

# SFHS Athlete and Parent/Guardian Agreement

Our Goal is to develop Character, Leadership, Dedication, Perseverance, Discipline, and Hard Work for students to become part of something greater than themselves.

## Philosophy

The Extra-Curricular and Athletic Program at St. Francis is intended to provide an opportunity for students to expand their overall educational experience. The merits of participating as an individual or in an activity, the physical development, athletic and/or leadership skills attained, along with the increased maturity of working with and for others, are very possible goals within the reach of every student. One of the many factors needed to provide such an atmosphere is the Extra-Curricular Conduct Code, whose conditions are intended to aid our students in bettering themselves, to develop a sense of responsibility and to attain a sense of pride in a job well done. Thus, students must understand that, in general, participation in extra-curricular activities is not a right, but instead a privilege not to be abused. The Extra-Curricular Conduct Code is available on the school district website on the High School Athletic page.

## Academic Eligibility

- **For Fall Sports**—returning student-athletes must have no more than one failing grade from the previous academic quarter (4th quarter grades from prior school year). When the school year begins, after the earliest allowed game/meet, the following determines the **Minimum Ineligible Period, which is the lesser of 21 days or one-third of the scheduled contests:**

|                                |           |
|--------------------------------|-----------|
| cross country (boys and girls) | 4 meets   |
| football (boys)                | 3 games   |
| soccer (boys)                  | 8 games   |
| swimming & diving (girls)      | 5 meets   |
| tennis (girls)                 | 5 matches |
| volleyball (girls)             | 5 meets   |

- **For Winter Sports**—student-athletes must have no more than one failing grade from the prior academic quarter (1st quarter grades from current school year). Due to the length of the Winter season, student-athletes will also have an eligibility period at the end of the 2nd quarter. **If a student-athlete is ineligible, he/she must sit out 15 school days.**

basketball (girls)  
basketball (boys)  
hockey (boys and girls)  
swimming & diving (boys)  
wrestling (boys and girls)

- **For Spring Sports**—students must have no more than one failing grade from the prior academic quarter (2nd quarter grades from current school year). Due to the length of the Spring season, student-athletes will also have an eligibility period at the end of the 3rd quarter. **If a student-athlete is ineligible, he/she must sit out 15 school days.**

baseball (boys)  
golf (boys)  
soccer (girls)  
softball (girls)  
tennis (boys)  
track & field (boys and girls)

- It is the coach's decision if a student will practice during the ineligible period.
- Coaches retain the right to have MORE STRINGENT standards than the minimum contests missed by St. Francis High School.
- Tournaments count as ONE contest.
- Eligibility is defined as being allowed or permitted to participate.

## Academic Eligibility (continued)

- A student may regain eligibility when he/she is again doing passing work in the required number of classes.
- Signed notification from ALL teachers and a parent/guardian will be required before being reinstated. You may pick up an Academic Progress Report Form from the Main Office to get signed.
- The Athletic Director will email a letter to the student's home with the date the student can regain eligibility.
- As an educational institute we expect student-athletes make academics their number one priority. All freshmen student-athletes are REQUIRED to attend an after school study hall.
- Student-athletes that have a D or F will be assigned mandatory after school study hall.
- The study hall will run from 3:00-3:30 in the library and will be staffed by a SFHS staff member. Student-athletes are required to attend for 30 minutes every day.
- Any required student-athlete that skips a study session will not be allowed to practice or play that day.
- Students cannot compete in both a non-school sponsored sport and a school sponsored sport of the same type during the same season.
- Non-school participation – athletes may compete in not more than two non-school competitions **with school approval** during each **regular sport season**. The contest(s) **will not count against the individual maximum** for the athlete in that sport. Non-school competitions **will not be allowed during the respective WIAA tournament** series in a sport. A student becomes ineligible for the remainder of the season for competing in more than two non-school games, meets, or contests in the same sport during the season of practice and competition established by the school.
- Students must be an amateur in all recognized sports of the WIAA in order to compete in any sport.
- An athlete may not quit one sport and participate in another sport during the same season without the approval of the coaches involved. If a student quits a sport or activity without discussion with, and approval of, the involved coach/advisor, the student will not be allowed to participate in the first contest or event for which he/she is eligible in the next season or activity in which the student participates.

## Required Athletic Forms

A student may not participate in interschool athletics or activities until the school has evidence on file in the Athletic Department Office, in the frequency required by WIAA rules, attesting to:

- Proof of a physical performed and signed by a Doctor of Medicine. All athletes are required to have a physical every other year. An Athletic Participation Physical form is available in Athletic Office, or you may print one from the District website, on the High School Athletic page. Because student athlete insurance from the WIAA is no longer available, injuries or medical needs of individual student athletes must be handled through health insurance carried by the parent(s)/guardian(s).
- Please login to your Parent Account on PowerSchool, click on Forms on the menu, scroll to bottom, to access **Section 4 – Sports**, to be completed electronically online by parent and student.
- **Form 4.1 -High School Sports Enrollment Form** providing emergency contact information to be completed electronically online.
- **Form 4.2 - High School Athlete Concussion and Head Injury Information** to acknowledge acceptance of the Extra-Curricular Conduct Code Policy available to read on the HS Athletic page.
- **Form 4.2s – Student Form – High School Athlete Concussion and Head Injury Information** to be completed electronically online by the student/athlete.
- **Form 4.3 - High School WIAA Bulletin Parent/Athlete Rules of Eligibility Sign-Off Form**
- **Form 4.3s – Student Form – High School WIAA Bulletin Parent/Athlete Rules of Eligibility Sign-Off Form** to be completed electronically online by the student/athlete.
- **Form 4.4 - Sports Physical – Alternate Year Form**, to be completed in the alternate year in lieu of having another sport physical exam.
- **Form 4.5 – High School Athlete Information for Parents and Students**. The Athlete-Parent Agreement is available to read on the High School Athletic page on the District website.
- **Form 4.5s – Student Form – High School Athlete Information for Parents and Students** to be completed electronically online by the student/athlete.
- All required athletic forms must be completed online, prior to the first day of practice.
- If an athlete is missing any of the required materials, the athlete will not be allowed to practice until everything is completed.

## Payment

- A \$60.00 non-refundable fee is assessed to students to participate in each athletic sport to a maximum of \$120 per student, then the third sport is free. Additionally, a yearly one-time \$35 transportation fee must be paid by all athletes.
- You may pay online with a credit card. Make sure to include your student's name and ID number, select the fee(s) you are paying, otherwise your credit card will be charged, but the funds will not properly allocate to reflect the payment. There is a nominal user fee assessed for credit card purchases. The school office accepts checks or cash only.

## Absences/Attendance

For a student to participate in a practice, contest, or other extra-curricular activity, he/she must not be absent from any classes the day of the practice, contest, or activity. This includes first period. Only pre-arranged, excused absences or other mitigating circumstances as determined by the Activities Director, Principal or other designated school official will be permitted. Problems with buses will not cause a student to lose participation. If an event is on a non-school day, the student must be in attendance the entire previously scheduled school day.

## Hazing

- In this section, "forced activity" means any activity which is a condition of **initiation** or admission into or affiliation with an organization, regardless of a **student's** willingness to participate in the activity.
- No person may intentionally or recklessly engage in acts which endanger the physical health or safety of a **student** for the purpose of **initiation** or admission into or affiliation with any organization operating in connection with a school, college or university. Under those circumstances, prohibited acts may include any brutality of a physical nature, such as whipping, beating, branding, forced consumption of any food, liquor, drug or other substance, forced confinement or any other forced activity which endangers the physical health or safety of the **student**.
- Any hazing must be reported to your head coach and SFHS Administration immediately.
- SFHS has a zero tolerance policy for hazing and will result in the immediate removal of the student-athlete from his/her team.
- Have a conversation with your child about any hazing that might be happening. If you have any questions or concerns, please contact Doug Sarver, Athletic Director immediately.

## Concussions: What must be done

The law requires all youth athletic organizations to educate coaches, athletes and parents on the risks of concussions and head injuries and prohibits participation in a youth activity until the athlete and parent or guardian has returned a signed agreement sheet indicating they have reviewed the concussion and head injury informational materials. The law requires immediate removal of an individual from a youth athletic activity if symptoms indicate a possible concussion has been sustained. A person who has been removed from a youth athletic activity because of a determined or suspected concussion or head injury, may not participate again until he or she is evaluated by a health care provider and receives written clearance from the health care provider to return to the activity.

If you have any questions regarding concussions or the new laws regarding them, please go to: <http://www.wiaawi.org/Health/Concussions.aspx>, or contact SFHS Athletic Trainer, Niki Hoppe at [nhoppe@sfsd.k12.wi.us](mailto:nhoppe@sfsd.k12.wi.us)

## Code Violations

A student will be suspended from interschool competition for the following Code violations (these violations are cumulative through a student's career at St. Francis High School):

1. For the use or possession of alcohol or tobacco products, vapor products, or the use, possession, buying or selling of a controlled substance.

## **Code Violations (continued)**

2. For attending and/or remaining at any function where alcohol is illegally served to minors, the student is expected to leave immediately upon recognition of the presence of alcohol or controlled substances.
3. For any other immoral or unacceptable conduct contrary to the ideals, principles, and standards of the St. Francis School District and/or the WIAA.

## **Code Violation Consequences**

**For the First Offense:** The suspension will be for 25% of the activity or sport season (rounded up if fraction) in which the student would be otherwise eligible. The student must continue to participate in all scheduled practices and meetings pertaining to his/her activity.

**Second Offense:** The suspension will be for 50% of the activity or sport season (rounded up if fraction) for which the student would otherwise be eligible. The student must continue to participate in all scheduled practices and meetings pertaining to his/her activity. NOTE: If either of the above suspensions are not able to be completed in the given season, the suspension will carry over to the next season in which the student participates and successfully completes.

**Third Offense:** The suspension will be for one calendar year from the date of the third offense. The student will not be permitted to participate in any scheduled practices or meetings.

**Fourth Offense:** The suspension will be for the remainder of the student's career at St. Francis High School. The student will not be permitted to participate in any scheduled practices or meetings.

## **Dispute Resolution**

**A student experiencing any problem concerning the interpretation of these rules or other individual problems must use the following steps:**

- 1) Discussion involving student, parents and coach/advisor.
- 2) Conference among student, parents, coach/advisor, Activities Director and Principal.
- 3) Appeal: Any student may appeal a ruling of the Activities Director, coach/advisor and Principal to the Activities Council. This Council shall consist of a District Administrator (other than the Principal), and a minimum of two (2) head coaches/advisors whose activities are not in a season and a maximum of four (4), so that the total Council membership is odd. The decision of this Council shall be final in matters pertaining to these rules. A written appeal must be submitted to the Principal and Activities Director within two weeks of notification of suspension or other ruling.

## **Parent/Spectator Behavior**

- It is the expectation of the administration of SFHS that all of our parents and spectators abide by good sportsmanship standards.
- Do not confront officials before, during, or after games. Yes, officials will make bad calls. Yes, officials are not perfect. They understand that. We understand that. Please remember that! Refusal to follow this expectation can get you ejected from a game and possibly banned from future events.
- Keep cheer positive: for both your child and the other team.
- Remember: We are setting the example of our students.

## **Playing Time and Participation**

- High School athletics are different from Recreation or Middle School teams.
- Student-athletes are not guaranteed a spot on any team. If numbers are large, coaches will make cuts based on a set standard.
- Playing time is not guaranteed for any athlete participating in SFHS athletics. Coaches will make a determination which players will allow for the most competitive team possible.
- The best way to discuss playing time with coaches is to ask how your son/daughter can improve his/her skill level.
- The "24-hour rule" applies – which is coaches should not discuss any try-out related situations, game, a game incident or a situation that occurred during the game that has provoked an adverse emotional response or created a hostile situation until at least 24 hours after the fact.

## **Parent Issues/Concerns with Coaching**

The proper protocol for addressing concerns with in-game issues are as such:

1. Speak to your student-athlete, but not during the game/contest.
2. Have your student-athlete speak with their coach.
3. Do not speak to the coach directly after the contest.
4. Do not call the Athletic Director concerning in-game decisions made by coaches.

## **PEDs**

- The WIAA is against the use of anabolic-androgenic steroids and other performance enhancing substances (PES). Member schools shall devote time each year to positive programs which highlight prevention and education of the risks, benefits and adverse effects of PES. Coaches, teachers, sports medicine staff and school administrators who ignore or encourage the use of PES, provide and/or sell PES to athletes (including indirect distribution through a third party) shall be subject to their own school's provisions regarding discipline.
- DISCOURAGED--The WIAA identifies 'Restricted' substances. These restricted substances can be legally purchased, but are prohibited in connection with school programs. They include: Creatine, Caffeine-enhanced products, Energy drinks (e.g., Red Bull, Amp, Monster), Herbal Caffeine, No Doz, Protein Powders and other substances as identified in the materials.
- <http://www.wiaawi.org/Portals/0/PDF/performanceenhancers.pdf>

## **Conditioning**

- St. Francis High School employs a conditioning coach throughout the year. There are NO EXCUSES to not get better. Coach Sumlin is available five days a week after school.
- Off-season and in-season conditioning in high school is expected for athletes.
- Weight lifting, cardio-vascular, and stretching are essential to elevating not only the individual athlete's performance but also the team's performance.

## **St. Francis High School Booster Club**

- It is an expectation for each sport and club to have 2 parent volunteers to be members of the SFHS Booster Club. If you are interested in being the representative of your child's team, please contact the head coach.
- Meetings for the SFHS Booster Club are held once a month and generally last one hour.
- The SFHS Booster Club works with all of our clubs and sports and is a vital part of financing many areas of our school.

## **Questions?**

- If you have any questions or concerns, please contact Mr. Sarver, Athletic Director at 414-747-3694, Mr. Martin, Asst. Athletic Director at [jmartin@sfsd.k12.wi.us](mailto:jmartin@sfsd.k12.wi.us), or Ms. Baldwin, High School Principal Secretary/Athletic Secretary at 414-747-3604.