

Deer River "Warriors" Activity Handbook 2009-10

TABLE OF CONTENTS		Page
I.	Deer River Extra-Curricular Programs	2
II.	Minnesota State High School League	2
III.	Deer River High School Extra-Curricular Rules and Policies	3
	A. Review of Extra-Curricular Rules	3
	B. DRHS Extra-Curricular Rules and Policies Verification Form	3
	C. School Attendance	3
	D. School Suspensions	4
	E. Bus Conduct	4
	F. Transportation to Away Events	4
	G. Assigned Equipment	5
	Categories I & II Penalties for Tobacco, Alcohol, Drugs and/or Sexual Harassment	5
	H. Mood-Altering Chemicals	5
	I. Racial/Religious/Sexual Harassment/Violence and Hazing	6
	J. Academic Eligibility -- Grades 7-12	6
	K. Student Code of Conduct	6
	L. Emergency Procedures	7
	M. School Discipline Policies	7
	N. Use of Facilities	7
	O. Locker Room Supervision	7
	P. Tournament Travel	7
	Q. Assaults and/or Threats toward Staff, Coaches, Volunteers	7
	R. School Closings	8
IV.	Individual Activity Rules and Regulations	8
V.	Verification and Acceptance	8
VI.	Open Gym and Captain's Practice	8
VII.	Potential of Permanent Injury and Infection	9
VIII.	Senior Athletic Award	9
IX.	Activity Fees	9
X.	Activity Paperwork to be Completed	9
XI.	Fine Arts Eligibility Brochure	10 - 11
XII.	Fine Arts Eligibility Statement	12
XII.	MSHSL Athletic Eligibility Brochure	13 - 16

FORMS: (The following three forms must be completed by student and parent and returned to the high school office, with activity fee, BEFORE participating in an activity.)

1.	MSHSL Annual Sports Health Questionnaire Form	17
	MSHSL Athletic Eligibility Statement	18
2.	Insurance and Injury Warning Form	19
	Extra-Curricular Handbook Verification and Acceptance Form	19

The following form is to be completed by the student, parent/guardian, and physician. Complete physical examinations are required every three years.

3.	Sports Physical/Clearance Form	20 - 22
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I. DEER RIVER EXTRA-CURRICULAR PROGRAMS

The rules and regulations contained within this handbook apply to all students in Grades 7, 8, 9, 10, 11, and 12 participating in school-sponsored activities:

A. CATEGORY I--Minnesota State High School League Activities:

1. Football
2. Volleyball
3. Cross Country Running *
4. Boys' Basketball
5. Girls' Basketball
6. Wrestling
7. Boys' Golf
8. Girls' Golf
9. Boys' Track*
10. Girls' Track*
11. Baseball
12. Cheerleading
13. Nordic Ski
14. Fastpitch Softball

* These activities are shared cooperatively with Northland-Remer

B. CATEGORY II--Minnesota State High School League Fine Arts and Academic Activities:

1. Drama -- One-Act Play
2. Speech
3. Visual Arts
4. Vocal Music **
5. Instrumental Music**

C. Other School Sponsored Activities

1. School Play
2. Destination Imagination
3. FCCLA**
4. National Honor Society**
5. Student Council**
6. Academics**

D. Other Lettering Activities

1. Bowling**
2. Rodeo**

**Not assessed activity fee

II. MINNESOTA STATE HIGH SCHOOL LEAGUE

- A. No student will be permitted to participate in activities (practice or event) sanctioned by the Minnesota State High School League before returning the following forms to the Deer River High School Athletic Director.
 1. Completed and approved physical form (**pages 20-22**)
 - a. Physical examination
 1. Complete physical every 3 years
 - b. Does not apply to fine arts and academic competition.



2. Completed MSHSL Annual Health Questionnaire form (**page 17**)
 - a. Must be completed by parent yearly
 - b. Does not apply to fine arts and academic competition.
3. Completed MSHSL Athletic Eligibility Statement (**page 18**)
 - a. Required yearly
4. Insurance and Injury Warning form (**page 19**)
 - a. Required yearly
5. Completed Deer River Extra-Curricular Handbook Verification and Acceptance Form (**page 19**)
 - a. Required yearly
6. Weight limit slip completed by a physician
 - a. Required yearly for wrestlers only
7. Fine Arts Eligibility Statement form (**page 12**)
 - a. Required yearly for Category II activities only

The Activities Director shall submit to each coach a list of those students who have completed the necessary forms and met requirements to begin participation. Coaches are not to permit any student to participate who has not been authorized to do so by the Activities Director. **There are to be no exceptions.**

III. DEER RIVER HIGH SCHOOL EXTRA-CURRICULAR RULES AND POLICIES

A. Review of Extra-Curricular Rules

Each coach/advisor shall review the Minnesota State High School League rules and regulations that directly affect a student's participation and eligibility. The coach/advisor shall also review the Deer River High School Extra-Curricular Rules and Policies Handbook with all participants no later than the first day of practice or participation.

B. Deer River High School Extra-Curricular Rules and Policies Verification and Acceptance Form

The Verification and Acceptance Form from page 19 of this handbook, when returned and signed by both the participant and parent, indicates that the rules and policies contained within are understood and that the participant and parent agree to abide by the rules and to accept the declared penalties as stated.

C. School Attendance

All students must be in school all day in order to be eligible to participate in any school activity (event or practice) scheduled on the day of the absence. The only exception is for medical appointments during the school day; the appointment, however will count as one of the eleven semester absences. **Deviation from this rule will be cleared through the Principal or A.D. Office in emergency cases.**

Penalty:

1st Offense: Suspension from next scheduled event or performance.

2nd Offense: Suspension from next three scheduled events or performances.

3rd Offense: Removal from activity for remainder of year or season.



D. School Suspensions

Students will not be permitted to participate in any practice, event, or performance during the time they are suspended from attending school due to a rule violation according to the Deer River Student Handbook.

1. **Out-of-School Suspension**

- a. Student is not eligible to participate in practice or events during time period of suspension.

2. **In-School Suspension**

- a. Full Day: Student is not eligible to participate in practice or events for that day.
- b. Partial Day 1st Offense: Student is eligible to participate in practice and events for that day.
- c. Partial Day 2nd Offense (or more): Student eligibility will be determined after a conference with Principal, Act. Director, Parent, and student.

E. Bus Conduct

Students being transported to and from events, practices, or performances are required to adhere to all district bus rules and regulations.

Penalty:

1st Offense: Forfeit of transportation for two (2) days.

2nd Offense: Forfeit of transportation for five (5) days.

3rd Offense: Forfeit of transportation for the remainder of the year.

F. Transportation to Away Events

All students who participate in a Deer River High School extra-curricular activity shall be transported to and from the event site on district transportation.

The following exemptions may apply:

- 1) Students may ride home with parents provided parent gives responsible coach a written and signed note.
- 2) Students may ride home with another parent or guardian after the event if cleared in advance with the Activities Director or principal's office.
- 3) Students may ride to the extra-curricular event with parent if cleared in advance when circumstances do not allow the student to ride district transportation.
- 4) Any deviation from this policy will need to be cleared by the Activities Director or the principal's office.

Penalty:

1st Offense: Suspension from next scheduled event or performance

2nd Offense: Suspension from next three scheduled events or performances.

3rd Offense: Removal from activity for remainder of year or season.



G. Assigned Equipment

Each participant shall be responsible for all district owned equipment issued to the participant. The equipment will be numbered to identify who was issued each article. The coach, advisor, or supervisor will determine the replacement cost for equipment lost or damaged through abuse. Students are not permitted to wear school owned equipment or supplies during physical education classes.

CATEGORIES I & II PENALTY FOR TOBACCO, ALCOHOL, DRUGS, SEXUAL HARASSMENT AND/OR HAZING

H. Mood-Altering Chemicals

During the calendar year, regardless of quantity, a student shall not (1) use or possess a beverage containing alcohol, (2) use or possess tobacco, or (3) use or consume, have in possession, buy, sell, or give away any other controlled substance.

CATEGORY I & II (Minnesota State High School League Activities) Scheduled Activities

Penalties:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exceptions permitted for a student who becomes a participant in a treatment program.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
3. Third and Subsequent Violations: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violation, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.
4. Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation in a League activity and continuing through the student's high school career.
3. Denial Disqualification: A student shall be disqualified from all inter-scholastic athletics for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule is allowed to participate and then is subsequently found guilty of the violation.



CATEGORY II (Fine Arts and Academic Activities) Non-Scheduled Activities

Penalties:

1. First violation: After confirmation of the first violation, the student shall lose eligibility for the next public performance or interscholastic contest as determined by the administration.
2. Second violation: After confirmation of the next or subsequent violation, student shall lose eligibility for the next two public performances and/or interscholastic contests.

I. Racial, Religious/Sexual Harassment/Violence and Hazing

See definitions and/or penalties on page 11 & 16(MSHSL Information sheets).

J. Academic Eligibility -- Grades 7-12

To remain academically eligible students' shall:

- a. maintain passing Qtr. grades in all classes (grades 7-12).
- b. maintain a 2.0 average in the Qtr. or Accumulative GPA.

STUDENTS DELARED INELGIBLE:

A parent/student initiated conference with the Coach/Advisor and Activity Director will be held to review the student's academic probation period and eligibility.

Failing a class ineligibility: When the student fails a class at the end of any quarter they will be put on academic probation for a period of two weeks. During that probation they are eligible to participate in practice and events. The student will meet with the Activities Director, Coach/Advisor, and parent and design an educational plan to be followed.

- a. If the student with a failing grade raises **all** his/her grades to a D- or higher within two weeks and follows the educational plan, he/she will then stay eligible to participate in events. The student's classes will be reviewed again at mid-quarter by the Activities Director. If at mid-quarter they are not passing all of their classes or following the educational plan they will become ineligible for the rest of the quarter.
- b. If the student does not attain passing grades in **all classes** within the two weeks following report card distribution or does not follow the educational plan, he/she will at that time become ineligible to participate in events until mid-quarter grades are released. If at mid-quarter he/she is still not passing all classes or not following the educational plan they will be ineligible for events until the end of the quarter. If they are passing at mid-quarter they will become eligible to participate but stay under probation.
- c. The student will submit an "academic eligibility" form signed by each teacher noting grades within the current marking period to the activities director confirming/denying academic eligibility.
- d. Once declared ineligible students will be allowed to practice only after completing an educational plan with the Activities Director, Coach/Advisor, and parents.

Below a 2.0 accumulative and quarter GPA:

- a. If a students accumulative and quarter GPA are both below a 2.0 they need to be on an educational plan in order to participate in activities. Their grades and plan will be reviewed every two weeks. If they are not meeting their educational plan they will be determined ineligible for a period of two weeks until the plan is again reviewed.
- b. When a student with disabilities becomes ineligible, the Case Manger will call a staffing to determine if the identified disability affects grades and the student's eligibility. The IEP Team will set criteria to allow student to be successful, improve grades, and return back to participation status.



Incompletes will be reviewed on a per case basis to determine the details of the incomplete. A decision will then be made by the teacher and Activities Director to determine whether the student is passing or not passing the course. Participants (whether with or without incomplete grades) shall maintain passing grades to participate.

Deviation from this rule will be cleared through the principal's office

K. Student Code of Conduct MSHSL Bylaw 206

A student whose character or conduct violates the Student Code of Responsibilities or is suspended or expelled is not in good standing and is ineligible for a period of time as determined by the principal. While a student is not in good standing, a student may not serve any penalty for MSHSL bylaw violations.

L. Emergency Procedures

At away events or sites the coach, advisor, or supervisor shall have the authority to establish emergency temporary rules for the well being of the individuals and the school. These emergency procedures are to be adhered to immediately by all participants. Failure to comply will constitute insubordination, and the violator shall be removed from the activity for the balance of the year.

M. School Discipline Policies

All established discipline policies and procedures will be applicable to extra-curricular activities before, during, or after practice, games, or events whenever necessary.

Hazing: Any act, on or off school property, against a student or coercing a student into committing an act in order for the student to be initiated into or affiliated with a student/school organization is strictly forbidden.

Penalty:

1st Offense: 5 day school suspension and parent conference plus MSHSL Penalty.

2nd Offense: Expulsion from school, according to the Fair Pupil Dismissal Act plus MSHSL Penalty.

N. Use of Facilities

The coach, advisor, or supervisor shall be present whenever and wherever practices are scheduled. When transportation to a practice site is required, a coach will accompany the participants on the bus. No participants are to remain in the building following practices or events or when practice is not scheduled or an event cancelled. The coach, advisor or supervisor shall remain in the building until the last participant has departed for home.

O. Locker Room Supervision

Coaches will be responsible for supervision of locker rooms while students are using them. Locker rooms should be locked when not in use. Coaches will inspect all locker rooms at away events and will involve an employee of the host school if the locker room does not appear to be clean and in good repair. Participants are encouraged to provide a padlock on their locker to further secure personal and school equipment and clothing from theft.



P. Tournament Travel

Team members not participating in tournaments may travel with the team under the following conditions:

1. It is agreeable with the coach.
2. Adequate adult supervision is available.
3. Adequate space is available.
4. No additional costs are incurred by the district.
5. Cell phones are not allowed in locker-rooms at MSHSL play-off events

Q. Assaults and/or Threats Toward Staff, Coaches, Volunteers

Students who threaten or assault a staff member are subject to expulsion, according to the Fair Dismissal Act of 1974, as revised in 2001.

R. School Closings

When inclement weather, road conditions, or emergencies arise, school closing announcements will be made over radio stations KOZY 1320 AM, KMFY 96.9 FM, WKKQ 650 AM, WTBX 93.9 FM, KGPZ96.1 FM, KAXE 91.7 FM, MIX 103 FM, WDIO/WIRT-TV 10/13, and KCCO/KCCW-TV 12 and on the school web site (www.isd317.org). When school is cancelled because of these conditions, all practices and games are also cancelled. Deviation from this rule will be cleared through the principal's office.

IV. INDIVIDUAL ACTIVITY RULES AND REGULATIONS

Each activity coach, advisor, or supervisor will prepare, distribute and explain a handbook with the individual policies for their activity. Each specific activity handbook will list and describe specific rules, regulations, penalties and practices that apply to that activity. The specific activity handbook will be approved by the Athletic Director and Principal, and a copy will be maintained in each respective office and provided to school board members.

A. Suggested items in Activity Handbook

1. Lettering criteria
2. Team selection criteria
3. Selection of captain/captains procedures requirements
4. Dress and appearance codes
5. Excused/unexcused absences from practice, events, performances, and appropriate penalties/restriction
6. Attitude
7. Use of profanity
8. Locker room rules
9. Practice requirements
10. Curfew

V. VERIFICATION AND ACCEPTANCE

Participation in extra-curricular activities is not required of any student who attends Deer River High School. The school strongly supports and encourages individuals to participate in the programs for personal growth and development. Because participation is considered a privilege, the expectation of the students is higher than those in the normal school program, and these penalties would be more severe.



Both parents and participants are required to sign the forms attached and return them to the Athletic Director prior to participating. Signing the form constitutes acceptance by the parent and student of the rules, regulations, and penalties.

VI. OPEN GYM AND CAPTAIN'S PRACTICE

Open Gym is scheduled periodically to provide recreational opportunities for all interested students. When Open Gym is scheduled, an announcement is made to inform all students, a staff member is present to provide adequate supervision, and all usual and customary school rules and regulations will apply. Open Gym participation is not mandatory for extra-curricular participants and individual/team coaching is not conducted.

Captains' Practices are not organized or sanctioned by the Deer River School District. As the school does not recognize Captain's Practices, the school does not provide any supervision of the event or require potential extra-curricular participants to participate.

VII. POTENTIAL OF PERMANENT INJURY OR TRANSMISSION OF INFECTIOUS DISEASES

Warning: Participation in extra-curricular activities may result in the participant being injured and the result of the injury, regardless of adequate supervision, training, equipment, and facilities, may be permanent and disabling.

Informed Consent: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as Hepatitis B and HIV. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

VIII. SENIOR ATHLETIC AWARD

1. Twelve or more varsity letters during grades 9-12.
2. Continued Minnesota State High School League eligibility.
3. A 2.0 academic grade point average.

IX. ACTIVITY FEES

1. Students in grades 7-8 are required to pay \$60.00 for each activity.
 2. Students in grades 9-12 are required to pay \$100.00 for each activity.
 3. Fine Arts Activity Fees are \$40.00 for each activity (grades 7-12).
 4. Maximum charge to any one family is **\$375.00** per school year.
- (\$25. will be taken off of the family max for each pre-season rules meeting attended: Fall, Winter, Spring)

X. ACTIVITY PAPERWORK TO BE COMPLETED

PARENTS & STUDENTS NOTE: Following you will find the 2009-10 Fine Arts (pages 10-12) and MSHSL Athletic Eligibility Information sheets (pages 13-16). These are for your information only.



THE FOLLOWING MUST BE TURNED IN TO THE HIGH SCHOOL OFFICE BEFORE PARTICIPATION IN AN ACTIVITY.

PAGES 17-19 OF THIS HANDBOOK MUST BE RETURNED (SIGNED AND DATED), ALONG WITH THE ACTIVITY FEE, TO THE HIGH SCHOOL OFFICE PRIOR TO BEGINNING OF AN EXTRA-CURRICULAR ACTIVITY. IF THE STUDENT IS PARTICIPATING IN A FINE ARTS ACTIVITY, PAGE 12 MUST ALSO BE RETURNED (SIGNED AND DATED), ALONG WITH THE ACTIVITY FEE, TO THE HIGH SCHOOL OFFICE.

EVERY THREE (3) YEARS, THE LAST FORM (PHYSICAL EXAMINATION/SPORTS CLEARANCE FORM—PAGES 20-22) IS TO BE COMPLETED BY THE PARENT/GUARDIAN, STUDENT, AND PHYSICIAN. PAGE 20 OF THE PHYSICAL FORM MUST BE TURNED IN TO THE HIGH SCHOOL OFFICE BEFORE A STUDENT CAN PARTICIPATE.

You do not need to fill out this paperwork for each separate activity during a school year. Once papers are completed and turned in to the High School Office, you are done with paperwork for the year. Only the fee is needed for each activity, until the family maximum is met.

FINE ARTS ELIGIBILITY BROCHURE 1 OF 2



FINE ARTS ELIGIBILITY BROCHURE 2 OF 2



FINE ARTS ELIGIBILITY STATEMENT



MSHSL ATHLETIC ELIGIBILITY BROCHURE 1 OF 4



MSHSL ATHLETIC ELIGIBILITY BROCHURE 2 OF 4



MSHSL ATHLETIC ELIGIBILITY BROCHURE 3 OF 4



MSHSL ATHLETIC ELIGIBILITY BROCHURE 4 OF 4



MSHSL ANNUAL SPORTS HEALTH QUESTIONNAIRE FORM



MSHSL ATHLETIC ELIGIBILITY STATEMENT



INSURANCE AND INJURY WARNING

Dear Parent:

Independent School District #317 does not carry accident insurance that would cover injuries sustained by your child while participating in the Deer River High School athletic program.

The district would like you to sign the following statement that indicates that you have been informed of this fact. The school district recommends that you provide accident insurance coverage for your child.

* * * * *

"I am aware that Independent School District #317 does not carry accident insurance that will cover injuries sustained by my child while participating in the Deer River High School athletic program. I am aware also that my child may purchase accident insurance through the school that will cover injuries incurred by the student while engaged in athletics."

* * * * *

WARNING - Participation in extra-curricular activities may result in the participant being injured or infected with infectious diseases and the result, regardless of adequate supervision, training, equipment, and facilities, may be permanent and disabling.

Student Signature _____

Parent Signature _____

Date _____

DEER RIVER HIGH SCHOOL EXTRA-CURRICULAR HANDBOOK



VERIFICATION AND ACCEPTANCE FORM

"I have read the Deer River Warrior Activity Handbook 2009-10. I understand and accept the conditions to participate."

Student Signature _____

Parent Signature _____

Date _____

SPORTS PHYSICAL PAGE 1 OF 2



SPORTS PHYSICAL PAGE 2 OF 2



SPORTS PHYSICAL PAGE 3 OF 3

