

ARTHUR COUNTY SCHOOLS

Home of the Wolves!



2021 -2022

Activities Handbook

ACTIVITIES HANDBOOK

Interscholastic athletics at Arthur County High School provides opportunities for students to realize successful and "Never Forgettable Memories." In the history of athletics at Arthur County High, there have been many outstanding teams and individual achievements. There have been conference, district, and state championships, along with exciting team and individual upsets which will be ringing in the athletic hallways forever.

Successful achievements in athletics do not occur by chance or athletic skills alone. There is another ingredient which cannot be measured, but is readily recognized by every fan, coach, or athlete. It is attitude; when a team or when athletes take the field against their opponent, this attitude is prevalent. There is an electrifying feeling in the air which reflects the athletes' commitment, desire, determination, leadership, and character. These qualities make up an attitude that produces championship teams and thrilling upsets--but most of all Never Forgettable Memories for athletes, coaches, and fans.

The Athletic Department is geared for high expectations of athletes, coaches, administrators, and parents. Each group has an indispensable role in creating an educational atmosphere which fosters the growth of each individual athlete's potential. Athletes and coaches are expected to commit to success, to have an intense desire to achieve, to have a willingness to devote time and effort to achieve success, to exhibit leadership qualities by example/commanding/guiding, to exhibit character which reflects self-discipline/honesty/fortitude, to have a willingness to sacrifice for others, to exert physical and mental work for the achievement of worthwhile results, to show respect, dignity, and pride for the school, the team, and oneself, to be determined to follow through, and to be brave when dealing in difficulty.

HIGH EXPECTATIONS

You are a member of an Arthur County High School athletic team. To most young men and women in high school, this is the fulfillment of an early ambition in life.

The coaches' primary purpose is to help young athletes grow into successful men and women. In order to be successful, however, an athlete must live up to expectations. If these expectations are met, long after you have left high school and become part of the everyday life of America, the ideals you exemplified in athletics will be carried on. They will be transmitted to others who watched you perform or came in touch with your personal characteristics.

RESPONSIBILITIES TO YOURSELF

The attainment of this goal carries with it certain responsibilities. The most important of these responsibilities is to yourself and to your character. You owe it to yourself to strive for the best possible education from your high school experiences. Your studies, and participation in extracurricular activities, as well as in athletics, prepare you for future endeavors in our wonderful American society.

RESPONSIBILITIES TO YOUR TEAMMATES

Team spirit and team unity begins and ends with each individual athlete on the team. You must be thrilled, proud and happy about your teammates' accomplishments. When every player is pulling for one another, team success is inevitable. Also, team success assures more recognition for individual players. More athletes will receive all-conference, all-area, and all-state recognition from championship teams than from losing teams. Remember, championship teams are built around athletes who are unselfish towards their teammates on and off the field of play.

RESPONSIBILITIES TO OTHERS

At Arthur County High School you have the opportunity to receive one of the finest educations available to a high school student and also compete for one of the top athletic programs to be found anywhere. You will not be looked at as just an athlete here, but rather a STUDENT- ATHLETE.

You are responsible first to your academic studies. The top-notch student-athlete would never use the excuse that he or she is not doing well in the classroom because athletics takes up too much time. Nor would he or she use the excuse that academic work is such to keep him or her from fulfilling commitments to the athletic team.

In order to be a successful student-athlete at Arthur County High School, you will have to do the following:

1. Daily attendance in the classroom and at athletic practices will assure a high rate of success as a student-athlete.
2. Getting the assignments done on time or even beforehand and doing a quality job will assure success in the classroom and also put your mind at ease in order to put forth 100% on the practice field/court.
3. If you find yourself having trouble in a particular class, seek help immediately from the teacher. Seek help before school first so as not to interfere with practices. If it is absolutely necessary to get assistance after school, see your coach first so you can be excused for the first part of practice.
4. Schedule your home study time a week at a time. Organizing your time is the key, because there will often be nights when athletics may take up a whole evening.

The faculty of Arthur County High School has been proud of the student-athletes who have graduated and become successful citizens. It is your responsibility to carry on the tradition of the student-athlete.

RESPONSIBILITIES TO YOUR SCHOOL

Another responsibility you assume when joining an athletic team is to your school. Arthur County High School will maintain its position as one of the outstanding high schools in the country when you perform you your potential in whatever activity you join. By participating in athletics to the maximum of your ability, you are contributing to the quality of your school.

RESPONSIBILITIES TO YOUR FAMILY

As a member of an athletic team, you bear a heavy responsibility to your family. It behooves you to act in a manner which your family can be justly proud. When you know in your heart that you have lived up to all the training rules, that you have practiced to the best of your ability everyday, and that you have played the game with a burning desire, you can keep your self-respect and your family can be justly proud of you.

RESPONSIBILITIES TO FUTURE ATHLETES

You are the ideal of the younger boys and girls in Arthur County's junior high and elementary schools. They are watching your moves on and off the field. They will imitate you in many ways. Do not let them down. Give them high ideals to strive toward.

TRAINING RULES

1. No using tobacco, alcohol, or drugs
2. Regular sleep
3. Good eating habits
4. Championship living

No using tobacco, alcohol, or drugs--It has been proven that using tobacco, alcohol, and/or drugs are physically harmful to athletes. It retards development to the athlete's greatest potential. But the harm you do by using these substances not only pertains to your health, you harm the sport, the team, and the school. The people who follow your progress are careful to note your habits, and any deviation from the acceptable training rules marks you as unwilling to pay the price of being an Arthur County High School athlete. A single member who breaks training rules can brand the whole team as non-trainers. This means no use of these substances the entire year, in season or out.

Penalties for the use of these substances:

A student athlete will be considered in violation of this rule when **violation is self reported, observed by a faculty member, or caught by a law enforcement officer.**

First offense for alcohol or tobacco: The student and their parent(s)/guardian(s) will be required to meet with the superintendent. They will also be suspended from participation in school activities for 10 school days (they will be required to attend all practices during this time).

Second offense for alcohol or tobacco or first for drugs: The students will be suspended from competition for 20 school days or the remainder of the season for the sport, whichever is longer (they will be required to attend all practices during this time).

Third offense for alcohol or tobacco or second for drugs: The student will be suspended from competition for the remainder of the year.

A violation during the summer will affect the student's eligibility for the following school year. The days of suspension will carry over from one sport to the next the student participates in, in the event that the first sport ends before the suspension is completed.

Regular sleep--Eight to ten hours of sleep are required to keep yourself in top condition. As a young athlete, your body needs time to recover from demanding academic studies and physical practice sessions.

Good eating habits--Home cooking is usually the best prepared food. Eat meat, vegetables, salads, and fruit. Drink plenty of milk and water. Avoid eating an over-abundance of sweets, pastries, fried foods, and junk foods. Be sure that you eat three good meals a day which means you may need to get up 10 or 20 minutes earlier for a good breakfast.

Championship Living--There are several important items which separate a young athlete from the crowd:

Academic achievement--It is of prime importance that you concentrate on your academic work from the beginning to the end of each semester. Time scheduling is an important facet. Athletes who have scheduled their time properly have achieved academic success during their sports seasons. All athletes must meet the academic eligibility requirements as outlined by the student handbook.

Student body--It is important that you be respected by your fellow students and teachers. The athletes must initially show respect for these people. You need their help in order to do your best. When you perform in practice or games, give it all you have then you can expect their loyal support.

Injuries and illness--Any injury, bruise, cut, or blister should be given immediate attention. During inclement weather, athletes should wear proper clothing to prevent colds and flu. Athletes should inform the coach of any injuries incurred on-or-off the field/court.

Dress and appearance— you should take pride in your personal appearance. You should look sharp on-and-off the field. Dressing up on game days gives the student body the feeling that it is a special event. Whenever an athletic team competes on the road, it is expected that the athletes will be neat and appropriately dressed. Athletes are a reflection of the home, school, and community.

School equipment--Athletic equipment is expensive and belongs to the school. Athletes must take proper care of all issued athletic equipment or will be responsible for the cost of replacing the equipment. Remember, proper care of all issued equipment helps the school maintain quality athletic equipment. Athletic equipment is issued for practices and games. Do not use it for personal wear.

School policies--Respect the rules and regulations established by the district, school, team and individual classes.

As a staff, we realize that coaches can have an everlasting effect on an athlete's values and attitudes when they stress "High Expectations." Even more importantly, the staff sincerely believes in, and expects "High Expectations."

ABSENCES AND PARTICIPATION IN ACTIVITIES:

Illness severe enough to miss school or classes should also preclude participation in activities after school. You cannot be at your best when you are ill, and trying to come in too soon may prolong the illness. You will be allowed participate in an extracurricular activity after school provided that you are present for a no less than ½ a school day, the day of the activity. A ½ school day constitutes three and one-half (3 ½) class periods of school. You need to return by 11:30 AM to meet the three and one-half (3 ½) periods. Students who are absent for more than ½ a day will not be allowed to participate in an afterschool activity; including contests, performances, and practices. Absences for appointments the day of an activity that may require a student to miss more than ½ day should be cleared with the superintendent or principal before the appointment and participation in any activities.

TRAVEL

Students riding to and from school sponsored activities are under the direct supervision of the sponsor/coach. Any student riding to a school sponsored activity is to return with the sponsor/coach unless a personal request (written) is made by the student's parent/guardian. All staff members have direct responsibility for the behavior and safety of any or all students at any school function regardless of location.

- Under no circumstances will a student be dismissed to ride home with any person(s) other than parents, grandparents, adult brothers, adult sisters, adult uncles, adult aunts, or adult neighbors.
- In no case will a student be released to any of the above mentioned persons unless prior written permission (before the team leaves Arthur County High School) is received by the head coach or school administration from the parents or guardians of the athlete.

RULES & REGULATIONS CONCERNING SCHOOL BUS TRANSPORTATION

1. The use of cursing or foul language is strictly forbidden.
2. Students are to be seated immediately upon boarding the vehicle and are to remain seated until it is time for them to get off the bus. There is to be no standing or walking in the aisle of the bus while the vehicle is in motion.
3. There is to be no unnecessary noise or other disturbance on the bus. Volume of any equipment which produces noise is to be regulated by the bus driver or coach.
4. Keep arms, feet, trash, and any other items inside the bus at all times. Use the trash containers provided, the windows are not trash cans.

LOCKER ROOMS

All athletes will be under the direct supervision of a coach in charge while dressing. An athlete must not linger in the dressing room, be rowdy, or endanger the safety of others. Cell phones are not to be used in the locker room area. All cases of misconduct while dressing will be dealt with by the coach in charge.

Athletes will be given a locker in which to store their equipment. Combination locks will also be issued to the athletes for use on their lockers. **The athlete is responsible for all clothes, equipment, and valuables stored in their locker.** Therefore, it should be locked at all times. Athletes will not put any other lock on their lockers, other than school issued locks.

EXTRA-CURRICULAR ACTIVITIES & ELIGIBILITY

Extra-curricular activities many times serve as the best means in a school to build character and personality. These activities complement the academic program to make for a better all-around person. We, therefore, urge all students to participate in as many activities as they can handle without undue pressure. Our school offers activities in band, chorus, football, volleyball, basketball, track, dramatics, speech, yearbook, student council, FFA, Quiz Bowl, and National Honor Society.

Once a student is enrolled in an activity, attendance is mandatory for all practices and events connected with that activity unless he/she has been excused by the sponsor/coach. All students must comply with the Nebraska State Activities Association requirements as to eligibility for participation in athletic and other activities under NSAA control

Extra-curricular activities are a privilege; eligibility to participate will be dependent upon the ability of a participant to meet educational expectations. In order to remain eligible for extra-curricular activities, students must maintain a 2.0 GPA and no more than 2 grades below a 70% for each quarter and semester.

Eligibility checks will be conducted each Monday morning. Students having a 69% or lower in two or more classes will be ineligible and will remain ineligible until the following Monday's grade check, and will be required to attend 8th hour with the teacher or teachers in which they have a failing grade and will continue to do so until they have completed all work and improved the grade to at least a 70%. In addition students who have a zero in a class due to incomplete or missing work will be required to attend 8th period until the work has been completed. 8th period is scheduled to begin at 3:50 and will conclude at 4:20, participants in 8th period will not be allowed to attend practice until the period is completed.

Students with IEP plans will be given accommodations necessary to help them maintain their eligibility.

Extra-curricular activities shall include all sporting contests, music contests, field trips, speech and drama contests, Quiz Bowl contests, FFA events, and any school sponsored dances and/or parties or any activities that would require the student to be absent from the regular classroom. Students are expected to continue to participate in all practices and/or meetings during this ineligible period but will not be allowed to participate in the games, concerts, contests, field trips or dances. Students will not leave school early for their activities if two or more periods will be missed. Those ineligible students will remain in school until dismissal time.

Students riding to and from school sponsored activities are under the direct supervision of the sponsor/coach. Any student riding to a school sponsored activity is to return with the sponsor/coach unless a personal request (written) is made by the student's parent/guardian. All staff members have direct responsibility for the behavior and safety of any or all students at any school function regardless of location.

Nebraska School Activities Association eligibility requirements:

According to NSAA By-laws a student is in eligible if they do not meet the following:

2.2.1 Student must be an undergraduate.

2.2.2 After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.

2.3 Student is ineligible if nineteen years of age before August 1 of current school year. (Student in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)

2.4.1 Student must be enrolled in some high school on or before the eleventh school day of the current semester.

2.5.1 Student must be enrolled in at least twenty hours per week and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.

2.5.2 Student must have been enrolled and received twenty hours in school the immediate preceding semester.

2.6.2.1 **Guardianship does not fulfill the definition of a parent.** If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for review and a ruling.

2.6.3 A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days.

If a student has participated on a high school team at any level as a seventh, eight, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.

Student eligibility related to domicile can be attained in the following manners:

2.6.9.1 If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.

2.6.9.2 If the parents moved during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school he/she has been attending and retain eligibility.

2.6.9.3 If a student has been attending the same high school since initial enrollment in grade nine, he/she may remain at that high school and retain eligibility, or he/she is eligible at a high

school located in the school district where his/her parents established their domicile.

2.6.10 If the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.

2.7.7 Transfer students who have their Enrollment Option applications signed and filed prior to March 15 shall be eligible immediately in the fall. Those students who do not have their Enrollment Option applications signed and filed prior to March 15 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.

2.7.8 Other non-enrollment option transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2012-2013 school year prior to March 15, 2012; for the student to be eligible, the school to which the transfer is being made must have notified the NSAA office via an NSAA online entry form, no later than March 15, 2012. The student would, however, become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to March 15, 2012, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.

3.5 / 3.1 Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules.

The fall sports season begins August 18, 2014, (August 11 for most football, girls golf, boys tennis and softball teams) and ends with the state meets in the fall sports. The winter sports season begins, and ends with the state meets in the winter sports. The spring sports season begins March 3, 2014, and ends with the state meets in the spring sports.

3.5.1 During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school.
*(Refer to **3.5.1.1** for exception in Swimming & Diving.)

3.6 A student shall not participate on an all-star team while a high school undergraduate.

3.7 A student must maintain his/her amateur status

LETTERING REQUIREMENTS

ADMINISTRATIVE QUALIFICATIONS FOR LETTERING

Introduction

The letters and emblems awarded by the Arthur County High School are given to those students who have participated in the activities sponsored by the High School and have met the requirements set down. They indicate a level of achievement and should be considered an honor to win and wear. Those who wear these emblems should realize that to the outside world the bearer stands for Arthur County High School. Our school will be judged by his/her conduct. He/she should reflect only credit upon their school. Sportsmanship has been the trademark of the outstanding tradition here at Arthur. Your cooperation and continuing effort is necessary for ACHS to be successful.

General Criteria for Lettering:

1. Recommendation by Coach.
Coaches or supervisors will provide specific criteria for lettering individuals. (For example: Quarters or games played, points earned, attitude, attendance, training rules, etc.)
2. Approval by Administration
3. Completion of season (unless injured)
4. Special awards may be issued by the school or activities conference in accordance with the rules and by-laws of the Nebraska State Activities Association with the approval of the school administration for the following:
 - A. Speech
 - B. Drama (Play Production)
 - C. Music (Vocal & Instrumental)
 - D. Debate
 - E. Journalism
 - F. Football
 - G. Volleyball
 - H. Boys and Girls Basketball
 - I. Boys and Girls Track

Interschool activities (National Honor Society, Student Council, Etc.), will provide their own awards and honors subject to approval by the administration.

All members of any Arthur County High School activity are expected to aid the success of other teams and individuals by supporting them in a positive manner.

Lettering Requirements for Football

1. Coaches' approval.
2. Participating in one-half of the varsity quarters during the regular season. (Any part of a quarter played will count as a full quarter.)
3. Freshman and sophomore players can earn up to two quarters of service points. To earn these quarters the following will be considered: attendance, attitude, desire, cooperation, sportsmanship and general contributions to the success of the team.

Lettering Requirements for Volleyball and Basketball

1. Coaches' approval.
2. Time of Participation
 - a. Play in one-third of all regular season varsity contests.
 - b. Player must complete the season (Unless injured - injuries may require a doctor's excuse).
3. Participation in practice is mandatory. Excessive absenteeism and unexcused absenteeism may cause for not lettering, dismissal from the team, or other disciplinary measures.
4. Consideration for lettering may also, at the coaches' discretion, be given for members of the squad who make outstanding contributions to the success of the team. Qualities which may be considered are: attitude, attendance, desire, cooperation, sportsmanship, etc.

Track Lettering Requirements

1. Coaches' approval
2. To letter participants must acquire, at a minimum, 100 points. Points will be awarded to participants in the following ways:
 - a. Practices – Participants may earn their 100 points through attending and participating in each scheduled practice. Points per practice will be determined by the following method: 100 points divided by the total number of scheduled practices. For example, if there are 35 practices scheduled, then points per each practice would be equal to $100/35 = 2.86$ points/practice.
 - b. Medaling at meets – Points will be awarded equal to the number of team points for placing at a meet. For example, a first place finish will add 10 points to the athlete's total for the season.
 - c. Personal bests – 5 points will be added to the participants lettering total each time they achieve a personal best at a meet, excluding their initial mark or time for the season.
 - d. Meet or school records – 25 points will be given for any Arthur County High School record that is broken, and 20 points will be given for any meet record that is broken throughout the season.
3. Coaches may withhold a letter from any participant who has met the point requirements but has had excessive unexcused absences from practice.

Reasons for dismissal or not lettering in a sport:

1. No player will be considered for a letter if he does not complete the season (unless injured)
2. Excessive absenteeism (unexcused absenteeism will not be tolerated).
3. Abuse of controlled substances.
4. Behavior unbecoming to the school, coaching staff or team
5. Not acquiring enough points (track only).

One Act Play Lettering Requirements

Students will letter in One Act by attending 85% of all mandatory practices and by participating in all One Act contests.

Quiz Bowl Lettering Requirements

Students will letter in Quiz Bowl when they meet one of the following options:

Option 1:

A student must have competed in 50% of all varsity tournaments.

Option 2:

A student must have accumulated 110 Quiz Bowl Points.

Point Accumulations:

Student will earn points by correctly answering questions at practices and at tournaments.

- Students will earn 1 points for each correct answer at practices.
- Students will earn 3 points for each correct answer at tournaments.

