



*Alma Public
Schools
Activities Handbook*

2020-2021



PHILOSOPHY

A great tradition in activities is not built overnight. It takes the hard work and dedication of many individuals over many years. As a member of the interscholastic team, the participant has certain responsibilities to uphold.

Our tradition at Alma Junior/Senior High has been to win so that honor comes to our community, our school, and to the participants. Such a tradition is worthy of the best efforts of participants, and the student body. We will always approach each activity "to win." In doing so, we will always maintain respect for our school, our opponents, and most of all, ourselves.

We will also work to win every activity at the Junior High level. But, we will also remember that it is at this level that participants of varsity ability are made. Besides placing the emphasis on winning, it is our philosophy to give as many individuals as possible the opportunity to take part so that they may develop the necessary fundamentals in order to participate at the Senior High level. By participating in the interscholastic program, we hope that all students are able to derive some of the individual values and benefits of the program.

1. RESPONSIBILITIES TO YOURSELF

We like to think of an activity participant as being someone special in that certain responsibilities are imposed on him/her. Activity participants are those who accept the responsibilities, broaden themselves and develop strength of character. Participants owe it to themselves to get the greatest possible good from their school experiences, their studies, their participation in all co-curricular activities. You owe it to yourself to work to your abilities in all that you do.

2. RESPONSIBILITIES TO THE SCHOOL

By participating in activities, you have the responsibility to our school to always do your best and always follow the guidelines set forth. By participating in activities, you are representing yourself, your family, your school, and your community. You automatically assume a leadership role when you participate in interscholastic activities. The student body, and citizens of the community know you. The student body, the community, and other communities judge our school on your conduct and attitude both while participating and not. Because of this leadership role, you can contribute to your school spirit and community image. Make your school proud of you and your community proud of your school, by your performance and your devotion to high ideals. The younger students are watching you. They will imitate you in many ways. Do not let them down. Give them high ideals to follow.

3. RESPONSIBILITY OF THE COACHES AND SPONSORS:

Since there is a great tradition behind activities at A.H.S., the coaches and sponsors feel that they have the responsibility to give the community the best possible team/performance with the available talent each year. Coaches and sponsors at A.H.S. are dedicated to this fact. They are well aware of the tradition that has been built. Winning will always be utmost in every coach and sponsor's mind, but they are well aware of what must be done to win in the proper manner.

Those of you who want to be a part of this great tradition established for you will have to accept the responsibilities which are set up for every member of all teams of interscholastic activities at A.H.S. These guidelines are drawn from the philosophies of the present coaches, sponsors, and administration, present activity participants, existing school policies and from the policies set up by

the Nebraska School Activities Association.

2020-2021

ATHLETIC AND ACTIVITY GUIDELINES FOR ALMA JR. AND SR. HIGH SCHOOL & GENERAL INFORMATION ON SPORTS SEASONS

SEASONS	OPENING PRACTICES	CLOSE OF SEASON
FALL	August 10, 2020 (CC, FB, SB, VB)	November 24, 2020
WINTER	November 16, 2020	March 13, 2021
SPRING	March 1, 2021	May 27, 2021

HAZING

No hazing or initiation of new members will be allowed under any circumstances.

PRACTICE REGULATIONS

- A. No athlete will ever work out using school facilities unless he or she is under the direct sponsorship of a coach or an adult sponsor.** (This does include use of the weights.)
- B.** If an individual is dropped from a team, because of disciplinary reasons or quits, they may not practice for the next activity using school facilities or under the supervision of a coach or sponsor until the activity that he/she quit or was dropped is completed.
- C.** Boxer shorts will not be allowed as outside wearing apparel at practices or events.
- D.** Bandanas will not be allowed in football except for wearing with a helmet if approved by the coach.

TEAM TRAVEL

- A.** Every member of the team will travel on the team bus to the activity. Team members will also be expected to travel home on the bus. The only exception will be if a PARENT/GUARDIAN PERSONALLY asks the coach and signs a release sheet, to let their son/daughter travel home with them. **Team members will be expected to stay and support the team until the team activity is over. STUDENTS MAY ONLY RIDE WITH PARENTS UNLESS PRIOR PERMISSION IS GIVEN BY THE ADMINISTRATION.**
- B.** Dress when traveling: Dress of team members will be neat, clean, and in good taste. Individual coaches may require a team dress code.

PARTICIPATION AND ATTENDANCE

In order for any student to participate in an activity a student must be in attendance 1/2 day on the day of the activity (providing school was in session) - 11:36 AM on regular days, 10:52 AM on activity days - unless it is a pre-excused absence or at the discretion of the administration. The principal via telephone will accept emergency pre-excuses until 9:00 a.m. on the day of the absence, if the call is made by a parent/guardian or if the student returns with a signed excuse from the doctor. **Any student serving an in-school or out-of-school suspension cannot participate in an activity on the days they are**

suspended. Any suspension that occurs on a Friday will carry over through the weekend and prohibit the student from participating in any weekend activities.

Student Drug Testing Procedure – School Board Policy #5306:

Students who participate in school sponsored competitive extracurricular activities at the high school (Grades 7-12) level are eligible for random testing. School sponsored competitive extracurricular activities are activities which are sponsored or approved by the Board, but are not offered for credit towards graduation, and which involve competition, comparison, or judging of the individuals or groups with other individuals or groups as part of selection or participation. School sponsored competitive extracurricular activities include, but are not limited to, athletic programs, cheerleading, dance team, band, Student Council, National Honor Society, FFA, academic teams, One-Act, choir, Quiz Bowl, and Speech Team.

To participate in a school sponsored competitive extracurricular activity, students must submit a completed Consent to Test Form on or before the first practice or on or before the first event or meeting, whichever is applicable. The form must be signed by the student and the student’s parent or guardian.

Failure to submit a completed Consent to Test Form will result in ineligibility for participation in school sponsored competitive extracurricular activities until the form is submitted.

Students remain eligible for testing from the date the Consent to Test Form is turned in, until a Drop Form is completed, or until the student graduates or is otherwise no longer enrolled in the District. A student for whom a Drop Form has been submitted shall be ineligible for participation in school sponsored competitive extracurricular activities for twelve months from the date the Drop Form is submitted. Students have a fifteen (15) day grace period for reconsideration of a Drop Form.

Students who are not participants in a school sponsored competitive extracurricular activity may volunteer for participation in the testing program by submitting a completed Consent to Test Form.

PRE-PRACTICE REQUIREMENTS

All athletes must meet the following requirements before they start practice:

RETURN TO THE COACH OR PRINCIPAL

- 1) A medical physical card signed by doctor
 - a. (Forms found attached at the back of these guidelines.)
- 2) Parental/guardian permission to participate in the sport.
- 3) Parental/guardian agreement to Athletic Guidelines.
- 4) Athlete’s agreement to Athletic Guidelines.
- 5) Parental/guardian signature regarding athletic insurance.
- 6) Parental permission for trips and the securing of medical aid.

STUDENT ELIGIBILITY

The school follows or exceed the eligibility requirements established by the Nebraska School Activities Association. All participants in activities should be aware of the following eligibility requirements established by the NSAA.

- 1) Student must be an undergraduate
- 2) Student must be enrolled in at least 25 hours per week and be in regular attendance, in

accordance with the school's attendance policy.

- 3) Student must be enrolled in some high school on or before the 11th school day of the current year.
- 4) Student is ineligible if 19 years of age before August 1st of the current school year. (Student may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year).
- 5) After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school attendance.
- 6) Student must have been enrolled in school the immediate preceding semester.
- 7) Student must have received 25 semester hours of credit the immediate preceding semester.
- 8) Once the season of a sport begins, a student shall compete only in athletic contests/meets in that sport that are scheduled by his/her school. Any other competition will render the student ineligible for the remainder of the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules. The fall sports season begins August 10, 2020 and ends with the state meets in the fall sports. The winter sports season begins November 16, 2020 and ends with the state meets in the winter sports. The spring sports season begins March 1, 2021 and ends with the state meets in the spring sports.
- 9) A student shall not participate in sports, camps or clinics during the season of a sport in which he/she is involved, either as an individual or as a member of a team.
- 10) A student shall not participate on an all-star team while a high school under-graduate.
- 11) A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After making a choice of high schools, any subsequent transfer will cause the student to be ineligible for ninety school days.

If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.

- 12) When the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student is ineligible for ninety school days except:
 - A. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and will be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
 - B. If a student has been attending the same high school since initial enrollment in grade nine and the school is located in the school district from which the parents moved, he/she may

remain at that high school and retain eligibility or he/she is eligible at a high school located in the school district where his/her parents established their domicile.

- C. If the parents moved during the summer months and the student is in grade twelve, the student may remain at the high school he/she has been attending and retain eligibility.

- 13) Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district here his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling.
- 14) A student shall not participate in a contest under an assumed name.
- 15) A student must maintain his/her amateur status.
- 16) Every student who participates in any extracurricular activity may not be on the down list in three or more subjects in the same week and must have acceptable citizenship in all courses.

Junior high students will be required to meet the same student eligibility rules established by the Nebraska School Activities Association (NSAA) for high school students to be eligible to compete in Junior High activities. This will include students advancing from 7th grade students into the 8th grade, and 8th grade students into the 9th grade.

ACTIVITIES ON CHURCH NIGHT AND SUNDAYS

- A) According to the Nebraska School Association, no athletic contests may be scheduled on Sunday. In addition to this, the school wishes to work cooperatively with the churches of this community. The policy will state: "There will be no activities scheduled (practice included) on Wednesday evenings after 6:00 P.M." **EXCEPTION:** When a team is required to play in conference, district, or tournament competition. Coaches will make every attempt to have all students out of the building by 6:15 P.M. on Wednesday evenings
- B) The policy further states, "There will be no activities scheduled on Sunday." **EXCEPTION:** When a team is required to play a contest on Monday on the varsity level, practices may be scheduled on Sunday afternoon. For all such practices, permission must first be granted from the Principal or Superintendent.

EQUIPMENT

- A) All equipment will be checked out to individuals at the beginning of the season by the coach or sponsor in charge. The student will be responsible for this equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition.
- B) **It is the responsibility of the student to check in the equipment at the end of the season or immediately should they quit an activity.** If a student fails to check in his/her equipment at the designated time or immediately should they quit a sport, they will be expected to pay for the cost of replacement.
- C) All equipment for previous sport season must be checked in or paid for before participating in

the next sport season. Failure to check in team uniforms may prevent students from qualifying for the High School Bonus Days.

D) No article of equipment or uniform is to be worn for everyday

LETTERING REQUIREMENTS

The requirements for a letter are as follows:

- **DETERMINED BY THE HEAD COACH/SPONSOR OF THE ACTIVITY.**
- **STUDENT MANAGERS**--A Senior High Student Manager will be awarded a letter based on the coach's recommendation in all sports.

FOR ALL ACTIVITIES, the coach/sponsor has the right to suspend any of the above requirements by considering such things as attitude, injuries, training habits, finishing the season in good standing, etc., in ALLOWING or NOT ALLOWING a letter award.

DRESSING ROOM POLICIES

All athletes will be under the direct supervision of the coaches when possible. An athlete must not linger in the dressing room, be rowdy or endanger the safety of others. All cases of misconduct while dressing will be handled by the coach of that particular sport. Athletes are to respect all equipment and supplies in the training room. Coaches' offices and equipment rooms are "off-limits" to all athletes except student managers.

EXCEPTIONS: The athlete is given permission to enter by a coach. Students are encouraged to put locks on their gym lockers. A key or copy of the combination must be given to the sponsor or principal. Locks will be available from the school.

TRAINING RULES

The Alma School District recognizes that the use of tobacco, vapor products (e-cigarettes) or other alternative nicotine products or tobacco products look-alikes, alcohol and illegal drugs is a significant health and social problem. Student tobacco, tobacco products look-alikes, alcohol, and illegal drug use results in negative effects on behavior, learning, social and physical development. Because we believe we have the obligation to address what we consider to be detrimental influences on student performance, achievement and development, the following substance abuse/unlawful act/activity participation policy was developed. It is part of a total effort to discourage the use of tobacco, tobacco products look-alikes or alternatives, alcohol, other illegal drugs or prevent unlawful acts by the young people of our community. Unlawful acts are those such as theft, vandalism, and other crimes of similar severity.

Students who participate in school sponsored competitive extracurricular activities at the high school (Grades 7-12) level are eligible for random testing. School sponsored competitive extracurricular activities are activities which are sponsored or approved by the Board, but are not offered for credit towards graduation, and which involve competition, comparison, or judging of the individuals or groups with other individuals or groups as part of selection or participation. School sponsored competitive extracurricular activities include, but are not limited to, all athletic programs (football, softball, volleyball, wrestling, basketball, golf, track, bowling, E-Sports and any other athletic programs approved by the Board of Education), cheerleading, dance team, band, choir, Student Council, National Honor Society, FFA, academic teams, One-Act, all school plays, Quiz Bowl, Speech Team and school sponsored dances/banquets including but not limited to homecoming and prom.

To participate in a school sponsored competitive extracurricular activity, students must submit a completed Consent to Test Form on or before the first practice or on or before the first event or meeting, whichever is applicable. The form must be signed by the student and the student's parent or guardian.

Failure to submit a completed Consent to Test Form will result in ineligibility for participation in school sponsored competitive extracurricular activities until the form is submitted.

Students remain eligible for testing from the date the Consent to Test Form is turned in until a Drop Form is completed, or until the student graduates or is otherwise no longer enrolled in the District. A student for whom a Drop Form has been submitted shall be ineligible for participation in school sponsored competitive extracurricular activities for twelve months from the date the Drop Form is submitted. Students have a fifteen-day grace period for reconsideration of a Drop Form.

Students who are not participants in a school sponsored competitive extracurricular activity may volunteer for participation in the testing program by submitting a completed Consent to Test Form. The use of dogs to walk the school hallways, locker rooms, parking lot or other parts of the school grounds to determine the presence of illegal drugs will occur at any time during the school year and without prior notice to students or parents/guardians.

Any student of the Junior or Senior High School shall be subject to the penalties outlined below if it is determined that the student has violated the following student conduct policy: Engaging in selling, using, possessing or dispensing of alcoholic beverages, tobacco, tobacco products look-alikes or alternatives, narcotics, or any other form of mind-altering chemicals, or being under the influence of any of the above or possession of drug paraphernalia, or committing any unlawful act such as theft, vandalism, and other crimes of similar nature. Such determination shall be based on a witnessed violation, an admitted violation, or upon citation by law enforcement. Witnessed violations shall be reported by any school employee to the activities director, sponsor involved, or to the school's administration. School officials will also rely upon law enforcement officials in determining violations.

The following are some situations that will result in suspension:

- (a) Any witnessing of a student involving the use, possession, selling or distribution of tobacco, tobacco products look-alikes or alternatives, alcohol, controlled substance, or any other form of mind-altering chemicals or drug paraphernalia by any member of the staff of Alma Public Schools.
- (b) Any confession by a student to a teacher, school administrator, or law enforcement officer involving the use, possession, selling or distribution of tobacco, tobacco like products or alternatives, alcohol, controlled substance, or any other form of mind-altering chemicals or drug paraphernalia or admitting to an unlawful act as described above.
- (c) **Any citation** by law involving the use, possession, selling or distribution of tobacco, tobacco products look-alikes or alternatives, alcohol, controlled substance, or any other form of mind-altering chemicals or drug paraphernalia or committing an unlawful act as described above.
- (d) **Any positive test result** as outlined in the Student Drug Policy #5306. The following shall be considered to be a positive test result: A confirmed positive alcohol or drug test; refusal to participate in testing when selected, including the submission of a Drop Form upon being requested to be tested; and/or tampering with the specimen collection process.

The enforcement of this policy will begin with the official starting day of the fall sport season

established by the Nebraska School Activities Association and will end on the last official day of school in a given year as established by the Board of Education unless the activity extends beyond the last official day of school. Any punishment not carried out during the current school year will be carried over to the next school year until the punishment is completed.

This policy applies to students participating in the following activities:

- All athletics – Football, Volleyball, Cross Country, Cheerleading, Wrestling, Basketball, Track, Golf, Softball, Bowling.
- Fine arts activities including but not limited to: Speech, Vocal and Instrumental Music Concerts, Drama, One-Act Play, All-School Play, District Music Contest.
- School sponsored activities including but not limited to National Honor Society, Student Council, School Dances (including Prom), Yearbook Staff, Academic Bowl Teams, Future Farmers of America (FFA) and Homecoming Activities.

Penalty for violation of this policy:

- **First Infraction** – A student who self-reports a violation of this policy to the principal or superintendent by 8:30 AM the next school day after a violation has occurred will not be allowed to participate in any activity for a period of two weeks (10 school days and/or days with school activities in which the student is a participant), beginning with the first scheduled contest in that activity. Any student who fails to notify the schools administrator of a violation by 8:30 AM the next school day after a violation has occurred will not be allowed to participate in any activity for a period of four weeks (20 school days and/or days with school activities in which the student is a participant), beginning with the first scheduled contest in that activity. After a first infraction, a student may be subject to drug testing for the remainder of the school year.
- The student will be required to practice and attend contests with the team, although not dressed out, and will assist the coach or sponsor if necessary. If the violation occurs between seasons or events, the penalty will be enforced during the next season or event. Students who go out for an activity to serve their punishment will be expected to finish the season in an activity or the punishment will not be allowed to be worked off.
- If the violation occurs when school is in session or during any school activity home or away, on school property and/or school vehicles, the student will not be allowed to participate in any activity for a period of four weeks (20 school days and/or days with school activities in which the student is a participant), beginning with the first scheduled contest in that activity. The student will also be subject to a suspension by the school administrators as per-incident may warrant. All incidents will be reported to the student’s parents/guardians and may be reported to the Harlan County Sheriff Department.
- **First Positive Test Offense** - the student is ineligible to participate in any extracurricular activities for twenty school/activity days. The student may continue to participate in extracurricular activities if within ten school days of the meeting with the parents or guardians the student shows proof that the student is receiving substance abuse counseling with a qualified professional and submits to a second drug test within two weeks.
- **Second Infraction/Positive Test Offense** - the student is suspended from participation in any extracurricular activity for forty-five school/activity days. To return to participation, the student must complete substance abuse counseling as and to the extent determined appropriate by a qualified professional, and in any event for no less than four hours; must submit to two follow up drug tests with a negative result; and be subject during the next twelve month period to follow up drug tests. In addition to the requirements mentioned above, the student can reduce the number of suspended days if they

continue to attend and participate in their current activity's practices. For each day the student attends their current activity's practices, one day will be deducted from the total number of suspended days. While a student is suspended, they are not allowed to represent Alma Public Schools in any competition.

- **Third Infraction/Positive Test Offense** - the student is suspended from participation in any extracurricular activity for ninety school/activity days. To return to participation, the student must complete substance abuse counseling as and to the extent determined appropriate by a qualified professional, and in any event for no less than eight hours, and must submit two follow up drug tests with a negative result; and be subject during the next twelve month period to follow up drug tests. In addition to the requirements mentioned above, the student can reduce the number of suspended days if they continue to attend and participate in their current activity's practices. For each day the student attends their current activity's practices, one-half day will be deducted from the total number of suspended days. While a student is suspended, they are not allowed to represent Alma Public Schools in any competition.
- **Subsequent Infraction/Positive Test Offenses** - the student is ineligible to participate in any extracurricular activity for ninety school/activity days. To return to participation, the student must complete substance abuse counseling as and to the extent determined appropriate by a qualified professional, and in any event for no less than twelve hours, and must submit two follow up drug tests with a negative result; and be subject during the next twelve month period to follow up drug tests.
- The parents or guardians are responsible for the costs of the rehabilitation program, which includes the substance abuse counseling and follow-up testing described above.
- Positive results will not lead to the imposition of any academic consequence or disciplinary action, other than the above described limitations on the privilege to participate in extracurricular activities.
- Any student convicted or adjudicated in juvenile court of a felony will be dismissed from all activities for the remainder of the school year and may be subject to suspension or expulsion from school based on the seriousness of the incident.

The above rules are a minimum for all activities. Individual coaches, sponsors, and the administration may add additional rules for their activity.

