

SHERIDAN HIGH SCHOOL and MIDDLE SCHOOL

TRAINING REGULATIONS and CHEMICAL USE POLICY

For EXTRA-CURRICULAR ~ CO-CURRICULAR ACTIVITY

TRAINING REGULATIONS

The head coach/advisor will require that each student abide by the following basic rules during the full duration of their participation in activity:

1. Hours will be determined by the students and coaches/advisors alike. A student is expected to be in at 11:00 p.m. on Sunday through Thursday nights and 12:00 a.m. on Friday and Saturday nights. Night hours before an athletic contest or other extracurricular activity event will be 10:30 p.m. An exception will be made if the student is with his/her parents and if the coach/advisor is notified and approval is made in advance. Punishment for this will be immediate suspension with possible dismissal pending review of the infraction by the coach/advisor.
2. The Sheridan Public Schools' eligibility requirements as set forth in the Student/Parent Handbook will be followed.
3. Student participating in an extracurricular activity must be in school the previous 3 periods before their activity in order to practice or participate. Exceptions will be made with doctor's excuses or un-foretold emergencies. Always check with the coach or advisor before missing an event, practice, or game.
4. Two un-excused absences from a sports practice will mean dismissal from the sport and one un-excused miss of a game will mean dismissal.
5. The dress code for each sport/activity will be at the discretion of the coach/advisor. However, for out of town trips, participating students, teams, coaches, and advisors are asked to dress nicely remembering the community they represent. Dress must be in accordance with Sheridan High School Dress code.
6. Students may participate in only one athletic activity per season. This includes cheerleading. If you are in cheerleading, you will not be able to participate in any other activity.
7. The Sheridan High School Activity Fee policy as set forth in the Student/Parent Handbook will be followed.

ELIGIBILITY

In accordance with the MHSAA academic eligibility requirements Article II, Section (3), a student must be passing a minimum of 4 classes per semester. In addition, students must meet the following SHS requirements.

No Fail Rule: The Sheridan School District requires:

- That all student's participating in interscholastic activities or junior high athletics be receiving passing grades (No F's) in all classes in which they are currently enrolled. If a student becomes ineligible due to this policy they shall not participate in any contest or events until they are once again passing all subjects.
- Students who are ineligible to participate in games or contests will still be allowed/required to attend practices and home games. Ineligible students will not be allowed to travel with the team to away games/events.
- SHS eligibility rules apply to Junior High (7-8) and High School (9-12) students. 6th grade students participating in Junior High activities are also included.
- Activities impacted by this policy are:
 - MHSAA Sanctioned activities (athletics, forensics, cheerleading, & drill team)
 - F.C.C.L.A ~ Band ~ FFA ~ Choir ~ Academic Olympics

Students participating in these activities will be eliminated when the event/activity involves out of district travel or is competitive in nature.

1. If a student's grade is adversely affected by restriction of participation in any activity due to SHS eligibility requirements, an alternative assignment will be provided.

GRADE CHECKS: NO FAIL RULE

A student must be **passing in all classes to be eligible to compete in any sanctioned contest**. Weekly grades will be checked throughout the school year and eligibility will be determined on Monday of each week. The ineligible student will remain ineligible from Monday until the grades are checked the next Monday. The School administration or the School Board has the authority to waive their respective eligibility rules when in the opinion of the governing board the rule fails to accomplish the purpose for which it is intended. An Appeals Procedure is available for student athletes to follow, if the student feels he/she is being discriminated against or treated unfairly. Any student wishing to appeal his/her case may request a hearing through their coach or the athletic director.

Athletes who are ineligible more than 3 weeks during any sports season will be excused from the team.

- **The following activities are considered under this policy for eligibility:** Athletics ~ Chorus ~ N.H.S. ~ F.C.C.L.A.~ Band ~ *Drama~ Cheerleading ~ F.F.A ~ *Class Officers ~ Forensics ~ Drill Team ~ *Student Council ~ Academic Olympics ~ Senior Trip

Students to be eligible to participate in school activities (practices, contests, etc.) must be:

- **Must be in class at least the three (3) periods immediately PRECEDING the event.**
- **Must be in class at least the three (3) periods immediately AFTER the event.**

The consequences of these absences will result in no participation in the next extra-curricular event / field trip.

CHEMICAL USE POLICY

Students participating in extra and co-curricular activities, whether sponsored by the MHSA or not, shall not use, have in possession, sell, or distribute alcohol, tobacco, illegal drugs, or related paraphernalia or abuse prescription or non-prescription drugs during their extracurricular seasons. Any violation of this policy, including if a student receives an MIP or is seen using tobacco, alcohol, or illicit drugs, the student will be subject to the provisions of this policy in accordance with the activities and student handbooks.

The following activities are considered under this policy for eligibility:

Athletics~N.H.S.~F.C.C.L.A.~Pep Band~Cheerleading/Drill Team~F.F.A.~Forensics~Student Council.

Policy Coverage

This policy applies to middle and high school students who are involved in the extra and co-curricular activities program.

Policy Duration

This policy is in effect each school year from the date of the first practice for fall activities, until the last day of school or activities, whichever is later. These rules are in effect twenty-four (24) hours a day. Violations are cumulative, through the student's period of attendance in grades 7-8 and in grades 9-12. The Administration shall publish the participation rules annually in the activities and student handbooks.

Student and Parent/Legal Guardian Due Process

If a determination is made that a student has violated this policy, the student and parent or guardian shall be notified of the violation by telephone where possible, and also by mail. Also, at this time, the student and parent or guardian shall be notified of the type of discipline that will be administered or recommended to the Board. Authorities will be notified if violation occurs at any school related activity or on school premises. Only the student(s) directly involved will be named. There will be no guilty by association. The coach/sponsor will notify the local authorities at the scene of the incident. Administration and parents will be notified by the coach/sponsor.

First Violation (in and out of season)

*A meeting will be held with the student, parents, coach/sponsor, school administrator, and school counselor.

*The participant will be suspended from competition/performance for fourteen (14) days (2 weeks) with a minimum of two contest/competition/performances.

Second Violation (in and out of season)

*A meeting will be held with the student, parents, coach/sponsor, school administrator, and school counselor.

*Recommendation to the Board of Trustees for removal from participation for balance of the current sports/activity season.

*The student must obtain a professional drug/alcohol/tobacco evaluation in order to be eligible to participate in the next sports/activity season. All costs associated with the substance assessment and any follow-up program is the responsibility of the parents and/or student.

Third Violation (in and out of season)

*A meet will be held with the student, parents, coach/sponsor, school administrator, and school counselor.

*Recommendation to the Board of Trustees for removal from participation in the school extra-curricular activities for one calendar year.

*The student must obtain a professional drug/alcohol/tobacco evaluation in order to be eligible to participate in the next sports/activity season. All costs associated with the substance assessment and any follow-up program is the responsibility of the parents and/or student.

For non-athletic co-curricular activities, as defined in the student handbook, the season shall be for the duration of each quarter of school.

Students wishing to appeal the suspension must obtain a petition from the office and return it to the principal within 5 school days of receiving the punishment.

1. After receiving the completed petition, the principal will set up an appointment with the Activities Review Board. (No later than 5 school days from receiving the petition.) That student, with parental accompaniment, must appear before the Activities Review Board, consisting of the athletic director, one (1) school administrator, school counselor, and two (2) out of season coaches.
2. The Activities Review Board can, after hearing a student's/parent's appeal of the suspension, deny or put certain stipulations on the student, who will be dependent upon an agreement reached with the student and parents concerning activity for the rest of the season.
3. If the student/parents wish to appeal the findings of the Activities Review Board, they may appeal to the Superintendent and then to the board of Trustees. The decision of the Board of Trustees is final.

PARENTS OR COMMUNITY MEMBERS who have concerns with curricular or extracurricular activities and/or staff decisions are asked to please follow the chain of command. Concerns or questions should be directed, first to the head coach or advisor.

Parent Signature

Date

Student Signature

Grade

UPDATED 8/4/2016

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