St. John Public School

Extra-Curricular Parent/Student Handbook

2026-2027



Home of the Woodchucks

ADMINISTRATIVE REVIEW

Additional situations not defined in the handbook will be at the discretion of the administration. All decisions made will be done so with the best interest of the students in mind.

ST. JOHN SCHOOL'S MESSAGE

Full allegiance must be given to the North Dakota High School Activities Association, its constitution and by-laws.

PHYSICAL EXAMINATIONS FOR ATHLETIC ACTIVITIES

All physical examinations or health screening updates must be completed prior to the beginning of practice. The student will not be allowed to practice until these forms are completed. The purpose of this section of the By-Law is to protect the athlete from undiscovered physical weaknesses, which might be aggravated by strenuous physical activity and also to protect the school administration from possible legal action charging negligence in permitting participation without a doctor's certificate of fitness.

BASIC PRINCIPLES

When school is dismissed due to inclement weather, practices times will be reduced or cancelled.

PLAYING TIME

Playing time will be left to the discretion of the coach. Head and assistant coaches, the activities director, other administration and school board members will not take the time to discuss playing time with parents, as it is non-negotiable. If a student-athlete has a problem with their playing time, they are encouraged to set up a one-on-one meeting with the coach to discuss the matter.

CHAIN OF COMMAND

A. Head Coaches
B. Athletic Director
C. Principal (in the event it is an academic issue)
D. Superintendent

EXTRA-CURRICULAR ACTIVITIES

The school recognizes that the educational process can be divided into curricular and extra-curricular activities. The school recognizes that extra-curricular activities are an important and integral part of the educational process. All students are encouraged to participate in these activities.

The school feels that to participate in extra-curricular activities it is a privilege and not necessarily a right of the student, especially if the student is publicly representing the school and the community.

Student athletes must be present in all classes the day of and all classes the day after a contest. A student may not participate in a contest if the student is not present the day of the extra-curricular contest or may not participate in the next contest if they are not present the day after a contest, if the absence is deemed unexcused. Detention time may be assigned by the principal, and is required to be made up before student can participate in the next contest. Students who are ineligible will not be permitted to attend away games with the team.

Students are eligible in extra-curricular activities if they have (1) one failing grade (F), but ineligible to participate in extra-curricular activities if they have (2) two or more failing grades (F). Also, all students who participate in extra-curricular activities must be enrolled in at least 6 credit subjects and must pass 5 accredited classes in order to participate the upcoming semester. A failure to do this will result in a 2-week suspension. Band or choir contest unless graded, FFA, FCCLA, prom/dances and any athletic activities performed in public or contests are considered extra-curricular.

Middle school students participating at the highschool level cannot have a failing grade in any class.

Eligibility will be determined every week and published every Monday. If a student is determined to be ineligible he/she will remain ineligible until the next "Eligibility List" is published.

SPORTS PARTICIPATION GUIDELINES

Participants must abide by **North Dakota High School Activities Association and St. John High School rules and regulations**.

All players must:

- Ride the bus to away games.
- Dress neatly at all games, home or away, i.e. no jeans, no t-shirts.
- Represent St. John High School with honor by respecting the host school's locker rooms and facilities.
- Report all injuries, problems, conflicts, etc., immediately to the coach.
- Not use profanity, i.e. swearing is not allowed anytime or anywhere.
- Take care of their uniforms and warm-ups. If lost or ruined the participant must replace them.

All suspension decisions made by a coach or coaches are final.

ATHLETES

Student-athletes are allowed to participate on more than one extra-curricular team during the same season. Coaches will work together with the athlete to determine daily schedules. Dual-sport athletes are required to attend practice and/or contests for at least one of their respective sports per day, and are encouraged to do both, if possible. **Athletes will only be allowed to be dismissed early from school for contests two times per week unless cleared by the School Principal or Athletic Director. Dual-sport athletes must have at least a 3.0 GPA, in the previous semester, to be a dual sport athlete.**

NORTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION CONDENSED ELIGIBILITY RULES

You are NOT eligible:

- **If** you have not been in classes as many days as you have missed from the opening of the semester.
- **If** you entered school later than 10 days after the opening of the semester.
- **If** you have competed in a sport for four years as a high school student.
- **If** you compete in a similar athletic contest on an out-of-school team during the same sports season or in post season athletic contests.
- **If** you have been enrolled in an institution of higher rank except as an accelerated student carrying advanced work in addition to three high school subjects.
- **If** you did not earn credits in four subjects the preceding semester.
- **If** you did not maintain a passing average in four subjects during the present semester.
- **If** you have graduated from a 4-year high school or equivalent.
- **If** you have accepted awards other than those having symbolic value and costing more than seventy-five dollars.
- **If** you are twenty years of age or over.
- **If** you are not an amateur or if you have competed under an assumed name.
- **If** you have transferred from another school without corresponding change of residence by your parents.
- **If** you are in your ninth semester of attendance and have reached your eighteenth birthday.
- **If** you are in the eighth semester and your seventh and eighth semesters are not consecutive.
- **If you do not have a current doctor's certificate of physical fitness issued every year and a health history screening by parent each year.**
- **If** you do not have permission forms on file with the activities office.

DRUG, ALCOHOL, TOBACCO RULE

The possession, use, or consumption of alcohol, tobacco, or a controlled substance on or about the school premises or at school functions is not permitted. Enforcement of the NDHSAA and the St. John Public School Drug and Alcohol Violation Policy rules will be followed.

The following rules and regulations concerning the extra-curricular activities in St. John Public School are set up to govern all school-sponsored activities and performances. Exempt from these rules would be classroom-sponsored activities.

SECTION 1: OFFENSES

Any St. John Public School student will be subjected to a suspension from any school-sponsored activity or performance for the following.

1.1 The mere presence of tobacco, alcohol, or any controlled substance as defined by North Dakota Law. (See 1.3 for definition of mere presence.)
1.2 Steroid Policy: the use, possession or sale of non-prescriptive anabolic steroids by any student at any time during the year is prohibited. Any student found to be in violation of this policy shall be subject to the penalties provided in this policy. The use or possession of anabolic steroids prescribed or directed by a physician shall not be a violation of this section.
1.3 Involvement in an act, which, if done by an adult, would be designated a felony under the laws of North Dakota, another state, or the United States. A violation of the laws governing the operation of a motor vehicle does not fall under this paragraph.

SECTION 2: SUSPENSIONS

2.1 A student will be suspended for a period of six consecutive weeks from participation in any school-sponsored activities and performances for the first offense, as described in Section 1, hereof.
2.2 Suspension for the 2nd offense during the same school year will be 18 weeks. The 3rd and each subsequent suspension will be for 36 weeks. Each suspension will begin when the previous suspension period had ended or on the date of notification, whichever is later. (See 2. for definition of school year.)
2.3 A suspended student will be expected to practice with a team or otherwise participate in the extra-curricular activity, exclusive of performances or competition during the suspension.
2.4 The St. John Public School will enforce all NDHSAA suspensions placed on a student from a previous school that transfers into the St. John School District. The transfer student will complete the suspension they are serving from the previous district. They will then be under the St. John School District's policy once enrolled in school.
2.5 The following is a list of activities that students may or may not participate in while under suspension:

- Suspended students may **NOT** participate in:
  Any extra-curricular or school related function. Examples, but not limited to are as follows: spectator at extra-curricular events, prom, homecoming, dances, etc…
  Any and all other events will be at the discretion of administration.

SECTION 3: PROCEDURES

- The school administrator (principal or athletic director) shall immediately investigate any alleged violation of the alcohol, tobacco, and controlled substance rule of the NDHSAA.
- If the administrator has reasonable grounds to believe that these rules have been violated, they shall give the student immediate notice of suspension in writing.
- The period of suspension shall begin from the date and time the notification is received by an administrator.

PARENT/PLAYER/COACH RELATIONSHIP

Extra-curricular sports can teach many positive traits, such as the spirit of cooperation, self-discipline and regard for physical fitness. We ask that parents refrain from criticizing opposing players, other parents, other teams, teammates or officials. We also ask that parents refrain from involving themselves in the coaching of their son or daughter at either practices or games. Please leave the coaching to coaches. We also ask that parents not talk to officials before, during or after our games.

Team discipline is extremely important. Breaking team rules will have consequences, which will be situational appropriate and determined by the coaching staff. We are not anticipating any disciplinary problems; however, consequences might include limited playing time, extra conditioning for the individual and/or dismissal from the team.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players.

PLEASE ENCOURAGE YOUR CHILD TO FOLLOW HIS/HER COACH'S INSTRUCTIONS AND LEAVE THE COACHING TO THE COACH.

Parents need to align themselves with the coach in teaching their child how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young adults the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness and how to be a gracious winner or loser. Players are not guaranteed playing time. Some athletes will play more than others. These decisions are entirely at the coach's discretion. The coaches are under no obligation to explain their decisions and will not discuss playing time before, during or after a game. When a player has a problem with a coach, parents have the responsibility of teaching their child the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

STEP ONE: The **player** should discuss the problem/concern with the coaches and try to arrive at a solution to the problem **AT PRACTICE.** If not resolved then…

STEP TWO: The **parent** should call the coach during school hours and set up a time for the player, parent and coaches to meet and arrive at a solution.

UNDER NO CIRCUMSTANCE shall a parent approach a coach and/or school board member with a complaint or an evaluation of coaching philosophy BEFORE, DURING OR AFTER A GAME!

The above procedure must be followed in dealing with any situation that might arise. The Administration of Woodchuck Sports will NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED by parents or fellow teammates. If you or your child refuse to follow the guidelines set forth, you will be asked to leave the program.

The parents and families of our Woodchuck players have been very supportive in the past and we hope that support will continue to grow each year. We hope that parents will support their child/children by attending their games and giving positive encouragement. We encourage you to refrain from criticizing your child, their teammates, their coaches or the officials.

A player or spectator may be asked to leave the premises if they become disrespectful to other players, coaches or officials. Please be careful and respectful. Remember, we are *The Woodchucks*!

The Parents Pledge

Cooperation among coaches, athletes, parents and personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the programs to assure such cooperation. We ask that you read the following pledge and, as needed discuss your reactions with your child's coach or the Principal. Thanks for your help.

As a parent of an athlete, I promise:

- To accompany my child to as many orientations and informational meetings offered by the school as my schedule will permit.
- To work closely with all personnel to assure an appropriate experience for my child while he or she is in your program.
- Leave all coaching duties up to the staff and personnel that run the sport.
- To assure that my child will attend all scheduled practices and athletic contests.
- To require my child to abide by the school training rules.
- To acknowledge the ultimate authority of the coach to determine strategy and player selection.
- To promote mature behavior from students and parents during practices and meets.
- To work cooperatively with other parents and personnel to assure a wholesome and successful program for our school.
- To work closely with coaches and other personnel to identify a reasonable and realistic future for my child as an athlete, both in team and other.

Signature of Parent_____**Date**_____

The Athlete's Pledge

Individual and team success in sports results from commitment. The extent to which young athletes are able to make such commitments reflects their maturity as well as their dedication to family, friends, school, and team. Your coach already has made a similar kind of commitment. You will receive a copy of it. For these reasons, we ask you to read and agree to the following

Pledge:

As an athlete in my school, I promise:

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
2. To maintain my health and fitness levels by following the training rules as prescribed by the Athletic Department.
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
4. To attend every practice unless excused by my coach.
5. To understand that my future as a responsible adult relates more to my academic than my athletic activities.
6. To find the time to satisfy my family relationships and responsibilities.
7. To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
8. To reflect good citizenship by expressing my feelings and ideas intelligently and appropriately.
9. To reflect my belief that true strength involves gentleness and that even the toughest athlete is sensitive to others.

I have read the above statements and promise to live up to them:

Signature: _____

Date: _____