

GOLDEN PLAINS MIDDLE / HIGH SCHOOL

2018-2019



ACTIVITIES HANDBOOK

Golden Plains Middle / High School

Administration

Superintendent/ Principal: Charles Keller
Administrative Asst: Travis Smith
Athletic Director: Travis Smith

Middle School Staff

<u>Sport</u>	<u>Head Coach</u>	<u>Assistant</u>
Football	Russ Aumiller	Travis Smith
Volleyball	Mindy Fleckenstein	Aliesha Rogers
Boys Basketball	Russ Aumiller	
Girls Basketball	Travis Smith	Parker Christensen
Track	Russ Aumiller	Mindy Fleckenstein
Scholar's Bowl	Mindy Fleckenstein	
Cheer	Aliesha Rogers	

High School Staff

<u>Sport</u>	<u>Head Coach</u>	<u>Assistant</u>
Football	Travis Smith	Russ Aumiller
Volleyball	Orba Smith	Ashley Arnberger
Boys Basketball	Laura Rush	Steiner Scott
Girls Basketball	Parker Christensen	Steve Shaw
Track	Travis Smith	Laura Rush
Scholar's Bowl	Steiner Scott	
Forensics	Robynn Wessel	
Cheer	Ashley Arnberger	
Dance	Brandy Todd	Caitlin Spresser

Golden Plains High School Activities Department
Mission and Philosophy Statements

Mission Statement

The Mission of the Golden Plains Athletic Department is to develop the district's student-athletes on the field of competition, while also adhering to the academic mission of the district. This will be achieved by practicing, with honor, the core values of respect, responsibility and integrity that have been set forth by the USD 316 Board of Education. These core values will play an integral role in the development of good sportsmanship, social skills, and academic growth for all students involved.

Philosophy Statement

Interscholastic activities provide much more than just wins and losses for Golden Plains' students. The academic success of the students at Golden Plains is the most important goal of our school district. The district also believes that participation in school activities will help promote and foster a positive learning experience. The activities offered by the district help participants develop a set of skills that will help them become future leaders in our community. Golden Plains' students are expected to show respect towards opposing players and coaches, officials, teammates, coaches, and staff. They will do this by winning and losing with integrity. We believe that the success of our mission and philosophy will be accomplished through the goals and objectives established by the USD 316 Athletic Department.

Goals and Objectives

- To teach sportsmanship in such a manner that all students, athletes, coaches, administrators, and parents act in the best interest of participants involved in the activities provided by USD 316.
- To provide each participant with the opportunity to develop social-emotional skills that will allow them to grow as young adults.
- To teach and model to all participants how to successfully implement the core values of respect, responsibility, and integrity.
- To teach participants how to compete, cooperate, and achieve excellence with integrity.
- To develop school spirit in each, and every participant.
- To work with all involved to reach common goals.
- To provide athletic and activity programs that all stakeholders can feel proud to participate in.
- To create a desire to succeed and excel.

Golden Plains Activities Department

Rules and Regulations

The rules and regulations of the Golden Plains Athletic Department have been approved by the USD 316 Board of Education. These rules are to be implemented by all coaches and sponsors, and followed by all those who participate in the activities sponsored by The Kansas State High School Activities Association and Golden Plains High School.

1. Drug Policy

It is a violation for the students of Golden Plains to use drugs, alcohol, or any other substance that either illegally enhances their performance or is illegal by law. If the student is found to be in violation of using these substances, they will be subject to the following punishment:

1. 1st Offense
 - A. 1 week suspension from team from the date of occurrence. The participant may practice during their suspension, but they may NOT travel with the team to an away game, and must sit in the stands at home games.
 - B. The coach may pursue other punishments such as extra conditioning during the time of suspension.
2. 2nd Offense Excused from team for remainder of that specific season.

Coaches and sponsors will hold a meeting with Athletic Director, parents and other administration to discuss the drug policy violation and the punishment.

2. Absences from team

It is important for all participants of Golden Plains' activities to be in attendance at all practices and activities scheduled by the coaches and sponsors. Attendance at all games and practices is mandatory; this includes when school is not in session, during weekends and vacations.

1. If a student is going to be gone from practice, he/she will need to make arrangements with the coach prior to the absence.
2. If a student is going to be gone for a doctor's appointment, the participant must bring a doctor's note so the absence is not unexcused.
3. Hair appointments are not excused absences, and should be scheduled at other times.
4. All participants must be at school by **12:00** to be able to practice or participate in that day's activities. If at a doctor's appointment, and arrive past 12:00, a note must be given to the secretary to be allowed to participate that day.
5. A student who has ISS or OSS will not be allowed to practice, or be in attendance at practice the days in which they are suspended.
6. If a student has a funeral, they may practice or participate in that day's activity as long they make arrangements with the coach.

All unexcused absences will be handled as followed:

1. 1st and 2nd Offense: Call to parents and extra conditioning.
2. 3rd Offense: Meeting with parents and excused from the team.

3. Eligibility

Golden Plains USD #316 requires a weekly eligibility check. Every middle school and high school student's academic eligibility will be determined each week by the teacher, coach and/or sponsor and the activities director. There will be an ineligibility list issued each week. Grades will be reviewed by 12:00 on Thursday. The period ineligibility shall begin at 11:00 P.M. on Saturday and run until 11:00 P.M. the following Saturday

Middle/High School

A Middle/High school student to be eligible to participate in any school activities she/he shall have no "F" grades and no more than two "D" grades during any one week.

Middle School: Eligibility will be based upon the student's current 9 week grading period. The previous quarter's final grade will be used for the first week of each new quarter. The first two weeks of the school term will be considered a probationary period for all middle school students.

High School: Eligibility will be based upon the student's cumulative semester grades. The first two weeks of a semester will be considered a probationary period for all high school students.

4. Physicals

A student – athlete must have on file a KSHSAA Physical form with the office. The student-athlete will not be allowed to participate in any practice until a physical is on file.

5. Anti-Hazing Policy

Hazing in any form is neither tolerated nor consistent with any educational or athletic goal of the Golden Plains School District.

“Hazing” refers to any activity expected of someone joining a student organization that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate.

Hazing activities generally considered: physically abusive, hazardous, and/or sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups and settings. Typical hazing practices would include: personal servitude; sleep deprivation and restrictions on personal hygiene; yelling; swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such substances on one's skin; brandings; physical beatings; binge drinking and drinking games; sexual simulation and sexual assault.

Any activity that intimidates or threatens the student with ostracism that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school is considered Hazing.

Any activity that causes or requires the student to perform a task that involves violation of state or federal law or Golden Plains School policies or regulations is considered hazing.

Hazing in any form will not be tolerated at Golden Plains and will result in disciplinary actions. The disciplinary action will depend on the severity of the offense. There may be other disciplinary consequences as well administered by the Coach, Athletic Department, High School Principal, or Superintendent .

6. **Anti-Bullying Policy**

Bullying in any form is neither tolerated nor consistent with any educational or athletic goal at Golden Plains. Bullying in any form will not be tolerated and will result in disciplinary actions. Bullying takes many forms they include:

Physical- direct physical contact including pushing, hitting, shoving, biting, hair-pulling, scratching, spitting, tripping, damaging or stealing victims property, locking person in room, mean faces, rude gestures, initiating or forcing inappropriate touching

Verbal -name calling, put downs, racist remarks, teasing, threats, spreading rumors, sending inappropriate (violent, sexual, malicious, etc.) notes or pictures in any medium, (cell phone, internet, etc.)

Social- ostracism, exclusion, ignoring, being unfriendly, alienating, social isolation, rumor spreading, damaging someone's reputation

7. **Lettering Requirements.**

In all sports or activities, a player must complete the season, and must have no more than 1 week of academic ineligibility to complete requirements for earning a varsity letter. **A coach may choose to letter a player or participant who is close to meeting the requirements of lettering and has also met the academic requirements.**

Football: Participate in at least ½ the varsity quarters.

Basketball: Participate in at least ½ the varsity quarters.

Volleyball: Participate in half the varsity matches.

Cheer: Successfully complete the season as determined by the coach.

Track: Score at least 10 points for the season, or place at the league or regional track meet, or qualify for the state track meet.

Forensics: Participate in ½ the meets, and qualify for state (champs or festival)

Scholar's Bowl: Attend 3 varsity meets.

Dance: Successfully complete the season as determined by the coach.

8. Cell Phones

Cell Phones can have a positive use in everyday life, but in the school setting can have a negative effect on those participating in activities. Bullying, hazing, and other types of lude behavior can come from improper cell phone use. Cell phones may be used, but can be restricted by the coach or sponsors if they are being used to bully, harass, or are taking away the focus of the player from the game:

1. Phones may be used to listen to music on the bus, as long as the participant has head phones in.
2. Phones must be put into the participant's book bag, given to a coach, or parent once the team has arrived at the game.
3. Phones may not be out until after the participants have finished with their game or when the coach or sponsor tells them they can AFTER the game.

9. Dress Code

Activity participants are highly visible representatives of the school and, as such, are responsible for using good judgment in their overall appearance. All teams, regardless of level, have a responsibility to ensure that their game attire speaks volumes of their class and excellence.

Participants are asked to stay in their attire until the entire team changes for the game. After the game, the students are asked to wear home what they wore to the game, or a school/team issued shirt, polo, short etc.

Hoodies are not part of the game day dress attire. They are not to be worn on game days over game jersey, or shirt and tie. Shirts are to be tucked in and tie is to be snugged up to the collar.

10. Uniforms

Uniforms are property of USD 316. Once they have been handed out, they must be cared for by the participant they are check out to. If the uniform is damaged or lost, it will be up the participant's family to pay for the uniform or other gear to be replaced.

11. Parent Meetings.

Coaches are asked to hold a parent meeting **PRIOR** to the first day of practice. One parent or family member must be in attendance, along with participant, at the meeting. This meeting will cover general rules, and expectations for that activity or sport. The coaches will have an agreement for the players and family members to sign at that meeting.

12. Parent/Coach Communication.

Open, positive communication between coaches and parents is vital to the success of any program. Communication is to be made the following ways.

- Coaches should always be contacted by phone or email first. Coaches should never be approached on a one to one basis.
- A coach will not discuss playing time of any participant with a parent. A coach may discuss with a parent how their student can improve, which may lead to more playing time.
- A coach will not discuss any issues after a game. A meeting must be set up that takes place no less than **24 hours** after the contest. This is to ensure that all involved have calmed down, so that cooler heads prevail.
- If the first meeting does not correct the issue, a parent may request a meeting with Athletic Director, Superintendent/Principal and coach.
- The Board of Education is not to be contacted by a parent. If the issues as not been resolved, it is up to the administration to contact the BOE.

Parent and Student Signature Page

Athletic Handbook:

I understand and consent to the responsibilities outlined in the Golden Plains Activities Handbook. I also understand and agree that my child shall be held accountable for the behavior and consequences outlined in the Golden Plains Activities Handbook. I understand that any athlete who violates the rules and regulations of this handbook shall be subject to disciplinary action. I also understand that my child will not participate in any game, scrimmage, or activity until this sheet is signed and turned in to the coaches. If you have any questions regarding the policy handbook please call the Athletic Director at 785-687-3265. Copies of the handbook are available online at the USD 316 website (www.usd316.k12.ks.us). Hard copies can be obtained by request through the Golden Plains High School Office.

Athlete Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____