

# **Eureka Jr/Sr High School Athletics/Activities Policy**

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## **Athletic/Activities Policy**

This athletic/activities policy covers the following activities: band, baseball, basketball, cheer, cross country, debate, drama/plays, forensics, football, golf, scholars bowl, softball, speech, track, vocal music, volleyball and wrestling.

Coaches and athletes representing Eureka USD #389:

- I. We expect our participants to be well groomed and clothed in presentable attire for all athletic/academic events.
  - A. Head coaches will designate what will be acceptable dress attire at the start of the season.
  - B. All participants on school events will be clean-shaven and hair must be clean and well groomed. Specific hair length will be determined before the start of each season by the coach. Any unusual haircut or hairstyle must be approved by the coach/sponsor.
  - C. Jewelry will not be worn during athletic practice or games.
  - D. Head Coaches will designate what clothing is acceptable for practices with the following criteria:
    1. Tank tops must cover undergarments.
    2. Half shirts are acceptable, if appropriate.
    3. Shirts are to be worn at all times.
- II. Consequences for not following the rules in Section D
  1. First Offense- Warning and go change.
  2. Second Offense- Refer to First Offense and discipline individual.
  3. Third Offense- Refer to #2 and notify parents.
  4. Fourth Offense- the student will lose eligibility for the next contest
- III. The team must keep together at all times during school trips. The plans of the coach/sponsor for the team come first, and should be understood by the competitors at the start of the season.
- IV. All students participating in a school activity must ride school transportation. The following are exceptions to a participating student riding the school transportation.
  - A. Students will be released to their parents after an athletic/academic event with permission from a coach/sponsor. Students will be released only after a face-to-face meeting among the coach/sponsor and the parent. Parents/ Guardians are required to sign out their child with the coach.

B. Students can be released to a person other than parents after the following:

1. The parents must have direct contact, phone or in person with the high school office prior to the event. The office will agree or disagree at the time of direct contact if a student is to be released to the non-parent.
2. Students will be released only after a face-to-face meeting among coach, student and approved responsible party.
3. The approved party must sign the student out with the coach prior to leaving the squad.

V. **Behavior:** All Eureka athletic/academic teams are expected to conduct themselves in an orderly manner when representing our school. When the team is eating after events, they are expected to be polite and behave themselves. We want people from other communities to have a high opinion of Eureka students, and we should strive toward this goal. Always look and act like ladies and gentlemen. Ethical behavior isn't something; it's EVERYTHING. You are expected to uphold the highest of ethical standards as a member of any Eureka Jr./Sr. High School activity participant. You are to show the utmost of respect to your coaches, teammates, your competitors, and to yourself. This also means being honest, trustworthy, and true to the needs of the squad.

VI. **Motel Policy:**

Coaches/sponsors will designate a time for all athletes to be in their room and lights out. Coaches will be responsible for room checks. No visitors of the opposite sex will be allowed in the rooms. Students will be held responsible to pay for any damages or stolen property while in the motel room.

VII. **Equipment** that is issued to a student at the start of the season is the student's responsibility. Issued items must be returned to the coach in the same shape in which it is issued. School issued equipment is to be worn or used at practice and/or games only. It is at the coach's discretion for practice or game attire to be worn on game day.

If equipment that is issued to a student is not returned at the end of the season, that student/athlete has until the following season to take care of the obligation. If he/she has not taken care of it, no uniform or equipment will be issued unless a grace period has been granted by the athletic director/office. Coaches will turn in obligations to the office at the conclusion of the season.

VIII. **Curfew Rules:**

Hours: Sunday - Thursday 10:30 p.m. unless other  
Night before an event: arrangements have been made with the coach.

Friday, Saturday & Sunday: Will be determined by each coach at the start of the season or holiday.

First Violation: the coach will discipline the athlete.

Second Violation: The athlete shall not participate in the next scheduled event.

Third Violation: Dismissal from the team.

#### **VIX. Mood Altering Chemical and Tobacco Policy**

In an effort to develop uniformity within our activities program, the following substance abuse policy will be enforced. We feel it is a privilege to participate in the Eureka High School activities program. Students are expected to show self-discipline and control at all times. This policy will define substance abuse as the use of alcohol, drugs, or tobacco by any student starting on the first practice of the fall season through the last competition date of the school year.

**Rule:** During the time from above, regardless of quantity, a student shall not: (1) use or possess a beverage containing alcohol or (2) use or consume, have in possession, buy, sell, or give away any marijuana or controlled substance or (3) use or consume, have in possession, buy, sell, or give away any type of tobacco (including e-cigs, vapor pens, etc.) Since training rules are always subject to a lot of public opinion, it is extremely necessary to determine how violations will be addressed. If any student violates this rule and the violation is substantiated by a faculty member, school administrator, the student's own admission, or other evidence presented, the following will occur:

First Violation: The student will lose eligibility for the next interscholastic competition day. It will also be recommended that the student receive any necessary counseling as determined by the principal, parents, athletic director, counselor and head coaches/sponsors.

Second Violation: The student will lose eligibility for the next three (3) interscholastic competition days. The student must receive counseling in substance abuse. The principal, parents, athletic director, counselor, and head coaches/sponsors will determine the counseling.

Third Violation: The student will lose eligibility in all activities for the remainder of the school year. In order to become eligible for activities for the next school year, the student must go through some sort of chemical dependency program at the expense of the individual or family. Any professional substance abuse counselor and/or the principal, athletic director and school counselor will determine this completion. Violations of the policy shall be cumulative throughout the school year.

If a source other than those previously listed signs a written statement about a student's violation of this policy, validity of the allegation will be screened, and if the information is substantiated, the appropriate action will be taken.

If a student enrolled in USD #389 is found to be in violation of Kansas statutes, district administrators are required to report these possible violations to appropriate law

enforcement agencies for investigation and shall provide such factual information as may be available, consistent with Kansas law and the constitutions of Kansas and the United States.

**X. Bona fide student**

KSHSAA Rule 14, Article 2

A student who is under penalty of suspension or whose character or conduct brings discredit to the school or to the student, as determined by the principal, is not in good standing and is ineligible for a period of time as specified by the principal.

**XI. Attendance**

An athlete/academic competitor **must be present for seven of the eight class hours** (or the number of hours before dismissal minus 1) in order to participate in practice or a game/competition, which occurs that day.

**Practices: Athletes are expected to be at all scheduled practices**

Note: With prior approval from the administration, students who must attend funerals, medical appointments, or emergencies of that nature, may practice/play that day/night.

First Violation: if an athlete has an un-excused absence, the coach will discipline him.

Second Violation: The athlete shall not participate in the next scheduled event.

Third Violation: Dismissal from the team.

Vacation / Dr. Appointments:

Athletes who make prior arrangements with the coach due to Dr. appointments or family matters may be excused.

**Un-excused Tardies**

1st, 2nd, & 3rd offense	The athlete will be disciplined by the coach.
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Four (4) tardies event.	The athlete will not participate in the next scheduled event.
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Five (5) tardies event.	The athlete will not participate in the next scheduled event.
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Six (6) tardies                      The athlete will not participate in the next scheduled event. Excessive tardies may result in dismissal from the team.

Note: Detentions are considered as un-excused tardies.

Note: If previous arrangements have not been made with the coach or the coach does not believe the tardy is excused, then the tardy will stand as un-excused.

### Unexcused Absence from a competition

First Violation: If an athlete/competitor has an un-excused absence from a game/competition, he/she will not participate in the next scheduled event.

**Second Violation: Dismissal from the team.**

***You have made a commitment to Eureka High School to participate, so you need to set an example for all students to follow.***

- XII. **Stealing Property** - If an athlete/participant is found guilty of stealing property while on a school trip, the student will be dismissed from the team.
- XIII. **Meals** - Participants will be fed a sack lunch provided by the district on trips that exceed 75 miles one way. Competitors are expected to provide their own meals while on all other activity trips.
- XIV. **Starting Dates:**  
A. High School Activities:  
The athletic director and coach of each sport shall set a starting date that athletes must be out in order to participate in that sport. Students will be notified of the practice starting dates in advance.

Exceptions to the rule:

1. Injury or illness. Athletes who cannot participate because of injury are required to be at practice unless excused by the coach.
  2. New transfer student-athletes.
  3. Prior arrangements with head coach and athletic director.
- B. Jr High Activities:**

Students will be notified of the starting dates in advance.

The athletic director and coach of each sport shall set a start date that athletes must be out in order to participate in that sports first event. Athletes who come out after the established start date will be required to participate in the same number of practice days as those who were eligible for the first athletic contest.

Exceptions to the rule:

1. Injury or illness. Athletes who cannot participate because of injury are required to be at practice unless excused by the coach.
2. New transfer student-athletes.
3. Prior arrangements with head coach and athletic director.

XV. **Quitting the Team:** Coaches will notify the parents when a participant quits or is removed from the team.

XVI. **Statement of RISK:**  
All extracurricular participants and parents or guardians should be aware that there is a possibility that the extra-curricular participant may suffer mild, moderate or severe injury, including paralysis or death due to participation in extracurricular activities.

XVII. **Doctor's Release:**  
A. If a doctor removes an athlete from an activity through written consent, the athlete must have a written and signed release from the doctor before he/she will be able to participate again.  
B. If an athlete is removed from a contest by an official or coach due to a possible head injury, he/she must have a written release by a person licensed by the state board of healing arts to practice medicine and surgery before returning to the contest. The official, coach, or parent cannot return the athlete into the contest.

XVIII. **Sports Physicals**  
All participants are required to turn in a completed physical form, a medical treatment authorization form, and a concussion before they will be allowed to participate in practice or an activity. The coach will carry medical treatment authorization forms.

XIX. **In order to participate in golf,** the student/coach must remain eligible to participate at the Eureka Country Club.

XX. **Jr. High Spirit Squad members** cannot take on an added responsibility other than playing another team sport during a particular sports season. Specifically, a student cannot be a basketball manager or take stats and be on the Spirit Squad at the same time.

XXI. **Alumni activities:**

A. Basketball, cross-country, golf, track, and volleyball will be allowed to have a one-time practice/ scrimmage during the season. All events would have to follow KSHSAA guidelines for the event. All alumni would be under the direction of the head coach. All alumni would be instructed of their role during these events. Coaches will not allow mismatches that would negatively affect members of the team.

## **XXII. Gym Banner Criteria**

- I. State Championship Banners
  - a. Will be placed on the North end of the gym as an individual banner.
- II. Cross Country, Forensics, Golf, Track, and Wrestling Team Banners
  - a. First place at Regional with year, will be placed on the banner except for Forensics.
  - b. A top 8-place finish at state will be placed on the banner.
  - c. State Champion will be distinguished with an individual banner.
- III. Baseball, Basketball, Debate, Softball, Football, Scholars Bowl, and Volleyball Banners
  - a. A championship post season (Regional, Sub-State, District, etc.) will be placed on the banners.
  - b. A State appearance will be placed on the banner.
  - c. A placement at State, with the year, will be put on the banner.
  - d. State champion will be distinguished with an individual banner.
- IV. League Championships
  - a. All League Champions will be placed on the banners in the gym. They will denote the year or years that a championship was won.
- V. Head coaches will maintain their individual sport record boards located in the west entrances of the commons, at the conclusion of each season.

## **XXIII. Practice Location Schedule**

### **Fall Sports**

Junior High Volleyball: Marshall Elementary School  
High School Volleyball: High School Gym  
Junior High/High School Cross Country:  
High School Football: HS Practice Field or Marshall  
Jr. High Football: JH Practice Field or Marshall  
Girls Golf: Eureka Country Club  
Cheer: Gym if available, or commons area

### **8 Inclement Weather Practice Schedule**

Junior High Volleyball: High School Main Gym North End  
High School Volleyball: High School Main Gym South End  
High School Girls Golf: Auditorium/Stage  
Junior High/ High School Cross Country: HS Commons/Hallways

Junior High Football: HS Sm Gym  
High School Football: Marshall  
High School/ Jr High Cheer: Marshall Commons Area

### **Winter Sports**

Jr. High and High School Basketball: On a rotation basis at the high school gyms and Marshall, as scheduled by the Athletic Director.  
Jr. High and High School Wrestling: Wrestling Room

Inclement Weather Practice: N/A

When school has been called off prior to the start of a school day due to severe weather, there will be no activities on school grounds unless approved by administration. These practices will not be mandatory.

### **Spring Sports**

Baseball: Lions Diamond  
Boys Golf: Eureka Country Club  
Softball: City Park Diamond  
High School and Jr. High Track: Track Area

Inclement Weather Practice Schedule  
Baseball/Softball: Small Gym  
Golf: High School Auditorium / stage  
High School Track: High School Gym  
Jr. High Track: High School Aux. Gym

## **XXIV. Basketball Game Day Locations**

Junior High Basketball start time @ 6:00 p.m. (C-Team could start earlier)  
Varsity games played in the High School gym, starting with girls at 6:00.  
Varsity boys follow.  
\*High School practice alternate between sites after school  
High School Basketball start time @ 6:00 p.m. (Sub-Varsity could start earlier)  
Varsity games played in the High School gym, starting with girls at 6:00.  
Varsity boys follow  
\*Junior High practice alternate between sites after school

## **XXV. Cheerleading and Athletic Participation.**

Cheerleaders will not be able to concurrently participate in a sport during the winter season. Cheerleading practice time will be reserved for the morning sessions, and athletic team practice time will be reserved for the afternoon sessions. During “two-a-days,” Cheerleading practice time is reserved for the late session (post 6:00 pm). Athletic teams and Cheerleading can flip sessions if mutual agreement is reached by the respective Head Coaches.

**Quit Cheerleading**

A cheerleader who quits the cheer squad at any time after try-outs, will not be allowed to cheer at any time during the the school year and will not receive a letter.

**Post-Season Cheering.**

Cheerleaders will perform at State Competition in Football, and Basketball if the respective athletic squads qualify for state, thereby securing a State berth for the team. For State Wrestling, the Cheer squad will perform at State if the team finishes 3<sup>rd</sup> place or higher at Regionals or sends 4 or more wrestlers to State.

**XXVI. High School Cheerleader Selection Process.**

The cheerleader selection process at Eureka High School will involve a faculty committee consisting of the students' teachers from the present year and a group of college cheerleaders/Coaches. The faculty member will complete the rating sheet, then return it to the cheerleader sponsor. If a faculty member has not had the student in class then they will return it to the sponsor without rating the candidate. In that case another faculty member who has the student will be asked to fill out the rating sheet.

On the day of try-outs a group of college cheerleaders, who did not attend Eureka High School, will watch cheerleader tryouts. The college cheerleaders and coaches will complete a rating sheet on each student trying out. These rating sheets will be tabulated and combined from each judge. The top ten scores for each squad will be awarded one point towards being selected. The college cheerleaders and Coaches will upon completion of the individual rating sheets collectively rank order of candidates from highest to lowest. This information will only be used in the case of a tie.

The faculty committee rating sheets will be tabulated, and an average of the total scores of each student will be calculated. The top ten candidates for each category will each be awarded one point towards being selected.

The coaches rating sheets will be tabulated and the top ten will be awarded one point towards being selected. The maximum score that can be attained would be 3 (1 vote from the faculty committee, 1 vote from college cheerleaders, and 1 vote from the coach).

If a returning letter winner is injured and cannot participate during tryouts, a previous year's scores can be substituted with the approval of the Head Coach and Athletic Director.

The cheerleading squad will attend summer camp every other year. At the conclusion of the summer camp, the ten-squad members will make the necessary preparations for the fall season.

The selection process for the head cheerleader, if so desired, will be determined by the cheerleader sponsor and approved by the administration.

**XXVII. Taking Managers to State Competition**

In quasi-team sports such as wrestling, track, cross country, etc. This requirement is in place when teams are staying overnight. If 3 or less students qualify for state then the team will only be allowed to take 1 manager unless approved by the administration. If 4 or more qualify then 2 managers will be allowed to travel with the team

**XXVIII. Other**

Should a situation arise during the season that is not covered in the student handbook, a decision will be made by the coaching staff in consultation with the administration.

**HIGH SCHOOL ACTIVITY/ATHLETIC LETTER REQUIREMENTS**

Listed below are the letter requirements for the various athletic and extracurricular activities for which letters are awarded. In all cases a student must complete the season of the activity in good standing in order to receive a letter. A student may letter by either playing in varsity competition as indicated below or by an exemplary performance as indicated below.

1st place team finishers in TVL will receive a championship medal. (All team members)

**Football**

1. Must play in more than half of the total quarters (varsity) and complete the season in good standing.
2. A senior who completes the season and does not play enough quarters may be given a letter by approval from the coaching staff.
3. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.

**Cross Country**

1. Run with varsity team in more than half of the varsity meets and complete the season in good standing.
2. Qualify as a team member, or individually, for state competition.
3. A senior who completes the season and does not run in enough meets may be given a letter upon approval by the coach.
4. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.

### **Volleyball**

1. Play in more than half of the varsity sets, and complete the season in good standing.
2. A senior, who completes the season in good standing, and does not play in enough sets may be given a letter upon approval by the coaches.
3. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.

### **Boys and Girls Basketball**

1. Play in one more than half of the quarters at varsity level and complete the season in good standing.
2. A senior, who completes the season and does not play in enough quarters, may be given a letter upon approval by the coaches.
3. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.

### **Drama**

1. The student must earn at least eight (8) Drama points during the school year, according to the standards defined by the International Thespian Society.
2. Drama points can also be earned by competing in Forensics tournaments, but at least six (6) of the points for the Drama letter must come from working on the school plays.
3. Drama/Thespian points can be accumulated over all four years of participation, but the eight (8) points going toward the Drama letter must be earned within one school year.

### **Debate**

1. A student may miss one (1) of the scheduled tournaments.
2. A student must achieve a win/loss ratio of 40% or greater in four tournaments.

### **Wrestling**

A varsity-wrestling letter will be awarded to any wrestler who meets one of the qualifications outlined below and finishes the year in good standing.

1. 40-points needed to letter:
  - A. Wrestle in varsity match - 2 points
  - B. Varsity victory by decision - 3 points
  - C. Varsity victory by pins - 6 points
  - D. Varsity victory by technical fall - 5 points
  - E. Varsity victory by major decision - 4 points
2. Wrestles in one more than half of the varsity matches.
3. Qualifying for State Tournament.
4. A senior who does not meet varsity criterion, but whose dedication is recognized as making a contribution to team moral.
5. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.

***REMEMBER: BE PROUD OF BEING A TORNADO! GOOD CHARACTER AND CITIZENSHIP, ALONG WITH COMPETITIVE SUCCESS IS A GREAT PART OF THE OVERALL OBJECTIVE OF OUR PROGRAMS.***

#### **High School Cheerleading**

1. Will have no more than 1 unexcused event absence in a season.
2. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.
3. End the season in good standing with the coach.

#### **Boys and Girls Golf**

1. Play in one more than half of the varsity meets and complete the season in good standing.
2. Qualify as a team member or individually for state competition.

3. A senior squad member who does not play in enough meets may receive a letter upon approval by the coach.
4. Due to an injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.

### **Track**

1. Earn 12 points in competition, compete in one more than half of the meets, and finish the season in good standing.
2. Qualify for the state track meet.
3. Set a school record.
4. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered may receive a letter.
5. A senior, who completes the season and does not earn enough points, may be given a letter upon approval by the coach.

### **Baseball and Softball**

1. A player that averages one at bat per game, i.e. if there are 21 games in a season, a player must have at least 21 at bats that season, or plays in one more than half of the innings at varsity level and completes the season in good standing.
2. A senior, who completes the season and does not play in enough innings, may be given a letter upon approval by the coaches.
3. Due to injury, illness, or other circumstances, an athlete who in the coaches' estimation would have lettered, may receive a letter.
4. A player who appears in one over half the games may letter at the coaches discretion.

### **Quiz Team**

1. Must participate in one more than half of the designated varsity events and scored points in competition.  
Coaches will designate varsity events.
2. A member who is on a team, which qualifies for state competition, will automatically receive a letter.

### **Forensics**

1. The student may miss only one tournament out of the scheduled Forensics season, which normally consists of five contests.
2. The students must achieve one of the following:
  - a. Break finals and place in the top three
  - b. Break finals twice
  - c. Receive a “I” rating at Regionals.
3. If the student qualifies for state competition, then competing at state would make up for their missed tournament.

### **High School Band**

1. Earn 125 points from below possibilities
2. A “C” grade in band for the year

#### Ways to earn points:

##### Solo and/or Ensemble Contests/Performances:

- 15 pts. - for each solo/ensemble performed at District
- 15 pts. - receiving a “I” rating at District
- 15 pts. - for each solo/ensemble performed at State
- 25 pts. - receiving a “I” rating at State
- 10 pts. - receiving a “II” rating at State

##### Honor Band Participation:

- 10 pts. - League Band performance
- 20 pts. - District Honor Band audition
- 25 pts. - District Honor Band member
- 20 pts. - State Honor Band audition
- 25 pts. - State Honor Band member
- 50 pts. - First Chair State Honor Band

##### Required Performances

- 5 pts. - each marching band, concert band, and pep band performance

##### Miscellaneous Activities

- 10 pts. - each verified solo/ensemble performed outside of class
- 5 pts. - each music performance attended by another ensemble

## **High School Choir**

1. Earn 100 points from the following option

### **Grade in Choir:**

30 pts. (10 points less than previous)- For a “B” grade in Choir for the year.  
40 pts. (15 points less than previous) for an “A” grade in Choir for the year.

### **Music Festivals- Solo/Sm. Ensemble & Large Ensemble**

15 pts.- for each solo/ensemble performed at Regionals/State\*  
20 pts.- Receiving a “I” Rating at Regionals  
15 pts.- Receiving a “II” Rating at State  
25 pts.- Receiving a “I” Rating at State

### **Honor Choir Participation**

15 pts.- Honor Choir Audition  
20 pts.- District Honor Choir Member  
25 pts.- State Honor Choir Member

### **Fundraising- New overall section**

5 pts.- Each concession stand worked.  
5 pts.- Raising \$25 during a fundraiser  
10 pts.- Raising \$50 for a fundraiser  
15 pts.- Raising \$75 for a fundraiser  
20 pts.- Raising \$100+ for a fundraiser

### **Miscellaneous Activities**

5 pts.- for every verified solo/ensemble performed outside of class (Church Choir, Talent show, Etc.)  
5 pts.- for every required concert (Fall, Winter, Spring, Pops)  
20 pts.- For musical/play participation

\*- Students are required to participate at regional solo/small ensemble to qualify for a letter.

## **High School Filmer - Statisticians**

Filmer and statisticians will be awarded with a pin and bar(s) to be placed on the letter.  
Filmer and statisticians may earn a letter following the second successful season of each sport provided the following criteria is met:

1. Successfully completes his/her responsibility in a minimum of one more than half of the total possible games.
2. No un-excused absences as determined by the coach.

***Sportsmanship and Citizenship are the most essential goals in our Athletic/Activities programs. You make the difference, lend a helping hand in modeling good sportsmanship within our school.***

**Senior Awards** – senior awards are given out during the sports banquet to all seniors who letter in a sports activity their senior year.

### **JR. HIGH SPORTS AWARD REQUIREMENTS**

It is the district's philosophy to develop and encourage junior high activities and emphasize participation. Award students with participation certificates. Students who finish the season in good standing with the team and coach will be awarded the following. All awards will go towards being put on a high school letter jacket.

#### **7th Grade**

1st Season:	Certificate and year of graduation
2nd Season:	Certificate
3rd Season:	Certificate
4th Season:	Certificate

#### **8th Grade**

1st Season:	The athlete may earn the graduation year as a 7th grader or after the 1st successful season as an 8th grader.
2nd Season:	The athlete may only earn the tornado emblem as an 8th grader and only earn this award after he/she has successfully completed his/her 2nd sport during the 8th grade year.
3rd Season:	Certificate
4th Season:	Certificate

These awards will be awarded at the conclusion of each sport season at a Junior High awards assembly for all 7th and 8th graders. Certificates will also be awarded at the conclusion of each sport.

Teams who finish 1st or 2nd in the league will be given league medals at the conclusion of the season for all team members. Paid for by the district and awarded at the conclusion of the season. No other patches will be offered. This concept places more emphasis on the team and ALL participants will receive the medal. Participants include players, managers, and any members of the team so designated by the coach who fulfill the daily practice schedule as the players do.

### **Jr. High School Athletic/Extracurricular Activities**

Jr. High Football  
Jr. High Volleyball  
Jr. High Cross Country  
Jr. High Spirit Squad  
Jr. High Wrestling  
Jr. High Basketball  
Jr. High Quiz  
Jr. High Track

#### **Procedure for adding an additional coach**

1. Consideration will be given when the numbers of individuals on the team require the addition of sub-varsity games or C games.
2. Consideration by the administration will be given to budget restraints, adequate room to accommodate an additional coach to work, and looking at where the large numbers fall within each program to determine if the current staff is adequate.
3. Determination of adding a coach will take place after the head coach has a sign-up session. An additional coach will not be hired until the 10th day of practice when a more accurate count can be assessed. Additional coaches may be paid \$10.00/hour up to this point in the season. If large participation increase or sub-varsity contests are scheduled, a coach will then be paid a percentage of base salary. Total pay will not be greater than 11% of the base.

#### **Local Eligibility**

The following eligibility guidelines will be followed in addition to those put forth by KSHSAA.

1. Eligibility will be based on the current system of grade checks every week.
2. A student is deemed ineligible if **either** of the following occurs:
  - 1) An F in the same class for two consecutive grade checks
  - 2) Two F's at any grade check.
3. An ineligible student will not be allowed to participate in competition during the ineligible period, but may practice after Academic Support.
4. An ineligible student is required to attend Academic Support during the ineligible time frame. The coach and administration will be responsible for enforcement.
5. The student will remain ineligible until their grades have improved to eligible status, at the next grade check.
6. Eligibility will take effect Monday at 8:00 am.
7. This eligibility list covers all extracurricular competitions covered by KSHSAA

## **School Sports Head Injury Prevention Act**

**The Kansas Legislature has enacted the School Sports Head Injury Prevention Act (hereinafter the “Kansas Act”) effective July 1, 2011:**

New Sec. 17.

(a) This section shall be known and may be cited as the school sports head injury prevention act.

(b) As used in this section:

(1) “School” means any public or accredited private high school, middle school or junior high school.

(2) “Health care provider” means a person licensed by the state board of healing arts to practice medicine and surgery.

(c) The state board of education, in cooperation with the Kansas state high school activities association, shall compile information on the nature and risk of concussion and head injury including the dangers and risks associated with the continuation of playing or practicing after a person suffers a concussion or head injury. Such information shall be provided to school districts for distribution to coaches, school athletes and the parents or guardians of school athletes.

(d) A school athlete may not participate in any sport competition or practice session unless such athlete and the athlete’s parent or guardian have signed, and returned to the school, a concussion and head injury information release form. A release form shall be signed and returned each school year that a student athlete participates in sport competitions or practice sessions.

(e) If a school athlete suffers, or is suspected of having suffered, concussion or head injury during a sport competition or practice session, such school athlete immediately shall be removed from the sport competition or practice session.

(f) Any school athlete who has been removed from a sport competition or practice session shall not return to competition or practice until the athlete is evaluated by a health care provider and the health care provider provides such athlete a written clearance to return to play or practice. If the healthcare provider who provides the clearance to return to play or practice is not an employee of the school district, such health care provider shall not be liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

(g) This section shall take effect on and after July 1, 2011.

**EUREKA JR/SR HIGH SCHOOL**  
**CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM**  
**2019-2020**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>Headaches</li> <li>“Pressure in head”</li> <li>Nausea or vomiting</li> <li>Neck pain</li> <li>Balance problems or dizziness</li> <li>Blurred, double, or fuzzy vision</li> <li>Sensitivity to light or noise</li> <li>Feeling sluggish or slowed down</li> <li>Feeling foggy or groggy</li> <li>Drowsiness</li> <li>Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>Amnesia</li> <li>“Don’t feel right”</li> <li>Fatigue or low energy</li> <li>Sadness</li> <li>Nervousness or anxiety</li> <li>Irritability</li> <li>More emotional</li> <li>Confusion</li> <li>Concentration or memory problems (forgetting game plays)</li> <li>Repeating the same question/comment</li> </ul> |
|--|---|

**Signs observed by teammates, parents and coaches include:**

- |  |
|--|
| <ul style="list-style-type: none"> <li>Appears dazed</li> <li>Vacant facial expression</li> <li>Confused about assignment</li> <li>Forgets plays</li> <li>Is unsure of game, score, or opponent</li> <li>Moves clumsily or displays incoordination</li> <li>Answers questions slowly</li> <li>Slurred speech</li> <li>Shows behavior or personality changes</li> <li>Can’t recall events prior to hit</li> <li>Can’t recall events after hit</li> <li>Seizures or convulsions</li> <li>Any change in typical behavior or personality</li> <li>Loses consciousness</li> </ul> |
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Adapted from the CDC and the 3<sup>rd</sup> International Conference in Sport

### **What Can happen if my Child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for the student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

### **Return to Practice and Competition**

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

### **For current and up-to-date information on concussions you can go to:**

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

For concussion information and educational resources collected by the KSHSAA, go to:

<http://www.kshsaa.org/Public/General/ConcussionGuidelines.cfm>

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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Parent or Legal Guardian Printed

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Parent or Legal Guardian Signature

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Date

