

SARGENT COUNTY

ACTIVITIES HANDBOOK FOR PARENTS, STUDENTS, & COACHES

2023 – 2024

SIGNATURE OF ACCEPTANCE

Dear Parents:

This signature page covers:

1. Activities Handbook
2. "Concussion in Sports" online video
3. Concussion Management Procedure, Program, and Information

Please read the documents and discuss the content with your student(s). A video called "Concussion in Sports -What You Need to Know" can be obtained free of charge at www.nfhslearn.com.

Please sign this page, remove it from this booklet, and return it to the school within the first few days. The signature page will be kept on file at the school.

We have read the Sargent County Activities Handbook and reviewed the Concussion Management Procedure and agree to abide by the policies.

Signature of Student

Date

Signature of Parent/Guardian

Date

We have the following comments to make regarding information contained in the Activities Handbook:

PHILOSOPHY OF ACTIVITIES IN SARGENT COUNTY SCHOOLS

Activities opportunities are for the benefit of all youth. The aim is maximum participation, with athletic and non-athletic activities provided in a balanced intramural and interscholastic setting that emphasizes safe and healthful standards of competition for various levels of maturity and achievement.

Goals for these programs include the promotion of physical, moral, social, and emotional well-being of the participants with an emphasis on the ideals of good sportsmanship, ethical conduct, and fair play.

SARGENT COUNTY STUDENT PARTICIPATION POLICY

INTRODUCTION - The co-curricular programs in Milnor, North Sargent, and Sargent Central Schools exist for the development of skills, attitude, and self-esteem of students and are intended to enhance the physical, social, emotional, artistic, and intellectual growth of our young people.

Parents are encouraged to be positive and supportive in their relationships with advisors and coaches. It is the prerogative of the advisor/coach to manage the activity in such a manner that sound human relationships are encouraged and the regulations of the North Dakota High School Activities Association (NDHSAA) are met. A team effort by parents, school officials, and the participants is needed.

GENERAL STANDARDS

DRESS AND GROOMING – Students who participate in co-curricular activities are expected to dress appropriately for out-of-town trips. Coaches/advisors may establish and post appropriate standards with each individual group. Participants should also expect to be neatly groomed, with hair clean and well kept.

TRAVEL – Students designated to participate in out-of-town events are to travel to and from events with the squad. No other means of transportation is to be arranged unless the coach/advisor and/or High School Principal have granted approval.

CITIZENSHIP – The conduct and behavior of participants is closely observed in many areas of school life and is directly reflective of themselves, their parents, the school, the organization, and the coach/advisor. Participants shall be courteous and show respect for people and property. Exceptional leaders accept the responsibilities, realizing that they influence many others in the school. Inappropriate activities will not be tolerated among student participants.

GENERAL COMMITMENT TO THE PROGRAM – Each student who is involved in a school activity must have a strong commitment to the program in general. Being involved will require teamwork, self-discipline, loyalty, tolerance, sportsmanship, citizenship, and perseverance. If a participant has a concern or conflict, he/she should begin by talking with the coach or advisor in charge.

TRAINING RULES – Participants in activities sponsored by Sargent County are under the North Dakota High School Activities Association. Training rules specifically prohibit drinking or possession of alcoholic beverages, abuse or possession of harmful narcotics and/or drugs, the use of tobacco in any form, or any socially unacceptable behavior.

The North Dakota High School Activities Association Constitution and Bylaws Article XIV Section XII reads as follows:

The use or possession of tobacco (to include products such as e-cigarettes), alcohol, or any controlled substance as defined by North Dakota Law is prohibited. Any student who is in violation of the foregoing shall be suspended from participation in interscholastic contests or activities for a minimum period of six (6) consecutive school weeks for the first offense and a period of eighteen (18) consecutive school weeks for any subsequent offense. A third offense will result in a suspension from high school activities for the remainder of their enrollment. These consequences are cumulative over 9-12 enrollment.

The use, possession, or sale of non-prescriptive anabolic steroids by any student athlete at any time during the school year is prohibited. Any student athlete found to be in violation of the policy shall be subject to the penalties provided in Section XII of Article XIV of the Constitution and Bylaws of the Association. The use or possession of anabolic steroids prescribed or directed by a physician shall not be a violation of this section. NOTE: Administrators should remind students when suspended for a steroid violation that they may not play on non-school teams while under suspension.

The above rules are also in effect during the summer months. A rules infraction over the summer will result in the appropriate suspension (6-week or 18-week) from the beginning of the fall season or first school day.

Suspended students will not be involved in any public recognition or activity during the suspension. Students who are suspended from activities will not be included in performances, drama productions, banquets, travel, presence on the sidelines or bench or any other recognition as a member of the team or group.

ATTENDANCE – Students are required to be in attendance for all but two periods of a day in order to participate in any extracurricular activities that day unless the absence is excused by school or administration. Students may practice at the discretion of the coach and administrators. Students will be counted tardy for the first 15 minutes of a class period, beyond 15 minutes they will be counted as absent.

DEFINITION OF SQUADS – Coaches will make determinations in regard to who plays at a particular level (Varsity, JV, and C-Squad) based on numbers and needs of the program.

CUTTING - High School Coaches may implement cutting procedures to keep manageable numbers in each sport/activity. The procedure and desired number must be submitted in writing by the coaching staff to the ADs for approval.

- General Guidelines: Freshmen will NOT be cut. Foreign Exchange students will NOT be cut.
- Participation levels where cutting MAY be considered: Basketball- 30, Volleyball- 30.

LETTERING – Lettering will be left to the discretion of the coaching staff.

ACADEMIC ELIGIBILITY – Grades will be checked weekly. One failing grade will result in ineligibility for a 1-week period. Failing a class will result in a 2-week suspension the following semester. Failing more than one class per semester will result in a 4-week suspension the following semester.

SAVING CLAUSE – It is impossible to establish a written policy for every possible situation that may arise. School Administration, Activity Directors and Head Coaches will have the final say regarding possible situations that arise that do not have rules established in written policy.

PARENT ROLE

Parents can play an important role in helping students in activities balance the demands of academics, school activities, and school in general. The preparation and practice necessary for success in either activities or academics is equally important.

Following are a few ideas provided by the Ruster Foundation, Ruster Student Services, PO Box 686, Sturgis, MI 49091:

MOTIVATIONAL ASSISTANCE

- Emphasize the value of learning
- Discuss short-term goals
- Discuss long-term goals
- Encourage/promote good study habits
- Reward student for achieving study goals
- Gather information for advanced education
- Encourage positive peer influence

PROMOTION OF HEALTHY LIFESTYLE

- Provide nutritious meals
- Encourage adequate sleep
- Encourage adequate exercise
- Promote activity/study schedules
- Promote adherence to the activity's rules

SUPERVISING, MONITORING, AND COACHING

- Review student study plans
- Track student progress in school
- Promote basic skills - listening, reading, and writing
- Review ideas for preparing for test taking
- Encourage seeking of help from peers and teachers

BE A POSITIVE ROLE MODEL

- Share your own system to accomplish goals
- Share personal education successes and failures
- Show that you value learning and citizenship

MANDATORY COOLING-OFF PERIOD

- A period of twenty-four (24) hours is required after an event before talking to the coaches about your child.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you might hope. Coaches make judgment decisions based upon what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH THE COACH

- Playing time
- Team strategy
- Play calling
- Other student athletes

COACH/ADVISOR ROLE

The coach/advisor is responsible for all fundraising for their activity. The School Board must approve all fundraisers before they start. Fundraising is intended for the students to use for supplemental supplies, equipment, etc. The Activities Director needs to approve all orders prior to ordering even when fundraising funds are used.

The head coach for every sport is responsible for the safety and well-being of all students involved with their program. In order to ensure that the best care possible is given to everyone involved, the head coach must see to it that the following items are completed. The head coach may delegate these duties to another responsible adult, but it is the ultimate responsibility of the head coach to make sure that the duties get taken care of.

THE HEAD COACH WILL

- Be the first person to arrive at practice and the last person to leave practice
- Be responsible for locker room supervision
- Make sure the school is locked after hours and on weekends when there is an event
- Be responsible for keeping accurate inventory of all equipment including uniforms
- Be responsible for keeping the training kit filled with needed supplies. The coach must issue needed supplies to the players – do not let the players help themselves.
- Attend annual rules clinic
- Be knowledgeable of the NDHSAA rules
- Give the AD a list of supplies and equipment needed
- Work with the AD when ordering supplies or equipment
- Be present at open gyms
- Keep equipment rooms clean and materials stored in proper places
- Keep the equipment and equipment room locked up

- Carry out all school policies regarding conduct and eligibility
- Keep the media informed of team events and accomplishments
- Keep parents informed of team happenings
- Be a positive role model
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SPORTSMANSHIP AND CITIZENSHIP – WE ALL PLAY A ROLE

Rarely is a contest played without a negative reaction from a coach, participant, or spectator in the stands on a call made by the official. Officials do make mistakes as well as coaches, players, and yes, the fans. School activity programs can bring out the very best in our participants, students, and adults, or it can bring out the worst. The school district believes that our programs are educational and that there are very important lessons in citizenship and sportsmanship to be learned in the process. Everyone has a role to play. We can do this by being a good example and by following a few simple practices.

GENERAL GUIDELINES

- Be a gracious host and show respect for opponents
- Respect the decisions made by the contest officials
- Be an exemplary role model by positively supporting our teams in every manner possible, including content of cheers and signs
- Be a FAN, not a FANATIC
- Realize that a ticket is a privilege to observe the contest and support the activities, not a license to verbally assault others or be generally obnoxious

EXAMPLES OF A GOOD SPORT

- Exhibit spirit of benevolence and genuine concern for the opponent
- Accept results gracefully and act fairly and courteously at all times
- Maintain self-control in all circumstances

UNACCEPTABLE BEHAVIOR

- Disrespectful or derogatory yells, chants, songs, or gestures
- Criticizing officials in any way
- Displaying a temper with an official's call

CONCUSSION IN SPORTS - WHAT YOU NEED TO KNOW

Sports-related concussion in high school sports can be a serious or even life-threatening situation if not managed correctly. The National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon, takes you through this course. After completion, you will understand the impact a sports-related concussion can have on your players, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion. To view this free course go to: www.nfhslearn.com