

**DAKOTA VALLEY
PANTHERS**

Home of the Panthers



2019-20

STUDENT/ATHLETE ACTIVITIES HANDBOOK

Activities Information

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STUDENT/ATHLETE ACTIVITIES HANDBOOK

The interscholastic athletic and extra curricular activities are an integral part of the total school program. The Dakota Valley School interscholastic athletic program and extra curricular activities are classroom activities which teach educational values such as: desire, dedication, determination, discipline, respect, integrity, sacrifice, pride, dignity, responsibility, and leadership.

The Dakota Valley School District does not discriminate in its programs and activities with regards to: race, color, national origin, age, sex, or disability.

Not every student is willing to make the sacrifice necessary to be a member of an athletic team or an extra curricular activity. Participants should also be good citizens willing to abide by prescribed rules and standards. Team membership carries with it a great deal of responsibility.

In order that the standards and ideals of junior and senior high activities will be upheld and uniformly enforced, the Dakota Valley School District has established minimum rules, which each student/athlete should read and be responsible for. If you have any questions, you may contact your coach or the activities director.

GENERAL PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Interscholastic athletics the Dakota Valley School District 61-8 are extensions of the physical education program for girls and boys who wish to participate at a higher competitive level. Therefore, athletics are considered an integral part of the over all educational program. The coaching staff believes that there are many rewards for those who participate in athletics. Athletics can contribute to: emotional maturity, health, happiness, cooperation, competition, character, physical skills, communication, and social competence - all of which are a part of the American way of life. The development of poise, sportsmanship, and self-discipline shall be considered worthy and valuable outcomes of the programs. We believe that every boy and girl should have the chance to participate at a competitive level; therefore, a varied program has been developed. The sanctioned sports for the boys include: cross country, basketball, football, golf, track, and wrestling. For the girls, it includes: cross country, dance, volleyball, basketball, golf, soccer, track, and cheerleading. The non-sanctioned sports for the boys include: baseball. For the girls it includes: softball.

GENERAL RULES FOR ALL ACTIVITIES

- I.) Student's attendance in school.
 - A.) Participants in an activity must be in attendance all day prior to practice, event or departure time for the event.
 - B.) Participants who are absent for any other reason are ineligible on that day, unless it has been cleared in advance with the school administrator.
 - C.) An unexcused absence from any class during the school day will make that person ineligible for that day.
 - D.) If participation in an activity is cause for a student to be absent or tardy the day immediately following such activity, said student shall be ineligible for the next succeeding activity.
- II.) Participants will be considered as "good-will" ambassadors of Dakota Valley and will conduct themselves as ladies and gentlemen at all times.
- III.) It is the coach's/sponsor's discretion to establish reasonable guidelines at the beginning of each sport's season to protect the health and safety of each participant.
- IV.) Dress for athletic and extra curricular activity contest. On nights of activities a special "dress-up" emphasis should be stressed by all coaches and sponsors.
- V.) Student's bus behavior during activities.
 - A.) Participants will be expected to behave as young adults at all times on bus trips.
 - B.) For safety reasons-students may not use regular cameras or cell phone cameras on the activity busses as the flash may be distracting to the bus driver.
 - C.) When sack lunches or food is taken on trips, participants will be responsible for their garbage and will dispose of it properly.
- VI.) Use of cell phones & video recording devices are strictly prohibited in locker/changing room areas.
- VII.) In the absence of extenuating circumstances, participants must travel to and return from events via school transportation.

ELIGIBILITY RULES

Boys and girls must meet all eligibility rules for the Dakota Valley School District #61-8 and the South Dakota High School Activities Association.

You are *not eligible* if:

- 1.) You have reached your 20th birthday.
- 2.) You have attended more than four (4) first semesters and four (4) second semesters of school (any total 8) in grades 9 through 12. Enrollment in school fifteen (15) school days or participation in an inter-school contest shall constitute a semester. Once a student enrolls as a ninth grader, all semesters must be consecutive unless waived due to a serious illness, injury or other circumstance of a similar serious nature which must be verified in writing by a licensed health professional or other professional personnel if requested by the SDHSAA.
- 3.) During the preceding semester you passed a minimum equivalent of four full time subjects for which you will earn at least 2.0 units of high school credit that will be used in the issuance of a diploma. In addition, students who are failing two (2) or more courses when progress reports, quarter or semester grades are compiled will be ineligible until the following grading period. (approximately every 4 to 5 weeks).
- 4.) During the current semester you are enrolled in and attend a minimum equivalent to four full time subjects for which you will earn at least 2.0 units of high school credit that will be used in the issuance of a diploma.
- 5.) You have graduated from a regular four-year high school or institution of equivalent rank.
- 6.) You have not enrolled by the sixteenth (16) school day of the current semester. (Date of regular entry into classes if considered the date of enrollment.)
- 7.) You have been absent from school more than ten (10) consecutive school days, with exceptions granted to illness of the student or a death in the immediate family.
- 8.) You have transferred from one high school to another without a corresponding change in the residence of your parent(s)/guardian(s). (Exception made for students who transfer pursuant to the Open Enrollment By-Law.)
- 9.) You do not have on file in the principal's office, a signed physical examination, a parent & student consent form, a consent for release of medical information form (HIPAA), and a concussion fact sheet for parents/athletes.
- 10.) You have ever participated in an athletic contest under an assumed name.
- 11.) You have participated in athletics in any institution of learning of higher rank than a standard secondary school.
- 12.) You have violated your amateur standing.
- 13.) During a high school sport season, you compete as an individual or a member of another team.

INSURANCE AND PHYSICAL EXAMINATIONS

- I.) Before any athlete will be allowed to start practice, they must have the following:
 - A.) A recent physical examination from the doctor supplied by the school or by your family physician at your own expense.
 - B.) Take out accident insurance from the school, or have a waiver form from the school signed by a parent or guardian.
 - C.) A consent form signed by a parent or guardian.
 - D.) An emergency form signed by a parent or guardian.
 - E.) An annual pre-participation history form filled out and signed by a parent or guardian.
 - F.) A training rules form signed by the participant and a parent or guardian.

- II.) Should an athlete be injured, they must do the following:
 - A.) Report to their coach the nature of the injury and how it happened.
 - B.) Report to their athletic director or principal to start an insurance claim if the injury requires a doctor's care and/or hospitalization.

FACILITY AND EQUIPMENT PROCEDURES

- I.) Responsibility of student towards athletic equipment:
 - A.) In some sports, practice and game equipment will be issued to athletes.
 - B.) Any equipment lost through negligence will be paid for by the athlete.
 - C.) School equipment is to be worn **only** at athletic events, practices, or special school occasions specified by the coach.
 - D.) All equipment will be checked in right after the season!

- II.) Student conduct while using the training room.
 - A.) The training room is to care for and prevent athletic injuries.
 - B.) No athlete should enter the training room unless they are in need of care by the trainer.

- III.) Student conduct while following gymnasium procedures:
 - A.) Students entering and using the locker rooms.
 - 1.) Dress quickly and go to the practice area.
 - 2.) Place all valuables in your locker and lock it. You are responsible for your own valuables!
 - 3.) Cell phones & video recording devices are prohibited.
 - B.) Student's behavior during the practice sessions.
 - 1.) Remain out of the gym while other teams are using it.
 - 2.) Refrain from hanging on the baskets and backboards. Damage from unauthorized use may result in restitution by that student.
 - 3.) Refrain from using other equipment in the gym not specifically designed for the sport that you are in.
 - C.) Student's conduct when leaving the practice area.
 - 1.) Athletes will leave the gym through the designated doors indicated by their coach.
 - 2.) Athletes will bring all items to practice that they want to take home that night.
- IV.) Athletes whose sport is not in season should not be using school facilities to practice their particular sport, whether supervised or not, unless proper arrangements are established through the activities director and their coach.
- V.) Athletes will not be allowed to consume or store supplements in school facilities. This would include but not limited to dietary, nutritional or performance enhancing supplements. Violations may include loss of privileges to training facilities.
- VI.) Athletes will be allowed to transfer from one sport to another sport during the same season. However, this will only be allowed until the first competition date. No transfer will be allowed after the first competition date.
- VII.) Athletes will be sure to do the following when they learn that it is necessary to quit a sport:
 - A. Notify the coach of this decision.
 - B. Turn in all gear that has been issued.*

***NOTE:** This is to be completed at the very earliest convenience, preferably the day of or day after quitting. We urge you to remain out for a sport once you have started, but realize that sometimes it becomes necessary to drop due to situations beyond your control. To just disappear from a team, without taking care of the above responsibilities, will be recorded and considered for a future sport.

HAZING PROHIBITED

Students are strictly prohibited from participating in initiation or membership rites in connection with school sponsored activities when their conduct may reasonably be seen as demeaning or assaultive in nature. This prohibition applies even if those targeted give “consent” to such conduct. Students afforded the privilege of participating in athletics and other school sponsored activities are expected to take a leadership role, both by avoiding such conduct themselves and by reporting any such conduct by others to the Principal, Athletic Director or other designee. Students who participate in this type of conduct, even as a bystander, or who become aware of it and fail to report it can expect to be excluded from athletics and other extracurricular activities. In addition, they may be subject to suspension and even expulsion from school.

The term “hazing” as used in this section shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Social Media Guidelines

The Dakota Valley Athletic Department recognize and support the student-athletes’ rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for The Dakota Valley Schools is a privilege. As a student-athlete, you represent the Dakota Valley Schools and the communities of Dakota Valley and you are expected to portray yourself, your team, and the School District in a positive manner at all times.

Below you will find the social networking guidelines which provide the following rules for social networking site usage:

- ❖ Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a

social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.

- ❖ What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- ❖ Similar to comments made in person, the Dakota Valley Athletic Department will not tolerate disrespectful comments and behavior online, such as:
 - ✓ Derogatory language or remarks that may harm teammates or coaches; other Dakota Valley student athletes, teachers, coaches, or administration; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect opponents.
 - ✓ Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - ✓ Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - ✓ Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

Through social media, you are now monitored by more individuals than ever before, including community members, fans, opposing teams and members of the media. Everything you do in these forums should positively represent the DV on your jersey and your name on the team roster. Improper postings to social media that violate Dakota Valley's guidelines may be handled in the following manner:

- Extra conditioning as deemed appropriate by the coach and/or administration.
- Suspension from practices, games, or activities as deemed appropriate by the coaches and/or administration.
- Dismissal from the team.
- Other consequences that are deemed appropriate after consulting with coaches and/or administration.

STUDENT CONDUCT CODE

This code is designed to provide a consistent, positive, and safe environment for the students in the Dakota Valley School District. This code applies to all students and covers all school activities, whether home or away, such as but not limited to athletics, dance, drill team, cheerleading, student council, band, choir, orchestra, debate and speech, (if the same are not related to courses for credit) and any other extra-curricular activity, including Homecoming and Prom activities. The graduation ceremony is defined as a culminating academic activity and is not considered a school activity. Therefore, the attendance or participation at graduation is not covered by the student conduct code.

All violations of this code must be reported to the principal or his/her designee, and in the case where the student is involved in athletics, the athletic director shall also be informed of the incident. All students must sign this form (part of student handbook), in order to participate in any of the activities listed above.

All violations *which occur on school property* have additional penalties which are found in the K-12 section of the student handbook.

A. PROHIBITED STUDENT CONDUCT (on or off school property) is as follows:

- 1.) The sale, distribution, use or possession of any mind altering chemicals, including a controlled substance or marijuana.
(Violations & penalties will be pursuant to state law, which are in addition to the violations and penalties outlined in this code.)
***** Note that the State of South Dakota has a specific law (13-32-9)** that states that students involved with the legal system for drug related offenses will be ineligible to participate for one calendar year, which may be reduced to thirty (30) calendar days for completing an assessment and treatment program. The student is also ineligible for a minimum of two SDHSAA sanctioned events upon completion of the reduced suspension period. The one year suspension for a 2nd offense may be reduced to sixty (60) calendar days if the student completes an accredited intensive prevention or treatment program. If the suspension for a second offense is reduced, the student is also ineligible for a minimum of six SDHSAA sanctioned events upon completion of the reduced suspension period. A student is ineligible for the remainder of his or her high school career for a third offense.
- 2.) The sale, distribution, use or possession of alcohol.
- 3.) The use or possession of tobacco of any kind, including smoking or chewing tobacco, or devices or smokeless products which resemble the smoking of tobacco or any nicotine producing product.
- 4.) Disobedience of public laws resulting in adjudication or finding of guilt of any criminally related activities.

If a student violates # 2, 3, or 4 of the above prohibited conduct, the following penalties will be assessed. It is the intent and specific policy of the Dakota Valley School District that violations will be cumulative during the student's seventh and eighth grade years. At the commencement of the student's ninth grade year, all students will be considered to have no violations but all

violations thereafter, grades 9-12, will be cumulative. Penalties for violation of the code are as follows:

NOTE: The reduction in suspension is not an option for any of the violations if the student had contact with law enforcement officials anytime during the violation.

First Violation - The student will be suspended and will not be allowed to attend or participate in any school or after school activity or extra-curricular activities for a period of fourteen (14) calendar days. However, the student must participate in any extra-curricular activity practices during the fourteen (14) day suspension. If the student voluntarily admits the violation, and reports the violation to the administration of his/her school, the school, in its sole discretion, may reduce the suspension to seven (7) calendar days, and the imposition of fifteen (15) hours community or school service which must be completed prior to participating or attending any school activity.

Second Violation - The student will be suspended and will not be allowed to attend or participate in any school or after school activity or extra-curricular activities for a period of sixty (60) calendar days. If the student voluntarily admits the violation, and reports the violation to the administration of his/her school, the school, in its sole discretion, may reduce the suspension to thirty (30) calendar days, and the imposition of thirty (30) hours community or school service which must be completed prior to participating or attending any school activity.

Third Violation The student will be suspended and not allowed to attend or participate in any school or after school activities or extra-curricular activities for twelve (12) months. If the student at their own expense completes an evaluation and completes a treatment program, the penalty will be reduced to ninety (90) days.

Fourth Violation and all subsequent violations - the student will be suspended and not allowed to attend or participate in any school or after school activities or extra-curricular activities for twelve (12) months.

Violation of the suspension – if a student violates any of the above suspensions, consequences will be determined by the building administrator and activities director. Being banned from all school events (including Homecoming, Prom, and the Graduation Ceremony as examples) would be considered as a consequence.

* All calendar day penalties define a day as ending at 11:59 pm. An example would be a 7 day penalty means that the student is ineligible to participate or attend school activities until 11:59 pm of the seventh day.

B. APPEAL PROCESS

During the appeal process, the student will be ineligible. If an appeal of the administrative decision is desired, the process is as follows:

- A.) The Administration must meet with the student. If the parent(s) desire, the parent (s) may also meet with the Administration.

- B.) In the event the student or parent/guardian believes that the action taken by the Administration is inappropriate, they may appeal the Administration's decision in the following manner:
- 1.) An advisory three (3) member panel of impartial school staff members shall review the case. Two (2) members of the review panel shall be appointed by the school principal. One (1) of these two (2) staff members may be chosen by the student, if so desired. The third (3rd) panel member will be designated by the superintendent of schools from the central administration staff.
 - 2.) The student and his/her parent(s)/guardian(s) shall be notified when and where the review panel will meet, and they shall be allowed to appear before the review panel.
 - 3.) The review panel shall consider the circumstances and evidence and make its findings and recommendations in writing, to the student and parent(s)/guardian(s), and to the school principal. Responsibility for the decision of the appeal rests solely with the principal of the school.
 - 4.) Following the decision, the student and parent(s)/guardian(s) shall have three (3) school days to file an appeal with the superintendent. The appeal shall be heard at the earliest feasible opportunity, but no later than seven (7) days following the filing of the appeal.
 - 5.) If the appeal conducted by the superintendent is not acceptable, then an appeal may be made to the board of education at the next regularly scheduled board meeting, in closed session.

C. GOOD BEHAVIOR CLAUSE: If a student is found to be in violation of this code, he/she may be rewarded for subsequent good behavior. If the student maintains good behavior and is not in violation of this code for eighteen (18) months, then the student will move back one level. An example would be that a student violates the code and is on their first violation in October of their 9th grade year. If the student exhibits good behavior and does not violate the policy again until December of their 11th grade year, the second violation will have occurred after 18 months of good behavior so the penalty for the second violation will be reduced to that of a first violation.

This code applies to all students, regardless of whether or not they have signed a receipt form. For students wishing to participate in any school sponsored activities (as opposed to attending as a spectator), the student and parent will be required to sign and return this form prior to participating in that activity.

D. CREDIBLE WITNESS: Judgment as to whether a student has violated this code will be based upon an arrest, citation, or notification from Law Enforcement, self-admission, or court proceedings. Credible witness is defined as school staff, law enforcement, or parents of the violator. Additional witnesses may enter evidence to be considered if they are willing to submit information in a signed statement.

E. DATES OF ENFORCEMENT: This code is in effect upon the first day of practice and / or the first day of school, whichever arrives first. The code remains in effect until the last school sanctioned event in the summer.

**STUDENTS CANNOT PARTICIPATE OR PRACTICE
IN ANY SCHOOL SPONSORED CO/EXTRA-CURRICULAR ACTIVITY UNTIL THIS
CODE HAS BEEN SIGNED BY BOTH THE STUDENT AND
PARENT(S)/GUARDIAN(S) AND RETURNED TO THE SCHOOL.**