

Student Activities HANDBOOK

*For **Coaches**
& **Sponsors, Students***



**Copper River School
District
Glennallen School**

P.O. Box 108 Glennallen Alaska, 99588
1976 Aurora Drive

Sportsmanship Creed

All contests are played under the authority of the Alaska School Activities Association (ASAA). ASAA rules provide for fair play and good sportsmanship among athletes and coaches. Since booing and jeering do not support anyone, we hope you will be positive in supporting your favorite team. As athletes, we ask that spectators promote the ideals of good sportsmanship by applauding fair play and showing respect for all participants and officials.

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Notice of Nondiscrimination

The Copper River School District does not discriminate on the basis of race, color, religion, sex, age, national origin, disability, marital status, pregnancy, sexual orientation or veteran status.

The Copper River School District does not discriminate on the basis of sex in violation of Title IX of the Education Amendments of 1972 in the educational programs or activities which it operates.

The Copper River School District does not discriminate on the basis of disability in violation of Section 504 of the Rehabilitation Act of 1973. This includes admission or access to, or treatment or employment in its programs, services, and activities.

Individuals requiring further information should contact the designated compliance director:

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PHILOSOPHY

The athletic program shall contribute to sound educational objectives, be properly organized and conducted and be an integral part of each school's programs.

Physical Education and athletics must promote strong health, physical education, and intramural programs that encompass both boys and girls. Through such programs, the needs of most students are met. However, there are still a large number of students who have the talent and desire to go beyond the daily instructional and intramural programs. These students, as well as other students who are less physically gifted, can obtain added benefits and fulfill additional needs by participating in a well designed athletic program.

The purpose of the CRSD athletic program is to augment the academic mission of the district by developing character, integrity, honesty, citizenship and sportsmanship in the students who participate. Although winning in sports is a major objective and a tremendous motivating force at the time, it is not considered to be the goal of athletic participation. More important than winning are the lessons learned by the participant through competition (meaning to strive for or seek together), in the desire to achieve excellence, in living a more healthful and purposeful life, in the respect for the dignity of others, in the willingness to make a personal sacrifice for the benefit of the team, and in living by a high code of conduct. These, then, become the more lasting benefits of athletic participation for the individual.

OBJECTIVES OF THE ATHLETIC PROGRAM

A school's athletic program serves many purposes and increases advantages for students who participate directly or indirectly. Opportunity for total fitness improvement accrues to the students who participate-

- **Physically**—by participating in progressively more difficult conditioning exercises, drills, skills, and contests. The players will be striving for higher levels of development in speed, strength, endurance, balance, agility, coordination, flexibility, timing, and good body aesthetics and mechanics. Safety will always be your first consideration.
- **Mentally**—through learning the history of sports and developing an appreciation for sports as a part of our culture; learning the rules of the games and team strategies, assuming leadership, and responsibilities commensurate with one's age and maturity.
- **Emotionally**—through self and team discipline by demonstrating good sportsmanship, learning to give and take on a friendly basis of rivalry.

Participation in sports should serve as a motivating force for the students to do better academically through the development of the qualities of courage, tenacity, alertness, and resourcefulness.

- **Socially**—through service to school and community by developing respect for the rules of the game, public and private property, by developing social courtesies of the game and loyalty to self, team, school, and community.

COACHES

RESPONSIBILITY OF COACHES

Coaches have a significant influence on athletes and the school's entire athletic program. It is, therefore, of paramount importance that the individual is well-trained and versed in the activity and that he or she demonstrates the highest level behavior, leadership and sportsmanship before the team, student body, faculty, and community.

The function of a coach is to properly educate students through participation in interscholastic competition. The interscholastic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. The welfare of each child shall be the coach's most important responsibility at all times. The coach of any team representing a member school in interscholastic athletic competition must have successfully completed the Alaska Coaches Education Program (ACEP).

All coaches of athletic teams are required to have successfully completed four required trainings (Child Abuse Prevention, Concussion Awareness Training, Fundamentals of Coaching, First Aid). Successful completion of the Sports First Aid section of the Alaska Coaches Education Program will satisfy the requirement for a current first aid card for three (3) years from that date. Upon the expiration of the three (3) year period, each coach must have a current first aid card before the start of the next season. Coaches should contact their school's Athletic Director for information regarding the other trainings.

The coach must be aware that he or she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an **active role** in the prevention of drug, alcohol and tobacco abuse and under no circumstances should authorize their use.

The coach shall promote the entire interscholastic program of the school and direct this or her program in harmony with the total school program.

The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical and will not be tolerated.

Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

A coach shall not exert pressure on faculty members to give student athletes special consideration.

It is unethical for coaches to scout opponents by any means other than those adopted by the league and/or state high school athletic association.

Copper River School District Coaches Duties:

DUTIES OF COACHES

1. Selecting and coaching the team's members; looking after their general health and welfare as it pertains to conditioning programs, physical examination, obtaining parental permission, caring for injuries, and checking on player eligibility. ASAA and CRSD eligibility rules are to be strictly adhered to by all coaches.
2. Ensuring that all participants and coaches know the rules and regulations of the sport/activity.
3. Supervising their assistant coaches, volunteers and team managers and coordinating the schedules, practice sessions, facilities, and equipment so that the programs operate smoothly and efficiently.
4. Assuming the responsibility for issuing, cleaning, repairing, collecting, and keeping an accurate inventory of all equipment pertaining to the sport. A list of current inventory is to be presented to the Activities Director within two weeks following the end of the sport season.
5. Assuming the responsibility for the behavior of team members at all school functions and public appearances. Team discipline shall be within the

guidelines of the CRSD Student Rights and Responsibilities Handbook and School Board policy.

6. Reviewing the current appropriate CRSD Student Activities Handbook and require acknowledgment by students who wish to participate.
7. Submitting team rosters to the Activities Director on the first day of practice and updating these team rosters as needed for eligibility.
8. Appointing or supervising the selection of a team captain or captains.
9. Travel with the team at all times unless arrangements have been made with the Activities director and/or principal at least one week in advance of the scheduled travel.
10. Be with team members at all practice sessions and for clearing locker rooms and practice areas at the end of practice.
11. Assuring that there are no practices, games or meetings of the team on Sunday or on any school recognized holiday.
12. Assuming the responsibility for maintaining an accurate roll book which includes date of entry, dates of practice, and gender for all students participating in the interscholastic sport.
13. Maintaining a copy of the Parent's or Guardian's Activity Consent & Emergency Medical Form for each participating student and having these copies with the team at every contest.
14. All injuries which occur during practices and competition that require attention by the instructor, nurse, or other health care professional must be promptly reported to the Activities Director's office. Injuries must be reported on the District Accident Form which shall be submitted as soon as possible after the injury.
15. Notifying the Activities Director, and parent of a player who is dropped from the team and providing the reasons for dismissal.
16. Assuring, along with the activities director, when hosting an event that:
 - a. Schools are sent the needed information on time.
 - b. Teams arriving are met as they step off the bus.
 - c. Arrangements have been made for dressing, showers, etc.
 - d. First aid equipment is made available.
 - e. Security of personal items has been provided.
 - f. **VISITING SCHOOLS ARE GIVEN "RED CARPET TREATMENT."**
17. Notifying the Activities Director of player awards in accordance with established CRSD policies and procedures.
18. Submitting a budget for new equipment, supplies, etc. to the Activities Director within two weeks following the end of the sport season. All purchases of athletic equipment and/or supplies must be routed through the Activities Director.
19. Assuming the responsibility for completing the Lost Equipment Form at the end of the sport season and for contacting parents regarding return of or payment for lost or damaged equipment or uniforms.
20. Providing athletes the latest information on NCAA guidelines in conjunction with the counseling office.
21. Attending pre- and post-season meetings with the Activities Director and Parents of your sport.
22. Attending any scheduled meetings with all district coaches.
23. Making recommendations to the Activities Director and the Principal for improving the administration of the sport.

EXPECTATIONS OF COACHES

1. Consider safety as the top priority.
2. Demonstrate good sportsmanship at all times.
3. Have and show respect for your opponent; treat them as guests.
4. Accept the officials' decision. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
5. Set a good example for others to follow.
6. Refrain from any profanity.
7. Maintain self-control at all times.
8. Teach the values of honest effort in conforming to the spirit as well as the letter of the rules.
9. Provide opportunities for social interaction among coaches and players of both teams before and after the contest.
10. Let the players play. It's their game.
11. Be mindful of comments made to the news media, especially following a hard-fought contest.

COACHES, SPONSORS, AND CHAPERONES WORKING RULES AND DUTIES

The District prohibits the possession, use, distribution, or sale of alcohol, unlawful drugs, controlled substances, or hallucinogens in the workplace, during school time, on school property, during school-sponsored activities, or when conducting District business. It also requires employees and volunteers to be free from the influence of alcohol tobacco and unlawful drugs upon entering District facilities or vehicles.

Coaches, sponsors, and chaperones are required to refrain from the use of alcohol, tobacco, unlawful drugs, or other unlawful substances while engaged in duties related to sports and activities either in the District or at locations outside of CRSD. All supervisory duties shall be for the full 24 hours of each day while traveling.

It is the District's expectation that coaches, sponsors, and chaperones will attend to all of the obligations associated with their duties, and insure that personal distractions will not interfere with those obligations.

FACILITY MANAGEMENT

Coaches and sponsors are not to depart the building and/or facilities until they have insured that all team/activity members have exited the building, and the building is secured. This includes all practices, games, activity functions, and/or team/parent meetings at any facility. The coach should be the last member to leave.

PERFORMANCE REVIEW

Every head coach or lead sponsor who has an extra-curricular contract for an ASAA sanctioned activity will receive a performance review each year. The performance review will be completed by the Activity Director and filed in the Activity Director's office.

All head coaches or lead sponsors of ASAA sanctioned activities must meet with the Activities Director at the conclusion of their season to review their performance and conduct an evaluation of assistant coaches.

SPORTSMANSHIP

A sportsman is one who engages in sports in a fair and generous fashion. Unsportsmanlike conduct, then, would be conduct that is prejudicial to the fair and generous acceptance of the rules of the activity, the officials, the opponents, and the policies of the schools and the coach. Actions which bring discredit upon the school, the activity, the officials, the rules or the opponents will be considered unsportsmanlike.

In matters pertaining to personal conduct, such as gross violations of sportsmanship, attacks on officials and other gross misconduct by any student, school staff member, coach or school community member, where the school has failed to act reasonably in controlling the student, staff member, coach or community member, the Association will determine appropriate penalties and whether or not the student, coach or school will be suspended or barred from future contests or events. (Excerpts from ASAA Bylaws Article 6, section 5)

Any student or coach who is ejected from a contest will not be eligible to participate in the next contest (AASA). Additional penalties may be imposed by the school district.

PENALTY FOR COACH EJECTION

1. Coach must refrain from coaching in any scheduled contest in the same activity (game suspension) until completion of the next regularly scheduled contest at the same level. Schools may not schedule additional contests to circumvent this provision.
2. Coach may not be physically at the site of the next contest, nor may he/she have any contact, direct or indirect, with their teams during the contest while suspended. The head coach is responsible for reporting an ejection within 24 hours to his/her administrator. A player or coach who fails to serve a required game suspension under this rule will be subject to penalty (See Section 6).
3. Schools and officials must notify the Association whenever a player or a coach is ejected from a game or contest by submitting a Contest Ejection or Hockey Penalty Incident form.

TRANSPORTATION IN PRIVATE VEHICLES

Parent requests to transport students other than their own children on district sponsored activity trips presents a liability exposure for the school district and in the unfortunate event of an accident, the parent would face significant liability exposure as well. Thus, students are expected to travel to and from school-sponsored activities by the transportation provided by the school unless otherwise approved by the school administration. Any request must be made by the biological parents or legal guardian in writing at least three days in advance of the activity. If approved, the note will be kept on file in the office, and a copy will be sent with the Coach and/or sponsor.

Here are the guidelines for district sponsored activity team travel:

- Head Coaches are responsible for the health and welfare of students under their sponsorship 24 hours a day while on out of district travel;
- Head Coaches are not allowed to transfer this responsibility;
- With the exception of home events, students are expected to travel to and from school sponsored events on transportation provided by the school;
- Coaches may release students only to their parents or legal guardians and only after the request has been signed by the parent and the student's obligation to that team has been fulfilled for the weekend.

SCHOOL VEHICLE USE

For safety reasons, the school prefers to use school buses, vans, cars or other commercial carriers first, for involving student activity travel outside the district. The following rules shall apply to the use of the school vans and any other vehicle approved by the school for use as transportation in any school activity:

- Vehicles shall not carry more than eleven (11) occupants, including the driver at any time. In addition, the maximum number in any vehicle shall not be greater than the number of seatbelts that are in working condition in that vehicle. Use of seatbelts is mandatory for all coaches and athletes;
- Vehicle use shall be approved and monitored through the schools Activities Director;
- Any proposed driver who is not a certified school employee must be approved through the superintendent's office prior to driving any school vehicle;
- Report any damage or incidents to the activities director or principal as soon as possible.

CHAPERONES FOR ACTIVITY TRAVEL

On all district sponsored activity travel there shall be at least one same gender chaperone for each gender of students on the trip. An adequate number of same gender chaperones shall accompany students in order to maintain safety and discipline.

GENERAL TRAVEL

The following guidelines are to be used during school related travel periods.

Winter Travel.

- Winter travel requirements are in effect (between Oct. 1 through April 15). All students shall have a winter hat, winter coat, insulated gloves, insulated boots, snow pants and a sleeping bag.
- No travel shall be conducted when temperatures are -40°F or less at point of departure or destination (grades 9-12), -30 °F or less (grades 6-8), or -20 °F or less (grades K-5).
- Check www.noaa.gov for official temperatures.

All Travel:

- The vehicle drivers shall check the engine oil, coolant, windshield washer fluid, and brake fluid levels, belt conditions, tire inflation, and all lights (including trailer lights) before departure from the school.

- The Coach/Sponsor shall have a cell phone available for emergency calls.
- No travel shall be conducted between the hours of 12:00am and 6:00am, unless using commercial transport.
- If there is a possibility of inclement weather, coaches and drivers are required to call State Troopers, Dept. of Transportation, or other appropriate authority in determining safe road conditions. The AD or School Principle has the authority to cancel all travel if they determine road conditions are unsafe.

As with practices, on return trips, the coach should be the last person to leave the school.

School vehicles shall be returned to the school full of fuel and clean. Keys should be placed in the drop box at the GHS shop or returned to the KLS office. If the temperatures are -10 or colder, vans should be parked in front of shop and plugged in. Do not block shop doors. Provide a note to the AD detailing any mechanical issues encountered with the vehicle.

FUNDRAISING

All fundraising activities must be approved by the Principal PRIOR to implementation.

AWARDS

Criteria for the earning of student recognition, awards, letters and certificates will be determined by the coach/sponsor and a copy will be given to the school administration and will be made known to the student before the activity begins.

ATHLETIC TEAM SELECTION

The CRSD allows for a cut policy in all high school activities. Criteria for selecting a team are determined by the coach of each sport and in accordance with all district policies. This criterion is issued each season, in writing for each student trying out for a team. If fewer than the maximum number of participants allowed for a particular sport wish to participate no cuts will be made unless there is a safety concern.

The CRSD currently has a no-cut policy for Junior High Sports. The no cut policy is designed to increase opportunities for participation by Junior High Students in extracurricular activities. However, in no way should this be seen as a guarantee for playing time or being selected to the traveling team. Student athletes may in fact be "cut" from the team if they exhibit a poor attitude or their participation effort is consistently below a level reasonably expected by the coach of the sport from all of his/her players. Criteria

for selecting the traveling teams for Junior High Sports are determined by the coach of each sport. The number of participants who will be traveling for each Junior High away event will be determined jointly by the Coach and the Activities Director upon completion of the schedule for each activity. All participants in good standing will be allowed to participate in any home event.

ACTIVITY CONSENT AND MEDICAL INFORMATION FORM

It is the responsibility of all coaches and sponsors, along with the activities director to ensure that all students who wish to participate in an activity know that by signing the Activity Consent and Medical Information form they are acknowledging they have read the appropriate district Student Activities Handbook and understand and accept the rules, regulations, policies, and accompanying penalties as conditions for participation. Participants must also be made aware that the handbook is available to be read and or downloaded on the district’s web site (<http://www.crsd.us>) or that a printed copy may be requested through the school.

NUMBER OF EVENTS FOR DISTRICT HIGH SCHOOL ATHLETIC SCHEDULES (Excerpt from ASAA Bylaws)

Maximum Games Prior to Qualification for State Tournaments*

Baseball	22 games
Basketball—Boys and Girls	22 games
Cross-Country Running	no limit
Ice Hockey	22 games
Volleyball	22 games
Wrestling	24 weigh-ins, plus

Participant must weigh in at the participating weight class in at least 50% of their matches.

- Number excludes Region and State Tournaments.
- Refer to AASA rules for exemptions.

ACKNOWLEDGEMENT FORM

By signing the Acknowledge Form at the end of this handbook, the coach or sponsor acknowledges receiving, reading, and abiding by the guidelines, regulations, and policies found in the *Student Activities Handbook for Coaches and Sponsors*.

STUDENTS

ELIGIBILITY

ACADEMIC
Academic Standards for Secondary Activities

ELIGIBILITY CRITERIA:

- a. Academic eligibility will be determined at every three weeks. When academic eligibility is checked, a student must have received at least a 2.0 GPA with no failing grades.
- b. A student must have passed 5 classes, which count toward graduation, the previous semester. In addition, he/she must be enrolled in at least 5 classes that count toward graduation in the current quarter.
- c. A student must have acceptable citizenship.
Citizenship points are determined as follows:

S+	=	2 points
S	=	1 point
S-	=	0 points
U	=	-1 point
- d. Grades for students participating in activities will go into effect at 4:00 p.m. on the last day of the quarter. For eligibility purposes, students with incompletes will be given an “Incomplete and current grade” (for example --- Inc – C) which will be finalized upon completion of missing work.
- e. No student will be allowed to travel on any extra-curricular activity while carrying a failing grade in any class. This includes weekly grade checks, mid-term grades, and quarter grades.

A citizenship grade is given for every class in addition to an academic grade. This citizenship grade allows the teacher to communicate the quality of the student’s behavior, in addition and apart from his/her academic performance. Citizenship grades also affect eligibility for extracurricular activities and high school-sponsored activities, any student with less than five citizenship points when academic eligibility is checked will be deemed ineligible to participate in extracurricular activities.

To participate, a high school athlete must meet both Alaska School Activities Association Rules and all relevant Copper River School District policies. Students in the process of obtaining eligibility may

tryout or practice, but may not sit on the bench or play during a game.

ENROLLMENT RULE – High School

All freshman, sophomore and junior students must be enrolled in a minimum of 5 semester units of credit or the equivalent to be eligible.

Seniors who are on track to graduate must take at least 4 semester units of credit or the equivalent to be eligible.

Other seniors who have passed HGQE must be enrolled in a minimum of 4 semester units of credit or the equivalent to be eligible.

Freshmen, sophomores and juniors

- Must have passed at least 5 semester units of credit or the equivalent during the previous semester.
- Must have maintained at least an overall 2.0 GPA during the previous semester
- Those who have not maintained an overall 2.0 GPA during the previous semester may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

Seniors

- First entering 12th grade must have passed at least 5 semester units of credit or the equivalent during the previous semester.
- Second semester seniors who are on track to graduate and have passed all parts of the HSGQE must have passed 4 semester units of credit during the previous semester.
- All seniors must have maintained at least an overall 2.0 GPA during the previous semester.
- Seniors who have not maintained an overall 2.0 GPA during the previous semester may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

In order to attain eligibility to practice/participate in fall activities, high school students must have all summer course work completed, graded, recorded, and confirmed by the school administrator prior to the student's first day of practice. If a student fails to have summer work completed, graded, recorded and confirmed by the school activities director by the first academic contact day, the student will be ineligible to practice/participate in activities during the first academic quarter.

AGE

High School - A high school student who becomes 19 years of age by August 1 shall be ineligible for

interscholastic competition. (ASAA Article 12, Section 6).

Junior High/Middle School - Any student retained in the seventh or eighth grade is ineligible to play any sports in the repeated grade. There will be *no exceptions* to this policy for athletics at the junior high/middle school level.

ATTENDANCE

In order to practice or participate in an activity, a student must be in attendance a full-day (all periods enrolled) on the day of the activity or practice. This includes, "active" participation in PE class, lab and any disciplinary action taken against the student including office or lunch detention. In addition, students who are more than 5 minutes late to any class will be considered absent regardless of whether or not a parent has called to excuse them.

Activities occurring on non-school days or activities that require travel on school days will require attendance the full day before, full day of the event and the day following the event. Failure to attend classes on Monday morning following a road trip will make the student ineligible to travel or participate on the next road trip.

Exceptions to the above rules may be granted by the activities or principal but must be requested and approved at least a day before the absence.

The building principal or activities director will handle extenuating circumstances, such as medical emergencies and unavoidable situations, on a case-by-case basis.

PHYSICALS -Physical Examinations for Athletic Activities and Sports:

Any student in grades 9 through 12, who participates in athletic activities, both interscholastic and intramural, including cheerleading, must have a physical examination and a signed parent consent form on file prior to beginning his/her first team practice of the school year.

Any student in junior high/ middle school, who participates in athletic activities including tryouts, both interscholastic and intramural, must have a physical examination and a signed parent consent form on file prior to participating.

This physical must be performed by an M.D., a D.O., or a P.A. under supervision of an M.D. or a D.O.

Any student manager or statistician for any activity must have the back page of a physical examination and a signed parent consent form on file prior to the first team practice of the year.

INELIGIBLE PLAYER VIOLATIONS

A team playing an ineligible player shall forfeit any and all contests in which that player participated. Participation shall include dressing out and/or sitting on the team bench.

RULES OF CONDUCT

A student who is enrolled in the Copper River School District is subject to School Board policies and school rules. As participation in activities is a privilege and not a protected right, students may lose their privilege of participation when they are found in violation of School Board policies up to and including removal from participation in extracurricular or co-curricular activities. By state law, the school district and law enforcement agencies collaborate in sharing information regarding minor or juvenile violations.

Student Misconduct

Student misconduct which occurs off school property or outside the school day may be subject to school disciplinary action provided that the misconduct is shown to be related to school order.

For the purpose of activities, “school order” is affected when students participating in activities exhibit undesirable behavior, resulting in negative impact on their peers as well as the entire school community.

Alcohol and Drug Violations

Students representing Copper River School District in extra-curricular activities are prohibited at any time from engaging in the following conduct:

- The possession, ingestion, being in proximity, delivery, or sale of alcoholic beverages, illegal drugs (controlled substances), or any other intoxicants or substances purported to be alcoholic beverages or illegal drugs. *Proximity is described as being in the same car, house, party, etc., where alcohol or controlled substances are being used.*
- The use or possession of tobacco products.
- The possession, ingestion, delivery, or sale of prescription or non-prescription drugs with the intent to enhance athletic performance

Those in violation will be removed from any activities they are currently involved in for a period of 45 school days or the duration of that season whichever is longer. Furthermore, a student that violates the above policy will, at their own expense, be required to complete an alcohol, substance abuse

and/or tobacco education/counseling program through Sound Alternatives prior to being allowed to participate in any other student activity for the Copper River School District.

Criminal Offenses

Flagrant violations including, but not limited to, shoplifting, vandalism, inappropriate behavior, and behavior which could result in harm to self or others, will bring disciplinary action by coach/sponsor and/or administration. Those in violation will be removed from the activity for a period of 45 school days or the duration of that season whichever is longer.

Note: Any student suspended from an activity shall not participate or attend any practice, scrimmage, or competition during the duration of the suspension.

Hazing

There will be no hazing of students by anyone in any way. Hazing means a behavior or pattern of behavior directed at one or more specific individuals which persecutes, harasses, humiliates, degrades, or endangers the physical safety of an individual.

Citizenship

Students representing CRSD are expected to behave in a mature manner, dress appropriately and conduct themselves with grace and politeness. Our students should behave in a way that generates school pride in their accomplishments.

Students who displays poor citizenship, in the judgment of the building administrator, dean of students, activities director or coach, whether it occurs on or off school property, whether it occurs during the school day, and whether a student is involved in activities at the time of the offense may also lose their privilege to participate.

Coaches and sponsors may have additional rules of conduct for their individual teams and organizations with prior approval of the Activities Director. These rules cannot supersede or nullify School Board policy or regulations. For example, a student ejected from a contest for fighting will face suspension from school as noted in the district’s discipline policies.

NOTE: Students are ineligible for participation in any student activity while suspended (in or out of school), or expelled, from school. This ineligibility status shall begin on the day of the recommended administrative action and shall continue through the end of the last day of the discipline imposed.

STUDENT TRAVEL “RULES OF THE ROAD”

While traveling to or engaged in an out-of-district school-sponsored activity, students are expected to follow all rules described herein, as well as any that might be established by the advisor, coach or chaperone.

Each coach or sponsor, prior to leaving the school on a trip, will review with students the traveling procedures and behavioral expectations that apply to that trip. General travel rules will include:

1. Students will respect the authority of the coach/sponsor.
2. All school and school district policies are in effect for the duration of the trip as covered in the High School Student Activities Handbook.
3. Students are expected to follow all directions given by coaches, sponsors, and chaperones.
4. Disrespectful, destructive, or any behavior considered being detrimental to the program or which brings disfavor upon the school or the school district shall not be tolerated. This behavior shall include but is not be limited to:
 - a) Public displays of affection or sexual contact of any kind;
 - b) Any unsanctioned initiations or hazing;
 - c) Vandalism or trashing of rooms or other property;
5. No Gambling
6. Coaches shall establish curfew hours while on the road for the benefit of the team. The curfew time is not negotiable.
7. Only those students assigned to a room may be in that room after curfew.
8. Students are not allowed in rooms occupied by persons not also assigned to that room or affiliated with the team or the school they represent.
9. Students are not allowed in rooms assigned to persons of the opposite sex without the presence of a coach or chaperone.
10. People not associated with the team or the school shall not be allowed in team rooms unless also assigned to that room.
11. Coaches may release students only to their parent or legal guardian and only after the request has been previously approved by administration and the student's obligation to that team has been fulfilled for the weekend (**Note:** pre-authorization is required because not all parents have legal custody of their children).
12. Remember, we are traveling to represent our school. All other activities (ie: dances, dinners, shopping) are secondary.
13. On the ferry, students must stay out of the stateroom area unless with the coach/advisor's permission, or they are accompanied by their parent or a school official.
14. Students are expected to adhere to all school and team rules and attend all team functions.
15. When in public on road trips, students shall be in groups of three (3) or more.
16. While on school-sponsored trips, students are expected to dress appropriately and to follow the school dress code.
17. Coaches will address the code of conduct to be adhered to on busses or public transportation.
18. Teams will clean up their areas prior to leaving any competition site or mode of transportation. This includes the ferry, bus, planes, vans and any bench or seating areas during competition.
19. Students shall demonstrate good sportsmanship at all times.
20. There will be a study period for each school day that a student is traveling if scheduling permits. Students will be required to work on homework or read a book.
21. Additional rules may apply and shall be covered by the coach or sponsor prior to departure or before certain activities.

Should any Copper River School District student break any of these rules one of the following consequences may be taken:

1. The student may be withdrawn from the competition;
2. **The student may be sent home immediately at his/her parent's expense;**
3. The student may be suspended from the program for a length of time to be determined by the coach and/or the administration depending on the severity of the infraction;
4. The student may be dismissed from the program;
5. The student may be subject to further consequences above and beyond those listed here, to be determined by the school administration or the Superintendent.

SPORTSMANSHIP

A sportsman is one who engages in sports in a fair and generous fashion. Unsportsmanlike conduct, then, would be conduct that is prejudicial to the fair and generous acceptance of the rules of the activity, the officials, the opponents, and the policies of the schools and the coach. Actions which bring discredit upon the school, the activity, the officials, the rules or the opponents may be considered unsportsmanlike.

This type of conduct is not always specifically covered by a rule, but is usually related to an unwillingness to accept that an attitude of fairness and generosity is required if an activity is to be consistent with a purpose for which it was conceived. The taking of unfair advantage, willful or malicious disrespect, demeaning gestures, and excessive complaining can be considered examples of unsportsmanlike conduct. Whenever the reasonable and just application of the rules is not successful in controlling the demeanor of the participants or those associated with their participation, the application of an unsportsmanlike penalty is both warranted and justified.

In matters pertaining to personal conduct, such as gross violations of sportsmanship, attacks on officials and other gross misconduct by any student, school staff member, coach or school community member, where the school has failed to act reasonably in controlling the student, staff member, coach or community member, the Association will determine appropriate penalties and whether or not the student, coach or school will be suspended or barred from future contests or events. (ASAA Bylaws Article 6, section 5)

Captain The position of captain is more than honorary, it is one of leadership and team responsibility. The duties, under the direction of the coach, shall pertain to:

1. Assisting with the control of the team on the field of play, and directing the team in a manner which reflects credit to self, team, school, and community.
2. Cooperating with school and game officials and assisting the coach in the enforcement of established training regulations.

Manager Managers are looked upon as important personnel in the total athletic program. Their behavior and work have a great effect on team morale. They should be willing workers and possess a high degree of loyalty and respect for private and public property. The manager's duties under the direction of the coach shall pertain to:

1. Issuing, marking, repairing, and assisting in making inventories of sports equipment.
2. Directing the duties of assistants.
3. Performing such duties as may be assigned by the coach.
4. Assisting the coach in preparing and filing the necessary athletic reports.

PENALTY FOR PLAYER EJECTION

1. Player must refrain from participation in any scheduled contest in the same activity (game suspension) until completion of the next regularly

scheduled contest at the same level (i.e. JV, Varsity). Schools may not schedule additional contests to circumvent this provision.

2. Player may sit on bench but not be dressed out.

PARTICIPATION INFORMATION

TITLE IX

The Copper River School District believes in the rights of all students. The district goal is to give equal opportunity to all students. No person connected with the CRSD shall, on the basis of race, color, religion, sex, age, national origin, disability, marital status, pregnancy, or sexual orientation, be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity. If at any time you feel that you have been discriminated against in any way shape or form, please call CRSD Superintendent of schools and Title IX coordinator at 907 822-3234.

PARTICIPATION/FEEES

Prior to participation all activities fees must be paid and students must have a current physical examination, activity consent & emergency medical information form, student/parent acknowledgement form on file with the activities director.

If a student is removed for academic or disciplinary reasons, they forfeit their activity fee. No refund will be made on the ten-dollar no-athletic fee.

INSURANCE

All student participants are required to carry insurance. Although the Copper River School District does not carry insurance on its student-athletes, accident insurance is available at the beginning of school during an open enrollment period for all students and at the time of enrollment for students new to the district.

LETTERS AND AWARDS

Participants will be given the guidelines for earning letters and awards by the first day of practice.

No awards will be given to anyone not completing the year in good standing (good standing is defined as "returning home after the final event of the year for an activity, and attending any awards ceremonies given for that activity.)

EQUIPMENT AND UNIFORMS

Students are responsible for returning all equipment and/or uniforms issued to them or they shall pay for replacement. If equipment is neither returned, replaced, nor paid for, the letter award shall not be given and no further equipment shall be issued.

ASAA GUIDELINES

ALASKA SCHOOL ACTIVITIES ASSOCIATION POLICIES

To view the complete ASAA Handbook and all ASAA rules visit:

<http://asaa.org/wp-content/uploads/handbook/1415handbook/asaa/compl/ete/2014-2015-ASAA-Handbook.pdf>

PARENTS

PARENT/ COACH/ SPONSOR COMMUNICATION

PARENT/COACH RELATIONSHIP

The school district is pleased when students choose to participate in a Copper River School District sport or activity. Please be assured that coaches will do all that is possible to provide a positive experience for your student. Possibly the most important ingredient to achieve this outcome is to insure that the lines of communication are developed to allow free and easy resolution of questions before they become issues. The following guidelines are intended to spell out all levels of communications so that parents, coaches, sponsors, and athletes/participants are aware of the available avenues to answer questions or resolve issues.

COMMUNICATION PARENTS MAY EXPECT FROM COACHES OR ACTIVITY SPONSORS

1. Philosophy of the coach/sponsor;
2. Expectations the coach/sponsor has for your son/daughter;
3. Location and times of all activities, practices and contests;
4. Team/activity requirements;
5. Participant's code of conduct and consequences for not following those guidelines;
6. Procedures to follow should your son/daughter become injured during participation;
7. Requirements to earn a Varsity Letter (athletics);
8. Communication concerning your son or daughter's role on the team and how he/she fits into the future of the program.

MISCELLANEOUS INFORMATION

CONFLICT OF INTEREST

All employees of the school district are prohibited from attempting to sell or enter into a contract to provide any supplies or equipment to the school district or its members. Such a relationship is considered a Conflict of Interest. This prohibition

applies to all employees, regardless of the source of funding, and includes coaches who attempt to sell uniforms, trophies, equipment, etc. to student team members. In some cases, a waiver of conflict of interest may be obtained from the School Board by an employee, but in no instance may any preparatory action prior to a sale take place without a waiver.

CRSD VOLUNTEERS

Many CRSD programs have parents and interested community members willing to volunteer to aid in program development. The philosophy of the CRSD encourages parents and community members to be part of the school programs. Volunteers are welcome to assist in a variety of ways. Most of these jobs are identified and delegated by the staff member in charge of the activity. The guidelines for volunteers are as follows:

1. Must be approved by the activities director. Approval must be obtained each year.
2. Conditions of volunteering, such as background checks, and drug tests must be met although the expense of these tests will be reimbursed.
3. Must be willing to serve without remuneration from any source.
4. Must be under the direct supervision of a CRSD coach at all times.
5. Volunteers that are employed by the CRSD in another capacity, at a different work site, must give priority to that position. Should volunteer responsibilities conflict with the regular CRSD job, the following procedures for release time are to be followed:
 - a) The principal/supervisor of the activity school must request, in writing, the release of the employee from the direct principal/supervisor.
 - b) The direct principal/supervisor must agree to the release of the employee. Approval must be obtained prior to any commitment related to team travel.

Note: A volunteer head coach will be considered a "head coach" and not a "volunteer coach" and will be subject to all conditions and expectations of a head coach.

FUNDRAISING

All fundraising activities must be approved by the school principal PRIOR to implementation.

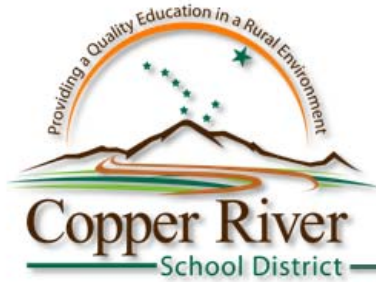
**NATIONAL COLLEGIATE ATHLETE ASSOCIATION (NCAA) INITIAL ELIGIBILITY
OR
NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)**

To be considered a qualifier at a Division I or Division II NCAA institution and be eligible for financial aid, practice and competition during your first year, a student must graduate from high school and meet the current NCAA guidelines concerning CORE classes, GPA, and SAT and ACT score.

Coaches should direct students and parents to their guidance counselor and the NCAA National Office at (317) 917-6222 or on-line at <http://www.ncaa.org/> and to the NCAA's Guide to the College Bound Student-Athlete (<http://www.ncaapublications.com/productdownloads/CBSA15.pdf>) which walks student-athletes and their parents through the process for more information concerning eligibility at the collegiate level. The Clearinghouse is just for NCAA schools.

OR

To be considered a qualifier at a non-NCAA institution, contact the National Association of Intercollegiate Athletics (NAIA) at (816) 595-8000 or on-line <http://www.naia.org/> for information concerning athletics at NAIA member school



Copper River School District

P.O. Box 108

1976 Aurora Drive

Glennallen, AK 99588

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**Activity Consent and Emergency Medical Information Form
For ASAA or Approved Interscholastic or Extracurricular Activities**

Name of Activity	Student Name
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Parent/ Guardian Permission to Participate:

I hereby give permission for the above-named student to engage in ASAA or CRSD approved interscholastic activities as a representative of his/her school. I also give my consent for this student to accompany the team or group as a member on its out-of-town trips

Parent/ Guardian Medical Consent:

I hereby give my consent, in the event of injury or illness, for emergency medical treatment, hospitalization, or other medical treatment as may be necessary for the welfare of the above-named student, by a physician, qualified nurse, certified athletic trainer, and/or hospital during all periods of time in which the student is away from his/her legal residence as a member of an interscholastic activity team or group. Further, I hereby waive, on behalf of myself and the above-named student, any liability of the School District, its agents, or employees arising out of such medical treatment.

Parent/Guardian Code of Conduct:

I have read and agree to abide by the rules and the spirit of the Parents code of conduct.

Parent/ Guardian and Student Rule Awareness verification:

I have read and understand the rules, regulations, policies, and responsibilities as stated in the district's appropriate Student Activities Handbook and the penalties for violation of them. I understand and accept these rules, regulations, policies, and accompanying penalties as conditions for participation.

Parent/ Guardian and Student Risk Awareness Verification:

I understand and acknowledge that organized secondary athletics involve the potential for injury, which is inherent in all sports. I acknowledge that even with the best coaching, use of the most advanced protective equipment, and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death. Although the Cordova School District does not carry insurance on its student-athletes, accident insurance is available at the beginning of school during an open enrollment period for all students and at the time of enrollment for students new to the district.

Hazing Awareness Pledge:

I promise not to be involved in any hazing/ harassment incident, no matter how minor it may seem. I understand that I may be suspended or expelled from the team and/or school for any incident as a result of my participation or being an idle witness.

EMERGENCY MEDICAL AND CONSENT INFORMATION

Student Name		Parent/ Guardian Name for above-listed student	
Mailing Address		Residence Address	
Parent/ Guardian Phone #s:	Home Phone	Work Phone	Cell Phone
	Emergency Contact if parent/ guardian is not available:		Phone
Name of Student's Medical Doctor		Phone	
Name of Student's Dentist		Phone	
Name of Insurance Co.		Policy Number	
Any Medical Conditions?			
Any Medications?		Any Allergies?	
In case of any medical emergency, I authorize a school district employee to take my son/ daughter to the nearest medical facility for necessary treatment. We, the undersigned, acknowledge that we have read and understand all aspects of this form, including all the above parts and grant permission and consent as required.			

Parent/ Guardian Signature

Date

Student Signature

Date



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Student Activities Handbook for Coaches/Sponsors Acknowledgement Form

Coach's/Sponsor's Name (print): _____
Last Name First Name

School Sport or Activity

By signing this form, I acknowledge:

1. I have received the Copper River School District's **2014-2015 Student Activities Handbook for Coaches**. (Future copies are available at: www.crsd.us)
2. I understand it is my responsibility to read the handbook and follow the stated philosophy and all guidelines, rules, regulations, and policies.
3. I understand that there may be a review of my performance at the end of the season.
4. I understand that any health/medical information I learn about a student/athletes is to be considered private and confidential.
5. I understand, that as a coach/sponsor of a student activity, I am expected to attend all coaches meetings including the pre-season parents meeting for my specific sport with the aide of the activities director.

Coach's/Sponsor's Signature

Date

TO BE KEPT ON FILE AT THE SCHOOL