

# **ATHLETIC HANDBOOK**

**2011-2012**

**SOUTHERN JUNIOR - SENIOR  
HIGH SCHOOL**

## PHILOSOPHY

The athletic program of Southern Junior and Senior High School is designed to provide wholesome opportunities for those junior and senior high students who desire competitive activity in athletics. A program of five sports is available for senior high boys and four sports for junior high boys. For girls, there are five sports available on the senior high level and four sports for junior high girls. Freshman students are able to compete on the senior high teams.

At the senior high level, the goal will be to field the most competitive team possible to represent our school and communities. On the junior high level, all athletes will participate in regular season contests provided they have met all team rules. We feel that success and failure are learned habits. therefore the objective of each coach will be to win the contest while allowing all a chance to participate. In tournament competition, the objective will be to field the most competitive team--thus giving the squad an opportunity to realize it's full potential.

It is our desire to instill in each athlete the image of true sportsmanship.

He or she will be asked to:

1. Consider all athletic opponents as guests of Southern Jr.-Sr. High and treat them with all the courtesy due friends and guests.
2. Accept the decision of the officials without question.
3. Never use abusive or irritating remarks.
4. Applaud good sportsmanship from opponents and teammates.
5. Strive for victory through fair play according to the rules of the game.
6. Love the game for it's own sake - not for what winning may bring them through publicity.
7. Do everything possible to encourage enthusiasm for the game and courtesy and respect for the players, coaches, and fans.
8. Win without boasting and lose without excuses.
9. Do all within their power to make the entire athletic program something we will always be proud of.

Any boy or girl is welcome to try out for any of the interscholastic teams available to them providing they meet the requirements established by the Nebraska State Activities Association and the school and they agree to follow the guidelines established in this booklet.

## SOUTHERN SPORTSMANSHIP MISSION STATEMENT

Southern School recognizes the importance of sportsmanship at all activities. Sportsmanship is modeling honor and respect through leadership by all participants and spectators.

## NSAA MANDATED SPORTSMANSHIP GUIDELINES

Good Sportsmanship is the attitude and behavior that exemplifies positive support for the athletic programs of NSAA member schools, as well as for the individuals who participate in such programs. People

involved in all facets of high school activities are expected to demonstrate respect for others and display good sportsmanship.

"Unsportsmanlike conduct shall include the following: fighting, verbal abuse or dissent toward an official or opponent, racial or ethnic slurs, inappropriate comments or actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, trash talk, baiting, cheating, throwing or abusing equipment, inappropriate posters, physical intimidation or abuse of an official or opponent, and unauthorized leaving a team bench area."

As a part of the NSAA Sportsmanship legislation, any high school participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim, in addition to other penalties the NSAA or school may assess.

1. Enforcement of the "sit-out rule" for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.
2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest.
3. Enforcement of the "sit-out-rule" is expected to begin immediately, regardless whether it is regular-season or tournament play.
4. If the ejection takes place in the final game of the season, the suspension will not carry over to the following season, however, schools may wish to enact other penalties of their choosing.
5. Game officials will be expected to file with the NSAA an electronic or mailed report for any ejection of a player or coach from a contest. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
6. There is no appeal process for ejections for unsportsmanlike conduct.
7. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

If a coach or athlete is ejected from a contest for unsportsmanlike reasons, it is the school's responsibility to assure that the coach or athlete not participate in the following contest at that level, or any other contest at any other level during the interim. The NSAA will actively monitor ejections and enforcement of the sit-out rules, but it is necessary for schools to take the prominent role in assuring that the new sportsmanship rules are followed and enforced.

Today's society is filled with examples of poor behavior and poor sportsmanship. If one watches college or professional sports, it shouldn't be too surprising why high school coaches, athletes, and spectators sometimes exhibit behaviors that are unsavory or unsportsmanlike. But we don't have to settle for those kinds of behaviors that society has often taken as natural and expected. Together, we can change that culture of what activities participation should be all about--a learning experience for our student-athletes that is conducted in an atmosphere where self, opponents, coaches, and officials are respected and treated properly. Together, we can make a difference!

## **RESPONSIBILITIES**

A great athletic tradition is not built overnight - it takes the hard work and dedication of many individuals over many years. As a member of an interscholastic team, the athlete has certain responsibilities to uphold.

### 1. Responsibilities to yourself

We like to think of an athlete as being someone special in that certain responsibilities are imposed on him/her. An athlete is one who accepts these responsibilities and broadens him/herself and develops

strength of character. Athletes owe it to themselves to get the greatest possible good from their school experiences, their studies, their participation in other co-curricular activities, as well as from athletics.

## 2. Responsibilities to the school

By being an athlete, you have the responsibility to your school to always do your best and always follow the guidelines set fourth. By being an athlete you are representing your school and your community.

You automatically assume the leadership role when you are on an athletic squad. The student body and citizens of the Southern School District know you. You are on the stage with the spotlight on you. The student body, the community, and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute to our school spirit and community image. Make your school proud of you and your community proud of your school, by your performance and your devotion to high ideals. The younger students are watching you. They will imitate you in many ways. Do not let them down - give them high ideals to copy.

## 3. Responsibilities to the coaching staff

Since there is a great learning experience behind athletics at Southern Junior-Senior High, the coaches feel that they have the responsibility to give the community the best possible team with the available talent each year. Coaches of Southern Junior-Senior High are dedicated to this fact. Winning will be utmost in every coaches' mind, but they are well aware of what must be done to win and win in the proper manner.

# RULES AND REGULATIONS

## 1. Practice Regulations

Practice Regulations shall always be congruent with the current issue of The Nebraska School Activities Association Rules and Regulations.

- A. No athlete will ever work out using school facilities unless he/she is under the direct sponsorship of a coach.
- B. Nothing will ever be done by any coach or athlete to take away from the sport season.
- C. Coaches will encourage their athletes to participate in another sport during the off-season.
- D. Off-season conditioning programs will be conducted according to NSAA guidelines during the academic calendar. The weight room may be sponsored during the school year for individuals participating in off-season conditioning, but it must not interfere with the use of the facility by the sports considered in season. These programs should start after the daily practice of the sport in season and conclude before the practice ends so as not to interfere in any way with the sports in season. NSAA rules governing off-season sports will be followed.

## 2. Transportation to athletic contest

It is the district's policy to provide bus or van transportation for students participating in school activities. Occasionally, however, students may need to be transported in private vehicles driven by teachers, coaches or parents. Students must ride in school provided transportation to participate in the activity.

When a student, or students ride in a school vehicle or a school approved vehicle to a school sponsored function, they must ride home in that vehicle unless they are released into the custody of their parent or legal guardian under one (1) of the following conditions:

- A. The parent or legal guardian (in person) gives a written note to the activity sponsor at the site of the activity.
- B. The activity sponsor has been notified by the principal or Superintendent, that the student is to be excused from riding home in the school vehicle.

3. Meals

When an athletic team is required or will be away from home overnight, meals and lodging will be provided.

4. Participation and Attendance

In order for any student to be eligible to participate in an activity a student must be in attendance 1/2 day (at least 4 class periods) on the day of the activity unless it is a pre-excused absence or a school sponsored activity. For the personal safety of the student, those who cannot be in school due to illness should not participate in an activity or practice, if the illness is affecting the student less than four hours prior to the activity.

Athletes are expected to be at all practices scheduled by the coach. Should an athlete not be able to attend a practice, they must contact the coach in advance. Exception: When the athlete is absent from school they do not need to notify the coach, however, most coaches appreciate knowing the reason why the athlete is absent from school. All athletes are always expected to be on time, in fact, ahead of time for all practices, contests and departures for contests.

5. Pre-Practice Requirements

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

- A. Return a medical physical card to the athletic office. (Before the physical will be given, the athlete must supply the doctor with the medical history report found on the back side of the physical form, signed by the parents or guardians.)
- B. Return to the respective office, your physical form which contains guidelines giving the following:
  - 1. Parental/Guardian permission to participate in the sport.
  - 2. Parental/Guardian acceptance to Athletic Guidelines.
  - 3. Athletes acceptance to the Athletic Guidelines.
  - 4. Parental/Guardian signature regarding athletic insurance.
  - 5. NSAA Student and Parent Consent Form.
  - 6. Medical History and Parent Permission for Medical Care.

6. Activities on Wednesday Night or Sunday

Southern School Board Policies state that activities, practices, rehearsals, etc. shall not be scheduled for Wednesday nights after 6:00 p.m. or on Sundays without permission of the Building Principal.

7. Starting, Dismissal and Length of Practice

All starting times of practices will be designated by the individual coach. All athletes are expected to be on the field or court at the time set by the coach. Under normal conditions, all athletes will be required to report to practice -dressed- no later than fifteen minutes from the time of school dismissal. An athlete who lingers in the locker room is holding back the entire team.

- A. Senior High athletes ---- 2 hours
- B. Junior High athletes ---- 1-1/2 hours

8. Equipment

The athletic department tries to furnish the athlete with as much of the equipment needed as is feasible. We are confident that we have good equipment and keep the equipment in proper working condition.

All equipment will be checked out to individuals at the beginning of the season by the coach in charge. The athlete will be responsible for this equipment and should be prepared to pay for the cost of replacement if it is not checked in at the end of the season in reasonable condition. (What item costs when purchased for replacement)

At no time should an athlete wear equipment checked out to him except for practices and contests. **Any athlete found to be wearing school equipment outside of practice or possessing school athletic equipment can expect to be treated as possessing property not belonging to him/her.** Exception: With coaches permission or Homecoming, game day, etc.

9. Dressing Room Policies

An athlete must not linger in the dressing room, be disruptive, or endanger the safety of others. All cases of misconduct while dressing will be dealt with by the coach in charge. Coaches' offices and equipment rooms are off-limits to all athletes except student managers. Exception: The athlete is asked to enter for a conference.

10. Lettering Requirements

Each time an individual letters, they will be awarded a letter certificate by the coach of that sport at the conclusion of the season at the Athletic Banquet. The first time, and only the first time, that an individual letters in any sport at the senior high level, he/she will be awarded by the coach of that sport, the standard chenille letter representative of athletics of Southern High. A student also receives a letter bar for each sport that they letter (one per year, per sport).

In addition to the requirements below, the athlete must complete the season in good standing with the head coach. For the purpose of Lettering Requirements, an activity's season will be deemed to begin and end as set forth by the NSAA calendar for that specific activity. The NSAA season dates can be obtained by going to [www.nsaahome.org](http://www.nsaahome.org).

Each head coach may waive the lettering requirements if an athlete has contributed significantly to the team's success over the course of the season. In all cases the athlete must have the head coach's recommendation to receive a varsity letter.

Girls & Boys Basketball/Softball - must participate in at least 25% of varsity quarters or innings.

Football - must participate in 33% of the varsity quarters.

Volleyball - must participate in 50% of the games in all varsity matches throughout the season. (note: varsity matches can consist of five games)

Wrestling - The athlete must acquire a total of 25 points during the course of the season, or place in either Conference or District Meet and successfully complete the season. Points will be awarded in this manner:

<b>Against Varsity Competition</b>		<b>Against Reserve Competition</b>	
A) Pin	6 points	A) Pin	3 points
B) Sup. Dec	5 points	B) Sup. Dec	2-1/2 points

C) Maj. Dec	4 points	C) Maj. Dec	2 points
D) Dec	3 points	D) Dec	1-1/2 points
E) Forfeit	6 points	No Forfeits	
F) Default	6 points	No Defaults	
G) Participation	1 point	No Participation points	

If, at any time an individual fails to make a designated fair weight class, he/she will lose all accumulated points at that time. A designated fair weight will be determined by the athlete and his coach.

Golf - must play varsity in at least 50% of meets.

Track - must score at least one point in a major meet (relays = 1/4 total point). Major meets consist of events of five or more teams.

Student Managers - These individuals must make arrangements with the head coach regarding responsibilities and attendance of practices and/or games. Senior High student managers are eligible for a varsity letter upon the completion of two full years of service for a specific sport.

NOTE: If a previous letter winner is unable to participate due to a documented injury, the above requirements will be pro-rated provided the athlete attends all practices and contests that he/she is physically able to attend. Non letter winners must participate in at least 50% of scheduled contests before the injury provision takes effect.

#### 11. Code of Conduct

The coaching staff and school administration expect our athletes to be something special, so therefore, an athlete is expected to meet demands that the normal student does not. Also, because athletics are very demanding upon an individual, both mentally and physically. This code of conduct should be followed:

##### A. Appearance

1. Athletes will always be neat, clean and well groomed.
2. All athletes will always take pride in their dress and appearance. NO outlandish dress or attire will be permitted.

##### B. Tobacco Use

There is no place in athletics for an athlete who uses tobacco. An individual who uses tobacco and who tries to participate in athletics is not only hurting himself/herself, but he/she is hurting the entire team.

##### C. No Drinking of Alcoholic Beverages or Use of Drugs

There is no way to justify an athlete using any form of alcoholic beverage or any form of drugs. Again, they are hurting themselves as well as the team. See Training Rules under G for penalties for violations.

##### D. Regular Sleep

All athletes will be expected to follow the hours established by their respective coach. As a general rule, an athlete should be home at 10:00 pm the night before any school day and 12:00 midnight, on any weekend night. The athlete should definitely be home the night before a contest. Any sleep lost can never be caught up and an athlete is much better off to establish regular hours of sleep.

E. Good Eating Habits

An athlete should eat plenty of meat, vegetables, bread, and fruits. They should drink plenty of milk except just prior to a contest. Breakfast should become a very important meal while they are in training. For a pre-game meal, an athlete should use good judgment in always eating foods which are easily digested. Example: do not eat fried foods, greasy foods, chili, etc.

F. Championship Living

Since athletics are very demanding, an athlete should always use good judgment in such things as his/her outside interests - dating, parties, and automobiles. An athlete needs to remember that they are not only representing themselves, but also their school and community in all of their actions. We like to think of our athletes as being our best citizens, so therefore all athletes should remember the following activity policy covering all activities of the Southern High School.

G. Interscholastic Participation/Academic Eligibility/Training Rules

Southern Public Schools is a member of the Nebraska School Activities Association. Athletic coaches will post and review the eligibility standards each season. In regard to academic eligibility a student participating in any interscholastic contest must be in regular attendance and must have passed at least 20 credit hours for the immediate preceding semester in order to be eligible for participation at the varsity level.

Southern School Rules: Any student failing two (2) or more classes will be ineligible to represent Southern Schools in interscholastic competition. Failing status will be reported each Monday on the down list, using cumulative quarter grades. The period of ineligibility will be from the Monday that failing status is reported through Sunday of that school ' week. The first time each quarter that a student fails to meet the criteria for being eligible, he/she will be extended a one week "grace period" of eligibility to raise their grades to meet this policy. A return to the down list in any two (2) or more classes during that quarter will result in ineligibility. Senior High **Student/Athletes who are failing two or more classes are required to attend study enter which begins at 3:35 and will end at 4:00 p.m.**

#### GENERAL TRAINING RULES FOR PARTICIPANTS IN ATHLETICS

1. Training rules are in effect for the entire calendar year. They will be enforced from the beginning of the school year on June 1st through the end of the school year on May 31st.
2. All training rules apply to every student who participates in inter-scholastic athletics from the time the student enters seventh grade until he or she completes athletic competition at the end of his or her senior year.
3. Students are prohibited from possessing, transmitting, selling, distributing, or using alcohol, illegal drugs, prescription drugs for which they do not have a prescription, smoking tobacco, chewing tobacco, or sucking tobacco.
4. All rules and regulations should be enforced without exception.
5. When it is thought that a training rule may have been violated, the coach, Principal or Activities Director shall investigate the alleged infraction. The following consequences will apply when an administrator or the athletic director determines that there is reasonable cause to believe that a student has violated a training rule. All consequences will be applied consecutively, not concurrently. The consequence for a student who

incurs a second violation before completing the consequence for a first violation will begin after the student completes the first consequence.

**First Offense.** For the first offense, a student will be suspended from participating in all games and contests for 42 calendar days. If no game or contest falls within the 42-day period, the student will be suspended from participating in the next game or contest for which he or she is eligible to participate after the 42-day period. However, if the student self-reports his or her violation to school authorities and admits to the violation of a training rule on the first weekday after committing the violation, he or she will be suspended from participating in all games and contests for 21 calendar days. If no game or contest falls within the 21-day period, the student will be suspended from the next game or contest for which he or she is eligible to participate after the 21-day period, even if that game or contest takes place in a subsequent school year. First weekday means the next day excluding Saturday and Sunday.

**Second Offense.** For the second offense during a school year, the student will be suspended from participating in all games and contests for the remainder of the school year.

**NSAA Moratorium.** The Nebraska State Activities Association mandatory five-day moratorium on activities will not be included in the count of suspended days.

**Effect of Quitting a Team.** A student who "quits the team" will be suspended for 42 calendar days from the end of the season in which the suspension originated and will be suspended from the next game or contest for which he or she is eligible to participate after the 42-day period.

**Loss of Letter.** A student will not receive a letter award in a sport if the violation occurs during the sport season.

**Appeal to Superintendent.** A student or the student's parent(s) or guardian(s) may appeal the student's suspension by filing a written appeal with the superintendent that sets forth the facts and basis of the appeal. The appeal must be submitted to the superintendent within seven (7) calendar days from the date the student was suspended from participation; otherwise, the right to appeal shall be deemed waived. In the appeal, the student or his or her parent(s) or guardian(s) may also request a meeting with the superintendent at which they may present evidence supporting the appeal. If a hearing is requested, the superintendent shall schedule such hearing to consider the student's evidence and testimony and any other available evidence and testimony. Within ten (10) school days after the hearing, the superintendent shall send his or her decision to the student and/or the student's parent(s) or guardian(s). The superintendent's decision shall be final. While an appeal is pending, the consequence and/or exclusion being appealed shall remain in full force and effect.

## STUDENT ELIGIBILITY

In order to represent a high school in interscholastic athletic competition and non-athletic, a student must abide by eligibility rules of the Nebraska School Activities Association. A summary of the major rules is given below. Contact the principal or activities director for an explanation of the complete rule.

1. Student must be an undergraduate.
2. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.
3. Student is ineligible if nineteen years of age before August 1 of current school year. (Student in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)
4. Student must be enrolled in some high school on or before the eleventh school day of the current semester.
5. Student must be enrolled in at least twenty hours per week and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.
6. Student must have been enrolled and received twenty hours in school the immediate preceding semester.
7. **Guardianship does not fulfill the definition of a parent.** If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling.
8. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.
9. **Student eligibility related to domicile can be attained in the following manners:**
  - a. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
  - b. If the parents moved during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school he/she has been attending and retain eligibility.
  - c. If a student has been attending the same high school since initial enrollment in grade nine, he/she may remain at that high school and retain eligibility, or he/she is eligible at a high school located in the school district where his/her parents established their domicile.
  - d. If the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.
10. Transfer students who have their Enrollment Option applications signed and filed prior to March 15 shall be eligible immediately in the fall. Those students who do not have their Enrollment Option applications signed and filed prior to March 15 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
11. Other non-enrollment option transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2011-2012 school year prior to March 15, 2011; for the student to be eligible, the school to which the transfer is being made must have notified the NSAA office in writing, postmarked not later than March 15, 2011. The student would, however, become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to March 15, 2011, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
12. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules. The fall sports season begins August 14, 2011, (August 8th for some football teams) and ends with the state meets in the fall sports. The winter sports season begins November 15, 2010, and ends with the state meets in the winter sports. The spring sports season begins February 27, 2012, and ends with the state meets in the spring sports.
13. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school.
14. A student shall not participate on an all-star team while a high school undergraduate.
15. A student must maintain his/her amateur status.

**NSAA - Parental Consent Form**

**PARENTS/GUARDIANS:**

During the fall and winter sports seasons we normally have an evening (Parents' Night) where we honor our athletes' parents/guardians. The parents/guardians names are printed in the program and read sometime during the evening. Please print your name(s) as you would like them read and listed on Parents' Night. Any changes made after this form is turned in should be done in writing and turned into the office.

I agree to let my child's picture and/or name to be published in school and news publications, school programs which includes the school web site and school yearbook. If you disagree or you do not return this form, your child's name and picture **can not** be listed in any of the above possible publications.

**PRINT** Student Athlete name: \_\_\_\_\_

**PRINT** Names of Parents/Guardians to be listed on the program:

\_\_\_\_\_

We have received the 2011-2012 Athletic Handbook      Date: \_\_\_\_\_

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent's/Guardian's Signature

Your signature shows proof that you have received a copy of this handbook. This form must be returned to the Principal's Office within five (5) days of the time you receive it.