



TFJHS PARENT/STUDENT ATHLETIC & ACTIVITIES HANDBOOK

THOMPSON FALLS SCHOOL DISTRICT #2

2018-19

THOMPSON FALLS SCHOOLS

Core Values

Established 2013

EXCELLENCE
UNITY
COMPASSION
RESPECT
INTEGRITY





Table of Contents

INTRODUCTION AND PURPOSE	p. 3
EXTRA-CURRICULAR ACTIVITIES PHILOSOPHY	p. 3
NON-DISCRIMINATION	p. 3-4
PROGRAM PURPOSE AND PHILOSOPHY	p. 3-4
SPORTSMANSHIP	p. 5-6
STUDENT PENALTIES	p. 6
EXPECTATIONS OF THE SCHOOL DISTRICT	p. 6
SCHEDULING OF ACTIVITIES/EVENTS	p. 6
PRE SEASON MEETING	p. 6
HEAD INJURIES AND CONCUSSIONS	p. 6
BULLYING	p. 6
CHAIN OF COMMAND	p. 7
EXPECTATIONS OF ATHLETES	p. 7-9
STUDENT PARTICIPATION	p. 7
STARTING DATES FOR SPORTS	p. 7
PHYSICALS, INSURANCE, MEDICAL RELEASE, PARTICIPATION FEES	p. 8
TEAM RULES	p. 8
DRESS / APPEARANCE	p. 8
ACTIVITIES AS PART OF THE EDUCATIONAL PROGRAM	p. 8
BEING PART OF A TEAM	p. 8
COME READY TO PLAY	p. 8
CONDUCT ON AND OFF THE PLAYING ARENA	p. 9
SCHOOL EQUIPMENT	p. 9
EXPECTATIONS/ROLE OF THE COACH	p. 9-10
ROLE MODELING	p. 9
PROFESSIONALISM	p. 9
PRE SEASON PARENT MEETING	p.9
COMMUNICATION WITH ATHLETES	p. 10
COMMUNICATION WITH PARENTS	p. 10

STUDENT SAFETY	p. 10
COACHES EDUCATION/IN-SERVICE (<i>MHSA REQUIREMENTS /FIRST AID ETC.</i>)	p. 10
EXPECTATIONS OF PARENTS	p. 10
KEEPING ACTIVITIES IN PERSPECTIVE	p. 10
SUPPORTING THE STUDENT ATHLETE	p. 11
SUPPORTING THE PROGRAM	p. 11
ELECTRONIC MEDIA	p. 11
BLUE HAWK SPORTSMANSHIP	p. 11
TFSD #2 ELIGIBILITY POLICIES AND ACTIVITY CODES	p. 11-14
SCHOOL DISTRICT GUIDELINES	p. 11
ACADEMIC ELIGIBILITY	p. 11-12
TRAINING RULES - DRUGS, ALCOHOL, TOBACCO	p.12-13
ATTENDANCE (PRACTICE DAYS/GAME DAYS)	p. 14
CURFEW	p.14
SEARCH AND SEIZURE	p.14
ELECTRONIC MEDIA	p.14
TRAVEL RULES AND EXPECTATIONS	p. 14-5
TRANSPORTATION POLICY	p. 15
DEPARTURE AND RETURN TIME	p. 15
WEATHER	p. 15
MEALS	p. 15
CODE OF CONDUCT	p. 15
CONCUSSION FACT SHEET	p. 16-18
Athletes	p. 16
Parents	p. 17
Be Prepared	p. 18
ADDENDUM B (SPORTSMANSHIP FOR PARENTS AND FANS)	p. 18
ACKNOWLEDGEMENT OF RECEIPT AND UNDERSTANDING	p. 23

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INTRODUCTION AND PURPOSE

The purpose of this handbook is to inform parents, students, and coaches of proper guidelines, procedures, and policies that are essential for successful extracurricular activities at Thompson Falls Junior High School. Our School District understands that interscholastic athletics are a significant part of the educational process. The combination of academics and athletics enhances the quality of students' lives and expands their options for learning and personal growth. Athletics and activities provide an educational opportunity in which students can learn essential life lessons beyond those that can be learned in an academic classroom.

Ethics, integrity and respect are values important in our daily lives. On the playing field, they are translated into the word sportsmanship. Sportsmanship is one of the most educational lessons and lifetime values taught by interscholastic athletics and activities. REMEMBER, BE A GOOD SPORT!

It is the responsibility of the school administration to apply the guidelines of this handbook within school board policy and standard administrative procedures. All concerns should be addressed by following the proper chain of command outlined in this handbook.

Please feel free to call or visit the athletic director with any questions or concerns.

APPROACH TO ATHLETICS/EXTRA CURRICULAR ACTIVITIES

Athletics offers a student a chance to participate in an organized and supervised program of controlled competition. While programs are often evaluated on the basis of win-loss records, it is wise to remember that success often takes forms not reflected on the scoreboard or stat sheet. Perhaps the greatest measure of success in athletics is the development of strong, positive values in each of our athletes. We have the responsibility of promoting such attitudes.

Thompson Falls High School, the Athletic Department and coaches are committed to producing well-rounded, involved individuals who are ready to assume their role in society. To this end we must strive to demonstrate the importance of values such as teamwork, sacrifice, self-discipline, respect, pride, and commitment in the athlete to his/her work in both athletics and in the classroom academically.

In all of our programs WE HAVE A DESIRE TO WIN, yet, we must be realistic in recognizing that losses will occur. Therefore, we must teach our athletes to treat victory with grace and humility and defeat with their heads held high, determined to improve.

Finally, and most importantly, our athletic programs must be fun, both for the athlete and the coaches. Success in terms of character development and victories will be enhanced if the program is enjoyable.

NON-DISCRIMINATION POLICY

NON-DISCRIMINATION

The Board of Trustees of Thompson Falls School District #2 is committed to a policy of non-discrimination in relation to race, religion, sex, age, marital status, national origin, handicap, and other human differences. This policy will prevail in all matters concerning the staff, students, the public, educational programs and services, and individuals with whom the Board does business.

In keeping with the requirements of federal and state law, this school district strives to remove any vestige of discrimination in employment, assignment, and promotion of personnel; in educational opportunities and services offered students, in their assignment to schools and classes, and in their discipline; in location and use of facilities; in educational offerings and materials.

PROGRAM PHILOSOPHY AND PURPOSE

PROGRAM PHILOSOPHY

A balanced activities program is an essential component in the achievement of the educational goals identified in the basic statement of philosophy for Thompson Falls Junior High School. The activities program should provide opportunities for youth to further develop interests and talents in areas outside the regular school classroom. Participation in these activities should provide many students with a lifetime basis for personal values, work and leisure activities.

The opportunity for participation in a wide variety of activities is a vital part of the student's educational experience. Such participation is a privilege that carries with it responsibilities to the school, the activity, the student body and the community.

Young people learn a great deal from their participation in activities. Lessons in sportsmanship, teamwork, cooperation, competition and how to win and lose gracefully are integral parts of all activities. Activities also play an important part in helping the individual student develop a positive self-concept, an alert mind and a chemical-free, healthy body. Competition enhances school spirit and helps spectators, as well as participants, develop pride.

Every effort is made, within the priorities of the District, to support the activities program with quality staff, facilities, and equipment. Advisors, directors and coaches, through leadership and example, should teach the specific skills necessary for improvement in activities and provide guidance in the development of self-esteem, good sportsmanship, cooperation, leadership, ethical behavior, artistic sensitivity and an appreciation for the importance of practice.

PROGRAM PURPOSE

The understanding that practice sessions are critical to individual as well as team success needs to be demonstrated. A specified amount of game playing time is never guaranteed. While practices and contests are rarely conducted on holidays, practices are sometimes scheduled during school vacation periods

Athletes are expected to have visibly committed themselves to the program, the team and to continued self-development. Accordingly, increased emphasis is placed on physical conditioning, refinement of skills and developing an understanding of strategies associated with the sport.

A Team Programs:

Normally, a squad is comprised of 8th and 7th grade athletes. Occasionally a 6th graders, may be included on the team, when numbers permit, Remember being able to play at the junior high as a 6th grader is a privilege and not a right. The sixth graders purpose is to help fill a seventh grade team. The number of participants on any given team is a function of the number needed to conduct effective and meaningful practices as well as to adequately meet the strategic requirements for successfully playing in athletic contests While contest participation over the course of a season is desirable, a specific amount of playing time is never guaranteed. There must also be a realization that athletics requires a major time commitment. In most sports, a six-day er week regime may be required. This commitment is often extended into vacation periods for all sport seasons.

The High School Varsity coach is responsible for the entire sport program within the school district. In adherence to all school district and board policy, they will help guide the system of instruction and strategy for that program. Communication among the all levels of the program within the school district is the responsibility of the Varsity coach.

SPORTSMANSHIP

The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all academic and activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior that are characterized by generosity and genuine concern for others. Good sportsmanship is viewed as a concrete measure of understanding and commitment to fair play, ethical behavior and integrity.

The concept of sportsmanship is taught, modeled, expected and reinforced in the classroom and in all competitive activities. Activities are an important aspect of the total educational process in our school. They provide an arena for participants to grow and excel, and to understand and value the concepts of good sportsmanship and teamwork. They are an opportunity for coaches and staff to teach and model sportsmanship, to build school pride, and increase student and community involvement. Ultimately this translates to improved academic performance. All student athletes, in-season or out, are obligated to represent themselves, the team, Thompson Falls Junior High School, their families and communities with the highest level of sportsmanship.

SPORTSMANSHIP EXPECTATIONS – STUDENTS, COACHES, PARENTS, FANS

- During the National Anthem or Pledge of Allegiance, all students, parents, coaches, and fans are to remove their hats, face the flag and not talk. Please to remain standing until the flag has left the floor or playing field.
- Proper language is to be used at all times. No swearing or language offensive will be tolerated. Individual and group vulgarity is unacceptable, as is taunting, trash talk and other verbal forms of harassment and booing of players, coaches, and officials.
- Obscene gestures are unacceptable.
- Making degrading and/or critical remarks about officials during or after a contest either at the competition site or from the bench, locker area or stands is unacceptable.
- Arguing with officials and/or coaches or going through motions indicating dislike or disdain for a decision is unacceptable.
- Respect is the key to good sportsmanship. Opponents should be respected. They are not enemies but fellow teenagers, parents, and fans who happen to attend other schools and live in their communities.

- Be modest and humble in victory or defeat. It is easy to be a good winner. Have the courage to show class when you lose.
- Acts of unacceptable conduct include, but are not limited to the following: Actions detrimental to the health, safety, and well-being of others; disrespect; insubordination; abusive or improper language; taunting and/or inciting; harassment; hazing; destruction of school equipment; vandalism; conduct detrimental to the team or school or any other conduct as determined by the coach(es) or administration which could cause embarrassment or criticism to the team and/or school, or which is inconsistent with a student-athletes position as a leader and role model.

STUDENT PENALTIES

Disciplinary action for improper conduct described in this section is based upon the severity of each case as outlined under **District Policy 3310**. Examples of discipline for behavioral infractions include, but are not limited to the following: a conference involving the student athlete with his/her coach and/or school officials and/or parents to resolve the issue; suspension from practices and/or contests; suspension from the team for the remainder of the season; suspension from athletic participation for a longer period of time in the event of severe or recurring infractions; suspension from athletic participation pending a resolution with school officials; withholding of athletic letter/award; monetary restitution for vandalism and/or destruction or loss of property; hours of school-based community service.

EXPECTATIONS OF THE SCHOOL DISTRICT

SCHEDULING OF ACTIVITIES/EVENTS

All athletic activities, ordering, scheduling, etc. will be done through the Athletic Director. Input from coaches within each program is needed and wanted to allow for an even flow of ideas and events. With input from each head coach, and other school district administrators, the Athletic Director will finalize all event scheduling.

PRE SEASON MEETING

The school will have a pre-season meeting before or during the first two weeks of practice of each sports season. This meeting will consist of administration, athletic director, coaches, athletes and parents of athletes. Attendance at this pre-season meeting is expected by all of the above mentioned groups. This meeting opens the lines of communication in an informal setting and presents important school policies and season information for all involved.

HEAD INJURIES AND CONCUSSIONS

Annually, the district will distribute a head injury and concussion information sheet to all parents and guardians of student athletes in competitive sport activities prior to the student-athletes initial practice or competition. The student and parent/guardian must read and sign the **BLUE SHEET** and the coach must have it in his/her possession prior to practicing. This information will be available at the office and is also included in this handbook – see *Addendum A*. It is important that both participants and parents clearly understand that any player diagnosed with a concussion may not return to practice or competition until the athlete has been cleared by a licensed health care provider (MD, DO, PAC or NP). All incidents involving concussions will adhere to school **District Policies. (3415, 3415P)**

BULLYING IN ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES

The coach is responsible for the safety and well-being of all kids involved in their sport. If bullying is reported or suspected, the incident will be reported to the administration. The issue will be documented and promptly investigated. Administration and coaches will discuss the issue and determine appropriate action to be taken. Each case will be evaluated individually with necessary action taken. The results of the investigation and the school's action will be communicated to the complainant within a reasonable

amount of time. Repeat offenses will receive appropriate disciplinary action allowed for under consequences stated in **District Policy 3226**.

CHAIN OF COMMAND

All informal complaints of a minor nature should first be dealt with between player and coach. If this does not work or an understanding is not reached, the parent and coach should meet. If either of the initial meetings are not satisfactory or deemed too contentious to begin with, administration can sit in to oversee the discussion between the concerned parties. The administration will document the complaint and work with the concerned parties to remedy the complaint and/or reach an understanding of position. All areas of concern and complaint should proceed up the proper chain of command as outlined below:

Head Coach
Athletic Director
Principal
Superintendent
Board of Trustees

If after meeting and discussing a matter at one level the issues are not resolved, all parties will be informed that there is a need to take the matter to the next level on the chain of command.

EXPECTATIONS OF ATHLETES

STUDENT PARTICIPATION

Students often times lose sight of the fact that they are students first and athletes second. They may believe their participation in athletics affords them some preferential treatment. Activities are voluntary. Participation is not required, thus, being part of an extracurricular program is a privilege that must be earned and not a right.

STARTING DATES FOR SPORTS

It is the policy of the Athletic Department that any returning student from TFJHS wishing to participate in an interscholastic sport MUST commit herself/himself to that sport within 5 practice days of the first practice day of that sport. Exception to this will be given to new and/or transfer students who meet all eligibility requirements. Extenuating circumstances may be considered by the Athletic Director.

GENERAL RULES AND REGULATIONS CONCERNING REQUIRED PRACTICES

No individual shall play in any contest until he/she has a minimum of ten (10) days of practice with at least one practice session per day on ten (10) different days (no practice permitted on Sunday) prior to the date of the first allowable game. Athletes participating on teams competing in a season which overlaps the beginning of the next season, may be credited for practices during the overlap period toward meeting the minimum practice requirement. Extenuating circumstances of a shorten practice season due to scheduling will be cleared by the junior high athletic director and explained to parents by the coach or athletic director.

PHYSICAL EXAMINATIONS

Physicals are required BEFORE a student can participate in ANY athletic practice or event. Physical Exam Forms can be picked up at the high school office. The approved MHSA physical form is the only form that can be used but it can be taken to the doctor or physician assistant of student's choice. Payment for physicals is the responsibility of the student and his/her parent/guardian. If problems should arise, contact the A.D.

CONCUSSION STATEMENT READ AND SIGNED BY ATHLETE AND PARENT/GUARDIAN

TFJH requires all athletes and parents are required BEFORE a student can participate in ANY athletic practice or event, to sign and initial the concussion statement of understanding.

PROOF OF INSURANCE

All students participating in a sport must either purchase an insurance policy offered through the school or provide proof of insurance prior to the start of the season and the first practice for the sport they are participating in.

MEDICAL RELEASE/PARENT PERMISSION

All students participating in a sport/activity must complete and turn in to the coach a signed medical release and parent permission form prior to the start of the season and the first practice for the sport they are participating in.

TEAM RULES

In addition to complying with school rules while participating in school sponsored activities, students are also subject to the individual extracurricular/co-curricular rules of the coach/program sponsor.

DRESS/APPEARANCE

At a minimum, the approved school district dress code is in effect for all extra-curricular activities and events. In addition, coaches may have a dress code as part of their team rules and expectations. It is understood that we want to be classy and professional as we interact with area schools in events and competitions. Students and teams should take pride in how they dress and make every effort to have high standards in this regard.

ACTIVITIES AS A PART OF THE EDUCATIONAL PROGRAM

Activities are just one of many parts of the education program that is provided students. The reason students are in school is to learn; therefore academics will always come first. Maintaining academic eligibility is the student's responsibility, not that of coaches or teacher. Eligibility can be lost because of poor attendance, sportsmanship, or citizenship. Participating in activities and being on a team may mean sacrifices. The commitment a student makes to his/her team and coach requires that choices be made and priorities kept. It is the responsibility of the student to notify their

BEING A PART OF THE TEAM

Students learn many skills by participating in their chosen activity but the most important skill that must be learned is teamwork. To be successful, every member of the team must work together to make the whole greater than the sum of the parts.

COME READY TO PLAY

Students should come to practice on time, ready to listen and ready to learn. Students should be prepared physically and mentally for the season. This includes training in the pre-season and taking care of your body and mind during the season and off-season.

CONDUCT ON AND OFF THE PLAYING ARENA

On The Field

Students are respectful towards their teammates, coaches, opponents, fans, and officials. They play by the rules of the game at all times.

On Campus	Students set an example of good citizenship. They help promote school spirit and they should strive to be positive leaders in school activities.
In The Classroom	Students show respect for teachers and fellow students. Students should be in class on time and ready to learn.
At All Times	Students represent their team, school, and community. Students should be conscious of their appearance and manners at all times.

SCHOOL EQUIPMENT

Upon completion of the season, students must return all school issued equipment to their respective coach. Any student who does not return their school issued uniform and equipment will not be allowed to participate in another sport/activity until it has been returned or proper compensation has been made. In addition, the administration may take further steps to ensure the return of and/or compensation for the equipment as they see necessary.

EXPECTATIONS / ROLE OF THE COACH

ROLE MODELING

Because coaches' lives are open to public scrutiny, coaches should use good judgment in conducting their private and public lives. Because impressionable youth many times imitate the actions of their coaches, these coaches should model exemplary behavior on and off the field/court, and encourage their students to do the same. Coaches should instill in the students that they are representing not only their school but also their families and community as well.

PROFESSIONALISM

- Coaches' behavior on and off the arena should exemplify leadership, composure, discipline and integrity.
- Coaches should allow every student a fair and equal opportunity to try out for the team without prejudice based on prior experiences.
- Coaches should use caution and common sense in any physical contact with their athletes.
- Coaches should support not only their program, but the other school sponsored programs as well.
- Coaches should use common sense in communicating with their players through emails, texting, and social media. Remember that a picture sometimes, is worth a thousand words.

PRE SEASON MEETING

All Head Coaches will conduct a parent/athlete meeting prior to the start or within the first two weeks of their season. Topics should include: philosophy of the program, program rules and expectations, warnings if inherent risks, lettering requirements, schedule, and team selection criteria and procedure (if applicable). The coach should also talk to the parents about how and when the parents should approach the coach if there is a concern or question. This information should be written out and handed to the parent as well as discussed verbally. Copies of all handouts should have received prior approval by the Athletic Director.

COMMUNICATION WITH ATHLETES

- Coaches should: communicate in a positive manner even when correcting or criticizing a student athlete especially in the public such as in a game situation.
- Coaches should: emphasize team loyalty and effort, stressing the value of each individual's contribution toward the success of the team.

- Coaches should: assist students in setting realistic goals, then achieving them, one at a time.
- Coaches should: help each student achieve her/his personal best.

COMMUNICATION WITH PARENTS

The coach/advisor is expected to communicate problems, concerns, or special praise for their son or daughter to parents. This should be done by phone or face-to-face. In addition:

- Coaches should: inform parents, orally and in writing, of practice hours and the schedule of games and tournaments.
- Coaches should: discuss with parents the various roles they might play in assisting in their son/daughter's success.
- Coaches should: at the proper time and place, be available to discuss a student's progress or standing on the team with her/his parent.

STUDENT SAFETY

Coaches are responsible for student safety and welfare. This includes physical activities and proper supervision. During physical activity, make sure that the athletes are getting plenty of fluids. Coaches are not to leave students unsupervised at any time, yet should a situation arise, all physical activities will stop.

COACHES EDUCATION/IN SERVICE

All head coaches are required to take the Montana High School Association "Coaching Education Program" every three years. All coaches within a program are required to obtain a standard first aid card. As per **school District Policies 3415 and 3415P**, all coaches will undergo training in head injury and concussion management at least once every two years by one of the following means: (1) through viewing the MHSА sport-specific rules clinic; or (2) through viewing the MHSА concussion clinic found on the MHSА Sports Medicine page at www.mhsa.org

EXPECTATION OF PARENTS

KEEPING ACTIVITIES IN PERSPECTIVE

- Emphasize that academics always come first.
- Assist the student to structure time wisely so that activities do not interfere with academics.
- Use activities as a way to teach your children how to react and interact with other people during tense situations. Help your student understand that ability varies with body maturity and that effort is just import as natural ability.

SUPPORTING THE STUDENT ATHLETE

- Keep in mind that it is your child's team and competitive event and that he/she needs a supportive parent when returning home.
- Encourage participation by both girls and boys. Allow the student to select the sport based on her/his perceived ability and likes. Provide a pressure free environment regarding scholarship expectations.
- Be supportive of your child; see that her/his medical needs are met; see that she/he has proper equipment; attend as many of your child's contests as possible.
- Stress the importance of the complete athlete, both mental and physical preparation.
- Do not emphasize "quitting" as the best way to solve problems, but rather perseverance.

SUPPORTING THE PROGRAM

- Be supportive of the coaching staff. Go to all meeting requested by coaches. Being on a successful team is important to your child. Support the coaches' preparation plan. Talk to your child frequently about how things are going with her/his activity. Make arrangements to talk to the coaches privately

and early about perceived problems. Approaching a coach immediately following a game or contest is not the best time to discuss concerns that a parent might have with the coach. A parent should wait a minimum of 24 hours after a contest to discuss these concerns with a coach.

- During the season, take into consideration practice and games when planning family events. Missed practice time may have consequences that affect a student's playing time.
- Understand the needs of the particular activity. Some take more equipment, some take more time, and other call for some year-around preparation.
- Support the district policy of no alcohol, illegal drugs, or tobacco.
- Model positive behavior toward everyone involved in the events as described in the Sportsmanship Expectations and in using the chain of command when there is a complaint.

ELECTRONIC MEDIA

All students, parents, coaches, and fans need to understand that comments about school personnel, students, coaches, players, and officials must reflect a positive and proper environment through whichever medium or means comments are made. Negative comments in person, through the press, or via social media demonstrate a lack of sportsmanship, proper modeling, plus foster ill will. Remarks which hurt or demean the mentioned parties may be viewed and investigated as bullying or harassing behavior and therefore subject to the consequences per school **District Policy #3630**.

BLUE HAWK SPORTSMANSHIP – POSITIVE IMPACT OF PARENTS

Because of the great and positive impact parents and fans can have on our students, school, and community, it is vital we all strive to demonstrate, promote, and model the ideals of sportsmanship. See *addendum B* at the end of this hand book for a handout that discusses the positive impact parents and fans can have on the athletic and activity programs here at Thompson Falls High School.

ACADEMIC ELIGIBILITY POLICY

TFHS ACADEMIC ELIGIBILITY POLICY FOR ATHLETICS/EXTRA-CURRICULAR ACTIVITIES

SCHOOL DISTRICT GUIDELINES

Academics come before student activities. Students involved in extracurricular activities must follow those rules specific at the elementary and junior high levels.

ATHLETIC ELIGIBILITY – Grade checks begin the first week of practice for each sport.

For definition of terms the grades A,B,C,D,E and P are considered passing. The grades F,I, or N are not passing. student receiving an out-of-school suspension because of discipline violations and/or attendance problems will not participate in extracurricular activities on the day(s) of out-of-school suspension.

A STUDENT IS ACADEMICALLY ELIGIBLE IF:

He/she receives a grade point average of 2.00 (rounded to the nearest hundredth) or above with no F being allowed, based on weekly grade checks.

A STUDENT IS INELIGIBLE IF:

1. He/she receives a grade point average below 2.0 (rounded up to nearest hundredth), at the time of the weekly grade check **OR**
2. He/she receives one or more "F's" at the time of the weekly grade check.

Students may practice if academically ineligible but will not be allowed to participate in competitions. Student grades will be checked each week. If they meet the standard (2.0 with no "F's") they will no longer be on ineligible. If they fail to meet the standard (2.0 with no "F's") they will then be considered ineligible for that week(Monday-Sunday). An academically ineligible student will have the opportunity to submit class work and become eligible for event participation by noon on the day prior to a competition. *Example: A student is academically ineligible at Monday's grade check and has a track meet Friday. If he/she works to get their grade up before noon on Thursday, they will be eligible to participate. Teachers receiving makeup work need adequate time to grade assignments and enter grades before any grade check deadlines.*

MONITORING

All student-athletes will be monitored weekly for eligibility. Eligibility checks will be performed on the first day of each school week.

SUBSTANCE ABUSE : DRUGS, ALCOHOL, AND TOBACCO

EXTRA-CURRICULAR DRUG & ALCOHOL POLICY

The Thompson Falls Public Schools has established the following policy for governing participation in the extra-curricular athletic activities. This policy is in effect beginning with the first sports practice in August and ends the first Monday following the last day of school. Students will be monitored in and out of season.

It is the school's belief that participation in organized activities can contribute to the all-around development of young men and women and that implementation of this rule will serve the following purposes:

1. To emphasize concern for the safety of students while participating in activities;
2. To provide a chemical-free environment that will encourage healthy development;
3. To promote a sense of order and discipline among students;
4. To confirm and support existing state laws which restrict the use of mood-altering chemicals;
5. To emphasize standards of conduct for those students who through their participation are leaders and role-models for their peers and younger students;
6. To assist students who desire to resist peer pressure which often directs them toward the use of mood-altering chemicals.

It is the position of the Thompson Falls Public Schools that participation in these activities is a PRIVILEGE extended to students who are willing to make the commitment to adhere to the following minimum rule: Students will not use, have in their possession, buy, sell, or give away, or **be in association with** those who are illegally using or in possession of alcohol, tobacco, marijuana, or any other substance defined by law as a controlled "substance" or "dangerous drug". Legitimate use of prescription drugs is permitted.

(The player or participant will receive the regular penalty from being a student as outlined in the Student Handbook plus an additional consequence as defined below in order to participate in an extra-curricular activity)

1ST OFFENSE A student will be suspended for **11** school/practice days by the coach and an additional 1 to 10 school/practice days may be added by the school principal. Students are allowed to practice and travel with the team while serving the suspension during the regular season only (cannot dress out). Students on suspension will not travel with the team to post season tournaments.

2ND OFFENSE Upon a second offense within a school year, a student will be suspended for another **11** school/practice days by the coach, an additional 1 to 10 school/practice days by the school principal and with a recommendation of 20 additional school/practice days by the Board of Trustees. This suspension will prohibit the student from participating in a school activity or sport. By participating, this means dressing out and competing in the contest. The student may practice but that decision would be up to the student. If the remaining number of practice days in that activity is less than 40 days, then this difference in days will carry-over with the next activity or sport he or she is involved with, regardless of the school year. Students are allowed to travel with the team while serving the suspension during the regular season only. Students on suspension will not travel with the team to post season tournaments.

3RD OFFENSE Upon a third offense within the current school year, a student will be recommended to the Board of Trustees for suspension of **one full calendar year** from all extra-curricular activities.

APPEALS PROCESS

Due Process is as follows:

1. The decision to suspend, or not, is made by the Athletic Director.
2. The decision may be appealed to the Executive Activities Council. This council consists of the high school principal and simple majority of head coaches/extracurricular sponsor(s) at the high school level. Their decision is final at the building level.

ATTENDANCE

All athletes are expected to be at each practice session. Illness and/or serious crisis (death or serious illness within the immediate family), or appointments to out of town medical specialists should be acceptable excuses for missing practice. (All though these are excused absences they do not apply to the 10 day rule because you have to be physically present at practice for 10 days). The coach should be notified in advance when and why an athlete will miss practice. Absence or tardiness resulting from a student being detained after school for disciplinary reasons will not be considered excused. Athletes must be in attendance the last 1/2 of the school day to be able to participate in practice or a game that night. (If the bus leaves before school is out you must be in attendance in at least ½ of your classes to that point. If the bus leaves at noon you must be in attendance the last 1/2 of the morning.) Example - A girls' basketball player is sick all day Thursday and stays home from school but feels better by game time. Ruling – sorry, you cannot play Thursday night. If she is sick all day Friday, she cannot play Friday night but may play Saturday night. Example - a football player is ill Friday morning & stays home but comes to school the last 1/2 day. Ruling - he can play Friday night. If he does not show up on Friday at the beginning of 5th period he cannot play because he was not in attendance for second half of the day. If the student is counted as absent 5th period, he/she cannot play...For extenuating circumstances see the A.D.

CURFEW

Athletes are expected to be home by 10:00 p.m. during the week and the night before a contest. Weekend curfew (Saturday night or Friday night with no game Saturday) will be midnight. Coaches should emphasize the importance of rest to athletes to rebuild muscle tissue broken down and electrolytes (lost during practice sessions). The head coach of each individual sport will determine the consequences of a curfew violation based upon their pre-determined training rules and guidelines.

In-season coaches may use their discretion to change curfew rules for extenuating circumstances.

SEARCH AND SEIZURE

Students traveling on school sanctioned field trips and participating in athletics are subject to the same policies as those in attendance at school. If school authorities suspect, (have “reasonable suspicion”) they are authorized to conduct searches, with a witness, of students and their bags. If any illegal contraband is discovered, it will be recorded and turned over to the appropriate law enforcement agency, and parents will be notified. A refusal to consent to a legal search as allowed by school law will result in an assumption of guilt and the appropriate consequences will still apply. **District Policy 3310, 3231.**

ELECTRONIC MEDIA

All students, parents, coaches, and fans need to understand that comments about school personnel, students, coaches, players, and officials must reflect a positive and proper environment through whichever medium or means comments are made. Negative comments in person, through the press, or via social media demonstrate a lack of sportsmanship and class, and foster ill will. Remarks which hurt or demean the mentioned parties may be viewed and investigated as bullying or harassing behavior and therefore subject to the consequences per District Policy #3630.

TRAVEL RULES AND EXPECTATIONS

TRANSPORTATION POLICY

For liability purposes all activity participants are required to ride the activity bus both to and from events unless the coach, sponsor, or chaperon consents and has a WRITTEN NOTE from the student’s parent or guardian that their child will be riding with them or with another parent or a responsible adult. At no time will we release students to ride with a boyfriend, girlfriend, recent graduate, or any other student. Remember parents only, or responsible adults as per coaches’ discretion and only AFTER the conclusion of the athletic event. Exceptions will be made to those students who live along the bus route home. Example - Trout Creek students. At no time will the school release students to ride with anyone other than the above. We have a gender-equitable policy for transportation of teams, meals, and overnight housing and also on return from tournaments after elimination.

DEPARTURE AND RETURN TIME

Coaches will clearly communicate departure times for away events. In order to avoid parent/guardian concern, please advise your parents/guardian of the approximate return time in addition to where the bus will unload. Please have your parents either waiting for you at school or expecting a phone call from you upon return to the school. The coach will let you have access to a telephone. Also, stay in the well-lighted area near the front of the foyer. A member of the coaching staff is responsible for supervision of all team members until they have been picked up.

RETURN FROM EVENTS

If the bus returns home at 11:30pm and there is school the next day, students will be excused from 1st period, with no repercussions.

WEATHER

The decision to run or not to run a bus by the administration and the assessing the most current reports on road will be sole consideration.

The driver will retain absolute veto power trip should be made.

Based upon time of year and weather conditions it is always necessary that all passengers have clothing that is suitable for the current and potentially cold weather situations.



during inclement weather will be made transportation supervisor after carefully conditions. The safety of the passengers

and will have the final say on whether a

MEALS

Payment of meals for junior high athletes is the responsibility of the athlete and parent(s).

CODE OF CONDUCT

Any student involved in committing a crime (i.e., theft, assault, use and/or possession of alcohol, controlled substance, or theft) while on an activity trip will be turned over to the local law enforcement. An attempt will be made to contact the parent.

All students involved in athletics and extra-curricular activities that involve travel and overnight stays must remember that they remain under the guidelines of this handbook and all approved school district policies during the entire duration of their trip. Students are expected to maintain proper behavior at all times.

A Fact Sheet for **ATHLETES**



WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

- **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

• **Give yourself time to get better.**
If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- > The right equipment for the game, position, or activity
- > Worn correctly and fit well
- > Used every time you play

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily • Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
<ul style="list-style-type: none"> •Appears dazed or stunned •Is confused about events •Answers questions slowly •Repeats questions •Can’t recall events prior to the hit, bump, or fall •Can’t recall events after the hit, bump, or fall •Loses consciousness (even briefly) •Shows behavior or personality changes •Forgets class schedule or assignments 	<p><u>Thinking/Remembering:</u></p> <ul style="list-style-type: none"> •Difficulty thinking clearly •Difficulty concentrating or remembering •Feeling more slowed down •Feeling sluggish, hazy, foggy, or groggy <p><u>Physical:</u></p> <ul style="list-style-type: none"> •Headache or “pressure” in head •Nausea or vomiting •Balance problems or dizziness •Fatigue or feeling tired •Blurry or double vision •Sensitivity to light or noise •Numbness or tingling •Does not “feel right” 	<p><u>Emotional:</u></p> <ul style="list-style-type: none"> •Irritable •Sad •More emotional than usual •Nervous <p><u>Sleep*:</u></p> <ul style="list-style-type: none"> •Drowsy •Sleeps less than usual •Sleeps more than usual •Has trouble falling asleep <p><i>*Only ask about sleep symptoms if the injury occurred on a prior day.</i></p>

LINKS TO OTHER RESOURCES

- CDC –Concussion in Sports
 - <http://www.cdc.gov/concussion/sports/index.html>
- National Federation of State High School Association/ Concussion in Sports
 - www.nfhslearn.com
- Montana High School Association – Sports Medicine Page
 - <http://www.mhsa.org/SportsMedicine/SportsMed.htm>

ADDENDUM B - BLUE HAWK SPORTSMANSHIP FOR PARENTS AND FANS

**** BLUE HAWK SPORTSMANSHIP ****

As coaches and parent's it is important that we model and demonstrate behaviors that we are teaching our athletes. These behaviors include: showing respect for the opponent; showing respect for game officials and accepting their decisions; knowing and understanding the rules of competition; maintaining self-control; refraining from making disrespectful remarks or booing. We want our teams, coaches, and athletes to strive for competitive greatness and do so within the rules and with good sportsmanship. Positive support from Blue Hawk fans is a very important part of this and it is very appreciated. Inappropriate behavior cannot be tolerated. Please help demonstrate good sportsmanship at all times and encourage those around you to do the same.

POSITIVE IMPACT OF PARENTS AND FANS:

1. Attend as many activities as possible.
2. Be a model, not a critic. Model appropriate behavior, poise, and help instill confidence in your child, team and coaches.
3. Be a part of the program by attending pre-season meetings, team functions, and other school activities that show your support for your child and Thompson Falls High School.
4. Do everything possible to help be a part of making the best athletic experience for your child and the team that you possibly can.
5. Look upon the opponent as friends involved in the same experience.
6. After the game give the coaches and player's time and space. Always work to keep things in perspective. Be a reflective listener and remember why your kids are playing the game.
7. View the game and program with the team goals in mind. Consistently support all the players, coaches, and officials.
8. Attempt to relieve competitive pressure, not increase it.
9. Encourage multi-sport participation. Be a multi-sport supporter.
10. Accept the judgment of the officials and coaches. Demonstrate respect and remain in control. Parents should not interact with a game official. Let the players play, the coaches' coach, and the officials officiate without any interference from the bleachers.
11. Accept the results of each game and do not make excuses.
12. Demonstrate winning with humility and losing with dignity.
13. Allow the coach to be the one to offer advice and correction. Maintain an encouraging voice. Trust the coach. Have an instructional voice only in a way that supports the overall team concept.
14. Focus on athletic effort and improvement instead of outcome.
15. Dignify mistakes made by athletes who are giving their best effort. (Support and understand the need and value there is in learning from mistakes.)
16. Be an encourager. Encourage athletes to keep their perspective in both victory and defeat. This will instill confidence in all involved in Blue Hawk athletics. Confidence is a major key to success.
17. Model correct behavior before, during, and after the games. What adults do in moderation, young people feel free to do in excess.
18. Be a great listener.
19. Enjoy being a part of our school and community. Your role as parent's and fans is a huge and important part of Blue Hawk Athletics.

**** Material adopted from West Albany High School Athletic Department (West Albany, Oregon)**

ACKNOWLEDGEMENT OF RECEIPT AND UNDERSTANDING

Participating in Thompson Falls Junior High School extracurricular activities is an integral part of the curriculum. It is a privilege and should elicit great pride in both the student and his/her family. While our number one goal as a school district is to provide a sound academic experience for all of our students, extracurricular activities provide unique opportunities for students to promote their mental, physical, social and emotional development. Participants who comply with this handbook and code of conduct demonstrate a desire to dedicate themselves to self-improvement as well as to enhance the best interests of fellow teammates, advisors/coaches and school. If accepted, this privilege carries certain responsibilities, and this handbooks and code presents these responsibilities.

Parent/Guardian:

By signing this document, I (print) _____ parent/guardian, indicate that I have knowledge, understanding and agreement to these standards, set forth in order for my son/daughter _____ to be afforded the privilege of representing Thompson Falls Junior High School as a participant in a extracurricular activity. I am also aware that any violation on the part of my child, to any of these standards, shall result in the consequences contained within this policy.

Parent /Guardian Signature

Date

Extracurricular Participant/Student:

By signing this document, I (print) _____ extracurricular participant, indicate that I have knowledge, understanding and agreement to these standards, set forth in order for me to be afforded the privilege of representing Thompson Falls High School as a participant in a extracurricular activity. I am also aware that any violation to any of these standards shall result in the consequences contained within this policy.

Student Signature

Date

PLEASE COMPLETE AND DETACH THIS PAGE AND RETURN TO THE ATHLETIC DIRECTOR’S OFFICE PRIOR TO YOUR SON/DAUGHTER FIRST COMPETITION.

STUDENTS CANNOT COMPETE UNTIL THIS FORM IS ON FILE. A SEPARATE FORM MUST BE COMPLETED FOR EACH STUDENT.