

Langdon Area High School Parent/Athlete Handbook

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Philosophy of Activities In Langdon Area School & Langdon Area/Edmore/Munich Coop

While it is the goal of the school to provide opportunities for all students, it must be remembered that **extra-curricular opportunities are special privileges, not a right**. Many participants, especially the athletes, serve as role models to children of the community who aspire to someday participate in athletics or the arts. Of equal importance is the fact that students in activities often represent the school, student body and community on not only a local but also a state and even national level. Therefore, the behavior of this group of individuals often reflects on the entire community. As a result of the aforementioned facts and circumstances, a special relationship of trust must exist between the student participants in extracurricular activities and the school. Subsequently the school in conjunction with NDHSAA places eligibility requirements, many of which establish a standard of behavior while outside the school setting.

Langdon Area Public School Mission Statement

The Mission of the Langdon Area Public Schools is to offer every student a challenging curriculum that will prepare them for the future.

Co-curricular Activities Support this Mission Statement.

- Promoting academics by requiring certain grades for eligibility.
 - Weekly grade checks.
- Promoting time management skills.
- Promoting physical conditioning and proper nutrition.
- Providing an emotional release from daily pressures.
- Promoting respect for teammates, coaches or advisors, and opponents.
- Promoting responsibility by establishing eligibility rules.

Langdon Area Public School Vision Statement

We envision our students to be respectful and responsible citizens who make a positive contribution to society.

Participating in Langdon extra-curricular activities contributes to this vision by:

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| <ul style="list-style-type: none"> • Promoting respect for teammates, coaches, officials and opponents. • Promoting responsibility for team rules. • Promoting responsibility for practice effort. | <ul style="list-style-type: none"> • Promoting high standards of personal conduct. • Encouraging positive contributions to the team's well-being. |
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Academics and Activities: Repeated national studies have indicated that students who participate in extra-curricular activities generally:

- Have higher GPA's
- Have better attendance
- Have fewer discipline problems.

The ACT testing service has stated that a leading predictor of success in college and adult life is participation in high school activities.

Expectations of our Coaches

We expect each of our coach/advisor to blend their personal philosophy with the following principles:

- Be organized & prepared.
- Be a teacher of the game.
- Be a student of the game.
- Be positive & enthusiastic.
- Emphasize attention to detail.
- Care about your players.
 - Be honest and direct.
- Lead them to become better people.
- Model integrity.
- Focus on what you can control.
- Enjoy the journey.
- To protect their children from any physical or emotional harm.
- To treat their children with dignity & respect.
- To teach them the basics of the game.
- To make strategic & tactical decisions with thought and professionalism.
 - Do not allow conflicts with parents to carry over to coaching their children.

North Dakota High School Activities Association: This is the governing body for all high school extra-curricular activities in North Dakota. Some of the common regulations are:

- Age - HS eligibility ends at age 20.
- Physical Examination -Must be taken annually (after April 15).
- No use or possession of alcohol, tobacco, or any illegal substance.
 - May not possess any electronic device used for smoking or vaping.
- Enrollment:
 - Eligible for eight semesters after entering the ninth grade.
- Transfer- If a student transfers to another HS without the parents moving to the new district, the student will be ineligible for varsity activities for 180 days.

*Further information available at www.NDHSAA.com

Concussion Management: NDCC 15.1-18.2 requires school districts to implement a concussion management program. The law requires all school districts provide concussion information to student athletes and parents. The law further requires each school district must document that student athletes and parents have viewed the information before students will be allowed to participate. In order to comply with the law all students' grades 7-12 participating in school sponsored or sanctioned athletic activities are required to read the concussion information and sign a form that states they have read the information.

We highly recommend that both student athletes and parents complete the free 20 minute video presentation "Concussion in Sports: What you need to know" found at www.nfhslearn.com

School & Co-Op Regulations:

Academics: In addition to meeting all academic rules and regulations set forth by the NDHSAA, students must comply with local requirements. Any student in grades 7-12 who receives a failing grade in any coursework will be academically ineligible for interscholastic competition for a period of at least one week, beginning on Wednesday of the grade check. After each three week check ineligible students have their grades checked each week. If the student is then passing all classes the student will be declared eligible for the remainder of the three week period.

Attendance and Illness: Students are required to be in school the half-day before the extracurricular event. They must be in school in the afternoon if the event is in the evening. They must be in school in the morning if the event is in the afternoon. The principal has discretion to deal with individual situations, which may include appointments and other unique circumstances.

Training Rules and Violations: Participants must comply with NDHSAA rules prohibiting the possession or use of alcohol, tobacco and drugs. A violation of these rules will result in a nine-week suspension from participation in events. A second violation will result in an eighteen-week suspension. Students who are present when alcohol, tobacco, or drugs are being used illegally and who do not leave the premises, are subject to the same suspension lengths previously mentioned.

Code of Conduct

Student participation in our activity programs is voluntary. Because of this activity participants can be held to a higher standard of conduct than the general student population.

Students will not be allowed to participate in a contest until they have a signed code of conduct for the current school year on file with the athletic director. Discipline procedures will be used when conduct violations are discovered.

Travel: Students leaving school are responsible for assignments and lessons from classes they miss and arrangements shall be made with the teacher. Students are expected to use school provided transportation to and from contests.

In unique circumstances an alternate transportation form may be obtained from the HS office. These forms must be completed prior to leaving for an activity and with the approval of parents, administration and coaches.

Summer Camps and Non-School Teams

Students in fall activities cannot attend camps after July 31. Students in winter or spring sports can attend camps up to the start of their season.

Students cannot play on teams outside of the school during the school season.

Penalty: Ineligible for six contests or the remainder of the season, whichever is less.

Curfew Regulations

Curfew regulations shall be administered by each head coach in his/her sport. The school has set minimum hours for: Sunday-Thursday 11:00 p.m., Friday and Saturday 1:00 a.m., nights before a contest 10:30 p.m.

Exceptions can be approved by administration.

Appearance

The school administration and the athletic department advisors do not wish to infringe upon the rights of the students in the matter of personal appearances, but we wish to inform the students that the opportunity to represent the school in athletic competition is not a constitutional right, rather a privilege based upon the ability to perform factor. Recognizing this fact, the school administration and athletic department issue the following rules concerning student's appearance for athletic participation.

- No extreme hair styles.
- Facial hair of any style shall not be permitted.

* Upon determination by a coach or administrator the athlete will not be allowed to participate in contests until they conform with the appearance guidelines set forth by the school.

Risk of Participation

All athletes and their parents must understand the risk of serious physical injury that could occur from competitive athletics. Our schools will provide the required equipment to protect all athletes and our coaches will teach the proper techniques to minimize the risk of injury and inform their athletes of hazards particular to their sport.

Athletes must accept the responsibility of using the sport specific techniques taught by their coaches to help minimize the chance of injury. They also must monitor their equipment and inform their coach immediately if it is not in usable condition.

It should also be understood that each athlete could reduce the chance of injury by participating in the school's strength training program and by preparing for his/her season with cardiovascular training. Activities can be highly competitive and physical conditioning plays a major role in preparation for a season. Each participant is expected to report for practice in condition to run the drills and team activities. Students are encouraged to use the weight room and closely follow their coach's guidelines for preparing for the start of their season.

Each coach will talk about the dangers inherent to their sport, but when taking part in physical activity additional risks may be present.

- Clothing, shoes, and protective equipment for your sport should fit properly and be worn during practices and contests. **Remove all jewelry before participation.**
- Students must report all injuries to their coaches.
- **Stay hydrated** – Athletes need to drink large amounts of water or sports drink during their season, especially in early season practices.
- Keep shampoo and soap in the shower areas and report to your coaches any problems with skin infections.
- Be sure your locker room locker is locked whenever you leave the locker room. **Do not leave your valuables unprotected.**
- Care of Injuries: Because of the nature of sports, injuries may occur. As a parent you may find yourself treating a sports injury at home. When treating an injury, remember the **R.I.C.E.** protocol

If Further Attention is Needed

If you feel the injury needs further attention we urge you to use one of the sports medicine services offered by the hospital. **Cavalier County Memorial Hospital Clinic – 256-6120**

- ***If you do take your son or daughter to see a doctor please inform their coach as soon as possible.***

Tryouts and Team Assignments

All eligible students have the opportunity to try out for a school activity. Each activity has a designated starting date and each coach will have an established procedure for tryouts/practice before team selection is made. Sub-varsity and junior high students must be invited by a coach to try out for a higher level. We support an emphasis on participation on lower level teams (grade level teams); on the varsity and junior varsity levels, competition becomes more intense and our coaches have the latitude to play the students that will best represent LAHS.

Promoting Middle School Athletes to High School Competition

As students are considered for promotion to a higher level the welfare of the student is the first concern. All promotion of athletes must be initiated by the coaching staff and coaches must follow proper procedure when promoting athletes to a higher level of competition, more information can be found by contacting the A.D.

Lettering: Earning a varsity high school letter should be earned, not given. Each coach will determine the procedure for earning a varsity letter in his or her sport.

- Coaches are expected to communicate their requirements to both athletes and parents at their pre-season meeting.
- A coach has the discretion to determine if an athlete may letter if they do not meet the requirements due to extenuating circumstances. (Injury etc.)
- An athlete will not letter if they have not ended the season as a team member in good standing.

General Commitment to the Program: Each student who is involved in a school activity must have a strong commitment to the program in general. Being involved will require teamwork, self-discipline, loyalty, tolerance, sportsmanship, citizenship, and perseverance.

Quitting a Team: A student deciding to quit a team once competition starts will not be allowed to start in another activity that season without an exit interview with the coach of the team they are leaving.

Dual Activity Participation

- **Sharing of Athletes** – Langdon Area High School allows students to participate in two separate activities during the same season. It takes a very special individual to be able to do this successfully. When this situation occurs the student must inform both head coaches which program will be his/her priority activity. They accomplish this by filing a dual sport form with the activities director. This is necessary because conflicts may occur between the two activities, especially when this occurs late in the season as teams near or enter post-season competition. It is only fair that each team and coach know going into the season where the athlete's priority will be.
- **Overlap of Seasons:** When seasons overlap due to post-season competition, athletes must be allowed to concentrate on their sport involved in post-season competition. Once eliminated from advancement they shall be allowed to join their next season's activity.

Weight Room: Our school believes that in order to be competitive our athletes should be involved in a strength-training program when not participating in another sport. In season strength training is at the discretion of the head coach. **A supervisor must be in the weight room with the athletes.**

Open Gym: Open gyms are open to all athletes and all sports. They do not allow athletes currently in season in another sport to participate without permission from the coach of the sport in season.

“Sportsmanship” We All Play a Role

Rarely a contest is played without a negative reaction from a coach, participant, or spectator in the stands on a call made by the official. Officials do make mistakes, as well as coaches, players, and yes, the “fans”. School activity programs can bring out the very best in our participants, students, and adults, *or it can bring out the worst*. Our school district believes that our programs are educational and very important lessons in *citizenship* and *sportsmanship* can be learned in the process. Everyone has a role to play. We can do this by being a good example and by following a few simple practices.

General Sportsmanship Guidelines

- Be a gracious host and show respect for our opponents.
- Respect decisions by game officials.
- Support our team in a positive manner.
 - BE A FAN, NOT A FANATIC.
- Disrespectful or derogatory yells, chants, songs or gestures will not be allowed. **Cheer for our team, not against the other team!**
- Conduct yourself so that your son or daughter will be proud of you after the game.
- Be a “team” fan – not a “my kid” fan
- **If a fan/parent is removed from a contest they will be required to complete a NFHS “Positive Sport Parenting” class before they are allowed to return to a home contest**

Parent / Coach Communication

We encourage the following procedure to be used to allow for an orderly and appropriate flow of communication between our parents and our coaches. All conflicts should be resolved in a manner best serving the team, & the athlete with respect to the professional expertise of the coach and with regard for the rights of parents and patrons.

Please do not attempt to contact the coach with a concern immediately before or after a contest. Our school has a **24 hour policy of no contact before and following a contest.**

- If possible initial contact should be made with the coach involved to state the concern and set up a meeting.
- Arrangements should be made for the meeting to take place at LAHS.
 - Either the parent or coach can request a third party to be present to vouch for the meetings content.
 - It is imperative that we maintain our professionalism during this meeting.
 - At no time can a parent ask/talk about another student athlete other than their own. If this does occur the meeting will immediately be stopped until that athletes parents are present.
 - **Retaliation of any type towards the student will not be tolerated.**

If the issue can't be resolved on the first step, the complainant should then contact the school administration.

Parent / Athlete Requirements For Participation:

- Physical on file – Athletes will not be allowed to practice until on file
- Concussion Signature – On final page – both student and parent sign
- Code of Conduct – Student signature required
- Handbook and Risk of Injury Acknowledgement – Signed by parent and student
- Activity Fee Paid
 - \$50 Year Grades 7-12 comes with activity pass, \$20 Year Grade 4-6 Activities – does not include pass, may purchase pass for \$50. Max of \$100 per family per year.

CARDINALS CODE OF CONDUCT

Student participation in extra-curricular activities is a privilege and not a right. If you choose to participate in school sponsored activity you must also accept the duty to become a model of character, integrity and sportsmanship. This code of conduct applies to all student participants involved in interscholastic athletics and activities.

- **As an individual:**
 - I will strive to develop my skills to the best of my ability and to give my best effort in competition.
 - I will compete within the letter and spirit of the rules of my sport, NDHSAA, and Langdon Area High School.
 - I will respect the dignity of every human being and will not be abusive or dehumanizing of another as an athlete, fan, student or citizen.
- **As a member of my team:**
 - I will place team goals ahead of personal goals.
 - I will be a positive influence on the relationships of the team.
 - I will follow the rules established by my school and coach.
- **As a student:**
 - I will take pride in my school attendance with emphasis on the day of and the day after competition.
 - I will strive to be the best student I can be.
 - I will be responsible for knowing and completing all class work missed due to competition.
- **As a sportsman:**
 - You will follow the rules of sportsmanship as a participant and as a spectator.
 - Win with humility; lose with grace.
 - Support our schools other activities in a positive manner.
- **As a member of society:**
 - I recognize that my behavior becomes a model others may choose to emulate and will seek to be a positive influence in my school and community.

I have read and understand the requirements of the Langdon Area High School Activities Code of Conduct and acknowledge that I may be disciplined or removed from my team if I violate any of its provisions.

*I also acknowledge that my coach has explained the risk of injury and has provided information and explained to me the recognition and treatment of concussions.

Signed: _____ Date: _____

*Athletic participants only.

I have read and understand the policies & procedures contained in the Langdon Area High School extra-curricular activities handbook.

I also acknowledge that I have been informed about the possibility of injury by participation in athletic activities.

Student: _____ Date: _____
(Please Print)

Signature of parent or guardian.

Signature of student participant Grade: _____

(Remember to sign the Code of Conduct form on opposite side and concussion information on this page)

Please circle the activities you plan to compete in this school year:

FALL:
- Cross Country
- Volleyball
- Cheerleading
- Football

SPRING:
- Baseball
- Track
- Golf

WINTER:
-Basketball
- Cheerleading

- Drama
- Music
- Speech

CONCUSSION FACT SHEET FOR ATHLETES

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body
- Can change the way your brain normally works
- Can occur during practices or games in any sport or recreational activity
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged" or "had your bell rung"

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice one or more of the symptoms listed below or that you "don't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should I do if I think I have a concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.
- **Give yourself time to get better.** If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

How can I prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Use the proper sports equipment, including personal protective equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times

It's better to miss one game than the whole season.

Student's Signature: _____ Date: _____

Parent's/Guardians Signature: _____ Date: _____

THIS FORM MUST BE SIGNED ANNUALLY AND MUST BE AVAILABLE FOR INSPECTION AT THE SCHOOL