

Northmont City School District



EXTRACURRICULAR CODE

The Northmont Secondary Extracurricular Code is applicable to all those students who perform, to those trying out for an organization, to all support personnel, student trainers and cheerleaders.

The extracurricular code contained herein has been approved by the Board of Education. The purpose of this booklet is to inform you and your parents of the rules that are appropriate while you represent Northmont. It is your responsibility as a Northmont student to read these rules and to abide by them.

2010-2011

EXTRACURRICULAR RULES OF CONDUCT

Your signature on a receipt for these rules and the fact that you have had these rules reviewed with you by a school staff member(coach/advisor) constitutes a first warning; no further warnings will be given to you. It is your responsibility to familiarize yourself with these rules and the consequence of violating them. The rules herein apply to all students during the course of the school year and when aboard a school bus or any other Board owned vehicle. Any Northmont school personnel or governmental/city official may make a referral to the Northmont Administration or the student assistance coordinator.

STUDENT'S RIGHTS and RESPONSIBILITIES

All students have the rights as bestowed to them by Ohio Law, the Constitution of the United States, the Board of Education, and the parents/guardians. In the exercise of these rights, students have basic responsibilities. Every right has a corresponding responsibility. A student may temporarily forfeit his/her right to participation opportunities when his/her conduct disrupts the process, deprives others of their basic rights and violates the student rules established herein.

SPORTSMANSHIP

Sportsmanship, ethics and integrity are the number one priority of the Northmont Athletic Department. It is the responsibility of the coaches, students, parents, guardians, fans, spirit groups, media, officials, administrators and the board of education to provide examples of good sportsmanship, acceptable and unacceptable behavior, and ways to promote good sportsmanship. Participation in athletic contests is a privilege. Each student athlete is expected to conduct herself or himself in an exemplary manner while participating.

NORTHMONT SECONDARY CODE

The Northmont Secondary Extracurricular Code is applicable to those students who participate in extracurricular activities.

- 1.** All athletes will abide by all rules and regulations established by the Ohio High School Athletic Association (OHSAA).
- 2.** You will be in school a minimum of three (3) periods at the senior high school and four (4) periods at the middle school to participate in an activity. Exceptions to this rule are to be made by the assistant principal/director of student activities.
- 3.** No student athlete shall be required to participate in any sport or out of season voluntary conditioning program as a prerequisite to participating in any sport.
- 4.** A student athlete can participate in only one sport at a time, unless agreed upon by the director of student activities, both head coaches involved, and parents/guardians.
- 5.** Before a student athlete can participate in any initial contest, they must participate in eight (8) days of practice during a two (2) week period of time. If a student athlete misses more than ten (10) consecutive days of practice/participation then that student athlete will be required to re-acclimate to that activity by participating in eight (8) days of practice unless released in writing by a physician. The assistant principal/director of student activities will rule on special situations at the senior high school and the assistant principal will rule on such situations at the middle school level.
- 6.** I understand that by participating in interscholastic athletics & extra curricular activities will be required to travel by provided transportation to and from all athletic trips scheduled for his/her activity. Exceptions to this rule are to be made by the assistant principal/director of student activities or designee and may require a written release to be handed to the coach/advisor by parents/guardians. Athletes and students may only be released to their parents/guardians.
- 7.** On any trip or activity, members will be informed by the coach/advisor as to the appropriate dress and conduct.
- 8.** No jewelry will be worn to practices or competition (i.e., earrings, rings, necklaces, etc.).
- 9.** Coaches/advisors may set reasonable curfews during their season.
- 10.** A disagreement between a student athlete and a coach/advisor that cannot be resolved by them should be brought to the immediate attention of the assistant principal/athletic administrator/activities director. If this does not solve the problem, it will then be taken to the building principal. Any further disagreement(s) will then be subject to the due process format.
- 11.** The length of a season shall be defined by the OHSAA for a particular activity/sport or by the coach/advisor if the OHSAA does not define the activity/sport. The coach/advisor must release the

participants following the last activity. A single team member participating (tennis, track, wrestling, etc.) is interpreted as team competition.

12. Rules found in the current "Rules of Student Conduct" booklet apply to all students at all school sponsored activities. In addition, the coach/advisor, assistant principal/director of student activities or principal may set additional penalties for unbecoming behavior which may include a verbal or written reprimand or denial of participation.

13. Any student involved in an extracurricular activity will be required to meet the weekly eligibility standards as described under the eligibility/weekly format.

14. ELIGIBILITY – New eligibility standards for students in grades seventh (7th) & eighth (8th)

The 8th grade eligibility for the Fall of 2010 was determined using the former OHSAA bylaw of passing 75 % of all classes.

At the end of the 1st quarter of the 2010-2011 school year seventh (7th) & eighth (8th) grade students will follow the revised eligibility of the Ohio High School Athletic Association bylaw 4-4-4 and 4-4-5, students who are enrolled in seventh (7th) and eighth (8th) grades will be required to pass a minimum of 5 courses of all subjects taken in the preceding grading period.

4-4-4 A student enrolled in the first grading period after advancement from the eighth (8th) grade must have passed a minimum of five (5) of all subjects carried the preceding grading period in which the student was enrolled.

4-4-5 A student enrolling in the seventh (7th) grade for the first time will be eligible for the first (1st) grading period regardless of the previous academic achievement. Thereafter, in order to be eligible, a student in grade seven (7th) or eighth (8th) must be currently enrolled in school the immediately preceding grading period and received passing grades during that grading period in a minimum of five (5) of those subjects in which the student received grades.

All students 9th thru 12th grades to be eligible for participation in interscholastic contests shall be enrolled in school by the 15th calendar day of the current grading period (quarter, trimester, semester). Enrollment shall be continuous after a student has officially enrolled in a school until the student is officially withdrawn. A high School student athlete must, in the immediately preceding grading period, receive a passing grade in a minimum of five (5) courses worth 1/4 credit or more that count towards graduation. At the end of a quarter a Physical Education Class will be counted 1/2 of one. Heritage of Movement and PE survey are excluded towards eligibility. The quarter grades when combined must be a total grade point average of at least 1.0 on a four-point (4.0) scale.

A student who has failed on one or more of the state proficiency tests may be required to participate in provided intervention programs in order to remain eligible.

A grading period will begin and end as designated by the annual school calendar as approved by the Northmont Board of Education. The eligibility or ineligibility of a student athlete, as determined by quarterly or weekly eligibility requirements, continues until the start of the fall sports season. The first grading period is considered to have started insofar as this bylaw is concerned.

Summer school grades earned may NOT be used to substitute for failing grades from the last grading of the regular school year. Tutoring or examinations to complete the preceding grading period requirements is permissible, provided that privilege is accorded to every student and

inability to complete required work on time is due to an illness or accident verified in writing by a physician.

WEEKLY ELIGIBILITY – Is from midnight Sunday to midnight Sunday. A student who does not meet the weekly eligibility requirement can participate in practices, but cannot participate in any public performance (i.e., games, scrimmages, plays, musicals, etc.). Any student who does not meet the weekly eligibility requirement for three (3) consecutive weeks shall be denied participation in that activity until that student is able to meet the weekly requirements for two (2) consecutive weeks.

ADDITION TO ELIGIBILITY PROCEDURES – Seventh (7th) through Twelfth (12th) Grades:

- A. Teachers will continue (from the beginning of the school year) to input grades for athletic eligibility.
- B. Coaches (in season) will receive a weekly eligibility report. Out-of-season coaches will receive less frequent.
- C. Athletic eligibility will begin the third week of each quarter. Coaches will receive reports at the beginning of the quarter and will contact students who are failing a course.
- D. From the second week report, a student must be passing a minimum of five (5) classes each week. Any failure to meet this standard would result in:
 - 1. One (1) week of probation in each season. The coach will notify the parents/guardians and the student athlete informing them of the "probationary" status and possible ineligibility.
 - 2. If during the remainder of the season (following one (1) probation period) the student athlete fails to maintain the eligibility requirement, that student will not participate in an extracurricular event until that requirement is attained.

15. EJECTION FOR UN SPORTSMANLIKE CONDUCT –

(OHSAA SPORTS REGULATION M, #5)

Student: Any player ejected for unsportsmanlike conduct or flagrant foul shall be ineligible for contests for the remainder of that day as well as for contests in that sport until two (2) regular season/tournament contests (one in football) are played at the same level as the ejection. If the ejection occurs in the last contest of the season, the student shall be eligible for the same period of times as stated above in the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during, or traveling to, during, or traveling after the contest(s).

A student who has been ejected for unsportsmanlike conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contests subject to the discretion of the OHSAA commissioner. The period of ineligibility shall commence during the next sport in which the student participates.

In addition, the principal/assistant principal, athletic administrator, coach/advisor, may set penalties for unbecoming behavior which may include a verbal or written reprimand or denial of participation.

16. NORTHMONT ATHLETIC TRAINING SERVICES – Participation in interscholastic athletics exposes the athlete to a risk of serious injury and even, in rare cases, the risk of death or disability from such injury or an acute or unknown medical condition.

Unless a separate written refusal signed by the parents/guardians (or by the student, if 18 years or over) is given to the Northmont Athletic Staff, a parent or guardian's signature (or the student's signature, if 18 years or over) on the Receipt, Review, and Permission form shall serve to give permission to the:

1. Athletic Training Staff to care, provide, or obtain appropriate medical treatment in the event of injury.
2. Northmont Sports Medicine Staff to dispense, non-prescription over-the-counter medications such as Tylenol, Advil, Pepto Bismol, cold tablets, and other like medications when appropriate or pursuant to written or oral standing orders from the Northmont High School affiliated team physicians.

In the absence of an emergency, the "medical treatment" referred to above is generally "Athletic Training" which means the practice of prevention, recognition, assessment, management, treatment, disposition, and reconditioning of acute athletic injuries under the direction and referral of the Team Physician (a medical doctor or doctor of osteopathy). Should this level of care be unavailable at the time of injury, basic first aid will be provided by the coach or other person certified by the State of Ohio to provide first aid.

Athletic training as well as basic first aid, is provided without cost; however, parents/guardians are financially responsible for any medical treatment of an injury beyond the treatment provided by the Northmont Athletic training Staff regardless of where or when an injury occurs.

If an athlete is injured when such athlete is not participating in training or an athletic event, it is the duty of the athlete as well as the parents/guardians of the athlete to report the injury in detail to the Athletic Trainer and/or coach as soon as is practically possible.

An athlete under the care of the athletic training staff may be referred to a physician or the team physician for further evaluation, diagnostics and treatment. Written documentation signed by the physician is mandatory in order for consideration for return to participation. If no documentation is received, the athletic training staff will withhold the athlete from sport until obtained. For all non-referred injuries and conditions, the athletic training staff may use their discretion when returning athletes to participation at any level.

If, during the athletic activity season, an athlete receives health care for an illness or injury beyond the health care provided by the Northmont Athletic Training Staff, the Northmont Athletic Training Staff will not thereafter provide any treatment other than ice, and the athlete will not be permitted to return to participation in the athletic activity until a written release is given by a doctor of medicine, doctor of osteopathy, doctor of chiropractic, physician's assistant or nurse practitioner. Such release will permit thereafter a return to participation but will not ensure a return to participation.

17. OHSAA Physical Examination Form – Every student athlete must have a completed OHSAA physical examination form and corresponding authorization and eligibility form on file prior to participating in any extracurricular activity. The physical form is valid for only one calendar year from the date of the examination as verified by the examiner's signature.

18. Medical Release Forms (Yellow Card) - Every student athlete must have a medical release form on file with the coach/advisor prior to participating in any extracurricular activity or traveling on any athletic events. The sports medical release form is valid for one fall, winter, or spring season and is in addition to the medical release form on file with the school nurse. It is the responsibility of the student athlete and their parents/guardians to insure that such information is current and released to the school.

19. Northmont Board of Education Policy – The Northmont City School Board of Education assumes no legal or financial responsibility in providing student accident insurance. Students shall have proof of medical insurance coverage before being permitted to participate in athletics/activities.

20. ATOD (Alcohol, Tobacco, and Other Drugs)
Mood-Altering or Substance/Drug Paraphernalia

It is the intent of the Northmont School District to work together with students and parents/guardians to develop an atmosphere where the use of harmful mood-altering chemicals is not accepted. Development of this atmosphere will include formulation of clear rules regarding these activities and education of coaches/advisors, parents/guardians and students as to the possible harmful effects of mood-altering chemicals.

No student athlete shall use, have on his/her person or possession, be under the influence of sell, intent to sell, transport, give away or conceal any unauthorized mood-altering chemical or substance. Those substances included as mood-altering are, but not limited to the following:

Stimulants – such as diet medications, caffeine pills, amphetamines, tobacco, cocaine, etc.;

Depressants – such as alcohol, barbiturates, tranquilizers, sleeping medications, muscle relaxants, etc.;

Narcotics – such as heroin, morphine, codeine, etc.;

Hallucinogens – such as LSD, PCP, peyote, psilocybin, marijuana;

Inhalants – such as butyl nitrite, thinners, solvents, and aerosols, etc.;

Anabolic Steroids and Growth Hormones are also included in this section.

(Exceptions to this policy include any substance that is prescribed by a student's personal physician. The student and/or his/her parents/guardians must advise the athletic trainer or school nurse of any such complications which might arise out of participation in athletics while the athlete is on such a prescription substance.)

No student athlete shall use, have on his/her possession, have within his/her assigned school locker, sell, intend to sell, transport, give away or conceal any article or paraphernalia that is commonly associated with or reasonably construed to be used for the use with any mood-altering chemical as defined above. Such articles or paraphernalia will include, but not be limited to: pipes, articles adapted to be used as pipes, bongs, etc.

Photographic evidence that might be found on websites such as "Facebook" and "MySpace" as well as other electronic media may be considered in potential violations.

FIRST VIOLATION -

Any Northmont school personnel or governmental/city official may make a referral to the Northmont Administration or the student assistance coordinator.

Any student athlete caught violating the extracurricular code of conduct as it applies to mood-altering chemicals or substances/drug participation will be denied from activities for a **period of one year**. The denied participation period starts for grades seven through twelve on the date the violation occurs and **continues to the same calendar date the following year**. If the violation occurs in your senior season they will be denied participation during the rest of his/her senior year.

The year denial period will be reduced to a **30% game/contest** denial if the student and his/her parents/guardians agree to participate in an alternative to denial program and that participation is verified in writing by the professional evaluator. Involvement in the Alternative to Denial Program consists of both parents and the student being involved in an assessment interview and following through on the recommendations which result from the assessment. If the 30% reduction is not completed in one sport it will carry over to the next sport of participation during the calendar year. The said cost of all these programs will be accrued by the student/athlete or their families.

During the 30% denial period the student/athlete may travel with the organization (with approval of the head coach) and sit on the bench during competitions while not in uniform. The student must also follow all training rules and requirements of the activity during the time of the denial period.

The formula for the 30% denial period will be rounded up to the nearest whole game/contest number.

Example: 3.49 contests will be 3 contests and 3.50 will be 4 contests

SECOND VIOLATION -

The second offense during the participant's high school or middle school career will result in denial participation from any extracurricular activity for **one calendar year**. The denial period of one calendar year will continue to the same calendar date the following year.

THIRD VIOLATION -

The third violation of the ATOD policy during the student athlete's career will result in denial participation for the **remainder** of their athletic career at Northmont School District.

SELF-REFERRAL –

A self-referral may only be made prior to a "staff discovered" violation. The student needs to make the referral to either his/her coach, athletic director or to the student assistance counselor. This voluntary referral would also apply to a parent/guardian who has concerns about the use of mood-altering chemicals by their son or daughter. In the case of a self-referral, the school's student assistance counselor will provide the information to the specific coach(s) and to the athletic director.

A meeting will be scheduled with the student athlete and the parent/guardian to discuss the situation and results of the assessment. Recommendations from the student assistance counselor must be followed and the athlete will also be **denied participation for 15% of the games/contests**. If the 15% reduction is not complete in one sport it will carry over to the next sport of participation during the calendar year. Denial of participation for this violation means that the athlete may travel with the organization (with approval of the head coach) and sit on the bench

during competitions while not in uniform. The student must also follow all training rules and requirements of the activity during the time of the denial period. If the denial period is longer than ten days the student athlete will be required to re-acclimate to that sport/activity by participating in eight days of practice prior to re-entering competition

If the recommendations of the student assistance counselor are not followed the student will be denied participation from activities for a period of one calendar year, and treated as a first violation.

21. PLEDGES – In order to help the athletes make healthful decisions, the Northmont Athletic Department would like all the individuals involved to follow the pledges below. As a participant/parent/coach in Northmont athletic program, I agree to abide by all training rules regarding the use of alcohol, tobacco, and other drugs.

ATHLETE PLEDGE:

1. Support my fellow athletes by “**setting an example**” and abstaining from the use of alcohol, tobacco, and other drugs.
2. Hold my teammates responsible and accountable for their actions. I will not cover up for them or lie for them if any rules are broken.
3. Seek information and assistance in dealing with my own or my fellow athlete’s problems.
4. Be honest and open with my parents about my feelings, needs, and problems.
5. Be honest and open with my coach and other school personnel when the best interests of my fellow athletes are being jeopardized.

PARENT PLEDGE:

1. Set an example for my child by **exhibiting responsible** behavior in my daily activities.
2. Heighten our awareness of our child’s behavior, psychological needs, social habits, and academic status.
3. Assert our authority as parents in supporting and guiding our child.
4. Provide support for our child if it becomes apparent that a problem exists.
5. Not to enable our child’s unhealthy habits by covering up or providing alibis if training rules are broken. We will hold our child responsible of his/her actions.
6. Uphold the coach and other school personnel by providing information and support in dealing with our child.

COACH PLEDGE:

1. Thoroughly discuss **at least once a week** with my team the impact of drinking, smoking, and using other drugs. (Prevention is an effective tool!)
2. Ensure that my athletes understand their commitment to training rules.
3. Assert my authority when I learn of training rules being broken.
4. Provide information and referrals to assist in getting help for a student experiencing difficulty with the use of alcohol, tobacco, and other drugs.
5. Set an example for my team by **exhibiting responsible** behavior in my daily activities.
6. Work with captains/leaders to help deter ATOD use by members of the team. Select these captains/leaders who are not only positive role models, but also who will be willing to be assertive for the “good of the team.”

22. PARTICIPATION FEES – Students will be expected to pay the fees at the time they are selected to the team to the team or start participation in the activity. The fee will be refunded if the

student athlete becomes unable to participate due to medical reasons. Fees will not be refunded if the participant decides to quit, is removed for disciplinary reasons or becomes academically ineligible.

Applications for free or fifty percent (50%) reduced participation fees may be obtained from the school offices. Completed forms are to be returned to the school office.

ATHLETIC FEE STRUCTURE
~~ MIDDLE SCHOOL ~~

Athletics/Cheerleaders.....\$10.00

~~ SENIOR HIGH ~~

All Varsity/All Junior Varsity Athletics.....\$45.00/activity

All 9th Grade Athletics/Cheerleaders.....\$25.00/activity

No individual will pay more than seventy (\$70.00) per school year to participate in athletics.

No family will pay more than ninety-five (\$95.00) per school year to participate in athletics.

ACTIVITY FEE STRUCTURE
~~ SENIOR HIGH ~~

Drama Club.....\$20.00

Marching Band.....\$25.00

NORTHMONT CITY SCHOOL DISTRICT

ACKNOWLEDGEMENT of EXTRACURRICULAR CODE

I acknowledge having received a copy of the **EXTRACURRICULAR CODE**: having the code reviewed with me by school personnel; being instructed to read and study the code; and being told to share this with my parents/guardians for their review and general information.

Student Signature _____ Date _____

Coach/Advisor Signature _____ Date _____

I acknowledge having seen and/or reviewed my son's/daughter's **EXTRACURRICULAR CODE**. I am aware that the code has been approved by the Board of Education.

Parent Signature _____ Date _____