

**NOOKSACK VALLEY MIDDLE SCHOOL EXTRA-CURRICULAR
TRAINING AND CONDUCT CODE**
School Leadership, Activities & Athletics

EXPECTATIONS

In order to maintain the fine tradition of Nooksack Valley Middle School, participants are expected to conduct themselves, on and off campus, in such a way that will bring honor to them, their families, the school and our community. The NVMS Code is in effect during the entire school year, from the first day of fall practice until the last day of the school year, regardless of the initiation date of sport or activity. For ASB and Class Officers the code will be in effect from the date of election until the end of term. *Any dishonorable behavior will be subject to interpretation of the code by school officials.*

RULES

Participants will follow these rules of training and conduct:

- A. No use or possession of tobacco products, illegal drugs or drug paraphernalia
- B. No use or possession of intoxicating beverages
- C. Commit no unlawful acts that result in a misdemeanor or high penalty
- D. Participants are not to be present more than five minutes at any functions where alcohol and/or illegal drugs are being consumed/used or have been consumed/used
- E. Harassment: Racial, Sexual or Discriminatory, will not be allowed
- F. Serious and/or repeated violation of school rules
- G. No excessive use of profanity
- H. Participants are to be off the streets on school nights at a reasonable time. Times are left to the discretion of the coach/advisor

PENALTIES FOR OFFENSES MAY INCLUDE:

1. First offense of any nature:
 - Suspension from 40% of contests
 - Drug and alcohol evaluation
 - Random drug tests
 - Nightly curfew
2. Second offense of any nature:
 - Suspension from the equivalent of one complete season
 - Drug and alcohol evaluation
 - Random drug tests
 - Nightly curfew
3. Third offense of any nature:
 - Suspension from all activities for one calendar year
 - Drug and alcohol evaluation

HONESTY

Being honest with the athletic director or designee when first questioned regarding a possible violation may reduce the suspension for first offenses.

- Infractions will be cumulative from the 7th – 8th grade
- An infraction will result in the removal of students from ASB and class leadership
- Students must finish the season in order for a suspension to be satisfied
- Suspensions will be carried over to the next sport season if necessary
- Coaches may impose procedures or penalties that go above and beyond the code

APPEAL OF SUSPENSION

The initial interpretation of the code can be appealed if desired by contacting the athletic director or principal within three (3) days of the initial decision. When an appeal is requested an athletic board consisting of three to five coaches, the principal and athletic director will be assembled. Their decision may be appealed to the Nooksack Valley School District School Board.

ELECTION REQUIREMENTS FOR ASB OFFICER

The ASB constitution provided the following guidelines for running for office positions:

- Students shall have been enrolled at Nooksack Valley Middle School for at least one year previous to the year they are running for office
- Students must be members of the ASB, purchase an ASB card and sign the Extra-curricular code if elected
- The ASB president must be a 7th or 8th grader for the year in office
- Officers must be enrolled full time during the school year

ACADEMIC REQUIREMENTS

All students participating in middle school athletics will be current with all assignments and homework. Any athlete with two or more missing assignments will stay after school with the instructor starting at 2:25 until 3:00. If the work completed in that time is not satisfactory in quality or quantity, the athlete will stay until 4:00 or until the work is satisfactory.

ADMINISTRATIVE DECISION

Administration discretion may be utilized in situations or circumstances not covered by this conduct code.

ATTENDANCE

Participants will be in full attendance each class in order to participate that day. Pre-approved appointments, medical and dental appointments, are allowable exceptions, with proper documentation provided (Dr. note proving appointment). Failure to provide medical/dental documentation could cause the athlete to be ineligible for that day's practice or competition. Athletes in physical education classes will suit up and participate in order to count as full attendance.

Assumption of Risk

Participation in interscholastic athletics can be a potentially dangerous activity involving multiple risks of injury. Such injuries can range from abrasions, bruises, sprains to catastrophic injuries resulting in crippling conditions, paralysis, brain damage, and even fatality. Severe injuries can impair a student's ability to earn a living, to engage in social and recreational activities, and to generally enjoy social life.

Careful consideration should be given to the risks and dangers associated with interscholastic athletics before making a decision to participate.

The signatures below prescribe that the athlete and his/her parent/guardian understand the conditions regarding the Nooksack Valley Extra-Curricular Conduct Code and give permission for _____ to participate in athletic and extra-curricular programs at Nooksack Valley Middle School.

Student Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____