

HILLSBORO
HIGH/MIDDLE
SCHOOL
ATHLETIC
HANDBOOK



HILLSBORO HIGH/MIDDLE SCHOOL

Athletics Handbook

We believe that interscholastic athletics is an integral part of the total school educational program. Its purpose is to provide educational experiences not otherwise available in the curriculum.

Emphasis will be upon teaching interpersonal skills as well as fundamentals of the various sports.

All eligible USD #410 students in good academic and disciplinary standing are entitled to an opportunity to compete in the district's athletic programs. Programs will be planned and administered to provide these athletic opportunities for all students.

GENERAL OBJECTIVES

1. Athletics will be considered equal with other co-curricular activities.
2. The main objectives are scholarship, sportsmanship, fair play and good citizenship.
3. Student interest and financial capabilities will determine the number of athletic programs offered.
4. The control of and responsibility for all athletic programs provided will rest entirely with the educational authorities of the district, the **Central Kansas League**, the Kansas State High School Activities Association, and the National Federation of State High School Associations.
5. Our athletic programs will provide the following:
 - a. Enjoyment and good health;
 - b. A healthy spirit of competition;
 - c. The development of physical skills;
 - d. Self-discipline;
 - e. Realization of the need for cooperation, team play and unity;
 - f. The development of high moral values;
 - g. A feeling of self-worth;
 - h. Acceptance and understanding of the democratic process in action.

ATHLETIC PROGRAMS PROVIDED

HIGH SCHOOL

<u>Boys</u>		<u>Girls</u>	
Football	Fall	Volleyball	Fall
Cross Country	Fall	Cross Country	Fall
		Tennis	Fall
Basketball	Winter	Basketball	Winter
Wrestling	Winter		
Track	Spring	Track	Spring
Golf	Spring	Golf	Spring
Tennis	Spring	Softball	Spring
Baseball	Spring		

Cheerleading offered to both boys and girls during the fall and winter seasons.

MIDDLE SCHOOL

<u>Boys</u>		<u>Girls</u>	
Football	Fall	Volleyball	Fall
Basketball	Winter	Basketball	Winter
Wrestling	Winter		
Track	Spring	Track	Spring

MIDDLE SCHOOL PARTICIPATION POLICY:

- Seventh grade students will play on seventh grade teams (except for football).
- Eighth grade students will play on eighth grade teams (except for football).
- Seventh & eighth grade students may play together on a separate mixed team. The seventh graders on the mixed team will play a fairly equal amount of time if attendance and discipline allow.

- d. The coach is responsible for fairly equal playing time for seventh grade students unless there is one of the following factors: attendance, discipline, safety, size of opponent's rosters, and/or number of participants allowed.
- e. The coach is responsible for every eighth grade student to have some playing time.

RULES AND REGULATIONS OF ATHLETIC COMPETITION

In all athletic practice and competition, rules issued by the Kansas State High School Activities Association will apply. In addition, any regulations of the **Central Kansas League** will be followed. It is required of all coaches to be aware of these policies and follow them as well as make all participants aware of what is expected.

BEFORE practice begins for any athletic activity, a physical form (provided by the school) must be completed by a qualified physician. This form must be completed and signed by both parent/guardian and student. Physicals are required to be performed annually.

In addition, a **PERMISSION TO PARTICIPATE** form is required. This informs participants of possible injury and gives district personnel permission to determine need for treatment. It also provides needed insurance information.

To practice in and/or participate in an athletic activity a student must be in attendance by 10:00AM on all days on which the practice and/or activity takes place. If the activity is on a weekend or vacation day the student must have been in attendance all classes following the lunch period of the last day of school preceding. Attendance is allowed but not participation. **Under special or unusual circumstances the principal reserves the right to waive this policy and, thus, permit participation.**

Scholastic eligibility for participation will be determined on a weekly basis. A student must be receiving passing grades in a minimum of six subjects of unit weight at any one time. The weekly evaluation will be based on the accumulated grade average for the current nine weeks. Coaches will be notified by the Athletic Director (A.D.) before the end of school on Monday of any student scholastically ineligible to participate.

Regulations for participation will be determined by the head coach of each sport after consultation with the A.D. The coach will inform each participant of all regulations and consequences if regulations are not followed.

Head high school coaches must review the written lettering policy for their specific sport and recommend any changes to the A.D. for approval before the end of their season.

No later than two (2) weeks following the final contest of a sport season, each head coach must submit a complete list of letter winners. Letters, bars and emblems are provided by the school at no cost to the letter winners. Championship patches or shirts will not be paid for by the district.

Students wishing to order these items may do so. Monies for these awards must be collected by the head coach prior to the purchase of the awards.

USD #410 will provide uniforms for all their athletic teams. Purchase of equip/shirts, etc. will only be allowed after approval from the A.D. Students do not have to purchase their own uniforms to participate on a team.

ATHLETIC SUBSTANCE ABUSE POLICY

This policy addresses tobacco, alcohol and drug violations that occur while a student is a member of an extra-curricular program or activity governed by the KSHSAA.

Level of Disciplinary Action	TOBACCO possession or use		DRUGS possession or use
LEVEL I	1st occurrence: suspension One contest date	1st occurrence: suspension One contest date	1st occurrence will result in a Level II disciplinary action. ↓
LEVEL II	2nd occurrence: suspension: Three contest dates	2nd occurrence: suspension Three contest dates and re-enter activity after submitting to professional assessment/evaluation and recommended treatment or education program	1st occurrence: suspension Three contest dates and re-enter activity after submitting to professional assessment/evaluation and recommended treatment or education program
LEVEL III	3rd occurrence: suspension Twelve contest dates and re-enter activity after submitting to professional assessment/evaluation and recommended treatment or education program	3rd occurrence: suspension Twelve contest dates and re-enter activity after submitting to professional assessment/evaluation and recommended treatment or education program	2nd occurrence: suspension Twelve contest dates and re-enter activity after submitting to professional assessment/evaluation and recommended treatment or education program
LEVEL IV	4th occurrence: will result in suspension from all competitive interscholastic activities governed by the KSHSAA for the remainder of the student's high school career.	4th occurrence: will result in suspension from all competitive interscholastic activities governed by the KSHSAA for the remainder of the students' high school career.	3rd occurrence: will result in suspension from all competitive interscholastic activities governed by the KSHSAA for the remainder of the student's high school career.
<ul style="list-style-type: none"> • "Contest date" refers to the <u>NEXT</u> scheduled contest date. • Suspension dates will be carried from one activity season to another season until the student's required number of "suspension from contest dates" are met. • Assessment/Evaluation and follow-up treatment/education program(s) required by this policy will be done at the student's expense. • Parents/guardians of students in violation of this policy will be notified. • Once a student has been placed on a disciplinary level, the next violation, regardless of the offense, will result in the student moving down to the next level of discipline. For example: <ol style="list-style-type: none"> 1) A first time violation of tobacco would be handled at Level I—suspension for one contest date. A subsequent violation, such as alcohol use, would place the student at a Level II disciplinary action for alcohol use—suspension for three contest dates. 2) A first time violation of drug use would place the student on Level II—suspension for three contest dates. A subsequent violation, such as alcohol use, would place the student at a Level III disciplinary action for alcohol use—suspension for twelve contest dates. 			

REPORTING RESPONSIBILITY

All reported instances will be investigated by a coach or administrator.

When Kansas statutes are violated, the administrator is required to file a report with the proper state agency and share available factual information.

RIGHT TO APPEAL

A student has the right to appeal the decision. Such an appeal must be made, in writing to the school administration within five (5) days of the original decision.

TRANSPORTING STUDENTS TO OFF-CAMPUS PRACTICE SITES

Students over the age of 16 and possessing a valid Kansas Driver License may drive their vehicle to off-campus practice sites.

Students under the age of 16 may:

1. Ride in school provided transportation.
2. With parental consent, ride with another student (16 years of age or older) holding a valid Kansas driver License

ATHLETIC TRIPS.

All USD #410 transportation policies are in effect when riding an athletic bus. The coach will assist the driver in the supervision of athletes during the trip. Coaches are responsible for all athletes while the activity is in progress.

Athletes are expected to use school transportation to and from the activity. Exceptions to this policy will be at the discretion of the coach and only if riding the bus home causes a hardship on the parents or athlete. Should this be the case, a statement signed by the parent/guardian must be presented to the coach.

Athletes are special people and represent USD #410, as well as the community. They are expected to behave themselves in a manner that would honor that trust.

Athletes will be required to provide for their own meals when scheduled events interfere with meal times.

EQUIPMENT

USD #410 provides the best possible equipment and facilities. It is expected that athletes and coaches care for the equipment and facilities as their own. Damage by carelessness or intent will be charged to the responsible individual.

Within two (2) weeks following the final contest of a sport season, each head coach must submit a completed inventory of equipment and supplies. Any requests for additional equipment and supplies should be submitted at that time.

LETTERING

A letter will be awarded in high school varsity athletics. First year letter winners will receive a chenille letter "H" as well as an emblem and bar for each sport. Only a bar will be awarded for subsequent years. In order to receive a letter, a student must meet requirements in two categories.

I. Daily requirements are standard for all activities.

- A. Follow procedures as set up by the coach (director), school and league.
- B. Attend and participate in all practices. Excused absences must follow the guidelines as stated in the Student Handbook. Any absences other than those covered in the Handbook would require the coach's (director's) approval.
- C. Shall be in "good standing" in school as determined by the Student Handbook, teaching staff and administration.

II. Participation requirements may vary from activity to activity.

A. Cross Country

- 1. Compete on the varsity team for at least 50% of the scheduled meets.
- 2. Coach feels you have made a major contribution to the team.
- 3. Seniors whom have participated for all four years of high school.

B. Football

- 1. Participate in at least one half of total varsity plays from scrimmage.
- 2. Remain in good standing throughout the season.
- 3. Coach feels you have made a major contribution to the team

C. Tennis

1. Play in fifty percent of the total number of varsity matches played during the season, OR
2. Qualify for the state meet, OR
3. At the coach's discretion, the following conditions will be considered:
 - Injury or sickness which prevents the player from finishing the season.
 - Senior who has been on the team all four years.

D. Volleyball

1. Play in one half of the varsity matches
2. Coach feels you have made a major contribution to team.

E. Basketball

1. Play in at least one half of varsity quarters
2. Coach feels you have made a major contribution to team.
3. Seniors on team for all four years and have not lettered.

F. Wrestling

1. Participate in at least one half of varsity matches. OR
2. Qualify for the State Wrestling Tournament.
3. Seniors on team for all four years and have not lettered.

G. Golf

1. Participate in at least one half of the varsity tournaments. OR
2. Qualifying for the State golf tournament.
3. Senior who has completed 3 or 4 consecutive seasons including his/her senior season.

H. Track

1. Score 8 varsity meet points. (points for relays are divided among relay participants) OR
2. Point in regional competition.
3. Complete track season as a member of the squad.

I. Baseball/Softball

1. Participate in at least half of the varsity games.
2. Coach feels you have made a major contribution to team.
3. Seniors on team for all four years and have not lettered.

COACHES

1. All coaches must be familiar with KSHSAA rules and regulations concerning their specific sport(s), this handbook, and the eligibility requirements of student athletes.
2. The coaching/teaching situations must be positive in approach.
3. Coaches just make every effort to promote maximum participation in their program while supporting and cooperating with coaches of other programs.
4. Coaches must develop team rules, communicate them to the athletes and parents, and equitably enforce them.
5. Coaches must be knowledgeable in their sport and teach sound fundamentals.
6. Coaches must evaluate and upgrade their coaching/teaching methods on a continuing basis.
7. Coaches must supervise student athletes during the entire practice or activity. This includes the dressing room before and after practices and events.

The Coaches Code

My first consideration shall be the welfare of the athletes. My leadership shall be wholesome and contribute to cleaner living, better health habits and a true respect for the rules of play, authority of officials and consideration of not only the opponent but also all with whom contact is had.

My objective shall be to make competitive athletics truly a part of the educational program.

My personal conduct on the field, on the school and out, shall be such as to be truly worthy of imitation by the boys whose welfare is my job.

My relationship with the players, fellow coaches, teachers and school authorities shall be such as to develop mutual respect and confidence.

My objective shall be to win, if possible, to lose, if necessary, but at all times to have the conduct of all contribute to a fuller understanding and a keener appreciation of fair play.

I shall teach that Good Sportsmanship is Good Citizenship and as such is essential to individuals, communities, state and nation.

--Unknown