

# Deer River "Warriors" Activity Handbook 2009-10

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**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
15. Visual Arts

\* 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. Vocal Music \*\*
4. 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
  - b. Not required for instrumental or vocal music

The Athletic 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 Athletic 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'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.

#### 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. First Suspension

- a. If the suspension is for ½ to a full day, the student will not be permitted to participate on the day of suspension.
- b. If the suspension is for more than one full day, the student will not be permitted to participate on the days of suspension and will not be permitted to participate in the next scheduled event following the suspension.

**This applies to both In-School and Out-of-School suspensions.**

2. Second Suspension

- a. The student will be declared ineligible to participate in the activities in which the student is currently participating. (The student may appeal his/her case before a board of in season "Category I" head coaches.)
- b. Both suspensions must occur during season of play.

**This applies to both In-School and Out-of-School suspensions.**

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.



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

I. 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 (Minnesota State High School League 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 I FINE ARTS - The MSHSL penalties do not generally apply at Deer River High School. See MSHSL Rules (Category II does apply)

**CATEGORY II (Fine Arts and Academic 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.



- J. Racial, Religious/Sexual Harassment/Violence and Hazing  
See definitions and/or penalties on page 16 (MSHSL Information sheets).

K. Academic Eligibility -- Grades 7-12

To remain academically eligible students' shall maintain all passing grades (in grades 6-12).

**INELIGIBLE ATHLETES:**

**A parent/student initiated conference with the coach, and athletic director will be held to review the student's academic grace period and eligibility.** An ineligible athlete (with any failing grades) may practice, but not participate in games during the ineligible period.

- a. If the athlete raises his/her grades to a D- or higher within two weeks of report card distribution he/she will then become eligible to participate in games. The "re-eligible" students will be reviewed again at mid-quarter by the head coach to determine that all passing grades have been maintained.
- b. If the athlete does not attain passing grades within the two weeks following report card distribution (and again at mid-quarter) he/she will at that time become ineligible to participate in practice or games.
- c. The coach will submit a "delayed eligibility" form signed by each teacher noting grade within the current marking period to the athletic director confirming/denying delayed eligibility.
- d. When a student with disabilities becomes ineligible, the Case Manager 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.

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.

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

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.

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](http://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 cumulative academic grade point average in grades 9-12.

## IX. ACTIVITY FEES

1. Students in grades 6-8 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. \*By attending the Fall, Winter, or Spring all sports pre-season meetings families will reduce their family max by \$25 for each meeting attended.\* Fall Meeting: Tuesday, August 11<sup>th</sup>. Winter Meeting: Tuesday, November 10<sup>th</sup>. Spring Meeting: Tuesday, March 9<sup>th</sup>. Registration 5:00PM with meeting to start at 6:00PM in the DRHS Commons.

## X. ACTIVITY PAPERWORK TO BE COMPLETED

**PARENTS & STUDENTS NOTE:** Following you will find the 2009-10 Fine Arts (pages 10-11) 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 CATEGORY II ACTIVITY, PAGE 12, 18, & 19 MUST 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.**

