



2020-2021

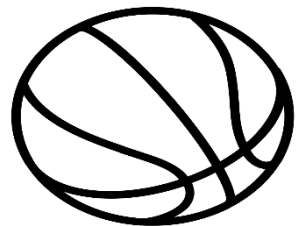
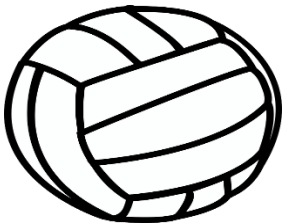
Little Snake River Valley School

Activities Handbook

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All athletes of all programs at Little Snake River Valley School require students be aware and follow regulations of the Wyoming High School Activities Association, Carbon County School District #1, Little Snake River Valley School and all athletic programs for which they may be a member.

STATEMENT OF PHILOSOPHY

The Activity programs at Little Snake River Valley School are designed as an important part of the education of young people. School sponsored activities are made available to high school students in order to teach such things as teamwork, competition, fair play, self-esteem, work ethic, and integrity. Student participants are given instruction that will assist in developing personal skills and are also given opportunities to perform, which re-enforces learning.

Participation in the activity program is a privilege granted jointly by the school and the participant's legal guardian. The privilege of participation can be denied at any time by the legal guardian and may also be denied by the school, if just cause exists.

The activity program is an extension of the academic program and should be viewed as such. Academic programs should be given priority in terms of district resources and student effort. An effective academic program, combined with an effective activity program, should provide the skills and experience that will help lead the school's student into a successful life.

Following is a list of rules that will help to insure an equitable and quality program for all participants. Students are expected to read the rules and to abide by the same.

ACADEMIC REQUIREMENTS

LITTLE SNAKE RIVER VALLEY SCHOOL ELIGIBILITY RULES

Middle School and High School Eligibility – In middle and high school, the eligibility to participate in co-curricular activities (Co-curricular activities are not limited to athletics; they also include any competitive or extra school event ie: Science Fair, History Fair, FFA Convention, Spelling Bee, Prom and other school dances, etc.) will be determined on a weekly basis, using the following guidelines:

1. Students must be passing all courses with a (D) or better in order to be eligible without restriction.
2. Students with one (F) will be on probation for one week, and if they still have an (F) in any class the following week, they will be ineligible for at least one week or longer until they can show all passing grades, no F's.
3. If a student has 2 or more (F)'s, they are immediately ineligible and will remain ineligible until they are passing all of their classes when their weekly grades are pulled.
4. Grades will be pulled on Wednesday mornings each week at 10 am and students and parents will be informed if a student is ineligible or on probation.
5. Students with any D's or F's on their weekly grade report are RECOMMENDED to attend Friday school from 8:00-11:00 am. Students with Friday school slips are REQUIRED to attend Friday school unless other arrangements have been made with the Friday school slip teacher and parents. Those students who are given a Friday school slip and do NOT show up for their Friday school time will meet the consequence of attending a combination of four Zero or 8th hours the following week. Zero hour is 7:00-8:00 am and 8th hour is 4:00-5:00 pm.

6. Eligibility is figured on a weekly basis; therefore, quarter grades are used to determine eligibility at the end of each nine weeks. If a student has a failing 9 weeks grade, they will either be on probation or immediately ineligible according to rule #2. **IF** a student gets a failing grade for the fourth nine weeks, they are ineligible until they have established no F's at the beginning of the first nine weeks of the following fall. The F at the end of the fourth nine weeks carries over week to week in the summer until the student can begin the fall first quarter and establish all passing grades. When the student demonstrates all passing grades, they will be deemed eligible again after school has started in the fall.

WHSAA ELIGIBILITY RULES

In order to be eligible for any level of interscholastic competition, a student must be currently enroll and must have been enrolled in school the immediate preceding semester and received passing grades during that semester in subjects that earn a minimum of 5.0 credits or the equivalent, per year toward graduation.

A pupil must be enrolled in not less than 20 class hours of work per week.

ABSENCE FROM SCHOOL

Students must attend school for a FULL day in order to participate in any activity which occurs after school. Students who are tardy at the beginning of school (First period) and after lunch (Sixth period) are considered not in attendance for a FULL day of school and will not be allowed to practice. Exceptions shall be made for the student excused for medical appointments with a note from a physician. Students with a medical excuse will **ONLY** be allowed to practice if they are in school for a half day (4 hours) of the school day in which they are gone for the medical appointment.

If a student misses school or is tardy after attending a morning practice, the student will miss the next day's activities, either a practice or an event. The exception to this nonparticipation the next day will be if the student returns during that day for a half day (4 hours) with a medical excuse.

If a student must miss school in an emergency situation, the principal will review the situation and determine if the student may participate in the activities of that day. Each case will be judged on its own merit.

It is understood by the school that if a student is sick the day before an activity, it is possible for the student to get well and attend or participate in activities the following day or days.

RETURNING FROM ACTIVITIES

Carbon County School District #1 encourages students who travel on the activity bus to return on the bus. Students who choose not to ride the bus home from an event will **ONLY** be released to their parents at the site of the event.

If the team is on an overnight trip and parents wish to check their student out for any reason and return them to the team, they may do so **only** if approved by the child's coaching staff with whom they are traveling.

TRAINING RULES/HEALTH STANDARD

No use of, sale of, distribution of, possession of, or being under the influence of illicit drugs, controlled substances, alcohol, or tobacco in any form including electronic cigarettes including vaping is permitted. The consequence for failing to abide by these health standards is immediate dismissal from the team and/or activity for the remainder of the athletic/activity season as defined by the WHSAA and the Little Snake River Valley School. Any letter, honors or post-season recognitions will be denied. Additional consequences for this violation will be up to the Administration's discretion and may carry over to future activities. This may include suspension from or denial of participation in activities other than that in which the violation occurred. Training rules are in effect beginning with the day of the first practice and will stay in effect until the season or activity ends.

If a violation of the training rules/health standard occurs outside the sport season, the student will be suspended for 15 calendar days into the succeeding sport in which they will participate; this suspension may go into the following year. Example: If a violation occurs after a Winter or Spring Sport, and the athlete does go out for a fall sport the next year, the athlete will have a 15 calendar day suspension (when the athlete returns after the suspension for their first practice, they must then complete the required practice days as determined by the WHSAA). At this time, the athlete will now begin with a clean record.

Athletes must complete a sport in "good standing" after a violation to be clear for a succeeding sport. "Good Standing" is defined as the athlete being eligible to compete in culminating events if qualified or as determined by the coach. If an athlete does not complete the season, the succeeding sport will start with a 15 calendar day suspension, after completing the required practice days as determined by WHSAA.

PHYSICAL EXAMINATIONS

A physical examination, obtained after May 1 of the upcoming school year, is required for all athletics prior to participation.

HAIR POLICY

Little Snake River Valley School has a hair policy for all sports. Boys will need to have a haircut and be clean shaven prior to the start of all practices. Haircuts or hair color that distinguishes a player from the rest of their teammates will be considered exotic and will prevent your participation in any sport during the season. This includes lines, patterns, and designs drawn in the hair. Any hair style that the coaches or administration deems inappropriate will be told to the athlete and the hair style will be fixed before the next practice or contest. If the athlete refuses to abide by this rule, participation will cease until so hair style is removed. Male players will be required to maintain a neat appearance. Hair will be out of the eyes, off the ears, and not below the collar of a collared shirt.

Female players must also **not** have hair color that distinguishes them as a player from the rest of their teammates. Colored hair pieces and designer hair pieces are not allowed. Bobby pins and flat clips are now allowed for volleyball.

DRESS CODE

Boys' football and basketball team members will be required to dress up for trips, on school days of home games, and on home basketball game days. Attire will include a dress shirt, tie, dress pants and socks. No hoodies are allowed to be worn over game day dress attire. Pants must be the type that you wear when you dress up – no blue jeans! This dress code requires that **hats** and **jewelry** be left at home.

Girls' volleyball and basketball team members will be required to dress up for trips, on school days of home games, and on home games when there is no school. Nice clothes that set you apart from those who are not in sports is required. Girls are not allowed to wear spaghetti strapped shirts unless covered by another piece of outerwear. Modest clothing will be required for all girls. When girls wear leggings, the shirt or top covering must extend to mid-thigh, unless the legging has back pockets and a side seam. Coaches, teachers, and administration that deem your attire inappropriate will require you to change before you are allowed to be in school or leave on a bus.

THREE SPORT AWARD

If a high school athlete completes all three school sport seasons in a school year and is a three sport letter winner (Varsity or JV), they will receive a reward that states the fact that they are a three sport athlete. At the end of the following years, this is the reward that will be given:

- Freshmen – hat or beanie
- Sophomores – T-Shirt
- Juniors – ¼ zip jacket
- Seniors – Elite Backpack

If a middle school student completes all three school sport seasons in a school year, they will receive an award at the end of the year.

These awards will be given at the end of the year awards ceremonies.

PRACTICE RULE

WHSAA rules dictate that students must attend practice nine days prior to any participation in a contest for all sports. These practices must be conducted under the supervision of a certified coach or sponsor.

If you plan to miss practice, please talk to one of the coaches before you miss. Missing practice because of poor behavior in the classroom will not be tolerated. Unexcused absences are absences that have not been cleared by a coach and will guarantee the athlete less paying time.

If an athlete misses a practice or stays in for ninth hour without a teacher pass, they will be required to make up practice time (at least 30 extra minutes) on Thursday immediately following the regular practice time. This is required before the athlete may participate in contests that weekend. If the

first contest is on Thursday of that week, then the make-up practice time will be on Wednesday night instead. If an athlete is required to make-up practice on a Thursday and is absent from school, an exception will be made for the weekend participation in contests, BUT the athlete will make arrangements with the coach to do the make-up practice either on Friday, or the following Monday.

Practices are closed to parents/spectators. The only exception to this rule would be if a coach invites a parent/spectator to a practice. If a parent/spectator is allowed to watch practice, they will do so away from the field or court. At no time will a parent/spectator be allowed to interrupt practice to talk to a coach.

INSURANCE

Students must show proof of medical insurance before they are allowed to participate or practice in any sport activities. A copy of the medical insurance card must be turned into the school office or to the Athletic Director before the first practice of the season in which the athlete will participate. An insurance policy may be purchased to meet this requirement that is available from the school office.

24 HOUR COURTESY RULE

We ask that no parent or family member approach or phone a coach for 24 hours after a contest if they have a concern or complaint. We feel that after contests emotions are running extremely high and any confrontation would be more productive after everyone has had the opportunity to calm down.

After 24 hours, you as the parent should phone the principal to set up a meeting between yourself, athlete, coach, AD, and principal. Our coaches feel it is extremely important that your child be in attendance for this meeting so be aware that your student athlete will be required to be in this meeting.

Parents: It is important for you to know that if you have a coaching complaint that you air to the principal, athletic director, another coach or teacher, your complaint **WILL** be told to that particular coach. Do not ask us "Not to tell" the coach of your complaint. We will not do that! It is only fair that the coach be made aware of your complaint or concern so that the problem can be rectified with your child.

CELL PHONE USAGE

Cell phones may be collected from every athlete prior to arrival at the competition site. They will be returned to the athlete when getting back on the bus to return home. When on an overnight trip, the phones will be collected from the athlete and stored in the room of a coach overnight. All phones and other electronic devices will be turned off during sleeping hours. However, the phone can be charged if a charger is provided by the athlete.

GENERAL MISBEHAVIOR

Any behavior-including inappropriate social media posting-which in the judgment of the school officials is detrimental to the education, welfare, safety or morals of other students, is ground for suspension and/or removal from activities as well as the imposition of other disciplinary measures. ALL FINAL DETERMINATIONS OF INTERPRETATION OF THE HANDBOOK WILL REST WITH CAMPUS ADMINISTRATION.

GENERAL INFORMATION

No athlete will be guaranteed a certain amount of playing time. The playing time for each athlete will be determined by the coaching staff and will be based on what is best for the team in our coach's judgment.

NO ATHLETE IS GUARANTEED OUT OF TOWN TRIPS. We may have to limit the number of students we take on trips for various reasons.

All activity trips in Carbon County School District #1 have the policy that students must provide their own meals the first day out on all trips. **IF** a team stays overnight, the District pays the motel rooms. The student is responsible for meals through the first full day of competition/trip. After the first full day of competition, the school will pay for all meals. Students are always welcome to bring a sack lunch if they choose not to eat at a restaurant on a one day trip. Coaches will do their best to choose a fast food restaurant or eatery that will minimize cost for all athletes.

The bus garage has asked that NO sunflower seeds or popcorn be brought on a bus. All drinks must have some sort of lid, cans with pop tops are not allowed. Violation of any bus rule may result in the loss of the next out of town trip for the violators.

Before a bus leaves our school, road reports are checked, school administration is contacted, and several school personnel are in the decision making process if a road is safe for a bus. Our children's safety is our #1 concern.

CONCUSSION WARNING SIGNS AND SYMPTOMS

*information as provided by the WHSAA and the Wyoming Medical Center

***PLEASE KEEP THIS LIST TO SERVE AS A REFERENCE IF YOUR STUDENT/ATHLETE SUFFERS A HEAD INJURY**

Signs of a concussion as observed by a witness:

- *appears dazed or confused
- *answers questions slowly
- *personality changes
- *confused about assignment
- *loss of consciousness
- *doesn't know opponent
- *forgets plays
- *poor concentration
- *unsure of score, game or opponent
- *can't recall hits or events prior to injury
- *moves clumsily
- *vomiting

Symptoms of a concussion as reported by the athlete:

- *headache
- *memory problems
- *feeling "woozy"
- *nausea
- *fuzzy vision (double)
- *balance problems
- *dizziness
- *poor concentration
- *confusion
- *sensitivity to noise
- *feels sluggish

As per WHSAA rule: no player shall return to play the same day if a loss of consciousness or suspicion of a loss of consciousness has occurred.

No player should be returned to play with **ANY** signs or symptoms listed above.

Immediate referral to emergency care is indicated for deteriorating status, persistent symptoms, or suspicion of neck injury.

Players experiencing a second concussion in a single season should **NOT** be returned to play the same day and should be referred to medical evaluation.

Little Snake River School personnel have been educated on these signs and symptoms of concussions. They will always be very conservative with all of their athletes in regards to any suspicious head injury or the appearance of any of these signs or symptoms. Medical evaluation and documentation will be required in head injury cases. Our purpose is to keep all of our athletes safe and we fully believe that in regard to head injuries – "when in doubt, sit them out."

Coaches must be aware of their player's physical and mental status and will not hesitate to call the parents if problems are discovered or call emergency medical assistance if the situation is deemed life threatening. Parents must communicate with their child and the coaching staff if any of these symptoms arise at home. Medical professionals need to be consulted in a timely manner and their recommendations will be documented and followed very closely.

***After reading the above information, parents and athletes should sign the sign-off sheet indicating you have been given and read information pertaining to concussions. Thank-you.**