



**SUTTON JR/SR
HIGH SCHOOL**

MUSTANGS & FILLIES

**Handbook for Athletes
And
Parents of Athletes**

2009-2010

PURPOSE AND OBJECTIVES

PURPOSE:

The purpose of all activities is to provide students with educational opportunities outside the regular classroom. In all activities, students gain valuable friendships and social experiences. They learn to strive together for common goals as well as learn discipline and commitment.

Sutton Public School takes great pride in its school sponsored activities. All coaches and athletes are expected to adhere to strict policies regarding their conduct. First, they are asked to be positive role models and leaders of their team. They should also foster a healthy self-esteem of themselves and encourage school pride. Lastly is the treatment of ALL people involved in activities. Coaches, athletes, and parents must treat everyone (including officials) with respect and dignity. Sutton student/athletes and parents must always remember that involvement in extracurricular activities is a privilege and not a right. Representing the school and community in the best light possible should always be a goal of each Sutton student/athlete.

All students are encouraged and welcome to try out for and participate in any of the extra-curricular activities available as they are integral parts of school life, and are proven to foster academic success also.

OBJECTIVES:

1. To focus on Fundamentals
2. To provide natural outlets for students desiring to participate on teams/ activities in competition with other schools.
3. To assist in the development of strength, endurance, and vitality.
4. To teach good sportsmanship.
5. To develop ideals of self-sacrifice and discipline.
6. To further develop the health of each individual so he/she will be a contributing member of his/her society.
7. To help develop skills that have carry-over value in terms of worthy use of leisure time.
8. To create an atmosphere of unity; to foster a school spirit growing out of the school's activities endeavor; a spirit which will make the educative process more effective.
9. Enjoy athletics/activities -- practice/participation should not be made a drudgery. Not all students will share equal playing time at any level.

EXPECTATIONS OF PARTICIPANTS

Activities can be very demanding on an individual, both mentally and physically. Therefore, a participant is expected to meet certain requirements:

- Maintain a neat, clean, and well-groomed appearance when representing your school.
- Students must abide by the rules set forth by the Sutton Board of Education and coaches are also allowed to have a set of appearance rules in place for their sports as well.
- Participants are expected to be at all practices and work hard at those practices. If you are unable to attend a practice, advanced notice is preferred except in cases where you are not in attendance during the school day.
- Student-athletes should maintain an adequate and regular amount of sleep. A general guideline is 8 hours a night, but more than that is often necessary. This does not mean students are allowed to sleep in the day of or after a contest.
- Sutton Public School does not approve of or allow any form of hazing to take place in activities. This includes hazing new players, student managers, etc. Hazing can be as simple as making 1 player carry your bag or making a student manager do meaningless tasks at the amusement of the athletes.
- Steroids or other performance-enhancing drugs are strongly discouraged and not recommended by coaches or administration of Sutton Public School. Not only could there be legal ramifications, but the health and well-being of your own body could be seriously hindered from these often-times unproven drugs.
- All participants are expected to achieve at their highest potential in the area of academics first, followed by athletics. Do not let a lack of work or desire in the classroom plays a role in your ability to suit up or compete in games or events. Keeping your grades up shows a sense of responsibility and will allow you to enjoy your extra-curricular activities on a regular basis.

FEES / DISCIPLINE / ACADEMICS / ATTENDANCE POLICIES

Student Activity Fee

All students in grades 7-12 are required to pay a "Student Activity Fee". The cost is \$50.00 per student for each of the first two students in a family and \$25.00 for a third member of the same family in grades 7-12. The maximum any family will pay is \$125.00 for students 7-12. The "Student Activity Fee" will allow all students in grades 7-12 to participate in any sports and activities as well as attend the majority of contests and events scheduled at Sutton Jr/Sr High School.

Student Financial Obligations

All students are to take care of any outstanding bills which exist during the current school year prior to checking **out of** school. Failure to do so will result in the students grades/transcripts withheld until all financial obligations are met. If students fail to meet all financial responsibilities prior to the beginning of the next school year, they will not be allowed to compete in any co-curricular activity or contest until said financial responsibilities are met.

Safety

The District's philosophy is also to maintain an activities program which recognizes the importance of the safety of the participants. To ensure safety, participants are required to become fully familiar with the dangers and safety measures established for the activity in which they participate, to adhere to all safety instructions for the activity in which they participate, and to exercise common sense.

Warning for Participants and Parents

The purpose of this warning is to bring your attention to the existence of potential dangers associated with athletic injuries. Participation in any intramural or athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains and muscle strains to more serious injuries to the body's bones, joints, ligaments, tendons, or muscles, to catastrophic injuries to the head, neck and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis or death. Even with appropriate coaching, appropriate safety instruction, appropriate protective equipment and strict observance of the rules, injuries are still a possibility.

Grounds for Extracurricular Discipline

The grounds for suspension from practices, participation in interscholastic competition, or other participation in extra-curricular activities and competitions are set forth below. In becoming familiar with the conduct rules for extracurricular activities, participants need to remember that they are not only representing themselves, but also, their school and community in all of their actions. Special conduct rules exist for the reasons that:

Participants in Activities Assume Responsibility for Leadership and are Representatives of Our School: Participants in extra-curricular activities assume a leadership role. The student body, the community and other communities judge our school on the students conduct and attitudes, and how they contribute to our school spirit and community image. The students' performance and devotion to high ideals make their school and community proud.

Activities are a Privilege: Extra-curricular activities have an important place in the educational program of the Sutton Public Schools. It is a privilege for the students who choose to participate. Students who participate and are accepted into the program are expected to demonstrate cooperation, patience, pride, character, self respect, self-

discipline, teamwork, sportsmanship, and respect for authority. It is the belief that accepting responsibility for one's actions is a part of that philosophy.

These "Code of Conduct" rules apply to conduct of the student, regardless of whether the conduct occurs on and off school grounds. (If the conduct occurs on school grounds, at a school function or event, or in a school vehicle, the student may also be subject to further discipline under the general student code of conduct). The conduct rules apply to conduct which occurs at any time during the school year, and also includes the time frame which begins with the official starting day of the fall sport season established by the NSAA and extends to the last day of the spring sport season established by the NSAA, whether or not the student is a participant in an activity at the time of such conduct.

1. Willfully disobeying any reasonable written or oral request of a school staff member, or the voicing of disrespect to those in authority.
2. Use of violence, force, coercion, threat, intimidation, or similar conduct in a manner that constitutes a substantial interference with school purposes.
3. Sexual assault or attempting to sexually assault any person.
4. Willfully causing or attempting to cause substantial damage to property, stealing or attempting to steal property of substantial value, or repeated damage or theft involving property.
5. Causing or attempting to cause personal injury to a school employee, to a school volunteer, to any student, or to any other person.
6. Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from such student.
7. Knowingly possessing, handling, or transmitting any object or material that is ordinarily or generally considered a weapon.
8. Engaging in the selling, using, possessing or dispensing of alcoholic beverages, tobacco, narcotics, drugs, steroids, controlled substance, inhalant or being under the influence of any of the above; or possession of drug paraphernalia. (Note: The term "under for school purposes has a less strict meaning than it does under criminal law. For school purposes, the term means any level of impairment and includes even the odor of alcohol on the breath or person of a student. Also, it includes being impaired by reason of the abuse of any material used as a stimulant. In addition, "possession" of alcohol or drugs will be considered to have occurred for purposes of school rules if the student is in such close proximity to alcohol or drug (for example, a student being in a car where alcohol is in the back seat and no adults are present in the car) or to others who are consuming alcohol or drugs (for example, being at a student party at which other students are drinking) that school officials may reasonably determine that the student was in "possession" of the items as well).
9. Engaging in the selling, using, possessing, or dispensing of an imitation controlled substance as defined in section 28-401, of the Nebraska statutes, or material

- represented to be alcoholic beverages, narcotics, drugs, steroids, controlled substance or inhalant.
10. Truancy or failure to attend assigned classes or assigned activities.
 11. Tardiness to school, assigned classes or assigned activities.
 12. The use of language, written or oral, or conduct, including gestures, which is profane or abusive to students or staff members. Profane or abusive language or conduct includes, but is not limited to, that which is commonly understood and intended to be derogatory toward a group or individual based upon race, gender, national origin, or religion.
 13. Public indecency.
 14. Repeated violation of any of the rules adopted by the school district or the school.
 15. Engaging in any unlawful activity as determined by the United States or the State of Nebraska.
 16. Dressing in a manner wherein such dress is dangerous to the student's health and safety or to the health and safety of others or is distracting or indecent to the extent that it interferes with the learning and educational process.
 17. Willfully violating the behavioral expectations for those students riding Sutton Public School buses.
 18. The knowing and intentional possession, use, or transmission of a firearm or other dangerous weapon in a place where such items are prohibited.
 19. The knowing and intentional use of force in causing, or attempting to cause, personal injury to a school employee, school volunteer, or student, except if caused by accident, self-defense, or on the reasonable belief that the force used was necessary to protect some other person and the extent of force used was reasonably believed to be necessary.
 20. Failure to report for the activity at the beginning of each season; reporting for one activity may count as reporting on time if there is a change in activity within the season approved by the coach or the supervisor.
 21. Failure to participate in regularly scheduled classes on the day of an athletic/activity event.
 22. Failure to attend all scheduled practices and meetings. If circumstances arise to prevent the participant's attendance, the validity of the reason will be determined by the coach. Every reasonable effort should be made to notify the coach or supervisor prior to all missed practices or meetings.
 23. All other reasonable rules or regulations adopted by the coach or supervisor of an extra-curricular activity shall be followed, provided that participants shall be advised by the coach or supervisor of such rules and regulations by written handouts or posting on bulletin boards prior to the violation of the rule or regulation.
 24. Failure to comply with any rule established by the Nebraska School Activities Association, including, but not limited to, the rules relating to eligibility.

Drug/alcohol and conduct violations:

Activities at Sutton Jr/Sr High are defined as “any organized school function, involving students at which public attendance is encouraged, which involves competition with other schools, which involves students as representatives of the school, or for which the school assumes a sponsor’s role.”

Activities at Sutton, include but are not necessarily limited to, athletics, music, speech and drama, student council, National Honor Society, and organizations such as FFA, FCCLA. Activities also include school-sponsored events such as social gatherings, dances, banquets, and ceremonies for the purposes of the policy. Graduation ceremony is excluded from this policy as it is a Board of Education activity if the offense occurs off of school property. A student can be withheld from Graduation ceremony if an inappropriate act as defined in the handbook or an offense as stated below occurs on school property.

For purposes of the Sutton Activity Eligibility policy, a violation of rules 2 and 3 as stated below shall be deemed to have occurred if the school receives a report from a law official that the student was illegally involved with the purchase, consumption, possession, or sale of alcohol, tobacco, steroids, or a controlled substance. The school’s enforcement of this policy shall not be hindered nor in any way affected by any plea agreement or diversion in lieu of formal charges instituted by the County/District Attorney having jurisdiction over any such case. The school’s enforcement of this policy is contained within the school year – August (start of Fall Practices) to May (Dismissal Date).

In addition, the Board of Education has adopted the following:

In order to be eligible to participate in activities at Sutton a student shall not:

1. Be charged(cited) with and/or arrested for the violation of the law other than a traffic violation.
2. Be charged(cited) with and/or arrested for using, dispensing, being under the influence of or possessing alcohol or tobacco.
3. Be charged(cited) with and/or arrested for using, dispensing, being under the influence or possessing any controlled substance.
4. Repeated violation of any of the areas of prohibited student conduct (see Down/Discipline list and Student/Activity Code of Conduct).
5. A teacher or other school personnel witnesses a student using, dispensing, being under the influence of or possessing alcohol or tobacco and reports the violation to the Principal verbally and in a signed written statement of the observation.
6. Violate any other reasonable rules or regulations adopted by a coach or sponsor of a co-curricular activity provided that participants shall be notified of such rules and regulations by written handouts or posting on bulletin boards.

First Offense: Be suspended from 6 consecutive school activities from the date of completion of the investigation of the offense. Penalties imposed for the first violation include events in all activities in which the student participates. (i.e. a penalty barring participation in six activities might include two football games, one marching band contest, one school dance, one vocal performance, and one basketball game.) In cases where the student self-reports the incident to the coach, sponsor, or principal within 2 school days, the activity suspension shall be mitigated to 4 consecutive school activities. Furthermore, a student can reduce the activity suspension to 1 school activities if a student enrolls in an alcohol education or counseling program (certified drug and alcohol counselor) approved by the Principal. The Principal shall re-impose the penalty requiring a student not to participate in 4 or 6 events when he/she receives notice from the counseling agency that a student has not completed the aforementioned counseling program in a specified period of time. All counseling program expenses shall be paid by the student.

Second Offense: Be dismissed from all team(s) and participation from school activities for the remainder of the school year.

Procedures for Extracurricular Discipline

Students may be suspended by the Principal or the Principal's designee from practices or participation in interscholastic competition or participation in extra-curricular activities for violation of rules and standards of behavior adopted by the Sutton Board of Education or the administrative staff of the school.

The following procedures will be followed with regard to suspension:

1. The school official(s) considering the suspension will make a reasonable investigation of the facts and circumstances and determine whether the suspension will help the student or other students, further school purposes, or prevent an interference with school purpose.
2. Prior to commencement of the suspension, the student is to be given oral or written notice of the charges against the student. The student will be advised of what the student is accused of having done, an explanation of the evidence the school has, and be given the opportunity to explain the student's version of the facts.

If the student is not readily available to meet with the school official for this purpose before the suspension is to begin, then the suspension may be imposed at that time so long as the opportunity for the student to hear the charges and evidence and for the student to tell his or her side of the story occurs as soon as reasonably practicable. An effort to schedule a meeting for this purpose should

be made by the student and the student's parent or guardian as well. Given the fact that extracurricular activity suspension actions at times need to be taken outside the regular school day, a telephone conference may be used to give the student the opportunity to provide the student's position.

4. Within two school days or such additional time as is reasonably necessary following the suspension, the Principal or Principal's designee will send a written statement to the student and the student's parents, or guardian describing the student's conduct, misconduct or violation of the rule or standard and the reason for the action taken and the right to a hearing upon request on the specified charges.
5. An opportunity will be afforded the student, parents, or guardian of the student, at their request, to confer on an informal basis with regard with the school official who has imposed the suspension and to give that school official any further information in the student's defense.
6. If the student or student's parents or guardian are not satisfied with the determination of the school official, an informal hearing may be requested before the Superintendent. A form to request such a hearing must be signed by the parent or guardian will either be provided with the initial notice letter or be made available in the Principal's office. This request must be received by the building principal within five days of receiving the initial written notice of suspension.
7. If a hearing is requested, it shall be held within ten calendar days of the request. The Superintendent will notify the participants of the time and place of the hearing within five days of receiving the request. There will be no stay of the penalty imposed pending an appeal.
8. Upon conclusion of the hearing, a written decision will be rendered within five school days. The written decision will be mailed or otherwise delivered to the participant, parents or guardian. A record of the hearing (copies of documents provided at the hearing and a tape recording or other recordation of the hearing itself) shall be kept by the school.
9. Nothing contained in this regulation shall prevent the participant, parents, guardian or representative from discussing and settling the matter with the appropriate school personnel at any stage.

Attendance and Academics:

Student participants are expected to apply themselves academically by following these expectations:

1. Attend school regularly and show evidence of sincere effort towards scholastic achievement.
2. Be on time for all scheduled practices, contests and departure for contests. In the event a participant is unable to attend a practice or contests he/she should contact the coach or sponsor in advance.
3. Attendance, for half-day, the day of a contest is required to be eligible for the contest that day. Arrangements in advance for extenuating circumstances, such as doctor/dentist appointments, funerals or other activities, can be made with the building Principal in writing. Every attempt should be made to be in attendance the day of a contest. Sleeping in to rest up for the game will not be considered an extenuating circumstance. Attendance at school is required to practice or participate in a scheduled extra-curricular activity.

In order to be eligible for an activity, athletic event, practice, or rehearsal, a student must be in school one-half day (8:15-12:00PM or 12:00-3:32PM). Students absent for more than one-half day will be ineligible for the activity, athletic event, practice, or rehearsal that day.

There may be cases where an absence, not due to illness, is unavoidable and an exception might be made. **SUCH ABSENCES MUST BE PRE-APPROVED PRIOR TO THE ABSENCE BY THE ADMINISTRATION.**

The rule is not intended to have ill students in school. If a student chooses to attend while obviously ill, the school nurse will examine the student and recommend whether to send the student home or not.

Any unforeseen circumstances regarding this rule will be reviewed by the administrative team and their findings will be final. The Administration has the final word on the student's practice and playing status in all situations.

4. Appearance: Participants will dress appropriately for the activity in which they are involved and will at all times maintain a neat, clean and well groomed appearance.

"Team selection" and "playing time" decisions are the responsibility of the individual coach or sponsor of the activity. Consistent, however, with the purposes of the activities program, the coaches and sponsors shall follow the following established guidelines for team selection and playing time decisions, along with such other guidelines as each

individual coach and sponsor may develop which are not inconsistent with these established guidelines:

1. School Representative. Student participants must demonstrate that they can and will represent themselves and their school in a manner which reflects the development of high ideals and appropriate values, which shall include good citizenship in the school and in the community.
2. Success. Student participants must demonstrate that they can make the activity program more successful, both from a standpoint of competitive success and success in promoting a positive school spirit. Characteristics for purposes of these criteria include the student's: (1) talent or skill, (2) desire to improve the student's own skills or talents as well as those of others in the activity, and (3) attitude of respect towards teammates, the coach, the school, and the community.

Participation in extra-curricular school activities is encouraged and desirable for all students. At the same time, the principal mission and responsibility for each student is to establish a firm academic foundation. A student participating in extra-curricular school activities must therefore:

* Pass 20 credit hours the semester prior to participating in an NSAA sanctioned sport.

Eligibility Policy/Discipline List

A student must be passing 6 out of 7 or 7 out of 8 classes at the high school level in order to be eligible for participation/attendance in extra-curricular activities at Sutton High School. A student's eligibility will be checked every week.

Each Monday, teachers will submit to the principal's office by noon (12PM) a report of students who are down or failing as well as any students that have committed discipline violations. Each Tuesday, staff will be provided with a list generated from these reports. Any student whose name appears on this down list with failing grades or with past-due work not completed in two or more classes for two continuous weeks will be ineligible for participation/attendance in activities and athletics until the grade is passing or the teachers concerned are convinced that the student is working to the best of his/her ability. (ex. A student fails (grade average below 70% or has past-due work) two classes during the week of September 2-6, that student will be placed on probation for the week of September 9-13. If the same student is still failing any 2 classes at the end of the second week (Sept. 9-13), he/she will be academically ineligible and will continue to be ineligible until no more than one class is being failed or work is completed.)

During the time of ineligibility, the student will still be required to practice for contests, competitions, concerts, etc. Eligibility will be cumulative in nature. Student eligibility will begin the first week of each semester and continue throughout the final week of each semester.

Discipline List

Any student whose name appears on the discipline list for two consecutive weeks will be ineligible for activities and athletics for the following week (3rd week), Tuesday through Monday; or whose name appears on that list more than four times within a quarter will be ineligible for the remainder of that quarter or the next consecutive four weeks, whichever is longer.

Any student whose name appears on the weekly eligibility/discipline list will be excluded from leaving study hall for any privilege (library/computer, to help with a track meet, etc.) and food/drink during 1st period class.

GENERAL TRAINING AND PARTICIPATION RULES

Each student who expects to participate in athletics shall present a physician's certification stating that he/she is physically fit to participate prior to competing in conditioning, practice, or competition. These physicals must have both a doctor and student signature to be valid and also be for the present school year.

If an athlete is under medical advice not to participate, he/she will not be allowed to do so regardless of feelings of the athlete's parents or coaches. Upon returning to practice he/she must have a written doctor's report to that effect.

Each student must have a parental permit slip signed prior to competing in conditioning, practice, or competition.

It is recommended that each athlete/student be covered by accident insurance. The school will make available a group policy at a nominal fee for all athletes/students. The school does not carry health/accident insurance on students.

Jr. High practices shall be completed by 5:30 PM. No Junior High practices are allowed on Wednesdays, whether before or after school.

TEAM SELECTION

The head coach and the assistants for that particular activity will conduct team selection and placement. Athletes do need to be aware that a no-cut policy does not mean they are guaranteed a uniform at the varsity level, including seniors. Suiting up for games must be earned and will be up to the discretion of the coaching staff. Make

sure beforehand that all athletes are aware of the selection procedure that will be used in determining who gets to suit up. The only exception to this is the junior high program, which all participants are allowed to suit up and play.

GAME DAY ATTENDANCE / ATTIRE

Dress of team members and coaches on game days to and from events should be clean, neat, and in good taste. If the team has team travel jerseys, all participants should wear them and represent their school in a very sportsmanlike manner.

PRACTICE TIMES AND PROCEDURES

Practice times will be set up by the individual coach. All athletes are expected to be on the field or court at the time designated by the coach. If an athlete cannot be at practice, he/she must contact the coach before practice begins.

- When practice is able to start by 4:00, practice must be over and athletes gone from the premises by 6:30.
- When high school practice starts at 5:00 after junior high practice, high school practice must be over and athletes gone from the premises by 7:30 PM.
- Practices held when school is not in session must be approved in advance by the administration. ALL DOORS MUST BE LOCKED, LIGHTS OFF, COACHES LEAVE LAST.
- Sunday practices are only allowed when there is a varsity contest on Monday or when an athletic team is involved in a Monday district play-off. Sunday practices must be approved in advance by the administration.
- All Wednesday practices must be completed and athletes gone from the premises by 6:30 PM
- All Saturday practices must be completed and athletes gone from the premises by 10:30 AM.

TRANSPORTATION

School transportation will be provided to all contests or practices away from Sutton Public School. Students are expected to ride to and from contests with the team. In no case may an athlete drive his/her own car. An athlete may ride home from a contest with a parent by a written personal request from the parent to the coach in charge or the AD before leaving. The coach must witness the athlete leaving with his/her parent from the contest.

When traveling by bus, students should remember the following:

- Always be on time for departure. The bus is not required to wait.
- No loud or boisterous behavior allowed.
- All passengers must remain seated and keep arms/objects inside the vehicle at all times.
- Be silent at all railroad crossings.
- No obscene gestures, throwing, spitting, or poor sportsmanship of any kind
- Food or drink is allowed at the discretion of coaches/sponsors/or drivers
- Students should keep hands/feet to themselves at all times

In cases where fewer vehicles could be used on away games, the AD may limit the number of student managers/statisticians.

USE OF WEIGHT ROOM FACILITY

There is a new weight room and every effort should be made by coaches and athletes to keep it looking new.

- * All athletes using the weight room must be supervised by a SPS certified staff member at all times
- * The weights must be re-stacked before leaving.
- * Only bottled water will be allowed to be brought into the weight room, NO FOOD OR SPORTS DRINKS ALLOWED.
- * Athletes must wear school-appropriate clothing when lifting and shirts must remain on.
- * THERE WILL BE ABSOLUTELY NO EXCEPTIONS TO THESE RULES

LETTERING REQUIREMENTS

FOOTBALL: Must play in half the quarters and successfully complete the season. The coach may recommend granting a letter in case of injury or other extenuating circumstance.

BASKETBALL: Must play in an average of 1 quarter per varsity game and successfully complete the season. The coach may recommend granting a letter in case of injury or other extenuating circumstance

WRESTLING: Must acquire a total of 35 points during the course of the season and successfully complete the season. The coach may recommend granting a letter in case of injury or other extenuating circumstance

VOLLEYBALL: Must play in half of the varsity games and successfully complete the season. The coach may recommend granting a letter in case of injury or other extenuating circumstance.

TRACK: Must average 1 point per meet toward team score or place in the District Meet. Must also successfully complete the season but coach may grant letter in case of injury or other circumstance.

UNIFORMS / JERSEY WARM-UPS

Team uniforms/jerseys and warm-ups are to be worn only by the athlete it was issued to. The only exception to this is when the opposite color jersey wishes to be worn by another student to show school spirit at the competition. Uniforms/jerseys/warm-ups are NOT to be worn on any day other than game days.

INJURIES

In the event that an athlete becomes injured, the coach will administer emergency first aid as needed. The parents or guardians will be notified as soon as possible so they may transport the athlete for medical attention, or notified that the rescue squad was called to transport the athlete if a serious injury has occurred. Every coach should be aware of each athlete's necessary medical information.

If an athlete is under medical advice not to participate, he/she will not be allowed to do so regardless of feelings of the athlete's parents or coaches. Upon returning to practice, he/she must have a written doctor's report to that effect.

OFF-SEASON PROGRAMS

All coaches should encourage athletes to participate in sports that are in season. All off-season practices/programs must be properly supervised at all times and abide by any and all NSAA rules and regulations.

Athletes should only attend off-season programs if they do not interfere with the current in-season sport/activity or if the athlete has no desire to compete in the current in-season sport/activity.

CHANGING SPORTS

No individual will be allowed to change sports during a season unless they do so within 10 days after the season starts. EXCEPTION: If both coaches involved meet with the AD and agree that changing sports is for the benefit of the student involved.

NSAA MORATORIUM

The NSAA has adopted a 5 day moratorium in December. During these 5 days, the following rules are to be followed by all levels of activities:

- All high school facilities will be locked down and no athletes will be allowed in for any reasons, including watching film, shooting around, or conditioning.
- There shall be no attempt, on or off school premises, by any member of the coaching staff or a volunteer/parent to hold a competition or practice involving any age-level of athlete.

REPRESENTING YOUR SCHOOL

With more and more unacceptable behavior being shown at sporting events around the nation, Sutton Public School would like to list the following examples as to what could be deemed as acceptable or unacceptable behavior while at sporting events. Parents, athletes, and spectators are asked to use common sense when attending a sporting event at the school and to respect the opponent as well as their own athletes and coaching staff. Students and parents should understand that their participation or attendance at a contest or event is a privilege and not a right. Wearing a uniform or buying a ticket is not a release to act inappropriately, those doing so will be asked to leave.

Some things that can be done to help boost team spirit:

- Applaud the introduction of players, coaches, and officials for both teams
- Accept the decisions of the officials (no matter how hard you have to bite your lip!)
- Start a cheer or chant that is in good taste or join in when someone tries to get one started
- Showing good sportsmanship to the players by shaking their hand when they foul out or at the end of the game
- Show concern for an injured player regardless of the team
- Clap and sing along with the school song

Below are actions that depict poor sportsmanship and will not be tolerated at Sutton Public School:

- Yelling or stomping during a free throw, serve, field goal, etc.
- Derogatory cheers, chants, songs, or gestures
- Booing or verbal assault of an official, athlete, coach, or fan
- Yells that antagonize the opponent
- Refusing to shake hands with an opponent or official
- Taunting, profanity, or actions made to bring attention to yourself and away from the team.

Definitions:

- Athlete: An individual who strives to compete at his/her highest level to bring about the best possible results for the team in a positive manner.
- Fan: An individual who attends an event to show SUPPORT and CHEER for the athletes. A fan always looks to applaud the good play.
- Unacceptable: An individual who casts a dark light on what the athletes and fans are trying to achieve. Always focused on the negative things and finds it tougher to find people willing to sit by he/she as the season goes on.

PLEASE BE AN ATHLETE OR FAN!!!!!!!

PARENT / PLAYER / COACH RELATIONSHIP

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child.

Players need to adhere to the policies and instruction given by their coach in order to be successful. Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede the progress of the athlete and affect his/her playing time or hinder the success of the team as a unit.

In your role as a parent, you obviously love and are concerned about your child's welfare. You want the best for him/her but a teen-age athlete can only have 1 coach and the school-hired coach has the ultimate say. DO NOT approach a coach immediately before or after a contest and refrain from trying to coach from the stands. These kinds of actions not only irritate the coach but they may also have a negative impact on your child as well.

The Athletic Chain of Command at Sutton Public School is as follows:

Athletic Director
Head Coach
Assistant Coach
Players
Parents

Coaches are instructed to have an open door when it comes to talking with their players and maintain professional conduct with their communication. If an athlete feels the need to discuss an issue, they should first go to the Assistant Coach unless the Head Coach has instructed his/her players to come and talk to them directly. At NO TIME should a parent talk directly to the Head Coach about any topics related to their child's playing time or opinions about a coaching philosophy.

If you as a parent feel something is wrong, talk with your son/daughter first. If you both agree that you should meet with the coaches, both parent and athlete should meet with the assistant coach together. If the problem is still unresolved, a meeting with the head coach should be made; and if further assistance is needed, the AD will then intervene.

Remember, coaches start the day as teachers before 8AM. They put in a full day with hundreds of teenagers and then try their best as a coach to get those teenagers to perform at their highest level the night of a contest. Many of these teachers/coaches then go home and become a husband/wife or mom/dad for the limited time they have left in the day. Students are also exhausted at the end of a day from a full day of studies and practice so please be respectful of everyone and the work they are trying to do.