

Athletic Goal and Objectives

Our Goal: The student athlete shall become a more effective citizen in a democratic society.

Our Specific Objectives: The student athlete is a student first and must take great care in completing his or her studies while competing in extracurricular activities. They are also to learn teamwork. To work with others in a democratic society a person must develop self-discipline, respect for authority and the spirit of hard work and sacrifice. Also we want the athlete to place the team and objectives higher than personal goals and desires.

1. To Be Successful – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
2. Sportsmanship – To accept success and defeat like a true sportsman, knowing we have done our best. We must learn to treat others, as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, dependability, become trust-worthy, and have the ability to accept decisions made by faculty sponsor that we may not like.
3. To Improve – Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and in those characteristics set forth as being desirable.
4. Enjoy Athletics – It is necessary for us to acknowledge all of the personal rewards we derive from athletics and to give sufficiently of ourselves in order to preserve and improve the program.
5. To Develop Desirable Personal Health Habits – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop a desire to maintain this level of physical fitness after formal competition has been completed.

CHAIN OF COMMAND

Within our Athletic Program, the following chain of command has been established. Except under extraordinary circumstances, individuals must not “skip” a step in the chain. The chain starts with Players/Parents and proceeds through the linear structure. Following these steps will assure that the people who should be dealing with them can deal with all problems in a timely manner. Hopefully, this simple, linear structure will serve for all necessary communications.

BOARD OF EDUCATION

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SUPERINTENDENT

|

PRINCIPAL

|

ATHLETIC DIRECTOR

|

HEAD COACH

|

ASSISTANT COACH

|

PLAYERS/PARENTS

RESPONSIBILITIES OF THE IPSWICH HIGH SCHOOL ATHLETE

Being a member of an Ipswich athletic team is the fulfillment of an early ambition of many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built over-night, it takes hard work of many people over many years. As a member of an interscholastic squad at Ipswich High School, you have inherited a wonderful tradition, a tradition you are challenged and expected to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our and our community. Such tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of conference and tournament championships. Many individuals have set records and won All-State, All-Conference and some National honors.

It will not be easy to contribute to such a great athletic tradition. To compete for your school may mean that you will have to say "NO" to pleasures that an athlete can't afford. When you wear the "Orange and Black", we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

Responsibilities To You – The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your studies, your participation in other extra-curricular activities as well as in sports, prepare you for your life as an adult.

Responsibilities To Your School – Another responsibility you assume as a squad member is to your school. Ipswich can't maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participation in athletics to the maximum of you ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad. All of the student body and citizens of the community know you. You are on the stage with a spotlight on you. The student body, the community and other communities judge your school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to your school spirit and community pride. Make Ipswich proud of your school by your faithful exemplification of these ideals.

Responsibilities to Others – As a squad member, you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday and that you have played the game "all out" you can keep your self-respect and your family can be justly proud of you.

REQUIREMENTS FOR PARTICIPATION

As an athlete you are not eligible to participate in any sport until the following items have been completed.

1. Parental permission form is on file with the Athletic Director
2. Physical examination form is on file with the Athletic Director
3. Insurance forms returned to the Athletic Director whether or not the insurance is desired.
4. All scholastic eligibility requirements have been satisfied. (See Student Handbook)

CONDUCT OF AN ATHLETE

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

On The Field – In the area of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is part of the game and that you should be gracious in defeat and modest in victory.

In the Classroom – In the academic area, a good athlete becomes a good student first. If you are lazy in class, you will probably be lazy on the practice field or floor and will never reach your full potential. As an athlete, you must plan your schedule so that you give sufficient time and energy to your studies to insure acceptable grades.

In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for fellow students and faculty members.

A healthy athlete should have a good attendance record. Never cut class or school.

**Remember that the younger students at Ipswich are always watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them in the classroom and out. **

GROOMING AND DRESS POLICY

In order to further good sportsmanship, maintain good health habits, good performance, respect for rules and authority; establish leadership, team pride and discipline; eliminate disruptive influences, disturbances in the locker rooms, on the practice fields and gymnasiums, or trips; the following grooming and dress rules will be adhered to by ALL teams members.

1. Hair shall be kept out of the eyes at all times for player safety.
2. Uniforms, issued by the Athletic Department, will be permitted to be worn for contests only.
3. An athlete shall dress presentably while on trips, as per coach's request.

TRAINING RULES AND REGULATIONS

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules, which include restrictions on tobacco, alcohol and type of mood modifying substances that produces harmful effects on the body.

The coaches of the Ipswich school, concerned with the health habits of the student athletes of this community, are convinced that athletics and the use of those substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use these substances is and should be greatly reduced.

Students have to decide if they want to be athletes. If they do wish to be an athlete, “ they have to sacrifice” in order to be a competitor. A big part of this price is following a simple set of training rules, which the Department of Athletics at Ipswich High School believes to be fair and just.

Use of Tobacco – research emphasizes that use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young athletes and any deviation from accepted training rules marks one as unwilling to “sacrifice.” If one squad member breaks the rules, the whole team is branded as non-training athletes.

No Alcoholic Beverages – There is no way to justify athletes using alcoholic beverages, even though social pressure may be hard to resist. The people who would like to draw athletes into their drinking sessions will be the first to criticize the athlete if he or she done not “come through” in a game. Also it is against the law.

Drugs – Simply stated, drug abuse is the consumption of any chemical substance or the smoking of some plant derivatives for the purpose of mood modification. The use or misuse of drugs is a social problem. Students with a strong sense of purpose have no need for mood modifiers. And state law dictates that a student loses his/her eligibility for one year if convicted.

Hours – A coach may set reasonable curfew for the student-athletes in a given sport. The hours are to be on file with the Athletic Director. A suggestion from the Athletic Department is 11:30 p.m. on week nights and nights before games, with 1:00 a.m. curfew on the weekends. Coaches may randomly call athletes to check to see if the curfew is being followed.

Attendance – An athlete shall not participate in athletics on a day he or she has been absent from any class without just reason or administration approval. If an athlete is too ill to attend class, at least the last three periods of the day, he or she is too ill to participate in athletics that day. Like wise if an athlete is healthy enough to play in a contest then it is reasonable to expect them to be healthy enough to come to school on time the next day. This would also apply to practices.

Examples of excuses that could be approved by the administration would include, (this is not an inclusive list):

1. Doctors appointments
2. Extenuating circumstances beyond the control of the student
3. Funerals
4. College visits.

Examples of excuses that would NOT be approved by the administration would include, (this is not an inclusive list):

1. Illness
2. Resting to get ready for the game
3. Hair appointments

An athlete must work to his or her academic potential in his or her academic subjects. They must also display good school citizenship at all times. Disciplinary action taken by the principal’s office may be supplemented by additional disciplinary action by the Athletic Department.

Violations – In the event an athlete fails to comply with these necessary standards, it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the interscholastic program. Therefore, the athlete will be denied the privilege of participating until such time as he/she can prove this desire according to the Activity Code of Conduct at Ipswich School.

EXTRA-CURRICULAR CODE OF CONDUCT

The Ipswich School believes that it is important that our athletes understand the importance of yearlong abstinence from alcohol, drugs and tobacco products. We believe that student athletes have a responsibility to refrain from these substances during the course of the entire year because of the high expectations of performance we ask from our athletes. The community believes that student/athletes that represent our school do so throughout the year, not just during the season of play.

Self-Report – Any student that self reports a violation will have their penalty reduced by one half (1/2). An admission of guilt is considered a self-report if the student initiates the reporting of the incident and if the incident is reported to the Activities Director or Principal within 24 hours.

First Offense: If a student is under the influence of, or in possession of tobacco, or an alcoholic beverage, or an intoxicant of any kind, throughout the entire year, the following rules will be enforced.

	Penalty	Self-Report Penalty
Football	two (2) varsity dates	one (1) varsity date
Girls and Boys Basketball	four (4) varsity dates	two (2) varsity dates
Cross Country	two (2) varsity dates	one (1) varsity date
Wrestling	two (2) varsity dates	one (1) varsity date
Volleyball	four (4) varsity dates	two (2) varsity dates
Golf	two (2) varsity dates	one (1) varsity date
Track	two (2) varsity dates	one (1) varsity date
Cheerleading	Same as the sport	Same as the sport

The student will not compete in any contest covered during this time frame. Students are required to attend and participate in all practices. The student will be expected to travel with and attend extra-curricular activities at the discretion of the coach and activities director.

If the student-athlete uses/possesses an intoxicant during the year while they are not participating in a sport the penalty will carry-over into the next sports season. This might mean a carryover to the next school year. The athletic director will determine the minimum penalty if the penalty cannot be served in any one sport season. Example, if caught during football season and there is only one football game remaining the student-athlete will miss two basketball games also.

The superintendent has the final say on all matters of punishment and determination of guilt. Parents will be notified verbally and via mail service. The student/athlete will not letter in that sport if he/she does not finish the season in good standing.

Second Offense: The student-athlete is finished with all athletic contests for the remainder of the year. Parents will be notified verbally and via mail service. The student/athlete will not letter in the sport he/she is participating in at the time of the second offense.

It is important to note that there are not times during the year when using alcohol, tobacco, and illegal drugs are tolerated. Student admission, reports by staff members, parents of the student/athlete, and law enforcement are acceptable sources of information on infractions. The athletic director, principal and coaches will investigate infractions reported by people in the community and other students.

A violation for possessing, using or distributing illegal drugs (SDCL 13-32-9) imposes a 1-year suspension, or 60-school day suspension after the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. If the School District receives a report of suspicion for a student, he/she will be suspended immediately until the issue is resolved.

CO-CURRICULAR CODE OF CONDUCT

Co-curricular activities are those activities that are designed to give students the opportunity to experience learning situations not offered by the regular curriculum. Co-curricular activities offered by the Ipswich School include, but are not limited to:

Band	School Play	Field Trips
Vocal	Newspaper	National Honor Society
Prom	Student Council	Academic Contests
Annual Staff	Quiz Bowl	Homecoming Activities
Oral Interp		

Middle school and high school co-curricular activities are completely voluntary. No student is obligated to take part in school activities. Participation is not required for advancement or graduation. To prevent adverse public reaction, dissension on teams, and to promote the general welfare of teams and participants, the following rules will be imposed.

If a student is found to be under the influence of, or in possession of tobacco, or an alcoholic beverage, or an intoxicant of any kind, throughout the year, the following rules will be enforced.

Self-Report: Any student that self reports a violation will have their penalty reduced by one half (1/2). An admission of guilt is considered a self-report if the student initiates the reporting of the incident and if the incident is reported to the Activities Director or Principal within 24 hours.

First Offense: The student will not compete or perform in any co-curricular activity for 20 school days. If a student "self-reports" the incident as defined above, the suspension from co-curricular activities will be reduced to 10 school days. Students shall be required to attend and participate in all practices. The student will not be allowed to travel with or attend co-curricular activities with the organization. Parents will be notified verbally and via mail service.

Second Offense: The student will not compete or perform in co-curricular activities for the remainder of the year. Parents will be notified verbally and via mail service. The student will not letter in the activity he/she is participating in at the time of the second offense.

A violation for possessing, using or distributing illegal drugs (SDCL 13-32-9) imposes a 1-year suspension, or 60-school day suspension after the person participates in an assessment with a certified chemical dependency counselor or completes an accredited intensive prevention or treatment program. If the School District receives a report of suspicion for a student, he/she will be suspended immediately until the issue is resolved.

Procedures for Suspension of Participants from Extra or Co-Curricular Activities:

In the event it appears there is a violation the following steps shall be taken immediately:

- 1) The student will be advised of the concern.
- 2) The student will be allowed to explain his/her position.
- 3) The parent/guardian of the student will be notified of the alleged violation and provide an opportunity for a parent conference with any of the following personnel present: coach/advisor, activities director, principal and student. This conference may be used to determine the action taken.
- 4) The activities director will notify all parties of the decision rendered.
- 5) Punishment will begin the date the guilty decision is rendered.
- 6) The decision may be appealed to the superintendent.

NOTIFICATION: the Principal will review the student eligibility policy each year at a student assembly the first day of school.

SDHSAA ELIGIBILITY REQUIREMENTS

The following eligibility requirements set by the SDHSAA must be met before any student can participate in the school interscholastic athletic program. Coaches should know these and discuss with all members of their team.

YOU ARE NOT ELIGIBLE IF:

- 1) You have reached your 20th birthday.
- 2) You have attended more than four (4) first semesters and four (4) second semesters of school (any total of eight (8)) in grades nine (9) through 12. Enrollment in school for 15 school days or participation in an inter-school contest shall constitute a semester.
- 3) You are not passing in four (4) academic classes for and during the previous semester. You will remain ineligible for the entire semester.
- 4) You have graduated from a regular four (4) year high school or institution of equivalent rank.
- 5) You have not enrolled by the 16th school day of the current semester. Date of regular entry into classes is considered the date of enrollment.
- 6) You have been absent from school more than ten consecutive school days. (Illness or death in the family accepted).
- 7) You have transferred from one high school to another without a corresponding change in the residence of your parents.
- 8) You do not have on file in the principal's office a signed physical examination and parent/s permit form.
- 9) You have ever participated in an athletic contest under an assumed name.
- 10) You have ever participated in athletics in any institution of learning of high rank than a standard secondary school.
- 11) You have violated your amateur standing. (Accepting monetary awards beyond limitations established by the SDHSAA).
- 12) You are a member of an independent or non-high school team in a sport during the high school season in that same sport.

NOTE: There are exceptions to the above rules. Consult your coach or principal if any questions arise.

IPSWICH ELIGIBILITY REQUIREMENTS

The Ipswich School Board, in support of the Administration, shall regulate all students who represent the Ipswich School by participation in any interscholastic or extracurricular activity sponsored by the Ipswich Public School District #22-6.

To participate in any interscholastic or extra-curricular activity sponsored by the Ipswich Public School District, an individual student must be enrolled in a minimum of six classes. The Administration and Guidance Director will monitor grades for students 6-12 on each Thursday of the school term after the first three (3) weeks of each grading quarter. Ineligibility periods will run Monday to Monday, with no exceptions.

ELIGIBILITY POLICY

- A. Students who receive two failing grades will be declared ineligible until the next grade check. Students who receive a "D" and/or one "F" and have a study hall will have their study hall privileges restricted. Students that have any grades of "F" will lose the privilege of an open noon hour. All students having an "F" on the weekly grade check must check in and out with the lunch room supervisor while their lunch hour is closed.
- B. If, after one week, the student still has more than one failing grade then the student will be declared ineligible until the next grade check.
- C. Both the nine-week and semester grades will be checked. In the event of a failing grade, at either time, the State policy as well as the Ipswich School District #22-6 ineligibility policy will be enforced.
- D. If a night activity is scheduled, the student is eligible if he/she has one failing grade. However, if the student has two failing grades, he/she will not be allowed to ride the bus and/or participate in the scheduled activity.
- E. The grade check will be reviewed weekly in the Guidance Director's or in the Principal's Office.
- F. The Ipswich School Board also recognizes and enforces the twenty (20) hour eligibility rule set forth by the SDHSAA. At each semester break, a student must be passing a minimum of twenty (20) credit hours, or the student is ineligible for the next semester.
- G. A student who participates in any extra-curricular event must be in attendance 6/7th of a scheduled day in order to participate in his/her event. All emergencies will be handled by the Administration.
- H. Any student who has a failing grade in any class will not be allowed to leave school during the day to attend or participate in a school sanctioned activity.

PLEASE READ THE FOLLOWING

The information in this handbook has been approved by the Board of Education of the Ipswich School District. It is intended to provide insight into the organization, goals, and policies of the Athletic Department as well as provide for guidelines for the conduct of the student-athlete.

After you have read the preceding pages, read the following statement, put your signature in the appropriate place, and return it to the Athletic Department. If you have any questions regarding any part of this handbook, please feel free to contact me, Brian Hogie, at my school office 426- 6571 or at my home 228-7948.

WHEREAS we, the undersigned, attest to reading of the ATHLETIC HANDBOOK FOR ATHLETES AND PARENTS and are aware of the various policies outlined in the handbook.

Signature of Parent

Date

Signature of Student-Athlete

Date