Seeley-Swan High School

Activity Information Sheet

2026-27

FALL ACTIVITIES	WINTER ACTIVITIES	SPRING ACTIVITIES
Football	Boys Basketball	Golf
Volleyball	Girls Basketball	Track
Cross Country		

If you plan on participating in any of the following activities you will need to complete the following:

- **For athletic activities** you must have a physical completed since May 1, 2025 and have the school physical form signed by a doctor, physician physical form signed by a doctor, physician assistant or RN. This form is required every 2 years starting with 9th grade. **This form must be turned into the office before the first day of practice or you will not be allowed to participate until form is turned in.**
- **For all activities** you must have proof of insurance and the emergency card properly filled out. (Both sides). You can buy Insurance at www.k12specialmarkets.com
- **You will not be allowed to participate until this card is completed and turned into the office.** For families without insurance we do have an option for you to purchase affordable insurance for your athlete. · Please see Aimee in the office for more information.
- **For all activities** you must sign an agreement to follow the District Code of Conduct.
- **For athletic activities** you must have the At-Risk form signed by both athlete and parent(s). **You will not be allowed to participate until this form is turned into the office.**
- **For all activities** you must pay a **$60 participation fee. Up to $240 per family.**
- **For all activities** you must purchase a **$25 activity card**. This is a one-time only fee each year.

Participation Absence Policy

No student shall be allowed to practice or participate in an activity if they are absent any period of the day. In the case of unavoidable absence (except for personal illness) the building administrator may allow participation. If a student is too ill to attend class then they are too ill to practice or participate. It is also not in the best interest of the other team members as the illness may spread. Please remember that school comes first.

CODE OF CONDUCT

Student participation in student government, clubs, performing arts, competitive activities and athletics is governed by the regulations developed and administered by the Montana High School Association and the Missoula County Public School District. The Athletic Code of Conduct is a commitment to represent self, school, family and the community in the most positive manner at all times. The Code of Conduct is in effect for the entire school year and all subsequent high school years, to include fall athletic practices in August and any school-sponsored events, regardless of the time of year.

Academic Expectations

A student must achieve a cumulative GPA of 2.0 or higher and may not have an F in any subject at each grading period i.e. mid-quarter, quarter, and, semester, to be eligible for participation in competitive athletic and specific activity programs.

Citizenship Expectations

Missoula County Public Schools offers a variety of voluntary activities designed to enhance the classroom education of its students. Students who participate in extracurricular activities serve as ambassadors of the school district throughout the calendar year either away from, or at school. Students who wish to exercise the privilege of participating in extracurricular activities must conduct themselves in accordance with board policies and must refrain from activities- that are illegal, immoral, or highly inappropriate. Participation in activities is a privilege conditioned upon meeting the eligibility criteria established by the MCPS Board of Trustees, administration, and individual activity coaches and sponsors. The Activities Director shall keep records of violations of the Citizenship Expectations.

Alcohol/Drug & Other Conduct

A. The Code of Conduct shall be enforced during the school year when a student (regardless of age) is enrolled at MCPS for school-sponsored activities, including summer activities.
B. Any student involved in an extra-curricular performing or competitive activity or athletic program shall not knowingly purchase, possess, use, transmit, or be under the influence of alcohol, tobacco, alternative nicotine product performance enhancing drugs, or controlled substances of any kind during a school year, regardless of the student's age. A student who finds himself or herself in jeopardy because of a substance abuse problem will be referred for professional assistance at the family's expense.
C. Any student who knowingly finds himself/herself in the company of persons who illegally possess, use, transmit, or under the influence of alcohol, performance enhancing drugs, or controlled substance (i.e., frequenting of area, places, or sites where drugs and/or alcohol are present) is expected to leave within a reasonable period of time. Failure to do so will result in discipline as if they were in violation of this policy.
D. Any student engaging in an inappropriate or offensive conduct or any act that would be grounds for arrest or citation 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).

E. Student Transfers: A student who transfers from one Missoula County Public School to another or from another district will maintain his/her accumulative offense status regarding the Code of Conduct.

Code of Conduct Violations

1. First offense in a student's high school career: The student shall be suspended from competing or performing in a school-sanctioned activity for one year. Days counted include 12 calendar months beginning the date the student is notified of suspension.

2. Second offense in a student's high school career: The Student shall be suspended from competing or performing in any school-sanctioned activity for one year. Days counted include 12 calendar months beginning the date the student was notified of the suspension.

3. Third offense in a student's high school career: Full suspension from all extra-curricular activity programs for the remainder of the student's high school career.

Reduction of suspension time: A student can reduce the suspension time for first and second offenses by registering for an approved education course and providing documentation from the approved program he/she will participate in the course. The student will be required to submit evidence of course completion and shall continue to attend practices in the activity during the period of suspension if approved by the Athletic Director. First and second offenses can be reduced further if a student self-reports to the Activity Director or designee within 48 hours of the incident and completes the approved education course. First offenses are reduced to 30 days with the approved education course or 20 days with self-report and the course. Second offenses are reduced to 60 days with approved education course or 50 days with self-report and the course.

Violations are cumulative during a student's four years in high school

Activity Attendance

1. The primary focus for student enrollment is educational. MCPS distinguishes absences as:

    A. Unexcused: no valid reason given for non-attendance
    B. Excused: parent or guardian has excused the student for a known reason
    C. Exempt: absence is due to a legal, medical/dental, bereavement or school sponsored reason. These absences can be documented

2. MCPS counts absences in the first two categories toward the district attendance policy.

3. For activity participation, either in practice or competition, a student needs to be in class every scheduled period of the school day or have given documentation for an exempt absence to the attendance clerk or an administrator for that day. Students missing class

due to unexcused or excused absences are ineligible on the day of absence for practice or competition.

4. Students missing classes for school activity events will be "school related absent". This does not provide students with any additional makeup time for work missed. This same type of absence may be provided to non-school community or club groups when their activity is consistent with the MCPS activities programs. Such include but are not limited to; Missoula Youth Hockey, Rodeo Club, Alpine skiing, etc.

5. Prom and other school sponsored dances - a student must be in "good academic standing" and not in "Attendance Intervention" status.

- Effective August, 2010, all students participating in a school sanctioned sport or activity will be required to achieve a minim.um cumulative grade point of 2.0. No student athlete or activities participant may have an "F" in any subject during a grade reporting period: i.e., mid-quarter, quarter, or semester. An athletic or activities participant who received an "F", or whose grade point is below 2.0 will be ineligible for the following 10 school days during which time the grade will be reviewed by a weekly grade check. A weekly grade check will be needed until the next grading period: If the "F" is raised and the GPA is at least 2.0, the participant will regain eligibility. If the quarter/semester grade remains the same after 10 school days, then the participant will remain ineligible for that grade-reporting period. During the period of ineligibility, the participant may practice. For students with an IEP or 504 Plan, building administration and Special Education Teacher/504 coordinator will confirm that all accommodations have been fully implemented. All classes a participant is enrolled in and for which he or she receives credit shall. count in the determination of athletic eligibility. Credit deficiencies may not be made up in any manner except regularly scheduled classes during the regular school semesters. Summer school, correspondence courses, night courses, etc., may not be used to regain eligibility.

Discipline

A. Students participating in school activities will be expected to. conduct themselves appropriately at sports and activities related functions. They must keep in mind that they are representing their parents, school, and community when participating in activities. Students are expected to act in a mature, responsible manner and exhibit sportsmanship and respect for others at all times. They must adhere to the school's "Code of Conduct."

B. All students participating in school activities are subject to the MCPS Code of Conduct. Students and parents should review the code and be familiar with the MCPS Alcohol and Drug Policy.

C. Students involved in activities will be disciplined when necessary. Everyone involved will be treated firmly, consistently, and fairly according to the situation.

SEELEY- SWAN HIGH SCHOOL

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ASSUMPTION OF RISK FORM

Participating in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning programs, better medical coverage and improvements in equipment have reduced these risks. BUT IT IS IMPOSSIBLE TO TOTALLY ELIMINATE SUCH OCCURRENCES FROM ATHLETICS. Players can reduce the chance of injury by:

- Obeying all safety rules in their sport
- Reporting all physical problems to their coaches
- Following a proper conditioning program
- Inspecting their equipment daily. DAMAGED EQUIPMENT MUST BE REPLACED IMMEDIATELY.

Keep In mind, even if all these requirements are met and even if the athlete is using excellent protective equipment, a serious accident may still occur.

AS A CONDITION OF PARTICIPATION IN SEELEY-SWAN ATHLETICS

BY _____

(Print Student Athletes Name)

WE ACKNOWLEDGE THAT WE HAVE READ AND UNDERSTAND THIS WARNING.

_____ _____

(Parent/Guardian Signature) (Student Athlete Signature)

Date: _____ PLEASE RETURN THIS FORM TO THE OFFICE ON COMPLETION

Parent/Guardian Code of Conduct

“The essential elements of character building and ethics in athletics are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of athletics is achieved when competition reflects these six pillars of character.”

There for I agree:

1. I will refrain from coaching my child or other players during games and practices.
2. I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field, and will take time to speak to coaches at an agreed upon time and place.
3. I will remember that student athletes participate to have fun and that the game is for youth, not adults.
4. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his or her performance.
5. I will demand that my child treat other players. coaches. officials, and spectators with respect regardless of race, creed, color, sex or ability.
6. I will promote the emotional and physical well-being of the student athletes ahead of any personal desire I may have for my own child to win.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the student athletes.
8. I (and my guest) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players' coaches, officials, and spectators at every game. practice or sporting event.
9. I (and my guest) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
10. I understand that any violation of this code of conduct will be cause for dismissal, suspension, or permanent expulsion from future athletic contests.

I have read, understand, and agree to the parent's code of conduct at Missoula County Public

Schools sporting events.

Parent/Guardian Signature _____

Student Printed Name _____

Date Signed _____

*This form must be returned to the Athletic Office prior to athletic participation. Athletes will not be allowed to participate without the completion and return of this form.

A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

> The right equipment for the game, position, or activity
> Worn correctly and fit well
> Used every time you play

Remember, when in doubt, sit them out!

A Fact Sheet for **PARENTS**

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily • Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, when in doubt, sit them out!

Be Prepared

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious. Concussions can occur in any sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS	SYMPTOMS REPORTED BY YOUR CHILD OR TEEN	
• Appears dazed or stunned • Is confused about events • Answers questions slowly • Repeats questions • Can't recall events prior to the hit, bump, or fall • Can't recall events after the hit, bump, or fall • Loses consciousness (even briefly) • Shows behavior or personality changes • Forgets class schedule or assignments	**Thinking/Remembering:** • Difficulty thinking clearly • Difficulty concentrating or remembering • Feeling more slowed down • Feeling sluggish, hazy, foggy, or groggy **Physical:** • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Fatigue or feeling tired • Blurry or double vision • Sensitivity to light or noise • Numbness or tingling • Does not "feel right"	**Emotional:** • Irritable • Sad • More emotional than usual • Nervous **Sleep*:** • Drowsy • Sleeps less than usual • Sleeps more than usual • Has trouble falling asleep **Only ask about sleep symptoms if the injury occurred on a prior day.*

LINKS TO OTHER RESOURCES

- CDC –Concussion in Sports
  - http://www.cdc.gov/concussion/sports/index.html
- National Federation of State High School Association/ Concussion in Sports
  - www.nfhslearn.com
- Montana High School Association – Sports Medicine Page

  http://www.mhsa.org/SportsMedicine/SportsMed.htm

Student-Athlete & Parent/Legal Guardian Concussion Statement

Because of the passage of the Dylan Steigers' Protection of Youth Athletes Act, schools are required to distribute information sheets for the purpose of informing and educating student-athletes and their parents of the nature and risk of concussion and head injury to student athletes, including the risks of continuing to play after concussion or head injury. Montana law requires that each year, before beginning practice for an organized activity, a student-athlete and the student-athlete's parent(s)/legal guardian(s) must be given an information sheet, and both parties must sign and return a form acknowledging receipt of the information to an official designated by the school or school district prior to the student-athletes participation during the designated school year. The law further states that a student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from play at the time of injury and may not return to play until the student-athlete has received a written clearance from a licensed health care provider.

Student-Athlete Name:_____

This form must be completed for each student-athlete, even if there are multiple student-athletes in each household.

Parent/Legal Guardian Name(s):_____

□ We have read the *Student-Athlete & Parent/Legal Guardian Concussion Information Sheet.*

If true, please check box

After reading the information sheet, I am aware of the following information:

Student-Athlete Initials		Parent/Legal Guardian Initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es), or a medical professional if one is available.	
	A concussion can affect the ability to perform everyday activities such as the ability to think, balance, and classroom performance.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach, and/or a medical professional about my injuries and illnesses.	*N/A*
	If I think a teammate has a concussion, I should tell my coach(es), parents, or licensed health care professional about the concussion.	*N/A*
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	*N/A*
	I will/my child will need written permission from a licensed health care professional to return to play or practice after a concussion.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before concussion symptoms go away.	
	Sometimes, repeat concussions can cause serious and long-lasting problems.	
	I have read the concussion symptoms on the Concussion fact sheet.	

_____ _____

Signature of Student-Athlete Date

_____ _____

Signature of Parent/Legal Guardian Date

Medical Emergency Information

Participants Name _____

Home Phone _____ Activities _____

Contact person in case of Emergency _____

Phone Number _____

Family Physician _____

Phone Number _____

Medical Info: Allergies, Diabetes, Medicine, Etc.

_____

_____

I authorize medical treatment to be given to the above named participant:

Signature _____ Date _____

Participant and Parent acknowledgement of "Code of Conduct"

1. I have read the MCPS Code of Conduct

2. I authorize the Activity Leader in charge of my son/daughter, via public transportation from a trip destination if she/he violates the Code of Conduct or the activity rules while on the trip. The activity Leader will contact me regarding the violation. It will then be determined the best method to send my son/daughter home. I understand that this transportation will be at my expense.

Parent/Guardian Signature _____ Date _____

Participant Signature _____ Date _____