

**Attica Public Schools  
2022-2023**

**Athletic Handbook**



"Home of the Bulldogs"

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OFFICE HOURS 7:30 am- 4:00 pm

## **FOREWORD**

This student athletic/activities handbook has been prepared to provide students, parents, and patrons with information regarding policies and procedures of USD 511 Attica Public Schools. It is designed to be a basic guide; it cannot, nor is it intended to cover every situation that should arise regarding athletics at USD 511 Attica Public Schools. Situations will arise that will require decisions by the coaches/sponsors and/or administration. Should there be a need for clarification of any issue, students and parents are welcome and encouraged to make an appointment to discuss that issue.

## **ATHLETIC/ACTIVITIES DEPARTMENT PHILOSOPHY AND VALUES**

The primary purpose of extracurricular activities is to provide the student with an educational experience, which your child might otherwise never receive. These experiences provide the means by which a student gains many of those traits, which our society deems necessary for successful social behavior.

Athletics and activities, like no other phase of education, afford the student the opportunity to accept victory as well as defeat graciously, to appreciate the skill of the opponents, and to perform at maximum capacity during each contest.

As the Bullpup/Bulldog exemplifies the lofty spirit of pride, we expect our athletes to be good sports, proud of our school and feel personally responsible for it. The athletic squad, by the standards shown by each member, will encourage the student body to new heights of appreciation.

## **KSHSAA MEMBERSHIP**

Attica Public Schools is a member of the Kansas State High School Activities Association and will follow all rules and regulations governing grades 7-12.

## **ATHLETICS**

Attica Public Schools offer students in grades 7-12 the opportunity to participate in volleyball, football, boys and girls' basketball, and boys and girls track. Sixth-grade boys have the opportunity to participate in basketball and track. Sixth-grade girls have the opportunity to participate in volleyball, basketball, and track.

## **ACTIVITIES**

Attica Public Schools offer students in grades 7-12 the opportunity to participate in scholar's bowl, the school play, forensics (grades 9-12 only), and cheerleading. Sixth-grade students have the opportunity to participate in scholar's bowl, music, and cheerleading. There are only 6 spots available on the middle school and high school cheerleading squad. Tryouts will be held to fill these spots.

## **PHYSICAL EXAMINATIONS**

The Kansas State High School Activities Association rules state that a student **MAY NOT PRACTICE** until that student has presented to the coach the appropriate physical form signed by the doctor, student-athletes, and the athlete's parents. Physicals must be dated after May 1 to be accepted for the coming year. The cost of the physical is the responsibility of the student.

## **TRANSPORTATION POLICY FOR ACTIVITIES AND FIELD TRIPS**

All students who participate in any extra-curricular event or field trip that requires school transportation are required to ride on school furnished transportation to and from the event. Any exceptions must be cleared through a written request with the sponsor/coach. Any student needing to ride home with someone other than the parent/guardian must be cleared through the sponsor/coach by leave time the day of the each competition. This correspondence must state who the student will ride to the competition with and release the school of any liability by doing so. A student will

NOT be released to ride with another student. A student who does not abide by this policy will not be allowed to participate in that day's event and the next scheduled event.

The student must be aboard school transportation at the designated leave time. A student who is not aboard school transportation at the designated leave time will be left at school. The student will not be allowed to participate in that day's event.

### **ACTIVITY BUS GUIDELINES** **FOR COACHES, SPONSORS AND STUDENTS**

1. The following procedure shall be used for loading and unloading of students on activity buses:
  - a. The loading and unloading of students should be conducted off the roadway, highway or street in an area away from vehicular traffic and, whenever possible, in a parking lot.
  - b. Whenever the loading and unloading of students must be conducted on a roadway, street or highway, the bus involved shall be parked with the entry door facing away from the roadway.
  - c. Emergency exits will not be used for loading and unloading of passengers unless the emergency procedures are in effect.
  - d. All of the bus loading and unloading procedures are listed in the Unified School District #511 bus information handbook, Section II (General Bus Guidelines).
2. The requirements of Kansas Law regulating school buses shall apply to all passengers when transported in a school bus.
  - a. The coaches and sponsors shall be in charge of all passengers while they are riding, loading and unloading from the bus. The coach or sponsor in charge of the passengers and the bus driver should work directly together to correct any problems, which arise.
  - b. In the event the behavior of passengers on the bus is such that the driver ascertains that it is unsafe to continue, the driver is instructed to return immediately and notify the transportation monitor or building principal.
  - c. The coaches or sponsors have the authority to assign seats to the passengers.
  - d. If a student causes a discipline problem on an activity trip, the bus driver may stop the bus until the sponsor or coach corrects the problem. The bus driver will write a disciplinary ticket, which is submitted, to the principal and, if the coach or sponsor cannot maintain appropriate discipline, the bus driver is directed by Unified School District #511 administration to return to the school.
  - e. If necessary to deliver students to their homes, students shall cross the road in front of the bus at a distance that allows the driver to observe such students as they cross. The bus will remain stationary until the students have safely crossed the road.
  - f. Riders may not leave their seats without the Coaches and/or sponsors permission.
  - g. Riders must remain in their seats at all times while the bus is in motion.
  - h. Riders may talk in a normal voice at seat mates. Loud talking or shouting may distract the driver and cause an accident. Use of profanity in any form is forbidden.
  - i. Horseplay, pushing, shoving, fighting or teasing are serious infractions and will not be tolerated.
  - j. Food or drink will not be allowed on school buses unless coaches or sponsors give permission.
  - k. Riders are responsible for the general care of the bus. Any vandalism must be reported to the driver, coaches and sponsors immediately.
  - l. Nothing is to be thrown from a window of a bus. Riders must not extend their hands, arms, head or bodies through the bus windows.
  - m. Complete silence is required when the bus stops for a railroad crossing. When drivers are faced with muddy or icy roads, riders are asked to keep the noise level lower than usual.
  - n. The aisles shall remain clear at all times.
  - o. In cold weather, riders should bring adequate clothing to cope with emergencies.

- p. The use of tobacco in any form or lighting matches and lighters shall not be permitted on a school bus.
  - q. Riders shall not open or close bus windows without the permission of the driver.
  - r. Students who wish to ride home with someone else or wish to get off somewhere other than their regular stop must make arrangements in advance with written permissions to either the building principal, sponsor, or transportation monitor. The bus driver must be informed. Without this written permission, students will not be released to ride home or to an activity with other students. In case of an emergency, the principal or designee may honor a verbal request in person or by phone if the request can be verified.
3. It is the responsibility of coaches and sponsors to ensure that buses and vans are thoroughly cleaned before excusing students from the activity trip. Failure to return a cleaned bus or van to the bus barn will result in loss of future field and activity trips for that group or team.
  4. All 7th hour Junior High practices will be dismissed by 3:15 p.m. to allow student time to reach buses before they depart at 3:30 p.m. Any practice extending past 3:15 p.m. must be communicated to the office prior to the day of the extended practice.
  5. Coaches and sponsors will sit on the bus during the activity trip where all areas of the bus can be properly supervised. When only one coach or sponsor rides the bus, it is recommended that the coach or sponsor sit in the back of the bus.
  6. All activity and field trips must be planned in advance. Requests for vehicles and drivers must be arranged with the transportation monitor one week in advance of the activity trip. Departure and arrival times must be included in the request for transportation. Any stops between the school and the activity destination must be approved by the principal and the transportation monitor. No student will be allowed to depart from the bus at any other site than those planned in the activity.
  7. Students who ride the bus to an activity and request to ride home with their parents after the activity must provide written requests from their parent(s) and the request(s) must be approved by the building principal, coaches, sponsors, or transportation monitor. The bus driver must be informed.
  8. Buses will not detour from the planned route of the activity to pick up students or to drop off students going to and from an activity. It is recommended that all students participating in the activity board the bus at the school and depart from the bus at the school at the end of the activity trip. The sponsor and activities director should be informed of all scheduled stops.
  9. Activity trip and field trip bus drivers shall not allow anyone other than school personnel and students to ride the bus unless written permission has been issued by the principal/transportation monitor. This provision shall not apply to law enforcement or emergency personnel who are passengers of a bus in emergency periods as designated by the governing board of the school district.

### **STUDENT IN GOOD STANDING**

A student who is under penalty of suspension or whose character or conduct brings discredit to the school or to the students is not in good standing. A student not in good standing will be unable to participate in any extracurricular school activity or field trip, but must participate in all practices unless notified by the coach, sponsor and/or principal.

### **SEASON COMPLETION**

Any athlete who chooses to not finish a season to its completion will be required to have a conference with the athlete, athlete's parent and coach prior to participating in that same sport the next school year.

## **DRUG AND ALCOHOL POLICY** **DRUG FREE SCHOOLS AND COMMUNITIES ACT**

The unlawful possession, use, or distribution of illicit drugs and alcohol by students or school employees on school premises or as a part of any school activity is prohibited. This policy is required by the 1989 amendments to the Drug Free School and Communities Act, P.L. 102-226. This policy, and any curriculum, used in conjunction within,

shall be evaluated at least every other year using criteria developed by the superintendent and approved by the board.

All the district's students shall be made aware of the legal, social and health consequences of drug and alcohol use. Students shall be instructed on effective techniques for resisting peer pressure to use illicit drugs or alcohol. Students shall also be informed that the use of illicit drugs and the unlawful possession and use of alcohol are both wrong and harmful. Possession and/or use of any tobacco product by students are prohibited in any attendance center, in any school-owned vehicle, at school-sponsored events or on the school grounds. Law enforcement and parents will be contacted immediately in all cases.

The board has adopted a comprehensive drug and alcohol abuse and prevention program as part of the district's curriculum. The curriculum is age-appropriate and developmentally based to reach students at all ages and levels of education within the district.

### **DRUG/ALCOHOL POSSESSION/ VIOLATIONS OF TOBACCO/NICOTINE/VAPING/JUULING PRODUCTS**

The following will be the substance abuse policy followed by all coaches and sponsors regarding the use and/or possession of alcohol, drugs, or tobacco/nicotine products during the school year of sports and activities. This is a yearly policy, not a seasonal policy.

Proof of abuse will be determined by school administration.

#### **First Offense**

1. Proof of attendance at an intake session with an approved mental health professional, at the parent's or student's expense.
2. 5 hours of community service on non school time with an unrelated individual or entity agreed upon by school administration.
3. Intake session and community service must be completed and approved before returning to the sport/activity.
4. Extra running/work to be determined by the coach/sponsor. Must be completed prior to returning to competition.

#### **Second Offense**

1. Proof of completion of a treatment program related to the substance in question.
2. 10 hours of community service with the same conditions as listed in the first offense.
3. Dismissal for the remainder of the sport/activity season.
4. Treatment program and community service must be completed and approved before returning to the next sport, activity or competition.

#### **Third Offense**

Dismissal from any participation in any sport/ activity for the remainder of the school year.

The provisions of this policy shall apply to all USD 511 students during the regular day and at all school activities on and off the school grounds. KSHSAA is the governing body for all activities in the state of Kansas and all policies set forth through them will also be followed.

#### **Eligibility Policy**

The following eligibility policy will be in effect for USD #511 students participating in all extracurricular activities. Academic eligibility is applicable to any activity resulting in public performance, competitive event, or loss of class time.

#### **District Eligibility**

Students not performing at a passing level (having a grade of an F) in the classroom will appear on a Delinquent and Ineligible list that will be compiled each Monday and will remain effective Monday through Sunday of the next week. The list will be applied per class. This shall include, but not be limited to athletics, music, drama, dances, club and organizational activities, field trips outside of regularly scheduled classes, homecoming, prom, etc. If the activity is for a grade, students may attend. Individual situations may be determined by administration. Students may

not be a homecoming candidate or attendant while on the Delinquent and Ineligible list as ineligible.

- The first week a student appears on the failing list, they will be delinquent and will still be eligible to participate in school activities, while working to get their grade up.
- The second consecutive week a student appears on the failing list, in the same class as the first week, they will be either IP (In Progress), determined by the teacher if they feel the student is working to get their grade up, or Ineligible, determined by the teacher if they feel the student is not trying. If the student is IP, they may still participate in school activities. If a student appears on the list as ineligible, they may not participate in any school activities.
- The third consecutive week and all consecutive weeks after, the student appears on the failing list in the same class as the first week, the student may not participate in any school activities.

The building principal and student will make a conference call home in regards to any student who has been placed on the Delinquent and Ineligible list, outlining which level the student is on in reference to delinquent, in progress, and ineligible. Administration will have the final determination on student eligibility.

### **State Eligibility**

The eligibility rules of the Kansas State High School Activities Association will be strictly complied with, and will apply to students participating in all interscholastic activities. A student in grades 6-12 shall meet the following requirements for eligibility in inter school activities:

- A. Scholarship- The student shall have passed at least five new subjects (those not previously passed) of unit weight, or its equivalent, the previous semester or the last semester of attendance.
- B. Enrollment- The student shall be enrolled in and attending a minimum of five new subjects (those not previously passed) of unit weight or its equivalent, during the present semester.

Deliberate misbehavior, destruction of school property, or unexcused absences will cause students to lose their good standing in the school, and as a result, their eligibility to participate in interscholastic activities. Coaches of athletic teams will not issue equipment or allow any student to participate in any sport until that student's Parent-Physician Certificate of Permission and all other appropriate documents are on file.

The Kansas State High School Activities Association requires students to pass five subjects of equal weight during their last semester of attendance, or they will be ineligible for any extra-curricular activities the following semester.

### **TEACHER RESPONSIBILITY**

1. The classroom teacher and/or principal will notify the student that he/she has been placed on the delinquent or ineligible list for that class.
2. The delinquent and/or ineligible list is due in the office by 9:00 a.m. Monday.

### **OFFICE RESPONSIBILITY**

1. The office will compile a list of all students who are placed on the delinquent and/or ineligible list.
2. The office will notify the coaches of the student's eligibility status utilizing a google sheet that will be shared at the beginning of each quarter. This information will include:
  - A) Class-teacher
  - B) Delinquent
  - C) Ineligibility
3. In the event a student is ineligible for the week, the principal and the ineligible student will make a conference call home to make parents aware of the student's status for the week.

### **INJURED ATHLETES**

If you have been injured and require a physician's attention you must acquire and submit to your coach a doctor's note before you will be allowed to return to practice. A student will not be allowed to return to practice or competition prior to a doctor's note being recorded with the Athletic Director.

### **INSURANCE**

All students of Attica Junior/Senior High School who are engaged in activities are covered through the Kansas State High School Activities Association with a policy known as a Catastrophic Injury Policy. Insurance forms for insurance coverage are filed through the office of the Athletic Director and the board office.

### **ATTENDANCE**

If you are absent from school on a day we have an athletic contest you must be back to school by 12:00 P.M. in order to participate in that contest. Those athletes who are not back in school by 12:00 P.M. will be left at school. Exceptions to this rule would be a doctor's appointment, funeral or other approved absence. Illness on the day of the contest will not be an exception; students too ill to attend school are too ill to compete. Students are expected to attend the most recent practice prior to any competition. If this practice is missed without prior permission from the coach, the student will not be allowed to participate in the competition.

### **TEAM RULES AND GUIDELINES**

Coaches will give each athlete and the athletic director a copy of their team rules and/or guidelines. Any departure by a coach from these established rules MUST be cleared in advance with the administration. Sudden changes from established rules create problems for athletes, coaches, parents, and administrators.

### **PRACTICE**

All athletes wanting to participate in a season are required to attend the first practice of the season or have contacted the coach with their intent to participate. Athletes not showing intent to participate by the first practice of the season will not be allowed to join the team at a later date without the permission of the coach and/or athletic director. The number of practices required prior to being eligible to participate in the competition will be set by each coach's rules, attached within. Students who move into the district after the beginning of the school year will have 3 days from the date of enrollment to join a team for which the season has already begun.

### **TEAM TRAINING RULES**

1. Unsportsmanlike Conduct - conference with the coach and possibly the Principal and Athletic Director.  
**Penalty:** Will vary, up to suspension.
2. All other training rules will be determined and enforced at the discretion of the Head Coach. A copy of these rules will be given to each student athlete at the start of the season.

### **ABSENCES FROM GAMES:**

1. Please report absences to the head coach (excused and unexcused) **before** the absence, and when absent from school that day.
2. One unexcused absence from a competition will result in a one competition suspension.  
An example of this would include homework, family trip, games/practices outside of the school sponsored current activity, or any other unexcused absence.

### **PUBLIC RELATIONS**

1. **GAMES AND PRACTICES:** Because a coach and team are constantly before the public eye, everything done by the coach and team members are scrutinized. Every action reflects on the reputation of

the school and its people. The athletic programs need to be organized, to show discipline, to compete competitively, and to display sportsmanship at all times. Anything a coach can do to improve the image of Attica Public Schools in the public's eye should be done.

2. **PARENTS' MEETINGS:** Coaches will hold a parent meeting, which introduces the coach and the parents and explains the rules affecting the athletes. As much as possible, these meetings should occur prior to the beginning of the season.

3. **FACULTY RELATIONS AND ADMINISTRATIVE RELATIONS:** Relations with the faculty, administration, and other school personnel should be professional and informational. Athletic teams support the work of education in many ways; it is important that all staff members know what is happening in the sports program as often as possible.

4. **APPEARANCE AND BEHAVIOR**

As representatives of Attica Public Schools, students participating in activities have more opportunities than any other group of students to establish the reputation of our school. This places considerable responsibility on the shoulders of each student participating in these activities. Remember to respect your school and yourself in a manner that will speak highly of you. Misconduct at any school activity may result in that individual receiving in-school suspension, loss of extracurricular privileges and/or dismissal from the team.

### **LETTERING**

Each head coach will determine which members of the squad have EARNED a letter based in part upon the athlete's participation, attitude, honesty, and ability. The student athlete must finish the season in GOOD STANDING, BOTH ACADEMICALLY AND ATHLETICALLY in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.

Inappropriate behavior that results in disciplinary action may cause the student athlete to be dismissed from the team and/or not finish the season in good standing. Should either of the above occur, the student athlete will not earn a letter for that sport.

## **HIGH SCHOOL**

### **FORENSICS LETTERING REQUIREMENTS**

1. Participate in at least three regular season meets and regional meets.
2. Participate in the state meet if you qualify.
3. Make the final round in at least one event.
4. Exhibit good sportsmanship and manners at all events.
5. In case of injury, the sponsor reserves the right to letter an individual if he/she has made a significant contribution to the team.
6. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
7. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.
8. If a student has shown exemplary dedication and responsibility, but has not met the lettering requirements, a provisional letter may be awarded at the coach's discretion. A provisional letter means that if the student letters the following year, he/she will receive a bar for both years.



**HIGH SCHOOL  
SCHOLARS' BOWL LETTERING REQUIREMENTS**

1. Participate in at least four high school meets.
2. Must help set up, clean up, work or compete in all meets held at Attica.
3. Exhibit good sportsmanship and manners at all events
4. Practice Requirements:
  - A) Practices will be held before school, over lunch hour, and after school.
  - B) Must accumulate 50 points in practices and 50 points in varsity meets
    - \* Practice questions are worth 5 points each
    - \* Meet questions are worth 10 points each
    - \* Bring an article from Newsweek, Time or a newspaper to each practice
5. In case of injury, the sponsor reserves the right to letter an individual if he/she has made a significant contribution to the team.
6. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
7. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team
8. If a student has shown exemplary dedication and responsibility, but has not met the lettering requirements, a provisional letter may be awarded at the coach's discretion. A provisional letter means that if the student letters the following year, he/she will receive a bar for both years.

**JUNIOR HIGH SCHOOL  
SCHOLARS BOWL LETTERING REQUIREMENTS**

1. Participate in at least two junior high school meets.
2. Must help set up, clean up, work, or compete in all meets held at Attica.
3. Exhibit good sportsmanship and manners at all events
4. Practice Requirements:
  - A) Practices will be held before school and after school.
  - B) Any absences must be arranged with the sponsor before the scheduled practice unless sick from school.
  - C) Must accumulate 50 points in practices and 40 points in varsity meets
    - \* All questions are worth 10 points each
    - \* Bring an article from a current news magazine or a newspaper to each practice
5. In case of injury, the sponsor reserves the right to letter an individual if he/she has made a significant contribution to the team.
6. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
7. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.

## **JUNIOR HIGH SCHOOL FOOTBALL LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in at least ½ of the varsity quarters to earn a varsity letter.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if he has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.

### **JUNIOR HIGH TITAN FOOTBALL RULES AND REGULATIONS**

#### **Attendance:**

1. My expectations are that each member of the AHS Titan football program is punctual, present, and participating on a daily basis.
2. Any absence of which the coach is not notified, in advance, may be considered unexcused.
3. Absences from practices/games for any reason other than personal illness or family emergency will not be excused. Documentation may be required.
4. Please see the Athletic Handbook for other attendance requirements

#### **Events/Games/Practice:**

1. All players should be properly equipped with safety materials needed.
2. All players will be required to travel to all away events with the team. If there is a legitimate reason for alternate transportation after the game, notice must be given to the coach prior to leaving the event, please read the Athletic Handbook for more information.
3. Offseason weights and camps are voluntary but attendance is strongly encouraged.
4. Uniforms and equipment checked out are the property of AHS and must be well maintained. If lost, stolen, or abused the cost of the uniform will be charged to whom it was last issued to.
5. No parents are allowed in the playing area during competition with exception to medical emergencies.

#### **Eligibility:**

1. You are a student first and an athlete second, how you work in the classroom is a reflection of your work ethic on the field.
2. All football players are required to follow AHS standards and guidelines for academic eligibility.
3. Please see the Athletic Handbook for other eligibility requirements

#### **Lettering Policy:**

1. Players that conclude the football season on the varsity football team in "good standing" are eligible, at the head coach's discretion, to letter. 2. "Good Standing" may be defined, but not limited to, the following factors/issues: 1. Participation 2. Academic Eligibility 3. Attendance 4. In-school citizenship 5. Conduct 6. Character 7. Playoff Participation 8. Returned checked out equipment

#### **Expectations:**

1. All players are expected to act in an appropriate manner as a representative of the AA Titans FOOTBALL TEAM and this community. Illegal use of alcohol, tobacco, insubordination, or any other behavior considered inappropriate will result in consequences up to removal from the team. Please read the Athletic Handbook for the mind altering substances rules.
2. All bumps, bruises and injuries are to be reported to the coach as soon as possible to help avoid serious injury in the future, players must be cleared by medical personnel that treated/diagnosed injury. Please use judgment when seeing your personal physicians
3. Any player involved with any form of initiation or hazing, or exhibitions of public ridicule will be dealt with in accordance with school guidelines.
4. Football is a sport that requires many hours of hard work and dedication. I believe that hard work and sacrifice will lead to a successful program.

## **HIGH SCHOOL FOOTBALL LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in at least ½ of the varsity quarters to earn a varsity letter.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if he has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.
7. If a student has shown exemplary dedication and responsibility, but has not met the lettering requirements, a provisional letter may be awarded at the coach's discretion. A provisional letter means that if the student letters the following year, he/she will receive a bar for both years.

### **HIGH SCHOOL TITAN FOOTBALL RULES AND REGULATIONS**

#### **Attendance:**

1. My expectations are that each member of the AHS Titan football program is punctual, present, and participating on a daily basis.
2. Any absence of which the coach is not notified, in advance, may be considered unexcused.
3. Absences from practices/games for any reason other than personal illness or family emergency will not be excused. Documentation may be required.
4. Please see the Athletic Handbook for other attendance requirements

#### **Events/Games/Practice:**

1. All players should be properly equipped with safety materials needed.
2. All players will be required to travel to all away events with the team. If there is a legitimate reason for alternate transportation after the game, notice must be given to the coach prior to leaving the event, please read the Athletic Handbook for more information.
3. Offseason weights and camps are voluntary but attendance is strongly encouraged.
4. Uniforms and equipment checked out are the property of AHS and must be well maintained. If lost, stolen, or abused the cost of the uniform will be charged to whom it was last issued to.
5. No parents are allowed in the playing area during competition with exception to medical emergencies.

#### **Eligibility:**

1. You are a student first and an athlete second, how you work in the classroom is a reflection of your work ethic on the field.
2. All football players are required to follow AHS standards and guidelines for academic eligibility.
3. Please see the Athletic Handbook for other eligibility requirements

#### **Lettering Policy:**

1. Players that conclude the football season on the varsity football team in "good standing" are eligible, at the head coach's discretion, to letter. 2. "Good Standing" may be defined, but not limited to, the following factors/issues: 1. Participation 2. Academic Eligibility 3. Attendance 4. In-school citizenship 5. Conduct 6. Character 7. Playoff Participation 8. Returned checked out equipment

#### **Expectations:**

1. All players are expected to act in an appropriate manner as a representative of the AA Titans FOOTBALL TEAM and this community. Illegal use of alcohol, tobacco, insubordination, or any other behavior considered inappropriate will result in consequences up to removal from the team. Please read the Athletic Handbook for the mind altering substances rules.

2. All bumps, bruises and injuries are to be reported to the coach as soon as possible to help avoid serious injury in the future, players must be cleared by medical personnel that treated/diagnosed injury. Please use judgment when seeing your personal physicians
3. Any player involved with any form of initiation or hazing, or exhibitions of public ridicule will be dealt with in accordance with school guidelines.
4. Football is a sport that requires many hours of hard work and dedication. I believe that hard work and sacrifice will lead to a successful program.

### **JUNIOR HIGH SCHOOL VOLLEYBALL LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in at least ½ of the varsity games to earn a varsity letter.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if she has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.

### **JUNIOR HIGH SCHOOL VOLLEYBALL RULES**

1. We expect you to read and follow the guidelines, rules, and policies set forth in the Athletic Handbook.
2. We expect you to come to practice everyday ready to work hard and give us 110%.
3. We expect you to come to practice prepared. This includes clothes, shorts, socks, shoes, etc.
4. We expect you to come to every game prepared. This includes shorts, socks, shoes, white bra, etc. I will bring your jersey.
5. We expect you to keep your grades up. If you need help, ASK.
6. We expect you to keep the locker room clean. Anything we find will result in extra conditioning the next day. Keep it off the floor and you won't have to worry about this one!!
7. Most of all we want you to have fun and enjoy volleyball. Work as a team and keep any personal problems off the court.

Daily grades will be given for dressing out and participation everyday. You will receive a 100% if you dress out and practice. If you forget your clothes, you will receive a **zero** for the day. Any absences will be made up the next day. If you are injured, you will be given written work so you may still receive a participation grade.

**HIGH SCHOOL  
VOLLEYBALL LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in at least ½ of the varsity games to earn a varsity letter.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if she has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.
  
7. If a student has shown exemplary dedication and responsibility, but has not met the lettering requirements, a provisional letter may be awarded at the coach's discretion. A provisional letter means that if the student letters the following year, he/she will receive a bar for both years.

**Lady Bulldog Volleyball  
TEAM RULES  
TEAM PHILOSOPHY**

We start as a team and finish as a team.

Practice does not make perfect-perfect practice makes perfect.

Cooperation is the conviction that nobody gets there unless everybody gets there.

A person who wants something will find a way- a person who does not will find an excuse.

There are two types of people, those who believe they can, and those who believe that they can't, they are both right.

**GOALS**

Individual – self-esteem, self- control, self-confidence

Team – support, accept, loyalty, honesty, enthusiasm, unSELFish

**ACADEMICS**

Education is your first priority – volleyball is second. The Lady Bulldogs will use the KSHSAA policy to determine eligibility for the season. There is no in season policy, but parents request for suspensions for grades or discipline problems will be honored.

**CONDUCT**

On the court – play your heart out for your team, be supportive, respectful, and courteous. Do not do anything that brings attention to yourself.

Off the court – don't do anything that brings embarrassment to the team, the school, or yourself. Be in good standing with the school and community – represent the black and gold. Consequence – coaches discretion (running and/or suspension)

Extra running will be given after practice for the following: -late for practice or games -failure to bring clothing or gear, or take clothing home to clean it -detentions or in-school suspensions given for conduct during school

**SUBSTANCE ABUSE**

No player will use any alcohol, drugs, or tobacco products.

1 st offense – School hand book policy plus 1600 m run/day for 5 days.

2 nd offense – school handbook policy plus 3200 m run/day for 5 days.

3 rd offense – dismissal from the team

Players will attend practice and games during the suspension.

### **EQUIPMENT**

You will furnish practice clothes and tennis shoes.

All clothes will be taken home weekly and washed.

School will provide you with a game jersey. Any equipment that is lost will be paid for at replacement costs.

### **ATTENDANCE**

Dress times and leave times will be set for all games. If you arrive late you will not start and be given extra running for the next practice. If you miss the bus you must go to the game with a parent or administrator or you will lose playing time or not suit. (WHY late)

When a player has an unexcused absence for practice they will be responsible for a 2400 M run (15 min). An unexcused absence is the result of missing a practice and not informing the coach AHEAD of time as to why you will be missing practice. When a player has an excused absence they will be responsible for make up running at the coaches discretion, depending on the reason for the missed practice.

### **LETTERING**

To earn a varsity letter you must participate in ½ of the varsity games and be in good standing with Attica High School. (KSHSAA standards)

### **COACHES CONTACT**

Our coaching staff will do its best to maintain an open door policy. Any problems or concerns, feel free to contact Coach Dark at 620-243-2860. As per handbook policy I will not discuss playing time with a parent.

Please refer to the handbook page on setting up meetings with Mr. Sanders if you have a problem that you cannot resolve with the coach.

### **INJURIES**

Please report any and all injuries to the coaching staff as soon as possible, especially before your doctor submits a bill to the school. If I have not done an accident report the school insurance may not help with the claim. I strongly encourage all parents to go to [nfhslern.com](http://nfhslern.com) and watch the free courses entitled Concussions in Sports and Heat Illness Prevention. There is some information that will help you work with your child in both of those areas.

## **JUNIOR HIGH SCHOOL BASKETBALL LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in at least ½ of the varsity quarters to earn a varsity letter.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if he/she has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.

**ATTICA BULLPUPS  
GIRLS BASKETBALL RULES**

**Coaching Staff Contact Information**

Belle Mattingly (301) 481-1739 (Cell); (620) 530-8015 (Home)

Craig Winters

**Team Philosophy**

- T E A M: Together Everyone Achieves More. Listen, Learn and Inspire each other.
- We will always make a total effort even when the odds are against us. Everyone has the will to win, but it's the will to prepare to win that makes the difference.
- Practice like you play in the games. This means 100% effort whenever you are on the court. Practice is where you improve your skills for play in games.
- There is no "I" in TEAM – We win and lose as a Team.

**Individual Goals**

- Realize my potential to become the best player I can be. The better I get the better my team gets. I will give my best effort all the time.
- I will work hard. Achievement only comes through hard work. "Champions keep playing until they get it right" (Billie Jean King)
- Motivation is key. Stay motivated even when it gets tough. This is something that will carry-over into many aspects of life. It will make you a stronger person.
- Learn from you mistakes. It will make you a better player.

**Team Tenets**

- The "best players" will start games. The best players are not just those with the greatest ability, but are the ones who work hard and have a positive mindset. Be an over achiever and set an example to inspire your teammates.
- Play to win, every minute, all the time, as a team. Desire and teamwork can make the difference between a win and a loss.
- Learn from our mistakes. It will improve our chances to win.

**Academics**

- Education is your first priority. Students must pass 5 classes per semester to remain eligible for the following semester.

### **Absences**

- You must report absences to the head coach (excused and unexcused) before the absence, and when absent from school that day. If a student has an unexcused absence the day before a game, the student will forfeit their opportunity to start that game.

If you miss a practice and it is excused, you may be required to make up any running you missed, at the coach's discretion and depending on the reason for missing practice. If you have an unexcused absence, you will be required to do additional running or practice drills missed. Additional running or drills must be done before the next game. If not done, the player may lose a starting position for that next game.

### **Conduct**

- ON COURT: Play your heart out for your team. Be supportive, respectful and courteous. Don't do anything to bring attention to yourself. That's self-centric, not team centric. This is a team sport.
- OFF COURT: Be the model citizen. Don't embarrass the team, the school or yourself. Be in good standing with the school and community.

### **Substance Abuse**

No Player will use alcohol, drugs or tobacco products. The school policy delineates the penalties for use. There are serious consequences for use of these "Mood-Altering Chemicals". Such activity is illegal and detrimental to a student's wellbeing, and will affect the physical and psychological state of a student.

### **Equipment**

You are responsible to dress in a T-shirt, shorts, socks and basketball shoes – every day. The School will provide you with a practice top and game uniforms. All clothes provided to you will be taken home weekly and washed. All practice tops and uniforms will be turned in at the end of the season. Any uniforms or practice tops lost will be paid for at replacement cost.

## **HIGH SCHOOL BASKETBALL LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in at least ½ of the varsity quarters to earn a varsity letter.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if he/she has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.
7. If a student has shown exemplary dedication and responsibility, but has not met the lettering requirements, a provisional letter may be awarded at the coach's discretion. A provisional letter means that if the student letters the following year, he/she will receive a bar for both years.



**BULLDOG BOYS BASKETBALL  
TEAM RULES**

**TEAM PHILOSOPHY**

Play Hard, Play Smart, Play Together  
We start as a team and finish as a team  
Play Like a Champion  
Give 110% all the time  
Play Fast  
Leave Nothing

**GOALS**

Individual – Develop basketball skills that will allow you to compete.  
Develop player self-esteem, self- control, self-confidence  
Team – Varsity will start best five players, play for the win  
Junior varsity will get all experience, play time will be scripted  
Players will demonstrate loyalty, honesty, enthusiasm, confidence, and un **SELF** ishness

**ACADEMICS**

Education is your first priority – basketball is second. We will follow the school’s eligibility regulation. Parents request to not release a student from school, or to not take a student to games until grades are up will be honored, but if the player shows up at the game they will sit with the team.

**CONDUCT**

On the court – play your heart out for your team. Be supportive, respectful, and courteous. Do not do anything that will bring attention to yourself.

Off the court – don’t do anything that brings embarrassment to the team, the school, or yourself.  
Be in good standing with the school and community – represent the black and gold.  
Consequence – coach's discretion (running and/or suspension)

Extra running will be given after practice for the following:

- late for practice or games
- failure to bring clothing or gear, or take clothing home to clean it
- detentions or in-school suspensions given for conduct during school

**SUBSTANCE ABUSE**

No player will use any alcohol, drugs, or tobacco products.  
Please check the handbook for the school substance abuse policy.

**EQUIPMENT**

You will furnish a T- shirt, shorts, socks, and basketball shoes. The school will provide a practice top and uniform. All clothes will be taken home weekly and washed. Any equipment that is lost will be paid for at replacement cost.

**ATTENDANCE**

**PRACTICE:**

The bell rings at 3:20, you will be dressed and ready to go at 3:35. If you miss a practice, and it is excused, you will make up any running that you missed. Unexcused absences will result in extra running. Running should be made up before the next game.

**GAME:**

Dress times and leave times will be set for all games. If you arrive late you will not start and be given extra running for the next practice. If you miss the bus you must go to the game with a parent or administrator or you will lose playing time or not suit. (WHY late)

After a player has received three unexcused absences from practice they will face a suspension and extra running above what they missed in practice.

**YOU DON'T PRACTICE – YOU DON'T PLAY!!!!**

### **LETTERING**

To earn a varsity letter you must participate in ½ of the varsity quarters.

### **COACHES CONTACT**

Our coaching staff will do its best to maintain an open door policy. Any problems or concerns, feel free to contact me. I will not discuss playing time with a parent.  
Coach Miller 620-842-2737

### **INJURIES**

Please report any and all injuries to the coaching staff as soon as possible, especially before your doctor submits a bill to the school. If I have not done an accident report the school insurance may not help with the claim.

### **CHECK OUT OFF OF BUS**

All players need to ride the bus to the games. If a player wants to ride home with their parents after the game they need to be signed out by the parents. If the parents want them to be checked out by someone else I need a phone call from the parent telling me who they are to ride home with. I will not check them out to a high school student.

## **LADY BULLDOGS BASKETBALL TEAM RULES**

### **TEAM PHILOSOPHY**

Play Hard, Play Smart, Play Together  
We start as a team and finish as a team  
Play Like a Champion  
Give 110% all the time  
Play Fast  
Leave Nothing

### **GOALS**

Individual – Develop basketball skills that will allow you to compete.  
Develop player self-esteem, self- control, self-confidence  
Team – Varsity will start best five players, play for the win  
Junior varsity will get all experience, play time will be scripted  
Players will demonstrate loyalty, honesty, enthusiasm, confidence, and unSELFishness

### **ACADEMICS**

Education is your first priority – basketball is second. We will follow the school's eligibility regulation. Parents request to not release a student from school, or to not take a student to games until grades are up will be honored, but if the player shows up at the game they will sit with the team.

In order to earn a starting position your grade in every class must be a C. If your grade falls below a C, you will have a week to get it up before you lose your starting spot.

### **CONDUCT**

On the court – play your heart out for your team. Be supportive, respectful, and courteous. Do not do anything that will bring attention to yourself.

Off the court – don't do anything that brings embarrassment to the team, the school, or yourself.  
Be in good standing with the school and community – represent the black and gold.  
Consequence – coach's discretion (running and/or suspension)

Extra running will be given after practice for the following:

- late for practice or games
- failure to bring clothing or gear, or take clothing home to clean it
- detentions or in-school suspensions given for conduct during school

#### **SUBSTANCE ABUSE**

No player will use any alcohol, drugs, or tobacco products.  
Please check the handbook for the school substance abuse policy.

#### **EQUIPMENT**

You will furnish a T- shirt, shorts, socks, and basketball shoes. The school will provide a practice top and uniform. All clothes will be taken home weekly and washed. Any equipment that is lost will be paid for at replacement cost.

#### **ATTENDANCE**

##### **PRACTICE:**

The bell rings at 3:20, you will be dressed and ready to go at 3:35. If you miss a practice, and it is excused, you will make up any running that you missed. Unexcused absences will result in extra running. Running should be made up before the next game.

##### **GAME:**

Dress times and leave times will be set for all games. If you arrive late you will not start and be given extra running for the next practice. If you miss the bus you must go to the game with a parent or administrator or you will lose playing time or not suit. (WHY late)

If a player misses a game for a non school activity or being ill, they will not be able to suit the next game.

After a player has received three unexcused absences from practice they will face a suspension and extra running above what they missed in practice.

#### **YOU DON'T PRACTICE – YOU DON'T PLAY!!!!**

#### **LETTERING**

To earn a varsity letter you must participate in ½ of the varsity quarters.

#### **COACHES CONTACT**

Our coaching staff will do its best to maintain an open door policy. Any problems or concerns, feel free to contact me. I will not discuss playing time with a parent.

Coach McCartney (620) 491-2533 Assistant coach: Coach Balsters

#### **INJURIES**

Please report any and all injuries to the coaching staff as soon as possible, especially before your doctor submits a bill to the school. If I have not done an accident report the school insurance may not help with the claim.

#### **CHECK OUT OFF OF BUS**

All players need to ride the bus to the games. If a player wants to ride home with their parents after the game they need to be signed out by the parents. If the parents want them to be checked out by someone else I need a phone call from the parent telling me who they are to ride home with. I will not check them out to a high school student.

## **JUNIOR HIGH SCHOOL TRACK LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Lettering: An individual must complete one of the following to earn a varsity letter
  - A) Score eight (8) points in the season
  - B) Medal at the league track meet

NOTE: A relay team member receives the same number of points toward lettering. The relay team score is not divided among all four runners.

3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if he/she has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.

### **Bulldog JR. High Track Team Rules**

#### Team Philosophy

- We start as a team and finish as a team.
- Practice does not make perfect. Perfect practice makes perfect.
- Cooperation is the conviction that nobody gets there unless everybody gets there.
- There are two types of people, those who believe they can and those who believe that they can't and they are both right.

#### Goals

- Individual-
  - Develop track skills that will allow you to compete at the next level.
  - Develop individual self-esteem, self-control, and self-confidence.
- Team-
  - Demonstrate support, acceptance, loyalty, honesty, and enthusiasm

#### Academics

- Education is your first priority, track is second. Parents request to not release a student from school or to not take a student to meets until grades are up will be honored. Students that are deemed academically ineligible by the school will not compete for the week.

#### Conduct

- At the track
  - Be supportive, respectful, and courteous (called sportsmanship). Stay out of other schools team camps, just as they will stay out of ours. Be warming up at least three events before your event. An athlete will never scratch an event without consent of the coach
  - Consequence- coaches discretion (running and/or suspension)
- Away from the track
  - Don't do anything that brings embarrassment to the team, the school, or yourself. Be in good standing with the school and community. Represent your school.
  - Consequence- coaches discretion (running and/or suspension)
- Extra running will be given after practice for the following:
  - Late for practice or an unexcused missed practice

- o Failure to bring clothing or gear, or take clothing home to clean it
- o Detentions or in-school suspensions given for conduct during school

#### Substance Abuse

- No player will use any alcohol, drugs, or tobacco products
  - o 1<sup>st</sup> offense- School handbook abuse policy
  - o 2<sup>nd</sup> offense- Dismissal from team
- Please check the handbook for the school substance abuse policy

#### Equipment

- You will furnish a T-shirt, shorts, socks, and shoes. The school will provide sweats and a uniform. All clothes will be taken home weekly and washed. Track gear will not be worn at any other time than track. Any equipment that is lost will be paid for at replacement cost. All athletes must be dressed in school-issued equipment at the track meet. Once the uniform is taken off, you are a spectator and will go sit in the stands.

#### Attendance

- PRACTICE: 2:27-3:20
  - o You will be dressed and ready to go at 2:30. Unexcused misses will result in extra running and possible suspension after four unexcused absences. Running must be made up before the next meet. Athletes that do not make up their unexcused absences before the next meet will not compete. Excused absences include family obligations, illness, doctor visits, or attending another school activity.
- Track Meet:
  - o Dress times and leave times will be set for all meets. A student must be at school by 11:00 AM in order to participate at the meet that day unless the student has a doctor's appointment or a family emergency.

#### Lettering

- To earn a varsity letter, you must:
  - o Participate in all track meets, unless injury or family emergency prevents it
  - o Score eight points during the season
  - o Score at the league meet
  - o Be in good standing academically and discipline wise

#### Coaches Contact

- Our coaching staff will do its best to maintain an open-door policy. Any problems or concerns, feel free to contact one of the coaches
  - o Coach Balsters: [tannerb@usd511.org](mailto:tannerb@usd511.org)

#### Injuries

- Please report any and all injuries to the coaching staff as soon as possible, especially before your doctor submits a bill to the school. If I have not done an accident report, the school insurance may not help with the claim.

#### Check Out off of Bus

- All players need to ride the bus to the meets. If a player wants to ride home with their parents after the meet, they need to be signed out by the parents. Athletes that want to ride home with someone that is not their parent must have it approved by school before the meet.

## **HIGH SCHOOL TRACK LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Lettering: An individual must complete one of the following to earn a varsity letter
  - A) Score ten (10) points in the season
  - B) Medal at the league track meet
  - C) Qualify for the regional track meet

NOTE: A relay team member receives the same number of points toward lettering. The relay team score is not divided among all four runners.

3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the head coach reserves the right to letter an individual if he/she has made a significant contribution to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.
7. If a student has shown exemplary dedication and responsibility, but has not met the lettering requirements, a provisional letter may be awarded at the coach's discretion. A provisional letter means that if the student letters the following year, he/she will receive a bar for both years.

### **Bulldog High School Track Team Rules**

#### Team Philosophy

- We start as a team and finish as a team.
- Practice does not make perfect. Perfect practice makes perfect.
- Cooperation is the conviction that nobody gets there unless everybody gets there.
- There are two types of people, those who believe they can and those who believe that they can't and they are both right.

#### Goals

- Individual-
  - Develop track skills that will allow you to compete at the next level.
  - Develop individual self-esteem, self-control, and self-confidence.
- Team-
  - Demonstrate support, acceptance, loyalty, honesty, and enthusiasm

#### Academics

- Education is your first priority, track is second. Parents request to not release a student from school or to not take a student to meets until grades are up will be honored. Students that are deemed academically ineligible by the school will not compete for the week.

#### Conduct

- At the track
  - Be supportive, respectful, and courteous (called sportsmanship). Stay out of other schools team camps, just as they will stay out of ours. Be warming up at least three events before your event. An athlete will never scratch an event without consent of the coach
  - Consequence- coaches discretion (running and/or suspension)

- Away from the track
  - Don't do anything that brings embarrassment to the team, the school, or yourself. Be in good standing with the school and community. Represent your school.
  - Consequence- coaches discretion (running and/or suspension)
- Extra running will be given after practice for the following:
  - Late for practice or an unexcused missed practice
  - Failure to bring clothing or gear, or take clothing home to clean it
  - Detentions or in-school suspensions given for conduct during school

#### Substance Abuse

- No player will use any alcohol, drugs, or tobacco products
  - 1<sup>st</sup> offense- School handbook abuse policy
  - 2<sup>nd</sup> offense- Dismissal from team
- Please check the handbook for the school substance abuse policy

#### Equipment

- You will furnish a T-shirt, shorts, socks, and shoes. The school will provide sweats and a uniform. All clothes will be taken home weekly and washed. Track gear will not be worn at any other time than track. Any equipment that is lost will be paid for at replacement cost. All athletes must be dressed in school-issued equipment at the track meet. Once the uniform is taken off, you are a spectator and will go sit in the stands.

#### Attendance

- PRACTICE: 3:20 – Dismissal by Coach
  - You will be dressed and ready to go at 3:25. Unexcused misses will result in extra running and possible suspension after four unexcused absences. Running must be made up before the next meet. Athletes that do not make up their unexcused absences before the next meet will not compete. Excused absences include family obligations, illness, doctor visits, or attending another school activity.
- Track Meet:
  - Dress times and leave times will be set for all meets. A student must be at school by 11:00 AM in order to participate at the meet that day unless the student has a doctor's appointment or a family emergency.

#### Lettering

- To earn a varsity letter, you must:
  - Participate in all track meets, unless injury or family emergency prevents it
  - Score ten points during the season
  - Score at the league meet and qualify for the regional meet
  - Be in good standing academically and discipline wise

#### Coaches Contact

- Our coaching staff will do its best to maintain an open door policy. Any problems or concerns, feel free to contact one of the coaches
  - Coach Miller: [montem@usd511.org](mailto:montem@usd511.org)      Coach Balsters: [tannerb@usd511.org](mailto:tannerb@usd511.org)

#### Injuries

- Please report any and all injuries to the coaching staff as soon as possible, especially before your doctor submits a bill to the school. If I have not done an accident report, the school insurance may not help with the claim.

#### Check Out off of Bus

- All players need to ride the bus to the meets. If a player wants to ride home with their parents after the meet, they need to be signed out by the parents. Athletes that want to ride home with someone that is not their parent must have it approved by school before the meet.

## **JUNIOR HIGH SCHOOL CHEERLEADING LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in most cheerleading activities throughout the year.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the sponsor reserves the right to letter an individual if he/she has made significant contributions to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.

### **AJH Cheer Rules and Expectations**

#### **PURPOSE:**

- The purpose of the AJH cheer squad is to promote and develop school spirit, set an example of good behavior, positive attitudes, and good sportsmanship at all athletic events. We want to increase self-esteem in our members and strive to have consistent academic performance. We will encourage learning leadership skills and qualities as well as working on lifelong social skills.

There will be fun but we will also need to have conductive practices and be good cheerleaders for our team. We are the face of the school; we must represent the school of Attica well.

#### **RULES AND CONSEQUENCES:**

- All events are mandatory. Only the sponsor has the authority to excuse a cheerleader from an event. After 3 unexcused absences or benchings the cheerleader may be dismissed from the team.
- There are some events that will be counted as an excused absence. With that being said every performance/practice/event has a learning experience. If they are missed the cheerleader may not know a crucial part of a cheer, dance, etc.
  - The following will be counted as an excused absence
    - Illness or medical appointments
    - Family Emergency
    - Other school related activities (practices, tests, school trips, NOT detentions
    - Military Service

#### **PERFORMANCE:**

The team will be performing at different events including but not limited to-

- Home varsity football and basketball games
- Away varsity football and basketball games
- Home varsity football half time
- Home varsity basketball halftime
- Pep rallies

I expect all cheerleaders to be at the location on time, dressed and ready to go. Please do not be late (if late we will start without said cheerleader and then they will be required to sit on the sidelines with the sponsor).

- Members will perform as determined by the sponsor.

#### **GAMES:**

- Cheerleaders are expected to be at the game and ready before the game starts. They should have stretched and warmed up. Do not be late, if late the cheerleader will be sitting.
- Full correct uniform is required at the game (the cheerleaders will all match)



- Members will perform as determined by the sponsor.
- No phones during the game
- Cheerleaders will get food and drinks at half time, if not back by the start of the second half they will be sitting (if need be get someone to go get food for you before halftime)
- Cheerleaders will stand at attention when not cheering. (no conversations with other cheerleaders or fans)
- Getting drinks during the game is acceptable but eating is not.

#### **TRANSPORTATION:**

- Cheerleaders are not allowed to drive to away games. (if they do not ride in the school provided transportation the cheerleader will not perform)
- Members will ride the bus/suburban to away events.
- At the end of an event members may ride home with parent/ guardian and must be signed out by parent/ guardian with the sponsor
- A signature at the event is not required if a signed and written note is given to the sponsor or principal by 9:00 A.M. the day of the event and states the reason for the release.

#### **UNIFORMS/ APPEARANCE:**

- Hair up out of face for all events with the correct bow for games/ performances.
- Uniforms should be clean (stain free) and neat as well as the warmups. They should be worn appropriately.
- On the day of games/ performances the girls will be wearing the chosen uniform unless participating in another sport that requires them to dress up. We will discuss what needs to be worn the night before the game.
- Uniforms are not to be worn unless at an event or if it was specified by the sponsor to wear the uniform.
- Every cheerleader is responsible for their own uniform including bows, bloomers, skirts, shells, warm ups, shoes, and poms. If an item is destroyed, lost or stolen the responsibility for the item falls on the cheerleader and they will have to replace it.

#### **PRACTICES:**

- Members are expected to be at all practices that are set by the sponsor.
- Practice will have a set time. Cheerleaders are expected to be there on time and ready to go. There will be summer practices.
- Phones will not be checked by cheerleaders unless a family emergency is going on. Feel free to text the sponsor if contact with a cheerleader is needed urgently.

#### **OTHER ACTIVITIES:**

- Each member is expected to participate in all fundraising to help benefit the squad.
- Everyone will receive profits from the fundraiser based on the amount of time or individual sales. (If a member's profit exceeds the cost of uniform or camp the money will be put in the cheerleading fund for future use).

#### **SCHOOL SPIRIT ACTIVITIES:**

- The planning, organizing, and the conducting of pep assemblies, spirit clinics, and summer camp. (All events must be pre-approved by the sponsor).
- Decorating/ making signs to promote school spirit for locker rooms, gym and hallways during football, volleyball, cross country, basketball, pep band, etc.
- Making locker decorations for all sports (football, volleyball, cross country, basketball, pep band, etc).

#### **EXPECTATIONS:**

- Cheerleaders are expected to maintain a positive and pleasant attitude as well as display a high standard of good behavior at all times throughout the school year. Cheerleaders are student representatives of Attica Public Schools.
- We will follow all guidelines and rules set forth by USD 511 in Attica Schools Student Handbook.
- All members are expected to participate in all events throughout the year including summer events.
- Cheerleaders are expected to attend camp in June or July. Unavoidable circumstances will be excused upon the judgment of the sponsor and principal.
- All members are expected to maintain academic eligibility throughout the entire year.

- Cheerleaders are leaders of the school and are expected to conduct themselves as such. This will be in a positive way and exceeding all expectations of how a student should conduct themselves. **BE THE BEST LEADER YOU CAN BE!**
- Cheerleaders are expected to be on time and ready for all events (this includes practices).
- Hair will be worn up and out of your face, short fingernails (natural nail polish and school colors are allowed), no jewelry or loose glitter for all events.
- If a member has a job or other outside activities which interfere with their team responsibilities, the member will be notified and if it continues, the member will be dismissed from the squad; practices and performances take precedence over outside jobs, other outside classes, or activities. (special circumstances may be excused by sponsor/ or principal)
- No gum, candy, cough drops or any type of food during practice or games
- Cheerleaders must notify sponsor before missing a practice or performance
- Report all injuries to the sponsor that happen during or before practices or performances.
- No smoking, drinking or usage of any illegal drugs. Refer to Attica Schools Student Handbook for more details.
- Attitudes and behaviors that are not desirable and conducive of being good leaders and representing Attica will be met with consequences decided by the sponsor/ or principal.

All situations can be unforeseen and will be dealt with on case to case bases and decided by the sponsor with an administrator's assistance if needed.

### **HIGH SCHOOL CHEERLEADING LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must have participated in most cheerleading activities throughout the year.
3. Exhibit good sportsmanship and manners at all events.
4. In case of injury, the sponsor reserves the right to letter an individual if he/she has made significant contributions to the team.
5. The student must finish the season in good standing and be academically eligible in order to be a candidate for a letter winner. Letters will be awarded at the athletic and activities awards banquet at the end of the school year.
6. The student will forfeit his/her varsity letter if inappropriate behavior results in disciplinary action that causes dismissal from the team.

### **AHS Cheer Rules and Expectations**

#### **RULES:**

All events are mandatory. Only the sponsor has the authority to excuse a cheerleader from an event. After 3 unexcused absences or benching, the cheerleader may be dismissed from the team.

There are reasons that will be counted as an excused absence but every event has a learning experience. If an event is missed, the cheerleader may miss a crucial part of cheer, dance, happenings, etc.

The following will be counted as an excused absence:

- Illness or medical appointments
- Family emergency
- Other school related activities (practices, tests, school trips, etc.) NOT detentions
- Military service

#### **UNIFORMS/APPEARANCE**

- Hair up or out of face for all events
- Uniforms should be clean (stain free) and neat as well as warm-ups. The uniforms should be worn properly

- On the day of games/performances, the girls will be wearing chosen uniforms by the sponsor unless participating in another sport that requires them to dress up. We will discuss what needs to be worn the night before the game
- Uniforms are not to be worn unless at an event or specified by the sponsor
- Every cheerleader is responsible for their own uniforms, spandex, skirts, shells, warm-ups, and shoes. Poms will be transported by the sponsor. If an item is destroyed, lost or stolen, the responsibility for the item falls on the cheerleader and they will have to replace it

#### **PRACTICES:**

- Members are expected to be at all practices that are set by the sponsor
- Practice times will be set by the sponsor. Cheerleaders are expected to be there on time and ready to go
- There will be summer practices and or cheer clinics or camps
- Phones will be set aside for all practices. Feel free to contact the sponsor if a cheerleader needs to be contacted

#### **GAMES:**

- Cheerleaders are expected to be at the game 30 minutes before game time and ready before the game starts
- Stretching and warming up before game time is crucial, so do not be late! If a cheerleader is late, they will be sitting the first quarter of the game
- Full correct uniform is required at the game (the cheerleaders will all match)
- Members will perform as determined by the sponsor
- NO PHONES during the game
- Food and drinks will be ate and drank at half time. NO REFRESHMENTS while cheering. If you need someone to get you something, so you have time to eat it, then make sure you make arrangements
- Cheerleaders will stand at attention when not cheering
- No conversation with fans while on the sidelines
- Getting a drink during a game is acceptable, eating is not

#### **TRANSPORTATION:**

- Cheerleaders are not allowed to drive to away games. If they do not ride in the school provided transportation, the cheerleader will not perform
- Members will ride the bus/suburban to away events
- At the end of an event, members may ride home with parents or guardian and must be signed out by the parent/guardian that is taking them
- A signature is not required, if a written note is given to the office, sponsor or principal the day of the game by 9:00am and states the reason for release

#### **OTHER ACTIVITIES:**

- Each member is expected to participate in all fundraising to help benefit the squad
- Everyone will receive profits from the fundraiser based on the amount of time put in or individual sales. If a member's profit exceeds the cost of uniforms or camp, the extra money will be put in the cheerleader fund for future use

#### **SCHOOL SPIRIT ACTIVITIES:**

- The planning, organizing, and conducting assemblies, spirit clinics, and summer camp will all be pre-approved by the sponsor
- Decorating and making signs to promote school spirit for locker rooms, gym, hallways, and locker signs will all be a team building event
- Locker signs will be added to the lockers the night before games and will also be a team effort

#### **EXPECTATIONS:**

- Cheerleaders are expected to maintain a positive and pleasant attitude and also display a high standard of good behavior at all times throughout the school year. Cheerleaders are representatives of Attica High School and they must present themselves that way

- All rules and guidelines set forth by USD 511 in the Attica Schools Student Handbook will be followed
- All members are expected to participate in all events throughout the year including summer events
- Cheerleaders are expected to attend a camp in June or July and any unavoidable circumstances will be excused upon the judgment of the sponsor and principal
- All members are expected to maintain academic eligibility throughout the entire school year

**EXPECTATIONS:** (continued)

- Cheerleaders are leaders of the school and are expected to conduct themselves as such. This will be in a positive way and exceeding all expectations of how a student should conduct themselves. Be the best leader you can be and represent our school well
- Cheerleaders are expected to be on time and ready for all events, this includes practices
- Hair will be worn up or up out of the face, short fingernails, natural nail polish or school colors are allowed, no jewelry or loose glitter for any events
- If a member has a job or other outside activities which interfere with their team responsibilities, the member must know that practices, events, and performances take precedence over outside jobs, other outside classes, and any other activities. (special circumstances may be excused by the sponsor or the principal)
- NO gum, candy, cough drops, or food of any kind on the sidelines
- Cheerleaders must notify the sponsor before missing a practice, event, or any performance. Any unexcused absence will result in a game suspension and will be sitting the sidelines with the sponsor
- Report ALL injuries to the sponsor that happen during or before the practices or performances
- NO smoking, drinking, or usage of ANY illegal drugs. The School Handbook will be a reference for any and all details.
- Attitudes and behaviors that are not desirable and conducive of being good leaders and representing our school will be met with consequences decided by the sponsor or principal

All situations can be unforeseen and will be dealt with on case to case bases and decided by the sponsor with an administrator's assistance if needed.

### **HIGH SCHOOL GOLF LETTERING REQUIREMENTS**

1. Must follow team rules and policies.
2. Must compete and complete half of the scheduled varsity tournaments.
3. Exhibit good sportsmanship and manners at all events.
5. In case of injury, the sponsor reserves the right to letter an individual if he/she has made significant contributions to the team.

### **Bulldog Golf 2021 Team Rules**

**Team Philosophy**-Play Smart and Play Together. We start as a team and we finish as a team. Play to your highest potential and never give up. Respect for each other, coaches, and others at golf tournaments is expected.

**Goals:**

**Individual**-Develop golf skills that will allow you to compete. Develop player self-esteem, self-control, self-confidence, and character.

**Team**-Compete at the highest level we are capable of as a team. Be supportive of each other and hold each other to a standard of excellence both on the course and off. Players will demonstrate loyalty, honesty, integrity, confidence, and unSELFishness.

**Academics**-Education is your first priority-golf is second. Students must pass 5 classes per semester to remain eligible for the following semester. A parents request to not release a student from school, or to not take a student to a tournament until grades are up will be honored.

**Conduct:**

**On the course**-play hard for the team. Be supportive, respectful, and courteous to everyone, don't do anything that brings embarrassment to the team, the school, or yourself.

Respect for all golf courses is a must! **Destruction of any course will result in immediate removal from the team.**

**Off the course**-Be in good standing with the school and community. You represent your school at tournaments, be a positive image for yourself and USD 511.

**Substance Abuse:**

**DRUG/ALCOHOL POSSESSION/ VIOLATIONS OF TOBACCO/NICOTINE/VAPING/JUULING PRODUCTS**

The following will be the substance abuse policy followed by all coaches and sponsors regarding the use and/or possession of alcohol, drugs, or tobacco/nicotine products during the school year of sports and activities. This is a yearly policy, not a seasonal policy.

Proof of abuse will be determined by school administration.

**First Offense**

1. Proof of attendance at an intake session with an approved mental health professional, at the parent's or student's expense.
2. 5 hours of community service on non school time with an unrelated individual or entity agreed upon by school administration.
3. Intake session and community service must be completed and approved before returning to the sport/activity.
4. Extra running/work to be determined by the coach/sponsor.

**Second Offense**

1. Proof of completion of a treatment program related to the substance in question.
2. 10 hours of community service with the same conditions as listed in the first offense.
3. Dismissal for the remainder of the sport/activity season.
4. Treatment program and community service must be completed and approved before returning to the next sport or activity

**Third Offense**

Dismissal from any participation in any sport/ activity for the remainder of the school year.

The provisions of this policy shall apply to all USD 511 students during the regular day and at all school activities on and off the school grounds. KSHSAA is the governing body for all activities in the state of Kansas and all policies set forth through them will also be followed.

**Third Offense**

1. Dismissal from any participation in any sport/ activity for the remainder of the school year.

The provisions of this policy shall apply to all USD 511 students during the regular day and at all school activities on and off the school grounds. KSHSAA is the governing body for all activities in the state of Kansas and all policies set forth through them will also be followed.

**Equipment:**

Every golfer must have the following equipment: clubs, golf bag, balls, gloves, shoes, etc

A rain jacket or an umbrella might also be a good idea, but that's entirely up to you as the individual. A pull cart may also be used by the golfer. For a more in depth list of what can and cannot be used please see the KSHSAA Golf Manual.

**Attendance:**

**Practice**

The bell rings at 3:20, you will be dressed and have your equipment loaded and ready to go by 3:30. We will leave for the golf course at 3:30. Generally practice times will be set from 3:30-5:30 and we should be back to the school around 6:00 each evening. Please plan accordingly as your success as an individual and our success as a team depends on improving each day at practice.

Success is the result of hardwork and dedication. Missed practices will result in not playing tournaments. It is important that students attend practices. If a player misses 3 practices that are not excused, they will be dismissed from the team. If you are going to be gone, please let me know.

**Tournaments**

Dress times and leave times will be set for all tournaments, both JV and Varsity. All golfers are expected to wear appropriate clothing to tournaments. If a student athlete's absence isn't approved by school policy attendance guidelines and the absence causes a cancellation of the event for the other golfers, then the student athlete with the unexcused absence will pay the event fee.

**Overall**

Daily attendance is expected and this also includes tournaments. Exceptions to this rule would be a doctor's appointment, funeral, or other approved absence. If a player misses practice they will need to make up the skill work they missed during their absence.

**Lettering-**To earn a letter you must compete and complete half of the scheduled tournaments. The head coach will determine which members of the team have earned a letter based in part upon the golfer's participation, attitude, honesty, ability, and the above match criteria. The golfer must finish the season in good standing, both academically and athletically, in order to be a candidate for a letter.

**Coaches Contact:** I will do my best to maintain an open door policy. Any problems or concerns please feel free to contact me so we can discuss these issues in a civilized manner. We will have a group chat on Facebook Messenger and I can be reached at the school at 620 254 7915 ext 105.

**Injuries-**Please report any and all injuries to Coach Winters as soon as possible, especially before your doctor submits a bill to the school. If I have not done an accident report the school insurance may not help with the claim.

**Check out off of school transportation-**All golfers need to ride in school transportation to the matches. **Any exceptions need to be cleared in writing with administration.** If a golfer wants to ride home with their parents after the match, they need to be signed out by the parents. If the parents want their golfer to be checked out by someone else I need written verification approved by the administration before we leave for the match. I can not release the golfer to another high school student. The student must be aboard school transportation at the designated leave time. A student who is not aboard school transportation at the designated leave time will be left at school. The student will not be allowed to participate in that day's event and the next scheduled event.