

APPENDIX A

LOWER BRULE SCHOOLS ACTIVITIES HANDBOOK

INTRODUCTION

This handbook was developed with the purpose of helping school personnel, coaches, advisers, parents, and student-athletes understand that the primary goal of athletics and activities is to help students become more prepared for obstacles in their future lives.

Students are being short-changed if all they take from the interscholastic programs are the skills related to playing the sport and nothing more than that. A good activities program will make a concerted effort to teach, but are not confined to, good sportsmanship, the importance of persistence, perseverance, commitment to excellence, the want and desire to be the best you can be at every pursuit, learning how to achieve and commit to a goal, pride, devotion, dedication, respect for those in authority, honesty, trustworthiness, the ability to work others in a team setting, self-discipline, and respect for rules and regulations.

NOTE:

The activities handbook does not include everything that may possibly happen during the school year. If any situation not specifically covered should arise, the administration will make every effort to act fairly and quickly. The best interest of the student, school, and community will be considered. Each situation is different and will be handled on an individual basis. It is sincerely hoped that each one of you will have a successful and enjoyable school year. Take the time to know the rules and regulations you are expected to follow and many of the little problems can be avoided. If you have questions or problems, contact the Athletic Director at 605-815-5375 ext. 104.

LOWER BRULE SCHOOLS STUDENT CODE OF CONDUCT

Wacantognaka (Generosity): Assist others in need without expecting anything in return.

Wohitike (Bravery): Face uncertainty by demonstrating courage in order to succeed.

Wowacintanka (Fortitude): Find mental and emotional strength despite difficult circumstances.

Wowacintanka (Respect): Thoughtfulness and consideration of property, policies and people.

Wowicake (Honesty): Display integrity, truthfulness, and straightforwardness in educational studies and activities.

Wowaunsila (Compassion): Display empathy and act with kindness and care for all living things.

Woowothania (Integrity): Show honesty and truthfulness in your words and actions.

Wowachinthanjka (Patience): Show endurance under difficult situations.

Wounsiiciye (Humility): Be modest and respect yourself, your peers, staff, and visitors.

GOALS – PARTICIPATION

Provide interested students with opportunities to be involved in MULTIPLE ATHLETIC PROGRAMS. We embrace the concept of the YEAR-ROUND-ATHLETE-we believe that student-athletes develop best by participating in sports and activities programs in every season.

PURPOSE OF ACTIVITIES AND ATHLETICS

For the Student: Extracurricular programs provide opportunities for developing fine school morale; for being sportsmanlike hosts to visiting fans, officials, and athletes; and for exercising the qualities of fair play and courtesy. Co-curricular activities should be considered a part of the school curriculum, educational in the purpose and conduct.

For the Participant: Competition offers an opportunity to develop skills, learned team concepts, attain a high level of fitness, promote friendships, and learn and practice good sportsmanship. It is fully intended that co-curricular competition develops the understanding that the rules of the activity are similar to the rules of everyday life.

For the Community: Extracurricular programs encourage wholesome school/ community relations under constructive conditions. These programs provide entertainment, a sense of pride, and a vehicle for fans to make a positive impression of our community to others outside of Lower Brule.

THE SCHOOL PROVIDES:

- An opportunity for every student to participate in some phase of the activities.
- Leadership in the form of coaches, directors, and other advisors.
- Professionally trained coaches for sports for grades 7-12.
- Necessary equipment and facilities.

THE STUDENT PROVIDES

- Sacrifice, self-discipline, desire, determination, and dedication
- Positive Attitude
- High regard and willingness to conform to training rules.
- Proper care of equipment.
- Acting as a representative of the school, student body and community.

THE PARENTS PROVIDE

- Positive encouragement to their son/daughter.
- Support and enforcement of all rules and regulations.
- Support of the program in which their son/daughter is participating.

COACHES AND ADVISERS PROVIDE THE FOLLOWING:

- The proper ideals of sportsmanship, ethical conduct, and fair play.
- Emphasis of the values derived from participating in the activity fairly.
- Cordial courtesy to visiting teams, officials, and participants.
- The respect, integrity, and judgment of officials.
- Developed practice or training plans that help enhance all student's abilities.
- A thorough understanding and acceptance of the rules of the game and/or activities standards of eligibility.
- Leadership and good judgment of the participants on the team.
- Recognition that the purpose of activities is to promote the physical, mental, moral, social, and emotional well-being of the individual.

OBJECTIVES

- The program of student activities will assist each student in:
- Learning the wise use of leisure time.
- The constructive use of their unique talents and skills.

- Developing new recreational interests and skills.
- Developing positive habits that will contribute to a healthy lifestyle. Developing leadership and collaborative skills.
- Developing a work ethic.
- Developing a more positive attitude and increased motivation toward school. Increasing their understanding and participation in the democratic process. Improving their communication skills.
- Achieving successes that result in improved self-esteem.

PARENTS-COACHES-A KEY RELATIONSHIP

Parents and coaches need to respect each other. The key is simple: **PLAY YOUR ROLE**. Parents are not expected to coach and coaches are not expected to parent. Our coaches, rightfully so, will be held to a high standard by the school administration, the student-athletes, and the community.

All of our coaches do their best to give ALL athletes the opportunity to participate when they see fit. Not every student is going to be the president of the student council or the captain of the basketball team. Coaches, staff, and other student-athletes help determine those roles.

Things you should discuss with the coach/advisor:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Things that should be left to the coach/advisor:

- Playing time/Elected positions
- Team strategy
- Play calling
- Other student athletes/team member

There are situations that may require a conference between the coach/advisor and the parent. We, as a school, encourage those meetings. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, the procedure you should follow is:

Call or email the athletic director to set up an appointment as soon as possible.

The athletic director will then get ahold of the coach/advisor that is involved in the dispute.

Do NOT 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 to do if the meeting with the coach did not provide a satisfactory resolution:

- Call and set up an appointment with the Athletic Director to discuss the situation. If the athletic director is the coach, call and set up an appointment with the superintendent.
- At this meeting, the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, the school is always trying to establish new programs. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided makes both your child's and your experience with the Lower Brule Schools Activities and Athletics Program less stressful and more enjoyable.

STUDENT-ATHLETE-COACH THE OTHER KEY RELATIONSHIP

Turning the sport/game over to your child allows them to assume control over the situation.

They have primary responsibility for their own welfare, needs, and wants. When a student-athlete has an issue or concern with a coach, the student-athlete should deal with the situation and do so directly and honestly with the coach.

PHYSICAL ELIGIBILITY REQUIREMENTS

Student-athletes are required to get a yearly physical and have it on file with the Athletic Director BEFORE the student is allowed to practice or compete.

SCHOOL ELIGIBILITY REQUIREMENTS

Per SDHSAA Rules, a student-athlete must pass 2 credit hours (4 classes) to be eligible the next semester. If a student has struggled in the past or is struggling in the present, grade checks will be implemented in order to keep that student from falling behind. Students CAN and WILL be pulled from practices in order to work on school if need be. Student-athletes are STUDENTS first. Coaches and advisors will stress the importance of school throughout their respective programs.

SPORTSMANSHIP

A challenge we face annually is striving for good sportsmanship. As a high school activity participant, the positive values learned on the playing field now will last a lifetime. Therein is the educational value of high school activities. If we lose focus on that fact, then these activities are not worth sponsoring.

ATTENDANCE**PRACTICE-COMPETITION-SCHOOL**

Practices- Participants who are not in school by 12:30 pm WILL NOT be allowed to practice but are still required to attend.

Competitions/Events- Participants who are not in school by 9:00 am WILL NOT be allowed to participate in any competitions/events that day. Also, if a participant is tardy for any class period during the school day they WILL NOT be allowed to participate in any competitions/events that day. If the team/group is leaving during the school day, participants that violate these attendance policies will be required to remain in school and WILL NOT be allowed to travel with the team/group.

Administration can give exception to this rule depending on the circumstances of the absence or tardy(s). The goal is to have well rested students who attend school regularly participate in practice, events, and competitions.

TRAINING RULES FOR ALL ACTIVITIES

It is a privilege to be a member of the school's activities—a right that can only be earned when participants abide by the rules of the school and of the activity. Coaches/advisors may set up their own specific training and team rules in addition to these rules. All training rules include no use/possession/consumption of tobacco products, vape/nicotine products, alcohol, or illegal drugs at any time by any participant in activities. An activity is defined as any activity sponsored by the South Dakota High School Activities Association. Hand Games, Drum Group, Field Trips, JrROTC, etc., are examples of activities not sponsored by the SDHSAA. Advisors of such activities must set participation rules at their discretion and must be approved by the administration.

1. Participants in all activities will not possess, use, or be under the influence of tobacco products, vape/nicotine products, alcohol, or illegal drugs throughout the school year, beginning with the first allowed practice date in the fall through the conclusion of spring activities.
 - Violations are cumulative throughout the current, in-season activities that the student participates in at the time of the violation.
 - Suspensions do not carry over from one activity to another activity or from school year to school year.
 - A student must be signed up for a drug and alcohol assessment within two weeks of the violation, no matter when the suspension occurs. The subsequent recommended treatment plan must be followed for the student to remain eligible.
2. A participant who violates these regulations will be ineligible for participation in each activity that the participant is involved in at the time of the violation as per the following:

FIRST OFFENSE - One event suspension per activity that the student is involved in during the current season, and the student will participate in an intervention counseling program approved by the coach, activities director, and the principal. The student must be signed up for an assessment within two weeks of the violation.

SECOND OFFENSE - Two event suspension per activity that the student is involved in during the current season and the student will participate in an intervention counseling program approved by the coach, activities director, and the principal. The student must be signed up for an assessment within two weeks of the violation.

THIRD OFFENSE - Student will be dismissed from each activity that the student is involved in during the current season and the student will participate in an intervention counseling program approved by the coach, activities director, and the principal. The student must be signed up for an assessment within two weeks of the violation.

Violations in School or at an Out of School Event- A student who violates school policies either at school or during a school event will be suspended for the rest of that event. If the event is out of town, the student(s) will be sent home. The student may also be suspended from school based on school policy, during which they cannot participate in any events. This violation will count as a single offense, regardless of how many events are missed.

Out-of-school suspensions (OSS) for violations of school policies (See Student Handbook) supersede the above consequences. For example, if a student is assigned OSS, the student is ineligible to participate in any school activities during the length of the OSS.

REPORTING OF VIOLATIONS:

Reports of violations can be confirmed from:

- Citations, arrests, or law enforcement reports
- Direct observation by a school staff member or community member
- Individuals bringing allegations (staff member or community member) must be willing to identify themselves, be called upon to meet with the administration to report a violation and submit a written statement with a signature.

OTHER INCIDENTS

The coach/advisor of an extracurricular activity and/or school administrator have the right not to allow a student to participate in an extracurricular activity practice and/or contest.

INCLEMENT WEATHER PRACTICES/COMPETITIONS

The general rule is that we do not practice if we do not have school, and we will not compete if school is not in session.

TRAVEL TO AND FROM THE COMPETITION

The general rule is we travel to and from all competitions/events with the teams. WE DO PREFER THAT ATHLETES/MEMBERS RIDE HOME WITH THE TEAM/GROUP! We want all athletes to share the pre and post competition experiences with their teammates and friends. It's a key part of their development as a team or group.

We will allow parental/guardian requests to leave the team to and from competitions when there is a viable reason to do so. Each team will be provided with a sign-out sheet in which the parent/guardian must sign their student out. If the student returns to the team (LNI, for example, a parent may sign a student out, then back in), then the parent must find a coach and sign that student back in.

We do not allow athletes to ride home with anyone other than another adult member of their family, except in special situations.

REMINDER: This Handbook is just a guide. The administration as well as coaches/advisors will follow the handbook as much as possible. However, every situation is different and will be treated as such. This rule allows the student, parent/guardian, coach, and administration to seek the best possible solution to each situation.