



# Whiting Community School District Activities Handbook 2018-2019

**Warrior School Song- Washington & Lee Swing**

Oh when those Whiting teamsters fall in line,  
We'll get a fair and square deal every time.  
We know that we will win if we're all here.  
And if we win tonight we'll all be fair and square.

We love our high school colors, red and white  
We stand behind our school with all our might.  
We are the one's who put the aim of fame on this game.  
Here's to Whiting High, rah, rah!

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**School Mission Statement:** Together, our mission is to prepare students to be responsible citizens in today's world.

**Athletic Mission Statement:** Whiting Warriors Athletics is committed to excellence in developing the whole student, not just the athlete, in mind, body, and spirit.

**Philosophy:** Whiting Warriors Athletics is an important part of our school's educational program. We want to make sure that all students reach their maximum potential. Whiting is committed to the following:

- Teaching the value of competition
- Foster the development of athletic skills
- Encourage the development of a strong work ethic, self-discipline, and self-sacrifice
- Teach the value of commitment, teamwork, and cooperation
- Develop good judgment, character, and leadership
- Teach good sportsmanship, ethical conduct, and fair play

Students are expected to comply with and abide by the school district's policies, rules, regulations and student handbook. Students who fail to abide by the school district's policies, rules, regulations and the student handbook may be disciplined for conduct which disrupts or interferes with the education program; conduct which disrupts the orderly and efficient operation of the school district or school activity; conduct which disrupts the rights of other students to maintenance of a disciplined atmosphere. Disciplinary measures include, but are not limited to removal from the classroom, detention, suspension, probation and expulsion. Discipline can also include prohibition from participating in extracurricular activities, including athletics. The discipline imposed is based upon the facts and circumstances surrounding the incident and the student's record.

Upon the Activities Director's approval at the preseason meeting, coaches may impose rules in addition to those contained in this handbook. The privilege of participation may be suspended or canceled for violating coaches' rules as well as for violation of school district policies, rules or regulations.

**The school reserves and retains the right to modify, eliminate or establish school district policies, rules, regulations and student handbook provisions as circumstances warrant, including those contained in the handbook. Students, coaches, and other faculty are expected to know the contents of the handbook and comply with it. Students and parents with questions or concerns may contact the office for information about the current enforcement of the policies, rules, regulations or student handbook of the school district.**

## **Whiting Community School District Contact Information:**

**\*606 West Street\* \*PO Box 295\* \*Whiting, IA 51063\***

\*Office- (712)-455-2468\* \*Fax- (712)-455 2601

Elementary/Middle/High School

- Alex Lamp- Activities Director  
alamp@whitingcsd.org
- Al Laboranti- Principal  
alaboranti@whitingcsd.org
- Tracy Bell- Athletic Secretary  
tbell@whitingcsd.org
- Lisa Davis- Director of Transportation  
ldavis@whitingcsd.org
- Superintendent- Randy Collins
- Lori West- Business Manager
- School Board Members- Tracy Bird, Dr. John Garred, Jr., Lucas Morton, Steve Murray, & Alison Wiggs

### **Chain of Command**

If you have an issue with coaches, athletes, or anything else that deals with athletics, please follow the chain of command on who you address the issue with.

- Coaching Staff
- Activities Director
- Principal
- Superintendent
- School Board

Do not address the issue with the Activities Director if you have not spoke with the coaches first.

### **Required Forms for Participation**

Prior to the start of the season, all student-athletes must complete the following forms

- Physical Examination Form (must be completed by a physician)
- Concussion Return to Play Policy Acknowledgment
- Student-Athlete/Parent Contract for Participation

## Head Coaches

The following activities below are offered at Whiting.

<b>Sport</b>	<b>High School</b>	<b>Middle School</b>
<b>Volleyball</b>	Chris Derry	Nick West
<b>Football- Share with Siouxland Christian</b>	Adam Ball	Phil Hubert
<b>Cross Country</b>	Steve Snyder	Steve Snyder
<b>Basketball (Boy's)</b>	NA	Phil Hubert
<b>Basketball (Girl's)</b>	Steve Murray Asst: Lesley Hubert	NA
<b>Wrestling- Shared with West Monona</b>	Tim Chestnut Asst: Blake Moore	Braiden Tank
<b>Track &amp; Field</b>	Steve Snyder Asst: Alex Lamp	Phil Hubert Asst: Lesley Hubert
<b>Cheerleading</b>	Shawna Chapman	NA
<b>Baseball</b>	Shane Yingst Asst: David Munoz	Shane Yingst Asst: David Munoz
<b>Softball</b>	Codie Fineran Asst: Saige Rich	Codie Fineran Asst: Saige Rich
<b>Choir</b>	Alicia Vande Hoef	Alicia Vande Hoef
<b>Band</b>	Alicia Vande Hoef	Alicia Vande Hoef
<b>Quiz Bowl</b>	Katie Bruening	Katie Bruening
<b>FCCLA (Family, Career and Community Leaders of America)</b>	Tricia Dieger	NA
<b>Speech</b>	Lisa Hoebelheinrich Lesley Hubert	NA
<b>Tag (Talented and Gifted)</b>	Kristy East	Kristy East

## Sportsmanship

It is a privilege and an honor to represent the Whiting Community School in extra-curricular activities. The students and the school are judged by the participant's character and conduct at all times. Junior-Senior High School students serve as a model to many people and their attitudes have an impact on others. Students and coaches at the Whiting Community School are expected to display the highest standards of sportsmanship at all times. Coaches are expected to take necessary steps to ensure that they and their team maintain the highest standards of sportsmanship at all times. Good conduct requirements in this policy apply in and out of school during both the school year and the summer. Student's who have serious discipline referrals (such as disrespect or insubordinate behaviors) may be declared ineligible for co-curricular activities for a period of time, for a full season or long at the discretion of the coaches, Activities Director and/or the principal.

# Whiting Community School

## Coaching and Advising Standards and Characteristics

### Communication and Relationships

- A. Advises athletes and parents of rules/expectations with consequences at the onset of the season
- B. Demonstrates ability to enforce the rules/regulations as stated at the onset of the season
- C. Maintains suitable level of expectations from student athletes.
- D. Demonstrates ability to communicate/cooperate with administration, other coaches, and school personnel
- E. Has confidence in and respect for the student-athlete
- F. Demonstrates ability to work collaboratively with athletes of varied ability levels
- G. Keeps teachers, administration and school personnel informed.
- H. Adequately develops team spirit and unity
- I. Sells his or her program to the student body in order to maintain appropriate participation levels
- J. Uses the local media outlets to effectively promote the activity
- K. Demonstrates ability to effectively communicate with parents/guardians
- L. Establishes channels of communication for team and parental usage.

### Equipment and Facilities

- A. Properly stores and maintains equipment while not in use
- B. Maintains a current, valid inventory of all equipment
- C. Secures the facility after practices or games when required to do so
- D. Stresses proper care of equipment. Has/Enforces rules of usage and expectations of care for equipment and facilities.
- E. Provides a list of participants to Activities Director at the beginning of the season
- F. Provides list of letter winners, post season awards, etc. to Activities Director at the completion of the season

### Planning for Instruction

- A. Practice sessions show evidence of preparation in terms of objectives, activities, and procedures
- B. Selects appropriate teaching aids/drills necessary to develop fundamental skills, enhance further development, and demonstrate safety

### Personal and Professional Qualities

- A. Shows physical vitality and enthusiasm in his/her programs
- B. Maintains good team discipline, as witnessed by observing the team during practice and/or competitions
- C. Accepts constructive criticism openly without becoming defensive
- D. Demonstrates basic understanding of athletic injury care and prevention
- E. Attends conference, district, and/or other meetings

### Practice/Game Climate and Instructional Procedure

- A. Demonstrates knowledge of the activity he/she is conducting
- B. Adjusts activities to suit interest/skill level of athletes
- C. Uses practice time effectively
- D. Deals consistently and fairly with disciplinary problems in game/practice setting
- E. Is able to communicate with the participants at the appropriate levels
- F. Demonstrates acceptable sideline conduct towards players, officials, fans, etc.
- G. Deal appropriately with unexpected situations as they develop

## Nebraska Frontier Conference

The Whiting Warriors Athletics Program competes in the Nebraska Frontier Conference. The conference is designed to promote the academic, athletic, and fine arts program in an effort to foster a spirit of fair play, good sportsmanship, and wholesome competition for boys and girls. Whiting competes as a 1A school in Iowa based on its enrollment.

Boy's Town (Girl's Only)	Omaha, Nebraska
Brownell-Talbot	Omaha, Nebraska
Cedar Bluffs	Cedar Bluffs, Nebraska
College View Academy	Lincoln, Nebraska
Cornerstone Christian	Bellevue, Nebraska
Heartland Christian (Non-Athletics Only)	Council Bluffs, IA
Omaha Christian	Omaha, Nebraska
Parkview Christian	Lincoln, Nebraska
Whiting	Whiting, Iowa

## Nebraska Frontier Conference Meetings

The Activities Director will be attending the conference meetings with other Activities Directors from the conference. If you would like to express any concerns about the conference, please speak with your representative beforehand. He/She will take those concerns to the meeting. The following below are the scheduled Activities Director meetings for the 2018-2019 school year.

- August 21<sup>st</sup> 2018
- September 12<sup>th</sup> 2018
- November 14<sup>th</sup> 2018
- January 16<sup>th</sup> 2019
- March 13<sup>th</sup> 2019
- May 1<sup>st</sup> 2019

## Nebraska Frontier Conference 2018-2019 Activity Calendar

**(Schools in bold are the host school for the event)**

Cross Country Meet- Thursday October 4<sup>th</sup> 2018 **(Cornerstone)**

Volleyball Tournament- Monday October 15<sup>th</sup> & Thursday October 17<sup>th</sup> 2018 **(Cedar Bluffs)**

Vocal Honors- Tuesday, November 13<sup>th</sup> 2018 **(Boys Town)**

Play Production- Monday, November 19<sup>th</sup> 2018 **(Whiting)**

Boys Basketball Tournament- January 21<sup>st</sup>, January 24<sup>th</sup>, & January 26<sup>th</sup> 2019 **(Brownell Talbot)**

Girls Basketball Tournament- January 19<sup>th</sup>, January 21<sup>st</sup>, January 22<sup>nd</sup>, January 26<sup>th</sup> 2019 **(Brownell Talbot)**

Art Show- Saturday, January 26<sup>th</sup> 2019**(Brownell-Talbot or College View Academy)**

Speech- Tuesday, March 5<sup>th</sup> 2019 **(Omaha Christian Academy)**

Band Show- Monday, March 18<sup>th</sup> 2019 **(College View Academy)**

Quiz Bowl- Tuesday, March 26<sup>th</sup> 2019 **(Cedar Bluffs)**

Track- Thursday, April 25<sup>th</sup> 2019 **Cornerstone Christian Academy)**

## **Anti-Bullying Policy**

Bullying in any form is neither tolerated nor consistent with any spiritual, educational or athletic goals of Whiting Community School. Bullying in any form will not be tolerated and will result in disciplinary actions. If you feel that you are being bullied, please report this immediately by following the chain of command found on page 3. It will be reviewed, a meeting may take place, and discipline action may take place.

**Any student-athletes found to be in violation of the harassment policy found in the Junior High/High School Handbook will be subject to discipline as determined by the coach, activities director, and principal.**

### **Procedures to be followed for Suspected or Reported Bullying Behavior:**

- Staff, student or parent reports the incident and behavior immediately to a school staff member who will ensure that the incident is reported to the appropriate school administrator.
- Appropriate school personnel will immediately investigate the incident, and schedule an appointment with the parents of both parties involved.
- Bring resolution to the incident and inform all parties involved as to what actions will be taken.
- 

If, after consultation with coaches, parents, and activities director/principal, a student(s) is found bullying at the Whiting Community School District, they will automatically be dismissed from the team.

## **Hazing**

Whiting Community School District forbids any form of hazing. Hazing is defined as any forced, required, intentional, or negligent action, situation or activity which recklessly places any person at risk of physical injury, mental distress or personal indignity, or which encourages violation of any federal, state, local, or school law for the purpose of initiation into, affiliation with, any organization with the Whiting Community School. Whiting prohibits hazing, with or without the consent of a student, and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

If, after consultation with coaches, parents, and activities director/principal, a student(s) is participating in any hazing activity at the Whiting Community School District, they will automatically be dismissed from the team.

**Any complaints you have with another athlete on the team, please speak with the coaches in a timely manner so that we can get this resolved as quickly as possible. Any complaints you have with coaching staff, please see the Activities Director. We will work to get this resolved. Please review page 3 for chain of command when dealing with conflicts during the school year.**

## **Substance Abuse- Alcohol & Tobacco**

**(Substances include alcohol, e-cigarettes, vaping devices, other nicotine vaping products, and all illegal drugs or unauthorized substances.)**

Students who use or have possession of alcohol or tobacco in any form on school property, transportation or at any home or away school-sponsored activity shall be subject to the following disciplinary action. You will be declared ineligible for 33% of the varsity scheduled events.

Softball/Baseball- Tentatively 8 playing dates (one day tournaments count as 2 playing dates)

Football- 3 playing dates

Volleyball- 5 playing dates (one day tournaments count as 2 playing dates)

Basketball- 6 playing dates (one day tournaments count as 2 playing dates)

Wrestling- 5 playing dates (one day tournaments count as 2 playing dates)

Track- 4 playing dates

Cross Country- 3 playing dates

**Second offense will result in removal from the team. A meeting will take place and further disciplinary action will place.**

Penalties **will** carry over from one sport to another on a percentage basis. For example, a student is guilty of possession of alcohol during the basketball season. The penalty for this 6 games, and only 3 playing dates are left in the season. The student must complete the rest of the penalty, 3 games, in the next sport in order to become eligible again.

Any student-athlete found to be in violation of the school's substance abuse policy will automatically be suspended from all team activities including practice, games, tournaments, and all other team related activities. This will last until the coach, activities director, and school administrator have reviewed the reported offense.

Once it has been reviewed, a decision will be made on whether the student-athlete can practice with the team. If this is the case, to count as one of the suspended games, an athlete must continue to practice and attend the suspended games with the team, serving as a student manager. The student must ride to and from the contest with the team.

**Whiting Community School District reserves the right to impose any disciplinary action, which is considered in its discretion, appropriate to the circumstances of any violation. This may include placing a student on academic or behavioral probation, suspension from the athletic team for the remainder of the season, as well as expulsion from the athletic program for the remainder of the school year. The Activities Director, Principal and Superintendent will make the determination. A student in violation of the Good Conduct policy will be expected to practice during the period of ineligibility. Coaches reserve the right to determine if a student has the necessary qualities to attend athletic events and represent Whiting.**

## **Eligibility**

All students in the grades 7-12 are eligible to participate in extra-curricular activities as long as they maintain the prescribed academic and conduct standards. Participation in athletics is a privilege, NOT a right. Students can earn the privilege through hard work, dedication, desire, and self-discipline.

### **Middle School:**

**Academic Standards:** On Monday of each week grades are checked. If a student is not passing any class, they will be put on academic probation until the following Monday when grades are checked again. They will participate in practice but may not play in any contests. Parents will be notified on Monday via email if their child(ren) is ineligible.

### **High School:**

**Academic Standards:** Students must be passing all classes to remain eligible for extra-curricular activities. Grades will be checked at the end of each midterm and quarter. If a student is failing a class at the **midterm**, he or she will be placed on academic probation for **five** school days. If a student is still failing after five school days, they will be ineligible for another five days. This will continue until all grades are verified passing. If a student receives an F for the **quarter**, he or she will be placed on academic probation for **ten** school days. During these periods of time, the student-athlete will not be able to participate in any athletic contests, but may practice and travel with the team at the discretion of the coach.

If, at the end of a semester, a student-athlete has failed a class, they will be placed on academic probation for a period of 30 days (IGHSAU/IHSAA Standards). During this time, students will be allowed to attend and participate at practices, but will not be allowed to participate in any athletic contests. Please review the scholarship rule if you have any questions.

## **Athlete Code of Conduct**

All middle school and high school athletes will adhere to the following code of conduct. A violation can result in suspension or expulsion from the athletic team.

Student-athletes are expected to demonstrate the following behaviors and characteristics:

- **Integrity** in the keeping of one's word, speaking the truth, carrying out responsibility and respecting authority
- **Respect** for self, Whiting Community School, coaches, officials, fans and the property of others
- **Responsibility** for doing what you are supposed to do. Be self-disciplined, and be accountable for your choices
- Be **Fair**, and play by the rules. Be open-minded and listen to others. Don't blame people carelessly
- **Punctuality**- Showing up to school on time daily and not skipping classes.
- **6 Pillars of Character**

## **Athlete Code of Conduct Continued...**

Student-athletes are expected to refrain from the following behaviors and characteristics:

- Tardiness to practices or competitions
- Careless and/or reckless behavior
- Profanity and vulgar or offensive speech and/or gestures.
- Dishonesty in any form, including lying, theft, or cheating
- Inappropriate use of social networks or media outlets (ie: facebook, twitter, blogs, instagram, snapchat, etc...)
- Rebellious or disrespectful behavior
- Flagrant disrespect or disobedience
- Harassment in any form, both physical and/or verbal in nature. Physical harassment includes threats or intimidation of any nature, or inappropriate verbal or physical conduct, which creates a hostile, offensive, or fearful environment.
- Hazing in any form (see page 7 on Whiting's hazing policy)
- The use and/or possession of tobacco, alcoholic beverages, illegal drugs, and the abuse of prescription medication. Violations of this policy may also result in discipline of the student-athlete.

### **Penalties for Violation of Conduct Standards**

First Offense- Ineligible for one scheduled performance, student sits down with the Activities Director, and parents notified.

Second Offense- Ineligible for two scheduled performances, student sits down with the Activities Director, parents notified, and a meeting is scheduled with the Activities Director.

Subsequent Offenses- Removed from the team for the season. A conference shall be held with the student, parents, Activities Director, and the Principal.

Few Notes..

- An ineligible student must attend all practices and adhere to all rules just as if he or she were eligible.
- An ineligible student may not "suit up" for any contests.
- The period of ineligibility will go into effect immediately upon a finding of the violation. If the student is not currently engaged in an extra-curricular activity, it will be carried over to the next activity he or she plans to participate in.

### **Other examples that warrant ineligibility:**

If you have an In-School Suspension (ISS), or Out of School Suspension (OSS), you will be ineligible for any athletic contests that may be held on that day or on subsequent days.

If you skip a class on a day of a scheduled event, you will be ineligible to participate.

You must be present the day before an athletic activity in order to be eligible to play on the following day. For example, you have an athletic contest on November 14th. In order to be eligible to participate in that contest, you must present at the school on November 13<sup>th</sup> by no later than 8:20am, unless it was an excused absence.

## **Transfer Rule**

A student who transfers from a school to a different school shall be ineligible to compete in interscholastic activities for a period of 90 consecutive days. The period of ineligibility applies to varsity level contests and competitions. Some exceptions apply to this rule. Check with your Activities Director for more information or review the IGHS AU/IHSAA handbooks

## **Transportation:**

Students participating in activities are to follow this policy regarding returning from school activities out of town.

- All student-athletes are required to abide by all code of conduct rules described in this handbook. They will be required to behave on the bus, in the away locker rooms, and any other location that the teams may be going to. Student(s) will be held accountable for all damages caused on trips.
- All students are required to ride the bus to school sponsored activities unless arrangements have been made beforehand.
- Students may return home after a game with their parents as long as the parent signs the parent release form (See back of handbook).
- Students will be allowed to return home with someone other than their parents if the following procedures are followed before leaving **FOR** the scheduled school activity.
  - A written permission note must be presented to the principal and/or Activities Director on or the day before the activity stating who shall provide transportation on the day of the trip and signed by the parent. This note will stay with the principal and/or Activities Director.
  - The principal and/or Activities Director will give the student a signed note, stating that the student has permission to ride home with someone other than his or her parents. This note must be given to the coach.
  - In situations where no note was presented to the principal, activities director, or coach, the student must ride home on the bus.
  - Failure to communicate this with your coaches will result in a suspension of one athletic event.

All transportation requests need to be made through the **Activities Director**. The Activities Director will then communicate the request with the Director of Transportation. You must fill out a transportation sheet that needs to be signed and approved by both the Directors. **Do not contact the Director of Transportation first.** A copy will be placed in your mailbox. If you are a coach who does not teach at the school, a copy will be emailed to you.

## **Buses and Vans**

Buses and Vans are expected to stay clean. If, after a game or event, they are dirty, coaches will need to hold students accountable for cleaning them before they can leave. If you stop to eat somewhere after a game, make sure that the trash gets picked up and thrown away. If vans are used, coaches are required to fill out the mileage/destination sheet.

### **Coaches Meeting**

All coaches are required to schedule a pre-season meeting with the Activities Director. This can be done after practice has begun, but must take place before the first contest. Coaches will lay out the general practice plan for the season, and share some team goals they might have. This will be their chance to ask any questions that they may have for the Activities Director.

Following the season, the coaches are required to schedule a post-season meeting. They will discuss how the season went and any other pertinent information. Coaches will also sign out on the coaches' checkout report (see back of handbook).

It is important that we as coaches act as good role models and set good examples for our players. It is important that we show good sportsmanship/respect towards our players, officials, other coaches, and who ever else we may encounter during the season, and demand the same from our athletes. Remember to watch our language, and don't allow your players to get away with it. It is important that we as coaches work together and communicate with each other when it comes to scheduling practice and other events. We need every student to partake in our activity so that we can be as competitive as possible.

### **Parent's Meeting**

All coaches are required to have a pre-season meeting with the parent's. The meeting should be held before the first contest, and preferably before the first practice. You must sit down with the Activities Director before the parent's meeting to discuss the Agenda. This is the time for parents to ask questions and meet the coach. Parents will be informed of all of the rules for the particular sport, and must sign the student-athlete/parent contract for participation. If you are unable to attend the meeting, please notify the coach and schedule a time to sit down for a brief meeting. The student-athlete/parent contract must be signed and returned in order to participate in practice or other team-related activities.

### **Online Coaches Rules Meeting**

All coaches, head coaches and assistants, are required to watch the online rules meeting that are offered by the state for their respective sport. Failure to observe and complete the rules meeting will be penalized by the coach not being able to participate in any post-season tournaments for that particular sports. When this is complete, a copy of the certificate needs to be given to the Activities Director for school records.

### **Preseason Practice/Open Gym**

All coaches will adhere to the Iowa High School Boys' Athletic Association and Iowa Girl's High School Athletic Union rules. These rules apply out-of-season, preseason, and current season policies, guidelines, practices and open gyms.

All open gyms, including any and all gym times, must be scheduled through the Activities Director, or Activities Secretary. There is a gym schedule in the mailroom. Any time there are student-athletes in the gym area, an approved adult, preferably the coach of the current season, must supervise them. Any time a student-athlete is using Whiting's facilities and are not supervised, the coach and school open themselves up to litigation if an accident should occur. Any open gym in which an approved adult is not present, will not be tolerated and may lead to disciplinary action.

## **Uniforms/Warm-Ups**

Whiting Community School athletic uniforms or warm-ups are to be worn only during interscholastic competition, practice, and on approved home games with approval by the coaches. The uniforms are not to be used for any other purpose.

Student-athletes are responsible for all items issued to him/her. The student-athlete must pay for any lost, damaged or stolen items before another is issued. In the event that the school year ends and a student-athlete has not returned all items issued from him/her, the student-athletes grades may be held until the items are returned to the school or paid for.

If a student-athlete decides to leave a sport during the season, they will need to set up a meeting with the Activities Director and coaches. All uniforms must be returned within 24 hours of quitting, or during the meeting.

To ensure that all uniforms and equipment are turned in, the head coach will need to submit the end-of-season inventory list to the Athletic Director.

**All uniforms and warm-ups are due immediately following the end of the season. All uniforms must be collected after the last contest, and will be cleaned at the school.**

## **Off-Season Practice Policies**

When a student makes a commitment to participate in a team sport, he/she is making a commitment to the team to be at his/her best/peak performance at all times during the season. The student-athlete is also facing the challenge of maintaining his/her academics at the highest level possible. Therefore it is vital that coaches communicate and come to some agreement that is in the best interest of our student-athletes.

These activities include:

- Open Gyms, Scrimmages, Pick-Up Games
- Conditioning
- Weight Training
- Skills Practices
- Drills

## **Weight Room Procedures**

Student-Athletes are not allowed in the weight room without authorized supervision. An adult or teacher must be in attendance. John Webster is our Strength & Conditioning coach at the Whiting Community School District. He will meet with the Activities Director to set up a scheduled weight lifting program in the in the pre-season, in-season, and post-season. Although these are voluntary workouts, it will be recommended and strongly encouraged by all coaches. John Webster and the Activities Director will work together to find a time for strength and conditioning workouts. If this time doesn't work for you, you may take a Strength & Conditioning class at the Whiting Community School.

**John Webster or other authorized personnel reserve the right to kick you out of the weight room. This is not a place for horseplay, and student safety is the number one priority.**

## **Locker Rooms**

All students (6-12) at the Whiting Community School District may be provided a locker for use for the school year. These locker rooms are located next to the gymnasium. A lock may be purchased, and is highly recommended for \$5. If returned undamaged, you will receive your \$5 back at the end of the school year. Locker rooms will be required to stay clean. Anything found on the floor at the end of the day will be picked up by the janitors and put in the lost and found. Coaches need to help police this and hold students accountable. Bags shouldn't just be thrown on the floor. This will help out the janitors when they go in and clean the locker rooms in the mornings. Lockers must be cleaned out by the final day of school, unless you are participating in summer activities. **The Whiting Community School District is not responsible for lost or stolen items from the locker room.**

## **Attendance**

Attendance at games and practice sessions is mandatory for all team members. If a student-athlete will not be attending a practice, meeting, or athletic contest, the coach must be notified one day prior to the event being missed. Any student-athletes who have more than three absences (excused or unexcused) may result in limited playing time or removal from the team. Practice is held rain or shine unless otherwise noted by the coach. If a student-athlete is absent from the school, or arrive unexcused after 8:20am, he/she will not be able to participate in a athletic contest, and may not be able to practice. In the case that a player misses practice (excused or unexcused), he/she will be expected to make up any work that was missed. Any student-athlete who leaves an athletic event without the permission of the Head Coach will be subject to suspension from the team.

<b>ABSENCE FROM PRACTICE</b>	
Excused Absence	No action
Unexcused absence- 1 <sup>st</sup> Offense	Meeting with coach and discipline of athlete or limited playing time
Unexcused absence- 2 <sup>nd</sup> Offense	Suspension from next contest or limited playing time
Unexcused absence- 3 <sup>rd</sup> Offense	Dismissal from team

**Coaches have full discretion to determine what is and what is not an unexcused absence.**

<b>ABSENCE FROM ATHLETIC CONTEST</b>	
Excused absence	No action
Unexcused absence- 1 <sup>st</sup> Offense	Suspension from next two contests
Unexcused absence- 2 <sup>nd</sup> Offense	Dismissal from team

## **Classwork**

On occasion when student-athletes must miss class to participate in scheduled athletic events, they are responsible for turning in class work that is due that day and they are responsible for making up any missed work in a timely fashion. If a student-athlete arrives home late from an athletic contest or misses class the day before a test due to an athletic contest, it is at the teacher's discretion to allow the student-athlete to test at an alternative time. If the student-athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the student-athlete to reschedule the test for a date agreed upon by the student-athlete and teacher.

## **Practice Times**

### **Middle School**

Practice will start at 2:45pm for all sports during each season and go through the athletic period. Practice will run until 4pm. Middle school athletes get the gymnasium until the allotted time. The following practice times will be assigned on alternative bell schedules.

**Two Hour Late Start:** 2:54pm-4pm

**One Hour Late Start:** 2:47pm-4pm

**One Hour Early Out:** 1:47pm-3pm

**Two Hour Early Out:** 1pm-2pm

### **High School**

The coach of each sport, along with the help of the Activities Director (only if necessary), will determine the team practice schedule. There may be circumstances where the practice times require adjustment. In those cases, student-athletes will be notified in advance of the change in day/or times. Most high school practices will run from 3:30-5:30pm. Basketball will have two practice times: 3:30-5:15pm (Boy's), and 5pm-7pm (Girl's). Due to middle school practice conflict, the boy's basketball team will need to warm-up in the lunch gymnasium, or choose to start at 4pm instead. Practices will be held rain or shine unless the coach and/or Activities Director cancel the practice or game.

## **Holidays**

In order for teams to remain cohesive, effective, and competitive, student-athletes may be expected to play and/or practice during holidays (Winter Break, Spring Break, Summer Break, Labor Day, etc.) The coach at the pre-season meeting should announce these dates. All practice times must follow the state athletic associations guidelines.

## **Religious Commitments**

Whiting Community School understands that from time to time a student-athlete may need to miss practice or game in order to fulfill religious commitments. Student-athletes should discuss their religious commitments with the coach prior to the season so that he/she is aware in advance.

## **Bad Weather**

The Activities Director in consultation with the coach, and officials during contests, will make decisions based on the IGSAU/IHSAA guidelines for student-athlete safety.

In the event that the coach or activities director must cancel a practice or an athletic contest, it is the responsibility by both to notify teams and parents. Inclement weather does not determine whether practice is held, the coach or activities director make the determination.

If an athletic contest is cancelled, the coach may choose to hold a practice. If he/she chooses to do so, they must communicate that information to the parents and student-athletes as soon as possible.

## **Injury & Illness**

All injuries should be reported to the coach and/or activities director at the time they occur so further injury can be avoided. If you are injured, get treatment.

- 1.) Tell the coach that you are injured before leaving practice.
- 2.) The coach will need to inform the Activities Director of any significant injuries.
- 3.) No matter how small the injury, get treatment.
- 4.) Student-athletes who become sick, nauseated, dizzy, and/or very hot should notify the coach immediately.

All injuries should be treated with caution and handled with care. The parents will be contacted in the event of severe or significant injuries and consulted with any decisions made in regard of treatment and rehabilitation. Coaches treat any acknowledged condition in the confidential manner with which the information is related by the parent or guardian. If an athlete misses practice on the request of a physician, the athlete should have a note of clearance before returning to practice. Coaches should follow the IGHS AU and IHSAA guidelines before student-athletes can return to practice.

Ice will be located in the concessions stand for any injuries. When you are at an away contest, ask the coach or activities director if they have ice available for an injury.

There will be a med-kit in the coaches' office for use.

## **Concussions**

There should be steps student-athletes take to protect themselves from concussions and other injuries.

- Make sure to wear the proper equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Follow the coaches' rules for safety and rules of the sport.

If you think a student-athletes has a concussion, it is important to follow proper concussion protocols.

- Keep your student-athlete out of play.
- Seek medical attention right away.
- Inform all coaches, nurses, and other health care professionals about the concussion.
- If you think a student-athletes has a concussion, don't assess it yourself. Take him/her out of play immediately, and seek the advice of a health care professional.

## Awards

Athletic awards can be earned in all sports at the Whiting Community School District when a specific criterion has been met. In all sports, a player must complete the season, and must have remained academically eligible to complete the following individual sport requirements for earning a varsity letter. An athlete can be awarded based on prompt and regular attendance at practice. **The coaches determine all letters, and they have the right to determine who deserves a letter.** If you become ineligible, you will not be eligible for a letter unless otherwise determined by the coach, activities director, or principal.

**Baseball/Softball:** Must have participated in a minimum of ½ of the Varsity games, or were in the line-up for the post-season tournament.

**Basketball:** Must have competed in one-half of the total number of quarters played, or made the roster for the post-season tournament.

**Cross Country:** Must be in the top five on the Varsity roster in one-third of the total meets.

**Cheerleading-** Lettering is based on number of year's participated.

**Football:** Must participate in a minimum of 5 Varsity contests.

**Track & Field:** Must score a minimum of five points, or compete in all meets and attend all practices.

**Volleyball:** Must have competed in one-third of the total number of games played, or made the roster for the post-season tournament.

7<sup>th</sup>/8<sup>th</sup> Middle School Athletics- Each student that goes out for a sport will receive recognition if they attend at least 80% of the practice, display the proper attitude, and stay out until the season is completed.

## **Awards Continued**

### **How to Letter in Band**

1. Being involved in High school Band – 100 pts each year  
Please circle one: 1 year – 2 years- 3 years- 4 years
  2. Took Private Lessons - 10 pts per lesson:  
Please circle: – 1 time – 2 times – 3 times- 4 times- 5 times- 6 times- 7 times- Other \_\_\_\_\_
  3. Auditioned for All-State – 100 pts each year
  4. Made All-State Band – 100 pts each year
  5. Solo/ Ensemble Contest – 25 pts for performing and getting a lower rating, 50 pts if you received a II rating, and 75 pts if you received a I rating.
  6. Conference Honor Band – 50 pts
  7. Attending all pep bands – 50 pts
  8. Veteran’s Day program – 50 pts
  9. Winter/Christmas Concert – 100 pts
  10. Spring Concert – 100 pts
  11. Worked at a concert (passing out programs, lighting, etc..) – 25 pts per time
  12. Received a WOW award in music – 25 pts per award
- Please circle below:  
First time lettering in band      second time      third time      fourth time

Total Points: \_\_\_\_\_

NEED 500 points to Letter in band

### **How to Letter in Choir**

1. Being involved in High school choir – 100 pts each year  
Circle one please: 1 year -2 years- 3 years- 4 years
2. Took Private voice lessons: 10 pts per lesson  
1 time -2 times- 3 times- 4 times- Other \_\_\_\_\_
3. Auditioned for All-State Chorus – 100 pts
4. Made All-State Choir – 100 pts
5. Solo Ensemble Contest – Going to contest to perform and received a lower rating 25 pts, 50 pts for II rating, 75 pts for I rating.
6. Attended Honor Choir – 50 pts
7. Christmas Concert – 100 pts
8. Spring Concert - 100 pts
9. Received a WOW Award in music – 25 pts each
10. Worked at a concert (programs, lighting, cleand up, etc..) – 25 pts a time
11. Veteran’s Program – 50 pts

Please circle below: First time lettering in choir      second time      third time      fourth time

Total POINTS: \_\_\_\_\_ out of 500 pts

### **All-Conference Selections**

**Track & Field-** You are considered an All-Conference Runner, Jumper, or Thrower when you have placed in the top three in a particular event or relay at the Nebraska Frontier Conference Track Meet.

**Cross Country-** All Conference in Cross Country is determined at the Activities Directors meeting the September before the Conference meet. Selections are determined by number of participants in the race from year to year.

### **Volleyball & Basketball**

**All Conference Honors are based off the regular season conference standings in the following sports.**

<b>Girls Volleyball &amp; Basketball All-Conference Selection Process</b>		
<b><u>1<sup>st</sup> Place Rank</u></b>	3 All-Conference	1 Honorable Mention
<b><u>2<sup>nd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>3<sup>rd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>4<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>5<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>6<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>7<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>8<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>Total</u></b>	12 All-Conference	8 Honorable Mention

<b>Boys Basketball All-Conference Selection Process</b>		
<b><u>1<sup>st</sup> Place Rank</u></b>	3 All-Conference	1 Honorable Mention
<b><u>2<sup>nd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>3<sup>rd</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>4<sup>th</sup> Place Rank</u></b>	2 All-Conference	1 Honorable Mention
<b><u>5<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>6<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>7<sup>th</sup> Place Rank</u></b>	1 All-Conference	1 Honorable Mention
<b><u>Total</u></b>	12 All-Conference	7 Honorable Mention

**Academic All-Conference-** The Nebraska Frontier Conference recognizes any senior student who achieves a composite score of 24 or higher on the ACT and a 3.5 or better grade point accumulative average and has the written recommendation from his/her school. There are two tiers of awards, Silver and a Gold tier.

Silver Tier- Minimum ACT score of 24 and 3.5 GPA

Gold Tier- Minimum ACT score of 28 and a 3.75 GPA

Recipients will receive a conference medallion inscribed with Academic All-Conference and the year. Recipients will be seniors whose names and qualifications will be forwarded to the Nebraska Frontier Conference Board of Control at their April meeting. The individual school will present the medals at their honors night and/or graduation.

## **Communication**

The best resource for up to date information are the following Facebook pages. Whiting will do their best to post any updates on athletic schedule changes. If you have any questions about activities, please contact the Activities Director or the Activities Secretary (see page 3)

**School FB Page-** Whiting Community School District

**School Athletic Page-** Whiting Warriors Athletics

You may find a list of all of the schedules on the Conference Website:

[www.frontierconference.org](http://www.frontierconference.org)

For all up to date information, please check out our Facebook pages, or go to

[www.whitingcsd.org](http://www.whitingcsd.org)

## **Other Information**

For all other pertinent information regarding athletics, please follow the links below.

IAHSAA

<https://www.iahsaa.org/information/general/>

or

IGHSAU

<https://ighsau.org>

## **Quikstats**

<http://quikstatsiowa.com>

## **2018-2019 Sports Starting Dates**

Volleyball- August 6<sup>th</sup>, 2018

Cross Country- August 6<sup>th</sup>, 2018

Football- August 6<sup>th</sup>, 2018

Girls Basketball- November 5<sup>th</sup>, 2018

Boys Basketball- November 12<sup>th</sup>, 2018

Wrestling- November 12<sup>th</sup>, 2018

Track & Field- February 11<sup>th</sup>, 2019

Baseball- April 29<sup>th</sup>, 2019

Softball- May 6<sup>th</sup>, 2019

**Whiting Community School District**  
**Student-Athlete/Parent Contract for Participation**

We have read and agree to fully abide by the terms of Whiting Community School Activities Handbook, the Whiting Community School Junior High/High School Handbook, and Coaches Handbook. Failure to comply with the policies in the handbooks may result in suspension and/or dismissal from the team.

We understand that we must sign this document and turn it into the Activities Director or Head Coach prior to being issued a uniform and included on a team roster.

_____ Date	_____ Print Name	_____ Student-Athlete Signature
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_____ Date	_____ Print Name	_____ Parent Signature
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# Whiting Community School District Transportation Sign-Out Sheet

I (parent/guardian) accept full responsibility for my child.  
He/she will not be riding the bus home after the event listed  
below. My child will be riding home with me.

**Date:** \_\_\_\_\_ **Event/Place:** \_\_\_\_\_

**Student (Print)**

**Parent/Guardian**

1.) _____	1.) _____
2.) _____	2.) _____
3.) _____	3.) _____
4.) _____	4.) _____
5.) _____	5.) _____
6.) _____	6.) _____
7.) _____	7.) _____
8.) _____	8.) _____
9.) _____	9.) _____
10.) _____	10.) _____
11.) _____	11.) _____
12.) _____	12.) _____
13.) _____	13.) _____
14.) _____	14.) _____
15.) _____	15.) _____
16.) _____	16.) _____
17.) _____	17.) _____
18.) _____	18.) _____
19.) _____	19.) _____
20.) _____	20.) _____
21.) _____	21.) _____
22.) _____	22.) _____
23.) _____	23.) _____
24.) _____	24.) _____
25.) _____	25.) _____

# **Transportation Request**

**Today's Date:** \_\_\_\_\_

**Teacher/Coach Requesting:** \_\_\_\_\_

**Date Transportation is Needed:** \_\_\_\_\_

**Start Time:** \_\_\_\_\_

**Estimated Time Frame:** \_\_\_\_\_

**Number of People:** \_\_\_\_\_

**Signature of Teacher/Coach:** \_\_\_\_\_

## **Signatures of Approval**

**Activities Director:** \_\_\_\_\_

**Director of Transportation:** \_\_\_\_\_

**(Director of Transportation fills out below portion)**

**Bus or Van:** \_\_\_\_\_

**Driver(s):** \_\_\_\_\_

# Whiting Community School Coaching Checkout Form

## Signatures

Coach

Activities Director

\_\_\_\_\_

A pre-season meeting with the Activity Director has been scheduled.

\_\_\_\_\_

A checkout list for uniforms and other equipment is turned into the office and a copy is placed in the Activities Director mailbox.

\_\_\_\_\_

Before the first athletic contest, the head coach or assistant coach will contact the Lisa Hoebelheinrich for a picture for the local newspaper and yearbook.

\_\_\_\_\_

Before the first athletic contest, a list of participants will be turned into the office and a copy is placed in the Activities Director mailbox.

\_\_\_\_\_

A list of letterwinners is turned into the Activities Director before the end of the State Tournament.

\_\_\_\_\_

Equipment is collected from all student's and inventoried within 10 days of the last contest/practice.

\_\_\_\_\_

All uniforms were turned in and put into storage.

\_\_\_\_\_

A post-season meeting with the Activities Director has been scheduled.