

Wahoo Public Schools – Parent/Student Activities Handbook



INTRODUCTION - Wahoo Senior High School is proud of the students and coaches who contribute to make the activities program a positive experience for its participants. Success in activities cannot always be measured by the wins and losses of each program, but must also be measured by the satisfaction and educational experiences received by the participants. The activities program at Wahoo High School provides experiences to help boys and girls physically, mentally and emotionally. The element of competition and winning, though it exists, is controlled to the point that it does not determine the nature of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society. Students are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times to enhance the educational values of contests.

The coaching staff at Wahoo High School believes that participation in activities, both as a player and as a student spectator, is an integral part of the student's educational experiences. Such participation is a privilege that carries with it responsibility to the school, to the team, to the student body, to the community, and to the students themselves. In their participation and in their conduct, they are representing all these groups. Such experiences contribute to the knowledge, skill, and emotional patterns that they possess, thereby making them better people and better citizens.

SPORTS BY SEASONS

<u>SEASON</u>	<u>BOYS</u>	<u>GIRLS</u>
Fall	Cross-Country	Cross-Country
	Football	Volleyball
	Unified Bowling	Softball
		Girls Golf
		Unified Bowling
Winter		Cheer/Dance
	Basketball	Basketball
	Wrestling	Wrestling
		Cheer/Dance
Spring	Boys Golf	Track & Field
	Track & Field	Unified Track & Field
	Baseball	
	Unified Track & Field	
Summer	Strength Training	Strength Training

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WHS ACTIVITIES PHILOSOPHY We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

Wahoo High School and Middle School student activities are considered a supplement to the school's academic program, which strives to provide experiences that will help to develop students physically, mentally, socially, and emotionally.

At parent meetings, Head Coaches will voice the Wahoo Activities Philosophy that we will encourage athletes to be multi-sport participants for Wahoo High School. There will be no mention of Club, off-season, all-star, or select teams that may be available for them to play either during or after their season.

Teachers are encouraged to have students with missing assignments stay after school to complete those assignments. These students will need to have the teacher write a pass for them to take to practice indicating when the teacher released them. ******Students that are failing a class, or multiple classes, may be withheld from practices and competition until that student is no longer failing.**

ATTENDANCE Attendance requirements for all activities have the same basic philosophy. Students may miss practices/contests for one of the following reasons; **Immediate Family, Church or another School Activity (only)**. Missing practices for any other reason would fall into the "unexcused" category. This includes missing practice for another "club" or off-season activity. ****All absences must be communicated to the coach or sponsor.**

ACADEMIC ELIGIBILITY PROCEDURES FOR ACTIVITIES (Grades 7-12) If a student is failing two or more classes for two consecutive weeks that student will be considered ineligible. The first ineligible list will run on the 4th week of the semester in the HS and quarter in the MS. Ineligible students will be unable to participate in competition or performance for 1 full week. ***If the administration, through discussion with the STUDENT and affected teacher(s), determines that the student has not had sufficient opportunity to get off the failing list and/or the student has made acceptable progress related to their Academic Plan, the coach/sponsor may allow the student to participate.*

ACADEMIC REQUIREMENT FOR COLLEGE ATHLETIC PARTICIPATION Please consult the school counselor for the most current information.

ACTIVITIES CODE The Wahoo Public Schools activities program is before the public eye throughout the entire year. The activities program functions on an extracurricular basis therefore student participation is completely voluntary. This code is a MINIMUM of our expectations. Each coach/sponsor has permission to enact a stronger code of conduct for their individual activity.

People judge the school system by the way students who participate in or attend the various activities conduct themselves. It is imperative that quality standards of conduct, dress, grooming and training are established as a part of the activities.

The administration and coaching staff of Wahoo Middle/High School feel that it is very important that our activity participants are portrayed in a positive way, and will work to promote an image that is highly regarded and respected. To produce these ideals, the following guidelines and standards are in effect:

1. Dress: Individual coaches and sponsors may request certain dress on days of events and trips.

2. Grooming: The variations in the physical features of different individuals create a need on the part of the coaches and sponsors to be flexible when evaluating a participant's grooming habits. Essentially, the students should be neat and clean in appearance. Hair should be of such length that it does not create a health or safety problem. In addition, it is left to the coaches and sponsors discretion regarding appropriate hair length for their particular activity season.

3. Training: Participants are to demonstrate acceptable standards of conduct and training at all times. These standards of conduct and training shall be maintained in season as well as throughout the calendar year. Under activities training rules, the standards of conduct prohibit AT ALL TIMES, the possession, procurement, use, or distribution of alcohol, drugs, tobacco (smoking or chewing), look-alike drugs, look-alike tobacco, look-alike alcoholic beverages, behavior-affecting substances and/or drug paraphernalia.

4. Attendance: ****Students MUST** be in attendance at school for one-half (1/2) day in order to participate or attend a practice or event that day. The administration retains the right to grant participation or attendance.

NOTE: Exceptions may be made in the case of previously scheduled professional appointments (medical/dental), school related activities, or other unforeseen circumstances. Violations of these standards of conduct by activities participants shall result in the imposition of the sanctions outlined in the Student Handbook, and/or below. Due Process procedures outlined in the Student Handbook will be followed.

5. Enforcement: Any student who is in violation of the Wahoo Public Schools Drug, Alcohol and Tobacco standards of conduct will have further sanctions placed against them under the Wahoo Public Schools Activities Code if they participate in or attend extra-curricular activities, including sports, clubs, contests, performances, Homecoming, Prom, dances, and any other school sponsored events.

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CODE OF CONDUCT

EXPECTATIONS/PROCEDURES/VIOLATIONS

As representatives of Wahoo Middle/High School, participants and attendees are expected to conduct themselves in a manner which exemplifies good sportsmanship and good citizenship at home and away contests, in-season and off season, and while either on or off campus.

Activity participants and attendees should note that a Violation of the Activities Code could occur through **improper activities related to poor conduct choices**. Such poor conduct choices may include but are not limited to the following:

1. When a student is cited by law enforcement.
2. When a student is convicted of a criminal offense.
3. Any students who have violated student handbook rules and receive suspension or expulsion.
4. Failure to comply with any rule established by the Nebraska Schools Activities Association, including, but not limited to, the rules relating to eligibility.
5. The use of social media language, written or oral, pictures, or gestures, which is profane or abusive to a school employee, school volunteer, student, other schools, groups, or organization which is commonly understood and intended to be derogatory toward a group or individual.
6. When school officials otherwise find sufficient evidence to support a determination that a violation has occurred.

The MS/HS Administration will deal with poor conduct choices on an independent basis, will weigh the severity and repetitiveness of poor conduct choices, and will place sanctions after completing their investigation on all conduct violations.

****Notice is hereby provided to activity participants and attendees and/or parents that the activity code is interpreted broadly interpreted. In the event any activity participant or attendee or parent is uncertain related to the codes and their application to specific conduct, the student should contact the Activities Director and/or Middle/High School Principal for an official interpretation.

DRUG/ALCOHOL/TOBACCO Violations:

The banned substances for WPS participants are: tobacco, alcohol, illegal drugs, and inhalants or controlled substances (except under authorized prescription), including look-alike substances of this nature. The use or possession of such substances, or procuring such substances for others, is a violation of the Wahoo Public Schools Code of Conduct for extra-curricular and co-curricular activity participation. Possession for purposes of the Code of Conduct has a less strict meaning and is much broader than possession under criminal laws. It includes actual, constructive and other types of possession as defined herein. It includes situations where, for example: (1) alcohol or the substance is in a vehicle in which a participant is present— the participant is considered to be in possession if the participant is aware that the alcohol or substance is in the vehicle, even though the participant has not touched or consumed the alcohol or substance, provided that the alcohol or substance is not in the control of a parent or guardian or other responsible adult (age 21 or older) and (2) alcohol or the substance is present at a party attended by the participant—the participant is considered to be in possession if the participant is aware that alcohol or substance is at the party, even though the participant has not touched or consumed the alcohol or substance, provided that the alcohol is not in the control of a parent or guardian or other responsible adult (age 21 or older). In addition, WPS participants are expected to not engage in violation of the criminal laws. A student convicted of a criminal offense shall be considered to be in violation of the Wahoo Public Schools Code of Conduct for extra-curricular and co-curricular activity participation. Students charged with a violation of criminal law may be subject to restricted participation in extra-curricular and co-curricular activities in the event school officials determine a violation of the Code of Conduct has occurred-

MINIMUM SANCTIONS

(First Offense) Minimum two week suspension and minimum of one contest missed from interscholastic contests, performances or activities including dances, Prom and club activities. However, the student may return to competition after a suspension is issued by the administration provided the student has self reported the violation within 24 hours of the violation to their head coach or school administration. Students are reminded and encouraged to self-report any violation that is applicable to the Activities Handbook. The benefit to the student is immediate onset of their consequence time line. As a learned behavior, this is a positive step by the activity participant. *This reduction in penalty is only available once during a student's four years (8 semesters) of eligibility.

*All suspensions will begin immediately following notification from administration.

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While on suspension:

***The student will continue to be a member of a team or squad, the student must continue to attend and participate in all practices during the suspension period.**

***The student shall change roles on the team/squad from active participant, to “helper/manager” during contests, and will complete all duties as assigned by the sponsor or coach.**

***Students will be permitted to travel and/or attend game competitions with the team while under suspension provided the student is in good academic standing and has been meeting the above expectations. The student shall not be in uniform while on suspension during contests.**

(Second Offense) Minimum of 90 school days and minimum of four contests missed from interscholastic contests, performances or activities including dances, Prom and club activities. *For drug and alcohol offenses, the student will be required to participate in the Youth Assistance Program (YAP) before becoming eligible for the next season.*

*All suspensions will begin immediately following notification from administration.

(Third Offense) Forfeiture of all privileges of activity participation including practices for the remainder of high school eligibility.

*All suspensions will begin immediately following notification from administration.

ADDITION SANCTION INFORMATION

1. Students are reminded that if you are suspended from activities due to a violation of the school's participation rules, this means you are ineligible for ALL school activities during this time period. This includes being a spectator at contests if your team is not participating.
2. Once an activity participant accumulates a first offense sanction, the participant will carry the first offense with them for the remainder of their high school career. Once a middle school activity participant accumulates a first offense sanction, that participant will carry the sanction with him/her for the remainder of the middle school career. Sanctions begin new once a student enters high school.
3. The code of conduct is a minimum standard in regard to participation sanctions. Coaches may implement additional sanctions for their sport by informing their athletes at their pre-season meeting.
4. A student with a code of conduct violation may apply to have the code of conduct removed from their record. An appeal of this provision may be made 90 school calendar days after the sanction is issued and upon request to a committee of coaches/sponsors. The committee will be comprised of coaches who are or were coaches of the participant as well as the HS Principal and Activities Director. A student may make only 1 code of conduct removal request during their time of activities eligibility or 4 years (8 semesters).

RANDOM DRUG TESTING PROGRAM & PROCEDURES Wahoo HS Students ONLY: The WPS random drug testing program and procedural information is located on the Wahoo Public Schools website under “Activities” <http://www.wahooschools.org/vnews/display.v/SEC/Activities%7CRandom%20Drug%20Testing>

SUSPENSIONS Suspension(s) shall be made only after the administration has made an investigation of the alleged conduct/violation and has determined that the participant is in violation of the Wahoo Public School's Activities Code of Conduct. Before a suspension shall take effect, a student shall be given an oral or written notice against him/her and an explanation of the evidence the authorities have, and the sanctions against the student that will be enforced. A student shall have an opportunity to present his/her version of the incident. The administration shall, as soon as is reasonably possible following the suspension, send a written statement to the student and their parents/guardians describing the violation, and procedures that will be followed by the school system.

DUE PROCESS PROCEDURE FOR TWO-WEEK SUSPENSION

The administration will hold a conference with the student involved reviewing the general training and participation rules for all sports and the specific rule which the athlete is suspected of having violated. If the infraction is substantiated, disciplinary action applicable will be put into effect.

DUE PROCESS PROCEDURE FOR SEASON OR YEAR LONG SUSPENSION

1. The administration will hold a conference with the student involved reviewing the general training and participation rules for all sports/activities and the rule which the athlete is suspected of having violated. If the infraction is substantiated, disciplinary action applicable will be put into effect.
2. Parents will be notified immediately by phone by the administration of the decision.
3. Within 24 hours following the decision for suspension, the administration will send a written certified statement to the student and student's parents or guardian describing the student's conduct or violation of rule(s) and inform them of the right to appeal. (If this appeal is made, the student will remain suspended until the appeal committee makes a decision.)
4. The student and parent/guardian may appeal to a two-person committee composed of the Superintendent of Schools and an impartial lay person from the community (selected by the Superintendent) within 10 calendar days of the dismissal or suspension. Legal counsel may represent the student and have witnesses appear in his/her behalf before the Appeal Committee.
5. The Appeal Committee will arrive at their decision within 3 school days. They will inform the student, student's parents or guardian of their decision by letter.

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PERSONAL ELECTRONIC DEVICES & SOCIAL MEDIA Students are reminded that anytime you share information electronically, it is **NO LONGER PRIVATE INFORMATION!!** Examples may include, but are not limited to: Twitter, Facebook or other social media websites, computers, cell phones (including text messages), personal blogs, and any/all other electronic devices. Students are thus notified that school administration, while not personally involved in securing information in the sharing process of information, **WILL** follow normal investigative procedures if a possible school violation and/or activity suspension may be involved.

The use of cell phones and other personal electronic devices are permissible during extracurricular activities at the coaches/sponsors discretion. Violation of this rule shall result in confiscation of the device. The coach/activity sponsor shall hold the confiscated device until such time that the parent or guardian can pick it up at their convenience. If a student athlete/activity participant refuses to give up the cell phone or other electronic device to a coach/sponsor when a violation occurs, this constitutes insubordination and may result in suspension from the sport/activity as well as other school consequences. If pictures/videos are taken and used to intimidate, embarrass, or harass any person (staff, student, or otherwise) consequences may range from confiscation of the phone to suspension and possible law enforcement contact if privacy issues are violated.

Additionally, student athletes/activity participants who use social media to intimidate, embarrass, or harass any person (staff, student, or otherwise) may be subjected to a code of conduct suspension.

WAHOO MIDDLE SCHOOL ACTIVITY GUIDELINES The administration, coaches, and staff of Wahoo Middle School want the activities program to be a positive learning experience for all students who choose to participate. Students who represent their school in an activity must learn the rules of behavior and sportsmanship, which will make them successful in school, activities, and life. Therefore, any student participating in one of the Wahoo Middle School activities will follow school expectations and procedures. These rules apply during the duration of the season, in which the student is participating. The season begins with the first team meeting.

- Any student serving a one-half day ISS will lose participation in no less than one-half of the next contest.
- Any student serving a one-day ISS will lose participation in the next contest.
- Any student serving a two-day ISS will lose participation in the next two contests.

PERFORMANCE ENHANCING DRUGS Students should be aware that steroids, a performance-enhancing stimulant, are illegal by law. State law 79-296 specifically addresses students taking, using, or having possession of anabolic steroids, or illegal performance enhancing drugs.

AWARDS-LETTERS Those athletes who have achieved the requirements for lettering in their sport will receive a varsity letter. The head coaches determine the requirements for each sport.

CLEARANCE TO PARTICIPATE Each athlete must obtain clearance from the Activities Director's office before the sport season begins. To obtain clearance, the athlete must have a current **Physical Exam Form**, and **Parent Consent Form**. In addition, every participant is required to complete baseline concussion testing. Activities Offices will then forward an updated clearance list to the head coach of each sport before the first day of practice. No Athlete will be able to participate in practice until these two forms are turned into the A.D. offices. **Physical and Parental Consent forms are available through the school offices and school website.** All of the necessary signatures must be completed before these forms can be accepted.

EQUIPMENT The activities department will furnish equipment needed for each program, except for shoes, or any equipment needed of a personal nature. All equipment checked out to a participant is his/her responsibility. Upon completion of the season, the equipment will be checked in. If there is an item missing or damaged, it must be paid for by the athlete.

FACILITY USE No one is allowed to be in the building or to use the activities facilities without a coach/sponsor present. In-season programs have first priority; off-season programs have second priority. There should be no interruption of ongoing practices by other groups waiting to use the facility.

QUITTING OR BEING REMOVED FROM A SPORT

Any athlete who quits a sport or who is removed from a team (kicked-off) automatically forfeits any letter he/she has earned during that season for that sport.

OFF-SEASON SPORT SPECIFIC PROGRAMS

Off-season programs are activities that the high school provides for the purpose of conditioning during a different sport season. Participants should be aware of the NSAA rules regarding off-season programs so they do not lose eligibility.

There must be adherence to the following rules:

1. All NSAA guidelines for practices/athletes must be followed.
2. No off-season program may begin until the Monday after the first week of competition for the sports in season (NSAA Calendar).
3. Off-season programs must be supervised by the coaching staff.
4. Athletes in off-season programs should not interrupt practice for in-season sports.

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GENERAL CONDITIONING PROGRAM/GENERAL USE OF WEIGHTROOM A general conditioning program is available via the coaching staff at Wahoo High School. General conditioning is open to all students, and is not specific in nature by sport. Supervision in the weight room is required.

WEIGHT ROOM The weight room will be opened and supervised by a school staff member. Availability will be prioritized by in-season sports receiving first choice of times available. Off-season sports will be given second choice of times available. A member of the coaching staff must supervise any athlete using the weight room. The equipment is not to be handled roughly or removed from the weight room.

TIME-OFF BETWEEN SEASONS Multi-sport athletes, who's seasons run together, will not be required to attend practice for 5 calendar days from the date of the last contest (in the preceding season). An athlete may begin practice before the 5-day rest concludes if he/she obtains the approval of his/her parents, coach, and the Activities Director.

OLYMPIC DEVELOPMENT PROGRAMS & OUTSIDE PARTICIPATION Participants within the Wahoo Public Schools must follow all NSAA guidelines regarding outside participation. The NSAA does allow participation in Olympic Development programs that insure that the participants only attend these practices for training purposes (no contests or scrimmages). Athletes should be sure they are aware of the NSAA guidelines, so they do not jeopardize their eligibility.

While playing for outside teams/clubs can allow a player to gain valuable experience outside the school athletic program, neither participant nor parents should count on this type of participation as a guarantee that the participant will be selected for their high school team/squad.

Students should be aware of the NSAA policies regarding outside participation to ensure that there is no loss of eligibility for participation in these activities. **Please contact your Head Coach and visit with them regarding outside participation BEFORE signing up to practice/play in any groups outside the Wahoo Public Schools.**

ATHLETIC TRAINING ROOM Athletic training services will be provided by Saunders Medical Center. If any injury occurs, it should be reported to the Head Coach at once. The athletic trainer or medical physician must clear him/her before returning to practice or games.

TRANSPORTATION The school district will provide transportation to all contests. Team members will be expected to travel to away contests as a unit/team under the coach/sponsors direction, unless special provisions are made through the Head Coach/Sponsor and administration. Such provisions may include: family emergencies, medical appointments, attending a funeral, etc... Parents and students must provide written documentation or communicate to the Activities Director and/or the building principal stating the need to take personal transportation.

The Activities Director and/or the building principal must approve special provisions. Team members may travel home with parents/guardians if a parent/guardian signs the WPS release form located on the bus and/or vehicle being used for transportation AND a parent/guardian makes personal contact with the coach prior to leaving. Students are only allowed to travel with their own parent/guardian from away events. Athletes that are attending school-sponsored events/contests during the school day will be marked as excused for school activities. If an athlete leaves with a parent/guardian from a contest/event during the school day and does not return to school, the parent/guardian must call into the school office to communicate intentions. If the athlete does not return to school, the absence will be changed from a school activity absence to an excused or unexcused absence.

In cooperative agreements with other schools, it is the responsibility of each participating school to arrange for the transportation of their students to all practices and contests. The transportation arrangements will be communicated to both the head coach and athletic director of Wahoo Public Schools prior to each practice and/or contest.

EXTRA-CURRICULAR TRIPS Sponsors/Coaches of activity groups may feel it is necessary to insure the safety of participants by checking a student's luggage and bags before or during an activity trip. It is the responsibility of the student to make sure that there is nothing illegal in their possession while representing Wahoo Public Schools.

DISMISSAL FROM SCHOOL/TEAMS Students who are immediate members of the team or identified as part of the **official traveling party** by the coach will be dismissed from the school day with the team and will travel on provided school transportation with the coaching staff as their sponsors. Any other members out for that sport, but not a member of the **official traveling party** would be going simply to watch the contest, and would be considered spectators. These students can still be excused via a parent release/call (permission), would be one of their 20 days allowed, but they would not travel with the team.

- This allows coaches some flexibility to take statisticians, student managers, trainers, helpers, etc. that are going to actively help upon arrival at the site.
- All students in the official traveling party will be placed on the release list in the daily bulletin so teachers are notified.
- Students that are INELIGIBLE according to NSAA or WPS guidelines will not be allowed to miss school time for extra-curricular events.

ACTIVITIES/CLUBS & ORGANIZATIONS OFFERED

NATIONAL HONOR SOCIETY

The Wahoo Chapter of the National Honor Society is open to juniors and seniors with a cumulative grade point average of at least 3.5. Eligible students must also demonstrate excellence in the areas of service, leadership and character. In the fall of each school year, academically qualified students will be asked to submit documentation of service and leadership activities. Character is measured through a vote of the faculty. Membership into the NHS is considered and determined by the faculty and administration.

STUDENT COUNCIL (HS & MS)

The Student Council functions in an advisory capacity to the administration and performs regulatory functions for the student body and organizations of the school. The students and council members' benefit elect the membership by learning and experiencing aspects of government.

SHOW CHOIR

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Show Choir is an extracurricular performance choir. Members do not need to be members of Concert Choir, although it is recommended. Students must maintain good academic standing and must attend all rehearsals, performances and contests.

SPEECH TEAM

The Speech Team is open to all students with an interest in competing in individual/small group speaking events. Students attend numerous speech meets, performing in front of judges and in competition with students from other schools.

ONE ACT PLAY PRODUCTION

Participation in this activity is open to all students at Wahoo High School. This one-act production is performed before judges and students at conference and district competitions. Tryouts for the play are held in the fall, with competitions beginning in November.

FAMILY, CAREER, & COMMUNITY LEADERS OF AMERICA (FCCLA)

This organization functions through the home economics department. State and national organizations are a large part of the group's activities. This is a service organization and our students do participate in the state convention.

FUTURE BUSINESS LEADERS OF AMERICA (FBLA)

This organization functions through the business department. Its activities are geared toward the business world and state and national organizations provide workshops and competitions.

W CLUB/BLUE CRUE

This is the pep organization that supports the athletic teams of our school. It is open to all students and provides the vehicle for displaying leadership and enthusiasm for our programs. Additional details may be obtained through the Activities Directors office.

SKILLS USA

Functions through the Skilled and Technical Sciences Department. SkillsUSA is a partnership of students, teachers & industry working together to ensure America has a skilled workforce. SkillsUSA helps each student excel. We provide educational programs, events and competitions that support career and technical education (CTE) in the nation's classrooms.

CIRCLE OF FRIENDS

Circle of Friends (COF) is a group of peer mentors who are good social role models, chosen to interact with a socially challenged student on a regular basis. Peer mentors develop understanding, empathy, and respect for the individual differences of others. COF peer mentors are the eyes and ears in place of adults in the locker room, hallways, cafeteria, on the bus - places where inappropriate social interactions are likely to take place. Classroom teachers typically recommend peer mentors. These students should be respected by their peers, confident, and not afraid to reach out to others. Circle of Friends typically meets weekly or every other week at the beginning of the school year and then as the school year goes on the group meets at least once a month.

CLOSE UP

Close Up is a weeklong trip to Washington D.C. (during the Spring) that coincides with the learning in Honors American Government. Through the Close Up experience, students get an experiential education by witnessing our nation's capital and federal government in person. Furthermore, students are part of cooperative learning experience as they learn alongside students from other states. Students get the opportunity to explore the issues impacting our government. The ultimate goal of Close Up is to inform, inspire, and empower students to exercise the rights and accept the responsibilities of citizens in a democracy.

SPANISH CLUB

We do many activities to understand the Hispanic culture and language more. We also practice speaking Spanish and we listen to authentic music. It is also important for us to experience authentic foods and to learn about different traditions and customs of the Spanish-speaking communities across the globe.

ACADEMIC DECATHLON

The Academic Decathlon is a national, ten-event scholastic competition for teams of high school students. Each high school team will consist of six students: two Honors students ("A" GPA), two Scholastic students ("B" GPA), and two Varsity students ("C" or below GPA).

CHESS CLUB

Chess club meets on Tuesday nights after school in the cafeteria. Students play chess from 3:30 to 4:15. Chess club is for beginners to advanced chess players. Students will have the option to play in meets on Saturdays against students from other schools that are at their ability level, or students can just join chess club to play after school. Students are allowed to miss chess club for other activities and then show up for chess club gain when the other activity ends. The goal of chess club is to have fun, socialize, and play chess.

LOUDER THAN A BOMB

Louder Than a Bomb is for students who love to write poetry. Students write their own poems and share them with the group. They also have the chance to perform their poems in poetry slams in Lincoln or Omaha.

MULTICULTURAL CLUB

A club designed to promote and experience cultures from around the world through movies, food, sports, pen pals and more!

JR. MATES

Jr. Mates is a mentoring program, in which a high school student (mentor) works one-on-one with an elementary or middle school student (mentee). The mentor meets with their mentee weekly throughout the school year. During this time together, they work on different activities, such as playing board games, playing on the playground, doing art projects, playing sports, helping with academics, or just talking.

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STUDENT & PARENT EXPECTATIONS

1. In each program, a coach and/or coaches are hired by the school district to be responsible for the team selection. Criteria for selection are established by the head coach; possibly with input from the entire coaching staff. This may be a highly subjective process. Team selection, practices, and decisions regarding game situations are the responsibility of the coaching staff.
2. Our experience in athletics reveals there are many "select teams" sponsored by many different organizations. Each coach looks for something different in his or her players. Participation on a "select team" DOES NOT guarantee any player a spot on another "select team", nor does it guarantee the athlete a spot on a high school team at Wahoo High School. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to guarantee or assist them to gain an advantage, or to secure them a spot on a high school team.
3. Selection of teams is usually based on talent, and how the player will fit into the overall scheme of the team. See your son(s)/daughter(s) head coach for a more accurate description of this philosophy.
4. Starting positions and playing time are not guaranteed to seniors making a team; or anyone else for that matter. Each member of the team is a valuable asset to the team's overall progress. Some members may play a great deal of time in a contest, while others may not see what a parent would consider to be significant or equal playing time. Each student should have personal improvement as one of his or her goals
5. Being a member of a team, regardless of time spent in actual competition, will hopefully teach them valuable lessons to be applied later in life. Among them would be citizenship, sportsmanship, appreciating a good play by a teammate or opponent, working together to meet team goals, responsibility, commitment to their team and school, loyalty, placing the team above their personal goals, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for their own actions.

CHAIN OF COMMUNICATION

It is very difficult to accept your child not playing as much as you had hoped. WPS Coaches are professionals. They make decisions based on what they believe to be best for all student-athletes involved. There are certain issues that can be and should be discussed with your child's coach.

The three items listed below **will not** be discussed:

1. Playing time, positioning, and event entry.
2. Team strategies, game tactics, play calling.
3. Any discussion about other student-athletes.

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. We also strongly encourage a discussion between the parent and player. A parent having the same expectations as the player is crucial. It is also important that all parties involved have a clear understanding of the other person's position.

When a conference is necessary, the following procedures should be used to help resolve any concerns:

1. Student-Coach: Open-door policy for all coaches
2. Parent-Coach-Student: Done by appointment (email or phone).

If you have a concern to discuss with a coach, the procedure you should follow is:

1. Contact the coach to schedule an appointment (email or phone).
2. Appointments or meetings should take place either over the phone or at the school.

****Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.***

THE NEXT STEP:

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and schedule an appointment with Wahoo High School's or Wahoo Middle School's AD or Principal to discuss the situation.

At this meeting the appropriate next step can be determined, if necessary.

*****Both students and parents should be aware of the above information to insure they have done all they can to make participation in one of our activity programs a worthwhile and positive experience.***

SCOUTING SERVICES/ATHLETE PROMOTIONS Students and parents should be advised that there are numerous private companies that are in the business of providing services to families seeking potential college scholarships. Wahoo High School does not get involved with the solicitation of athletes. These services are up to parents to decide if they want to pursue them.

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FIELD TRIP/ACTIVITY TRIP PROTOCOL Staff/Sponsors will use the following guidelines to insure that student supervision and accountability occurs for all trips leaving Wahoo Public School facilities.

- Staff/Sponsor will submit a list of students to be gone from school to the building secretary in charge of attendance. This list is to be sent via email or hard copy, allowing teachers to know who is excused from classes.
- Staff/Sponsor should have with them, a list of students that are riding on each bus, for each bus trip. If parents are asked to chaperone a bus, an applicable list should be supplied to the person supervising.
- (Coaches/sponsors who take the same students for away games, or have the same students for multiple events, can submit one list for their season).

SUMMARY OF ATHLETIC FORM INFORMATION Student athletes will be responsible for the following “Articles of Information”. Student athletes and parents should read the following information pertinent to participation in the Extra-Curricular programs available at Wahoo Public Schools.

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ARTICLE 1

NSAA ELIGIBILITY REQUIREMENTS

(High School Student-Athletes ONLY)

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules set forth by the Nebraska School Activities Association. If you do not understand any of the rules stated below, consult the high school principal or activities director.

1. Student must be an undergraduate.
2. After a student's initial enrollment in grade nine, they shall be ineligible after eight semesters of school membership beginning with their enrollment in grade nine.
3. Student is ineligible if nineteen years of age before August 1 of current school year. (Student in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)
4. Student must be enrolled in some high school on or before the eleventh school day of the current semester.
5. Student must be enrolled in at least twenty hours per week and regular in attendance, in accordance with the school's attendance policy at the school they wish to represent in interscholastic competition.
6. Student must have been enrolled and received twenty hours in school the immediate preceding semester.
7. Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling.
8. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, they have established their eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, they shall be ineligible for ninety school days.
9. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
10. If the parents moved during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school they have been attending and retain eligibility.
11. If a student has been attending the same high school since initial enrollment in grade nine, they may remain at that high school and retain eligibility, or they are eligible at a high school located in the school district where their parents established their domicile.
12. If the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.
13. Transfer students who have their Enrollment Option applications signed and filed prior to May 1 shall be eligible immediately in the fall. Those students who do not have their Enrollment Option applications signed and filed prior to May 1 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
14. Other non-enrollment option transfer students must have signed and delivered all forms necessary to make such transfer to the school in which they intend to enroll for the upcoming school year prior to the preceding May 1st. For the student to be eligible, the school to which the transfer is being made must have notified the NSAA office in writing, postmarked not later than May 1st of the preceding school year. The student would, however, become ineligible for ninety school days the next fall if the student were to change their mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to their former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to May 1st, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
15. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by their school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules.
16. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school.
17. A student shall not participate on an all-star team while a high school undergraduate.
18. A student must maintain his/her amateur status.

ARTICLE 2

ACADEMIC/ACTIVITIES RELEASE OF INFORMATION

(High School Student-Athletes Only)

At different times of the year, the Wahoo Public Schools is asked to release various academic and activities information to the news media. This information may include, but are not limited to: students G.P.A., Class Rank, Credentials/Grades, National Honor Society, Honor Roll, academic teams, activities/academic photos, or specific athletic statistics.

The Wahoo Public Schools WILL NOT release private or confidential information that would be included in the students guidance department school file.

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With your signature on the form called "Handbook Acknowledgement Form", you the parent/guardian grant permission for the Wahoo Public Schools to release this information to the media. (Example: Academic All-Conference or Academic All-State Awards).

ARTICLE 3

STUDENT PARTICIPATION AND PARENTAL PERMISSION FORM

(High School and Middle School Student-Athletes)

This application to compete in interscholastic athletics and activities for WAHOO HIGH SCHOOL AND MIDDLE SCHOOL is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the State Association.

With my signature on the "Parental Consent Form", I hereby give my consent for my son/daughter (1) to represent his/her school in activities, except those crossed out on the physical form by the examining health care provider, provided that such activities are approved by the State Association; (2) to accompany any school team of which he/she is a member on any of its local or out-of-town trips. I acknowledge that I have selected the health care provider who has examined the student and assume full responsibility for the selection of such examiner. I authorize the school to obtain, through a physician of its choice, any emergency medical care that may become reasonably necessary for the student in the course of such activities or travel. I also agree not to hold the school or anyone acting in its behalf responsible for any injury occurring to the above-named student in the course of such activities or such travel.

PARENT'S OR GUARDIAN'S CONSENT & WARNING!

The purpose of this WARNING is to bring to your attention the existence of potential dangers associated with your sons/daughters activities participation. Participation in any 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 of 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 the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility.

***I have read this WARNING and understand the potential risk of injury.**

Knowing the risk, I hereby give my permission for my son/daughter to practice and compete for Wahoo High and Middle School and will indicate this by signing the "Handbook Acknowledgement Form".

ARTICLE 4

ATHLETIC PASS FEE

(High School and Middle School Student-Athletes)

Any student who participates in the district's activities programs (grades 7-12) will be required to purchase an activity ticket. **The fee is \$35.00, payable to Wahoo Public Schools. The fee should be paid prior to the first practice and submitted along with the Activities Department Contract.** A student will be required to pay this fee only once per year even though a student may participate in multiple activities. A student who qualifies for free/reduced lunch will have the activities fee waived. The activities fee will be charged to all participants of the district's 7-12 football, softball, volleyball, golf, cross-country, unified bowling, basketball, wrestling, track & field, baseball, one act play production, speech, band and music programs .

****PLEASE NOTE: These passes are NOT good at Conference Tournaments, District, or State level contests.**

ARTICLE 5

STUDENT-ATHLETE INJURY INFORMATION

(High School and Middle School Student-Athletes)

In the event an injury would occur to your son/daughter, Wahoo Public School's requests your permission to grant us the right to administer care by the athletic trainer, coaches, or certified personnel. By signing the document called the "Handbook Acknowledgement Form" you the parent/guardian grant permission for Wahoo Public Schools to provide care for the injured person. This would also include any care deemed necessary at a hospital, assuming the parents cannot be contacted for immediate permission

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**To be completed for
students participating in any
NSAA activities.**

Student and Parent Consent Form



School Year: 20 ____ -20 ____
 Member School: _____
 Name of Student: _____
 Date of Birth: _____ Place of Birth: _____

The undersigned(s) are the Student and the parent(s), guardian(s), or person(s) in charge of the above named Student and are collectively referred to as "Parent".

The Parent and Student hereby:

- (1) Understand and agree that participation in NSAA sponsored activities is voluntary on the part of the Student and is a privilege;
- (2) Understand and agree that (a) by this Consent Form the NSAA has provided to the Parent and Student of the existence of potential dangers associated with athletic participation; (b) participation in any athletic activity may involve injury of some type; (c) 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, and on rare occasions, injuries so severe as to result in total disability, paralysis and death; and, (d) even the best coaching, the use of the best protective equipment and strict observance of rules, injuries are still a possibility;
- (3) Consent and agree to participation of the Student in NSAA activities subject to all NSAA by-laws and rules interpretations for participation in NSAA sponsored activities, and the activities rules of the NSAA member school for which the Student is participating; and,
- (4) Consent and agree to (a) the disclosure by the Member School at which the Student is enrolled to the NSAA, and subsequent disclosure by the NSAA, of information regarding the Student, including the student's name, address, telephone listing, electronic mail address, photograph, date of and place of birth, major fields of study, dates of attendance, grade level, enrollment status (e.g., full-time or part-time), participation in officially recognized activities and sports, weight and height of as a member of athletic teams, degrees, honors and awards received, statistics regarding performance, records or documentation related to eligibility for NSAA sponsored activities, medical records, and any other information related to the Student's participation in NSAA sponsored activities; and, (b) the Student being photographed, video recorded, audio taped, or recorded by any other means while participating in NSAA activities and contests, consent to and waive any privacy rights with regard to the display of such recordings, and waive any claims of ownership or other rights with regard to such photographs or recordings or to the broadcast, sale or display of such photographs or recordings.
- (5) Consent and agree to authorize licensed sports injury personnel to evaluate and treat any injury or illness that occurs during the student's participation in NSAA activities. This includes all reasonable and necessary preventive care, treatment and rehabilitation for these injuries. This would also include transportation of the student to a medical facility if necessary. Such licensed sports injury personnel are independent providers and are not employed by the NSAA.
- (6) Acknowledge that Parents are obligated to pay for professional medical and/or related services; the NSAA shall not be liable for payment of such services. We give permission to any and all of the Student's health care providers and the NSAA and its employees, staff, agents, and consultants to release and discuss all records and information about the Student including otherwise confidential medical information and records. We understand that this release has been requested and may be used for the purpose of determining eligibility pertaining to activities participation, fitness, injury, injury status, or emergency.

I acknowledge that I have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities.

_____ Name of Student [Print Name] _____ Student Signature _____ Date

(I am)(We are) the Student's [circle appropriate choice] (Parent) (Guardian). (I)(We) acknowledge that (I)(We) have read paragraphs (1) through (6) above, understand and agree to the terms thereof, including the warning of potential risk of injury inherent in participation in athletic activities. Having read the warning in paragraph (2) above and understanding the potential risk of injury to my Student, (I)(we) hereby give (my)(our) permission for _____ [insert student name] to practice and compete for the above named high school in activities approved by the NSAA, **except those crossed out below:**

Baseball	Golf	Tennis	Play Production	Basketball	Swimming/Diving
Track	Football	Speech	Cross Country	Soccer	Volleyball
Music	Unified Bowling	Softball	Wrestling	Debate	Journalism

WHS Drug Testing Authorization and Certification of Understanding

Wahoo Public Schools- Wahoo, Nebraska

CERTIFICATION OF UNDERSTANDING

I have read and understand the contents of the WPS Mandatory Drug Testing Policy for Students Involved in Extracurricular Activities as found on the Wahoo Schools website on the activities page. I understand by signing this document that I will abide by the these terms and conditions.

Student Signature

Parent Signature

_____ I am volunteering to be placed in the testing pool

GENERAL AUTHORIZATION

I understand that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I hereby agree to accept and abide by the policies, standards, rules and regulations set forth by Wahoo Public Schools. I authorize the Wahoo Public School District to conduct breath/saliva tests or urinalysis to test for drug and/or alcohol use. I also authorize the Wahoo Public School District to conduct random tests. I also authorize the release of information concerning the results of such a test to the Wahoo Public School District, designated MRO and to the parents/guardians of the student. This shall be deemed a consent pursuant to the Family Education Right to Privacy for the release of above information to the parties named above.

Student Name Printed

Date

Student Signature

Date

Parent or Guardian Signature

Date

Grade _____

Sport/Activity _____