

SPEARVILLE MIDDLE SCHOOL AND HIGH SCHOOL
STUDENT ACTIVITY HANDBOOK



2025-2026

USD 381 will ensure each child has the ability
to meet the challenges of tomorrow.

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USD 381 Mission Statement

We empower each child to become a successful citizen through connections and commitment.

NOTICE OF NON-DISCRIMINATION

USD 381 does not discriminate on the basis of race, color, national origin, sex, disability, age or religion in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups.

Any incident of discrimination in any form shall promptly be reported to a teacher, the Principal or other appropriate school official for investigation and corrective action. The following person has been designated to handle inquiries regarding the non-discrimination policies:

Amy Hollingsworth – Principal

305 E. Ave B

Spearville, KS 67876

(620) 385-2631

For further information on notice of non-discrimination, visit <http://wdcrobcop01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the office that serves your area, or call 1-800-421-3481.

Emergency Phone Numbers:

Spearville Middle-Senior High School: (620) 385-2631

Amy Hollingsworth Cell: 620-873-0192

Taylor James Cell: 620-393-5643

Daina Butler Cell: (970) 673-6493

Introduction

The purpose of this handbook is to aid activity personnel in their duties by listing the proven practices and routine procedures that have been developed over the years. The standardization of practices and procedures should provide a more efficient operation of the athletic extracurricular programs at Spearville High School.

All activity personnel should study this handbook carefully and become familiar with its contents. It will help to answer many questions in regards to the activity policies established by the administration. It is our hope that coaches, sponsors, and anyone connected with the activities will consider this to be a helpful guide in the day-to-day functions of our extra-curricular programs.

Activity personnel and coaches should remember that the organization, court, field, or locker room is an extension of the classroom. It is still a teaching situation where a high-level personal code of ethics and professional attitude should be maintained. Coaches and sponsors should never use alcohol or tobacco in the presence of students, nor should they use profane language in front of students. It is important to remember that athletes/students tend to look to coaches and sponsors as role models. Let's all do what we can to be the most respectable role model possible for our student athletes to emulate. Coaches and sponsors are encouraged, as are all teachers, to become involved in our community. Meet people, visit with them, and by all means convey to them your sincere interest in young people. Always be cautious so as not be perceived as being critical of our students, other staff, or the community in public.

Southern Plains Iroquois Athletic Association

The following schools are members of the SPIAA: Ashland, Bucklin, Ingalls, Hodgeman County, Kiowa County, Meade, Minneola, Pawnee Heights, South Central, South Gray, Satanta and Spearville.

Athletic Practice

Explanation of organized practice as it pertains to Spearville USD 381: It is considered to be an organized practice when one or more players proceed to carry out any form of practice under the specific instructions of a member of the faculty or a person authorized by a member of the school administration, regardless of whether the student is suited up. Coaches shall follow KSHSAA guidelines for summer practices, camps and competition. Any athletic practice on days when school is not in session must be pre approved by the administration. Coaches shall follow the Kansas State High School Activities Association guidelines concerning starting dates for practice, equipment limitations, etc. Open gym is available to all junior high and high school students on Sunday afternoon. Student attendance is completely voluntary; an adult must be present for supervision at all times. All high school practices on Wednesdays are to be concluded and the gym cleared by 6:30 P.M. There will be no Sunday athletic practices.

Communication with Parents and Athletes

Coaches may communicate with parents and athletes through an appropriate app such as GroupMe or Remind. Groups must include an administrator.

Heat/Weather Issues

For practices that are outdoors during the fall and spring, we will continually allow athletes to hydrate and take breaks as needed. Spearville Schools uses a wet bulb globe thermometer to determine the heat index. When the Heat Index is in the “High Risk” category of the KSHSAA Chart, there will be a fifteen (15) minute water and ice break about halfway through practice with no pads or helmets. Athletes should be allowed to get a drink of water at any time during practice. In the event an athlete becomes ill from heat, immediately call the parents/guardians and an administrator, move the athlete to a cool area, and continue to hydrate and monitor.

We will utilize the My Lightning Tracker app to track lightning strikes. Once lightning strikes within ten miles of our location, a play stoppage will be called.

Physicals and Insurance

Sports physicals, concussion forms, and insurance coverage are compulsory for all students who participate in athletics. Students with private insurance should fill out a verification form and return it to the Office.

Spearville MS/HS Eligibility Policy

Students involved in activities offered at Spearville Schools are recognized as official representatives of the school. Their conduct and sportsmanship on and off the school premises should display the highest possible standards.

This eligibility policy pertains to all students, both Middle School and High School, and regulates the following:

1. An ineligible student may attend the following list of activities as directed below:

If attendance is required for a grade; or need to work concession stands for the student’s class.

2. An ineligible student may not attend the following list of activities:

Non-Academic field trips, STUCO seminars, curricular area competitions, cheerleading camps/seminars, drill team, camps/seminars, spelling bees, league math contest, scholar’s bowl, forensics meets, art contests, powerlifting, honor band and honor choir, homecoming dances, all-school play, or other school activities that may arise during the school year.

Additional activities not included in the above lists will be reviewed and added to the proper attendance category as determined by the administration.

Spearville Middle School and High School will follow the KSHSAA guidelines and the following requirements:

1. Student eligibility will be based on their current nine-week grade in each class.
2. The first week a student is failing any class, they will be on probation the following week and will be required to attend study halls with the teacher(s) of the failing class(es) before school, after school, and during Lancer Time. Teachers are available and in the building from 7:35 a.m. to 3:37 p.m.
3. If a student is failing any class for the second or more consecutive weeks, then they shall attend study hall with the teacher of the failing class before school, after school, and during Lancer Time. **The student will be ineligible for the entire week.**
4. An activity week runs from Monday through Saturday.
5. Eligibility week runs from Monday through the next Sunday.

Students and parents/guardians will be notified of the student's ineligibility on Friday of each week.

Eligibility Requirements of the Kansas State High School Activities Association (KSHSAA)

The following briefly summarizes the Kansas State High School Activities Association's eligibility requirements. Students may consult their coach or Principal for additional information.

1. An annual physical examination form or an optional physical exam with parental consent shall be completed and a physical exam with parental consent shall be completed and filed with the school prior to the first scheduled event in which the student participates.
2. Students shall have passed five subjects of unit weight in the previous semester of attendance.
3. Students shall be enrolled in and attending at least five subjects of unit weight.
4. Students shall be a bona fide school member and in good standing.
 - a. Shall not be under penalty of suspension; character or conduct must not bring discredit to the school or the student.
 - b. Shall not be using any form of tobacco, illegal drugs, alcoholic beverages, etc. at school events.
 - c. Shall not be using an assumed name while competing.
5. Students shall be regularly enrolled and in attendance not later than Monday of the fourth week of the semester in which they are participating;
6. Students shall not have more than two (2) semesters of possible eligibility in grades six, seven, and two (2) semesters in grade eight.

7. Students who reach the age of 14 by the 7th grade or 15 by the 8th grade after September 1 shall be eligible for the remainder of that school year.
8. Transfer students shall be eligible if their parents have made a bona fide move to a new permanent residence in the vicinity of the new school to which the student transfers.
9. Students shall not have competed for money or merchandise and shall have observed all other provisions of the Amateur and Awards Rules.
10. Students shall not engage in outside athletic competition in the same sport while a member of a school squad.
11. Students shall not be a member of a fraternity or other organization prohibited by law or by the rules of KSHSAA.
12. Students shall not participate in training sessions or tryouts held by colleges or other outside agencies in a sport while a member of a school athletic team in an identical sport.

Code of Ethics

Students involved or attending activities offered at Spearville Schools are recognized as official school representatives. As students of Spearville USD 381, we commit to upholding the highest standards of respect, responsibility, and integrity. Student conduct and sportsmanship on and off the school premises should display the highest standards of respect, responsibility, and integrity. This Code of Ethics serves as a guide to ensure a positive environment where everyone can succeed academically, socially, and personally.

Core Values

1. **Respect**
 - Treat all members of the school community with kindness, empathy, and understanding.
 - Care for school property and the personal belongings of others.
2. **Integrity**
 - Be honest in all academic and personal pursuits, avoiding cheating, plagiarism, or dishonesty.
 - Take accountability for your actions and their consequences.
 - Uphold trustworthiness in relationships with peers, teachers, and the school community.
3. **Responsibility**
 - Complete assignments and obligations on time and to the best of your ability.
 - Follow school rules, policies, and procedures to maintain a safe and orderly environment.
 - Act as a positive representative of the school in the community and beyond.
4. **Excellence**
 - Strive for personal growth and academic achievement.
 - Set goals and work diligently to accomplish them.

- Celebrate the achievements and efforts of others.

5. **Citizenship**

- Contribute to a welcoming and inclusive school culture.
- Support peers and participate actively in school and community events.
- Demonstrate respect for local, state, and national laws and civic responsibilities.

Commitments

1. **To Ourselves**

- Maintain a growth mindset and pursue opportunities for learning and self-improvement.
- Take care of physical and mental well-being through healthy habits and choices.

2. **To Our Peers**

- Build relationships founded on trust, respect, and support.
- Encourage collaboration and discourage bullying, harassment, or exclusion.

3. **To Our School**

- Uphold the reputation of Spearville USD 381 by exemplifying pride in our school and community.
- Actively engage in fostering a safe and respectful school environment.

4. **To Our Community**

- Be an active and positive contributor to the broader community.
- Demonstrate civic responsibility and environmental stewardship.

Accountability

Students are expected to adhere to this Code of Ethics at all times. Violations will be addressed through restorative practices, counseling, or disciplinary measures as outlined in the school handbook.

Each student who is involved in activities must abide by the following policies: Rule 14, Article 2 of the KSHSAA guidelines states: A student who is under penalty of suspension or whose character or conduct brings discredit to the school or 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.

Any photo that is brought to Administration's attention that contains students in a school-issued uniform, or at a school event that shows the student displaying inappropriate behaviors that violate the USD 381's Code of Ethics will result in consequences listed below:

The coach and athletic director are responsible for implementing goals and standards provided in this codebook. No student is obligated to take part in activities. Activities are a privilege, not a right.

Athletic/Non-Athletic Training Rules

Violations/consequences extend throughout the school year. Consequences will continue in all activities until the burden has been fully met. Practice will continue as usual throughout the violation term.

Volunteering to be a part of a Spearville School activities team places additional responsibilities on the student/athlete. The consequences shall be enforced for any violation on or off school grounds including evenings, weekends, holidays, or school year vacations.

Student Alcohol, Drug, and Tobacco Policy

Students shall not unlawfully manufacture, distribute, dispense, possess, or use illicit drugs, controlled substances (such as all tobacco products), vaporizers and e-cigarettes, or alcoholic beverages on school district property or at any school activity (any activity where students are representing a school club, group, team, etc. regardless of location or time of year). Any student violating the terms of this policy will be reported to the appropriate law enforcement officials and will be subject to the following sanctions:

SELF-REFERRAL:

(1st offense only)

Students who voluntarily self-refer to the school’s intervention program shall be suspended from one participation or half the amount of suspension in their activity unless otherwise determined by the required in the district policy.

If the coach asks the student about his/her participation and the student admits to the violation, it is not considered a “self-referral.”

Violation	Consequences for Violations
<p>Possession of, under the Influence, Distribution of Alcohol, Tobacco, Drugs (on or off school grounds or at school activities)</p>	<p>1st Offense- 10% competition dates/activity suspension (min. Of 1) and completion of a Drug and Alcohol program 2nd Offense- An additional 30% of competition dates/activity suspension 3rd Offense- Dismissal from all activities for the school year</p>
<p>Stealing & Vandalism</p>	<p>1st Offense- 10% competition dates/activity suspension (min. Of 1 game) and completion of a rehabilitation program 2nd Offense- An additional 30% of competition dates/activity suspension 3rd Offense- Dismissal from all activities for the school year</p>

Hazing or repeated Bullying	1st Offense- 10% competition dates/activity suspension (min. Of 1 game) and completion of a rehabilitation program 2nd Offense- An additional 30% of competition dates/activity suspension 3rd Offense- Dismissal from all activities for the school year
Fighting & Inappropriate Conduct (on or off of playing fields/courts during activities)	1st Offense- 10% competition dates/activity suspension (min of 1 game) and completion of a rehabilitation program 2nd Offense- An additional 30% of competition dates/activity suspension 3rd Offense- Dismissal from all activities for the school year

Student participants and parents of the USD 381 activities must sign a written agreement acknowledging the receipt and understanding of the CODE of Ethics and activity procedures and resulting consequences. By signing this agreement, the student, parent, and or legal guardian recognize the authority of the activity sponsor and the school to administer consequences for violations of activity regulations. If the incident occurs on school grounds or at a school activity, the student/athlete shall, in addition to the athletic policy consequences, be subject to the student handbook procedures and consequences.

Clear and Convincing Evidence:

VERIFICATION OF VIOLATION:

- Based on clear and convincing evidence
- Clear and Convincing Evidence means the Building Administrator, or designee, must be persuaded by the evidence that it is highly probable that the claim or affirmative defense is true. The clear and convincing evidence standard is a heavier burden than the high proportion of the evidence, but is less than beyond a reasonable doubt.

Due Process

- Student shall be entitled to a Due Process Hearing (KSA-8901)
- Rumors shall not be a basis for restricting student participation.
- Local law enforcement, faculty, or administration accusations shall be considered as appropriate verification.
- Accusations made by patrons must be made in front of the accused, the parent of the accused, the building administrator, the coach, and the Athletic Director.

Appeal

- Student appeal: A student may appeal any action under this policy to the Policy Review Council no later than 5 school days after the denial of participation has been made. The Policy Review Council (Building Principal, Athletic Director, Teacher, Head Coach) shall hear the appeal within 5 school days of the receipt of the appeal request and render their decision within 1 school day of the hearing. Until the Council has met and rendered its decision, the student may not participate in any school-sponsored activity.

Attendance

To participate in extracurricular activities, students must attend classes all day. If a student has not arrived at school prior to 8:10, they will not be allowed to participate in practice for either activities or athletics. Students absent at the beginning of the school day may not participate in events that evening unless approval is given by the administration. A student who leaves school due to illness will also not be allowed to attend or participate in extracurricular activities without administrative approval. If a student does not attend school, they will not be allowed to practice unless the building principal has granted prior approval. If a student attends an early morning practice but does not attend classes that day, the student will not be able to participate in practice or competitions until they have attended school for a full day. In School Suspension students are "not in good standing" and are prohibited from participating in school activities and programs for the duration of the suspension, until the following day. The student may practice at the discretion of the principal.

Dual Participation

High school students shall be allowed to participate in two fall or spring sports if certain requirements are met. They must have approval from coaches, parents/guardians, and the administration. They must choose a primary sport and the primary sport takes precedence in case of a conflict. Students must maintain at least C's in all classes or they will be removed from their second sport. Students who have a grade less than a C in a class will have one week to get that grade to a C or better before they will be removed from their second sport.

Uniforms

Student-Athletes are responsible for the upkeep and cleaning of team uniforms during the season unless otherwise informed by the head coach. The athlete should not wear school-issued uniforms as a "personal clothing item". Coaches should approve when the uniform will be worn as a team (on game days, etc.). Student-athletes are responsible for returning all equipment issued by the coaching staff at the end of the regular season. Student-Athletes will not be issued a uniform for one sport until the uniform from the previous sport has been checked in clean and in good condition. Coaches are responsible for handing out and collecting uniforms and other gear.

Pre-Season Parent Meeting

Coaches for each sport are required to schedule a parent meeting at the beginning of each sport season. The coaches should review team guidelines, expectations, contact information, game schedules, travel guidelines, dress code, and any other information to facilitate communication between the coaching staff and parents/guardians.

Team Guidelines

Coaches must develop team guidelines for each sport they coach. The guidelines must be signed by the team members and parents/guardians. The coaches will give a copy of the signed guidelines to the athletic director and the principal.

Multiple Participation for School Sponsored Activities and Athletics

- Multiple Participation will be permitted for athletes who want to participate in any school sponsored activity that is not a sport (such as scholars' bowl, forensics, band, chorus, business club, etc.) when the seasons overlap with team sports.
- The sponsors of activities such as scholars' bowl, forensics, band, etc., and the athletic coaches should work together to develop a participation schedule that is workable for the activities and sports teams.
- The activity sponsors should provide season/activity schedules for the coaches.
- If an agreement can't be worked out between the sponsors and coaches, an arbitration meeting will be scheduled with the athletic director, Principal, sponsors and the coaches present. The athletic director and the Principal will make a final determination for scheduled student participation in regards to the conflicting activities.
- If a team/group is in a postseason competition, the post-season competition will take precedence over a sport/activity that is not in the postseason.
- Athletes/group members shall not be punished for missing practice when attending a different school-sponsored activity, such as Scholars' Bowl or forensics.
- Sponsors/coaches will have full rights to determine which players start games or participate during the games regardless of participation in sponsored activities or athletics.

Transportation

On all bus trips, the girls and boys will be separated (front/back) by an empty row of seats (if possible). The girls will sit in front on one trip; the boys will sit in front on the next trip, etc.

All students riding in a school vehicle to attend a school-sponsored activity must return in a school-sponsored vehicle unless one of the following conditions is met:

1. The parent/guardian of a student is at the activity and personally takes responsibility for the student from the sponsor with a written notice.
2. The parent or legal guardian of a student gives written permission or verbal permission to a staff member which allows the student to be turned over to the responsibility of another adult after the activity. If the permission is verbal to a staff member, the staff member needs to document that verbal permission was given.
3. In extreme emergencies, the Principal has the authority to prohibit a student from riding school-sponsored transportation without signing the release or the one-day notice.
4. Students participating in school-sponsored activities will ride school transportation to the activity. Parents/guardians and the administration must approve exceptions at least one day in advance.
5. Students are to remain seated on the bus while the bus is moving.
6. No drinks or food is allowed on the bus without sponsor approval. Absolutely no sunflower seeds. Students and sponsor(s) are responsible for cleaning up the bus.

7. Bus misconduct will result in forfeiture to ride the bus for at least one activity.
8. Loading and unloading along the activity trip route shall be limited to stops designated in advance by the Principal or the Activities Director.
9. The Board of Education has designated the following loading and unloading locations. The Larry Tasset residence (south of Spearville), Offerle Co-op in Bellefont or Offerle Convenience Store, the Blue Hereford in Ford, the Catholic Church in Wright, the north side of the mall, and the Kansas Highway Maintenance parking lot on the east edge of Dodge City. Students may be picked up or unloaded at these locations with notice.

Quitting a team

If any student quits a sport, then the coach shall notify the Office, the AD and contact the student's parents/guardians.

Medical Attention

Coaches are responsible for determining whether a student is capable of resuming play or practice. All injuries shall be given top priority over all other activities. If a doctor holds a student out of an activity, then there must be a doctor's note releasing the student to resume activity.

Switching Spring Sports

Students should consider all factors when choosing a sport. Students who decide that they would like to switch from one sport to another during the season will need to participate in no fewer than six (6) practices of the new sport before being able to participate in a competition. Decisions need to be made prior to the first competition. Administration will be informed of any switch by the athlete and each of the coaching staff.

Sportsmanship - KSHSAA Citizenship/Sportsmanship

An effective American secondary school must support both an academic program and an activities program. We believe that these programs must do more than merely coexist—they must be integrated and support each other in "different" arenas. The concept of "sportsmanship" must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Therefore, all Kansas State High School Activities Association members stand together in support of the following sportsmanship policy.

Philosophy: Activities are an important aspect of the total education process in American schools. They provide an arena for participants to grow, to excel, to understand, and to value the concepts of sportsmanship and teamwork. They are an opportunity for coaches and school staff to teach and model sportsmanship, to build school pride, and to increase student/community involvement; this ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school and to model the concepts of sportsmanship for our youth as respected representatives of society.

Sportsmanship Is Good Citizenship In Action

Policy: Sportsmanship is a general way of thinking and behaving. The following sportsmanship policy items are listed below with examples for clarification:

1. Be courteous to all--participants, coaches, officials, staff and fans (Desirable

Behavior) Cheerleaders "Welcome/Good Luck" yells to opposing fans/cheerleaders; combined yells by both cheerleader squads to the entire crowd; opposing coaches and players shaking hands before and after game; applause during introduction of players, coaches and officials; players shaking hand of opponent fouling out while both sets of fans recognize player's performance with applause; all showing concern for injured player; respectfully addressing officials during competition and thanking them for their performance, regardless of agreement with all calls; host schools extend hospitality to visiting players, coaches, cheerleaders, and fans.

(Unacceptable Behavior) Fans reading newspapers, turning their backs, making disrespectful actions, etc., with the introduction of opponents; yelling, waving, etc., during opponent's free throws;

derogatory/disrespectful yells, chants, songs, gestures, including "goodbye," "air ball," "you, you, you," "what's the score?", "warm up the bus," and other such expressions.

2. Know the rules, abide by and respect the official's decisions.

(Desirable Behavior) Utilize every opportunity to promote understanding of the rules of the contest within the school and community; players utilize the team captain or coach for clarification of the call, accept the decisions of the officials; cheerleaders lead fans in positive school yells in a positive manner; cooperate with the news media in interpretation of clarification of rules. **(Unacceptable Behavior)** Booing or heckling an official's decision; criticizing the merits of officiating; displays of temper and arguing with an official's call; derogatory remarks toward the official.

3. Win with character and lose with dignity.

(Desirable Behavior) Handshakes between opposing players and coaches at end of contests, regardless of outcome; opposing players, coaches and fans engaging in friendly conversations before and following contest; treating competition as game, not a war; applause at end of contest for performance of all players. **(Unacceptable Behavior)** Yells that antagonize your opponents, when you feel you have won the game; refusing to shake hands or give recognition to winner or good performance; blame loss on officials, coaching, individual player's performance, or other rationalizations; victory celebrations on the playing surface.

4. Display appreciation for good performance regardless of the team.

(Desirable Behavior) Coach/players search out opposing participants to recognize them for outstanding performance or coaching; all fans recognize an outstanding participant's performance by applause, regardless of its impact on the contest; discuss outstanding performance of the opponent with visiting and home fans. **(Unacceptable Behavior)** Laughing, pointing finger, name-calling, etc., of opponents in an attempt to distract; to degrade an excellent performance by opponents.

5. Exercise self-control and reflect positively upon yourself, team, and school.

(Desirable Behavior) Support the activity by learning yells of cheerleaders and displaying total unity as fans in following their lead. **(Unacceptable Behavior)** Displays of anger, boasting, use of profanity, bouncing beach balls, antics which draw attention to you instead of the contest; doing own yells instead of following lead of the cheerleaders; doing unsportsmanlike yells/gestures like "you, you, you!" while pointing finger at the fouling opponent.

6. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

(Desirable Behavior) Positively encourage those around you to display only sportsmanlike conduct; report poor sportsmanship to school officials; boards of education insist that sportsmanship be a priority; administrators help coaches to teach, model and reinforce sportsmanship; recognize coaches or sportsmanlike conduct; coaches will play those who exhibit positive sportsmanship; administrators will take appropriate action to ensure sportsmanlike behavior. **(Unacceptable Behavior)** Fans, players, coaches, administrators, or boards of education's unwillingness to get involved and take a stand to defend one of the main tenets of school activities--teaching and promotion of sportsmanship.

Enforcement Procedure:

1. Violations of the Code of Ethics, KSHSAA rules and regulations or sportsmanship regulations member schools and/or individuals shall be subject to consideration by the KSHSAA.
2. Actions may result in the form of a reprimand, probation or suspension of the school and/or

individual depending upon the degree of the violation.

3. If a member school is not willing to impose disciplinary measures acceptable to the KSHSAA, a hearing (informal or formal) will be held and restrictions imposed by the KSHSAA.
4. School/coaches are encouraged to use the NCR Report Form to call attention to the KSHSAA any unusual situations, positive or negative, immediately following the contest.
5. If a problem is severe, then the KSHSAA should be notified by telephone so the situation can be followed up right away.

Additional Guideline: Students who fail to measure up to proper standards of conduct will be subject to disciplinary action. **Extra-curricular activities shall be considered a privilege to be enjoyed by those who act in accordance with the best interests of the school.** Therefore, the Principal may end participation in any activity to any student he considers to be acting or to have acted improperly. Students who represent Spearville Schools should be on their best behavior at all times.

6-12 ATHLETICS

ACTIVITY: USD 381 Volleyball Program

PHILOSOPHY: Through a comprehensive volleyball program, every attempt will be made to provide all athletes with opportunities to develop sound physical skills, knowledge of the rules of the sport, and commitment to good sportsmanship. The program will provide a volleyball background for the student/athlete that will enable the individual to perform to her fullest capability. Articulation between middle and high school programs will be a prime consideration in decisions affecting the program and recognition of the specific needs of both levels will be an on-going concern of the district and its representatives.

FUNDAMENTAL SKILLS TO BE TAUGHT: 1) Stance, 2) Serving, 3) Blocking, 4) Bumping, 5) Setting, 6) Spiking, 7) Jumping, 8) Individual position skills, 9) Conditioning, 10) Safety and proper use of equipment, and 11) Terminology and rules of the sport.

IMPLEMENTATION OF SKILLS: 1) Common terminology at middle and high school levels, 2) Practice sessions will stress correct techniques in teaching fundamentals, 3) Common offensive and defensive sets and plays at middle and high school levels.

JUNIOR VARSITY: At the middle school varsity level, an effort will be made to play everyone in uniform during every game. However, this may not always be possible in closely contested games.

VARSITY: Varsity sports represent the most advanced competitive level we can make available to our students.

Our coaches will use reserve players to gain a tactical advantage in the game, to develop talent for upcoming seasons, and to avoid embarrassing opponents who are obviously outclassed. However, there is no guarantee that reserve players will participate in all games.

ACTIVITY: USD 381 Football Program

PHILOSOPHY: Through a comprehensive football program, every attempt will be made to provide all athletes with opportunities to develop sound physical skills, knowledge of the rules and skills of the sport, and a commitment to good sportsmanship. The program will provide a football background for the student/athlete which will enable the individual to perform to his fullest capability. Articulation between the middle and high school programs will be a prime consideration in any decision affecting the program and recognition of specific needs of both levels will be an ongoing concern of the district and its representatives.

FUNDAMENTAL SKILLS TO BE TAUGHT: 1) Stance, 2) Blocking, 3) Tackling, 4) Catching, 5) Throwing, 6) Individual position skills, 7) Conditioning, 8) Safety and proper use of equipment, 9) Terminology/rules of the sport and team training rules.

IMPLEMENTATION OF SKILLS: 1) Common terminology at middle and high school levels, 2) Practice sessions will stress correct techniques in teaching fundamentals, 3) Common offensive and defensive sets and plays at both levels, 4) Cadence, 5) Kicking game.

JUNIOR VARSITY: At the junior varsity level, an effort will be made to play everyone in uniform during every game. However, this may not always be possible in closely contested games.

VARSITY: Varsity sports represent the most advanced competitive level we can make available to our students. Our coaches will use reserve players to gain a tactical advantage in the game to develop talent for upcoming seasons. However, there is no guarantee that reserve players will participate in all games.

ACTIVITY: USD 381 Basketball Program

PHILOSOPHY: Through a comprehensive basketball program, every attempt will be made to provide all athletes with opportunities to develop sound physical skills, knowledge of the rules and skills of the sport, and a commitment to good sportsmanship. The program will provide a basketball background for the student/athlete which will enable the individual to perform to his/her fullest capability. Articulation between middle and high school programs will be a prime consideration in any decision affecting the program and recognition of specific needs of both levels will be an ongoing concern of the district and its representatives.

FUNDAMENTAL SKILLS TO BE TAUGHT:

1) Offensive skills: terminology, shooting, dribbling, passing, rebounding, ball handling, screening & offensive plays, 2) Defensive skills: terminology, rebounding, man to man techniques, zone techniques and press techniques, 3) Individual position skills, 5) Conditioning and team training rules, 5) Safety and proper use of the equipment and 6) Terminology and rules of the sport.

IMPLEMENTATION OF SKILLS:

1) Common terminology at middle and high school levels, 2) Practice sessions will stress correct techniques in teaching fundamentals, 3) Common offensive and defensive moves at both levels, 4) Practice and scrimmage games.

JUNIOR VARSITY: At the junior varsity level, an effort will be made to play everyone in uniform during every game. However, this may not always be possible in closely contested games.

VARSITY: Varsity sports represent the most advanced competitive level we can make available to our students. Our coaches will use reserve players to gain a tactical advantage in the game and to develop talent for upcoming seasons. However, there is no guarantee that reserve players will participate in all games.

Coaches will use reserve players to gain a tactical advantage in the game, to develop talent for upcoming seasons, and to avoid embarrassing opponents who are obviously outclassed. However, there is no guarantee that reserve players will participate in all games.

ACTIVITY: USD 381 Track & Field, Cross Country Programs

PHILOSOPHY: Through a comprehensive track program, every attempt will be made to provide all athletes with opportunities to develop sound physical skills, knowledge of the rules and skills of the sport, and a commitment to good sportsmanship. The program will provide a track background for the student/athlete which will enable the individual to perform to his/her fullest capability. Articulation between middle and high school programs will be a prime consideration in any decision affecting the program and recognition of specific needs of both levels will be an on-going concern of the district and its representatives.

FUNDAMENTAL SKILLS TO BE TAUGHT: High school event coaches, with help from middle school coaches, will establish drills for technique, weight training, running, and stretching and skill development as they pertain to individual events. These drills will be used by all coaches from the 8th grade level through 12th grade level to help all athletes develop the proper fundamentals and techniques for each event. These fundamentals will be used every year throughout the track programs for reinforcement of learning and improvement of our athletes. Events will include: 1) Spring, 2) Hurdles, 3) Relays, 4) Quarter -Milers, 5) Half-Milers, 6) Milers/2 Milers, 7) Shot Put, 9) Discus, 9) Long Jump, 10) High Jump, 11) Javelin, 12) Pole Vault. Individual skills taught will include drills to develop the preceding events, conditioning/team training rules, safety, proper use of equipment, terminology, and sport rules.

IMPLEMENTATION OF SKILLS: 1) Common terminology at middle school and high school levels, 2) Practice sessions will include stressing correct techniques in teaching fundamentals. This process can be developed and used each night in practice with event coaches working together to help all athletes. Pre-season meetings will be held so all coaches may discuss factors (techniques, training, drills, warm-up, stretching, discipline) to be used in each event for athletes in every grade.

ACTIVITY: USD 381 Baseball and Softball Programs

PHILOSOPHY: Through a comprehensive baseball/soft program, every attempt will be made to provide all athletes with opportunities to develop sound physical skills, knowledge of the rules and skills of the sport, and a commitment to good sportsmanship. The program will provide a baseball/softball background for the student/athlete which will enable the individual to perform to his/her fullest capability.

FUNDAMENTAL SKILLS TO BE TAUGHT:

Offensive Skills: Batting, bunting, base running, reading coaches signs, and understanding of game situations. **Defensive Skills:** Fielding, understanding of game situations, throwing, and defensive positioning.

IMPLEMENTATION OF SKILLS:

1) Practice sessions will stress correct techniques in teaching fundamentals, 2) Common offensive and defensive moves 3) Practice and scrimmage games, 4) Conditioning and team training rules, 5) Safety and proper use of the equipment and 6) Terminology and rules of the sport.

JUNIOR VARSITY: At the junior varsity level, an effort will be made to play everyone in uniform during every game. However, this may not always be possible in closely contested games.

VARSAITY: Varsity sports represent the most advanced competitive level we can make available to our students. Our coaches will use reserve players to gain a tactical advantage in the game and to develop talent for upcoming seasons. However, there is no guarantee that reserve players will participate in all games.

Coaches will use reserve players to gain a tactical advantage in the game, to develop talent for upcoming seasons, and to avoid embarrassing opponents who are obviously outclassed. However, there is no guarantee that reserve players will participate in all games.

Lettering Policies

Volleyball

Lettering:

Must meet or exceed the following:

1. Compete in 50% of all varsity matches.
2. Make a significant contribution to the program.
3. Complete the whole season in good standing.

An injured player may still letter if she has fulfilled the requirements.

Seniors may letter at the coach's discretion if they have participated all four years.

Football

The student-athlete must meet or exceed one of the following criteria:

1. Appeared in 18 of the varsity quarters played that season.
2. Appear in 12 of the varsity quarters and make a significant contribution to the program.
3. A student whose participation was hindered or stopped due to injury may be lettered should the coach feel he would have met the lettering requirements.
4. Seniors who have been four-year participants may be lettered at the coach's discretion.

Cross Country

The student-athlete must participate the entire season in good conduct and meet one of the following:

1. Medal at a meet (individual or team).
2. Participate in a minimum of four (4) meets.
3. Be a senior who has participated in good standing for the entire season.

Girls Basketball

To letter the student-athlete must meet or exceed one of the following criteria:

1. Appear in 50% of the varsity quarters played that season.
2. Appear in 25% of the varsity quarters and make a significant contribution to the program.
3. If injured, lettering may be awarded if it is believed by the coach that the player would have met the above criteria.
4. If a senior and a four-year participant in the program, lettering may be awarded at the coach's discretion.

Boys Basketball

The student-athlete must meet or exceed one of the following criteria:

1. Appear in 50% of the varsity quarters played that season.
2. Appear in 25% of the varsity quarters and make a significant contribution to the program.
3. A student whose participation was hindered or stopped due to injury may be lettered should the coach feel he would have met the lettering requirements.
4. Seniors who have been four-year participants may be lettered at the coach's discretion.

Track

-Participate the entire season in good conduct

AND one of the following:

- Score at least 20 points the entire season.
- Medal at the league meet.
- Medal at the regional meet.
- Be a senior who has participated in good standing for at least 2 years.

Baseball & Softball

To letter in Varsity Baseball and Softball a player must qualify for one of the following:

1. Play in one-half of all varsity games

2. Play in $\frac{1}{4}$ of all varsity games and have a valuable impact in those innings.
3. Be a senior who has been out for Baseball or Softball all 4 years.
4. Be a player whose participation was valuable to the team, at the coach's discretion with administrative approval.

Middle School Participation Awards

All middle school students who finish a season in good standing will be awarded a certificate of participation.