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Welcome

On behalf of the Athletic Department of the Wilmot Public Schools, we welcome you to the new sports season. We are very proud of our Wilmot Wolves and are excited to have your child as part of our programs.

Athletics is one of the most important elements in the overall education of our students. Sports provide an opportunity to extend the learning process onto the fields and courts through interscholastic competition.

Wilmot Mission Statement

“Every child, every chance, every day.”

Wilmot Vision Statement

The Wilmot School would like to help every student contribute positively to society through leadership, self-confidence, integrity, citizenship, good work ethic, and accountability. We believe our school is a strong academic institution that, with the support and involvement of our parents and community, strives to help our students succeed in a multi-cultural, technologically literate, and ever changing society.

Why Athletics?

The answer is simple: it assists the educational process in instilling and developing skills necessary for future success.

What skills? Leadership-Communication-Goal Setting-Organization-Work Ethic-Self-Discipline-Perseverance-Cooperation-Loyalty-Honesty-Perspective-Relationships

Athletic Department Philosophy

Athletics are an extension of the classroom experience for the student-athlete. We are assisting in Empowering All Students to Succeed in a Changing World.

We are not a separate entity unto ourselves. We exist to enhance the experiences student-athletes receive first in the classroom.

Goal/Motto

We cannot be all things to all people. We will do what we expect our student-athletes to do – the best we can within the framework of our situation.

Objectives

The objectives we are striving to meet with in Wilmot Public Schools department of athletics are:

1. Develop the key skills for success as an adult.
2. Develop the fundamental physical skills for athletic endeavors.
3. Develop lifelong vocational and recreational interests.

Parent's Creed

As parents, you are an invaluable part of your child's educational and athletic development. Your attitudes and actions have the most impact upon the outcome of your child's learning in the athletic arena. Therefore, it is important that you see athletics for what it can do to help your child's development. The Parent's Creed is:

I will be the positive role model my child needs to become a successful adult. In victory, I will be gracious, humble, and thankful. In defeat, I will be strong, honest, and accepting.

The Key Commandments for Athletic Parents

1. I will make sure my child knows I love them in the thrill of the victorious moment and the period of agony brought on by defeat.
2. I will accept my child's strengths and weaknesses as they are – and focus on helping them to just do their best.
3. I will let the coaches coach – my role is to support, encourage, and motivate progress on a daily, weekly, monthly, and yearly basis.
4. I will teach them to enjoy the thrill of competition – the fulfillment of just being part of it all – and the satisfaction of having done your very best.
5. I will not re-live my athletic career through my children in any way.
6. I will not compete with the coach – together we will be a team to work toward the improvement of my child as a person, students, and athlete.
7. I will never compare and contrast the skills, courage, or attitude of my child with that of their teammates, or opponents, in a negative manner.
8. I will temper my reactions towards my child's tales of woe or heroism – we all tend to inflate reality to make it kinder to our personal standing.
9. I will prioritize the agenda that drives my interest in the athletic program or any individual sports: the team agenda comes first – my personal agenda follows.

10. I will **NOT** allow the sport or game my child is part of to take on a life of its own.

Priorities

In order to bring some perspective to the athletic department and its decision-making system, the following are our priorities in the order of their importance:

Athletes - Coaches
Programs
Public

When we make decisions about the direction the department or a sport is going to proceed, we do so based on the above criteria. The needs of the coaches and athletes come first because without them there is no athletic department. Programs are next and then anyone from the public who is involved.

When coaches make decisions about athletes and the various situations that come up as the seasons roll along, these are the priorities in the order of their importance by which decisions will be made:

Faith and Family
Education
Team

All other elements, jobs, friends, etc. will be prioritized by the individual athletes based upon their particular needs or wants.

Parents and Sportsmanship

The following are just a few reminders of the important role parents play in modeling behaviors when involved in athletic programs:

1. You are a fan and spectator – that’s your role – play it well.
2. You are not the coach – so don’t coach.
3. You are not an official – so don’t referee.
4. You are the host for all visiting teams – treat them with respect and dignity.
5. Cheer for our team – not against the opponent.

Remember – you are a role model for your child and others who are part of the team and overall program as well as a representative of our community – how do you want to be remembered?

Common (vs.) Personal Agendas

Wolves' athletics offers many opportunities to grow and develop in ways that are beneficial to the group as a whole and as individuals. It is important to understand that for real success to be achieved and growth to take place, everyone needs to be on the same page – which means to have a common agenda.

Teams that work together to reach common goals are the most successful. Teams that are unsuccessful – even though they may be winning – are those that have personal agendas prioritized ahead of the team agenda.

Every athlete should have personal goals and aspirations. However, they must be secondary to the common agenda set for the team. If you are more worried about your points, statistics, place, or playing time instead of the team – we no longer have a team. What we have is a group of individuals – no one ever wins for long under these circumstances, no matter how good they are as individuals.

Common agendas lead to team success – personal agendas that are within the framework of the team agenda will lead to personal success.

The Athletic Department's Chain of Command

Board of Education
Superintendent
Principals
Athletic Director
Head Coaches
Assistant Coaches

Athletic Opportunities

The following are the athletic opportunities afforded the students our District by season:

Fall Season: Boys Football, Girls Volleyball, Boys Cross Country, Girls Cross Country, Cheerleading

Winter Season: Boys Basketball, Girls Basketball, Cheerleading

Spring Season: Boys Track, Girls Track

The starting and ending dates for all of the above activities, 7-12, are found in the Appendix.

Athletic Schedules

Athletic schedules for this sports season, 9-12, can be found in Appendix C.

Athletic Questions and Concerns

Questions, concerns, or complaints are best handled between the athletic director and the parents. All conversations will be held in the strictest confidence.

The Training Rules

The parents and athletes need to know the Training Rules and understand its goals, procedures, and penalties. The Training Rules are found in the Appendix.

SDHSAA Eligibility Requirements

Under the rules of the South Dakota High School Activities Association, athletes are NOT ELIGIBLE IF:

1. They have reached their 20th birthday
2. Have attended more than 4 first and 4 second semesters in grades 9-12
3. Have not passed 20 hours per week of high school work in the previous semester
4. Have not enrolled in or attended a minimum of 20 hours of class per week
5. Have graduated from a 4 year high school or an equivalent institution
6. Have not enrolled by the 16th day of the current semester
7. Have been absent for 10 consecutive school days – except illness/emergency
8. Transferred without open enrolled completed or a parental resident change
9. Do not have all a physical, history, or permission slip on file
10. Have ever participated in an athletic contest under an assumed name
11. Have ever violated their amateur status
12. Have competed as an individual or member of another team during their regular high school season

Wilmot School Athletic/Activity Participation Philosophy (adopted 9-09)

The Wilmot Junior High and High School athletic program is available to students in grades seven through twelve. The basketball program for students in grades five and six are run by parents. Schools involvement in fifth and sixth grade is to set up a schedule and provide facilities. Programs lower than the fifth grade are also conducted by parents. The school's involvement below fifth grade is only to hand out information and to allow the various groups to use the facilities when available.

The SDHSAA bylaws provide that students in grades seven through twelve may participate on high school teams. Students in seventh and eighth grade must meet the same

scholastic standards that are required for high school students. The bylaws further state that students in grade six and below may never participate at the high school level.

Athletic competition can be one of the most rewarding activities students will experience during their school years. Honor, dedication, commitment, integrity, perseverance, interdependence, and self-reliance are several important life skills and virtues student athletes can strengthen by participating in these activities. Athletic involvement serves as a positive and healthy complement to the classroom experience by providing additional opportunities for physical and mental growth.

Our sports programs are team-oriented so it is essential that the needs of the team are considered. Our student athletes represent their team, their school and their community. They must sign a code of conduct stating that they will maintain a high degree of respectful, positive and healthy behavior.

The Wilmot School's dedication to excellence extends to our competitive athletic program. We believe that the athletic program is an extension of the classroom. It is our goal to provide our students with many different learning opportunities. Co-curricular activities enhance the learning that takes place in the classroom. All team members will be given the opportunity to develop their work ethic, sense of commitment, and social and athletic skills.

We encourage students to participate in our athletic program, and we would like to involve as many students as possible in an educationally sound and successfully competitive program. High school athletics is a competitive experience; therefore, not everyone that tries out for the team will make the team, nor do those who make the team receive the same amount of playing time in contests.

Junior high sports emphasize skill development to prepare students for appropriate competition at the junior high level and, if they have the desire and ability, to compete at the high school level. Junior high games are scheduled to be a competitive test of how well the teams are progressing. Winning is not to be the main emphasis. All students will play at some level but it does not mean that they will get equal playing time. We are dedicated to providing the junior high athletes opportunities to further their development in practice so they can improve their performance in contests. During tournament play, the emphasis may shift to a more competitive approach.

Students in grades seven and eight will normally play at their own grade level, but there are times when doing so is not in the best interest of the individual student or the team. Circumstances such as low numbers, ability levels and position may create a need to move a student up to a higher or down to a lower level. Much thought and deliberation takes place before placing the student on a team.

To move a junior high athlete to a higher level of competition there is a prescribed process to follow. The procedure begins with the varsity coach. Approval from the athletic director, superintendent and parents must follow. Wilmot school has a guideline that must be adhered to as we consider moving an athlete to a higher level. We limit participants to

playing on two teams. Varsity starters cannot play at a lower level. A non-starter on the varsity may also play at the junior varsity level. A non-varsity player on the junior varsity may play on the C team unless they start for the junior varsity team. A junior high student may play at the appropriate junior high level and on the junior varsity or the C team. If a junior high student is moved up to the varsity they would be removed from the junior high team. There are times when circumstances will dictate that we might deviate from these guidelines such as with a shortage of players, split season, etc. Those circumstances must be approved by the athletic director and the superintendent.

We will move a sixth grade student up to the junior high level only if we are short on numbers and do not have enough players to complete a seventh and an eighth grade team. If we have a situation where one class has more than enough players and the other is short we will attempt to play the students where their ability level places them. We will have a higher level team which may be made up of seventh and eighth graders and a lower level team that may be a combined team as well. Who plays at each level may vary from game to game. Ideally we would have enough in each grade for two separate teams but that is often not the reality. In making such decisions the coach, athletic director and the superintendent will confer to make the best possible determination. Sixth grade students may be moved up to practice with the seventh and eighth grade team if there is space available and their involvement will not impede the junior high team. The level of involvement will be at the discretion of the junior high coach and the athletic director.

Our coaches and advisors should be passionate about Wilmot School activities and to have the interest of the students and all the school programs in mind as we work as a team to provide positive learning experiences.

We expect our coaches and advisors to:

1. Set a good example for the athletes and fans to follow.
2. Exemplify the highest ethical and moral behavior.
3. Demand that sportsmanship will be our number one priority.
4. Recognize that academic success must be achieved before there can be success in co-curricular activities.
5. Respect the judgment of all officials.
6. Treat all participants with respect.
7. Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Team Structures and Goals

In the great majority of our athletic offerings, we will have three team levels – each with its own structure and goals. The following system, or segments of it, will be used throughout the athletic department:

School Programs

- A. Grade and Jr. High - Entry-level programs. Emphasis on introducing interscholastic sports to as many students as possible and teaching them the sport, the basic skills needed by the sport, and to have fun. Key elements – participation and competition. Playing time decision will be based upon these two elements.
- B. Junior Varsity – 2nd level programs. This is the varsity preparatory level. We continue to develop the sport; it's basic and complex skills, and the fun element at the levels just below the requirements for varsity competition. Playing time decisions shift to a greater emphasis on competition and lesser emphasis on participation.
- C. Varsity – 3rd level program. This is where we put to use everything that has been developed and learned through previous programs. Basic skills continue to be extremely important. Complex sport skills are critical. The number of athletes at this level will be limited. Playing time decisions will be based primarily upon competition.

Participation Selection

Certain teams at certain levels have limitations on the number of participants. These limitations are the result of factors including time, facilities, equipment, staffing budgets, and tradition. We do not like to limit participation of our teams. In fact, it is the most difficult decision any coach has to make, but in some instances it has to be made.

You should know that many factors are considered before the coaching staff makes limitation decisions. Perhaps the most important element may be the roles to be played on the team and how each part fits into the entire puzzle.

We will make the necessary decisions about limiting teams to certain numbers in as fair and a professional manner as possible. Questions concerning such decisions should be directed to the Athletic Director's office.

Coach, Parent, and Athlete Relationships

It is critical to the success of every sport and the entire athletic department that solid lines of communication exist between coaches, athletes, and parents. The needs of the three key elements in the sport, coaches, athletes, and parents, are best met when we all know what each other's role in the activity is and we play that role.

To allow our sports to be successful in any sense of the term, there needs to be good communication between coaches, athletes, and parents. To allow this to happen it is very important to understand what should and should not be topics of discussion between coaches, athletes, and parents.

We believe that there are three topics that are off limits in discussions between coaches, athletes, and parents:

1. Playing time
2. Coaching strategy
3. Other athletes

The reason we feel this way is simple – playing time and coaching strategy decisions are the responsibility of the coaching staff. Also, discussion of other athletes with anyone outside of the immediate coaching staff is unprofessional.

Also, just because another parent is talking to a coach, it does not mean their child is going to receive preferential treatment in that sport. Please, don't jump to any conclusions about a public or private meeting between a coach and parents.

If you need to talk to someone about any situation that concerns you about a coach or the team, come and discuss it with the athletic director. Nothing is off limits with the athletic director and all conversations are confidential.

Mandatory Meetings

The athletic department has two mandatory meetings each year – these will be at the start of our fall and winter season. The reason for a mandatory meeting is to start the season off on the right foot, convey our philosophy, goals, rules, regulations, and make every athlete and parent aware of the possible dangers associated with athletic activities.

Awarding of Letters

Each sport will have a specific system for awarding letters. The lettering system is explained in the appendix

Practice Philosophy

Our philosophy for practice is very simple – every athlete will be at every practice unless excused by the head coach for that activity. **Athletes serving suspensions will also be expected to be at practice and games during their suspension unless otherwise excused by the coach.** Each head coach will determine the consequences for non-excused absences

In order for an athlete to practice, or compete, on any given day, they must be in school for half of the day – exceptions to this rule would be medical appointments, death or illness in the family, or other special circumstances beyond the control of the athlete.

Athletes should never be allowed to stay home and rest before or after any event – no matter how important it may seem.

Gifts or Awards

Under the rules of eligibility for interscholastic competition set forth by the South Dakota High School Activities Association, no athlete can accept any gift or award that has a value of more than \$75.

Weight Room

The weight room is one of the most important facilities in our entire athletic department. It is in the weight room that our athletes get bigger, stronger, and faster. Parents need to encourage the use of this facility.

Care of Equipment

Every athlete will be given equipment and/or uniforms that are provided by the District. Athletes are responsible for these items. Lost or damaged items will result in a fine being levied upon the athlete.

Concussion Policy

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, and confusion, loss of memory, personality changes, or balance problems) shall be immediately removed from the contest and shall not return to participation (including practice) until cleared by an appropriate health care professional.

What is a concussion?

- A concussion is a mild traumatic brain injury that interferes with normal brain functioning.
- Returning to play before symptoms disappear can result in long term effects.

Wilmot School coaches will be made aware of the symptoms of concussions, and will carry a clipboard with symptoms listed to all games.

Source:

http://www.cdc.gov/concussion/HeadsUp/high_school.html#2

Transportation

The athletic department policy is that all athletes ride with their team to and from all activities. Coaches may choose permit players to ride home with written release from the parents at the game site; in this case the coach will have the form for the parents to sign. **If it becomes necessary for a player to use alternative transportation to or from a game or match and parents are unable to be at the game or match to give written permission, it must be cleared through the athletic director prior to the event.**

Wednesday Evening Activities

All public school sponsored practices will end by 6:15 pm on Wednesday evenings.

Inclement Weather Situations

When school is dismissed early due to inclement weather, no mandatory practice will be conducted. All students will go home. When the school start time is delayed due to inclement weather, no AM practices or open gym will be held. When school is canceled due to inclement weather, no practice will be held.

Cancellation of Events

In the event any scheduled athletic event has to be cancelled or postponed the athletic office will inform the news media in the community as soon as possible and families will be contacted through School Reach. Listen to the radio stations or call the athletic office at 938-4647.

Hazing

It is the policy of the District that hazing will not be permitted in any way, shape, or form. Athletes who violate this District guideline will be punished accordingly. Parents are encouraged to report any incidents of this type to the athletic office.

Summer Participation Philosophy

The athletic department believes the summer participation situation needs to be kept in proper perspective. Athletic development during the summer months needs to focus on the development of individual skills and strength. Team skills are secondary in nature. Student-athletes need to organize their summer around the following priorities:

1. Weight Room/Open Gym
2. Individual Skill Development
3. Individual Camps
4. Team Skill Development

Remember – neither the coaches nor the parents can make the student-athlete the best they can be – that’s a personal responsibility. You get better by the following process:

1. get bigger, stronger, and faster (weight room)
2. develop individual skills (self-motivated activities)
3. learn new skills and correct your mistakes (open gym)
4. be motivated to get better (individual camps)
5. put your new and developed skills to work (team camps)

Appendix A

WILMOT JUNIOR HIGH AND HIGH SCHOOL RULES OF ELIGIBILITY FOR INTERSCHOLASTIC ACTIVITIES

All students must earn 2.0 credits per semester to be eligible to participate in extracurricular events, as per the South Dakota High School Activities Association. Students must also meet all other SDHSAA requirements. Any student who fails to earn 2.0 credits is ineligible to participate the following semester. Any student who fails a quarter or semester will be ineligible for the first 3 weeks of the next quarter. The exception to this would be if the fall sports season begins before the first day of school in this case the ineligible athlete would be ineligible for 3 weeks starting with the first day of fall practices. This rule is in effect for Wilmot High School and Junior High School students. *If an elementary student is playing on a Junior High, these rules apply to him or her as well.* (Revised 7-16)

Weekly Eligibility

- If a student is failing 2 or more classes for 2 consecutive weeks he/she will be considered ineligible for a week.
- The eligibility list runs Monday to Monday, and teacher's grades are generally reported on the preceding Wednesday.
- Grades will begin to be checked during the 3rd week of each quarter.
- After the first week of failing 2 class's students and parents will be notified that he/she is on probation, then again notified the next week if they are ineligible.

Appendix B

"W" CLUB - LETTERING RULES AND REGULATIONS ATHLETICS GRADES 7-12

1. Major Award
 - a. To receive a "W" letter in football a student must participate in any part of eight (8) quarters of varsity games during the football season.
 - b. To receive a "W" letter in girls or boys basketball a student must participate in any of nineteen (19) quarters of varsity games during the basketball season.
 - c. To receive a "W" letter in track a student must accumulate 5 points throughout the season.
 - d. To receive a "W" in volleyball, a student must participate in any part of 15 games during the season.
 - e. To receive a "W" in cross-country, a student must place in 2 meets or the regional meet.
 - f. Only one "W" letter is given to any one student.
 - g. Any senior athlete who has participated for four years in high school and made positive contributions to the team may, by recommendation of the coach, receive a senior letter.
2. Pins.
 - a. A football pin will be given for the first year lettered, only.
 - b. A basketball pin will be given for the first year lettered, only.
 - c. A track shoe pin will be given for the first year lettered, only.
 - d. A volleyball pin will be given for the first year lettered, only.
 - e. A student manager letter and pin will be given for the first year lettered, only.
 - f. Pins for team captains, captains are selected by the coaches in each sport.
 - g. One bar is given for each sport lettered in during the year.
3. A certificate is given to each athlete who letters in one or more sports during the year.
4. Senior Plaque
 - a. A plaque is given to any senior athlete who has lettered for two or more years in one or more sports, unless the student is new to the school. One year is sufficient, if the student has lettered another year in a previous school.
 - b. A senior plaque will be presented only if that athlete lettered their senior year in a sport as well as having lettered once previously in the same sport.
 - c. A plaque will be awarded if a student has been a cheerleader either on the "A" or "B" team for any two years of their high school career.
5. Minor Awards: A certificate or participation is given to each student who participates in one or more sports.
6. A plaque will be given to the most dedicated participant in each sport.
7. Unless injury prohibits participation, all students must continue to participate each year in the sport lettered in order to be a member of the "W" Club.
8. If a student is a 7th or 8th grader and participates on the varsity level and meets the criteria for an award, they will receive the appropriate award.

Appendix C

2018-19 Master Calendar

<p>Football</p> <p>August 17 Deuel at Clear Lake</p> <p>August 24 Britton Hecla here</p> <p>August 31 Florence Henry at Florence</p> <p>September 7 Tri State at Waubay</p> <p>September 14 Clark Willow Lake at Clark</p> <p>September 21 Hamlin at Hayti</p> <p>September 28 GPL here Homecoming</p> <p>October 5 Bye Week</p> <p>October 12 Webster Area at Waubay</p> <p>1st Round Playoffs 10/18</p> <p>Quarterfinals 10/25</p> <p>Semifinals 11/2</p> <p>State Finals 11/8</p> <p><i>Regular season FB games start at 7 pm.</i></p>	<p>Volleyball</p> <p>8/23 6:15 Waverly SS at Waverly</p> <p>8/25 TBA Estelline Tourney at Estelline</p> <p>8/28 6:15 Waubay Summit at Summit</p> <p>8/30 6:00 Sisseton here</p> <p>9/4 6:15 Florence Henry at Florence</p> <p>9/6 6:15 GPL at Watertown</p> <p>9/8 TBA Clark Tournament at Clark</p> <p>9/13 6:15 Florence Henry here</p> <p>9/15 12:00 Clark/Willow Lake here</p> <p>9/17 6:30 Langford at Langford</p> <p>9/24 6:00 Britton Hecla at Britton</p> <p>9/27 6:15 Waverly SS here</p> <p>10/1 6:15 Tri State here</p> <p>10/9 6:15 Waubay Summit here</p> <p>10/11 6:15 GPL here</p> <p>10/15 6:15 Tri State at Rosholt</p> <p>10/18 6:00 Richland here</p> <p>10/22 6:00 Webster at Webster</p> <p>10/25 6:00 Wyndmere/Lidgerwood at Lidgerwood</p> <p>VB Regions 10/29, 10/30, & 11/1</p> <p>Round of 16 11/6</p> <p>State Tournament 11/15, 11/16, & 11/17</p>
<p>Girls Basketball</p> <p>12/7 4:00 Waverly SS at Waverly(DH)</p> <p>12/11 6:15 Waubay Summit at Summit</p> <p>12/14 6:15 GPL at Watertown</p> <p>12/15 2:00 Britton Hecla at Britton(DH)</p> <p>12/18 6:00 Hankinson at Hankinson</p> <p>12/21 6:00 Wyndmere/Lidgerwood here</p> <p>1/3 6:15 Florence Henry here</p> <p>1/5 1:00 Clark Willow Lake at Willow Lake (DH)</p> <p>1/10 6:15 Waverly SS here</p> <p>1/14 6:15 Tri State here</p> <p>1/17 6:30 Warner at Warner</p> <p>1/19 12:00 Northwestern here</p> <p>1/24 6:15 Waubay Summit here</p> <p>1/26 12:00 Sargent Central here (DH)</p> <p>1/28 6:15 Castlewood here</p> <p>1/29 4:00 Webster at Webster (DH)</p> <p>2/1 6:15 GPL here</p> <p>2/2 1:00 Langford Area at Langford (DH)</p> <p>2/5 6:00 CGB at Graceville</p> <p>2/9 TBD Warner Classic at Warner</p> <p>Regions 2/18, 2/19, & 2/21</p> <p>Round of 16 2/28</p> <p>State Tournament 3/7, 3/8, & 3/9</p>	<p>Boys Basketball</p> <p>12/7 4:00 Waverly SS at Waverly (DH)</p> <p>12/10 6:15 Waubay Summit here</p> <p>12/13 6:15 GPL here</p> <p>12/15 2:00 Britton Hecla at Britton(DH)</p> <p>12/17 6:00 Deubrook here</p> <p>1/4 6:15 Castlewood here</p> <p>1/5 1:00 Clark Willow Lake at Willow Lake (DH)</p> <p>1/8 6:15 Florence Henry at Florence</p> <p>1/11 6:00 Tri State at Fairmount</p> <p>1/12 6:00 Wyndmere Lidgerwood at Lidgerwood</p> <p>1/15 6:15 Waubay Summit at Summit</p> <p>1/18 6:15 Waverly SS here</p> <p>1/26 12:00 Sargent Central here (DH)</p> <p>1/29 4:00 Webster at Webster(DH)</p> <p>1/31 6:15 GPL at Watertown</p> <p>2/2 1:00 Langford Area at Langford (DH)</p> <p>2/4 6:15 CGB here</p> <p>2/8 6:15 Northwestern at Mellette</p> <p>2/16 TBD Warner Classic at Warner</p> <p>2/22 6:00 Hankinson here</p> <p>Regions 2/25, 2/26, & 3/1</p> <p>Round of 16 3/5</p> <p>State Tournament 3/14, 3/15, & 3/16</p>

Appendix D

HIGH SCHOOL EXTRA-CURRICULAR TRAINING RULES

(These rules also apply to any elementary student playing on a Junior High team.)

ATHLETES GUILTY OF USE OR POSSESSION OF TOBACCO, ALCOHOL, DRUGS, OR A CRIME AGAINST PERSON OR PROPERTY DURING THE SCHOOL YEAR WILL BE SUSPENDED FROM ATHLETIC COMPETITION. PRESCRIPTION DRUGS CURRENTLY PRESCRIBED AND TAKEN LEGALLY BY A STUDENT EXCLUDED. (Approved 10-12) (Refer to A & B below).

A. FIRST VIOLATION - THE STUDENT MAY NOT REPRESENT WILMOT HIGH FOR THREE WEEKS TO INCLUDE A MINIMUM OF THREE ATHLETIC CONTESTS. (This may span two sports if necessary.) (A student will be expected to practice with the team during this period.) All athletes must be a member in good standing throughout a sport season in order to receive any awards. Awards will only be withheld in the season in which the violation occurred (5-06). If it was found a violation occurred during the season after the fact; awards for that season will be revoked.

1. If a violation occurs during the school year involving the use or possession of tobacco, alcohol or drugs, and the individual is not out for an activity at that time, but later comes out for an activity, the penalty will apply. The penalty for a first time offense is a three week period to involve a minimum of three athletic contests. This three week period could involve a larger number of activities if it occurs during a busy time of a sport season. The three week period could also be longer until three activities are reached. A student involved in track or basketball could be affected by this and could find themselves not playing for the first three weeks of events of the sport they want to participate in.

B. SUBSEQUENT VIOLATIONS - THE STUDENT WILL BE SUSPENDED FROM WILMOT HIGH ATHLETIC PARTICIPATION FOR THE REMAINDER OF THAT SCHOOL YEAR. THE STUDENT WILL RECEIVE NO AWARDS FOR EXTRA CURRICULAR ACTIVITIES FOR THAT YEAR.

C. SCHOOL YEAR - THE SCHOOL YEAR STARTS WITH THE FIRST LEGAL PRACTICE DATE FOR FALL SPORTS OR THE FIRST DAY OF SCHOOL FOR STUDENTS NOT INVOLVED IN FALL SPORTS. THE SCHOOL YEAR ENDS WITH THE LAST DAY OF SCHOOL OR THE LAST DAY OF COMPETITION IN A SPRING SPORT THAT EXTENDS BEYOND THE END OF THE SCHOOL YEAR.

D. Neat haircuts and dress. (Coaches or advisors decision)

E. COUNSELING - STUDENTS IN VIOLATION OF TRAINING RULES WILL TAKE PART IN A COUNSELING PROGRAM. STUDENTS IN VIOLATION OF TRAINING RULES WILL MEET AND COMPLETE THE PROGRAM BEFORE REINSTATEMENT. THE PROGRAM WILL INCLUDE BUT IS NOT LIMITED TO THE FOLLOWING:

1. Meetings with a counselor or clergy. There should be a minimum three twenty minute meetings.

2. A meeting with the head coach and athletic director.
3. Meeting with law enforcement.

****ALL MEETINGS MUST MEET THE SATISFACTION OF THE SUPERVISOR LEADING THE MEETING. THESE MEETINGS SHOULD BE COMPLETED BEFORE A RETURN TO COMPETITION IS PERMITTED. SETTING UP AND ANY COSTS OF THE MEETINGS ARE THE RESPONSIBILITY OF THE OFFENDER. IF COUNSELING IS COMPLETED BEFORE THE LAST GAME OF THE SUSPENSION THE ATHLETE MAY BE ALLOWED TO PARTICIPATE IN THE LAST GAME. (Approved 10-12)**

F. ATHELETES SERVING SUSPENSIONS: The athlete will participate in all practices during their suspension. Students on suspension will not dress for games but will sit in the team area. If for any reason the team is scheduled to miss school the athlete serving suspension will remain at school and not attend the function with the team.

G. REPORTING - All violations reported will need to be signed by school personnel before any action will be taken. Violations during the school year may be reported by school personnel who witness the violation, law enforcement, the violator, or the violator's parent (5-08). Any violation of this policy during the summer months that leads to a conviction by law enforcement will lead to a suspension during the following school year. Any violation of training rules that occurs during the year and is not served that year will be carried over the next year for underclassmen. The season in which the suspension is served must be completed to the athletic director's discretion. Punishment will be administered upon the completion of an administrative investigation. (Approved 10-12) The accused person and/or the parent shall have the right to be present. If a hearing is found to be necessary after visiting with all individuals involved, a final decision as to guilt will be made by the administration. The aggrieved party shall have the right to appeal to the Board of Education. Any violation not covered in the above rules will be settled by the coach's discretion.

H. SUSPENSION FROM EXTRACURRICULAR ACTIVITIES FOR A CONTROLLED SUBSTANCE. 13-32-9 Any person adjudicated, convicted, or the subject of a suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana as defined in chapter 22-42 is ineligible to participate in any extracurricular activity at any secondary school accredited by the Department of Education and Cultural Affairs for one year. Upon a subsequent adjudication, conviction, or suspended imposition of sentence for possession, use, or distribution of controlled substances or marijuana by a court of competent jurisdiction, that person is ineligible to participate in any extracurricular activity while that person is attending any school accredited by the Department of Education and Cultural Affairs. Upon such a determination in any juvenile proceeding the Unified Judicial System shall give notice of that determination to the South Dakota High School Activities Association and the chief administrator of the school in which the person is enrolled. As used in this section, the term, extracurricular activity, means any activity sanctioned by the South Dakota High School Activities Association. New law effective July 1, 1997, this policy would supersede local policy on pages 31-32

H. ATHLETIC CERFEWS. Be at home before 11:00 p.m. on Sunday-Thursday and also on nights before a game. Be home on Friday and Saturday nights by 12:30. Hours may be modified

at the coach's discretion. This responsibility is the parents and students and any violation of hours not cleared in advance will be unexcused. These training hours apply only during that sport that the student is a participant. Students who break curfew will be held responsible by head coaches for the first violation. The second violation will be handled as follows: (approved 10-12)

VIOLATION OF HOURS RULES WILL BE SUSPENDED FOR THE FOLLOWING AMOUNT OF TIME:

- A. Football - 1 game
- B. Basketball - 2 games
- C. Track - 1 meet
- D. Volleyball – 2 matches
- E. Cheerleading – Same as the sport they are cheering for.
- F. Cross-Country – 1 meet

(Revised 7-16)