

SHERIDAN COUNTY SCHOOL DISTRICT #3

ATHLETE HANDBOOK

ARVADA/CLEARMONT JR. AND SR. HIGH SCHOOL



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SHERIDAN COUNTY SCHOOL DISTRICT #3

ACADEMIC ELIGIBILITY GUIDELINES FOR PARTICIPATION IN ACTIVITIES

SCSD #3 has adopted the eligibility guidelines prepared by the Wyoming High School Activities Association. In addition to these guidelines, all SCSD #3 students in good standing must follow the District Eligibility Guidelines in order to participate in Wyoming High School Activity Association sponsored events (Basketball, Golf, Outdoor Track, Volleyball, Art, FBLA, FFA, Journalism, Music, Student Council or events approved in a Combination School Contract with WHSAA) or any **activity** in which students are **competing** for awards or placement. The eligibility guidelines are listed below.

1. Eligibility is determined on a weekly basis. **A student must have a 70% (C or S) or higher in 8 of 9 classes in order to be eligible to participate.** This grade is determined by accumulating all grades from the beginning of the first week of each semester throughout the semester.
2. At the beginning of a new semester, an “at-risk” list will be compiled on the first Wednesday; however, no “eligibility” list will be compiled for the first week of the new semester. During the second week of a new semester, an “at-risk” list will be compiled on Monday and an “eligibility” list on Wednesday.
3. The “at-risk” list will be completed on Monday by 10:00 A.M. and students will be notified at that time if they are in danger of being ineligible.
4. The weekly “eligibility” list will be completed by 3:00 P.M. on Wednesday (or earlier in the case of a short week). Students who are not eligible for activities for that week will be notified at that time.
5. Students in athletics who are ineligible for three consecutive weeks will be dismissed from the team for the remainder of the season.
6. Students who are ineligible will not be allowed to participate in Wyoming High School Activities Association sponsored events or competitions. Students are eligible to practice; however, individual coaches/sponsors may set their own ineligibility policies concerning practice.
7. In order to participate in a practice or an activity, students must be in school and attend all of their afternoon classes (5th – 9th periods) on the day of the practice or the activity. Exceptions may include: 1) situations when special permission is granted by the administration prior to the absence, or 2) an excused absence due to medical appointments. Documentation from the doctor is required.

ATHLETIC TRAINING RULES / CODE OF CONDUCT

Section I. Drugs and Alcohol

- a. No use of alcoholic beverages at any time or anywhere during the season.
- b. No use of illicit drugs at any time or anywhere during the season
- c. No use of tobacco at any time or anywhere during the season
- d. Possession implies usage for all of the above.

Violation of Section I:

First offense-Suspension for the remainder of the season

Section II. Curfew Hours during the season

- A. Sunday through Thursday night's--Home by 10:00 P.M.
- B. Friday and Saturday nights-- Home by 12:00 midnight
- C. The night before a contest --Home by 9:00 P.M.

Violation of Section II:

First offense-Two game or match suspension, one meet suspension

Second offense-Four game or match suspension, two meet suspension

Third offense-Suspension for the remainder of the season

Section III. Grade Eligibility

- A. You will be expected to be passing all subjects. (as outlined by eligibility guidelines)

Violation of Section III:

One-week suspension from competition goes Wednesday to Wednesday.

Section IV. Conduct and Behavior

- A. During the season (practices, games, meets, matches, trip or any time you are representing the school) your behavior is to be excellent. We will not have people on any team that don't know how to act correctly. You will dress according to the dress code for all trips and for school on the day of a contest.

Violation of Section IV:

First offense-Two game or match suspension or one meet suspension

Second offense-Four game or match suspension or two meet suspension

Third offense-Suspension for the remainder of the season

Section V. School Violations

Students are expected to be respectful and have no violation of school rules during school time.

Violation of Section V:

School Service- All school service assigned for the day will be served before students are allowed to practice or play in game.

In-School Suspension and Friday School- No student will practice until they have completed the requirements of the suspension and will not be eligible to participate in a school sponsored event until the following day.

Out-School Suspension – A Student who receives Out-School Suspension will receive a one game suspension.

Enforcement of Training Rules

When the coach or administrator determines that there has been a violation of training rules, they may at that time impose the penalty for violation of the training rules. The student has the right to appeal to the Athletic Council if he/she desires. The student will be given the opportunity to defend any and all accusations. Anyone considering an appeal to the Athletic Council must contact the Superintendent.

PARENTS AND STUDENTS WILL SIGN OFF THAT THEY HAVE READ AND AGREE WITH THE TRAINING RULES, BEFORE THE STUDENT IS ALLOWED TO PLAY IN ANY ATHLETIC EVENT.

Athletic Council

The Athletic Council is made up of the following:

- All Head Coaches
- Principal and superintendent
- One non-coaching faculty member

Athletic Dress Code

All school-sponsored activities will be required to abide by district student appearance expectations. This includes athletic team practices

The following code will be followed for all home and school sanctioned athletic trips when representing SCSD #3.

Boys: Slacks and nice shirt (no t-shirts). Blue denim jeans or jeans with holes in them are not allowed. Shirts should have a collar unless it is a sweater. Boys must leave their hats on the bus.

Girls: No midriff tops, spaghetti tops, tube tops or halter-tops. Shorts, skirts and dresses must reach the middle of the thigh. Denim jeans or jeans with holes in them are not allowed.

All questionable dress will be reported to the administration, who will then have the final say on the questioned clothing and appropriate actions.

Rationale: This team represents SCSD #3. We like to be represented in a positive, professional light. Our athletes will be remembered, and we would like them to be remembered as a classy, well-respected team.

Medications at Practice, Games and on Away Trips

Parents must fill out a medication release form before any type of medication, prescription or over the counter, can be given at school. It is helpful if parents explain the medical conditions for which the medicine is being administered. Medicine must be provided by parents and in the original container marked with the prescribing physician's name (if applicable), the student's name, name of the medication, times to be given and dosage. All medications along with the release form will be kept in the med kit and locked in the training room.

BUFFALO ACTIVITY BUS GUIDELINES

(For A/C students participating in Buffalo Jr. High and High School activities)

The Activity Bus to Buffalo:

- Will transport students to practice/games only when Sheridan County School District #3 schools are in session.
- Will depart A/C School at 3:30 PM and to return to A/C School at approximately 7:00 PM.
- When SCDS #3 is in session and there is a game, the activity bus to Buffalo will transport students **to Buffalo only**. It is the parent's responsibility to pick-up their child in Buffalo at the conclusion of the event.
- When a game is scheduled on a Friday or Saturday and SCSD #3 is not in session, it will be the parent's responsibility to transport their child to Buffalo to either catch the BHS/Buffalo JH bus to an "out-of-Buffalo" game, or to participate in a game in Buffalo. Parents must pick up their children in Buffalo at the conclusion of the event.
- If parents attend on "out-of-Buffalo" game and want to take their child home immediately following the event, they must provide their Buffalo coach with a written note stating that their child will be riding home with his/her parents.
- Students who plan to ride the Activity bus will need to sign up in the office BEFORE 1:00 p.m. This allows the Transportation Dept. time to make appropriate accommodations.

Please remember that the opportunity to combine with the Buffalo schools is a privilege. We ask that all students use appropriate behavior when riding the activity bus as well as show respect to all staff, coaches and sponsors.

TRIP PROCEDURES

- Students will need to ride the bus to an away contest unless arrangements have been made with school administration **prior** to the trip.

- At the conclusion of the contest, students will only be released to their parent or guardian unless **prior** arrangements have been made with school administration.
- Parents/Guardians who would like to have their child ride home with another parent or family member must fill-out a **Liability Waiver** and have it cleared by administration prior to the trip. A handwritten note will no longer be accepted.
- Parents/Guardians will need to sign the students out with the coach prior to taking the student from the contest. This can be in the form of a written note or a sign-out sheet provided by the coach.

LOCKER ROOM BEHAVIOR

Students are expected to conduct themselves in an appropriate manner while in the locker room.

- No profanity.
- No fighting or rough play.
- Respect other peoples' property. If it is not yours – don't touch it.
- Be responsible for your own property. Lock up all of your belongings.
- Locker rooms need to be pick up after each use. Trash must be thrown away and all belongings need to be stored properly. Leave the locker room in better condition than when you arrived.

MEALS ON AWAY TRIPS

THE SCHOOL WILL PROVIDE THE FIRST MEAL OUT

MEAL PRICES

Breakfast: \$7.00

Lunch: \$8.00

Dinner: \$12.00

TRIP AND BUS EXPECTATIONS

All students and parents must understand that being allowed to travel to or compete in an event is not a student's right. It is a privilege. Sheridan County School District #3's administration and coaching staff have agreed to allow a student to travel/compete with the team.

Parents/guardians also need to be aware that, if their child chooses to not abide by these expectations on an away trip, they will be notified and required to come to the event, pick their child up and escort him or her home.

Any student who does not abide by the following expectations will lose their traveling privileges.

- There will be NO drugs, alcohol, and/or tobacco allowed on the bus, in the motel rooms or in a student-athlete's possession. If coaches feel there is evidence of possession, local law enforcement will be called and all students will be tested to prove innocence.
- Cell phones will be turned off and collected when the students get off the bus. If you need to reach your child you may call the coaches' cell phones. If a student needs to make a phone call, they will be allowed to use one of the coaches' cell phones. Student may have access to their cell phone, as long as they get permission from their coach. Students will be allowed to have their cell phones on the bus, however, it is the individual's responsibility to use them appropriately.
- Students will be seated according to gender. A coach will sit between the genders. Seating assignments in the back of the bus will alternate each trip.
- Student-athletes are reminded that this is a business trip. Behavior on the bus will reflect a "businesslike" mentality.
- Student-athletes must wear dress clothes. Blue jeans and T-shirts are not permissible. Students also need to dress appropriately for the weather. Boots, gloves, hats and blankets are required.
- ALL hats will remain on the bus.
- Student-athletes need to remain seated when the bus is moving.
- An appropriate voice level must be used at all times. There will be no yelling or screaming on the bus, especially at the bus driver to turn up/down the heat or music. If the heat or music needs to be adjusted, please pass the message forward to the coach or coaches who are seated in the front of the bus and they will politely ask the driver to make the adjustment.
- Students will be expected to treat everyone with respect.
 - There will be no name calling, "joking" or not.
 - Adults will be referred to by Mr., Mrs. or Coach.
- Profanity will not be tolerated.
- Being disrespectful to other student-athletes, coaches and/or bus driver will be grounds for immediate dismissal.
- The phrases "please" and "thank you" are ALWAYS appropriate.

ATHLETIC POLICIES AND GUIDELINES

These athletic guidelines are established for the interscholastic athletic program at SCSD #3 junior high and high school. They were developed through the cooperation and efforts of the coaching staff, faculty, and administration. These guidelines are what is expected of SCSD #3 athletes and the athletic program.

The athletic programs are designed to provide worthwhile opportunities for those junior high and senior high students who desire competitive athletics. The coaching staff, faculty and administration wish to instill in each athlete the image of a true Panther athlete. As a Panther athlete students will:

1. Consider all athletic opponents and game officials as guests at SCSD #3 and treat them all the courtesy due to friends and guests.
2. Respect the officials' judgment and interpretation of the rules. Never argue or make gestures indicating a dislike for a decision.
3. Never use abusive or irritating remarks from the sidelines.
4. Applaud good sportsmanship from opponents and teammates.
5. Strive for victory through fair play according to the rules of the game.
6. Love the game for its own sake - not for what winning may bring through publicity.
7. Do everything possible to encourage enthusiasm for the game, courtesy and respect for players, coaches and fans.
8. Be humble in winning and gracious in defeat.
9. Accept both victory and defeat with pride and compassion, being never boastful nor bitter.
10. Congratulate the opponents in a sincere manner following either victory or defeat.
11. Accept seriously the responsibility and privilege of representing the school and community.

Any boy or girl is welcome to try out for any of the interscholastic teams available to them providing they meet the requirements established by the State Activities Association, by School Board Policies, and agree to follow the guidelines established in this booklet.

Philosophy

A great athletic tradition is not built overnight - it takes continued hard work and dedication by everyone. Athletics at SCSD #3 Junior and Senior High School is dedicated to excellence.

We are aware that athletic excellence is a constantly sought but rarely attainable goal. The basis of our pursuit of excellence is centered around the individual player. We know that if each player improves, the team will improve. Therefore, we hope to make each athlete aware of his/her unique potential. We strive through attitude motivation to influence each individual to reach his/her desired greatness.

Competition is inherently basic to the American way of life. We believe that the basic purpose of interscholastic sports is to foster within each player an attitude that develops high ideals of sportsmanship, qualities of cooperation, courage, unselfishness, and self-control, desires for clean, healthful living, and respect for wise discipline and authority.

We also believe that every athlete will have the opportunity to learn the basic fundamentals of the sport in which he or she participates. He or she will also have the opportunity to participate on the junior varsity level and to develop an attitude that carries a desire to be a winner.

We believe that there is no higher ambition to which one can aspire than teaching and working with youth. Young people can be helped to realize that self-discipline, sacrifice, sublimation of individual interests to the general concern, and the will to succeed, are personal characteristics which are conducive not only to athletic success, but are also conducive to successful living.

Athletic Responsibilities

As a member of any interscholastic team, each athlete has a certain responsibility to uphold. If a winning tradition is built here, then honor will come to our community, our school, and our athletes. Such a tradition is worthy of the best efforts of all concerned: the followers, the coaching staff, the athletes, and the student body. We will always play every game to win. In doing so, we will always play within the rules thereby gaining the respect of our school, our opponents, and, most of all, ourselves.

I. RESPONSIBILITY TO YOURSELF

We like to think of athletes as being someone special who will assume additional responsibilities. Athletes accept these responsibilities, which broaden and develop strength of character. You, as an athlete, owe it to yourself to achieve the greatest possible good from your school experiences, studies, participation in the other co-curricular activities, and from athletics. **YOU OWE IT TO YOURSELF TO ALWAYS DO WHATEVER YOU DO IN LIFE TO THE BEST AND FULLEST OF YOUR ABILITY.**

II. RESPONSIBILITY TO YOUR SCHOOL

As an athlete, you have the obligation to do your best and follow all rules and regulations set forth. By being an athlete, you are representing your school and your community. You automatically assume leadership roles when you are on an athletic squad. You are recognized by the student body and citizens of the Arvada-Clearmont community. You are on the stage with the spotlight on you. Other people judge our school and our community by your conduct and attitudes, both on and off the field. As a leader, you can contribute to our school spirit and community image. Make your school and community proud by your performance and your devotion to high ideals to copy.

III. RESPONSIBILITY OF THE COACHING STAFF

Coaches are hired as teachers of their sport and each hope to develop the best team possible from the talent available. As teachers, they teach the fundamentals and basic skills for each sport to all squad members. Each coach is responsible for his/her own actions so that they do not reflect dishonor upon the team, the school, the community or the coach. All coaches will follow the Coach's Creed, which reads:

I BELIEVE: Inter-school sports have an important place in the general educational scheme and pledge myself to cooperate with others in the field of education to so administer them that their values shall never be questioned.

- I BELIEVE: The other coaches of interschool sports are earnest in their desire to keep the inter school program high on the plane of citizenship training, and I shall do all that I can to further their efforts.
- I BELIEVE: My own actions should be so regulated as to reflect credit to this profession.
- I SHALL: Abide by the rules of the games in letter and spirit.
- I BELIEVE: In the exercise of all the patience, tolerance, and diplomacy at my command in my relations with all players, coworkers, game officials and spectators.
- I BELIEVE: Proper administration of all sports offers effective laboratory methods for development of high ideals of sportsmanship, qualities of cooperation, courage, unselfishness, and self-control, desires for clean healthful living, and respect for wise discipline and authority.
- I BELIEVE: These admirable characteristics, properly instilled by me through teaching and demonstration, will have a long carry-over and will aid each one connected with the sport to become a better citizen.
- I BELIEVE: In and will support all reasonable moves to improve athletic conditions, to provide for adequate equipment, and to promote the welfare of an increased number of participants.

Those of you who want to be a part of this great tradition will have to accept the responsibilities, which are set up for every member of all teams of interscholastic athletics at SCSD #3 Junior and Senior High School.

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC)

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

The understanding of sports-related concussion has evolved dramatically in recent years. We now know that young athletes are particularly vulnerable to the effects of a concussion. Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in short or long-term changes to brain function or in some cases, death.

The terms “ding” and “bell-ringer” were once used to refer to minor head injuries and thought to be a normal part of sports. There is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. A concussion is caused by a bump, blow, or jolt to the head or body. Basically, any force that is transmitted to the head causes the brain to literally bounce around or twist within the skull, potentially resulting in a concussion.

It used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 10% of players actually lose consciousness with a concussion.

RECOGNITION AND MANAGEMENT

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

SYMPTOMS REPORTED BY ATHLETE

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, you must be aware of the signs, symptoms and behaviors of a possible concussion, and if you suspect that an athlete may have a concussion, then he or she must be immediately

removed from all physical activity.

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

WHEN IN DOUBT, SIT THEM OUT!

When you suspect that a player has a concussion, follow the "Heads Up" 4-step Action Plan.

- Remove the athlete from play.
- Ensure that the athlete is evaluated by an appropriate health-care professional.
- Inform the athlete's parents or guardians about the possible concussion and give them information on concussion.
- Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and give the okay to return to activity.

Concussion in Sports - What You Need To Know

Free Online Course offered by the National Federation of State High School Associations (NFHS)

Website: www.nfhslearn.com

Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly. National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon takes you through this course. In this course you will understand the impact sports-related concussion can have on your players, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion.

SHERIDAN COUNTY SCHOOL DISTRICT #3 - LIABILITY WAIVER

I, as parent or legal guardian of _____ authorize his/her release to
Student's Name

_____ upon the completion of
*Person(s) Student Is Released To - **Must Be At Least 21 Years of Age***

_____ on _____
School Activity *Date of Activity*

I hereby relieve Sheridan County School District #3 and its agents of any liability toward my son/daughter after the release is completed. We further understand that this action is contrary to the recommendation of the school district personnel.

Administrator Signature

Parent/Guardian Signature

Student Signature

I have been authorized by the parent/guardian to assume responsibility for the above named student, and thereby accept full responsibility.

Signature of Person Student Released To

Date

Time

Prior to any activity trip, this Liability Waiver must be filled out and signed by an administrator if a student is to be released to anyone other than a parent. Filling out the form does not guarantee an administrator's signature.

Students will be released to parents after an activity with a written note signed by the parent. SHERIDAN

SHERIDAN COUNTY SCHOOL DISTRICT #3
AUTHORIZATION FOR ADMINISTRATION OF MEDICINE AND RELEASE OF LIABILITY

Head Coach

Assistant Coach

and their designees as personnel of Sheridan County School District No. 3, State of Wyoming, to administer the following medication to:

Name of Child: _____

Date of Birth: _____

School: _____

Grade: _____

Name of Medication: _____

Dosage: _____

Time of Day Medication is to be Given: _____

Possible Side Effects: _____

Anticipated number of days medication needs to be given: _____

Name of Prescribing Physician: _____

Name of Dispensing Pharmacy _____

In consideration of District personnel administering such medicine, the undersigned hereby releases said District and its personnel from claims, demands and liabilities, direct and indirect, which may result or accrue by reason of the administration of such medicine, the failure to administer it, or the improper administration thereof. The school nurse may exchange medical information with prescribing physician when necessary.

1. I have read and understand this authorization. I hereby give my permission for _____ to take the above prescription or over-the-counter medication as directed.

OR

2. I give permission for _____ to take his/her inhaler as he/she has been instructed.

I understand that it is my responsibility to furnish this medication.

Signature of Parent or Legal Guardian

Date

PARENT NOTE:

Student medication must be in the prescription bottle or in the original (unopened) bottle it came in.

SHERIDAN COUNTY SCHOOL DISTRICT #3
Academic Eligibility Guidelines for Participation in Activities

PARENT / STUDENT AGREEMENT

I have read and understand the Academic Eligibility Guidelines and expectations for Sheridan County School District #3. I agree to abide by these rules and expectations.

Student's Name (please print) _____

Student's Signature _____ Date _____

Parent/Guardian's Name (please print) _____

Parent/Guardian's Signature _____ Date _____

.....
If you are participating in an activity at **Buffalo Jr. High or High School**, please read and sign the following:

I understand that while in a Combined School Agreement with Buffalo High School I will be expected to follow the academic eligibility guidelines set by Sheridan County School District #3. I will be expected to abide by the training rules at Buffalo High School during the season that I am participating.

Student's Signature _____ Date _____

Parent/Guardian's Signature _____ Date _____

Sheridan County School District #3

Athletic Training Rules Agreement

Student's Name: _____

Sport: _____

I have read and understand the training rules and expectations for Sheridan County School District #3 activities. I agree to abide by these rules and expectations.

Student's Signature: _____ Date: _____

Parent / Guardian Signature: _____ Date: _____

MEDICAL CONSENT FORM

Student's Name: _____ Grade: _____

Sport: _____

PARENT/GUARDIAN CONSENT FOR EMERGENCY MEDICAL ASSISTANCE

I hereby authorize Sheridan County School District #3 and its staff members in charge of my child named above to obtain all necessary medical care for my child in the event that I cannot be reached to authorize it myself. I hereby authorize any licensed physician and/or medical personnel to render necessary medical treatment to my child.

Parent/Guardian printed Name _____

Physical Address _____

Mailing Address _____

Email Address _____

Home Phone No. _____

Work Phone No. Father _____ Cell Phone No. _____

Work Phone No. Mother _____ Cell Phone No. _____

Work Phone No. Guardian _____ Cell Phone No. _____

Please list additional medical information (allergies, etc....)

Parent / Guardian's Signature _____ Date _____

ASSUMPTION OF RISK

By its nature, participation in interscholastic athletics includes risk of injury, which may range in severity from minor, to disabling, to even death. Although serious injuries are not common in school athletic programs, it is impossible to eliminate the risk. Participants can and have the responsibility to help reduce the chance of injury. Participants must obey all the safety rules, report all physical problems to their coaches, follow a proper conditioning program and inspect their own equipment daily.

Athlete's Signature _____ Date _____

Parent/Guardian's Signature _____ Date _____