uppermost at all times. The following guidelines for coaches have been adopted by the Wyoming Coaches' Association Board of Directors:

1. The coach must be aware that he/she has a tremendous influence in the education of the students/athletes and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.
2. The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student/athlete, officials, athletic directors, school administrators, the Wyoming State High School Activities Association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
3. The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse, and under no circumstances, should authorize their use.
4. The coach shall promote the entire interscholastic program of the school and direct his/her program in harmony with the total school program.
5. The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.
6. Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders, pep club sponsors, booster clubs and administrators.
7. Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that may set players or spectators against the officials. Public criticism of officials or players is unethical.
8. Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
9. A coach shall not exert pressure on faculty members to give student athletes special consideration.
10. It is unethical for coaches to scout opponents by any means other than those adopted by the league and/or state high school athletic association.

PARTICIPATION SELECTION

It is the goal of the Powell High School Activities Department to provide as many opportunities for extra-curricular involvement as possible. However, certain teams and groups have limitations on the number of participants that can be included. These limitations are the result of factors including time, facilities, equipment, staffing, budgets, and tradition. We do not want to limit participation on any team. In fact, eliminating or cutting students is the most difficult decision any coach or sponsor has to make, but in some instances it may have to be made.

You should know that many factors are considered before limitation decisions are made. Perhaps the most important element may be the roles needing to be filled on the team and how each part fits into the entire puzzle. Regardless of the situation or the reason for the cut, every student will be given equal opportunity to compete for a spot on the team or in the group.

To that end, athletic programs that have to limit participation will take the following steps when doing so:

1. Each athlete will be guaranteed a minimum of five skill-oriented practices (not just conditioning) to try out for the team.
2. Coaches will use a quantitative tool (scoring guide, rubric, etc.) to measure the performance of all athletes.
3. Coaches will meet face-to-face with students being cut and provide the reason for the cut.
4. Coaches will make themselves available to discuss the decision with the student's parents/guardians if requested by the parent/guardian to do so.

Activities and clubs that limit participation, as well as cheerleading and dance, generally have procedures that guide their selection of participants, meaning that the above steps do not necessarily apply to these programs.

COMMON VS. PERSONAL AGENDAS

Powell High School activities offer many opportunities for students to grow and develop as individuals. It is important to understand, however, that for success to be achieved and growth to take place in a team or group activity, the needs of the team sometimes supersede the desires of the individual.

Teams that work together to reach common goals are the most successful. Teams that are unsuccessful – even though they may be winning – are those that have personal agendas prioritized ahead of the team agendas.

Every student should have personal goals and aspirations. However, they must be secondary to the common agendas set for the team. If a student is more concerned about his or her individual recognition than the success of the team, success on all levels will be out of reach. Many very talented individuals have participated at Powell High School but have not experienced success mainly because they were members of a group of individuals seeking personal ambitions.

Consistent mutual commitment to common agendas leads to team success. The pursuit of personal agendas leads to failure for everyone.

THE ACTIVITIES DEPARTMENT CHAIN OF COMMAND

- Board of Education
- Superintendent
- Principal
- Activities Director
- Head Coach/Sponsor
- Assistant Coach/Sponsor

COMMUNICATION

It is vital for the success of the activity to have an open line of communication between the activities director, coaches/sponsors, students, and parents. However, there are certain topics that need to be avoided because they are detrimental to the welfare of the program as a whole. These topics are:

1. Participation time - is entirely in the hands of the coach/sponsor and no one else
2. Game strategies - are entirely in the hands of coaches/sponsors and no one else
3. Other students – it is unprofessional to discuss other participants' talents

Coaches and sponsors are directed not to discuss these topics with anyone outside their staffs.

There are many areas that are acceptable points of discussion between coaches/sponsors and students/parents – examples are:

1. What role will I/my child play in this activity and why?
2. What do/does I/my child have to do in order to improve?
3. What can we as parents do to help our child fulfill his or her expectations?

The student's coach or sponsor is the first level of communication when questions or concerns arise. Students are encouraged to discuss concerns with their coach or sponsor as a first step approach to resolving the issue. Understandably, asking students, especially younger students, to have a potentially difficult conversation with a coach or sponsor is sometimes asking a lot. With that in mind, a parent/guardian may accompany the student during the discussion if necessary.

The activities director is not the first level of communication when concerns arise. Students and parents with questions and concerns specific to a program should consult the coach or sponsor prior to discussing the situation with the activities director. Only when attempts to resolve issues at that level have failed should the activities director be involved.

BOOSTER CLUB RELATIONS

Many of our activities have strong booster programs that support needs that go beyond allocated school budgets.

The Powell Athletic Roundtable is the booster club for all PHS athletic teams. Their financial assistance has helped us stretch our budgets over the years so that we are able to enhance our equipment, uniforms, and facilities. Coaches with needs outside their budgets are directed to work with the activities director to make a request to the Roundtable.

The role of the booster club is to support the entire program – the coaches/sponsors and the students. Their goal should be to improve equipment, facilities, and opportunities for every student in every activity.

MANDATORY MEETING

The Activities Department hosts a meeting each fall to communicate rules and expectations about athletic participation. All athletes and at least one of their parents/guardians are required to attend this meeting.

NCAA/NAIA ELIGIBILITY

Students desiring to participate in collegiate athletics are responsible for ensuring their eligibility with the NCAA and/or NAIA. They are responsible for ensuring that the courses they take meet the eligibility requirements. Students should register with the appropriate eligibility center, either <http://www.ncaa.org/student-athletes/future/eligibility-center> or <http://www.playnaia.org>, to track their eligibility status. Students are encouraged to communicate their desire to compete in college to their school counselor as soon as possible. At the student's request, the counselor can inform him/her of which PHS courses are NCAA/NAIA approved.

WHSAA ELIGIBILITY REQUIREMENTS

Under the rules of the Wyoming High School Activities Association, students are NOT ELIGIBLE IF:

1. They have reached their 20th birthday prior to August 1 for fall sports, November 1 for winter sports, and March 1 for spring sports.
2. They have attended more than four-first and four-second semesters in grades 9-12.
3. They have not passed 20 hours per week of high school work the previous semester.
4. They have not enrolled in and attended a minimum of 20 hours of class per week.
5. They have graduated from a four-year high school.
6. They have been absent from school for ten consecutive days.
7. They do not have all the physical and permission slip information on file.
8. They have ever violated their amateur sports standing.

ACADEMIC ELIGIBILITY OF STUDENTS

To be academically eligible for athletics and activities, students must not have more than one 'F' at the end of the semester prior to the beginning of their sport or activity, and/or during their sport or activity, if the semester ends during their sport or activity. Grade checks will begin on the fourth Tuesday (after the completion of the first three weeks of each semester), and then every subsequent Tuesday for the remainder of the semester. Students must not have more than one 'F' at the time of this weekly grade check.

If there is a violation, the student will be ineligible for activities and the athletics/activities department will immediately notify the coach or sponsor. The coach or sponsor will notify the student and his/her parents. The student will remain academically ineligible until he/she is no longer in violation of the policy which will be determined during the following week's grade check. While ineligible, the student is expected to practice but is not allowed to "suit up" or participate in a game or activity event and is not allowed to travel with the team/activity group.

Students in athletics and activities are allowed to appeal their academic ineligibility status to the Activities Director if they feel there is an error or special consideration (i.e. work has been turned in but just not entered into the grade book yet, etc.). This appeal must be in writing by Thursday at 8:00 a.m. A final decision will be made by the Activities Director by Thursday at 3:00 p.m.

The Wyoming High School Activities Association rule 6.2.50 reads

A student shall be permitted to make up work after the close of the semester for the purpose of becoming eligible. Deficiencies, including incompletes, conditions and failures for the previous semester may be made up during a subsequent semester, summer session, night school, correspondence, or tutoring for qualification purposes. The make-up work must match the class where the failure occurred (ex., If an online class is taken, Algebra I for Algebra I, etc.). Credit needs to be approved by the student's school district. The student will not become eligible until all deficiencies from the previous semester have been made up to meet Rules 6.2.1– 6.2.3.

ATTENDANCE AND PARTICIPATION

In order to practice on any given day, the student must be in school for at least one half (1/2) of their classes (typically 4 class periods) on any given day (lunch is not considered a class). In order to participate in any extracurricular performance (i.e., game, meet, etc.) or travel to an event on any given day, the student must be in school the entire day. Exceptions to this rule would be scheduled medical appointments, death or serious illness in their family, or special circumstances beyond the control of the student. All such cases must be approved through the Activities Office or the Powell High School Administration.

Students who are serving out-of-school suspension may **NOT** practice or compete on the day(s) suspended from regular classroom participation; however, students who are serving ISS may practice but may **NOT** compete on the day(s) suspended from regular classroom participation.

ELIGIBILITY REQUIREMENTS FOR STUDENTS ENROLLED IN FEWER THAN SEVEN CLASSES

To be eligible to participate in extracurricular activities and athletics, Powell High School students must have passed a minimum of five classes the preceding semester and must currently be passing five classes at the time of the competition/event. This rule is based on the Wyoming High School Activities Association (WHSAA) rules below:

6.2.0 ACADEMIC REQUIREMENTS

6.2.1 In order to be eligible for any level of interscholastic competition, a student must be currently enrolled and must have been enrolled in school the immediate preceding semester and received passing grades during that semester in subjects that earn a minimum of 5.0 credits or the equivalent, per year toward graduation.

6.2.2 A pupil must be enrolled in not less than 20 class hours of work per week.

6.2.3 A pupil must be passing in five solid subjects at the time of the contest. A passing grade is considered to be the passing grade of the individual school. As defined, a solid subject meets five days a week or its equivalent for the entire semester and for which one-half Carnegie units are granted.

6.2.8 High school students taking college classes will be allowed to count the college classes toward the required five solid subjects/twenty hours of work per week, if the student has the approval of the school.

Students currently involved in an activity or sport and those who anticipate participation are required to enroll in a minimum of five classes.

Students enrolled in fewer than seven classes must attend at least one half (1/2) of their classes (lunch is not considered a class) on any given day to be eligible to practice and must attend all of their classes to be eligible to participate in a contest/performance or travel.

PHYSICAL EXAM

Each student must have a current physical, signed by a physician and dated after May 1st of the current year, on file before he/she will be allowed to practice or compete in a sport. The Powell Medical Staff continue to offer physicals with the voucher system. Please encourage your participants to take advantage of this service. (See forms section for samples) Important: all student-athletes have a current physical on file with the athletic office **prior** to practicing.

SPORTS PHYSICAL VOUCHERS

Each spring, the activities office makes available sports physical vouchers that students may purchase for \$15. The voucher entitles the student to participate in the physical examinations provided by the PVHC Clinic on one of the three designated days during the summer (dates are announced each spring). The money raised from the vouchers goes toward athletic training supplies for the middle school and high school.

EMERGENCY MEDICAL RELEASE FOR TREATMENT (PHYSICAL FORM)

Each student must have a signed Emergency Medical Release for Treatment form on file before he/she will be allowed to participate in an activity. This information is included on the physical form.

1. Coaches/Sponsors are to have these forms taken home and signed by the student's parent(s). Make sure that proper insurance information is completed.
2. Coaches/Sponsors are to have these forms readily available for emergencies at all practices and games. Most hospitals on out of town trips will accept this form for admission.
3. In case of an emergency, every attempt will be made to contact the parent before using the Emergency Medical Release form.

ACTIVITIES PARTICIPATION AGREEMENT

Each participant in a sport must sign the Athletic Participation Agreement form concerning expectations with participants before participation in an activity. This form needs to be signed by both the student and the parent and on file in the Activities Office prior to competition (See forms section for sample).

The Activities Participation Agreement is as follows:

Because of the vigorous nature of athletics, athletes and parents must be willing to assume responsibility for participation and the risks involved. Further, athletes must share in the responsibility for preventive measures such as: wearing appropriate protective equipment, immediate notification of injury or faulty equipment, proper application of sports techniques, and other appropriate safety precautions. Park County School District No. 1 does not carry student accident insurance that covers medical expenses in the event of a student injury. The participant and participant's parents acknowledge that they are responsible for payment of medical expenses incurred in the event of a student injury while participating in student activities. There is available, through Park County School District No. 1, a very affordable student accident insurance policy that may be purchased by parents to help cover medical expenses in the event of student injuries. Please contact the District business office if you are interested in such insurance coverage.

Upon signing up to participate in an activity program, a participant will:

1. Abide by all rules of PCSD#1, the Guidelines for Participation, and the Wyoming High School Activities Association.
2. Conduct himself/herself in a sportsmanlike manner at all times. Behavior that is unethical, disruptive, disrespectful, unsporting, or which would bring discredit to the team, school, or community will not be tolerated.
3. Provide certification of medical and parental permission to participate. (Medical/parental permission must be turned in to the head coach before being allowed to practice.)
4. Allow the release of personal information for team rosters such as: full name, number, height, weight, class, position, letter winner.
5. Be neat and clean in appearance at all times.
6. Attend school every class period on the day of competition and at least half of his/her classes on practice days unless previous arrangements have been made with the school administration.
7. Attend all turnouts, practices, and competitions. All absences must be cleared with the head coach in order to be excused. Unexcused absences will result in penalty and/or suspension and, possibly, dismissal from the squad.
8. Take proper care of school supplies and equipment. Unreasonably damaged gear or equipment not returned will be charged to the athlete.
9. Travel to and from away-competition with the team in approved school transportation. (No travel allowed in private cars when in visiting towns.) If this is not possible, the parent needs to fill out a "Permission to Travel with Parent" form in advance and turn it in to the main office to be signed by the Activities Director. This form can be downloaded off of the school website www.pcsd1.org or picked up at the school office.
10. Give maximum effort to improve individual skills and team performance and maintain a cooperative attitude and competitive spirit at all times.

Rules and regulations in this agreement shall apply to any violation on and off school premises at all times during the school year. Violations of these rules will result in a penalty and/or suspension or possible dismissal from the squad. The responsibility of notification, interpretation, and enforcement of these rules will rest with the coaching staff. Additional rules may be established during the season as necessary upon counseling with administration and proper notification of athletes.

GUIDELINES FOR PARTICIPATION

These guidelines shall apply to all students in Powell High School who desire to participate in extra-curricular activities. These guidelines cover the entire school year regardless of what activity the student desires to be involved in.

The purpose of these rules is to:

1. emphasize concern for the health and well-being of students who are or will be participating in extra-curricular activities;
2. provide a chemical-free environment that will encourage healthy development;
3. diminish chemical use by providing an educational assistance program;
4. assist students who desire to resist peer pressure which often directs them toward the use of chemicals;
5. ensure consistency of student discipline among the various activity programs.

Drug and alcohol possession or use prohibited: It shall be a violation of the rules applicable to all students desiring to participate in extra-curricular activities to possess or use tobacco, e-cigarettes, vapes, alcohol, dangerous/illegal drugs, or inhalants (any substance that is inhaled or sniffed that is not intended for that specific purpose or need), except when being administered at the direction of a student's physician. This prohibition of the use or possession of tobacco, e-cigarettes, vapes, alcohol, or dangerous/illegal drugs applies at all times during the school year. The administrator responsible for enforcing these guidelines may rely on any source he/she determines or concludes, to the best of his/her ability, is reliable and may include police officers, immediate faculty or administration, parents of the student or students involved, as well as other students.

Tobacco: The penalties for use of e-cigarettes, vapes, and tobacco/(chewing or smoking) are the same as for drug/alcohol.

Admission: It will be considered an admission if the student contacts a coach or school official immediately to report that he/she has violated the guidelines for participation.

Competitive Week: A competitive week shall be a week during which a contest or event that the student is participating in is scheduled. If the student violates these guidelines between seasons, the penalty will take place during the first competitive week of the next season that the student participates in even if that is the following school year. In the event the penalty takes place at the end of any competitive season and the full suspension cannot be served, the remainder of the suspension shall carry over to the next athletic season that the student does participate in. A student may not go out for another sport just to serve the penalty unless the student successfully completes the entire season for that sport/activity.

Penalty for drug and alcohol possession or use at non-school related functions (i.e., weekend party, etc.):

A. Athletics and Speech:

First Offense:

- a. Suspension for three competitive weeks;
- b. The student practices but does not participate nor travel with team;
- c. Student must complete chemical abuse counseling or a chemical abuse class set up by the school. Student cannot participate until s/he attends counseling or the class.

First Offense - If admission made. If a student who violates this policy admits the violation to the student's sponsor, building principal, assistant principal, or activities director, the penalty will be as set forth below:

- a. Suspension for two competitive weeks;
- b. The student practices but does not participate nor travel with team;
- c. Student must complete chemical abuse counseling or a chemical abuse class set up by the school. Student cannot participate until s/he attends counseling or the class.

Second Offense:

- a. Suspension for six competitive weeks;
- b. The student practices but does not participate nor travel with team;
- c. Student does not participate until s/he has met an assessment by an area drug/alcohol professional.

Second Offense - If admission made.

- a. Suspension for four competitive weeks;
- b. The student practices but does not participate nor travel with team;
- c. Student does not participate until s/he has met an assessment by an area drug/alcohol professional.

Third Offense:

- a. Out of all activities for the remainder of his/her school career at the school in which s/he is currently enrolled (i.e., middle school or high school);
- b. A student and his/her parents may appeal after one calendar year if the student has been through a treatment program. The appeal process should include a meeting with the parent (s) of the appealing student, athletic director, the coach/sponsor of the program the student wishes to participate in, a teacher of the student's choice, and the school counselor.

B. *All Other Extracurricular Activities

First Offense:

- a. Suspension for three-week period. If there are not at least two (2) scheduled events during that time frame, it will be necessary for the student to be suspended from the next two (2) scheduled events no matter where they fall on the school calendar;
- b. The student practices but does not participate nor travel with the activity;
- c. Student must complete chemical abuse counseling or a chemical abuse class set up by the school. Student cannot participate until s/he attends counseling or the class.

First Offense - If admission made. If a student who violates this policy admits the violation to the student's sponsor, building principal, assistant principal, or activities director, the penalty will be as set forth below:

- a. Suspension for two-week period. If there is no scheduled event during that time frame, it will be necessary for the student to be suspended from the next one (1) scheduled event no matter where it falls on the school calendar;
- b. The student practices but does not participate nor travel with the activity;
- c. Student must complete chemical abuse counseling or a chemical abuse class set up by the school. Student cannot participate until s/he attends counseling or the class.

Second Offense:

- a. Suspension for six-week period. If there are not at least four (4) scheduled events during that time frame, it will be necessary for the student to be suspended from the next four (4) scheduled events no matter where they fall on the school calendar;
- b. The student practices but does not participate nor travel with the activity;
- c. Student does not participate until s/he has met for an assessment by an area drug/alcohol professional.

Second Offense - If admission made.

- a. Suspension for four-week period. If there are not at least two (2) scheduled events during that time frame, it will be necessary for the student to be suspended from the next two (2) scheduled events no matter where they fall on the school calendar;
- b. The student practices but does not participate nor travel with the activity;
- c. Student does not participate until s/he has met for an assessment by an area drug/alcohol professional.

Third Offense:

- a. Out of all activities for the remainder of his/her school career at the school in which s/he is currently enrolled (i.e., middle school or high school);
- b. A student and his/her parents may appeal after one calendar year if the student has been through a treatment program. The appeal process should include a meeting

with the parent(s) of the appealing student, athletic director, the coach/sponsor of the program the student wishes to participate in, a teacher of the student's choice, and the school counselor.

***NOTE:** This policy does not apply to co-curricular activities-those activities that are directly related to the student's coursework and for which the student will receive a grade: e.g., band and choir concerts.

Multiple Activities: Students in multiple activities will suffer the outlined consequences in each activity (example: Football/Jazz Band student will be suspended under Section A for Football and Section B for Jazz Band.)

These guidelines apply to all students involved in extra-curricular activities at Powell High School and Powell Middle School. They are cumulative during the years that they are enrolled in that school. When entering high school, each student starts with a clean slate.

Penalty for violations at, or involving, school functions: Students who violate the policy by possessing or consuming/misusing alcohol, tobacco, e-cigarettes, vapes, inhalants, or any other drugs not prescribed by a doctor in any school building, on school grounds, at any school function, or while on any school-sponsored trip are subject to School District policy (See Administrative Regulations/Operational Procedures – Alcohol, Tobacco, and Drug Abuse) in addition to the Activities Department policy. The penalties from each policy would run concurrently.

*The eligibility policies apply to students involved in athletics and activities including student managers, statisticians, etc.

ACTIVITIES/ATHLETIC PROGRAM HAZING POLICY

Powell High School will not tolerate any behavior, on behalf of student participants and/or coaches/sponsors, which causes physical pain, ridicule, mental anguish, embarrassment, or harassment to any individual for the purpose of initiation or a rite of passage.

The following actions and activities are considered acts of hazing. This list is intended to be representative of the types of activities that will not be tolerated but is not inclusive of all activities that could constitute hazing:

- Physical abuse of any kind
- Actions that put the health and safety of the individual or any property in danger
- Pressuring an individual to participate in any activity that is considered lewd, profane, perverse, or illegal
- Performing or pressuring others to perform pranks such as stealing or harassment
- Any form of initiation where humiliating and degrading behavior takes place
- Any behavior that could be construed as racially or sexually insensitive or offensive
- Putting others under any kind of cruel or unusual psychological conditions

All reports of hazing will be taken seriously and investigated by the Powell High School administration. Consequences for acts of hazing may include suspension from contests/events, removal from the team, in-school suspension, out-of-school suspension, expulsion, and/or law enforcement involvement.

Individual Responsibilities

Coaching Staff

- Will discuss the hazing policy with students at the beginning of each season.
- Will be vigilant in taking all reports of hazing seriously.
- Will act promptly to report all incidents of hazing to the activities director.
- Will work diligently with students to develop *positive* team-building and character-building activities.

Students

- Will not engage in hazing of other students.
- Will actively engage in *positive* team-building and character-building activities.
- Will report any instances of hazing to either the coach, activities director, or other school administrator.
- Will understand that choosing to be involved in hazing behavior will result in punitive action.

Parents

- Will reinforce the hazing policy by supporting its intent to keep people free of harassment.
- Will not encourage hazing.
- Will report hazing to the activities director or other school administrator.

Each participant must sign the Activities/Athletic Program Hazing Policy form before participation in an activity. This form needs to be signed by both the student and the parent and on file in the Activities Office prior to the first competition/performance.

STUDENT ATHLETE CONCUSSIONS

Because a concussion is a type of traumatic brain injury, it should always be treated carefully and seriously. Young athletes are particularly vulnerable to the effects of a concussion, which has the potential to result in short or long-term changes in brain function or, in some cases, death. Any time the signs or symptoms of a concussion are observed by or reported to school personnel, precautions should immediately be taken. The school district has developed protocols for the training of coaches and athletic trainers to facilitate the recognition of symptoms of concussions and to address restrictions concerning participation in school athletic events after suffering a concussion or head injury. The district has also developed protocols which require providing information to students and parents on head injuries and concussions and related restrictions on participation in athletic activities. The school administration and Activities Director shall take the appropriate steps to ensure that the district's coaches, athletic trainers, volunteers and other individuals responsible for coaching, providing athletic training, or advising school athletic teams, comply with the district's protocols as set forth in Regulation JJIF-R(1).

Park County School District No. 1 has adopted the following procedures as recommended by the NFHS:

1. If a coach or trainer suspects a concussion, the athlete will be removed from play;
2. The coach or trainer must make a reasonable attempt to contact the athlete's parent/guardian;
3. Any athlete suspected of having a concussion should be evaluated by a physician, physician's assistant, or nurse practitioner the day the injury is sustained;
4. No athlete should return to play or practice on the same day he/she is concussed;
5. Any athlete with a concussion should be medically cleared by a physician, physician's assistant, or nurse practitioner before resuming participation in practice or competition; and
6. After medical clearance, return to play should follow a step-wise protocol and should allow for delay in returning to playing if any signs and symptoms return.

ATHLETIC TRAINER RELEASE-PVHC ORTHOPEDICS & SPORTS MEDICINE

Permission for Medical Treatment – Permission is hereby granted to the certified athletic trainers, William J. Jarvis, M.D., and other medical professionals of Powell Valley Healthcare to proceed with any medical treatment, either minor or emergency, deemed necessary in the event that the student athlete sustains an injury/illness during participation in interscholastic athletics. This permission for medical treatment covers the period of the entire school year for games, practice, events, activities, etc. We understand that every effort will be made to contact the parent/legal guardian prior to treatment. We also understand that the parent/legal guardian is under no obligation to use William J. Jarvis, M.D. over a physician of their choosing.

Consent and Authorization for Release of Medical Records – Permission is hereby granted to the certified athletic trainers, William J. Jarvis, M.D, and other medical professionals of Powell Valley Healthcare to examine medical records concerning examination or treatment received by the student athlete for the express purpose of evaluating a medical emergency or the medical of physical fitness for participation in, or for continued participation in interscholastic athletics. Permission is also granted to furnish Powell Valley Healthcare with any reports or copies of the student athlete's medical records may be shared with the athlete, his/her parents/legal guardians, and other medical providers, and the athletic training staff, medical staff, coaches, school nurse and Activities Director in order to provide them with recommendations for, and to provide medical treatment to the student athlete. I understand that information released to me is no longer protected by State and Federal laws and regulations.

Acceptance of Risk – As per the Student Handbook which has been read by both the athlete and the parent/legal guardian, all sports carry an inherent risk of injury by signing the Acceptance of Risk on the yearly physical form.

SUDDEN CARDIAC ARREST

Physical activity and athletics imposes a risk to individuals with or without underlying heart conditions which can ultimately lead to sudden cardiac arrest (SCA) or sudden cardiac death (SCD). Many underlying cardiac conditions may not present with any warning symptoms, therefore, during pre-participation physicals, a thorough health history should be taken by a physician to determine if further cardiac evaluation is necessary. Our athletic staff is CPR certified and there is an automated external defibrillator (AED) available at all practices and events. If you ever have questions regarding the SCA, do not hesitate to visit with the athletic trainer or other medical professionals.

HYGIENE

Proper precautions need to be taken in order to prevent the potential risk and spread of communicable disease and skin infections in athletics. The result of the spread of communicable disease and skin infections can be due to contact with contaminated competitors or equipment. To help prevent the occurrence, athletes should follow universal hygiene protocols for all sports.

- Shower immediately after every practice/competition avoiding use of bar soap
- Wash workout clothing after each practice in hot water and drying with high heat
- Clean and wash personal gear (shoulder pads, head gear, braces, gym bags, etc.) weekly
- Do not share towels or other personal hygiene products
- Wash hands or use alcohol-based gel or soap and water before and after practice

If any skin lesions or potential blood-borne pathogen exposures (inadvertent needle stick) occur, see the athletic trainer or visit an appropriate medical provider.

WEIGHT AND NUTRITION

Proper nutrition is essential for weight management, optimal athletic performance, and proper development and growth. Certain nutrients aid in the healing of injured tissue (calcium and vitamin D for bone and skeletal muscle health). Individuals participating in athletics need to maintain a proper diet and adequate hydration at all times, but most importantly during the sports season. Athletes should drink fluids before, during, and after activity paying attention to how much weight they lost during practice/competition. For every pound of body weight lost, 20-30 ounces of fluids should be consumed. Questions about proper nutrition and weight management can be brought to the athletic trainer or any other appropriate medical professional.

SUNDAY PARTICIPATION

Under WHSAA rules, there will be no interscholastic activity scheduled on Sunday. There also shall be no practices on Sunday.

WEDNESDAY EVENING PRACTICES

Wednesday evening has been designated family night by Park County School District #1. All school activities for students will be dismissed, showered and out of the building by 6:00 p.m. on Wednesday evenings.

CANCELLATION OF A SCHEDULED EVENT

All coaches/sponsors have the authority to cancel practice sessions for good reasons. The coach/sponsor will contact the students with this information as soon as possible.

The Activities Office will have the authority for event cancellation. Administrators, coaches, sponsors, and students will be notified as soon as possible of such decisions. In normal circumstances, the coach/sponsor involved in the activity will be part of the decision making team when cancellation becomes a possibility.

INCLEMENT WEATHER SITUATIONS

When school is dismissed early due to inclement weather, no practice or open gym will be conducted. All students will go home. When school start time is delayed due to inclement weather, no morning practices will be held. When school is cancelled, no practice or open gym will be held.

DRESS CODE

In an effort to maintain a high level of class, every member of a team/group, from the manager to the coach/sponsor, needs to dress professionally for competitions; blue jeans are not permitted. In addition, athletes are expected to dress decently for practice; revealing clothing should be avoided.

MANAGERS

Managers play an important role and can contribute to the success of a team. That said, special consideration should be given to the selection of managers. Managers must comply with the same behavioral expectations as athletes.

TRAVEL INFORMATION AND PROCEDURES

Powell High School takes great pride in the reputation that has been developed through the way our activity groups represent Powell. The way students conduct themselves on buses, in restaurants, at gymnasiums, etc., is a direct reflection of the team and the coaching staff.

The coaches/sponsors are responsible for the welfare and conduct of students on and off the bus. Any problems that occur on a trip will be reported to the Athletic Director upon return. The following areas are designed to make each trip run as smoothly as possible.

SUPERVISION

Coaches/Sponsors should be dispersed throughout the bus to better supervise students. When only one coach/sponsor is on the bus, he/she should sit in a location that affords him/her the best opportunity for supervision. If boys and girls are traveling together on the same bus (including managers), the genders should be completely separated (one gender in the front half and one gender in the back half of the bus). At least one coach or sponsor must sit in the middle or separating the two genders. A coach/sponsor should regularly walk the aisle to check on students.

OVERNIGHT SUPERVISION OF STUDENTS

Special consideration should be given to rooming arrangements and supervision during overnight travel so as to minimize student misbehavior. The following expectations and recommendations are intended to help coaches and sponsors successfully supervise students in hotels:

- Girls are to room with girls, and boys are to room with boys. Boys are never permitted in a girls' room, and girls are never permitted in a boys' room.
- Rooms with adjoining doors should be avoided. If they cannot be, doors must connect rooms with students of the same gender.
- Coaches should communicate a "lights out" time to students and then make a sweep of the hallway to make sure students are compliant.
- Room checks should be conducted with two coaches/sponsors entering a room together whenever possible. Notice should be given to students prior to the checks to ensure that students are fully dressed, etc.
- Some coaches find it helpful to put painter's tape on the door frame after students are supposed to be in their rooms. If the tape is torn in the morning, the coach knows that the door was opened and students may have left their room.
- Incidents of serious misbehavior must be reported to the school administration. Law violations should be reported to the local (the community in which the hotel is located) law enforcement agency.

Dress

Coaches/Sponsors and participants are expected to dress appropriately at all times. Students/Athletes traveling to events that do not have access to a locker room may wear sport-specific apparel (e.g., travel warm ups) or dress clothes (e.g., dresses, skirts, button-up shirts and ties). Students/Athletes traveling to events that do have access to a locker room should wear dress clothes (e.g., dresses, skirts, button-up shirts and ties). Students/Athletes may wear sport-specific apparel (e.g. travel warm ups) on the way home from an event for comfort if the team is not stopping at a restaurant. Blue jeans, pajama pants, slippers and non-team sweats are not permitted. In all cases, weather should be considered when determining dress expectations (students wearing flip-flops while traveling in the winter is not appropriate).

Meals

Students will be responsible for the first meal out on each trip. On overnight trips, the District will purchase a maximum of three (3) meals per day. The maximum amount to be paid for student meals is \$8 for breakfast, \$10 for lunch, \$15 for dinner. Students are responsible for any amount over these limits. On one-day trips the number of meals purchased by the District will be determined by departure time.

Eating on the bus

On athletic trips the coach and driver will allow students to eat on the bus according to the coach's itinerary. Students are expected to place their trash in the wastebasket or trash bags that are distributed throughout the bus. Drink containers shall be spill proof. On non-athletic events, food will not be eaten on the bus on trips of 50 miles or less. Sunflower seeds, etc., are not allowed on any bus.

TRAVELING WITH THE TEAM

The School District, coach/sponsor and driver are responsible for the student on the trip from the time students are picked up until they are returned to the designated unloading location. This means that no student may be dropped off at any location other than the designated unloading location unless prior arrangements have been made between parents, the school administration, coach/sponsor, and the Director of Transportation.

It is our philosophy that participants should travel on the team bus; however, certain circumstances make doing so unfeasible. If a student needs to be released to his/her parent/guardian following an event, the parent/guardian must provide a written request to the coach/sponsor prior to the student being released. If the student needs to be released to someone other than a parent/guardian following an event, the parent/guardian must submit the Permission to Travel with Parent form **in advance** of the trip (See forms section for sample). If this form is not on file prior to the event, the student will not be released to anyone except a parent/guardian. The Permission to Travel with Parent form must be submitted **in advance** of the trip for all other requests; e.g., for a student to travel to an event with a parent.

INVENTORY AND CARE OF EQUIPMENT

Every student will be given equipment and/or uniforms that are provided by the School District. Students are responsible for these items. Lost or damaged items will result in a fine being levied upon the student for replacement cost of the lost item. All uniforms and equipment must be returned after the season within the timeline established by the coach.

MULTI-SPORT PARTICIPATION WITHIN ONE SEASON

According to WHSAA rule 5.1.1, "A pupil may not participate in two school sports at the same time. However, during a season when one sport is over, a student may switch to another sport which runs concurrently. A sports season ends after the completion of that sport's culminating

event. As per 7.4.0, a member school's season ends the day after elimination from the culminating event in that sport."

At Powell High School, students are permitted to participate as stated in rule 5.1.1 above. However, those students who move from one sport to another at the conclusion of a season are not allowed to take the place of a student who has competed for the duration of the season if there are limited entries in an event. For example, a PHS student who competes for the cross country team after completing a season with the golf team will not be eligible to take the place of another PHS student to compete at the state cross country competition if there are not enough positions available for all competitors on the team. If there are enough available positions, the student coming from golf may compete at the state meet. This rule recognizes the efforts put forth by those students who compete with a team for the duration of a season and protects their commitment to doing so.

LETTER CLUB

Students who letter in athletics are considered members of the Powell High School Letterman's Club. Each year, senior Letter Club members elect six officers – male and female presidents, vice presidents, and secretaries – to represent them in discussions about athletics. The Letter Club benefits from concessions sales during the winter sports season. Members are expected to work at the concession stand at least one time during the winter season. Letter Club officers help decide how the concession money is spent each year, with priority going toward student athlete recognition and facility enhancements.

AWARDING OF LETTERS

Activity awards are presented to students for participation and achievement in a variety of activities. Students must complete the season and display good sportsmanship in order to be eligible for an award. Each coach/sponsor will be responsible for establishing the lettering criteria for their activity and provide written copies of the lettering criteria to each student and the Activities Office. This needs to be done each season or school year. Those students who do not earn a Letter but meet the criteria above will receive a certificate of participation.

- I. First Varsity Letter – Recipient shall receive:
 - A. Letter Certificate
 - B. Letter
 - C. Insert emblematic of the activity
- II. First Varsity Letter (in second or succeeding activities) Recipient shall receive:
 - A. Letter Certificate
 - B. Insert emblematic of the activity
- III. Second and Succeeding Letters (in same activity) – Recipient shall receive:
 - A. Letter Certificate
 - B. Service Bar

Powell High School Athletics Lettering Criteria

FOOTBALL (Varsity)

- Played in minimum of 8 quarters and be unanimously nominated by the coaching staff.
- Successfully completed the season.
- Senior who successfully completed his sophomore and junior seasons even though not accumulating 14 quarters.
- Coaches determine lettering injured player based upon whether he would have lettered if he had not been injured.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

TENNIS (Varsity)

- Qualify to play on Regional Team
- Any athlete who has participated in 50% of the varsity matches.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

CROSS COUNTRY (Varsity)

- Run at the Varsity level prior to Conference and State meets.
- Be one of the top 7 runners going to the Regional meet, providing times are considered competitive.
- Be one of the 7 runners going to the State meet, providing times are considered competitive.
- Participate in the sport for the majority of the season.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

VOLLEYBALL (Varsity)

- A player must be a member of the 12 player tournament team or an individual who has managed for the entire season.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

GOLF (Varsity)

- A player must play as a member of the varsity team in two meets during the fall season.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

BOYS AND GIRLS BASKETBALL (Varsity)

- A player must be a member of the 12 player tournament team or an individual who has managed for the entire season.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

GIRLS SWIMMING (Varsity)

- Qualify for State
- Any senior who has participated on the team for four years and has positively contributed to the team.
- Allow for coach's discretion when there are unique situations.

BOYS SWIMMING (Varsity)

- Qualify for State
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

WRESTLING (Varsity)

- Varsity wrestler all year
- Successfully completes entire season
- Senior wrestler for four years
- Scored 30 dual points varsity
- Placement in a varsity tournament – Includes Regionals and State
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

INDOOR TRACK (Varsity)

- Score at least 6 varsity points during the season, or be a competing member of the varsity team (1 of the top 3 in each event) in $\frac{3}{4}$ of the meets during the season.
- Score any fraction of a point in any event at the regional or state track meet.
- Qualify for State.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

OUTDOOR TRACK (Varsity)

- Score at least 6 varsity points during the season, or be a competing member of the varsity team (1 of the top 3 in each event) in $\frac{3}{4}$ of the meets during the season.
- Score any fraction of a point in any event at the regional or state track meet.
- Qualify for State.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

GIRLS SOCCER (Varsity)

- Athletes must play in 12 varsity soccer match halves.
- Athletes must successfully complete the season.
- Member of Regional or State Team, does not include Jamboree games.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

BOYS SOCCER (Varsity)

- Athletes must play in 12 varsity soccer match halves.
- Athletes must successfully complete the season.
- Member of Regional or State Team, does not include Jamboree games.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

DANCE TEAM

- Attend all practice and performances.
- Be a member of the State dance team.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

CHEERLEADING

Fall Season

- Must cheer at football and volleyball games
- Must complete the whole fall season.
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.

Winter Season

- Must cheer at basketball games.
- Be a member of the competition team competing at state.
- Must complete the whole winter season
- Any senior who has been a member of the team for three seasons and has not met other criteria will letter.
- Allow for coach's discretion when there are unique situations.