



Cassia School District Extracurricular/Co-curricular Handbook





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Message from the Administration



This handbook aims to enhance communication between parents, student-participants, coaches, and school administration. Since your child wants to participate in extracurricular/co-curricular activities within Cassia School District, please familiarize yourself with its contents.

We believe extracurricular/co-curricular activities contribute to the development of our youth. Participation in extracurricular activities provides a wealth of opportunities and experiences that assist students in personal growth and development. Lessons in sportsmanship, teamwork, and competition are essential to our extracurricular programs, and we believe these lessons will benefit our students as they transition to adulthood. Our goal is to maintain a purposeful program that is focused on advancing each student's educational growth and personal well-being.

It is the role of the schools to make rules and follow IHSAA guidelines governing interscholastic competition. In order to be effective, we need community support in supporting the guidelines. This handbook is intended to facilitate communication and understanding of the necessary policies.

Please contact the athletic administration for any concerns or questions. Questions regarding specific activities should be directed to the coach of the team/program of which your student is part of.

Yours in teamwork, sportsmanship, and success,

Trudy Weaver
District Athletic Director
Cassia School District



PHILOSOPHY AND GOALS

The purpose of this handbook is to give parents, students, and other interested persons a guide to the operation of the interscholastic athletic program of Cassia School District. The coaches of the various teams/activities within the school's activities program will explain specific rules, regulations, policies, and procedures to the students. Participants will be expected to adhere not only to the specific rules, regulations, policies, and procedures but also to those special rules set forth for each activity.

The extracurricular programs shall be conducted in accordance with existing board policies, IHSAA policies, and district rules and regulations. While we take great pride in winning, we do not endorse the idea of "winning at any cost." It must be understood by all students and their parents/legal guardians that a condition to participate in an extracurricular program is a commitment to follow the rules, regulations, policies, and procedures established by the school for the implementation of its activities program. It must also be understood that the students who violate these rules, regulations, policies, and procedures shall face disciplinary action.

Extracurricular Activities Code and Sportsmanship Code

Mission Statement: *The schools in Cassia School district will develop a well-rounded and age-appropriate extracurricular and co-curricular activities program that provides opportunities for students to participate in a variety of activities, which may include, but are not limited to, journalism and yearbook, music, speech and drama, and interscholastic athletics. To provide a variety of activities for students, the district will periodically assess the types of activities offered, the scheduling of facilities and activities, and the expenditure of funds. The district will maintain membership in the Idaho High School Activities Association (IHSAA) for the appropriate grade levels.*

Cassia School District Extracurricular/Co-curricular Program Objectives:

- Provide the opportunity for participants to develop wholeness through learning experiences that contribute to their physical, mental, emotional, and social growth.
- Provide each participant with the opportunity to improve their individual skill and potential.
- Provide the opportunity for each participant to learn how to function as a member of a team.
- To develop the qualities of good sportsmanship, respect, responsibility, and moral integrity within each participant.
- To teach the participant to value hard work and commitment.
- To provide opportunities for growth and development through competition that will contribute to a successful adult life for each student-athlete.
- To develop school spirit within each participant.

Conduct: Cassia School District promotes the highest code of conduct among its students. The school district expects the students who participate in extracurricular activities to behave in a manner that will bring credit to the school district and to themselves. Student-participants will wear attire meeting the school's dress code policy at activities they are participating in. The following rules and regulations and the accompanying consequences have been developed to promote and sustain this high level of conduct.

Rules and Regulations: If the participant violates a rule, the coach/extracurricular advisor will decide and administer the disciplinary action. If the disciplinary action is for a severe offense, then the principal and/or vice principal, coach/extracurricular advisor, and athletic director will decide and administer appropriate disciplinary action unless the rules and policies of the school district provide otherwise.



Severe offenses are defined as offenses where a violation of law or school board policy may have occurred.

The following rules and regulations shall apply to the student participating (Participant) in any extracurricular program or activity whether or not the student is acting as a representative of the school. Participants include but are not limited to, players, managers, members of the pep band, Future Farmers of America, statisticians, cheerleaders, trainers, and anyone involved in an activity governed by the Idaho High School Activities Association. Everyone associated with an extracurricular activity is of equal importance.

Student-Athlete Eligibility:

The district will follow all eligibility requirements for participation in IHSAA-sanctioned activities, as may be amended occasionally. Students must meet IHSAA eligibility requirements (Rule 8) as well as all district eligibility requirements.

Coaches and advisors are expected to set reasonable standards for continued eligibility, including but not limited to training and participation requirements, academic performance, and sportsmanship. Such standards will be in writing and distributed to the students at the beginning of the sports season or enrollment period. Students are expected to comply with all eligibility requirements.

Academic eligibility for all extracurricular and co-curricular activities shall be as follows:

To take part in any extracurricular or co-curricular activities, students must maintain a minimum cumulative GPA of 2.0. (IHSAA Students participating with a cumulative GPA below 2.0 must have an academic improvement plan in place as developed by the local school district. This plan must include monitoring, additional assistance, time provided for assistance, and an appropriate timeline. (The number of students with an academic improvement plan will be reported on the Eligibility Verification Report).

At the beginning of each sports season or 2 weeks after the semester begins, the athletic director will check the grades of all in-season participants every Monday, ensuring a fair and regular reassessment process.

1. The student-participant with a "D" grade will be notified of being on academic probation.
2. A student participant with an "F" grade will be declared academically ineligible. Ineligible students are not allowed to participate in competitive contests, travel with the team, or be dismissed from school early for events. Eligibility is reassessed every Monday during the grade check. If the student's grade improves to a D or higher, they will be notified that their suspension is lifted. If the student is still failing, the ineligibility will continue until the next grade check.

In the event of circumstances beyond the student's and/or teacher's control (such as a student or teacher being absent) resulting in the student not having the opportunity to turn in work, do the make-up work, or take a test before the next competition – the student may get a waiver from the Principal, Athletic Director, or their designee. Extracurricular participants are responsible for their academics. This applies to all extracurricular programs as defined in this policy.



**If the student-athlete is still academically ineligible after the third consecutive week, the student-athlete may be dismissed from the team.*

The following attendance eligibility also applies.

Students who participate in an extracurricular or co-curricular contest must attend the entire school day on the day of the contest unless they have the principal's permission to be absent. If there is a contest on a non-school day, the student must attend the entire school day on the school day before the contest.

Students who participate in an extracurricular or co-curricular contest must attend at least one-half ($\frac{1}{2}$) of the school day in order to attend practice unless they have the principal's permission to be absent.

Homeschool students who are dually enrolled in the district and wish to participate in extracurricular or co-curricular activities must agree to adhere to this policy. Students must be able to show proof that they have a 2.0 GPA with the grade requirements set forth in this policy on the designated grade check dates. The student will automatically be ineligible for the week if a grade report is not provided. Homeschool students are subject to all applicable district behavior, code of conduct policies, and IHSAA rules.

All students wishing to participate in any extracurricular or co-curricular activities governed by the IHSAA must meet eligibility requirements established by the IHSAA as well as all district eligibility requirements. This includes being enrolled in school full time and having passed at least 4 out of 5 classes the previous semester.

IHSAA states:

To be academically eligible for athletics, a student must be enrolled full-time in his/her school, on target to graduate based on State Board of Education graduation requirements, and have received passing grades and earned credits in the required number of courses during the previous reporting period.

Equivalency is determined by the following criteria:

- 3 classes attempted must pass all three
- 4 classes attempted must pass at least three
- 5 classes attempted must pass at least four
- 6 classes attempted must pass at least five
- 7 classes attempted must pass at least five
- 8 classes attempted must pass at least six

Substance Abuse Policy

A participant shall not engage in conduct that brings or reasonably could bring discredit to the extracurricular activity, the participant, or the school. Such conduct may include, but is not limited to, the following:

1. Use, consumption, possession, or distribution of alcoholic beverages, illicit drugs, tobacco/nicotine.
2. Illegal activity such as theft, possession of stolen property, or vandalism
3. Testing positive on a random test, tampering with a test, deliberately avoiding testing, or refusing to take a random drug test when the participant's name is selected.

Tobacco/Nicotine (Including Vaping):

Any student-athlete who smokes, chews, vapes, possesses or sells/furnishes tobacco or nicotine in any form during (including going to or coming from) school or at (including going to or coming from) a school-sponsored activity shall be subject to the following consequences in addition to any action taken by the school Administration for violation of school rules:

1st Violation:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible to participate in any athletic contest for 14 calendar days from the violation date, ineligible to participate in at least two (2) games/matches but allowed to practice. (One game penalty in football)

** The ineligibility period may be reduced by half if the student-athlete completes an approved tobacco/nicotine course.*

2nd Violation:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible to participate in any athletic contest for 30 calendar days from the violation date, ineligible to participate for a minimum of at least two (2) games/matches but allowed to practice. (One game penalty in football)

** The ineligibility period may be reduced by half if the student-athlete completes an approved tobacco/nicotine course.*

3rd Violation:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible to participate in any athletic contest for 90 calendar days from the violation date.

4th or more additional Violations:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible for any athletic participation for one calendar year from the violation date.

Drugs and Alcohol:

Any student-athlete who uses, possesses, sells, or furnishes alcohol or drugs (including, but not limited to, prescription medications not prescribed to the individual student by a physician) in any form during (including going to or coming from) school or at (including going to or coming from) a school-sponsored activity, shall be subject to the following consequences in addition to any action taken by the school Administration for violation of school rules:

1st Violation:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible to participate in any athletic contest for 30 calendar days from the violation date, ineligible to participate in at least two (2) games/matches but allowed to practice. (One game penalty in football)



** The ineligibility period may be reduced by half if the student-athlete completes an approved drug/alcohol course.*

2nd Violation:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible to participate in any athletic contest for 90 calendar days from the violation date, ineligible to participate in at least four (4) games/matches but allowed to practice. (Two game penalty in football)

** The ineligibility period may be reduced by half if the student-athlete completes an approved drug/alcohol course.*

3rd or more additional Violations:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible for any athletic participation for one calendar year from the violation date.

** A student who tests positive may be subject to additional drug testing, at the administration's discretion, beyond the routine random testing.*

**If parents wish to dispute the drug test results, they have 24 hours to arrange for a retest at their own expense through a certified medical office. The medical office will then provide the test results to the school administration.*

For all violations, with the permission of the Athletic Director and/or Administration, an ineligible student-athlete may continue to practice with a team but may not wear a school uniform or otherwise represent a team at any interscholastic contest or scrimmage against another school.

NOTE: Students who refer themselves to a staff member for assistance with substance abuse issues WILL NOT be subject to discipline penalties unless they are apprehended violating school rules or state law. If you are a student-athlete who is struggling with any form of substance abuse issue, we want to help. Please reach out to a trusted adult for assistance.

Illegal Activity:

Any student-athlete who is caught and charged with engaging in illegal activities such as theft, possession of stolen property, vandalism, etc., shall be subject to the following consequences in addition to any action taken by the school Administration for violation of school rules:

1st Violation:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible to participate in any athletic contest for 30 calendar days from the violation date, ineligible to participate in at least two (2) games/matches but allowed to practice. (One game penalty in football)

** The ineligibility period may be reduced by half if the student-athlete completes an approved citizenship course.*

2nd Violation:



1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible to participate in any athletic contest for 90 calendar days from the violation date, ineligible to participate in at least four (4) games/matches but allowed to practice. (Two game penalty in football)

** The ineligibility period may be reduced by half if the student-athlete completes an approved citizenship course.*

3rd or more additional Violations:

1. Administrator, parent, and athlete conference is required
2. The student-athlete shall be ineligible for any athletic participation for one calendar year from the violation date.

**If the season ends before the suspension is completed, the suspension will carry over into the next season in which the students participate. In activities where the season is not dictated by the IHSAA (i.e., speech, debate, music, and drama), the building principal, building athletic/activities director, and team head coach will define the season.*

Student Activity Cards and Fees: All students participating in extracurricular school activities are required to have an activity card. Activity cards can be purchased during registration or at any time for a fee. Additionally, a sports fee will be assessed for extracurricular participants. Participants must pay their sports fees and activity card prior to participating in the first practice. If payment is going to be an issue, talk to the athletic director.

Sportsmanship Code:

Students and Staff of Cassia School District will:

1. Practice good sportsmanship at every opportunity
2. Be courteous to opponents, fans, administrators, and cheerleaders
3. Respect and abide by the officials' decisions
4. Win with grace and lose with dignity
5. Display appreciation for a good play regardless of who makes it
6. Follow the state sportsmanship rules at all state tournament events.

The Player:

1. Treat opponents with respect.
2. Plays hard, but plays within the rules.
3. Exercises self-control at all times, setting the example for others to follow.
4. Respects officials and accepts their decisions without gesture or argument.
5. Wins without boasting, loses without excuses, and never quits.
6. Always remembers that it is a privilege to represent the school and community.

The Coach:

1. Treats own players and opponents with respect.
2. Inspires in the participants a love for the game and the desire to compete fairly.
3. Is the type of person he/she wants the student participants to be.
4. Discipline those in the program who display unsportsmanlike behavior.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher, and understands the extra-curricular arena is a classroom.

The Spectator:

1. Attempts to understand and be informed of the playing rules.



2. Appreciates a good play no matter who makes it.
3. Cooperates with and responds enthusiastically to cheerleaders.
4. Shows compassion for an injured player; applauds positive performances; does not heckle, jeer, or distract players; and avoids use of profane and obnoxious language and behavior.
5. Respects the judgment and strategy of the coach/advisor and does not criticize players or coaches/advisors for the loss of a game.
6. Respects the property of others and the authority of those who administer the competition.
7. Censures those whose behavior is unbecoming.

Student/Parent/Spectator Responsibilities:

Purchasing a ticket to an Activity event and/or attending an Activity event means that the spectator has assumed responsibility for proper representation of Cassia School District, just as the participant does.

These rules apply to all spectators, students, and parents alike.

1. Spectators are to appreciate and give proper recognition to the good in others.
2. Spectators are to cheer positively and totally avoid "booing," abusive language, and vulgarity. They should not engage in any kind of intentional display of rude behavior (such as turning their backs on members of opposing teams, cheerleaders, and bands).
3. Do not distract an athlete from performing well.
4. Spectators are to respect and obey property regulations established by each school.
5. For your safety as well as that of others.
6. Make sure you know the rules of the game so you may better enjoy the game.
7. Spectators are always to regard the official's decision as final.
8. Have fun representing your school and conference. Enjoy your part in the conference.
9. These rules are in effect at both home and away games for Cassia School District participants, student spectators, and parents, even when not observed by opposing teams and fans.

Parent Department:

We expect parents to join the staff in setting good examples. The school staff is charged with the responsibility for taking corrective steps when spectators create or contribute to fan behavior problems. We respectfully ask our parents to join in an overall effort to help make extra-curricular participation a happy and healthy experience.

Extra-Curricular/Co-Curricular Activity Communication Guidelines

The Cassia School District recognizes that situations that concern students, parents/guardians, or other community members may arise during the district's day-to-day operations. The following procedures are established to provide a recommended method for resolving patron concerns related to extra-curricular/co-curricular activity. We ask that concerns should be addressed and an attempt to correct the concern with the coach/advisor of the program. The meeting should be held in a timely manner for a resolution to occur. The building's athletic director will help with the arrangements if assistance is needed to set up the meeting.

Appropriate Concerns to Discuss with Coaches/Advisors:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior. It is very difficult to accept that your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues Not Appropriate To Discuss with Coaches:

1. Playing time.
2. Team strategy.



3. Play calling.
4. Other student participants. Situations may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Step 1: Student-athlete meets with coach/advisor

Step 2: Student-athlete, Guardian meet with Coach(es). (24 hour rule in effect)

Step 3: Student-athlete, Parent, Coach(es) meet with School Athletic Director (24-hour rule in effect)

Step 4: Student-athlete, Guardian, Coach(es), Athletic Director meet with the school principal (24-hour rule in effect)

Step 5: Student-athlete, Guardian, Coach(es), Athletic Director, School Principal meet with District Athletic Director (24-hour rule in effect)

Step 6: Student-athlete, Guardian, District Athletic Director meet with the Superintendent (24-hour rule in effect)

**If the initial meeting does not resolve the issue, they can proceed to the next step in seeking a resolution.*

Expectations of Student Participants:

Students should understand fully that by joining a team, they are accepting the pleasures and benefits of participation as well as the responsibility and commitment to that team. Expectations may vary from coach to coach or in different extra-curricular, but has general expectations for all participants at all levels. These expectations include:

1. Attendance at all practices and games/events.
2. Punctuality and preparedness for all practices and games.
3. Maintaining a high priority on academic achievement.
4. Desire to improve skills and knowledge of the activity.
5. Willingness to work hard and be attentive in practice.
6. Representing one's self, team, school and family in a dignified and sportsmanlike manner.
7. Reviewing, completing, and submitting all required paperwork.
8. Taking responsibility for all equipment and uniforms.

We sincerely hope this helps you to understand the goals and philosophies of the extra-curricular/co-curricular program within the Cassia School District Please feel free to contact us if you have any questions regarding any aspect of the extra-curricular/co-curricular program



Activity Agreement

The undersigned student and his or her undersigned parents or guardian acknowledge reading the rules and regulations of the Cassia School District Activities Handbook and do accept and consent to the provisions contained therein.

Student Name (please print) _____

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Address _____
(Street)

(City), (State) (Zip)



**Student-Parent/Guardian
Drug Testing Consent Form**

I understand that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the standards, rules, and regulations set forth by the Cassia School District and the sponsors for the activity in which I participate.

I also authorize Cassia School District to conduct tests on saliva or urine, which I provide to test for drugs and/or alcohol use. I also authorize the release of information concerning the results of such a test to the Cassia School District and to my parent or guardian.

This shall be deemed consent pursuant to the Family Right to Privacy Act for the release of the above information to the parties named above.

Participant Signature

Date

Parent/Guardian Signature

Date



Permission Slip for Photography and Social Media Posting

As part of our commitment to showcasing the achievements and activities of our student athletes, we occasionally capture photographs and videos during team practices, games, and other events. These images and videos may be used on our school or team's social media platforms, website, newsletters, and promotional materials.

To comply with privacy and consent regulations, we kindly request your permission for your child, to be photographed, videoed, and featured on social media accounts and other promotional materials. Please take a moment to complete the information below:

Student Information:

- Student's Full Name: _____
- Student's Grade/Team: _____

Parent/Guardian Consent: I, as the parent/guardian of the aforementioned student, grant permission for my child to be photographed, videoed, and featured on our school or team's social media accounts, website, newsletters, and promotional materials. I understand that these images and videos will be used exclusively for school-related purposes and may include, but are not limited to, photographs, videos, and text.

Consent Options: Please check one of the following options:

- I give consent for my child to be photographed, videoed, and featured on social media, the school's website, newsletters, and promotional materials.
- I do NOT give consent for my child to be photographed, videoed, and featured on social media, the school's website, newsletters, and promotional materials.

Parents Signature: _____ Date: _____

**By participating in any school athletic team or activity, families understand and accept that students may be photographed, recorded, or included in live broadcasts during games, competitions, and events. Many athletic events are live-streamed online, covered by local news, or shared on social media by others. Because these activities are often beyond the school's control, we cannot prevent students' names, images, or videos from being included. Participation in athletics serves as consent for your student to appear in photos, videos, social media posts, or live broadcasts related to school activities and events.*