

**School District of Onalaska
Middle School
Activities Handbook
2026-2027**



Onalaska Middle School

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**THIS HANDBOOK HAS BEEN APPROVED BY THE ONALASKA SCHOOL BOARD OF EDUCATION
AND IS SCHOOL DISTRICT POLICY. AUGUST 2026**

Introduction

District Mission Statement

The mission of the School District of Onalaska is working together to ensure high levels of learning for all.

Vision

A model School District in service of students, staff, and community

Values

Belonging - Ensuring that all are accepted, embraced, and valued as members of a cohesive community

Engagement - Fostering a positive, student centered culture

Continuous Improvement - Pursuing excellence through goal setting, feedback, reflection and growth

Collaboration - Empowering one another to work interdependently to achieve common goals

Integrity - Acting in an ethical manner with humility, honesty and transparency

Co-Curricular Mission Statement

The mission of the School District of Onalaska Co-Curricular program is to provide and maintain opportunities for students to participate in a variety of activities that are:

- Part of the school's educational program and therefore an extension of the classroom
- Competitive at a level appropriate to a student's age

Co-Curricular Program Goals

The goals of the program are for students to:

- Learn
- Improve physical and social skills
- Find success in an area of interest
- Have fun!

Changes to this handbook are made annually in conjunction with Wisconsin Interscholastic Athletic Association (WIAA) policies, administrative recommendations, and input from various co-curricular coaches, committees, and student organizations with approval by the District.

The right of a student to be admitted to school and to participate fully in curricular, extra-curricular, student services, recreational or other programs or activities shall not be abridged or impaired based on membership in a Protected Classification defined in Board Policy 2260 - Nondiscrimination and Access to Equal Educational or other protected characteristics as well as place of residence within School District boundaries, or social or economic background.

Message for Students and Families

Co-Curricular participation is an integral part of the total education program provided by the District. The aims and objectives are not unlike those of the academic programs offered. Realizing that co-curricular participation offers many advantages to all students, our programs will be offered for all who wish to take part, meet eligibility standards, and are within District limits. The development of our young people's self-esteem, citizenship, responsibility, and skills are positive outcomes of appropriate activities programs. These programs should be enjoyable, vigorous, and safe, while occurring in a positive climate with appropriate adult leadership and support. Middle School activities are an essential part of a well-rounded education, and an excellent opportunity for home, school, and community to come together. Participation in co-curricular activities, while an integral part of the middle school experience, is a privilege, and therefore students must accept the dedication and hard work that goes into maintaining a successful program. Participants must be willing to follow the rules set forth by the WIAA, the Three Rivers Conference, and the School District of Onalaska.

This Activities Handbook represents the rules and regulations governing all students as they participate in the Onalaska Middle School co-curricular programs. The purpose of this handbook is to inform parents/guardians of various opportunities available for our students as well as eligibility requirements for participation. ***It is very important for all participants and parents/guardians to carefully review this handbook.*** A thorough understanding and cooperation among the participants, parents/guardians, and the school district is crucial to ensure a successful co-curricular program. **After reviewing the handbook, please fill out the student/parent or guardian signature card and return it to the Onalaska Middle School office.** If you have any questions, feel free to contact the Athletic Director anytime at (608) 783-5366.

Thank you for your support of our co-curricular programs!

Activities Offered at Onalaska Middle School (OMS)

Unless specifically designated, activities are co-ed

Season	Activity	Level of Participation
Fall	Football	8 th & 7 th (OMS)
Fall	Cross Country	8 th 7 th & 6 th (OMS)
Fall	Girls Volleyball	8 th & 7 th (OMS)
Fall	Girls Tennis	8 th & 7 th (OMS)
Fall	Golf	8 th & 7 th (OMS)
Winter I	Boys Basketball	8 th & 7 th (OMS)
Winter I	Wrestling	8 th 7 th & 6 th (OMS)
Winter II	Girls Basketball	8 th & 7 th (OMS)
Winter	Ski & Snowboard Club	8 th 7 th & 6 th (OMS)
Winter	Solo & Ensemble	8 th & 7 th (OMS)
Spring	Boys Track & Field	8 th & 7 th (OMS)
Spring	Girls Track & Field	8 th & 7 th (OMS)
Spring	Boys Tennis	8 th & 7 th (OMS)

Spring	Girls Softball	8 th & 7 th (OMS)
All Year	Art Club	8 th 7 th & 6 th (OMS)
All Year	Chess Club	8 th 7 th & 6 th (OMS)
All Year	Show Choir	8 th 7 th & 6 th (OMS)
All Year	Drama	8 th 7 th & 6 th (OMS)
All Year	Student Leadership Club	8 th 7 th & 6 th (OMS)
All Year	Crochet Club	8 th 7 th & 6 th (OMS)
All Year	Dungeons and Dragons	8 th 7 th & 6 th (OMS)
All Year	Yearbook Club	8 th 7 th & 6 th (OMS)
All Year	Adaptive Sports League	8 th & 7 th (OMS)
All Year	Gaming Club	8 th 7 th & 6 th (OMS)
All Year	Jazz Band	8 th 7 th & 6 th (OMS)
All Year	Acceptance Club	8 th 7 th & 6 th (OMS)
All Year	Math Club	8 th 7 th & 6 th (OMS)
All Year	Chamber Orchestra	8 th 7 th & 6 th (OMS)
All Year	Show Choir	8 th 7 th & 6 th (OMS)

Check out the Onalaska Parks and Recreation website for additional offerings at:
<https://apm.activecommunities.com/onalaskaparkrec/Home>

Middle School Philosophy of Athletics

Extracurricular activities, athletics, clubs, performing arts, academic competitions, and other school-sponsored programs are an important part of the middle school experience. Participation in these opportunities helps students develop a sense of belonging, build meaningful relationships with peers and adults, discover their strengths and interests, and develop skills such as teamwork, perseverance, leadership, responsibility, and resilience.

At the same time, our school believes that academic achievement, regular attendance, and positive character are foundational expectations for all students. Success in extracurricular activities should complement and reinforce a student's growth as a learner and member of the school community.

This eligibility policy is designed to balance these important priorities. The goal is not to exclude students from activities, but rather to encourage personal responsibility while preserving opportunities for connection and growth. For this reason, students who become temporarily ineligible for competition are expected to remain actively involved with their team or activity through practices, meetings, rehearsals, and other program expectations. Maintaining these connections allows students to continue benefiting from the positive relationships, support systems, and developmental experiences that extracurricular participation provides while working to improve their academic performance, attendance, and/or behavior.

Through this balanced approach, the school seeks to promote high expectations while ensuring that extracurricular activities remain a meaningful source of engagement, belonging, and personal growth for all students.

Team Formation Guidelines

Girls Basketball, Boys Basketball, Volleyball, Football, and Softball:

- 7th Grade will use the following guidelines when forming teams if the sports listed have enough athletes to form multiple team:
 - A. Tryouts will be held during the first 2-3 days of practice to determine skill ranking.
 - B. All Coaches will be involved in ranking abilities with categories assigned to each player during tryouts.
 - C. If the total number of participants would result in 3 teams there would be 1-A team and 2-B teams. Team B1 and B2 would be split evenly among skill ranking.
 - D. If the total number of participants would result in more than 3 teams, there may be 2-A teams and 2-B teams.
 - a. Team A1 and A2 would be split evenly among skill ranking.
 - b. Team B1 and B2 would be split evenly among skill ranking.
 - E. Coaches are expected to play all students for competitions on each team.
- 8th Grade will use the following guidelines when forming teams if the sports listed have enough athletes to form multiple teams:
 - A. Tryouts will be held during the first 2-3 days of practice to determine skill ranking.
 - B. All Coaches will be involved in ranking abilities with categories assigned to each player during tryouts.
 - C. Regardless of the number of participants there will be 1-A team and as many B teams as needed. B teams would be split evenly among skill tracking.
 - D. Coaches are expected to play all students for competitions on each team.

Middle School Activities Descriptions

Our activity programs are designed for practicing and playing/performing after school. In some cases (ex. show choir) practices may occur in the early evening.

All practice sessions are from 1.5 hours to a maximum of 2 hours in length. The 2-hour maximum is common at the beginning of an athletic season and just before a performance of a non-athletic activity. Practice times may be divided in half, should large numbers exist.

All athletic activities will have five (5) days of practice per week at the beginning of the season, up to the 1st game/contest. The remainder of the season typically will have five (5) days of practices & games/contests together per week.

The advisor/coach of each activity will provide participants and parents/guardians with specific practice information and expectations, etc. (in writing) at the beginning of the season (with necessary updates).

Fall

CROSS COUNTRY (Grades 6-8)

Cross country is open to all seventh and eighth graders. It is a running activity designed for individual performance. It is not only an excellent conditioning activity unto itself, but helps prepare students for other sports. Meets are held within the Three Rivers Conference. The only expense necessary is a pair of good running shoes. All athletes can participate in each race. If a competition requires a set number of individuals, this should be set by running times during the season.

FOOTBALL (Grades 7-8)

Seventh and eighth grade football is a full contact sport which stresses the following: conditioning of the mind and body, discipline and commitment, respect and love of the game, teamwork, skills acquisition, and care of equipment. Expenses include a mouth guard and appropriate footwear. The team will play a brief interscholastic schedule against regional and Three Rivers Conference schools. See above for Team Formation Guidelines.

GOLF (Grades 7-8)

Golfers will be instructed in the fundamentals of golf along with golf etiquette. Team members will also experience playing in a competitive golf match in Three Rivers Conference competition. All athletes can participate in each match. Ranking athletes for teams is not necessary. If a competition requires a set number of individuals, there should be a playoff during practice to determine the ranking.

TENNIS (Grades 7-8 Girls)

Girls' tennis is a co-curricular activity for both the beginning tennis player and the more advanced. The students will learn conditioning skills, basic tennis skills, and more advanced skills when appropriate. Tennis etiquette, scoring, single and doubles strategies, and evidence of being a good sport will be emphasized. Expenses include a tennis racket, water bottle and tennis shoes. All athletes can participate in each match. If a competition requires a set number of individuals, there should be a playoff during practice to determine the ranking.

VOLLEYBALL (Grades 7-8 Girls)

Students learn and apply these fundamentals of the game: the overhand/head service, the two-handed volley, the dig, spike, cooperation, teamwork, evidence of being a good sport, and other skills. Girls will participate in Three Rivers Conference competition. See above for Team Formation Guidelines.

Winter

WRESTLING (Grades 6-8)

Wrestling combines teaching of individual skills and blends them together in a team situation. The emphasis is on participation according to size and skill level. All athletes can participate in each match. Ranking athletes for teams is not necessary. If a competition requires a set number of individuals- there should be a playoff during practice to determine the ranking.

BOYS BASKETBALL (Grade 7-8)

Participants learn the basic fundamentals of the game, which emphasize discipline, commitment, being a good sport, respect, love of the game, teamwork and cooperation, coordination and skills, and participation. There are two teams, which are determined by performance levels. They will play a brief interscholastic schedule against regional teams. See above for Team Formation Guidelines.

GIRLS BASKETBALL (GRADE 7-8)

Participants learn the basic fundamentals of the game, which emphasize discipline and commitment, being a good sport, respect, love of the game, teamwork and cooperation, coordination and skills, and participation. There are two teams, which are determined by performance levels. They will play an interscholastic schedule against regional teams. See above for Team Formation Guidelines.

SOLO AND ENSEMBLE (Grades 7-8)

Interested students prepare and perform vocal and/or instrumental solos and ensembles for the district festival. Each student receives lessons from the music instructors, which are 8-10 weeks prior to the festival that is held in February. Lessons, 1 or 2 per week, are scheduled after school. Students participating learn performance techniques involving solos and ensembles and gain pride in their achievements.

Spring**GIRLS SOFTBALL (Grades 7-8)**

In softball, girls learn the basics of the game and utilize these skills on the playing field. Girls will participate in Three Rivers Conference competition. See above for Team Formation Guidelines.

BOYS TENNIS (Grades 7-8)

Boys' tennis is a co-curricular activity for both the beginning tennis player and the more advanced. Athletes will learn conditioning skills, basic tennis skills, and more advanced skills when appropriate. Tennis etiquette, scoring, single and doubles strategies, and sportsmanship will be emphasized. Expenses include a tennis racket, water bottle and tennis shoes. Boys will participate in Three Rivers Conference meets. All athletes can participate in each match. If a competition requires a set number of individuals, there should be a playoff during practice to determine the ranking.

TRACK AND FIELD (Grades 7-8)

Athletes will participate in short and long distance running, and a variety of field events. The team will participate in Three Rivers Conference competition. All athletes can participate in each meet. If a competition requires a set number of individuals, this should be set by running times during the season.

All Year**ACCEPTANCE CLUB (Grades 6-8)**

Acceptance Club meets once a week throughout the year to provide students an opportunity to meet open-minded people to discuss topics related to identity. Acceptance Club works to create

a safe space for open exchange of ideas and solicits students' creativity to give back to the school community.

ART CLUB (Grades 6-8)

Art Club meets one day a week from mid-fall through the end of the school year. Students work on various projects throughout the year, including large-scale projects (murals, etc.) that are displayed throughout the school. Students may attend whenever they are able.

CHAMBER ORCHESTRA (Grades 6-8)

Chamber Orchestra is a group of students who are looking for a challenge and want to play music other than the traditional classical orchestra music. Chamber Orchestra performs several times throughout the year. Some performances are at school, while others are out in the community.

CHESS CLUB (Grades 6-8)

Chess Club meets one day a week mid-fall through early spring. All students are invited to attend, from those who have never played chess to those who are experts. Students are instructed on skills and strategy, as well as enjoy a wide range of competition with other students and staff. Students may attend whenever they are able.

CROCHET CLUB (Grades 6-8)

Crochet club will help students learn the basics (master the foundation chain, essential stitches, and reading patterns), boost their skills (Improve your hand-eye coordination, focus, and problem-solving skills.) and find a creative outlet.

DRAMA (Grades 6-8)

Drama Club is open to all students wishing to participate in any area of theater including acting, set design, costumes, publicity, and stage crew. The goals include developing self-confidence, cooperation/teamwork skills, positive self-image, and dedication. Roles are determined by tryouts. Practices range from 2 to 3 times a week. During tech week, (the week prior to performances) practices are nightly. There is a participation fee for drama that is used to help cover scripts, participation t-shirts, and costuming.

DUNGEONS AND DRAGONS CLUB (Grade 6-8)

Dungeons and Dragons (D&D) club provides a space for players to create characters, embark on adventures, and interact with a fantasy world orchestrated by a Dungeon Master, fostering teamwork, creativity, and critical thinking skills. No prior experience is needed.

GAMING CLUB (Grades 6-8)

Gaming club is open to all students wanting to explore and learn about the different areas of gaming. This includes activities with different modern gaming systems and board games.

MATH CLUB (Grades 6-8)

Math club is for students who are curious about math concepts and looking for a challenge beyond math class. Students will hone their problem solving skills and explore unique math subjects, all while preparing for competition.

JAZZ BAND (Grades 6-8)

Jazz band is for students who are looking for a challenge and want to play jazz music. Jazz band performs several times throughout the year. Some performances are at school, while others are out in the community.

SHOW CHOIR (Grades 6-8)

There are two show choirs at OMS, "In The Middle" and "Top O' the Middle." Each Show Choir is an auditioned group of approximately 50 members. It is a costumed, singing and dancing ensemble, which performs a wide variety of musical styles from Disney to popular music. Each group performs at two to three shared concerts with OHS show choirs at OHS. In addition, each group competes in a number of local and away competitions. There is a participation fee for show choir that is used to help cover costuming, music, choreography, and competition fees

STUDENT-LEADERSHIP (Grades 6-8)

Onalaska Middle School has a Student Leadership Club that is open to all students. This is a service oriented club that plans and carries out activities to make our school and community a better place. Teamwork, participation, and leadership play an integral part of the Leadership Club. Activities may include things such as food drives, litter clean up, planning school dress up days, dances, and much more!

SKI AND SNOWBOARD CLUB (Grades 6-8)

Students of all ability levels have a chance to hit the slopes. Students will be able to learn the basics of ski and snowboarding or for the more advanced students enjoy free time on the hill.

YEARBOOK (Grades 6-8)

Students work together to design and produce the school's annual yearbook which includes taking pictures of OMS activities and creating page layouts.

Co-Curricular Participation Guidelines

1. Unless otherwise specified by Three Rivers Conference rules, all teams should be of mixed ability level.
2. When required by Conference rules to split teams based on ability, that coaches provide parents/guardians and athletes with a copy of the split criteria, that all teams should be of roughly equal size, and should have roughly the same number of competitions, regardless of ability.
3. It is the intent to provide as much participation as possible, for all individuals. The following MINIMUM participation standards are designed to actively involve all participants in the program.
4. If numbers become too large for conducting effective practices, alternate day, rotating, or early/late practices will be used.
5. If participants miss practices or are inattentive during practices, advisors/coaches will determine whether or not students will participate in a particular contest. Also, this may

result in a reduction of minimum participation time for that individual or removal from the squad.

6. The activities director will adjust participation requirements if weather limits the contests.

Playing Time Guidelines

At Onalaska Middle School, we believe in fostering a positive and inclusive environment for all students participating in middle school athletics. Our goal is to provide a well-rounded and enriching experience that promotes teamwork, skill development, sportsmanship, and personal growth. Outlined below is our approach to playing time to ensure fairness, inclusivity, and equal opportunities for all student-athletes.

1. Principle of Inclusivity:

We are committed to providing every student-athlete with an opportunity to participate and contribute to the team's success. Regardless of skill level, experience, or background, every student who joins the team will have the chance to play and learn during practices and games.

2. Skill Development:

We recognize that each student-athlete has unique abilities and potential for growth. Our coaching staff will work diligently to improve individual skills and develop team strategies during practices and games. Playing time will be used as an opportunity to enhance players' abilities and nurture their passion for the sport.

3. Fair Competition:

During games and competitions, the coaching staff will strive to create a balanced and competitive environment. Playing time will be determined based on a combination of factors, including skill, effort, attitude, attendance, and the team's overall performance. The primary focus will be on creating a competitive team while also giving all players opportunities to participate.

4. Playing Time Guidelines:

- a. Participation Minimum:

Every student-athlete who meets the team's eligibility requirements, attends practices regularly, and adheres to team rules will be guaranteed a minimum amount of playing time during games. This minimum will be determined by the sport's nature and schedule.

- b. Skill-Based Rotation:

While ensuring all students get playing time, the coaching staff will also consider individual skills and development. Players who demonstrate higher skills and proficiency may receive additional playing time, but efforts will be made to rotate players to ensure equitable opportunities.

- c. Effort and Attitude:

Players' commitment, dedication, and positive attitude during practices and games will be taken into account when determining playing time. A strong work ethic, sportsmanship, and teamwork will be rewarded.

5. Exceptional Circumstances:

In certain situations, such as injuries, illness, or disciplinary matters, playing time may be affected. However, every effort will be made to support and encourage all student-athletes, even during challenging times.

6. Communication:

Clear communication between coaches, student-athletes, and parents/guardians is vital. The coaching staff will be open and transparent about the playing time policy, expectations, and progress of each player. Parents/guardians are encouraged to discuss concerns with the coaching staff but should do so in a respectful and appropriate manner.

7. Support and Encouragement:

Our coaching staff is committed to supporting and encouraging each student-athlete throughout the season. We will celebrate individual achievements, recognize progress, and motivate all players to reach their full potential, both on and off the field.

By adhering to these guidelines, we aim to create a positive and enriching experience for all student-athletes at Onalaska Middle School. We believe that through fair play, inclusivity, and dedication, our middle school athletics program will help students develop valuable life skills and a lifelong appreciation for sportsmanship and physical activity.

Responsibilities of the Participant

Participation in co-curriculars is a privilege provided to all middle school students. The participants must accept certain responsibilities in order to keep this privilege. Students are expected to display high standards of social behavior and respect for those in authority, including teachers, advisors, coaches, administrators, officials, and other school personnel.

*****The use of cell phones and/or other recording devices is not allowed in locker rooms and/or restrooms. In accordance with school policy, said items will be confiscated and can be picked up in the main office by a parent or guardian.*****

Sportsmanship

Sportsmanship is the ethical and respectful behavior demonstrated by individuals engaged in athletic activities at Onalaska Middle School. It embodies the principles of fair play, integrity, and compassion both on and off the field. At its core, sportsmanship encourages participants to compete with a positive attitude, respect opponents, officials, and teammates, and accept both victory and defeat gracefully.

At OMS, sportsmanship entails the following key components:

1. Respect for Others: Students are expected to treat all players, coaches, officials, and spectators with courtesy and consideration, regardless of the outcome of the game. Verbal abuse, taunting, or unsportsmanlike conduct towards others will not be tolerated.

2. Fair Play: Students must adhere to the rules and spirit of the game, refraining from any form of cheating, dishonesty, or intentionally causing harm to opponents. Winning should always be a result of skill and effort, not underhanded tactics.

3. Self-Control: Maintaining composure during intense moments and refraining from aggressive or disrespectful behavior is essential. Emotions should be managed constructively, and students should focus on their own performance rather than seeking to provoke others.

4. Graceful Acceptance: In victory or defeat, students are encouraged to display humility and sportsmanship. Celebrating success with modesty and offering a hand of support to opponents after a loss exemplify the true spirit of sportsmanship.

5. Inclusivity: Emphasizing teamwork and inclusivity, all students should be given opportunities to participate and contribute, irrespective of their skill level. Encouragement and support for teammates, regardless of their abilities, promote a positive team environment.

6. Positive Spectatorship: Onalaska Middle School expects parents, guardians, and other spectators to exemplify sportsmanship as well. Encouraging all players, regardless of team, and respecting officials' decisions contribute to a positive atmosphere.

7. Learning from Mistakes: Sportsmanship involves recognizing areas for improvement, both individually and as a team. Emphasizing growth and learning from mistakes fosters personal development and resilience.

By embracing and promoting these sportsmanship principles, OMS aims to cultivate an environment that not only encourages healthy competition but also fosters character development, respect, and empathy among all participants.

Equipment

One of the values of co-curriculars is to teach responsibility. This applies to the care of equipment as well as other school property. We hope every participant will take pride in the facilities and equipment the people of Onalaska have provided for us.

The school attempts to provide the best and safest equipment money can buy. We expect each participant to take excellent care of this equipment. In most activities, the school will provide each participant with almost all necessary items to participate in that activity. The original equipment issued to you must be returned at the close of the season. You will be held responsible for any lost or misplaced gear. Deliberate mutilation of school property will also be charged to the participant.

PARENTS/GUARDIANS ARE ASKED TO SEE THAT THEIR CHILDREN RETURN TO THE SCHOOL ANY EQUIPMENT NOT PURCHASED BY THE INDIVIDUAL.

Cell Phones/Personal Communication Devices

Students may use PCDs during after-school activities (e.g., co-curricular activities), or at school-related functions. Coaches and advisors retain discretion to determine appropriate times for students to use their PCDs during co-curricular activities. Students may not use PCDs on

school property or at a school-sponsored activity to access and/or view Internet websites that are otherwise blocked to students at school.

Exceptions include

- A. **Emergency or Threat:** Student use of a PCD is allowed in the event of an emergency or a perceived threat to address the safety and security of students and staff.
- B. **Health Care Management:** Student use is authorized as necessary to manage or support a specific student's health care needs as defined in the individual student health plan.
- C. **Individualized Education Plans:** Student use is authorized consistent with a student's Individualized Education Program (IEP) or a plan developed under Section 504 of the federal Rehabilitation Act of 1973.
- D. **Educational Purposes:** Student use is authorized by a teacher for legitimate educational purposes during instructional time as described above.

Communicating via District-approved communications platforms:

When using PCDs to communicate with Board members, staff and/or volunteers, students must use District-approved communication platforms.

When students communicate with staff, volunteers, or Board members using PCDs, discussions must be appropriate, professional, and related to legitimate school purposes. These communications shall occur only when absolutely necessary. Appropriate content includes:

- A. Instructional communication (assignments, coursework, academic support);
- B. School-related activities (clubs, athletics, events, field trips, rehearsals);
- C. Scheduling or logistical information related to classes or school programs;
- D. Pedagogical assistance related to school participation (clarifying expectations, reminders, or academic assistance); and,
- E. Safety or emergency communication when necessary;

Students shall have no expectation of confidentiality with respect to their use of PCDs on school premises/property.

Students may not use a PCD in any way that might reasonably create in the mind of another person an impression of being threatened, humiliated, harassed, embarrassed, or intimidated. See *Board Policy 5517.01 – Bullying*. In particular, students are prohibited from using PCDs to: (1) transmit material that is threatening, obscene, disruptive, or sexually explicit or that can be construed as harassment or disparagement of others based upon membership in a Protected

Classification defined in Board Policy 2260 - Nondiscrimination and Access to Equal Educational Opportunity, or political beliefs; and (2) engage in "sexting" - i.e., sending, receiving, sharing, viewing, or possessing pictures, text messages, e-mails or other materials of a sexual nature in electronic or any other form. Violation of these prohibitions shall result in disciplinary action. Furthermore, such actions will be reported to local law enforcement and child services as required by law.

Violations of this policy may result in disciplinary action and/or confiscation of the PCD. The building principal will also refer the matter to law enforcement or child services if the violation involves an illegal activity (e.g., child pornography, sexting). Discipline will be imposed on an escalating scale ranging from a warning to an expulsion based on the number of previous violations and/or the nature of or circumstances surrounding a particular violation. If the PCD is confiscated, it will be released/returned to the student's parent after the student complies with any other disciplinary consequences that are imposed, unless the violation involves potentially illegal activity in which case the PCD may be turned over to law enforcement. A confiscated device will be marked in a removable manner with the student's name and held in a secure location in the building's main office until it is retrieved by the parent or turned over to law enforcement. School officials will not search or otherwise tamper with PCDs in District custody unless they reasonably suspect that the search is required to discover evidence of a violation of the law or other school rules. Any search will be conducted in accordance with *Board Policy 5771 - Search and Seizure*. If multiple offenses occur, a student may lose their privilege to bring a PCD to school for a designated length of time or on a permanent basis.

A person who discovers a student using a PCD in violation of this policy is required to report the violation to the building principal.

Students are personally and solely responsible for the care and security of their PCDs. The Board assumes no responsibility for theft, loss, or damage to, or misuse or unauthorized use of, PCDs brought onto its property. (*Board Policy 5136 – Personal Communication Devices*)

Responsibilities of the Advisor/Coach

An advisor/coach occupies a very unique position on the faculty. The coach's methods and results are on public display each time the coach's team performs. In most cases, the attitude, desire, and spirit possessed by the participants is a reflection of the same qualities in the advisor/coach. The District agrees with and impresses upon our coaches the following policy set forth by the WIAA.

Advisors/coaches will be expected at all times to display the type of conduct that contributes to competition in which fairness, respect for one's opponent, and graciousness in winning or losing are evident, and which does not incite crowds. Advisors/coaches will be expected to impress upon their athletes the importance of these same sportsman-like attitudes in their behavior, while in competition as well as following the contest.

It is also the belief of the District, that advisors/coaches are expected to conduct themselves as professionals and adults in all dealings with students. In this context, advisors/coaches will do everything possible to sustain positive student relationships. The use of sarcasm, ridicule,

insults, profanity, belittling statements or sustained yelling will not be tolerated in the school environment.

Advising/coaching demands a healthy attitude regarding all areas pertaining to the school co-curricular program. We try to practice the philosophy that winning isn't everything, but wanting to is.

Staff-Student Boundary Violations

The School District is committed to maintaining safe, professional, and appropriate physical and behavioral boundaries between students and school employees, volunteers, or other adult members of the school community that occur during or outside of school hours. In accordance with state law, all electronic communications between students and district staff or approved volunteers must occur exclusively through transparent, district-monitored educational tools (such as official district email or platforms that archive communication logs and remain accessible to parents and administrators). Any student who experiences or witnesses unapproved communication by a school employee or volunteer must report it immediately to a building administrator.

- **Prohibited Behavior:** Professional boundary violations include any inappropriate physical contact, grooming behaviors, or interactions that breach the professional staff-student relationship.
- **Reporting:** Any student who experiences or witnesses an inappropriate boundary invasion, or unapproved communication by a school employee or volunteer, must report it immediately to a building administrator.
- **Mandatory Parental Notification:** If there is reasonable cause to suspect that a student has been the victim or target of staff sexual misconduct, physical abuse, or an inappropriate boundary violation by a school employee or volunteer, the District will provide immediate and prompt formal notification to the student's parent or legal guardian

Rules of Eligibility

In order to represent the School District of Onalaska in any interscholastic competition, students must meet all eligibility requirements of the School District of Onalaska and those suggested by the Wisconsin Interscholastic Athletic Association (WIAA). THESE GUIDELINES WILL GENERALLY APPLY TO ALL CO-CURRICULAR ACTIVITIES.

Age

A student shall be ineligible for interscholastic competition as a member of a team/group consisting of Grades 6, 7, & 8 students if a student reaches their birthday before August 1 of any school year (6th grade - 13, 7th grade - 14, 8th grade - 15).

Amateur Status

A student shall be an amateur in all recognized sports of this Association in order to compete in any sport. Specific ineligibility information is available in the office.

Paperwork

A student may not participate in co-curricular activities until the school has written evidence on file in its office attesting to:

1. A Parent/guardian permission each school year
2. Current physical examination by a licensed physician or Advanced Practice Nurse Prescriber (APNP). The "green card" needs to be signed by the physician, parent/guardian, and student and is good for two years from the exam date.
3. Acknowledgment that the School District of Onalaska does not provide accident, medical, or dental insurance for student athletes or non-athletic participants
4. Co-curricular Handbook Card. It is recommended that a student also have dental fitness attested by a licensed dentist. NOTE: If parents/guardians are unable to provide insurance, individual coverage may be obtained through the school district. Parents/guardians are reminded that many family medical plans do not include dental insurance.
5. Concussion prevention acknowledgement form (**one for the academic year**)

* Note: ONLY 1, 2 & 4 are needed for non-athletic activities.

Weekly Eligibility Review

Student eligibility will be reviewed each Monday during an activity season. If school is not in session on Monday, eligibility will be reviewed on the first school day of the week.

Eligibility status will remain in effect for the entire school week and will not be adjusted until the next scheduled eligibility review.

Academic Eligibility

Students are expected to maintain passing grades in all classes.

A student will be considered ineligible for participation in competitions, contests, performances, games, meets, or other public events for the entire week if they have one or more failing grades (F) at the time of the weekly eligibility review.

Students who become ineligible due to academic performance:

- May not participate in competitions, contests, performances, games, meets, or other public events during the week of ineligibility.
- Are expected to attend all practices, rehearsals, meetings, and team activities.
- Are expected to attend scheduled competitions and events to support their teammates and remain engaged with the program.
- May regain eligibility only through the next scheduled weekly review.

No mid-week grade changes, assignment completion, or other academic adjustments will restore eligibility prior to the next eligibility review.

Attendance Eligibility

Regular attendance is an expectation for participation in extracurricular activities.

A student will be considered ineligible for participation during the following week if they receive one or more truancy marks during the school week while physically present in the building.

Truancy resulting solely from attendance reporting errors or parent communication issues will not be considered when determining eligibility.

To be eligible to compete in a competition or event, students must attend at least a half day of school on the day of the competition.

Students who become ineligible due to truancy:

- May not participate in competitions, contests, performances, games, meets, or other public events during the week of ineligibility.
- Are expected to continue attending practices, rehearsals, meetings, and team activities.
- Are expected to attend scheduled events to support their teammates and remain engaged with the program.

Suspension Consequences

Students who receive either an in-school suspension (ISS) or out-of-school suspension (OSS) will be ineligible to participate in competitions, contests, performances, games, meets, or other public events for one calendar week beginning on the date of the suspension.

Students serving an ineligibility period due to suspension are expected to continue participating in practices, meetings, rehearsals, and team activities unless otherwise directed by school administration.

Behavioral Expectations

Coaches, advisors, and activity sponsors are responsible for maintaining appropriate standards of conduct during practices, meetings, rehearsals, competitions, performances, and travel.

If a student demonstrates inappropriate or concerning behavior during an extracurricular activity, the coach, advisor, or sponsor may impose reasonable team or activity consequences consistent with established expectations.

Students who receive two or more discipline referrals within a single school week will be referred to a review team consisting of:

- The coach, advisor, or sponsor
- The Athletic Director or designated activity coordinator
- School administration

The review team will determine whether additional consequences or participation restrictions are warranted based on the nature, severity, and frequency of the behavior.

Individualized Participation Plans

Some students may participate under an individualized eligibility or participation plan.

Such plans must:

- Be developed and coordinated by the student's case manager or designated support staff.
- Establish clear and consistent eligibility expectations.
- Remain consistent throughout the season unless revised by the support team.
- Be communicated to the student, family, coach/advisor, Athletic Director, and administration before the season begins.

Communication and Oversight

The Athletic Director and Administrative Assistant will:

- Conduct weekly eligibility reviews.
- Communicate eligibility status to students, families, and coaches/advisors.
- Maintain eligibility records.
- Serve as the primary contacts for questions, concerns, and appeals regarding eligibility determinations.

Administrative Authority

School administration reserves the right to address unique circumstances not specifically outlined in this policy and to make decisions that support student learning, safety, and the integrity of school-sponsored activities.

Training Rules

Top condition on the part of each participant is essential for a successful co-curricular program. Participants must prepare their bodies and minds to meet the rigors of participation/competition and ward off possible injury. This is done by practice sessions planned by each advisor/coach and through observance of certain training rules and regulations. With the belief that it takes both mental and physical efforts to produce the best possible program, the following training rules are to be followed by participants at all times, not just during the activity season. This includes summer months when school is not in session. If a suspension is not completed in a particular season, the remaining contests of the suspension will be carried over to the individual's next active season. For suspension purposes, a season shall be defined as the number of games, contests, performances allowed by the school district. A game or contest shall be defined as a playing or contest date.

1. Drinking of alcohol/alcoholic beverages/non-alcoholic beer, smoking or chewing tobacco, electronic cigarettes and illegal use of uncontrolled substances & drugs will not be allowed. Presence in bars or attendance at parties where these prohibited substances are available is prohibited. This rule is not meant to include presence in an establishment that is primarily an eating-place or presence in such places with parents/guardians, or to prevent being employed at such places. It also is not meant to include presence in places like a golf course clubhouse where alcoholic beverages are served, but a participant would have a legitimate reason to be there. Attendance at family gatherings, sponsored by parents/guardians, where use of alcohol or illegal drugs is occurring will not be considered a violation. (This does not allow use of these products.) These exceptions would include such logical events as family weddings, graduation parties, and other similar occasions. "Holding" an alcoholic drink, tobacco product, or uncontrolled substances & drugs shall also be considered a violation of this code. Participants should avoid placing themselves in situations where their guilt or innocence is questionable.
 - A. Any participant who violates this rule at any time, including off- season and summer, will be suspended for one-third of the season's contests and be required to obtain assistance from one of the school counselors. If alcohol or drug abuse appears to be a problem, further counseling may be recommended to the parents/guardians of the individual involved. Off-season and summer suspensions will be enforced in the athlete's next active season. The suspended individual will be allowed to attend practices during this time, and the decision as to dressing for games or contests shall be up to the coaches.
 - B. A second violation will result in suspension for one full season's contests. This suspension could be reduced to one-half season's contests if the individual takes part in an assessment program. If the assessment needs indicate a decision-making problem, the participant must obtain assistance from one of the school counselors. If alcohol or drug abuse is indicated, outside counseling will be recommended. When the programs are completed, the activities director

- must receive written verification from the counselor before reinstatement. The suspended individual will be allowed to attend practices during this time.
- C. A third violation (and any further violations) will result in a one calendar year suspension from the co-curricular program from the date of offense, with no possibility of reduction. If alcohol or drug abuse has continued to be a problem, professional help will be recommended to the parents/guardians of the student involved.
 - D. It should be understood that any violation of the individual parts of number 1 counts as one of the two violations allowed before the second offense suspension, or the three violations allowed before the permanent one-year suspension, and that violations are accumulative. (Example: If the first offense suspension were not completed, those contests would be added to the second offense penalty).
 - E. If a participant maintains a clean record for one year after a suspension, the student would have their suspension record reduced one step. (If the suspension were the second, after one year this individual would be at his/her first suspension.) (Not retroactive)
 - F. Any violations earned in middle school will not carry over to Onalaska High School. All middle school students fall under the eligibility guidelines of Onalaska High School upon their promotion from Onalaska Middle School. Any code violations earned during the summer will be enforced at Onalaska High School.
- 2. All participants should keep reasonable hours. Since individual activities may vary due to season, daylight savings time, etc., hours will be set down by the individual advisors/coaches. Penalties shall also be up to the coaches.
 - 3. Attendance at practices is mandatory. In the case of a missed practice, the punishment will be left up to the coach/advisor.
 - 4. No participant shall miss a game, contest, or performance without the advisor's/coach's knowledge and approval. Punishment shall be left up to the advisor/coach.
 - 5. No participant shall have in his/her possession any school equipment that has not been officially checked out by an advisor/ coach. All equipment should be checked in at the end of the season. Lost equipment must be paid for by the individual involved, (replacement cost) prior to the next season participated in.
 - 6. It shall be the advisor's/coach's or activities director's prerogative to initiate suspension of any participant from an activity whom they consider a demoralizing influence or a detriment to the objectives of that sport. If such a request is initiated by the advisor/coach, approval of the building principal is necessary for any suspension to take place.
 - 7. Any specific training rules and other regulations set up by individual advisors/coaches should be written, on file with the activities director, and available to all members of the activity.

Use of Cameras and Other Recording Devices in Locker Rooms

The District recognizes the importance of protecting the privacy interests of the District's students and is committed to safeguarding students' privacy in the locker room facilities.

As required by law, the District establishes a locker room privacy policy, including, but not limited to: ***The use of cell phones and/or other recording devices is not allowed in locker rooms and/or restrooms.*** Please see Board Policy 9151 for further information.

Concussion and Head Injury /Sudden Cardiac Arrest Information Agreement

Each year, athletes and their parent/legal guardian must sign this agreement in order for the athlete to participate in a middle school sport.

Notice and Statement of Nondiscrimination on the Basis of Sex

The Board of the School District of Onalaska does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX and its regulations, including in admission and employment. To report information about conduct that may constitute sex discrimination or to make a complaint of sex discrimination under Title IX, please contact the District's Title IX Coordinator.

The District's Title IX Coordinator is:

Jennifer Gimmer

Director of Student Services

237 2nd Ave South Onalaska, WI 54650

titleix@onalaskaschools.com

608-783-4610

The Board's nondiscrimination policy and grievance procedures can be found on the School District of Onalaska's [website](http://www.onalaskaschools.com) (www.onalaskaschools.com) under Annual Notices and [Board Policy 2266](#).

Inquiries about Title IX may be referred to the District's Title IX Coordinator, the U.S. Department of Education's Office for Civil Rights ("OCR"), or both. Contact information for OCR is available here: [Contact OCR](#)

Conclusion

The Co-Curricular Code is designed to be supportive of the co-curricular program in the School District of Onalaska. The Co-Curricular Committee serves to interpret that code and to support participants and advisors/ coaches in their efforts to provide the kind of quality co-curricular program in which the entire district can take pride. The primary responsibility for the success of the program rests with the participants, the advisors/coaches, the activities director, and administration.

Onalaska Middle School

As a Parent/Guardian and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By signing this form, you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury. If you have any questions or concerns, we invite you to contact a district nurse or athletic trainer.

Parent/Guardian Agreement:

I _____ have **read** the Parent Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected.

I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me.

I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach.

I understand the possible consequences of my child returning to practice/play too soon.

Parent/Guardian Signature _____ Date _____

Athlete Agreement:

I _____ have **read** the Athlete Concussion and Head Injury Information and **understand** what a concussion is and how it may be caused.

I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian.

I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play.

I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Athlete Signature _____ Date _____

--- PARENTS/ GUARDIANS ---

PLEASE READ, SIGN **AND** SEND BACK TO SCHOOL

This book contains valuable information. It is important for you to sit down with your child to review the contents. After reading this handbook with your child, we ask that both sign in the places below and return it to the school office as soon as possible. **If we do not receive your statement by September 16, we will have to consider that you reviewed the handbook with your child, have knowledge of the policies, understand, and agree with them.**

In any event, your child is responsible for the information in the student handbook. Thank you for your cooperation.

Activities Handbook

The signatures below indicate to The Onalaska Middle School, that both parent/guardian and child have seen the activities handbook and are aware of its contents.

Parent/Guardian Signature _____ Date _____

Student Signature _____ Date _____

Please return this bottom portion to the office by September 16.