



Activity Handbook for Students and Parents

I. Introduction

Your family interest in our activity program is gratifying. We believe participation in interscholastic activities provides a wealth of opportunities and experiences for each of our students to grow and develop. We are concerned with the educational development of our students through activities and feel a properly controlled, well-organized activities program must meet the students' needs.

It is the role of the Athletic Administration of Schuyler Middle School to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support that is achieved through communication with the student and the parent. It is our hope to accomplish this objective with this Handbook for Students and Parents.

A. To the Parents

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic activities and you have expressed your willingness to permit him/her to participate. It is our responsibility to maintain a program that is sound in purpose and will promote each student's personal growth. When your son/daughter chose to participate in our activity program, he/she committed our staff to certain responsibilities and obligations which are:

- (1) to provide adequate equipment and facilities;
- (2) to provide training in the fundamentals and skills of the activity;
- (3) to provide trained personnel to supervise the activity, and
- (4) to provide contests controlled by qualified officials.

As parents of students who have chosen to participate in the extracurricular activities of Schuyler Middle School, you have also committed yourselves to certain responsibilities and obligations. Among these duties are:

- (1) to support your son/daughter;
- (2) to support the program and the coaching staff;
- (3) to support the training and behavior rules set forth in this handbook, and
- (4) to support the rules of Good Sportsmanship.

Remember, a student who elects to participate in activities is voluntarily choosing self-discipline and self-control. These are the reasons we stress good training habits and citizenship. Failure to comply with the rules of training and conduct means exclusion from the activity. The concepts of self-discipline and self-control are tempered by our responsibility to recognize the rights of the individual within the objective of the activity. There is no place in Schuyler Middle School activities for students who will not discipline their minds and bodies to rigorous competition on the playing field, in a fine arts performance, and the classroom. We are striving for excellence and we must not compromise with mediocrity.

B. **To the Students**

Becoming a member of a Schuyler Middle School team/group is the fulfillment of many a student's dreams. The attainment of this goal carries with it traditions and responsibilities. These traditions were not built overnight; it takes the hard work of many people over a long period of time. As a member of the **Warriors**, you have inherited a great tradition and we challenge you to uphold these traditions.

Our tradition is to play with **HONOR**. We desire to win, but only with **Honor** to our student body, our school, and our community. Such a tradition is worthy of the best efforts from all concerned. When you wear the **FOREST GREEN AND WHITE** of Schuyler Middle School, we want you to understand our traditions and be willing to assume the responsibilities that go with these traditions. The contributions you make should be an accomplishment that is satisfying to you and your family.

Responsibilities to yourself. The most important responsibility is to broaden yourself and develop strength of character. You owe it to yourself to develop the greatest possible good from your middle school experiences. Your academic studies and your participation in extracurricular activities will prepare you for your life as an adult.

Responsibilities to your school. Schuyler Middle School cannot maintain its position as an outstanding school unless you do your best in whatever activity you participate. When you participate to the maximum of your ability you are contributing to the reputation of Schuyler Middle School. You are providing leadership to the school and community when you participate in any activity. So make the school and community proud of you and your efforts.

YOU ARE A ROLE MODEL! Whether you want to be or not, you have become a role model...be a positive one and set a good example for others to follow.

II. **Activities Department**

A. **Philosophy**

The Schuyler Middle School Activities Program provides a variety of experiences to aid in the development of favorable habits and attitudes of students that will prepare them for high school activity participation. The interscholastic program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone, "Winning at any price". It discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times the interscholastic program must be conducted in such a way as to justify the program as an educational activity.

C. **Extra Curricular Offerings**

Fall— Girls: Volleyball & Cr. Country Boys—Football and Cross Country
Winter—Girls: Basketball and Aerobics Boys—Basketball and Wrestling
Spring—Girls: Track Boys—Track
*Band and Vocal is available for both girls and boys throughout the school year.





NEBRASKA DEPT. OF ED. TITLE 92, NEBRASKA ADMINISTRATIVE CODE, CHAPTER 10

004.02B4 No student in grades seven or eight shall participate in interscholastic athletic contests between schools, within a school system, or between school systems which exceed four games in football and eight games in other sports.

C. **Eligibility to Participate**

Before a student can participate, this includes practice, they must have completed the following and have them on file in the office: (It is the coaches responsibility to make sure all participants are eligible.)

1. Current physical examination form
2. Signed Participation Agreement
3. Signed Parent's or Guardian's Permission Form
4. Signed Athletic Insurance coverage—school or personal insurance
5. Signed Academic Eligibility Form

The coach will need to receive for each participant a signed clearance form from the nurse/principal's office before the participant can practice/play.

If a student has not completed the above requirements, they must be in attendance (observing only) to avoid an unexcused absence. Three days of only observing will equal one unexcused absence.

D. **Academic Eligibility**

Reports of failing grades will be collected on a weekly basis throughout the school year. Any student failing two or more classes during one week will be considered to be on a "warning week". If a student continues to fail two or more courses, then they will be academically ineligible for that coming week. They must be academically eligible in order to publicly represent SMS as a member of a team, organization or activity for a period of one week(the consecutive Monday through Sunday). Continuous failure of one class may result in being academically ineligible. For this purpose grades will be determined on a cumulative basis.



E. **Goals and Objectives**

The goal and objective of the activities program at Schuyler Middle School is for students to learn:

- (1) **To be successful**—our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- (2) **To develop sportsmanship**—to accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
- (3) **To improve**—improvement is essential to good citizenship. As a participant, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved whether on the playing field or in the classroom.
- (4) **To enjoy participating in the activity**—it is necessary for the students to enjoy participating, to acknowledge all of the personal rewards to be derived from the activity, and to give sufficiently of themselves in order to preserve and improve themselves and the program.
- (6) **To develop desirable personal health habits**—to be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

III. **Student In Good Standing**

- (1) In order to participate in practice, the student must be a bona fide student of the school and one who is eligible or has the possibility of eligibility.
- (2) A student who is under penalty of suspension or whose character or conduct brings discredit to the school or to the student, as determined by the principal, is **NOT** in good standing and is ineligible for a period of time as specified by the Principal.
- (3) A student who uses any form of tobacco, illegal drugs, alcoholic beverages, etc.. at school, school events, school property, or who is charged with these infractions is **NOT** in good standing until the Principal deems otherwise.

IV. Student Responsibilities

A. Care of Equipment

Our School Board provides our students with excellent equipment/uniforms. We hope to keep the quality of the equipment as high as possible. The student is responsible for the proper care and security of equipment issued. The equipment/uniforms are to be worn only for contests and/or practice. All equipment/uniforms must be returned to the coaches before a student may go out for another activity. If a student loses or damages the equipment or uniforms they will be assessed the replacement cost.



B. Conduct during practices

All students are expected to be at practice on time and in the appropriate areas. NO students are to be wandering the hallways. Students wanting to wait until their practice time must do so in the study lab. The locker rooms are to be used for dressing out for practices and dressing to go home. Once practice has concluded, all participants are to leave the building immediately.

NOTE: Coaches should always be the last ones to leave and they should make sure of the following:

- (1) All students have left the building.
- (2) Locker area is picked up and locked.
- (3) All equipment used is put away.
- (4) All lights, fans, etc. are turned off.
- (5) All appropriate doors are locked.

C. Missing School On Day of Contest/Performance/Practice

Students must be in school the entire day to participate in any afternoon or evening school activities. Exceptions will be made for medical and dental appointments or situations that are approved in advance by the Principal.

Practice is vital to any activity. Any athlete/participant that has (3) unexcused absences from practice will be cut from that activity. Any excused absence must be cleared through the **Athletic Director**. This should be taken care of before the beginning of practice. If a student is cut from the activity, he/she must get a Drop Form from the Athletic Director and have it signed by the coach/sponsor of that activity and his/her parent/guardian. This form must then be returned to the Athletic Director's Office.

When school is let out early for an in-service, practice cannot start before regular time. When school is dismissed because of inclement weather, no practices/games will be permitted.

V. **Activity Codes of Conduct**

A. **Conduct of Participants**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of Schuyler Middle School. The community, school administration, and the teaching/coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of extracurricular activities. The welfare of the student is our major consideration and transcends any other consideration. All participants shall abide by a code of ethics. Violations of School Discipline Policies and any conduct that results in dishonor to the student, the team, the school, and acts of unacceptable conduct in the classroom will not be tolerated. Such acts may include, but are not limited to: vandalism, theft, disorderly conduct, violation of laws, intolerance of others, abusive behavior toward others, and failure to follow a directive by a school official will be considered to be a violation of this code of conduct and the student will no longer be a member in good standing.

Penalties for Violation

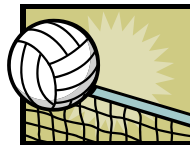
Due to the serious nature of the code, a disciplinary hearing shall be conducted to determine consequences following a violation. The following individuals will be involved in the disciplinary hearing: the coach or sponsor involved, the Principal/Athletic Director, and parents. (They will meet to determine the penalty according to the infraction). The penalty shall range from a minimum of a one (1) activity suspension to a maximum of a permanent suspension from the activity.

B. **Substance Abuse Policy**

Medical research clearly substantiates the fact that use of tobacco, alcohol, steroids, and any other type of mood altering substances produces harmful effects on the human body. Any student who wishes to participate in the extracurricular activities of Schuyler Middle School will be held accountable by the school board policies. Any student found to have used tobacco, alcohol, or illegal drugs/steroids will be dismissed from those activities of the middle school and probably turned over to the legal authorities of the district.

C. **Rules for Teams and Clubs**

Coaches/sponsors may establish rules and regulations with the approval of the Principal/Athletic Director. These rules pertaining to a particular activity will be given in writing by the coach/sponsor to all participants and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach/sponsor. Copies of all additional team rules will be on file in the Athletic Director's office.



VI. **Basic Activity Policies**

- A. A student may participate in as many activities as long as there is no conflict between the student's academic success and that participation.
- B. Students are expected to represent Schuyler Middle School in a dignified manner at all times. Students, when not playing are to be seated behind their teammates playing and giving them their support. Locker room areas are to be picked up and left as it was when the students entered the area. Students are not to be wandering around the building at any time.
- C. Equipment checked out by the student is the responsibility of the student. Lost and or damaged equipment will be assessed at the replacement value.
- D. Attendance at practice is a must. If the student is going to be late or miss a practice he/she must contact the coach/sponsor of the activity. The coach/sponsor will assess the penalty for late arrival or missed practices.
- E. If a student is in ISS or OSS, they may not participate or practice that day they are in ISS or OSS. If a student has a detention or homework zone, they may participate and practice but, they will be held accountable to Rule D as stated above.
- F. All participants will travel to and from all out-of-town activities in transportation provided by the school, unless previous arrangements are made by the parents. **NO student will be allowed to travel with anyone other than the parent.**
- G. Report all injuries to the coach or sponsor. Any accident requires the coach/sponsor to complete an accident report on the injury. Once a student is treated by a physician, the student must obtain the physician's **written** permission to return to the activity.
- G. Rules in the Locker Room areas are as follows:
 - 1. No rough housing or throwing of any objects.
 - 2. No hazing of other students.
 - 3. No glass containers are permitted.
 - 4. All spiked/cleated shoes must be put on and removed outside.

