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2022-23

NORTH NODAWAY R-VI  
Middle/High School  
Athletic Handbook

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## **NORTH NODAWAY R-VI SCHOOL EXTRA-CURRICULAR PHILOSOPHY**

The extra-curricular activities at North Nodaway R-VI School District are closely coordinated with the highest possible level of academic excellence. Participation by a student in the extra-curricular activities should aid the students' growth in all related areas and should improve the academic pursuit of excellence.

Students will be encouraged to participate in activities and provide leadership among the student body. North Nodaway will have the responsibility to encourage a student to secure the best record he/she can achieve, while seeking the outer limits of their capabilities.

The safety and well-being of the students, while participating in extracurricular activities, is a serious responsibility and will be made a priority.

The sponsors of activities have the responsibility to train students in sportsmanship, in motivation, in self-discipline, in loyalty, in leadership, in extra effort, in the development of a positive attitude, and in individual self-esteem.

Team activities will be designed to teach young people how to work together to accomplish a positive and successful result.

The aims and objectives of the middle school and sub-varsity activities are different from the aims and objectives of the varsity activities.

In all middle school and sub-varsity activities, the emphasis should be on skill development and participation. As in all aspects of education, students do not progress at the same rate. Therefore, care must be taken that the varying skill levels of all students are considered. While it may be difficult for all members of the squad to participate equally in contests or practices, an athlete at this level should have the fullest opportunity to develop himself or herself as a person.

Varsity level activities are for those students who have demonstrated the most skill and best attitude. The objective of varsity level activities is to successfully compete in interscholastic competition.

At all levels, sportsmanship shall be promoted and encouraged. Fair play, courtesy, generosity and self-control shall not be sacrificed in the desire to win.

## *The Student Athlete's Bill of Rights*

### ALL STUDENTS HAVE THE RIGHT:

1. to take part in the activities of their choice, free from the pressure or ridicule of those who would have them choose another.
2. to be coached by persons who are professional in their conduct.
3. to be provided the equipment and protection necessary to enable them participate safely.
4. to expect their chosen activities to be treated with the same dignity and respect as other school activities.
5. to be coached by persons who have more interest in the students, their well-being, and their development than they do in winning or personal goals.
6. to engage in competition at a level they can enjoy.
7. to have an atmosphere free from alcohol, drugs, and foul language.
8. to be free of pressures from coaches to participate or practice illegally.
9. to be free of pressure to participate in camps, clinics, or outside teams in order to be a part of the school team.
10. to team membership, school pride, fair participation and crowd sportsmanship.

# COACHES

## CODE OF CONDUCT

The function of a coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each child should be treated as though they were coaches' own and the welfare shall be uppermost at all times.

**The coach** must be aware that he or she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

**The coach** must constantly uphold the honor and dignity of the profession. In all personal contact with the student athlete, officials, athletic director, school administrator, the state high school athletic association or union, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

**The coach** shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances should enable their use.

**The coach** shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

**The coach** shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

**Coaches** shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders and administrators.

**Contest officials** shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite players or spectators against the officials.

**Before and after** contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

**A coach** shall exercise patience, tolerance and diplomacy in his or her relation with all players, co-workers, game officials and spectators.

**The coach's** overall job goal should work within the framework of the entire athletic program, provide leadership in the ongoing development and improvement of his or her coaching area through coordination, planning, evaluation and implementation of programs.

# **NORTH NODAWAY R-VI SCHOOL-ATHLETIC DEPARTMENT PARENT/ATHLETE/COACH RELATIONSHIP**

We hope this information will make both you and your child's experience with North Nodaway School Athletic programs are enjoyable.

## **Communications**

Both parenting and coaching are extremely difficult vocations.

Coaches and parents both want the athletes to have a positive experience as they participate in the sport or activity.

Communication is the key to making the positive experience become a reality. Athletes, parents and coaches are all responsible for effective communications.

### **Communication coaches expect from players**

1. Athletes should express concerns immediately and directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at North Nodaway, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

### **Communication you should expect from the coach**

1. Expectations the coach has for your child as well as for all players on the squad.
2. Locations and times of all practices and contests.
3. Team requirements, i.e. fees, special equipment, off season conditioning.
4. Procedure should your child be injured during participation.
5. Discipline that results in the denial of your child's participation.

### **Appropriate concerns to discuss with coaches**

1. Concerns regarding your child's mental and physical status.
2. Ways to help your child improve in the activity.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. **Coaches are professionals.** They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach.

### **Issues not appropriate to discuss with coaches**

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

#### 4. Selection of players

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

#### **If you have a concern to discuss with a coach**

1. Call to set up an appointment with the coach. Do not address concerns with coaches immediately after an athletic contest or during or after practice. You must wait 24 hours after the contest is completed to schedule any meeting with the coach.
2. If the coach cannot be reached, call the Athletic Director at 778-3315. He or she will set up the meeting for you.
3. **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.**

#### **What a parent can do if a meeting with the coach does not resolve the concern**

1. Call to set up an appointment with the Athletic Director to discuss the situation.
2. The appropriate next step can be determined at this meeting.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

# Extra-Curricular Policy

## Preface

The purpose of this guide is to provide a statement of philosophy and an operating code for extra-curricular activities for the school district of North Nodaway R-VI.

It is the philosophy of the North Nodaway R-VI School District that quality programs of extra-curricular activities shall be conducted as an integral part of the learning program in the district. As many activities as possible will be offered as facilities and budget will permit. Students are encouraged to participate in whichever activities interest them.

## Philosophy

The extra-curricular activities at North Nodaway R-VI are closely coordinated with the highest possible level of academic excellence. Participation by a student in the extra-curricular activities should aid the students' growth in all related areas and should improve the academic pursuit of excellence.

We believe that the North Nodaway R-VI extra-curricular activities should offer a wide variety of team and individual activities, however, practical limitations determine the number of activities offered, as well as, the availability of quality coaches and sponsors, adequate facilities and budget. Other factors impacting the offerings are the interest in a particular activity and accessibility of common opponents if opponents are required in an activity.

We owe a duty to the students to encourage them to participate in activities and provide leadership among the student body. One of our fundamental responsibilities is to encourage a student to secure the best record he/she can achieve, always seeking the outer limits of their capabilities.

The safety and welfare of North Nodaway students participating in extra-curricular activities is one of our most important responsibilities.

The extra-curricular activities' sponsors have the responsibility to train students in sportsmanship, in motivation, in self-discipline, in loyalty, in leadership, in extra effort, in the development of a positive attitude, and in individual self-esteem.

Team activities are uniquely designed to teach young people how to work together to accomplish positive and successful results. Our programs can provide unusual opportunities for personal growth.

We think extracurricular activities are beneficial to our students by allowing them to recognize a broad range of intense feelings.

Our students spend a lot of time in extra-curricular activities and have many unique opportunities to learn through these activities. Our extra-curricular activity programs help to develop courage, integrity, sensitivity, and vitality in our students. A variety of activities are offered at North Nodaway R-VI and any student who is interested should be able to participate.

## Transportation to Events

Participating students in the North Nodaway R-VI School District will be transported by bus to and from school sponsored activities. Prior to an event, a parent may come to or call the school (during school hours)

to sign a permission slip allowing their student to be signed out by another parent, adult relative, or other designated adult. Parents, guardians, or other designated adults must sign a form at the event that allows the student to ride home with them. A signout sheet will be provided by the sponsor for parents/guardians to sign their student out. Students who fail to properly sign out may receive consequences as determined by their coaches or building principal.

All groups taken on trips under school supervision shall be dismissed only at the school building unless prior arrangements are made by the parent. A sponsor shall not leave students unsupervised until the activity is completed and all students have departed from school property. If the activity is in the school building, the building shall be locked and left in neat order.

**Extra-curricular General Eligibility:** (Grades 6-12)

North Nodaway Middle/High School is a member of MSHSAA and the 275 Conference. In order to represent North Nodaway in any interscholastic competition or activity, students must meet all eligibility requirements as established by the North Nodaway School District and MSHSAA.

- A. Athletes must have a physical examination completed and a form on file prior to any participation in athletics.
- B. Athletes must have a parental permission form and proof of insurance coverage on file prior to participation in athletics.

**Extra-curricular Academic Eligibility:**

- A. Grades will be submitted at the end of every two weeks or when administration sets the grade check.
  - 1. Students may become ineligible after submission of the second grade check in the quarter. Students will be notified of their ineligibility by the end of the day following the grade check. The first grade check of the quarter will be a probationary grade check. If a student is on probation he or she will be able to participate in sports but will be required to attend intervention study hall daily.
  - 2. Any student who is ineligible at the end of a quarter will be ineligible until the next grade check (2 weeks).
  - 3. Eligibility consequences will start the day after the ineligible student is notified and run until the next grade check. A letter will be sent home to the parent detailing the situation and notifying them of their child's status.
  - 4. Any student with 2 or more D's or one F will be ineligible for a period of 2 weeks. During this time students will be allowed to practice but not participate in games or events. Ineligible students will become eligible once they have raised the deficient grades anytime within the two week period.
  - 5. Any student who is ineligible will be required to attend intervention study hall daily until the student has become eligible. A daily grade will be assigned for intervention study hall and if the ineligible student fails intervention study hall he/she will remain ineligible.
- C. Eligibility does carry over from the end of one school year to the beginning of the next.
- D. Incomplete grades at grade checks will be assessed by the administration and coach.
- E. Students with IEPs will fall under the conditions of their individualized report.
- F. Any decision of the implementation of this policy is left to the discretion of the administration.



- G. Students failing to complete homework in a timely manner will be assigned a 1 hour detention. Students assigned detention for late homework will not be allowed to participate in extracurricular activities on that day.

### **Suspensions**

Students in grades 6-12 who have been given a suspension will not be eligible to attend any of the above listed activities until arrangements have been made for the suspension to be served.

Students with Individual Education Plans (IEP) will be considered on an individual basis and the decision will be based on their IEP's and be made by a team consisting of the building principal, counselor, special education instructor, and all teachers involved in the IEP case.

Phone and/or letter will notify Parent(s)/guardian(s) when a student is to miss an extra-curricular activity due to grades or behavior.

### **Special Education Eligibility**

Students who are served through the Special Education Program will be eligible to participate in extra-curricular activities if he/she meets the following requirements:

1. The student maintains IEP requirements.
2. The student actively participates in the Special Education Program and is receptive to help by the special education teacher.
3. The student completes all school work assignments as modified to their individual needs and skill level.
4. The student uses time effectively and works on task during class time.
5. The student uses appropriate school/classroom behavior.

The special education teacher and classroom teachers will use an eligibility checklist to monitor special education students to determine if the students are maintaining eligibility every two weeks. If the student does not meet one or all of the requirements, he/she will be placed on probation for two (2) weeks and the parent(s)/guardian(s) will be notified. On the following eligibility check if a probationary student still has not met the requirements, he/she will become ineligible to participate in extracurricular activities until the requirements are met.

### **Extra-curricular Attendance Criteria:**

A student must be in school for at least one-half (1/2) day to participate in a school activity that same day or night. Also, students must have been in school for one-half (1/2) day to participate in extracurricular activities that night, unless prior approval has been made through the principal's office. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes. A student who is consistently late to school, or absent, the day following extracurricular activities or events, may be considered ineligible from participating in future activities as determined by the building principal and athletic director.

### **Extra-curricular Citizenship Requirements:**

- A. Students who represent the school in interscholastic activities must be credible citizens and judged so by the proper school authorities (teachers, sponsors, coaches, and/or administrators). Those

students whose character or conduct is such as to reflect discredit upon themselves or their school are not considered “creditable citizens.” Conduct shall be satisfactory and in accordance with the standards of good discipline and North Nodaway R-VI School District Policy. Behavior, which may result in ineligibility, includes repeated tardiness, destruction of property, detention, inappropriate language, inappropriate dress, or any other inappropriate conduct. (MSHSAA 2.2.1)

- B. A student shall not be considered eligible while under suspension. (MSHSAA 2.2.3) The student who is expelled or who withdraws from school because of disciplinary measures shall not be considered eligible for 365 days from the date of expulsion or withdrawal. (MSHSAA 2.2.4)
- C. A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. (Note: If a traffic offense is accompanied by an act covered in letter a above, such as property damage, bench warrant, etc., eligibility will be delayed per letter A.). (MSHSAA 2.2.2)
- D. **Student Self Reporting/Student Responsibility-** Each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. **If the student does not notify the school of the situation prior to the school’s discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the MSHSAA Board of Directors.** (MSHSAA 2.2.5)

### **Extracurricular Activities Drug/Alcohol/Tobacco Guidelines:**

Students who wish to be involved as members of interscholastic teams, clubs, extra-curricular, or any other group representing the North Nodaway R-VI School District must comply with standards above those established for the general student populations as indicated below. The standards listed below for activity students shall be enforced anytime throughout the year while the student is listed on an eligibility roster or on the membership list of any group or organization at the time of an incident. The standards for these activity students are listed below and shall be enforced immediately following knowledge and verification by school administration. If a student is not currently in an extracurricular activity, either athletic or non-athletic, the penalties for a violation will be enforced during the next activity in which the student participates. Offenses will accumulate during a student’s MSHSAA eligibility period (Grades 6-12) and do not reset each year.

**A) Use of alcoholic beverages/illegal drugs-**For the purpose of this policy a drug shall be defined as any substance capable of altering the body’s chemistry or behavior patterns internally and/or externally for a brief or extended amount of time. The substance may be taken into the body by inhalation through the respiratory system, absorption through the skin or body openings, ingestion through the digestive system,

or injection into any of the body's fluid systems. For the purpose of identifying violations of this contract, it will include any incidents that occur while students are a member of the North Nodaway School District. Incidents can occur on or off school property any time during the year regardless of school being in or out of session. Use, possession, of distribution of any alcoholic beverages/illegal drugs shall result in a minimum reprimand of the following:

1. **First Offense** - suspension from participation in all MSHSAA-regulated activities for a period of 45 calendar days. If the student's MSHSAA-regulated activity is not in season, then the start date will be the day the student begins participation in a MSHSAA-regulated activity. The student will be expected to attend all practice sessions, all meetings and team competitions during the suspension. The student will not be allowed to park on school property for 45 calendar days.
2. **Second Offense** - suspension from participation in all MSHSAA regulated activities for a period of 90 calendar days. If the student's MSHSAA-regulated activity is not in season, then the start date will be the day the student begins participation in a MSHSAA-regulated activity. The student will be expected to attend all practice sessions, all meetings and team competitions during the suspension. The student will not be allowed to park on school property for 90 calendar days. To be reinstated to MSHSAA-regulation activities eligibility and/or permitted to park on school property the student must submit proof of completion of an approved educational drug/alcohol program that is offered outside of school and submit a negative drug test result. The laboratory testing facility must be pre-approved by the school district and the test must include the substances tested for in the school testing program. The student and/or parent/guardian is responsible for expenses associated with the program and testing.
3. **Third Offense** - suspension from participation in all MSHSAA regulated activities for a period of 365 calendar days. If the student's MSHSAA-regulated activity is not in season, then the start date will be the day the student begins participation in a MSHSAA-regulated activity. The student will be expected to attend all practice sessions, all meetings and team competitions during the suspension. The student will not be allowed to park on school property for 365 calendar days. To be reinstated to MSHSAA-regulation activities eligibility and/or permitted to park on school property the student must submit proof of completion of an approved educational drug/alcohol program that is offered outside of school and submit a negative drug test result. The laboratory testing facility must be pre-approved by the school district and the test must include the substances tested for in the school testing program. The student and parent/guardian is responsible for expenses associated with the program and testing.
4. **Fourth Offense** - permanent suspension from participation in MSHSAA sanctioned activities and permanent loss of parking privileges on school property.

**B) Use of Tobacco products-** Confirmation of the use, possession, or distribution of tobacco products shall result in a minimum reprimand of the following:

1. **First offense:** automatic suspension from 1 athletic contest.
2. **Second offense:** automatic suspension from all athletic squads for 30 days.
3. **Third offense:** automatic suspension from all athletic squads for 90 days.
4. **Fourth offense:** automatic suspension from all athletic squads for 180 days.

**Determination that an offense has taken place may come from:**

1. Observation and mandatory report by a sponsor or coach of any student involved in their activity or by an administrator. This report must be in writing and attached to the student activity contract, which is on file in the Principal's office.
2. Observation and voluntary report by North Nodaway personnel. This report must be in writing and attached to the student activity contract.
3. Legal conviction.

**District Drug Testing Policy**

See District website: [nnr6.org](http://nnr6.org) - Drug testing procedures pdf document

# Athletic/Activity Lettering Policy

A. Students must exhibit a proper attitude of sportsmanship and citizenship towards their teammates, the game, and their opponents. They must maintain a record of appropriate school and team conduct as judged by the coach and the school's administration.

B. The letters "NN" will be issued to all participating team members in grades 9-12 upon lettering for the first time in a sport. A metal emblem depicting the specific sport will indicate the first major letter received by the team member. Metal bars will be issued to the team members to commemorate subsequent letters. Additionally, in a Cooperative sport, the letters "NN" will be issued in grades 9-12 upon lettering for the first time in grades 9-12.

C Injured team members unable to successfully complete the requirements to receive an activities letter will be dealt with individually by the head coach based on the merits of each case.

D. Students who participate in the school's activity program in the capacity of student managers and who serve in this role for the entirety of any one sport's season will be eligible for a varsity letter upon the recommendation of the head coach.

E. Letters and award certificates will be presented to team members at special ceremonies commemorating the district sports seasons.

## **Requirements for Lettering:**

### **Football**

1. Completion of the football season
2. Play in at least 60% of all varsity games
3. Good standing

### **Volleyball**

1. Completion of the volleyball season
2. Play in at least 50% of all varsity sets
3. Good standing

### **Basketball**

1. Completion of the basketball season
2. Play in at least 60% of all varsity games
3. Good standing

### **Track and Field**

1. Completion of the track and field season.
2. Participate in 80% of the meets.
3. Good standing

### **Baseball**

1. Completion of the baseball season
2. Play in 60% of all varsity games

### **Cross Country**

1. Completion of the Cross Country season.
2. Participate in 80% of the meets.
3. Good Standing

### **Cheerleading**

1. Completion of the assigned cheer season
2. Must cheer in 90% of games and practices involving the squad you are assigned to.
3. Good standing

### **Scholar Bowl**

1. Completion of the Scholar Bowl season
2. Participate in at least 80% of the matches in a season.
3. Good standing

### **Band**

1. Participate in all of the marching events, school concerts, and district band contests (large group, solos, or ensembles). Unless prior arrangements have been made with director
3. Good standing

### **Vocal Music**

1. Participate in all of the school concerts and the

district music contest (large group, solos, or ensembles). Unless prior arrangements have been made with director

2. Good standing

1. Completion of the assigned season
2. Must perform in 90% of performances and practices involving the squad you are assigned to.
3. Good standing

### **Color Guard**

1. Completion of the assigned season
2. Must perform in 90% of performances and practices involving the squad you are assigned to.
3. Good standing

### **Dance**

\*The head coach will make the final determination if the student, upon meeting the minimum requirements, has earned an activities letter based on his/her contributions to the sport. If a student does not meet the minimum requirements, a provisional letter may be awarded.

### **F. Junior Varsity**

1. Students participating in junior varsity contests will receive participation certificates of recognition at the appropriate sports ceremony.
2. Junior varsity players may receive ½ of a game credit per junior varsity game towards a varsity letter.

### **G. Junior High Activities (Grades 6-8)**

Junior high students will receive a certificate of recognition as a member of the Junior High Activities program upon successful completion of the entire sports season in good standing with the team and the activities program.

PLEASE SIGN AND RETURN

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I \_\_\_\_\_, (student's name) have received, read and understand the information in the Athletic Handbook provided by the North Nodaway R-VI School District.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

I \_\_\_\_\_, (name of parent/guardian) have received, read and understand the information in the Athletic Handbook provided by the North Nodaway R-VI School District.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date