



North Polk Community Schools
Activities Handbook
7th-12th Grades

2023-2024

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North Polk Activities

High School & Middle School

North Polk has developed many fine traditions in its history and with what we believe is an excellent activity plan, we hope to continue to provide the young women and men of North Polk an opportunity to become a part of a rewarding experience.

The District's intent is to have as many students as possible enjoy and benefit from the program. Some students may earn scholarships and possibly careers related to activities, but these are considered a "fringe" benefit of our program rather than a general objective. We view the North Polk activity program as having an educational function providing students with opportunities for improvement and success in other areas of endeavor and not as a "farm club" or training ground for college and universities. Our participants are special people who have chosen both a more vigorous code of conduct and a greater commitment of time and energy than non-participants. This commitment alone makes you special. Please read the contents of this handbook and contact the Activities Director with any questions.

Go Comets!

Purpose of Our Activities Handbook

Because of the varied nature of the activities covered by this handbook and the number of people directing and coaching the activities, it is impossible to include everything in one handbook. The purpose of the handbook is to define the general rules and regulations for all activities and to define eligibility standards. Any information pertaining specifically to an activity that is not enumerated in this handbook will be explained to the participants in that group by the coach/sponsor.

Purpose of Activities

The North Polk Activities Department seeks to advance the mission of our district by providing students a platform to develop their full physical, intellectual, and personal potential by providing character-shaping experiences that allow them to strive for excellence through performance.

Values of Activities

Teamwork

- Collaboration
- Social Interaction
- Caring
- Selflessness
- Understanding
- Roles
- Accountability

Work Ethic

- Commitment
- Dedication
- Punctuality
- Preparation

Communication

- Listening
- Accept Coaching
- Question
- Discuss difficult issues

Problem Solving

- Adaptability
- Decision Making
- Apply Coaching to performance

Leadership

- Trust
- Responsibility
- Humility
- Sacrifice

Persistence

- Dealing with adversity
- Dealing with success
- Competitiveness
- Resilience

Sportsmanship

- Respect for your opponents, coaches, teammates, officials, fans, and yourself.

Essentials Elements for Students to be Successful in Activities

In order for students to be successful in activities at North Polk.....

We believe students...

- Will be in practice. Practice is important and good teammates are in practice. Missing practice may result in a lack of improvement and may result in a lack of playing time.
- Will contact coaches & sponsors personally if they must miss practice and/or an event.
- Will be on time to all practices, events and team activities during the regular season and the off-season.
- Will notify coaches of any injuries and/or illnesses immediately.
- Will take responsibility for talking to their parents regarding dates, times and schedules for their activities.
- Will be involved in multiple activities.
- Will take advantage of opportunities to improve skills when offered outside of their regular season.
- Will understand their roles. Varsity playing time is earned; the best players play. JV, 9th grade and MS are developmental levels. As student-athletes progress through the levels, the equality in playing time may decrease.
- Will understand that playing time and/or positions are decided by the coach.
- Will understand that team accomplishments far outweigh individual accomplishments.
- Will attend post season banquets and team activities.

- Will take responsibility for participating in the strength and conditioning program to its fullest extent.
- Will understand that strength and conditioning is vital and essential to the mental and physical development of our student-athletes.
- Will expect to be evaluated, critiqued and challenged.
- Will be expected to care about and support their teammates.

We believe Coaches/Sponsors and Directors...

- Will be in practice, and be early.
- Will contact students & parents with changes of the dates, times or events.
- Will notify parents of injuries and/or illnesses that need to be addressed outside practice.
- Will take responsibility for providing students and parents with dates and times of practice, events and team activities.
- Will support all North Polk Activities.
- Will support the off-season opportunities provided by other activities, and will work together with other activities to give everyone a chance to be successful.
- Will provide opportunities for students to improve skills outside of their regular season.
- Will understand that there are roles for all team members. Varsity playing time is earned; the best players will play. JV, 9th grade and MS are developmental levels. As student-athletes progress through the levels, the equality in playing time may decrease.
- Will communicate with students regarding their role on the team, and identify the areas of improvement.
- Will make decisions regarding playing time on what is best for the team and it's individuals.
- Will understand that team accomplishes far outweigh individual accomplishments
- Will provide opportunities for students and parents to participate in post season banquets and/or team activities.
- Will understand that banquets are an important time to recognize team accomplishments, and give recognition to the achievement of individual goals. However, not all programs will approach this in the same way.
- Will take responsibility for participating in the strength and conditioning program to its fullest extent.
- Will understand that strength and conditioning is vital and essential to the mental and physical development of our student-athletes.
- Will be expected to evaluate, challenge and provide feedback to students.
- Will be expected to care about and support the individual members of the team. Coaches are not friends with students, but do care about their well-being.
- Will continue to learn about their activity and grow professionally. Through research and study, they will improve themselves.

We believe parents...

- Will understand and support that practice is important and good teammates are in practice. Missing practice may result in a lack of improvement and may result in a lack of playing time.
- Will work with their students and help them contact coaches & sponsors personally if they plan to miss practice and/or an event.
- Will work with their students on skills that will help them be on time or early to all practices, events and team activities during the regular season and the off season.
- Will expect their student to notify coaches of any injuries and/or illnesses immediately.
- Will take responsibility for talking to their students regarding dates, times and schedules regarding their activity, and will resist contacting the adults. This is a valuable skill for students to learn.
- Will support their students in being involved in multiple activities.
- Will encourage their students to take advantage of opportunities to improve skills when offered outside of their regular season, and remind them of their responsibilities to their teammates.
- Will understand that there are roles for all team members. Varsity playing time is earned; the best players will play. JV, 9th grade and MS are developmental levels. As student-athletes progress through the levels, the equality in playing time may decrease.
- Will understand that playing time and/or positions are decided by the coach, sponsor or director.
- Will understand that team accomplishments far outweigh individual accomplishments
- Will attend post season banquets and team activities when invited.
- Will encourage their students to take responsibility for participating in the strength and conditioning program to its fullest extent.
- Will understand that strength and conditioning is vital and essential to the mental and physical development of our student-athletes.
- Will expect their students to be evaluated, critiqued and challenged.
- Will let their students work on the skills of communication and resilience, and will expect them to fight their own battles, and work through difficult situations on their own.
- Will remember that proper time to speak to coaches/sponsors/directors about concerns is not before, after or during an event or practice.
- Will expect their students to care about and support their teammates.
- Will support their students by letting players play, coaches coach and parents parent. This will provide clear roles for everyone involved.

Each of these belief statement correlates to the “value of activities”

Iowa High School Athletic Association & Iowa High School Girls Union Mission Statement

“The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual’s influence on the behavior of others. Good sportsmanship is viewed by the Iowa High School Athletic Association and the Iowa High School Girls Union, as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.”

GOALS

- To promote the academic, physical, mental, moral, social, and emotional well being of the participants.
- To encourage leadership, use of initiative, and good judgment in all situations.
- To develop courtesy and respect for parents, teachers, coaches, visitors, hosts, participants, officials, teammates and classmates.
- To represent our school, community, and most of all, ourselves, in a manner that will be a source of pride for all.
- To help each participant strive to be the best he/she can be.
- To set an example by actions, words, and deeds, that you will be proud to have others follow.
- To create a healthy respect for rules and regulations, discipline, and authority.
- To foster the attitude that success is not measured by performance but by the character of the participants.
- To realize the value of participation and competition.
- To develop and improve citizenship traits among the program’s participants.
- To strive for a more stringent code of conduct and a greater time and energy commitment.
- To bring the school district, community and parents together.

Value and Benefits of Participation in Extracurricular Activities

(http://www.iahsaa.org/resource_center/Academic_Assistance/academic_assistance.html)

Research findings about physiological benefits

- Enhanced functioning and health of cardiovascular and muscular systems.
- Improved flexibility, mobility, and coordination.
- Increased stamina and strength.
- Improved ability to maintain weight.
- Increased likelihood of maintaining weight.
- Regular athletic participation will decrease the risk of diabetes, heart disease, obesity, and other related diseases.
- Non-participants are 49% more likely to use drugs and 37% more likely to become teen parents than those who spend one to four hours per week in

extracurricular activities. (United States Department of Education. No Child Left Behind: The facts about 21st Century Learning. Washington, DC: 2002.)

- Students participating in organized sports were 25 percent less likely to be current cigarette smokers. (American Journal of Health Behavior, 2004)

Participation in extracurricular activities benefits students

- Participants have higher GPAs than non-participants (2.84 to 2.68).
- Participants have lower absenteeism than non-participants (4.9 days to 10.8 days).
- 75% of participants were “A” or “B” students in high school.
- Reduced the dropout rate by 40 %. (Holloway, J. H., 2002)
- The mean dropout percentage for athletes was 0.6 percent vs. 10.32 percent by non-athletes.
- Music students scored about 11 percent higher than non-music students on the 2001 SAT (College Entrance Examination Board).
- Discipline referrals for athletes ran at a 33.3 percentage while the referral percentage for non-athletes was 41.8 percent.
- Students who took part in more vigorous sports like soccer or football or skateboarding, do about 10% better in math, science, English and social studies classes (Medicine & Science in Sports & Exercise, August 2007).

Increased Graduation Rate

The mean graduation percentage for athletes was 99.4 percent as compared to 93.5 percent for non-athletes. National graduation rate in 2011 – 77.7% (Iowa ranks 1st- 88%)

How former high school athletes have benefited

- 92% said participating in high school athletics made their high school experience more positive.
- 87% said the lessons they learned while participating have helped them as adults.
- 71% earned a post-secondary degree.
- 77% employed full-time.
- 95% of Fortune 500 CEOs participated in high school athletics.

Summary of the Benefit of Interscholastic Sports

Students who participate in athletics tend to:

- Have maximized physiological development.
- Be less likely to use drugs, tobacco, or suffer from health problems.
- Have a higher GPA.
- Have lower absenteeism.
- Have a higher graduation rate.
- Have a high success rate after high school.

High School Activities Offered

B/G Cross Country, Volleyball, Football, Wrestling, B/G Basketball, B/G Track, B/G Tennis, B/G Soccer, B/G Golf Baseball, Softball, Cheerleading.

Concert Choir, Jazz Choir, Show Choir, Marching Band, Concert Band, Jazz Band, National Honor Society, National Spanish Honor Society, National Art Honor Society, Play, Musical, Speech, Dance Team, Color Guard, Winter Guard, Computer Contests, Mock Trial, FFA, Student Council, North Polk Key Club

***30-days “Scholarship Rule” for non-seasonal and non-athletic activities listed above**

Middle School Activities Offered

Football, Volleyball, Cross Country, B/G Basketball, Wrestling, B/G Track, Baseball, Softball, Basketball, Wrestling and Football Cheerleading (as available)

Vocal Music, Concert Band, Show Choir, Jazz Band, and Play/Musical.

Coach/Sponsor Code of Ethics

Coaches and sponsors will...

- Cultivate awareness that participation in activities is part of the total education process and as such, the coach/sponsor should neither seek nor expect academic privileges for the participants.
- Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play as they relate to the lifetime impact on the participants and use their influence to enhance sportsmanship in the North Polk CSD.
- Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and spirit, not seeking to gain an advantage by circumventing rules.
- Recognize that the purpose of activities is to promote the physical, mental, social, moral, and emotional well being of the individual participants.
- Avoid any practice or technique which would endanger the present or future welfare or safety of the participant.
- Adhere to policies, which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
- Refuse to disparage an opponent, an official, and administrator, or spectator in any aspect of the activity.
- Strongly encourage the development of proper health habits, including the non-use of chemicals, alcohol, tobacco, and other mood-altering substances.
- Exemplify proper self-control, accepting adverse decisions without a public display of emotion or of dissatisfaction with the officials or judges.

- Encourage all to judge the true success of the activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or a loss.
- Abide by all policies, rules and administrative procedures of the North Polk School District, the rules and bylaws of the Iowa High School Athletic Association (IHSAA), the Iowa Girls High School Athletic Union (IGHSAU), and the statutes and laws of the State of Iowa.
- Conduct themselves by the highest standards of citizenship and sportsmanship. At no time shall they do anything that could reflect in a negative manner upon the North Polk School District.
- Fulfill all duties required of them by the district administration.
- Follow Board Policy 400.

Policies and Procedures

Absences

Students are expected to be at all practices, performances, and contests. An unexcused absence is missing any regularly scheduled practice or performance without prior permission. Illness, funerals and school related activities are always considered excused. Coaches/sponsors may require notification of an absence. Coach/sponsor discretion will apply for all absences. Unexcused absences could result in a loss of playing time and could eventually lead to dismissal from an activity. Attendance at games and practices is important to skill building as well as the team building, any missed practice or game could result in a loss of playing time based on each individual situation. When a student is not at practice, other students are preparing and improving their skills.

Academic Eligibility - Department of Education Standards

Under the State of Iowa's academic eligibility policy, a student must pass all classes during the previous semester to be eligible.

Students who participate in activities at North Polk must have passed a minimum of four (4) full credit courses during the previous semester. Students who do not meet this standard will not be eligible to compete or perform in any contests and competitions for the entire semester.

Students in any activities that are an "extension of the classroom" will be eligible to perform. For example, students in music would be eligible to perform at a home concert.

Summary of Scholarship Rule, 281-IAC 36.15(2)

The following requirements were effective 7-1-08:

A student must receive credit in at least 4 subjects at all times.

A student must pass all and make adequate progress toward graduation to remain eligible.

If a student is not passing all at the end of a final grading period, student is ineligible for the first period of 30 consecutive calendar days in the interscholastic athletic event in which the student is

a contestant. There is no requirement that the student competed in the sport previously. Students in baseball or softball have the same penalty as all other students.

If a student is not passing all at any check-point (**if** school checks at any time other than the end of a grading period), period of ineligibility and conditions of reinstatement are left to the school. Schools must check grades at the end of each grading period; otherwise, a school determines if and how often it checks grades.

A student with a disability and an IEP is judged based on progress made toward IEP goals. The ability to use summer school or other means to make up failing grades for eligibility purposes not available. The rule now also requires that all original failing grades (even those remediated for purposes other than athletic eligibility) be reported to any school to which the student transfers.

Reference website: [http://www.iahsaa.org/resource center/Academic Assistance/academic assistance.html](http://www.iahsaa.org/resource%20center/Academic%20Assistance/academic%20assistance.html)

Iowa High School Music and Speech Association

If at the end of any grading period a participant receives a failing grade in any course for which credit is awarded, the participant is ineligible to participate in any competitive event sanctioned by the IHSMA or any IHSMA sponsored event that is non-graded (event doesn't effect course GPA) within a period of 30 calendar days. The period of ineligibility will begin with the first school day following the day grades are issued by the school district. More detailed information can be referenced at: www.ihsma.org

Athletic Forms

All students need physicals, parent permission forms, concussion forms and Code of Conduct Acknowledgement forms completed before they may participate in any sport—cheerleading and dance team included. Managers need all the above, except the physicals.

Attendance Policy for Participation in and Attendance at After School Practices and Events Rationale

- We believe that the prime reason school exists is to promote academic excellence to help each student learn as much as he/she can according to his/her abilities.
- We want every student to establish the habits of good attendance at school so they can learn to the best of their ability. We also know that good habits of attendance now will carry over into later life.
- We believe that participation in co-curricular practices and performances is a privilege extended to students who first demonstrate a responsibility to themselves and to their school.
- We believe that co-curricular practices and performances, while being important, should not be a prime reason for a student who is ill to come to school.

In order to attend after school practices or performances, a student must be in attendance for a full day of school with the following exceptions approved by the principal:

- A student is tardy to class (10 minutes).

- In the event that a student has a doctor, dentist, funeral, orthodontist appointment, required court appearance, or a school approved college visitation, and brings back documentation the student could participate in the scheduled activity or practice.
- A student may not miss school for any portion of the school day due to illness and still practice or participate in a school practice or performance. Students who spend an entire class period in the nurse's office are considered absent, however, documented chronic medical conditions do not apply. Administrative discretion may apply.
- For school events that occur during the school day, parents may send a note allowing students to attend, and students WILL be able to participate in after school activities. Students are released only for the time that North Polk students are participating (Similar to that of a Pep Bus). Students must still meet the obligations of their teams.
- Students that have a non-school related activity that occurs during a school day, WILL be able to participate in after school activities provided the following:
 - The event cannot be rescheduled and/or does not occur during a non-school day.
 - The student is in good academic standing.
 - The student has good attendance.
 - The event must occur on that day.
 - Appropriate form must be completed and turned into the office at least two school days prior to the event.
 - Administration discretion in considering absence.
- We do understand that unusual circumstances do arise which will not allow a student to fulfill the above attendance requirements as we desire. Therefore, exceptions to the above policy may be made at the discretion of the administration. When possible this exception should be cleared in advance of being absent. A coach/sponsor cannot make this decision.

There is no special attendance allowance made when students return late from an activity. Students are expected to be at school the next day when classes begin.

Awards

Each high school sport will have an awards banquet to honor the team and team members. Individuals can earn the following activity awards:

- Chenille "NP" – presented to a participant the first time he/she qualifies for a varsity letter in any activity.
- Gold activity figure pins – presented to a participant the first time he/she wins a letter in an activity.
- Gold bars – presented to a participant for every letter earned.
- Paper certificates – presented to all students who complete an activity season.

- The standards to be used in determining letter winners are left largely to the discretion of the individual coach/sponsor. The coaches/sponsors should communicate these standards to all during pre-season meetings.

Annual awards for members of the senior class include: Brad Lentz Memorial Scholar Athlete Award, Dana Spratt Memorial Scholar Athlete Award, Activities Award, and Bernie Saggau Award.

Individuals can earn the following music awards:

- Chenille “Music NP” - presented to a student the first time he/she qualifies for a letter.
- Gold bars - presented to a student for every letter won.

Annual Music awards for members of the senior class include: John Philip Sousa Award, Louis Armstrong Award, and Vocal Music Award.

Behavior Standards

See the Student Handbook section Student Policies Concerning Behavior. As with all policies, administrative discretion applies. Cell phones that have the capability of taking pictures are not allowed in the locker rooms at any time. (See cell phone policy in Student handbook)

Booster Clubs

The North Polk Athletic Booster Club and the North Polk Fine Arts Booster Club are organizations of dedicated volunteers who have the approval of the North Polk School district. They help provide equipment and support for students involved in sports and the fine arts. Each club usually meets one time each month. Contact the Activities Director for more information on the officers and meeting times for the current year.

Communication

Students, parents, and coaches/sponsors should all take responsibility for communication with each other. Coaches/sponsors will inform students and parents at pre-season meetings on the procedure to follow in regards to communicating. It is important for Coaches/sponsors, parents and students to understand the appropriate “chain of communication”. Please see Appendix A for the Problem -Solving Procedure Form. This is the appropriate form for issues that cannot be easily resolved.

Electronic Communications

All electronic communications (i.e text messages, emails, facebook etc.) should be “business only”, and shall be used for informational purposes. Personal information, shall be

communicated via phone or face to face. Discussion of “team issues” via social media is a detriment to team culture and its ability to perform at its best.

Conference

North Polk High School is a member of the Raccoon River Conference (RRC). Members are ADM, Ballard, Boone, Bondurant-Farrar, Carlisle, Carroll, Gilbert, North Polk, and Winterset. Activities offered in the RRC include volleyball, cross-country, basketball, wrestling, track, golf, soccer, baseball, softball, an instrumental festival, an art festival and a vocal musical festival.

CO-OP Sharing Agreements and Dual Enrolled Students –

Students who participate in activities at North Polk through COOP sharing agreements or are dual enrolled must meet all academic eligibility standards that regular North Polk students must meet.

Fitness Center

It is the expectation that all athletes participate in the North Polk strength training program. We believe that in order to prevent injuries, and to have the opportunity to perform at their best, students must train their bodies. All athletes are expected to follow the North Polk program at a minimum of two times per week during their sports season. This is only a minimum requirement. The fitness center will be staffed with trained coaches, and times and dates will be communicated to students.

Good Conduct Policy

Extracurricular activities, as offered by the North Polk Community Schools, are an integral part of the total educational experience for all students. Those who participate in these activities serve as ambassadors of the school district throughout the calendar year, whether away from or at school, and accept the responsibility of adhering to even more stringent and demanding behavior codes than non-participating students. Students who wish to exercise the privilege of participation in extracurricular / co-curricular activities must conduct themselves in accordance with board policy and must refrain from activities that are illegal, unhealthy, and inappropriate. Participation in these activities is a privilege, conditioned upon meeting the eligibility criteria established by the board, administration, and individual coaches and sponsors. The activities director and/or principal shall keep records of violations of the Good Conduct Rule.

The following activities in grades 7-12 are all covered by the Good Conduct Rule:

- Athletics
- Instrumental and vocal music performances other than the following:
 - Concerts in NP buildings
 - Assemblies during the school day in NP buildings
- Drama productions
- Speech contests

- FFA
- Honor Societies
- All honorary and elected offices (e.g., Homecoming King/Queen/court, class officer, student government officer or representative)
- State contests and performances for cheerleading and dance company
- North Polk Key Club
- Any other activity where the student represents the school district outside the classroom

Any student who is observed by his/her own parent, a staff member, a law enforcement official, admits to, or who is otherwise found by the school administration to have violated the school's Good Conduct Rule and will be deemed ineligible for a period of time, as described below. A student may lose eligibility under the Good Conduct Rule for any of the following behaviors, regardless of age, location or legal status.

- Possession, use, under the influence, or purchase of tobacco products, regardless of the student's age.
- Possession, use, under the influence, or purchase of alcoholic beverages.
- Possession, use, or purchase of e-cigarettes, or components (battery, atomizer, cartomizer, and/or clearomizer) or "look alike" substances that appear to be tobacco, beer, wine, alcohol or controlled substances.
- Possession, use, under the influence or purchase of over the counter or prescription drugs when used for improper purposes, or other controlled substances.
- Engaging in any act that results in arrest, citation, or charges in the criminal or juvenile court system (excluding minor traffic offenses) regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s).
- Violation of Hazing Iowa Code Section 708.10.
- Refusing to cooperate with school officials in the investigation procedures (i.e. breathalyzer, sobriety test, etc). This may also result in a violation of other school policies.

If a student transfers in from another school district and the student has not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school, the student shall be ineligible until the full period of ineligibility has been completed. Once that period of ineligibility has been completed, the student is then immediately eligible for interscholastic competition.

Consequences for Violation #1

- Miss 30% of scheduled events (Includes 1st scheduled postseason contest in calculation): The resulting number will be rounded. Any number .5 or higher will round up, and any number lower than .5 will round down.

- Receive education/counseling from Employee and Family Resources or other comparable programs. Completion and confirmation of the counseling session is required prior to gaining eligibility.
- Arrangements are made and legal fees are paid by the student.

Consequences for Violation #2

- Miss 50% of scheduled events (Includes 1st scheduled postseason contest in calculation): The resulting number will be rounded. Any number .5 or higher will round up, and any number lower than .5 will round down.
- Receive education/counseling from Employee and Family Resources or other comparable programs. Completion and confirmation of the counseling session is required prior to gaining eligibility.
- Arrangements are made and legal fees are paid by the student.

Consequences for Violation #3

- Indefinite suspension from all activities. The student can appeal to the building council and then to the Board of Directors for reinstatement after at least eighteen weeks of ineligibility have been served and 50 hours of community service have been completed.
- Receive education/counseling from Employee and Family Resources or other comparable programs. Completion and confirmation of the counseling session is required prior to gaining eligibility.

Enforcement Guidelines

The administration will establish the number of events for each violation within the established range, according to the honesty of the student and the seriousness of the violation. This will not be an appealable item under this policy.

- The student is expected to attend and participate in all practices during the period of ineligibility. The student must finish the season/activity in good standing. If a student quits the activity, his/her period of ineligibility has not been served and will begin again when the student again becomes involved in another activity.
- Any student who violates the policy, serves the necessary consequences, and then does not violate policy again for at least two calendar years after the date of the last violation, shall have his/her record "cleaned." This means that another violation after the two-year clean period would be considered violation #1, although the consequence for said violation would be at the maximum level for a violation #1 offense.
- If a student is in multiple activities, the % continues until one of the activities has completed the required %.
- If a student's behavior results in an out of school suspension, the student will be ineligible for all before and after school activities as a participant or a spectator.

- For the Appeal Process, please refer to North Polk Board Policy 903.98.

Hazing Iowa Code Section 708.10

1. A person commits an act of hazing when the person intentionally or recklessly engages in any act or acts involving forced activity which endanger the physical health or safety of a student for the purpose of initiation or admission into, or affiliation with any organization operating in connection with a school, college, or university. Prohibited acts include, but are not limited to, any brutality of a physical nature such as whipping, forced confinement, or any other forced activity which endangers the physical health or safety of the student.

2. For purposes of this section, “forced activity” means any activity which is a condition of initiation or admission into, or affiliation with, an organization, regardless of a student’s willingness to participate in the activity.

- a. A person who commits an act of hazing is guilty of a simple misdemeanor.
- b. A person who commits an act of hazing which causes serious bodily injury to another is guilty of a serious misdemeanor. (See Student Handbook Section VII)

Holidays/Wednesdays/Sundays Events & Practice Sessions

Only the Superintendent of Schools can grant permission for practices that occur on holidays such as Labor Day and Memorial Day. On these holidays, the coaches/sponsors are allowed to practice either on the preceding Saturday or on the Monday holiday, if the Superintendent approves. During holiday breaks, coaches/sponsors often practice and have been flexible with students missing for family activities. It is important to remember that even if the practices are not mandatory, a student who is at practice may improve his/her skills to the point where he/she increases playing time.

According to Board Policy, all practices must end so that students are out of the buildings by 6:00 pm on Wednesdays between Labor Day and the first Wednesday of May. Only the Superintendent of schools may grant permission for practices to be held on Wednesdays during this time frame. All requests for such must be made through the Activities Director.

It is the policy of the Activities Department and the administration that no practices or meetings will be held on Sundays between Labor Day and Memorial Day unless special permission has been granted by the Superintendent of Schools. Non-school sponsored activities are not covered by the no Sunday practice rule.

Injuries

All students returning to an activity after an injury or extended illness that was treated by a medical professional need to bring a medical release back to school before they will be allowed to participate again. All students need to report all injuries to the coach or CAT. Coaches or CAT must fill out an accident report within 24 hours of an injury or within 24 hours of a coach or CAT being made aware of an injury.

Non-School Team Participation

Students are allowed to participate in non-school sponsored sports during the same sport season according to Board Policy 504.6. Students are encouraged to inform coaches if they are participating on a non-school team.

Open Gym

Coaches may sponsor an “open gym” if it is scheduled with the Activities Director. Open gyms shall be available to those who wish to attend.

Overlapping Practice Schedules and Events

There should be no situations in which a student has more than one athletic practice scheduled at the same time, unless it is the end of one sport and the beginning of another ie.. track and baseball. In this instance, the athletes are expected to attend the practices of the first sport and then if time remains, attend practices of the next sport. Fine Arts practices are reserved for before school and have priority at that time. Prior to the start of a season where events overlap, students will have an opportunity to identify their priority event. Students will need to identify in writing to the AD and both Coaches/Directors of this priority. State, regional, District etc. events will automatically take precedence. Varsity takes precedent over JV events.

In case of overlaps with events, and students have not identified their priority, the following criteria, in priority order, will determine which event the student will attend:

- 1) AD will meet with coach / sponsor, and make decision upon mutual agreement
- 2) State/District competitions
- 3) Conference competitions
- 4) A competition vs. a performance/concert
- 5) An activity vs. a practice
- 6) In the event that a state competition occurs on the same day as another non-state event, students will not participate in the non-state event during that day, unless the AD and both coaches agree.

Every attempt is made to allow students to attend both activities. Coaches and sponsors work cooperatively regarding this.

Participation & Parent Surveys

Students (7th-12th grades) in each activity will be given an opportunity to fill out an anonymous postseason survey. All surveys', including a summary of data, will be collected by the activities department. Families/Parents/Guardians of students participating in high school activities (9th-12th grades) will be given an opportunity to fill out a survey.

Personal Appearance

Students are to represent North Polk District in a positive way. Coaches/sponsors may set standards for personal appearance in their activities. The coach/sponsor in charge of each program is responsible for the students' appearance, including dress and neatness. Students should be informed by the coach/sponsor before the contest/event to dress in a manner that presents a positive image of themselves, their families and our school.

School Equipment

Activity equipment is expensive and belongs to the school. Students must take proper care of all issued equipment or at the end of the season be charged the cost of replacing the equipment. Remember, proper care and returning of issued equipment helps the school to maintain quality equipment. Do not use it for personal use / wear.

Sportsmanship

Fundamentals of Good Sportsmanship

- Gain an understanding of and appreciation for the rules of the contest.
- Recognize and appreciate skilled performance, regardless of the team.
- Respect the opponent and the officials.
- Be a gracious host and show respect for your opponents.
- Be an exemplary role model by positively supporting teams in every possible manner.
- Realize that it is a privilege to observe a contest and to support high school activities.

The Player

- Treats referees, coaches and opponents with respect.
- Plays hard, but plays within the rules.
- Exercises self-control at all times, setting the example for others to follow.
- Respects officials and accepts their decisions without gestures or argument.
- Wins without boasting, loses without excuses, and never quits.
- Remember that it is a privilege to represent North Polk and the communities.

The Coach

- Treats referees, players and opponents with respect.
- Inspires in the athletes a love for the game and the desire to compete fairly.
- Is the type of person he/she wants the athletes to be.
- Exercises self-control at all times, setting an example for others to follow.
- Disciplines those on the team who display unsportsmanlike behavior.

- Respects the judgment and interpretation of the rules by the officials. Knows he/she is a teacher and understands the athletic arena is an extended classroom.

The Spectator

- Attempts to understand and be informed of the playing rules.
- Appreciates a good play no matter who makes it.
- Cooperates with and responds enthusiastically to cheerleaders.
- Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
- Respects the judgment and strategy of the coach and does not criticize players or coaches for loss of a game.
- Respects property of others and authority of those who administer the competition.
- Censures those fans whose behavior is unbecoming.
- Refrain from crossing the floor until an appropriate dead ball situation (example – quarter breaks and time outs).

Audience Etiquette

- Refrain from talking and making unnecessary noise.
- Turn off pagers, cell phones, and watch alarms.
- Do not wave to your child during the concert.
- Do not take flash photography.
- Please do not walk down the center aisle with your video camera.
- Do not leave as soon as your child's portion of the concert is over.
- Applaud at appropriate times.
- Do not leave the auditorium during the music.
- Go to the concert expecting the best.

Spectators that choose to exhibit poor sportsmanship will be asked to leave school grounds. Examples of poor sportsmanship include, but is not limited to:

- Negative comments made about officials.
- Negative comments made about participants.
- Negative comments made about coaches.
- Inappropriate language or gestures.

Individuals that choose to exhibit poor sportsmanship, and have been asked to leave school grounds will be:

- Suspended from North Polk activities for a period of time determined by North Polk Administration.

- Prior to attending any further North Polk events, will meet with the North Polk Administration during school hours and watch the online sportsmanship course provided by the National Federation of High Schools.
- Any expense incurred will be the responsibility of the individual.
- Failure to meet these guidelines will result in permanent suspension from North Polk activities.

Transportation

Students taking part in a school-sponsored activity must ride to that activity on the transportation provided by the school. They must also return from that activity on the school provided transportation unless a parent or guardian is present and personally provides the coach or activity sponsor with a written note stating that they are assuming responsibility for their child.

In the event that the parent/guardian is not at the school-sponsored activity a permission note or email, provided by the parent and signed by an administrator before the event will excuse a student to ride home with a non-parent from the activity. The signed note will also excuse the student from riding the provided school transportation. The only exception to this policy may be if a student has two school-sponsored activities during the same day. If this conflict does exist the student may with written parental permission and the approval of the administration ride with their parents or guardians to the event. In extreme emergencies, the student with parental permission and administrative approval may drive to the events. If permission is given to drive, the student must not allow anyone other than parents/guardians or other adult members of the immediate family to ride with them to or from the events. The coach or sponsor will wait until the students' rides come and pick them up.

Weather

In the event that school is dismissed early or is not held because of winter weather, plans for practices or events will be communicated by the coaches.

North Polk Safety Equipment Waiver

Students may choose to use their personally purchased safety equipment for North Polk Activities provided both the student and parent/guardian sign a form and the coach/director acknowledges that the equipment meets minimum safety standards.

North Polk Athletic Equipment Rental

North Polk students may rent equipment from the school district. A fee schedule will be provided. Students must take proper care of all issued equipment and will be required to pay replacement cost for any damaged or lost equipment.

Tobacco/Nicotine-Free Environment

School district facilities and grounds, including school vehicles, are off limits for all tobacco or nicotine use, including the use of look-alikes where the original would include tobacco or nicotine. This requirement extends to employees, students and visitors. This policy applies at all times, including school-sponsored and non-school-sponsored events. Persons failing to abide by this request are required to extinguish their smoking material, dispose of the tobacco, nicotine or other product or leave the school district premises immediately. It is the responsibility of the administration and renters of district facilities to enforce this policy.

Problem-Solving Procedure

Name _____ Date _____

Student's Name _____

Grade _____ Teacher _____

Conference with: (Circle one) Parent-Teacher Parent-Principal Teacher-Principal

Parent-Superintendent Parent-School Board

1. Describe the problem/situation.

2. Identify possible solutions.

3. Action plan, including a timeline for interventions

Signatures of Parties involved / Date _____

Optional

Follow-up meeting time to evaluate effectiveness of plan:

Resolution/Future Action: