

BENEFITS OF EXTRA-CURRICULAR ACTIVITIES

Activities Support the Academic Mission of Schools.

They are not a diversion but rather an extension of a good educational program. Students who participate in activity programs tend to have higher grade-point averages, better attendance records, lower dropout rates and fewer discipline problems than students generally.

Activities are Inherently Educational.

Activity programs provide valuable lessons for practical situations – teamwork, sportsmanship, hard work, and winning and losing. Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens.

Activities Foster Success in Later Life.

Participation in high school activities is often a predictor of later success – in college, a career and becoming a contributing member of society.

EXTRA-CURRICULAR BELIEF STATEMENT

We Believe

- **That extra-curricular activities are an extension of the classroom and are an integral part of the total educational program offered at Pine Island Public School.**
- **That the family should play an important part in any decision that is made in any activity.**
- **That through these activities, students are provided the opportunity to become better individuals and citizens.**
- **That participation in extra-curricular activities is a privilege which carries with it responsibilities to the school, the team, the student body, the community, and the participant themselves.**
- **That students are encourage to participate and excel within the principles of good sportsmanship and fair play.**
- **That the primary responsibility of a coach and coaching staff should be with assisting students in acquiring the educational values and skills inherent in a well rounded extra-curricular activity.**
- **That all coaches should be well trained and the head coach must assume a major role in the development of their activity and the students they have participating.**
- **That students should have varied experiences commensurate with their interest and abilities.**
- **That students should have freedom of choice in selecting activities involving the arts, athletics or academics.**

That all coaches should work together to support and encourage participation in all the activities offered.

Pine Island Athletic Guidelines

Adopted August, 2001

FAMILY TIME

Family time is important to all students. The role of the family should play an important part in any decision that is made in any school activity. The Activities Director and coaches will take into consideration the age and the grade level of the athlete when developing practice and tournament schedules. The Activities Director and coaches will also consider family time during the holiday season relative to practice times, number of weekend tournaments and game schedules.

ACADEMIC ACTIVITIES

Coaches should be flexible in allowing athletes release time and encouraging athletes to participate in academic activities. The extent of this flexibility should take into account things such as athlete's age, level of competition, benefit to the athlete, direct effect on the team, etc.

PLAYING TIME FOR 7TH AND 8TH GRADE STUDENTS

Regular Games:

The philosophy at the 7th and 8th grade level is to develop skills and encourage participation. Players should be given the opportunity to play in each game that is scheduled during the week. While it may be impossible to have equal playing time for every player, every effort will be made by the coaching staff to provide fair amounts of playing time to each player over a number of games. Factors that may effect playing time at this level include, but are not limited to, behavior, hard work, dedication, attendance, listening to coaches, willingness to be coached, and academic progress.

Tournaments

The coach will play the players he/she believes will give their team the best chance to win. This philosophy will be followed as long as *the team is in the winner's bracket*. Once the team enters the loser's bracket, all players should be given an opportunity to play in the tournament games.

PLAYING TIME IN OTHER GRADES (9TH – 12TH)

Starting at the 9th grade level, playing time will be increasingly based on the team's best chance to win along with other factors including but not limited to the ones listed above for 7th and 8th grade games. Coaches will play as many players as possible while still providing the team the best chance to win. If the outcome of a game becomes obvious, coaches are encouraged to give players who haven't played yet some playing time.

MOVEMENT OF PLAYERS TO AN UPPER LEVEL OF COMPETITION

Any “moving up” of players to an upper level of competition must address the player’s ability, maturity level, social impact, and playing time. Any movement of players (“moving-up”) to an upper level of competition will involve three parties and the following procedure will be followed:

1. The coaches at both levels involved should agree that such a move is warranted.
2. The coach will discuss the proposed move with the parent.
3. If the parent approves, the coach may discuss the proposed move with the athlete for his/her approval. Parents may also inform the coach before the season starts if they do not want their son or daughter to be considered for movement to an upper level.
4. The Athletic Director will be informed of any such moves.

Exception to Procedure

Temporary fill-in type moves need not follow the outlined procedure.

Movement of 7TH or 8TH grade students

The “moving up” of players to an upper level of play is discouraged. The belief is that these players should play at their grade level when a team exists at that level. If players are moved up, they should play on only one team. If they do play at two levels, playing time must not exceed the High School Leagues rules governing playing time for that sport regardless of level that they play. An exception may be made for temporary fill-in type moves.

CUTTING OF PLAYERS

Cutting of players is discouraged. However, there may be times when it is necessary to cut players due to overall numbers or numbers allowed on a tournament squad. When cutting is necessary, the following guidelines will be followed:

- 1) *The coach will outline their cutting policy and procedure at the pre-season player-parent meeting.*
- 2) *The coach must have approval from the Activities Director before any cuts are made or athletes are informed of such cuts.*
- 3) *All cuts that would allow room for any potential upward movement of underclass athletes must be approved by both the Activities Director and the High School Principal before such cuts are made or athletes are informed of such cuts. There must be extraordinary circumstances for such cuts to be approved.*

SUPERVISION

Coaches are responsible for the supervision of the athletes participating in their sport. This supervision includes the locker room, weight room, and other times when the student-athlete is under the supervision of the coaching staff. All coaches are ultimately responsible and liable for the actions of their athletes. This includes locker room, practice, travel, and games.

Coaches are in charge of supervision on the school bus or other types of transportation. No student shall report to the bus without proper supervision of a coach. All regular bus discipline along with the school discipline rules remains in effect for the duration of the activity.

No student will be given permission to ride home with anyone who is not their parent, a member of the immediate family or legal guardian. Students may ride home with their parent/guardian only if a “face to face” meeting has been held between the parent and the coach or a written note has been accepted by the coach.

PRACTICES

All practices shall be well organized and kept at a reasonable length.

Parents shall be informed of practice times and the Activities Director will develop a schedule of winter practice times with input from the involved coaches. This schedule will be distributed in a timely manner.

7th and 8th grade teams will not practice on Wednesdays. Athletes at all levels of competition may be excused for family reasons on Wednesdays with no consequence on his/her playing time or position on the team. Any 7th or 8th grade athletes competing at an upper level of competition may be allowed to practice at the parent’s discretion.

No practices will be allowed on Sunday. If school is dismissed for an emergency, no practices will be conducted. This includes snow days and non-scheduled early outs. However, if there is a special event (ie state tournament) there could be a decision made by the Activities Director and Superintendent to allow practice.

If a conflict occurs in scheduling due to an unforeseen circumstance, the activities director and the high school principal will resolve the dispute.

All practices during the normal vacation periods must be scheduled through the activities director. It is the coach’s responsibility to make sure building security is maintained during these periods.

Players would attend Wednesday religion classes will do so with no penalty for missing a practice. It is the player’s responsibility to leave practice early if needed.

ATHLETIC COMMUNICATION PHILOSOPHY

We encourage open and constructive two-way communication with parents, coaches, and students. It is important to the success of all programs and to the well being of the athletes.

In addition, each sport will have a pre-season player-parent meeting to review their sport’s rules, guidelines and expectations.

INJURY RELEASE PROCEDURE

When a student has gone to a doctor for an injury or a major illness, he/she must have a written release from the doctor prior to being allowed to participate or resume participation in any extracurricular activity.

INSURANCE

The school district DOES NOT carry medical insurance on students who participate in extracurricular activities. Parents are responsible for their children's medical coverage.

Academic Eligibility Guidelines

It is the philosophy of the Pine Island School District that student achievement and satisfactory progress in the classroom is our number one priority. This commitment to learning and achievement exceeds all other school demands, opportunities, and privileges.

Student progress towards graduation

All students who participate in extracurricular activities must also be making satisfactory progress towards graduation in order to be eligible to compete.

Student grades and eligibility

The Minnesota State High School League rules state that all students who participate in activities must be making satisfactory progress towards graduation to be eligible to compete.

It is important that parents keep informed of the activities that their son or daughter is participating in. If your child tries out or registers for an extracurricular activity and they have been carrying failing grades in the past, it is important to know that they may lose their eligibility to perform or participate. Eligibility is at the mercy of the calendar in regard to performance dates and competitions. If you suspect that they may not be eligible to perform please hold your child out of the activity, it may eliminate embarrassment.

PINE ISLAND SCHOOL ELIGIBILITY GUIDELINES

Participation in school activities is dependent on your eligibility.

Conduct Unbecoming an Athlete / Competitor – Good Standing

The expectations of a student whom will represent our school by participating in an extracurricular activity whether it is an academic or an athletic program are higher than for those not involved in extracurricular activities. Participation in these activities is a privilege, not a right to all students. Both parents and students need to understand that as a representative of our school in competitive and performance programs we expect them to exhibit model behavior both in and out of school. When a student has been found to be in violation of the district expectations, consequences will be enforced as appropriate.

Definition: The term “Good Standing” shall mean that the student is eligible under all of the conditions and eligibility requirements of the Minnesota State High School League as well as the eligibility requirements of Pine Island Public Schools as determined by the appropriate building level Principal.

Conduct Unbecoming an Athlete / Competitor Category I and II Programs and school sponsored events

If the violation is a violation of the Minnesota State High School League (MSHSL) rules (Bylaw206) and the activity the student is involved in is a MSHSL activity, the penalty will follow MSHSL rules. If the activity is not a MSHSL activity, the penalty may follow MSHSL rules or follow the options listed below. The High School Principal has the final say of the consequence.

- A student may lose the “Good Standing” status if they violate school policies, state laws, or Federal laws. Determining the violation and the consequence will be at the discretion of the High School Principal. Examples of behaviors or violations that may cause the student to lose the good standing status are listed below. This list is not complete.

- Chronic misbehavior*
- Vandalism*
- Insubordination*
- Truancy*
- Harassment*
- Theft*
- Assault*
- Others as determined by the Principal*

Consequences for violating the above listed policies and laws may vary and will most likely impact the extracurricular activity in which the student participates. The consequences may include suspensions from participating in special school events, performances, games, specific number of weeks, percentage of competitions, or seasons depending on the severity of the infraction and the quantity of minor infractions the student has accumulated. This determination will be made at the discretion of the High School Principal.

1. ACADEMIC ELIGIBILITY: Students must be making adequate progress towards graduation. If a student is not making adequate progress they may jeopardize their opportunity to participate in extracurricular activities of both category I (Governed by MSHSL) and Category II (Non-MSHSL governed) activities. Eligibility will be determined by the "F" list each quarter (1, 2, 3, 4) as follows.

- One failure (F) : Student will maintain eligibility but must attend PASS program for remainder of the quarter, 2 times per week.
- 2 – 3 Failures (F's) : Student will be ineligible for 2 weeks and must attend the PASS program 2 times per week to maintain eligibility after the two week non-competition period. Student must attend PASS until the end of the semester. If the student does not attend PASS 2 times per week they will lose their eligibility for the remainder of the semester .
- 4 or more Failures (F's) : Ineligible for the remainder of the semester or next semester if received at the end of a semester.

If the student attends summer school and makes up the class they failed, their eligibility will be reinstated in the fall. Registration for summer school does not make the student eligible if they are in a spring sport that goes into the summer. It is important to note that not all courses will be offered in the summer for students to retake.

BYLAW 205.00

CHEMICAL ELIGIBILITY

Cross Reference: Bylaw 304.B.1 ("Denial Penalty")

1. A student shall not at any time, regardless of the quantity:
 - A. use or consume, have in possession a beverage containing alcohol;
 - B. use or consume, have in possession tobacco; or,
 - C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.

2. Penalties for Category I Activities

Definition - Category I Activities: Those League-sponsored activities in which a member school has a schedule of interscholastic contests, exclusive of League-sponsored tournaments.

- Athletic Activities
- Fine Arts Activities
 - 1) Debate
 - 2) Speech Activities including One Act Play - when a school schedules a season of interscholastic contests.

A. First Violation Penalty

The student shall lose eligibility for the next two consecutive interscholastic contests or *two weeks, 14 calendar days*, of a season in which the student is a participant, whichever is greater.

B. Second Violation Penalty

The student shall lose eligibility for the next *six consecutive interscholastic contests or three weeks, 21 calendar days*, whichever is greater, in which the student is a participant.

C. Third or Subsequent Violation Penalty

- 1) The student shall lose eligibility for the next *12 consecutive interscholastic contests or four weeks, 28 calendar days*, whichever is greater, in which the student is a participant.
- 2) A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:
 - a) The student is assessed as chemically dependent,
 - b) enters treatment voluntarily, and
 - c) the director of the treatment center certifies that the student has successfully completed the treatment program.

Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

D. Applying the Penalty

- 1) Penalties shall be progressive beginning with the student's first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.
- 2) Violation Confirmation Definition: The violation shall be confirmed when the administrator responsible for the athletics/activities program has informed the student that the student has violated a bylaw and is now under the penalty. The notification shall be verbal and also in writing.
- 3) Counting Weeks:

- a) The weeks shall begin on the date that the violation is confirmed by the school administrator and extend for the required number of calendar days.
 - b) For the purpose of this bylaw, a week is seven calendar days. The week starts the date the violation is confirmed.
 - c) At the beginning of the season, practice and conditioning weeks are counted.
 - d) The student must participate in and complete the entire season in which the penalty has been applied for the penalty to count. As examples: a student cannot begin participation in a program at the start of the season, serve the penalty and then quit after the suspension has been served; nor can a student join a program after the season has begun, and serve the penalty.
- 4) A student who is under penalty for a violation of a League bylaw may not join a second sport in the same season in order to fulfill a penalty.
 - 5) Practices, jamborees, inter-school scrimmages and previews are not interscholastic contests and may not be counted, however, the student is eligible to participate.
 - 6) A student who participates in both Category I and Category II activities shall serve the penalty prescribed for that violation in both Category I and Category II activities in which the student participates.
 - 7) Denial Disqualification: A student shall be disqualified from all inter-scholastic athletics for nine additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.
3. **Penalties for Category II Activities**
Definition - Category II Activities: Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments.
- Fine Arts Activities
- 1) Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series.
 - 2) Music Activities.
 - 3) Visual Arts Activities.
- Each member school shall develop penalties which it will apply to the participants in these activities. A copy of the member school's policy shall be filed in the principal's office.

In addition to the above violation, the athlete will forfeit the following:

1. Any All Conference honors, MSHSL awards/honors or selection to any all-star teams by coaches associations. Athletes may be eligible for team awards at the coach's discretion.
2. The captain position will be forfeited for the rest of that season.

Violations listed in numbers 1 and 2 above do not carry over to the next season.

Note: Any allegation of sexual, racial, religious harassment violence and/or hazing may also constitute a violation of the Student Code of Conduct.

Additional Expectations and Information for Extracurricular Participants

ATTENDANCE: Members of any extra-curricular activity are expected to be at every practice or activities session unless they are absent due to illness or are excused in advance. Participants who violate school attendance regulations are subject to temporary suspension from participating. Any student who is absent from school for more than 1/2 day will not be allowed to participate in an activity after school that

day unless participation has been approved by the principal for extenuating circumstances. Likewise, a student participating in an activity is expected to be in school that next morning.

ACTIVITY POLICY: All activity directors and coaches will have rules, which will be specific to that sport or activity.

TRANSPORTATION: All members of extra-curricular groups attending games, contests, and school sponsored activities out of town are required to ride to and from these events in the school bus or in the mode of transportation provided by the school unless arrangements have been made between the student's parents and the coach or director involved.

Minnesota State High School League's catastrophic Insurance Clarification

The MSHSL's coverage thru Mutual of Omaha catastrophic insurance contract covers travel to and from events. The catastrophic insurance will cover individual and team travel, provided the travel is to and from the location of the covered event, authorized by the participating school and paid for or subject to reimbursement by the sponsoring school. It shall be noted that students who travel away from school on a bus and parents want to drive them/friends home are not covered by the MSHSL catastrophic insurance policy unless the sponsoring school intends to pay or reimburse the parent for their travel.

AWARDS: The activity director or head coach of that respective activity sets all letter and award qualifications. Check with these people for further information.

ATHLETICS: Students participating in athletics must complete and return an eligibility rule sheet and a physical examination slip, if needed, prior to participating in athletic activities. Physical examination slips are valid for three years. The cost of physicals is the responsibility of the parents.

CONDUCT OF EXTRACURRICULAR STUDENTS: *Students who participate in Pine Island extracurricular activities are expected to be good examples of the high expectations that Pine Island prides itself on. Misbehaviors and inappropriate actions will be dealt with severely. The consequence may be equal to or similar to the consequence for using mood-altering chemicals. It is important that both students and parents understand that participation in extracurricular activities is a privilege and not a right.*

Code of Conduct for Extra-Curricular Participants

Pine Island Public school encourages all students to take advantage of the many school sponsored extra-curricular activities. We take great pride in these programs and we consider them to be an extension of the school day in order to enhance the well-balanced educational programs offered.

All students who elect to participate in an extra-curricular activity are visible representatives of the activity, the Pine Island Public School and the community of Pine Island. With this involvement, the student assumes additional responsibilities of leadership within the school and community. All these activities will provide the student with an environment where they can develop self-esteem, self-discipline, pride, and teamwork. By selecting an activity, the student will be required to sacrifice personal time to be a part of a group.

Being a part of an extra-curricular activity is considered an honor and a privilege. Therefore it requires the student to observe the student discipline policy at school and school related activities, home or away, during the school calendar and summer vacation. Students must also follow the rules and/or regulations of their individual sport, the Minnesota High School League, and the school eligibility rules.

This Code of Conduct is intended to dissuade the students from making incorrect decisions. It is designed to provide the students of Pine Island Public School the guidelines to be positive, responsible leaders of our school and the community.

The member schools of the Minnesota State High School League believe that participation in interscholastic activities is a privilege that is accompanied by responsibility.

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.**
- I will be fully responsible for my own actions and the consequences of my actions.**
- I will respect the rights and property of others.**
- I will respect and obey the rules of my school and the laws of my community, state and country.**
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.**

Besides the Code of Conduct, all school district policies, the student handbook, and other eligibility requirements as established by the Minnesota State High School League and the school district must be strictly followed by the extra-curricular participant.

Assault on any person will not be condoned by the League and will be dealt with by the school administration and the local authorities.

Note: Any allegation of sexual, racial, religious harassment violence and/or hazing may also constitute a violation of the Student Code of Conduct.

Penalty

A student who is dismissed or who violates the Student Code of Conduct is not in good standing and is ineligible for a period of time as determined by the school principal, acting on the authority of the local board of education. The League specifically recognizes by this policy that certain conduct requires penalties that may exceed those penalties typically imposed for first violations.

State Tournament Procedure- regarding transportation and school cancellation

In the event a team or individuals advance to a state tournament the school district will allow students and staff to attend. Bus transportation may be provided (for a fee) for students, staff, and community. If the student attendance and number of buses used to transport students to the state tournament is such that the district does not have enough buses at the end of the day to transport the remaining student body home, school may be canceled. Decisions will be made on a case by case basis, but people will always be encouraged to support our athletes when they have the honor of competing at the state tournament level.

Pine Island Extracurricular Handbook Form

Athlete/Parent Certificate

I will abide by all rules and regulations of the MSHSL and Pine Island Public School and believe I am eligible to represent my school through participation in extra-curricular activities. I agree to abide by said rules and regulations of my school and the MSHSL.

The Pine Island Extracurricular Handbook is located online at:

<http://teacherweb.com/MN/PineIslandSchools/PineIslandAthleticDepartment/apt2.a.spx>

Date: _____

Parent/Guardian

Signature: _____

Print Name

Student

Signature(s): _____

Grade _____

Grade _____

Grade _____

Grade _____

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PINE ISLAND EXTRA-CURRICULAR PARTICIPANT EMERGENCY FORM

PLEASE PRINT

Complete Legal Name _____
(First) (Middle) (Last)

Date of Birth _____
(Month, Day, Year)

EMERGENCY INFORMATION AND MEDICAL TREATMENT CONSENT

In emergency, contact _____
Phone _____, or
_____ Phone

I, _____, the parent or guardian of

Recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then existing circumstance.

Allergies to medications _____

Medications for long-term illness (indicate illness and medications) _____

Relevant medical information (e.g., contact lens wearer; history of family diabetes, epilepsy; heart murmur)

Date _____ Grade of Athlete _____ Signature of Parent or Guardian _____

Insurance Information (Optional)

Name of Policy Holder _____

Insurance Company: Name _____

Address _____ City _____
State _____ Zip _____

Policy Number _____ Certificate Number _____

