# *Central Sabers*

### *Athletic Department*

******

***Student—Parent Handbook for Athletic Participation***

***2014—2015***

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**NONDISCRIMINATION STATEMENT**

The Central Community School District of Clinton County does not discriminate on the basis of age (except students), color, creed, disability, gender, gender identity, marital status (for programs), national origin, race, religion, sexual orientation, or socioeconomic status (for programs) in its educational programs, activities, publications, or employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact Dan Peterson, Superintendent, 331 E. 8th St., P.O. Box 110, DeWitt, IA 52742, phone 563-659-0700, or email dan.peterson@central-clinton.k12.ia.us.

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*Important Phone Numbers*

*Central High School: 563-659-4715*

*Central Middle School: 563-659-4735*

*Central Intermediate School: 563-659-4780*

*Ekstrand Elementary: 563-659-4750*

*Central Transportation Department: 563-659-4706*

WaMacLogosmall

*WaMaC Conference Schools*

*EAST DIVISION*

*Anamosa: 319-462-3594*

*Beckman: 563-875-7188*

*Central: 563-659-4715*

*Maquoketa: 563-652-2451*

*Mount Vernon: 319-895-8843*

*Solon: 319-624-3401*

*West Delaware: 563-927-3515*

*Western Dubuque: 563-876-3442*

*WEST DIVISION*

*Benton Community: 319-228-8701*

*Center Point-Urbana: 319-849-1102*

*Clear Creek-Amana: 319-545-2361*

*Independence: 319-334-7405*

*Marion: 319-377-9891*

*South Tama : 641-484-4345 Vinton-Shellsburg: 319-436-4728*

*Williamsburg: 319-668-1050*

*Recognized Conference Sports and Activities:*

*Cross Country, Volleyball, Boys Basketball, Girls Basketball, Wrestling, Boys Golf, Girls Golf, Boys Tennis, Girls Tennis, Boys Soccer, Girls Soccer, Boys Track, Girls Track, Baseball, Softball, Band Festival, Chorus Festival, Large Group Speech, Individual Speech, Art Show.*

*Sports Schedules located on-line at:*

*www.central-clinton.k12.ia.us & follow the link to Saber Athletics.*

*Athletic Philosophy*

The athletic program at Central Community Schools is an integral part of the total educational program. When a student-athlete participates at Central Community Schools, there are certain things he or she may expect. In turn, there are certain things the school expects of the student-athlete.

As an athletic department, we are committed to honoring the dignity of each person regardless of race, religion, or creed; to taking a personal interest in you as an individual; helping you grow personally while you pursue and achieve your educational and extra-curricular goals. Although we cannot guarantee your success, we strive to make your participation one that is fulfilling and will have a positive impact on you both now and in your future. The school will support your efforts, but attitudes come from you.

Good Conduct rules will be uniform for all athletic teams. In our district, the Head Coach of each team has the prerogative of setting additional training rules and standards of behavior and discipline that are reasonable for the team. This could entail a clear understanding of what is expected by the player and the coach in terms of personal appearance and conduct. The athletic department will work with the coach in carrying out the policies governing his/her activity as long as they are reasonable and do not conflict with basic school policy.

A student’s association with the athletic program is voluntary. But in addition to the rules and regulations governing all students, you must be willing to take on the additional obligations of self-discipline and team-discipline that are necessary to be committed to an extra-curricular activity. Time management and organization are critical to your success so that you can balance your commitments of participation while maintaining high academic standards. When you become a member of an athletic team, you’re an integral part of the team’s success regardless of your role. Commitment, sacrifice, discipline, organization, etc. are not only qualities that will help you have a rewarding experience but will help you succeed well into your future.

When representatives from other schools come on our campus, we expect that they shall be treated with the courtesy and hospitality afforded to all guests. When we are guests on another campus, we expect you to conduct yourself properly. Likewise, you should be a person of high character and model respectful behavior both home and away. Character, integrity and ethics are foundations of good sportsmanship and are among the high ideals of your participation in extra-curricular activities.

We wish to excel in athletics, just as we desire to excel in all programs conducted in the name of Central High School. Within the limitations of the objectives of similar schools in the WaMaC Conference, the official rules and regulations of the Iowa High School Athletic Association (IHSAA) and Iowa Girls High School Athletic Union (IGHSAU) which govern our programs, and our financial ability, we are determined to do our best to field competitive, well-coached teams. Our high standards include composed student-athletes who represent our school with pride, enthusiasm, loyalty and sportsmanship. It is hoped that your academic and athletic experiences at Central Community Schools will hold satisfaction and rewards that will continue to enrich your life long after you graduate.

*Athletic Goals and Objectives*

1. To provide students with an enjoyable, safe and satisfying experience.
2. To provide the teaching of fundamentals appropriate to the various age groups.
3. To develop sportsmanship and an appreciation for good sportsmanship.
4. To develop a sense of self-worth, character, and purpose in each athlete.
5. To promote high standards of achievement.
6. To promote high ethical standards and integrity.
7. To provide leadership of the highest quality by the staff and to develop the same leadership

qualities in our students.

1. To promote academic excellence for all students.
2. To provide opportunities for as many students as possible to participate with

a broad variety of sports opportunities and the freedom of choice in selecting

their athletic participation.

1. Assist our students in goal setting and helping them direct steps in the pursuit

of those goals.

*Components of a Successful Athletic Program*

1. Administration
   1. Possess a real commitment on the part of school administrators to build a strong program.
   2. Must allow the Head Coach time to build a successful program, providing security to concentrate on individuals showing solid character and citizenship.
   3. Funds and facilitation to build strong young men and women physically and mentally.
   4. The development of a strong coaching staff. (Excellent coaches are excellent teachers.)
   5. Must be loyal to staff and students.
   6. Promote a community-based approach to program development.
   7. Model the ideals of integrity, ethical behavior and sportsmanship.
   8. Must keep open and honest lines of communication with coaches, students, and parents.

II. Head Coach

1. Must have a plan, in which he/she believes and will not compromise.
2. Must be dedicated to his/her sport and knowledgeable of it.
3. Must possess a strong self-image.
4. Must possess a passion for working with and developing young people.
5. Must surround himself/herself with the best possible coaches.
6. Must be willing to work hard and make personal sacrifices.
7. Must be dedicated to continual improvement.
8. Must be a motivator and a goal setter.
9. Model the ideals of integrity, ethical behavior and sportsmanship.
10. Must be loyal to the school, assistant coaches, and student athletes.
11. Must keep open and honest lines of communication with Administration, Assistant

Coaches, students, and parents.

III. Coaching Staff

1. Must be dedicated to his/her sport.
2. Must be willing to work hard and make personal sacrifices.
3. Must be an honest person.
4. Must be loyal to the school, Head Coach, program, and other staff members.
5. Must be an excellent teacher.
6. Must have a great deal of initiative.
7. Must be a solid thinker and problem solver.
8. Must possess a positive self-image.
9. Model the ideals of integrity, ethical behavior and sportsmanship.
10. Must keep open and honest lines of communication with Administration, Head Coach,

students, and parents.

IV. Athlete

1. Must be dedicated to his/her sport.
2. Must have the desire, drive, and determination to succeed.
3. Must possess a positive self-image.
4. Must be willing to make personal sacrifices.
5. Must put team success in front of personal glorification.
6. Must be a positive leader on and off the field.
7. Must be a good student.
8. Model the ideals of integrity, ethical behavior and sportsmanship.
9. Must keep open and honest lines of communication with Administration, Coaches, fellow students, and parents.

Every coach should advise players as to proper conduct in meetings with the media and how to conduct themselves in player interviews for their protection and to avoid any embarrassment.

It is the duty of all concerned with High School Athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordiality to visiting team and officials.
5. To establish a cordial relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a through understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life or death for players, coaches, fans, state, or nation.
11. To avoid unfavorable criticism of other coaches and school officials except that which is formally presented to the proper authorities.

*Athlete Guide*

***Essential Questions***

As coaches evaluate you they will be asking core questions:

• Can we trust you?

Will you work towards your goals and make our team better without having to be reminded?

• Are you committed?

Do coaches see you committed to your teammates and the team and working on the necessary things to

make us better?

• Do you care?

Do you care whether or not you get better? If others on the team are working harder, maybe you should

reevaluate and work harder.

• Are you coachable?

Coaches love to work with young people really want to improve and are willing to work at it.

• Are you willing to sacrifice?

Will you do what it takes to be a champion?

• Are you mentally tough?

Do you have a “no quit” attitude necessary to overcome obstacles?

• Do you believe?

Do you believe in yourself, your team and your coaches along with the dedication and work ethic to

help the team achieve?

• Are you willing to learn?

Are you willing to give anything less than your best?

• Are you a person of high character?

Are you self-disciplined enough to do what is right for yourself, your team, school and community.

***Questions To Ask Yourself***

• What do I want to get out of athletics?

• Am I competitive and do I have passion?

• Am I willing to practice?

• Can I take constructive criticism without looking for excuses?

• Do I want to improve?

• Will I accept the responsibilities that go along with being an athlete?

• What are my goals?

• Will I be eligible?

• Have I been a leader?

• Do I want to be a winner?

***Commitment***

Commitment means you dedicate yourself to the team. The team is counting on you to make every effort possible to help the team. Great things happen when all players make a commitment to the team.

*“The true test of your commitment is your willingness to make personal sacrifices for the benefit of the team. Everyone wants to win, but not everyone is willing to pay the price for victory. Do it for the team!*

Commitment means:

• You are always at practice.

• You listen and practice to improve.

• You discipline your personal life and be positive role model.

• You take the most important step to be a success, preparation.

• You always finish what you start.

• You push yourself and others around you.

• You make the right choices regardless of peer pressure.

In order to be a winner, you mist make a compete commitment to be the best you can be. Committed athletes are able to overcome obstacles to their success. You must stand for what you believe in.

***Goal Setting***

The establishment of definite goals is recognized as possibly the strongest of all forces for personal motivation and therefore is the most important phase of any motivational program. You have already decided what you want to become in the athletic world and you know that you have the potential to do anything you want too. You understand the necessity for an intense, burning desire and are in the process of creating and maintaining this desire. It is now necessary for you to convert this desire into a well-organized plan for reaching your desired level of athletic success. The establishment of specific goals is the beginning of your plan.

What are goals? They are objectives, aims, targets to shoot for or a track to run on. Without goals you are like a ship without a rudder floundering along in no particular direction. With goals you are channeling your energies. You know exactly where you are going and exactly what you are working toward each day. Goals provide you with incentives and create such magnetic power that they literally propel you toward success. But the most amazing thing about goals is that they will keep you on course towards your target when obstacles and stumbling blocks make your progress slow and difficult.

Goals are not to be confused with daydreaming nor wishful thinking. Goals are dreams but they are dreams being acted upon. You must act on upon them to make them reality. You must establish your own specific goals before you can attain your desired achievement, your athletic success, your championship dream!

Goals:

• Need to be well thought out and action-oriented.

• Need to be always placed in writing.

• Need to be set close enough so that it is possible to achieve them yet far enough away

that you need to extend yourself in order to reach them.

• Need to be measured in effort.

• Need a timeline.

• Should be shared only with those who will help you to attain them.

• Need to be achieved on a regular basis.

• Must be measurable.

• Need to be evaluated on a regular basis.

• Should be reset if too low or too high.

*Attitude*

Pride and winning attitude are attributes reserved for the dedicated, the compassionate, the diligent, and the extraordinary. By spending a few moments with a person, you can tell if they exhibit these qualities, because pride and winning attitude permeate one’s character, affecting every action of mind and body.

A person with pride and winning attitude knows it. He gives no less than his best and expects the same from those around him. He never backs down when faced with adversity, but rather meets the challenge with his best effort. He learns from his mistakes, which he takes full accountability for and improves himself constantly. He is not selfish or arrogant, because he has respect for the people who brought him into the position he holds. He doesn’t make excuses. He doesn’t under any circumstances quit. He is never satisfied.

Pride and winning attitudes are the essence of a successful person, because when his back is against the wall and he is stripped of everything but his character, he will stand tall and resilient, ready to meet a new day.

- Drew Quirk, Team Captain

Madison LaFolletee High School

*Parent Guide*

***Introduction***

During an athletic season your son(s) and/or daughter(s) will learn much about that specific sport and probably even more about himself as a young person. The skills and self-discipline your student(s) will

develop will be invaluable to them in the years to come.

Your student(s) will improve both physically and mentally and learn to handle the challenges that go along with high school athletics. We feel there is no better preparation for life than your student(s) involvement in extracurricular activities. They will develop discipline, self-confidence and leadership skills as well as understanding the importance of working as a team while developing many friendships

and memories.

This section is designed to help parents understand, appreciate and enjoy your student(s) participation in athletics. It discusses a number of topics important for a player’s parents. Although there are many challenges that must be met while we strive for good effort, we always want to keep athletics a game. When our student-athletes play as a team and enjoy what they are doing, we will be successful.

*Communication You Should Expect From Your Student’s Coach*

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to students. As parents, when your student(s) becomes involved in our program, you have a right to understand the expectations of those programs. This begins with clear communication from the coach of your student(s) extracurricular program.

1. Program parameters of the coach.
2. Expectations the coach has for your student(s) as well as team expectations of the program.
3. Locations and times of all practices and contests.
4. Team requirements: fees, special equipment, out-of-season work, etc.
5. Procedures to follow should your student(s) become injured or require medical attention during

participation.

1. Discipline that result in the denial of your student(s) participation.

*Communication Coaches Expect From Parents*

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to the program and/or expectations.

As your student(s) become involved in the programs at Central High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times of disappointment. It is important to communicate rewarding experiences as well as times of disappointment with the coach.

***Developing Student-Athletes***

First of all have fun! Help make their experience positive & productive. You have four short years to enjoy your student(s) participation and have them benefit from all the great things that go along with organized athletics. It is very difficult to accept your student(s) not participating as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. Certain items of discussion should be communicated to coaches; other items should be left to the discretion of the coach. Parents should consider guidelines when weighing their involvement in their children’s athletic activities.

* Expect to have strong feelings when athletes compete, and be prepared to control those feelings. Coaches have the team’s best interest in mind. Communicate with them but understand your role as a parent. Don’t lose sight of the goals of interscholastic athletics.
* As athletes get older, try to get them into environments where they can grow as athletes.
* Pay attention to effort and improvement rather than winning and losing.
* Parents can show athletes they value growth, learning and achievement by their own attitudes
* Help them set attainable, realistic goals and help them understand the concepts of being part of a team.
* Support your child’s efforts to be an athlete... win or lose. Encourage them and be there for them.

1. ***Be Interested.***

Make certain that your athlete(s) knows that their academic progress is important to you and should be to them. Attend all parent conferences. Know when grading periods end and see report cards when they come out. If you are concerned about your athlete(s) progress make contact with the school. Do not assume that someone will call you if there’s a problem.

1. ***Make sure your athlete(s) courses are appropriate.***

Stay in contact with our counselor and choose courses carefully. If your athlete(s) has aspirations of competing at the collegiate level ask for information about guidelines and requirements.

1. ***Talk to your athlete(s) about time management.***

Playing any sport requires a substantial time commitment. Athletes therefore need to develop good time management skills in order to get everything done. Help your athlete(s) create a study plan and help them learn to organize their time.

1. ***Make your athlete(s) accountable.***

It’s human nature to be tempted to “slack off” when we’re not held accountable. Monitor your athlete(s) academic progress and encourage them to work to their potential. Let them know hard work has rewards. They should recognize poor performance will also be noticed.

1. ***Work with the school.***

Teachers, counselors, coaches and principals are here to help you athlete(s) get the best education possible. Many personal issues can affect attitude and performance. Communication is a key to helping get through tough times.

*Appropriate Concerns To Discuss With Coaches*

1. The treatment of your student(s), mentally and physically.
2. Ways to help your student(s) improve.
3. Concerns about your student’s behavior.

*Issues NOT Appropriate To Discuss With Coaches*

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged and should be appropriate in nature. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following steps should

be followed to help promote a resolution to the issue of concern:

1. Call to set up an appointment.
2. Central High School’s phone number is 563-659-4715 and Central Middle School’s phone number is 563-659-4735. Ask to leave a message for the coach.
3. If the coach cannot be reached, call the Activities Director. He will set up the meeting for you.
4. Please DO NOT attempt to confront a coach BEFORE or AFTER a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

If the meeting with the coach does not provide satisfactory resolution, call the Activities Director to set up an appointment to discuss the situation.

***What Every Coach Wants You To Know***

*The following are topics that may be of interest to parents of athletes. Talk to your athlete’s coach for additional information.*

1. Proper Nutrition & Sleep

Athletics is strenuous and physically demanding. Therefore it is necessary that athletes eat as healthy as possible for strength and endurance. It is also extremely important for your athlete(s) to drink enough fluids before, during and after practice. A very important part of overall health is adequate rest. You have the greatest influence on seeing that your athlete(s) does not lack in this area. In today’s society the use of nutritional supplementation is encouraged through advertisement, high profile athletes and athletic programs. They may pose adverse physical and psychological consequences. Always check with your physician before using any type of supplementation. Eat, drink and sleep properly while you train for competition. You will improve physically while developing the right attitudes necessary for success.

1. The Importance of Training

Athletes should follow a conditioning program that combines weight training and aerobic activity during the off-season. You will delay training benefits by waiting to begin a program. Conditioning is important for performance enhancement as well as injury prevention. They also help you get ready to compete at a high level. We have developed a strength and conditioning program for your athlete(s) to follow. Your coach will help give you the direction you need in starting a program. Strength training develops attitudes that can influence intensity and consistency for both men and women. We highly recommend that athletes participate in weight training but not at the expense of eliminating participation in other activities. You become competitive by competing.

1. Injuries

Unfortunately, injuries are a part of every sport. Your athlete(s) could get injured through participation in sports. Most often they are limited to cuts, sprains, strains, etc. although more significant injuries such as knee ligament injuries do occur. Make sure that your athlete(s) communicates with his coaches and/or trainer for any injuries they might have. All injuries should be reported to a coach. Follow through will all treatment and rehabilitation programs. Of course, preventing injuries should be of utmost importance to everyone. Athletes can reduce their risk of injury by: 1) being in good condition when the season starts, 2) having the right equipment, 3) stretching properly before all practices and competition, 4) drinking enough water, 5) getting the proper rest and nutrition, and 6) working closely with the trainer.

1. Equipment

The school will be issuing your athlete protective gear and a uniform. You will need to provide shoes, socks and other sports specific items. There are rules governing the use of special equipment (e.g. braces, supports, etc.). Specific cleaning instructions should be followed when cleaning uniforms.

*Pre-participation Information*

All students wishing to participate in Central Saber Athletics must fill out the District’s forms BEFORE practice begins. These four forms should be read, understood and signed on a common signature consent form. These forms include the *Release Form* with emergency information, medical history, etc., the *Good Conduct Policy*,which describe the standards by which students should conduct themselves during extra-curricula participation, and proof of a valid *Physical* examination. Physical exams are valid for one calendar year (365 days). We encourage ALL students to get their physicals each year during the district’s physical nights (typically just prior to fall sports in late July).

As of July 1, 2011 all participants in 7-12 athletics (including cheerleading) are REQUIRED by state law to sign the *Concussion* management protocol waiver. Students and parents must sign this document BEFORE being allowed to begin practice. We will also make available pre-concussion testing for our athletes. Although this is not mandated by the IHSAA or the IGHSAU we feel this could be a valuable resource to provide to our student-athletes and their families.

*Travel Expectations*

Students are requested to travel with the team on school provided vehicles to away contests. Students riding home with parents must be cleared with coaches and/or a written clearance from parents. Students riding home with parents/adults, other than your own, including older siblings must get administration approval. Unless arranged or discussed by the coach prior to departure, students should plan ahead and pack meals when needed for events.

*Academic Eligibility*

In order to participate in extracurricular activities, a student must comply with all rules and/or regulations regarding student eligibility established by the Iowa Department of Education, the Iowa High School Athletic Association, the Iowa High School Girls’ Athletic Union, Central Community School District, and any other entity that may establish applicable rules and regulations concerning student scholastic eligibility to participate in extracurricular activities.

*Attendance*

Under normal circumstances students must attend classes no later than 11:25 am to be able to participate in practice and/or contests. Furthermore, a student that has been in attendance at school cannot incur an unexcused absence during the day to practice/compete in athletics. Unexcused absences include, but are not limited to, leaving the building without permission (“skipping out” during the school day), failure to report to classes prior to appropriate dismissal times for away contests, and falsified parent notes or calls. Athletes are also subject to regular school discipline for unexcused absences. If a student incurs an unexcused absence on the day of competition and the Coaching Staff/Administration is aware of the infraction, the student will not be allowed to compete that day or evening. Absences that are exceptions to the rule include, but are not limited to, doctor/dentist appointments, family emergencies, and funerals.

*WEATHER CANCELLATIONS—Contests and Practices*

*SCHOOL DELAY—NO MORNING PRACTICES*

Common sense prevails in this situation. Obviously if the weather prohibits school transportation from getting students to school on time, we CANNOT expect them to drive themselves (or their parents) to practices. We understand the decision to delay school may often times come just before or at about the same time practices are scheduled to begin. **Coaches utilize a phone tree so that information regarding practice cancellation can be delivered quickly to avoid students on the roads in adverse conditions.**

### *SCHOOL EARLY RELEASE—NO AFTERNOON PRACTICES, NO CONTESTS*

Again, if weather conditions deteriorate during the day to the point that school officials have concluded it is unsafe to transport students and be in session the entire day, we CANNOT have practices or contests.

***SCHOOL CANCELLATION—NO PRACTICES, NO CONTESTS***

If the weather is bad enough to cancel school, the district will NOT allow practices or contests to take place.

Under no circumstances are coaches allowed to hold PRACTICES or OPEN GYMS in Central Community School District facilities OR St. Joseph’s facilities when school is delayed, released early, or canceled.

Only in extreme situations will consideration be given to playing contests on days of early release and/or school cancellation. Those situations may include, but are not limited to, IHSAA and IGHSAU State competitions. Those considerations will be made by the A.D., Principal, and Superintendent.

***HEAT RELEASE DAYS***

In the event school is let out early due to extreme HEAT conditions, practices MAY not be allowed to begin immediately after school. EACH Heat Release day will be evaluated independently and a decision from the H.S. and M.S. Administration will be made in conjunction with the appropriate coaches in season.

**In some situations, M.S. practices may be canceled while H.S. practices are allowed. In some situations, high school practices may be held later in the evening when temperatures and humidity levels are lower.**

*Athletic Teams at Central Community Schools*

HIGH SCHOOL

Boys Girls

Cross Country Cross Country

Football Volleyball

MIDDLE SCHOOL

Boys Girls

Cross Country Cross Country

Football Volleyball

HIGH SCHOOL

Boys Girls

Basketball Basketball

Bowling Bowling

Wrestling

MIDDLE SCHOOL

Boys Girls

Basketball (after winter break) Basketball (before winter break) Wrestling (before winter break)

HIGH SCHOOL

Boys Girls

Golf Golf

Track Track

Soccer Soccer

MIDDLE SCHOOL

Boys Girls

Track Track

HIGH SCHOOL

Boys Girls

Baseball Softball

Spirit Squad - Cheerleading & Dance

We have cooperative sharing agreements for Fall Swimming (Clinton HS)

& Spring Trap Shooting (North Scott).

Kreiter:Users:kurtkreiter:Desktop:2014-2015 Saber Staff Sheet1.pdf

Central Athletic Mission:

To help guide student-athletes in the pursuit of excellence both in the classroom and athletic field by fostering personal qualities and attitudes that will benefit both the individual efforts and team performance now and for a lifetime.

*Athletic Awards (High School only)*

In all sports, coaches recommend players for awards based on the level of participation and dedication. Unless there are unusual circumstances, athletes that do not finish a season for any reason other than injuries, do not qualify for awards. Coaches consider training, cooperation, sportsmanship, and attitude in making the list of athletes recommended for awards.

Students that do not earn a Varsity Letter award will receive a participation certificate. Coaches, especially the Head Coach of each sport will determine which students earn a Varsity Letter. Each Head Coach has the prerogative to set up criteria to earn a Varsity Letter and should be given to students prior to the start of the season.

Students that have participated in a particular sport (for example Cross Country) for 4 years that would not “letter” by meeting the criteria, would receive a letter following their 4th year of participation. Students should ask the coaches for the lettering criteria prior to the start of the sport season. Some coaches have very detailed criteria; others may simply leave it to “coaches discretion”. In any case, communication with the coaching staff before the start of the season is critical, so the students know how the Varsity Letter can be obtained.

*Harassment*

It is the policy of the Central Community School District to maintain learning and working environment that is free from harassment. It shall be a violation of this policy for students to harass other students or staff through conduct of a sexual nature or conduct designed to reduce the dignity of that individual. Sexual harassment may include unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature. Harassment on the basis or race, color, religion, national origin, sex, disability, age or marital status includes conduct of a verbal or physical nature that is designed to embarrass, distress, agitate, disturb or trouble persons when: submission to such conduct is made either explicitly or implicitly a term or condition of the student’s participation in school programs or activities; submission to or rejection of such conduct is used as the basis for decisions affecting the student; or such conduct has the purpose or effect of unreasonably interfering with a student’s performance or creating an intimidating or hostile working or learning environment.

*Hazing*

Many athletic programs today promote time-honored traditions in their sports. Many of these traditions are wholesome and a positive part of the athletic program. Unfortunately, some traditions are both dangerous and illegal. Many times these “traditions” are nothing more than disguised forms of hazing. These events can get out of hand and the physical and emotional welfare of all involved is at great risk.

Some examples of hazing are as follows, but not limited to:

• Assigning pranks such as stealing, painting objects or harassment of other groups.

• Modifying one’s appearance with unusual haircuts, shaving, tattoos or skin markings.

• Apparel that is embarrassing, lewd or interferes with the educational atmosphere.

• Agreeing to do demeaning tasks for others.

• Spanking, swatting or hitting with great force.

• Spreading of false rumors.

• Any act that produces mental anguish.

• Any act that could pose a safety risk to the student-athlete.

• Any act that could bring shame or discredit to the team or school.

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION IOWA GIRLS HIGH SCHOOL ATHLETIC UNION CONCUSSION MANAGEMENT**

***Iowa Code Section 280.13C states, in part,***

1b. “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.

2. If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation.

3a. A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.

3b. For the purposes of this section, a licensed health care provider means a physician, physician’s assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer licensed by a board designated under section 147.13.

3c. For the purposes of this section, an extracurricular interscholastic activity means any extracurricular interscholastic activity, contest, or practice, including sports, dance, and cheerleading.”

***IHSAA/IGHSAU Recommended Protocol When a Student Has Sustained a Concussion or other Brain Injury as***

***Defined in Iowa Code Section 280.13C***

1. No student should return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury, but a licensed health care provider as defined in Iowa Code Section 280.13C makes the final decision regarding (RTP).

2. A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.

3. After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP should follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.

4. Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.

• The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.

5. Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.

• Coach Removal - If the student’s coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school’s designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

• Contest Official Removal - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.

• Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation *(practice and/or competition)*, licensed health care providers as defined in Iowa Code 280.13C should follow the return to participation protocol from “Suggested Guidelines for Management of Concussion in Sports,” NFHS Sports Medicine Advisory Committee 2013 and “Consensus Statement on Concussion in Sport 4th International Conference in Sport Held in Zurich, November 2012," British Journal of Sports Medicine, 2013; 47:250-258..

6. At events where the Iowa High School Athletic Association or Iowa Girls High School Athletic Union have provided licensed health care providers as defined in Iowa Code 280.13C, those licensed health care providers have final authority regarding RTP when a student has exhibited signs, symptoms, and behaviors consistent with a concussion.

**RETURN TO PARTICIPATON PROTOCOL FOLLOWING A CONCUSSION**

***(GUIDELINES FOR LICENSED HEALTH CARE PROVIDERS)***

Return to participation following a concussion is a medical decision made on an individual basis by licensed health care providers. Medical experts in concussion believe a concussed student should meet ALL of the following criteria in order to progress to return to participation. However, these criteria are GUIDELINES ONLY and not required by Iowa Code Section 280.13C when licensed health care providers determine a student’s return to participation.

• Asymptomatic at rest, and with exertion (including mental exertion in school), AND have written clearance from physician, physician’s assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist or licensed athletic trainer . *\*Written clearance to return by one of these licensed health care providers is REQUIRED by Iowa Code Section 280.13C!*

• Once the criteria above are met, the student should progress back to full activity following the stepwise process detailed below. A licensed health care provider as defined in Iowa Code Section 280.13C, or their designee, should closely supervise this progression.

• Progression to return is individualized and should be determined on a case-by-case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the student, and sport/activity in which the student participates. A student with a history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may progress more slowly as determined by a licensed health care provider as defined in Iowa Code Section 280.13C, or their designee.

Step 1. Complete physical and cognitive rest. No exertional activity until asymptomatic. This may include staying home from school or limiting school hours (and studying) for several days. Activities requiring concentration and attention may worsen symptoms and delay recovery.

Step 2. Return to school full-time /normal cognitive daily activities, or normal cognitive functions.

Step 3. Low impact, light aerobic exercise. This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed health care provider. At this point the student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than 70% maximum performance heart rate. No weight or resistance training.

Step 4. Basic exercise, such as running in the gym or on the field. No helmet or other equipment.

Step 5. Non-contact, sport-specific training drills (dribbling, ball handling, batting, fielding, runningdrills, etc.) in full equipment. Weight-training can begin.

Step 6. Following medical clearance\*, full contact practice or training.

Step 7. Normal competition in a contest.

*NOTE:* Generally, each step should take a minimum of 24 hours. If post concussion symptoms occur at ANY step, the student must stop the activity and their licensed health care provider as defined in Iowa Code Section 280.13C should be contacted. If any post-concussion symptoms occur during this process, the student should drop back to the previous asymptomatic level and begin the progression again after an additional 24-hour period of rest has taken place.

*References: “Suggested Guidelines for Management of Concussion in Sports,” NFHS Sports Medicine Advisory Committee 2009; “Consensus Statement on Concussion in Sport 3rd International Conference in Sport Held in Zurich, November 2008," Clinical Journal of Sports Medicine, Volume 19, Number 3, May 2009.*

**APPLICATION OF IOWA CODE SECTION 280.13C (CONCUSSION LEGISLATION) BY SPORT**

A. COACH REMOVAL When a student’s coach removes a student from any kind of participation due to observing signs, symptoms, or behaviors consistent with a concussion or brain injury the student shall not return until designated school personnel have received written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

B. CONTEST OFFICIAL REMOVAL (Information below is only listed for sports where contest officials have jurisdiction; therefore, not all sports are listed.

When an official removes a student from participation, the following procedures are used.

***FALL SPORTS***

Cross Country:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in the meet.

2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall

determine the student’s return to competition.

Football:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.

3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be

presented to the referee before the next contest begins.

Swimming & Diving:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.

3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.

4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health

care provider as defined in Iowa Code 280.13C before the student can return to participation.

Volleyball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the referee during a dead ball situation.

3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.

5. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

***WINTER SPORTS***

Basketball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.

3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.

4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Swimming:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.

3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.

4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health

care provider as defined in Iowa Code 280.13C before the student can return to participation.

Wrestling:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the head contest referee, or his/her designee, must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. For dual meets, clearance to return shall be presented to the head contest referee before the match resumes. Injury time is NOT extended for a student with signs, symptoms, or behaviors consistent with a concussion or brain injury.

3. For one-day events when the head contest referee may change during the event (multi-dual meets & tournaments), written clearance to return shall be presented to the head contest referee, or his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student’s coach, or other school-designated representative, is responsible for providing the written clearance to return to head contest referee, or his/her designee. The head contest referee, or designee, will then notify the other contest officials that written clearance to return has been received.

4. For multiple day events when the head contest referee may change during the event, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

***SPRING/SUMMER SPORTS***

Baseball/Softball:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the umpire- in-chief must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the umpire-in-chief during an opportunity for a legal substitution.

3. For one-day events when the umpire-in-chief may change during the event (local high school tournaments), written clearance to return shall be presented to the umpire-in-chief, or his his/her designee, before the student participates again that day. The designee may be the host administrator, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to the umpire-in-chief, or his/her designee. The umpire-in-chief, or his/her designee, will then notify the other contest umpires that written clearance to return has been received.

4. For multiple day events when the umpire-in-chief may change during the event, for example the state tournament, the umpire-in-chief on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the umpire-in-chief(s) of the contest(s) in which the student may participate on the subsequent days of the event. The umpire- in-chief(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return

to participation.

Soccer:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the referee during an opportunity for a legal substitution. For those contests using a three-person crew, the center official shall be designated as the head referee. The center official will need to receive the written clearance for return to play. For those contests using a two-person crew, one official shall be required to be the head referee. The head referee in the two-person crew shall be responsible for receiving the written clearance.

3. For one day events when the head contest referee may change during the event (local high school Saturday tournaments), written clearance to return shall be presented to the head contest referee, or his his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to the head contest referee, or his/her designee. The head contest referee, or his/her designee, will then notify the other contest officials that written clearance to return has been received.

4. For multiple day events when the head contest referee may change during the event, for example the state tournament, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on the subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to

participation.

Track and Field:

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in the meet.

2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student’s return to competition.

3. For multiple day events when the contest referee may not be the same throughout the entire meet, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the meet. The referee(s) of future contests during this meet must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Record Keeping:

A. Health records, such as written clearance to return to participation, should become part of a student’s cumulative file kept by the school. *Iowa Administrative Code 281.12.3(4)*

Code No. 503.4

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GOOD CONDUCT CODE

The following Good Conduct Code establishes the standards by which students shall conduct themselves if they choose to take advantage of the privileges afforded them by participation in extracurricular activities. Students participating in extracurricular activities shall commit themselves to meet the standards of this code and of the Student Code of Conduct[[1]](#footnote-1) at all times and in all places (365 days a year).[[2]](#footnote-2)

# I. STATEMENT OF PHILOSOPHY

It is a privilege and an honor to participate in the full range of extracurricular activities at the Central Community School District. These activities and participation in them adds a great deal to each student's education by promoting good citizenship and moral character, developing discipline and skills necessary to personal success and well being, and promoting the image and identity of the school and community. Students who choose to participate in extracurricular activities will conduct themselves appropriately at all times both on school grounds and away from the school. The responsibility of good conduct is an extension of the responsibility to represent the school and community in an appropriate manner.

The Principal and/or designee may declare a student ineligible to participate in an activity when the conduct of that student has been determined to be contrary to or in violation of the established rules and regulations set out in this policy.

# II. STUDENT AGREEMENT

Before participation in any activity is permitted, all students who wish to participate in extracurricular activities shall receive a copy of the Good Conduct Code and shall sign an agreement indicating that they will abide by the Good Conduct Code.

**III. APPLICABLE ACTIVITY PROGRAMS**

The Good Conduct Code applies to all extracurricular activities, including but not limited to:

1. all athletic teams;
2. instrumental music;
3. speech contests;
4. Iowa Youth Symposium;
5. all co-curricular clubs;
6. class officer;
7. cheerleading;
8. vocal music;
9. drama productions;
10. FFA;
11. Model UN;
12. all honorary offices, including but not limited to, royalty;
13. dance team;
14. Student Council;
15. National Honor Society;
16. Academic Decathlon; and
17. all elected offices, including but not limited to, royalty and prom king and queen.

# IV. DEFINITIONS

1. **Competition/performance** means a specific event that is a component of an extracurricular program whether it be a contest, a social activity (including, but not limited to, prom and homecoming), a performance, a school-sponsored trip that is part of the extracurricular activity, etc.
2. **Offense** occurs when a student is determined by a school official to have violated the Good Conduct Code. Such violations shall be counted cumulatively from year to year (grades 9-12), regardless of the specific portion of the Good Conduct Code that is violated. Any offense(s) occurring under the District's previous policy shall count cumulatively toward any offense(s) under this Good Conduct Code.

Middle School students must also abide by this Good Conduct Code. However, any violations incurred prior to ninth grade will not be carried forward to ninth grade.

1. **Possession** - With regard to alcohol, drugs, simulated controlled substances, and tobacco, possession shall mean under the actual control of or on the student's person, contained in property under the student's personal control, or accessible to the student and the student has knowledge of the prohibited substance's presence.
2. **School days** shall mean days when school is in session, (i.e., Monday through Friday, except state and/or national holidays.)
3. **Student Code of Conduct** is a body of school rules and regulations independent from this Good Conduct Code. Any student behavior which violates both the Student Code of Conduct and this Good Conduct Code will incur penalties under both sets of rules and regulations.
4. **Year**, as it is used in this policy means one calendar year.

# APPLICATION OF THE GOOD CONDUCT CODE

Appropriate student behavior is required by and impacts on all extracurricular activities in which a student participates. If a student is participating in multiple extracurricular activities at the time the student loses privileges under this policy, the loss of privileges shall apply to all activities.

If at the time of the violation, the student is not currently participating in any activity, then the student's period of ineligibility shall apply to the first extracurricular activity or activities in which the student participates.[[3]](#footnote-3)

A disciplinary action may carry over from one activity to another and may carry over from one school year to the next.

**VI. CONDUCT REQUIREMENTS**

Students shall:

1. Abide by the Good Conduct Code at all times and in all places.
2. Abide by any additional, specific rules and regulations which the coach/sponsor of the activity has established (such as training hours, attendance at practice, etc.) Such rules will be approved by the Principal and/or designee before distribution to students and students will be required to sign a copy of a document as acknowledgment of their agreement to abide by them.

General Standard

Good Conduct consists of behavior which reflects the generally accepted social and moral requirements of the community, is legal, and at all times reflects respect for and sensitivity to other persons, regardless of age, color, creed, disability, gender, gender identity, marital status (for programs), national origin, race, religion, sexual orientation, or socioeconomic status (for programs), and a respect for their rights, property, and dignity.

**VII. VIOLATIONS**

Violations of the Good Conduct Code include but are not limited to the following prohibited conduct and actions.

Students shall not:

1. Sell, manufacture or distribute illegal drugs, controlled substances, imitation controlled substances

or drug paraphernalia.

1. Possess, use or threaten to use any instrument that is generally considered a weapon or an imitation weapon or an explosive.
2. Possess, use, or be under the influence of illegal drugs, controlled substances, imitation controlled substances, or drug paraphernalia.
3. Possess, use, or be under the influence of alcoholic beverages.
4. Assault or physically or sexually abuse any person.
5. Use, possess and/or transmit tobacco or imitation substances.
6. Damage, destroy, vandalize or steal school property and/or personal property of employees, students, visitors to the school, or district patrons.
7. Participate in any conduct which, in Iowa, is illegal, whether or not an arrest or conviction occurs, except simple misdemeanor traffic violations.

# VIII. DETERMINATION OF VIOLATION

When it comes to the attention of school officials that a student is suspected of violating the Good Conduct Policy or the rules of a specific extracurricular activity, the Principal and/or designee will determine whether the student has committed a violation.

Prior to making a final determination that there has been a violation, the Principal and/or designee shall: (i) be informed of the allegations and (ii) perform an appropriate investigation; and the student shall (i) be notified, orally or in writing, of the allegations against the student and the basis of the allegations and (ii) be given an opportunity to respond to the allegations.

The Central Community School District may determine that there has been a violation of its Good Conduct Code whether or not criminal charges have been filed, whether a student's trial is pending, or whether or not the student is found guilty by a court of law as long as there is reasonable evidence to support the finding of a Good Conduct Code violation.

Once the determination is made that a student has violated the Good Conduct Code, the Principal and/or designee shall make a determination of the appropriate penalty. The student and his/her parent(s) shall be informed in writing of this decision (the nature of the violation and the determination of the penalty) by mailing the same to the student's residence (or other address if the parents have a different address on file for mailing purposes with the school) within five school days of the determination. In addition, the parent(s) will be notified orally, if possible.

**IX. PENALTIES FOR VIOLATION(S)**

The penalties listed below are for specific violations of the Good Conduct Code. Violations not specifically listed will result in similar consequences. Where applicable, the following will be applied in addition to the specific penalties outlined in the Student Code of Conduct. The coach/sponsor may also impose additional penalties pursuant to their supplementary activity-

specific rules. The penalty shall be imposed within three (3) school days of the Principal's and/or designee’s determination of a violation.

Penalties: The penalty for a violation is ineligibility for a definite number of contests or appearances for the activity the penalty is to be applied to. The student must participate in practice during the period of ineligibility; however, the student shall not be permitted to dress for or participate in the contest.

When student behavior results in violations 1-8, the following consequences will be enforced. The specific determination of the exact penalty within each range shall be made by taking into account factors surrounding the violations, including but not limited to: severity of violation, intent, student cooperation, injury to student or others, the potential for harm to student or others, student attitude, and other matters deemed to be important factors in the specific case at the discretion of the Principal and/or designee. (For example, significant damage to school property, arrest for an aggravated misdemeanor or felony criminal offense).

First Offense: A student whose violation of the Good Conduct Code constitutes a first offense will be ineligible to participate in all extracurricular activities for three (3) to six (6) weeks.

Second Offense: A student whose violation of the Good Conduct Code constitutes a second offense will be ineligible to participate in all extracurricular activities for seven (7) to twelve (12) weeks.

Third Offense: A student whose violation of the Good Conduct Code constitutes a third offense will be ineligible to participate in all extracurricular activities for thirteen (13) weeks to one (1) calendar year.

Fourth Offense: A student whose violation of the Good Conduct Code constitutes a fourth offense will be prohibited from participating in extracurricular activities for the remainder of the student's high school career.

Penalty Reduction Reinstatement: A first or second offense involving alcohol or drugs will be reduced by 1/3, if the student successfully completes counseling and alcohol or drug rehabilitation at the student's expense unless it is determined that such reinstatement would not be appropriate. Other students may likewise reduce the penalty through community service as recognized through the juvenile court system. These activities must be approved in advance by the Principal and/or designee and the student must totally complete the activity prior to any reinstatement.

# X. SUSPENSION/EXPULSION UNDER THE STUDENT CODE OF CONDUCT

If a student receives a disciplinary out of school suspension or expulsion because of a violation of the Student Code of Conduct, the student will not be allowed to participate for the comparable period of time in any extracurricular activity, including practices, meetings, and competitions/performances and will be denied all school transportation to or from such practices, meetings and/or competitions/performances for the duration of the suspension or expulsion.

In the event a student receives a disciplinary in school suspension, the coach/sponsor will determine whether attendance at a practice, meeting and/or competition/performance is permitted during the length of the in school suspension.

# XI. STUDENT APPEAL

A student may contest the Principal's and/or designee’s determination of a violation and/or the penalty imposed for a violation of the Good Conduct Code. All appeal hearings shall be informal and a student may be accompanied by his/her parent or guardian. A student may be represented by legal counsel in any hearing before the District's Board of Directors.

APPEAL

When a student’s behavior results in a first violation of the Good Conduct Code, the decision of the Principal and/or designee will be final and no further appeal will be allowed. The decision of the Principal and/or designee regarding a violation of the Good Conduct Code may be appealed to the Superintendent only when the student’s behavior results in a second violation of the Good Conduct Code. The appeal to the Superintendent shall be in writing and delivered to the Superintendent or the Superintendent's secretary within ten (10) school days of receipt of the Principal's and/or designee’s decision. The appeal to the Superintendent shall specify the reasons for the appeal and all supporting information and facts. The Superintendent shall review the results of the investigation conducted by the Principal and/or designee and the student's objections within 5 school days of receipt of the written request for appeal. The Superintendent shall provide a written decision to the Principal and/or designee, the student and/or the student's parents within ten (10) days of considering the appeal. When student behavior results in a second offense of the Good Conduct Code and the Principal’s and/or designee’s decision is appealed, the Superintendent's decision will be final and no further appeal will be allowed.

When student behavior results in a third or fourth violation of the Good Conduct Code, the decision of the Superintendent may be appealed to the Board. Such appeal shall be filed within ten (10) school days after the receipt of the Superintendent's decision. A hearing on the student’s appeal shall be held as soon as reasonably practical before the Board. The decision of the Board shall be final.

During the appeal process, the student shall remain ineligible pending a decision on the student's appeal.

# XII. SCHOLASTIC ELIGIBILITY

In order to participate in extracurricular activities, a student must comply with all rules and/or regulations regarding student eligibility established by the Iowa Department of Education, the Iowa High School Athletic Association, the Iowa High School Girls’ Athletic Union, and any other entity that may establish applicable rules and regulations concerning student scholastic eligibility to participate in extracurricular activities.

# ACADEMIC GUIDELINES

The Iowa Department of Education changed the standards for Academic Eligibility to participate in FINE ARTS and ATHLETICS in the State of Iowa. The governing organizations of high school fine arts and athletic competitions have adopted the following guidelines:

1. Students must pass ALL coursework to maintain academic eligibility.
2. If students do NOT pass all coursework, a period of ACADEMIC INELIGIBILITY will be enforced.
3. In Fine Arts activities (Band, Speech, Chorus), students will be ACADEMICALLY INELIGIBLE for 30 calendar days. This period of ineligibility will be enforced on the first school day after report cards are given to students. This academic ineligibility will be enforced for Iowa High School Music Association and Iowa High School Speech Association contests and competitions. It does NOT apply to local performances which are tied to grades.
4. For Athletic activities (all sports), students will be ACADEMICALLY INELIGIBLE for 30 calendar days. This period of ineligibility will be enforced immediately, if a student is IN SEASON, on the first school day after report cards are given to students. If a student is NOT in season, the period of ineligibility will be enforced during the sport season.

Legal Reference: Bunger v. Iowa High School Athletic Assn., 197 N.W.2d 555 (Iowa 1972).

In re Jason Clark, 1 D.P.I. App. Dec. 167 (1978).

Iowa Code §§ 280.13, .13A (1995).

281 I.A.C. 12.3(8); 36.15(1).

Cross Reference: 502 Student Rights and Responsibilities

503 Student Discipline

504 Student Activities

### Code No. 504.6

**STUDENT ACTIVITY PROGRAM**

Participation in school activities is a privilege. School activities provide the benefits of promoting additional interests and ability in the students during their school years and for their lifetime.

Students will have opportunities to participate in a school activity unless the activity is not offered, the activity is an intramural or interscholastic athletic activity or the student cannot participate for disciplinary reasons. If the activity is an intramural or interscholastic athletic activity, students of the opposite gender will have comparable opportunities for participation. Comparable opportunity does not guarantee boys and girls will be allowed to play on each other's teams when there are athletic activities available that will allow both boys and girls to reap the benefits of school activities, which are the promotion of additional interests and abilities in the students.

Student activity events must be approved by the superintendent unless it involves unusual travel expense, in which case the board will take action. The events must not disrupt the education program or other school district operations.

Non-Varsity and middle school student-athletes who are participating in a sport sponsored by a governing organization may participate in that sport as an individual or member of a team in an outside school event during the same season with the approval of the superintendent of schools or his/her designee. Such participation shall not conflict with the school sponsored athletic activity. Varsity student-athletes who are participating in a sport sponsored by a governing organization may be allowed to participate in that sport as an individual or member of a team in an outside-school event during the same season upon prior agreement of the school coach, athletic director, and superintendent.

It shall be the responsibility of the superintendent to develop administrative regulations for each school activity. These regulations shall include, but are not limited to, when physical examinations will be required, how and when parents will be informed about the risk of the activity, academic requirements, and proof of insurance on the student participating in certain activities. Students wanting to participate in school activities must meet the requirements set out by the school district for participation in the activity.

Legal Reference:

20 U.S.C. SS 1681-1683; 1685-1686 (1988).

34 C.F.R. Pt. 106.41 (1993).

Iowa Code SS 216.9; 280.13-.14 (1997).

281 I.A.C. 12.6.

Cross Reference:

501 Student Attendance

502 Student Rights and Responsibilities

503 Student Discipline

504 Student Activities

507 Student Health and Well-Being

Approved 10/13/97

Revised 08/11/09





**Kreiter:Users:kurtkreiter:Desktop:14-15Academic-Scholarship-Rule-Starting-Dates.pdf**

**10 THINGS FOR CENTRAL PARENTS TO CONSIDER**

**1.** Be positive and proud of your son/daughter. It is an accomplishment to be a part of Saber

athletics.

**2.** *Do not offer excuses for why they are not playing.* There is usually a reason for it.

Encourage them to work hard and do his/her best.

**3.** *Do not criticize their coach.* If you criticize your son/daughter’s coaches, you cannot

**expect them to play for them. If there are problems, have your son/daughter follow a chain of command for discussing issues within the program. If you are still not satisfied, ask to meet with the coach. Make certain you discussion is not based on the premise of playing

time. Be open and honest, yet respectful. We all want what is best for your son/daughter.

**4.** *Encourage your son/daughter* to follow IHSAA rules, Central Community rules and the

rules of the program they are participating in.

**5.** *Watch over your son/daughter’s academic life.* It is the duty of the parent to see that their son/daughter is working in the classroom. No matter how good a player they may be, if

they are not making progress toward graduation, they will not play.

**6.** *Do not live your life vicariously through your son/daughter.* Do not show animosity or jealousy for any of your teammates because they have a different role on the team or get more publicity. The most important thing is that every player on the team does their very best. That is what

counts.

**7.** *As a fan, you are encouraged to be “into the game”,* but please be positive toward our players and coaches. Our staff works hard with your son/daughter and their teammates every day. They

know what each player can do and what each player cannot do.

**8.** *Instill in your athlete the importance of sportsmanship.* Insist on your son/daughter respect for the game, the officials and our opponent’s players and coaches. Make sure he understands how important it is to have “class”. It takes years to develop a “class”. It takes years to develop a

“class” program, but it can take seconds to destroy it.

**9.** *Foster in your athlete a positive self-image.* Help them in anyway possible to feel good

about themselves and their role in Saber athletics.

**10.** *Encourage your son/daughter to play sports for the “love of the game”.* Winning will take care of itself. Post-season awards will take care of themselves. College scholarships will take care of themselves. Usually, good things happened to teams and individuals who have the right attitude (unselfish, hard working, committed).

1. The Student Code of Conduct refers to a standard of conduct for student behavior in school.

   2 The following rules and policies have been approved by the Central Community School District Board of Directors, under the authority granted by Iowa Code Sections 282.4, 282.5, and Iowa Administrative Code Sections 281-36.14 and 281-36.15. [↑](#footnote-ref-1)
2. [↑](#footnote-ref-2)
3. 3 A student must begin involvement in a extracurricular activity from the date on which that activity begins (at least before the first competition/performance) and will not be allowed to join a extracurricular activity in progress unless the coach/sponsor provides written permission and the student has no outstanding Good Conduct Code violations or if the student has violated the Good Conduct Code, the student has to have completely served the full period of ineligibility for the student's violation. If a student joins an activity with an outstanding Good Conduct Code violation, the student may not quit such activity until the end of that activity's season or the school year if the student wishes to get credit for satisfying the student's ineligibility period. [↑](#footnote-ref-3)