

ACTIVITY PHILOSOPHY

Extracurricular activity programs enrich the curriculum of the school by making available a wide variety of activities in which a student can participate. Extracurricular activity programs are considered an integral part of the school's program of education that provides experiences that will help students physically, mentally, and emotionally.

The element of competition and winning, through it exists, is controlled to the point it does not determine the nature or success of the program. This is considered to be educationally and psychologically sound because of the training it offers for living in a competitive society. Students are stimulated to want to win and excel, but the principles of good sportsmanship prevail at all times to enhance the educational values of contests. Participation in activities, both as a competitor and as a student spectator is an integral part of the students' educational experiences. Such participation is a privilege that carries with it responsibilities to the school, team, student body, community and the students themselves. In their play and their conduct, students are representing all of these groups. Such experiences contribute to their knowledge; skill and emotional patterns that they possess, thereby making them better individuals and citizens.

Schuyler Central High School offers an extensive program of activities to supplement the academic program. Participation in these activities offers the chance for expression of interests, development of personality and poise, and the acquisition of talent and development of leadership skills that will carry over through an entire lifetime. Each student is encouraged to participate in one or more activities. Each activity adds to the total school fabric. Schuyler Central High School does not recognize one activity as being more important than another activity. It is recognized that conflict will from time to time arise whenever a student desires to participate in more than one activity. Wherever reasonably possible, an activity sponsor shall work with the student and the demands of the competing activity to try and resolve conflicts. When conflicts exist, the final decision is to be made by the student and the student's parents. Coaches and sponsors must recognize the student's dilemma, make reasonable accommodations, consult with the student in a sympathetic manner, and will not place any undue pressure on any student to make decisions favoring one activity over another.

Safety: The District's philosophy is to maintain an activities program that recognizes the importance of the safety of the participants. To ensure safety, participants are required to become fully familiar with the dangers and safety measures established for the activity in which they participate, to adhere to all safety instructions for the activity in which they participate, to inform their coach to sponsor when they are injured or have health problems that require their activities be restricted, and to exercise common-sense.

Warning for Participants and Parents: The purpose of this warning is to bring your attention to the existence of potential dangers associated with athletic injuries. Participation in any intramural or athletic activity may involve injury of some type. The severity of such injury can range from minor cuts, bruises, sprains, and muscle strains to more serious injuries to the body's bones, joints ligaments, tendons, or muscles, to catastrophic injuries to the head, neck, and spinal cord. On rare occasions, injuries can be so severe as to result in total disability, paralysis, or death. Even with appropriate coaching, appropriate safety instruction, appropriate protective equipment, and strict observance of the rules, injuries are still a possibility.

In the event of injury to an athlete, the coach will render first aid. In case of serious injury, the parents will be contacted at once, and their advice or direction secured. The Principal and Activity Administrator will be notified if the parent or the family physician cannot be contacted. Coaches are authorized to use their best judgment in obtaining competent medical care and service. If an injury requires a participant to miss a game or practice and/or requires a visit to a doctor, the participant is required show the coach/sponsor a doctor's release before he/she is allowed to participate in practice or contests.

ACTIVITIES AND ORGANIZATIONS OFFERED

Art Club: Art Club promotes the study and participation in art, and the completion of projects and art shows.

Athletics: Schuyler Central students have earned the right to be proud of their athletic teams and must work hard to maintain programs in which students and community members continue to show pride. Fall sports are cross-country, football, golf, softball, and volleyball. Winter sports include basketball and wrestling. In the spring golf, soccer, and track and field are available. Schuyler Central is a member of the Central Conference. Other conference schools are Adam Central, Aurora, Crete, Grand Island Northwest, Columbus Lakeview, Holdrege, Seward, and York.

Class Officers: Incoming seniors, juniors, sophomores and freshman will elect officers at the end of the preceding school year. Their purpose will be to serve as executive officers for the business of specific class activities.

Limitations On Elected Offices:

1. Initiations for all school organizations are prohibited.
2. A student may be president of only one organization at a time. Editor and cheerleader or drill team co-captain are considered equivalent offices because of the responsibility and time required.
3. A student may not hold the same office in two different organizations at the same time.
4. A student may hold only one presidency or vice-presidency, and only one secretary or treasurer position. A student may be president and secretary or president and treasurer but not president and vice-president.
5. A student may not run in election for another office once elected to their quota of offices.

Culture Club: Culture Club is an organization of students interested in the study of foreign countries and their languages, customs and societal contributions. The members have meetings, field trips and host speakers.

FCCLA: Family, Career, and Community Leaders of America is a national organization of students who have taken or are taking a homemaking course in high schools of the United States and its territories. The goal of F.C.C.L.A. is to help individuals improve personal, family, and community living now and in the future.

FFA: Future Farmers of America is a national organization for students studying vocational agriculture in public secondary schools. Members learn through active participation how to publicly buy and sell cooperatively, solve their own problems, finance themselves, and assume responsibility.

Intramurals: Co-Ed sports are extra-curricular activities where students learn about the rules and some strategies of each sport and then play the sport for fun and having a good time. Intramural's instill good sportsmanship, working together socially, exercising, helping to stay fit and healthy, and most of all having fun and competing too.

- Fall Intramural Sports — Volleyball and Flag Football
- Winter Intramural Sports — Soccer
- Spring Intramural Sports — Basketball and Ultimate Frisbee

Mock Trial: Students act as attorneys and witnesses in a case prepared by the Nebraska State Bar Association in competition against other schools in actual courtrooms to gain a deeper understanding of the American judicial system.

Musicals: Schuyler Central High School puts on a musical every other year.

National Honor Society: Schuyler Central High School is a member of the National Honor Society. The purpose of this organization is to create enthusiasm for scholarship, stimulate a desire to render service, promote leadership, and develop character.

One Act Plays: Students may tryout for a part in Schuyler Central High Schools one act play, help build sets or work with lighting. When performed, one act plays are 30 minutes long.

Pep Band: Pep band plays for home football, volleyball, and basketball games when appropriate. Band members that are attending home games will play in pep band.

S-Club: S-Club is an organization of letter winners in athletics. Due to the influence of athletes on other members of the student body and on younger children, members of the S-Club should constantly strive to uphold the principles of good conduct, good sportsmanship, and leadership both in school and in the community.

Spirit Squads: Due to time and performance considerations, a student may only be a member of one of these spirit squads.

Cheerleading: The purpose of the Schuyler Central High School cheerleading squad is to promote school spirit in all athletic activities and other designated events. Members of the squad enthusiastically support the school, the administration, faculty, and sponsors of organizations, the community, and all pertinent school policies.

Dance Team: The purpose of the Dance Team is to provide entertainment for audiences at selected pep rallies and home athletic contests, to encourage school spirit, to promote physical fitness, to acquire perfection in performance, and to have fun working together as a group.

Science/Math Club: Science/Math Club is an organization of students who have a special interest in science and/or mathematics. Meetings, field trips, speakers, projects, and an annual science fair are activities designed to meet the special needs and interests of the members.

Speech: Any student may be on the speech team. The speech team participates in up to eight meets and provides many different opportunities.

Student Council: Student Council promotes the continual improvement of Schuyler Central High School by its students, and seeks to create and maintain good spirit by providing the opportunity for students to express themselves for the school's best interest. The Student Council works with the Principal and faculty in matters pertaining to student government, promotes the general welfare of the school in all projects and activities pertaining to the student body, and bring to the school administration and faculty all ideas and problems of the student body.

ACTIVITY PROGRAM INFORMATION

Academic eligibility: The Nebraska School Activities Association has established a number of rules governing eligibility for high school students participating in any interscholastic competition that falls under the authority of the NSAA. The school's main goal is to teach students and to facilitate their movement toward high school graduation. The following academic-eligibility rule has been added to the existing NSAA eligibility requirements, and applies to all Schuyler Central High School extra and co-curricular activities:

Student grades will be collected on a weekly basis throughout the school year. Any student failing one class is considered in warning status. Any student failing two classes when the report is published is considered to be demonstrating less than acceptable academic performance and will forfeit all public representation of Schuyler Central High School until the student is no longer failing two classes on the weekly failing grade report. Part-time students, in addition to meeting the qualifications noted above, must be passing each of their classes to retain academic eligibility. Any student who is ineligible due to excessive failing grades will not be permitted to travel with a school team or other organization.

Activity Code of Conduct: Purpose of the Code of Conduct: Participation in extracurricular activities is a privilege. The privilege carries with it responsibilities to the school, team, student body, and the community. Participants are not only representing themselves, but also their school and community in all of their actions. Others judge our school on the student participants' conduct and attitudes, and how they contribute to our school spirit and community image.

The student participants' performance and devotion to high ideals and values make their school and community proud. Consequently, participation is dependent upon adherence to this Code of Conduct and the school district's policies, procedures and rules.

Scope of the Code of Conduct: The Code of Conduct applies to all extracurricular activities. Extracurricular activities means student activities or organizations which are supervised or administered by the school district which do not count toward graduation or grade advancement and in which participation is not otherwise required by the school.

Extracurricular activities include but are not limited to: all sports, cheerleading, dance team, pep band, speech, One-Act, FCCLA, art club, student council, National Honor Society, musicals and all other school sponsored organizations and activities. The Code of Conduct also applies to participation in school-sponsored activities such as school dances and royalty for such activities.

A participant means a student who participates in, has participated in, or will participate in an extracurricular activity.

When: The Code of Conduct rules apply to conduct which occurs at any time during the school year, and also includes the time frame which begins with the officials starting day of the fall sport season established by the NSAA and extends to the last day of the spring sport season established by the NSAA, whether or not the student is a participant in an activity at the time of such conduct.

The rules also apply when a student is participating or scheduled to participate in an extracurricular activity that is held outside the school year or the NSAA season. For example, if an FCCLA student plans to participate in a conference in July and commits a Code of Conduct infraction in June, the student may be suspended from participating in the conference. Conduct during the summer months may also affect a student's participation under the team selection and playing time guidelines.

Where: The Code of Conduct rules apply regardless of whether the conduct occurs on and off school grounds. If the conduct occurs on school grounds, at a school function or event, or in a school vehicle, the student may also be subject to further discipline under the general student code of conduct. A student who is suspended or expelled from school shall not be permitted to participate in activities during the period of the suspension or expulsion, and may also receive an extended activity suspension.

Grounds for Extracurricular Activity Discipline: Students who participate in extracurricular activities are expected to demonstrate cooperation, patience, pride, character, self-respect, self-discipline, teamwork, sportsmanship, and respect for authority. The following conduct rules have been determined by the Board of Education to be reasonably necessary to aid students, further school purposes, and prevent interference with the educational process. Such conduct constitutes grounds for suspension from participation in extracurricular activities and grounds for other restrictions or disciplinary measures related to extracurricular activity participation:

1. Willfully disobeying any reasonable written oral request of a school staff member, or the voicing of disrespect to those in authority.
2. Use of violence, force, coercion, threat, intimidation, harassment or similar conduct in a manner that constitutes a substantial interference with school or extracurricular activity purposes or making any communication that a reasonable person would interpret as a serious expression of an intent to harm or cause injury to another.
3. Willfully causing or attempting to cause substantial damage to property, stealing or attempting to steal property, repeated damage or theft involving property or setting or attempting to set a fire of any magnitude.
4. Causing or attempting to cause personal injury to any person, including a school employee, school volunteer, or student. Personal injury caused by accident, self-defense, or other action undertaken on the reasonable belief that it was necessary to protect another person shall not constitute a violation.
5. Threatening or intimidating any student for the purpose of, or with the intent of, obtaining money or anything of value from a student or making a threat which causes or may be expected to cause a disruption to school operations.
6. Knowingly possessing, handling, or transmitting any object or material that is ordinarily or generally considered a weapon or that has the appearance of a weapon, or brining or possessing any explosive device, including fireworks, on school grounds or at a school function or event, or in a manner that is unlawful to contrary to school activity rules.
7. Selling, using, possessing or dispensing alcohol, tobacco, narcotics, drugs, a controlled substance or an inhalant; being under the influence of any of the above; possession of drug paraphernalia, or the selling, using, possessing, or dispensing of an imitation controlled substance as defined in section 28-401 of the Nebraska statutes, or material represented to be alcohol, narcotics, drugs, a controlled substance or inhalant. Use of a controlled substance in the manner prescribed for the student by the student's physician is not in violation. (Note: Refer to alcohol, tobacco, and/or drug offenses and/or criminal activity for further information).
8. Public indecency
9. Sexual assault or attempting to sexually assault any person. Engaging in sexual conduct, even if consensual, on school grounds or at a school function or event.
10. Engaging in bullying, which includes any ongoing pattern of physical, verbal, or electronic abuse on school grounds, in a vehicle owned, leased, or contracted by a school being used for school purpose by a school employee or a school employee's designee, or at school-sponsored activities or school-sponsored athletic events.
11. Engaging in any activity forbidden by law that constitutes a danger to other students, interferes with school purposes or an extracurricular activity, or reflects a lack of high ideals.
12. Repeated violation of any of the school rules.
13. Truancy or failure to attend assigned classes or assigned activities, or tardiness to school, assigned classes or assigned activities.
14. The use of language, written or oral, or conduct, including gestures, which is profane or abusive to a school employee, school volunteer, or student. Profane or abusive language or conduct includes, but is not limited to, that which is commonly understood and intended to be derogatory toward a group or individual based upon race, gender, national origin, or religion.

15. Dressing or grooming in a manner which is dangerous to the student's health and safety or danger to the health and safety of others or repeated violations of dress and grooming standard; dressing, grooming, or engaging in speech that is lewd or indecent, vulgar or plainly offensive; dressing, grooming, or engaging in speech that school officials reasonably conclude will materially and substantially disrupt the work and discipline of the school or of an extracurricular activity; dressing, grooming, or engaging in speech that a reasonable observer would interpret as advocating illegal drug use.
16. Willfully violating the behavioral expectations for those students riding Schuyler Community School buses or vehicles used for activity purposes.
17. Failure to report for the activity at the beginning of the season. Reporting for one activity may count as reporting on time if there is a change in activity within the season approved the coach or supervisor.
18. Failure to participate in regularly scheduled classes on the day of an extracurricular activity or event.
19. Failure to attend scheduled practices and meetings. If circumstances arise to prevent the participant's attendance, the coach or sponsor will determine the validity of the reason. Every reasonable effort should be made to notify the coach or sponsor prior to any missed practice or meeting.
20. All other reasonable rules or regulations adopted by the coach or sponsor of an extracurricular activity shall be followed, provided that participants shall be advised by the coach or sponsor of such rules and regulations by written handouts or posting on bulletin boards prior to the violation of the rule or regulation.
21. Failure to comply with any rule established by the Nebraska School Activities Association, including, but not limited to, the rules relating to eligibility.

All terms used in the Code of Conduct have a less strict meaning than under criminal law and are subject to reasonable interpretation by school officials.

Alcohol, Tobacco, and/or Drug Offenses and/or Criminal Activity Beginning at the time of a student's initial attendance at SCHS and continuing through completion of attendance or high school eligibility, a student is subject to suspension from all NSAA public appearances related to co-/extra-curricular activities and/or competition if s/he has a violation in the, alcohol, tobacco, and/or drug offenses and/or criminal activity policy. Disciplinary consequences imposed under this policy will involve suspension from public representation of SCHS and may additionally involve other measures. The activities administrator is responsible for completing a suspension notification procedure within three (3) days following a participant's suspension. The coach or sponsor will communicate other suspension actions to parents. The term of suspension shall be the next regularly scheduled weeks of public representation during the school year as defined by the Nebraska School Activities Association. The term of suspension is considered a probationary period and the student will be reinstated only after evidence of abiding by the ideals of activity participation. Continued practice and participation in the activity is expected, even though the student is not permitted to represent the school publicly. Public representation takes place when an event is a competition with an opposing team(s) and the event is taking place during one or more NSAA defined seasons. Intrasquad scrimmages are not considered competition with an opposing team. Students must complete the season in good standing for the weeks of suspension to apply.

Term of suspension:

- 1st offense next four activity weeks publicly representing SCHS
- 2nd offense eight weeks with mandatory professional substance abuse counseling
- 3rd offense remainder of their enrollment at SCHS

Self-reporting alcohol, tobacco, and/or drug offenses and/or criminal activity violation may reduce the suspension time for a 1st offense from four (4) weeks to two (2) weeks by reporting the policy violation to school officials. A student in violation of the alcohol, tobacco, and/or drug offenses and/or criminal activity policy must notify a school official (coach or sponsor, teacher, activities administrator, school counselor, principal or assistant principal) of the violation within 24 hours of the violation for the reduction to apply. During the 2nd offense, the mandatory professional substance abuse counseling must be completed before the end of the eight-week suspension or the suspension continues until counseling is completed. It is required that documentation of completion of professional substance abuse counseling be turned into the activities office prior to the student returning to competition. SCHS is not liable for expenses incurred through such counseling sessions.

Organizations/clubs that are not under the NSAA umbrella have discipline for ATOD and criminal activity written into the organizations/clubs constitutions.

Steroid Offenses: A student who possesses, dispenses, delivers, or administers anabolic steroids shall be prohibited from participating in any extracurricular activity for same terms of suspension as listed for alcohol, tobacco, and/or drug offenses and/or criminal activity.

Athletic Participation: To the extent reasonably possible, it shall be the policy of Schuyler Central High School to provide an opportunity for students to participate on teams and events. It shall be the policy of Schuyler Central High School to encourage all interested students to take advantage of these opportunities.

Ideally, all interested students should be given an opportunity to participate, develop their skills, and to enjoy competition and the comradeship that come with being a member of a team. Because of budget limitations, personnel limitations, and facility limitations, it is not possible for Schuyler Central High School to fulfill the ideal level of opportunities and participation. With that in mind, Schuyler Central High School recognizes that certain policies must be implemented. For the foregoing in mind, the following policy dealing with limiting team size has been adopted.

1. Prior to the commencement of each season, sponsors shall determine the appropriate number of students that their facilities and staffs can accommodate. In reaching that decision, the sponsors shall consult with the activities office. In the event more students try out for these sports than the coaches believe they can accommodate, the coaches may cut the additional students.
2. If any of the students are to be cut from any of these activities, an announcement to that effect shall be made at the beginning of the season. A trial period shall be afforded to every student wishing to participate. The length of the trial period shall be announced at the beginning of the season. The sponsor shall determine the length of the trial season after consulting with the Activity Director. To the extent possible, every student shall be entitled to a fair opportunity to demonstrate his/her abilities.
3. Because of the potential number of participants involved, it may not be possible to guarantee that each freshman/JV/Varsity player will be able to participate in every game. Decisions with respect to participating in games, as it applies to freshman/JV/Varsity, shall be the decision of the sponsors involved. If possible, "B" freshman games may be scheduled, but if no such games can be scheduled, some freshman may receive little, or no, participation in game type situations.
4. The fact that a student was on a previous year's team shall not be a factor in making the current year's team. The fact that a student was cut the previous year shall not be a factor in making the current year's team. The fact that a student did not participate in another given sport shall not be a factor in the student not making the team for which s/he is trying out. Nothing in this policy shall prevent a sponsor from dismissing a student from a team for disciplinary reasons.
5. A coach in cutting a student from a team at the end of the trial period shall inform that student of the decision in a private meeting between the coach and the student. The coach shall make every reasonable effort to critique the student's performance and explain why the decision was made. The student's parents/guardian may participate in the meeting to discuss the coach's decision.

Attendance Requirements:

The expectation is for the students to be in attendance for at least ½ day of school on the day of activities prior to performance unless arrangements have been made with prior administrative approval.

Bus Rider Rules: These rules and regulations apply to any trip under school sponsorship. All student riders shall respect the wishes of the chaperones and driver appointed by the school.

1. Students that are riding a bus are to sit:
 - all girls on one side of the aisle and all boys on the other side of the aisle
 - OR girls in the front of the bus and boys in the back of the bus or vice versa
2. Keep hands and head inside the bus at all times after entering and until leaving the bus.
3. Assist in keeping the bus safe and sanitary.
4. Loud talking, laughing, or unnecessary noise diverts a driver's attention and may result in an accident.
5. Treat bus equipment as you would your own property. The offender must pay damage.
6. Bus riders should never tamper with the bus or any of its equipment.
7. Leave no books, lunches, or other articles on the bus.
8. Keep books, packages, coats, and all other objects out of the aisles.
9. Students are responsible for helping clean the buses immediately upon return from an activity.
10. Do not throw anything out of the bus windows.
11. Bus riders are not permitted to leave their seat while the bus is in motion.
12. Horseplay is not permitted around or on the school bus.
13. Bus riders are expected to be courteous to fellow pupils and the bus driver.

14. Absolute quiet is necessary when approaching a railroad crossing.
15. In case of a road emergency students are to remain in the bus.

Changing Activities: If a student participant desires to switch from one activity to another, the participant must have the consent of both sponsors. NSAA bylaws also require that a student switching from one sport to another must be restricted from practice and competitions in the new sport for a period of seven school days. A participant cut from a squad for disciplinary reasons may not be a member of another program without approval of the Activities Administrator.

Checklist For Participation: The Schuyler Central High School athlete must complete the following steps listed prior to participating in any practice sessions or games.

1. Physical Examination: This is a Nebraska State Activities Association requirement. An examination is required once each year. A physical taken on or after May 1 will be in effect for the school year. The student may obtain a physical examination form from the principals' office or the high school web site. The processed and completed physical examination form shall be given to the school nurse, who will issue a permission slip to check out for a particular activity.
2. Insurance: Under Nebraska law the District may not use school funds to provide general student accident or athletic insurance. The Board of Education does not require participants in athletics to be insured against athletic accidents but strongly recommends that they be insured against athletic accidents at the parent's expense. The Board of Education does require each participant's parent to sign an "Insurance Waiver." The school does not offer any insurance or coverage. There are many individual and group athletic accident policies available about which the school does have information. This information may be obtained from the Activity Administrator. Parents are urged to investigate and study the various policies so that they may purchase the accident coverage they prefer. The Nebraska School Activities Association does provide insurance for catastrophic injuries for activity participants.
3. School Activities Permit Form: This is a consent form that the N.S .A.A. requires each school to have on file. Parents are required to sign the student participation and permission agreement.
4. Athletic Agreement: This section pertains to the Schuyler Central High School Athletic Code. A copy of this code will be made available to all candidates and their parents for the interscholastic athletic teams.
5. Emergency Medical Treatment Consent: This allows school personnel to give consent to have emergency medical treatment for your student if you as a parent or guardian are not present and cannot be reached in a time of emergency.
6. With the implementation of LB 260 The Concussion Awareness Act, Schuyler Community Schools conducts impact testing for all ninth and eleventh graders along with any athlete that had a concussion in the previous school year and who are involved in football, softball, volleyball, wrestling, basketball, soccer and track/field (jumping and throwing). There is no cost to the student and testing must be completed before participating in practice.

Church/Family Night/Sunday/Weekend/Other Practices: Schuyler Central High School observes every Wednesday night as Church and Family night, and school activities generally do not take place on Wednesday night. All practices will be concluded by 6:00 pm. There will be no practices or activities on Sunday unless there is a contest on Monday of the forthcoming week. The principal and activities administrator must approve practices on Sunday or Holidays. Any practice held on the weekend or holiday must be optional for the participants. Family commitments must be honored by the coach/sponsor. Missing the practice will not change the participant's position or team status in the activity.

Conditioning Program: SCHS organizes and supervises a year-round conditioning program to include weight lifting, running, and exercising for all its members. Such a conditioning program shall be general in nature and may include only exercises designed to promote physical fitness, except that practice of individual skills of any sport may be taught in other than organized physical education classes if the school does strictly adhere to the specific rules governing organized practices. Conditioning sessions shall be no longer than 90 minutes in length and no member shall participate in more than one such session per day.

Due Process Rights of SCHS Activity Participants: The due process afforded students in relation to these activities policies shall be similar to that provided in Nebraska State Law 79-264 through 79-294. In other words, suspensions from activity participation for five or fewer days shall be consistent with provisions for short-term suspensions, while suspensions from

activity participation of six or more days shall be consistent with provisions for long-term suspensions. Removal from a team shall be consistent with provisions for expulsions.

Equipment Responsibility: The participant is responsible for all equipment checked out to them by the coach/sponsor. All items of equipment that have been checked out by the participant must be checked in at the conclusion of the season. The participant responsible for checking it out must pay for any missing item(s). All fees (for items not checked in at the end of the activity) will be turned in to the coach/sponsor. A list will be kept of athletes who owe fees and they will not be allowed to participate in another sport until fees are paid.

Interscholastic Eligibility: In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules of the Nebraska School Activities Association. If you do not understand a summary of these rules listed below or need an explanation of other requirements, consult the Activities Office.

1. Student must be an undergraduate.
2. Student must be enrolled in at least twenty hours per week and regular in attendance in accordance with the school's attendance policy.
3. Student must be enrolled in some high school on or before the 11th day of the current year.
4. Student is ineligible if nineteen years of age before August 1 of current school year.
5. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership.
6. Student must have been enrolled in school the immediate preceding semester.
7. Student must have received twenty semester hours of credit the immediate preceding semester.
8. Once the season of a sport begins, a student shall compete only in athletic contests/meets in that sport that are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules.
9. A student shall not participate in sports camps or clinics during the season of a sport in which he/she is involved, either as an individual or as a member of a team.
10. A student shall not participate on an all-star team while a high school undergraduate.
11. A student shall be ineligible for ninety school days to represent a school in inter-scholastic competition at the varsity level if the school is located in a school district other than the district in which his/her parents maintain their domicile. (Check with school administrator for an interpretation of rule if the district where parents reside has no high school or if there are two or more high schools in a district.)
12. A student is ineligible for ninety school days if his/her parents have changed their domicile to another school district and the student has remained in former school that is in a different school district. (EXCEPTIONS: If parents have moved after school has started, the student will be eligible to compete for the remainder of the school year, or if parents have moved during the summer which immediately precedes the school year and the student is in grade twelve and has attended the high school for two or more years, the student is eligible for that school year in the district from which the parents moved.)
13. Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for review and ruling.
14. A student shall not participate in a contest under an assumed name.
15. A student must maintain his/her amateur status.

General Lettering Criteria and Post Season Awards: Lettering in a school activity is for those participants who have met stated levels of performance. These general considerations govern lettering in SCHS activities:

- The participant must be in good standing (member of the organization) at the end of the season to receive a letter.
- Participants injured and must drop out of a school activity, may be given special consideration.
- Sponsors who believe there are special conditions or unusual situations (other than ATOD and/or criminal activity suspensions) for a participant s/he may letter that participant.
- Students who participates in an activity for four years, may letter in that activity.
- A student manager may receive a varsity letter at the discretion of the sponsor.
- A sponsor may revoke a letter for disciplinary reasons.

A school activity participant involved in a multiple day suspension (ISS and/or OSS) will not receive a letter for the activity(ies) in which the suspension took place and will not receive any SCHS post-season awards in which the multiple day

suspension took place. Awards that are given for all year performances will not be given to a school activity participant that had multiple day suspensions (i.e. weightlifter of the year, female athlete of the year etc.). The year ends on the evening of the activities award night.

Specific Lettering Criteria: in addition to the expectations noted above, the following conditions apply to lettering in these activities:

Basketball

1. One quarter of the regular season varsity quarters played.
2. All varsity players letter if they are a part of a state tournament team.

Cheerleaders

1. Participate at the following assigned sports: football, volleyball, boys and girls' basketball, and wrestling
2. Cheerleader squad member will be expected to follow all guidelines established by the sponsor, activities administrator, school, and NSAA.
3. A cheerleader will not receive a letter for these reason(s) stated in the cheerleader constitution.

Cross Country

1. The participant receives an individual award or medal at a Varsity meet.

Dance Team

1. Must participate in all Dance Team activities unless otherwise excused.
2. Dance Team member will be expected to follow the constitution and all guidelines established.

Football

1. An athlete must participate in 1/4 total varsity quarters played
2. If varsity players win their District, or are State qualifiers, all members of the varsity team qualify for a letter.
3. 1 quarter is awarded for each of our football camps that is attended
4. 1 quarter is awarded for helping at our football Youth Camp
5. 3 quarters for 90% of summer weight attendance
6. 2 quarters for 80% of summer weight attendance

Golf

1. Golfer who sets a school record during competition.
2. Golfer who competes in one half of the varsity meets.
3. Senior who has competed three consecutive years.
4. Golfer who receives a medal in a triangular meet or larger.
5. All members of a state qualifying or conference championship team.
6. Working a golfer youth camp qualifies as one varsity competition
7. Attending a golf camp will qualify as one varsity competition
8. 90% of summer weight attendance qualifies as two varsity competitions
9. 80% of summer weight attendance qualifies as one varsity competition

Soccer

1. The participant must have played in 50% of all varsity halves played.
2. If varsity players win their District, or are State qualifiers, all members of the varsity qualify for a letter.

Softball

1. Play in 1/7 of the varsity teams innings played in regular season.
2. If team wins district or qualifies for state all varsity members letter
3. 2 innings awarded for each camp attended
4. 4 innings awarded for 90% of summer weight attendance
5. 3 innings awarded for 80% of summer weight attendance

Track and Field

Accumulate at least 10 points throughout the track season by doing any of the following.

1. Score at any track meet. The number of points that an athlete scores at a meet will be the number of points earned towards a letter.
2. Qualify for State. Any athlete that qualifies for the State Track Meet will earn 10 points.
3. An athlete that is selected as a team captain will earn 3 points.
4. An athlete will score one point every time s(he) makes an improvement throughout the year at a JV or Varsity meet.
5. Perfect Attendance. Athletes will earn 5 points if they have no absences from practice (excused or unexcused). An exception will be made for other school-sponsored events.

Volleyball

1. An athlete must play in at least 50% of all regular season varsity games played

2. 90% attendance of summer weights will waive 4 varsity games
3. 80% attendance of summer weights will waive 2 varsity games
4. If the team qualifies for state tournament, all team members qualify for a varsity letter.

Wrestling

An athlete must finish the season in good standing and meet at least one of the following criteria:

1. Wrestle 18 varsity matches
2. Earn 20 varsity team points (points that contribute to the team score during a contest)
3. Place 1,2,3, or 4 in the conference or district meet

Wrestling Aides

1. Attend and work at all home matches.
2. Attend and work 1/2 of the away matches.
3. Every wrestling aide will be expected to follow all guidelines established by the sponsor and activity administrator.

Locker Rooms: All athletes are to lock their lockers and give valuables to the student managers for safekeeping or leave such items at home. All athletes will shower at the conclusion of every practice and competition.

Ninth Grade Athletes: The coaching staff of a particular sport may decide on which team an outstanding freshman athlete shall be placed. This pertains to football, boys and girls' basketball, and volleyball. The outstanding 9th grade athlete will compete on the 9th and JV teams or the JV and Varsity teams, but may not compete on the 9th and Varsity teams and may not (without administrative approval) compete at all three levels (9th, JV, Varsity). The head coach of the sport will contact parents/guardians of the student to be moved up prior to the student practicing or competing at the higher level, and will inform the activities administration before such action will be taken.

Off-Season Training Programs: The use of off-season training programs to promote a better athletic ability is encouraged. However, these programs should not be held at the expense of athletic programs in season. Programs in season have first priority for both facilities and participants. Therefore, off-season programs will not commence nor be encouraged for at least two weeks following the start of a new season.

Padlocks: Padlocks will be checked out from the sponsor of an activity. When the participant is finished with the sport season the lock will be returned to the sponsor. If the participant loses the padlock, a replacement fee will be charged for replacement of the lost padlock.

Participation: Varsity teams shall be made up of 12th, 11th, 10th, and 9th grade students, reserve teams shall be made up of 11th, 10th, and 9th grade students, sophomore teams shall be made up of 10th grade students, and freshman teams shall be made up of 9th grade students. Workouts or supplementary practice outside of regular squad practices and competition are not specifically restricted. It is expected however, that participants given the privilege of representing their school will owe first allegiance, as far as participation is concerned, to the Schuyler Central High School activity of which they are a member and the public school sponsors who are responsible for the participant's training program. This policy is not intended to restrict casual or recreational activities.

POST-SEASON AWARDS

Awards To Students: No award of greater value than \$50.00 shall be given to participants of activities by the schools of the Nebraska School Activity Association.

Boys Basketball:

Gaeth Memorial Award: awarded to varsity players with the most assists and the most rebounds in the season.

Oberg Free Throw Award: awarded to the varsity player who has the highest free throw season percentage.

Girls Basketball Season Leaders:

Awarded to the varsity players with the most assists, most rebounds, and highest free throw percentage for the season

Football:

Defensive Football, Interior Lineman, and Most Improved: These awards are presented to outstanding football players based on the decision of the coaching staff. Factors considered are season statistics, contribution to the team, and post-season honors.

Myers-Reinecke-Shonka Memorial Awards:

Cross Country: The head coach and assistant coach will determine the boy and girl winners of this award. Consideration will be given to season placing, leadership, cooperation, and grade level.

Football: Presented to the outstanding offensive football player based on:

- a. Decision of the coaching staff
- b. Season statistics, contribution to the team, and post-season honors.

G/B Golf: Presented to most deserving golfer. Consideration will be given number of medals, medal placement, season statistics, and leadership.

Girls/Boys Track: Coaches judgment in regard to leadership, accomplishments, team or individual records, attitude, years on varsity, points scored in competition.

Volleyball:

Offensive Player-This award is presented to an outstanding offensive player based on statistics provided from the season and the decision of the coaching staff. Factors considered are season stats pertaining to the most kills per game/season or the best kill efficiency per game/season and contributions to the team.

Defensive Player-This award is presented to an outstanding defensive player based on statistics provided from the season and the decision of the coaching staff. Factors considered are season's stats pertaining to the most blocks per season or the player with the most digs per season, contributions to the team, hard work ethic, and greatest effort on defense.

Most Improved-This award is presented to the player that shows the most improvements throughout the season, based upon effort, improved fundamental skills, awards, and contribution to the team. The team will vote upon this award.

Female And Male Weightlifter of the Year: Awards are presented based on a nomination and vote of the coaching staff. Each head coach nominates the top two lifters they had during their season if they incorporate weightlifting in their sport. The first nomination is worth 5 points and the second, 3 points. The student with the highest number of total points is the recipient.

Senior Boy Athlete of the Year: To be eligible for the Boy Athlete of the Year award the student must be a senior and have lettered in one sport during the high school career. A head coach and an assistant coach will rank each player from their sport on a point system (each coach will rank each senior boy 10-1) and the points are added. The person with the highest point total is the recipient of this award.

Virgil Swanson Memorial Girl Athlete of the Year Award: Any sophomore, junior, or senior girl athlete who meets the following requirements is eligible for the Virgil Swanson Memorial Girl Athlete of the Year Award. The head and assistant coaches for each sport rank the players for their sport on a point system and those points are totaled. The player with the highest point total receives this award. The requirements are

1. To have a "B" (85%) average
2. To have lettered in two sports during her high school career
3. To be participating in two sports in the current year
4. This excludes student managers who have lettered.

Schuyler Strider Girl Athlete of the Year Award: Requirements for selection are the girl must be a senior and have participated in at least two sports every year for all four years of her high school career. The award will be given to the girl who has earned the most varsity letters, most individual medals in state competition, most team medals in District and Conference competition, most team medals in State competition, and most recognition on All State, All Area, and/or All conference lists throughout her high school career.

Soccer Awards:

This is given in both girls and boys soccer. Players vote on the following: Most Improved, Defensive Player, Offensive Player, and Most Valuable.

Wrestling:

Most Pins: Greatest number of pins in a varsity competition.

Most Near falls: Greatest number of near falls in a varsity competition.

Most Takedowns: Greatest numbers of take downs in varsity competition.

Most Improved Wrestler:

- Improvement on winning percentage from previous year.

- Improvement from beginning of year to end of year.
- Adversity that was overcome during the year. Wrestler of the Year:
 - Most team points acquired
 - District and State tournament
 - Season consistency
 - Season leadership
 - Attitude and work ethic

Practice Session: An athlete may participate in only one team practice per day during a school day. Example: If varsity practices in the morning, then the members of the varsity may not practice in the afternoon of the same day. Exception: If "two a day" practices on non-school days such as the preseason practices in the fall.

School Colors and Insignia: Schuyler Central High School's colors are green and white. The school mascot is the Warrior. The Warrior is known for strength, agility, speed, and courage, and symbolizes the pride and spirit of Schuyler Central High School students as they represent the school in athletics and other activities.

School Lockers: All athletes will bring everything to the locker room that they need so that they will not be in the halls of the building after practice.

Social Functions: School dances are for students and their dates as well as for SCHS staff. Outside dates are permitted as long as the date is approved by administration and are 20 years of age or less. These people must be willing to conform to all school regulations. The STUCO Back-to-School Dance is one exception. Only students enrolled at Schuyler Central High School may attend the back to school dance. Students will be admitted during the first hour of the dance, and are expected to stay until the end of the dance. Once students choose to leave, they will generally not be re-admitted to the dance. Activities held during the week shall end by 11:00 p.m. School dances will be scheduled from 7:30 p.m. to 11:30 p.m. on weekend dates or 12:00 a.m. if the dance is held on a Friday night. A school-sponsored dance is a school activity subject to all provisions of the Student Activity Code, and is a privilege available to students meeting all requirements for participation. Each person that attends the dance will be subject to a Breathalyzer.

HOMEcomings PROCEDURES

Step #1 To be eligible for Homecoming royalty you must be:

- Senior Status (minimum of 180 credits)
- Be enrolled in your 7th semester of high school
- Must be a full-time student

All students who meet the criteria will be placed on the first ballot which will be voted on by the "S"-club and Student Council with students in both organizations receiving only one vote.

Step #2 The top 5 boys and the top 5 girls who meet the following criteria will be selected for royalty court: (example: If a tie occurs for number 5, we will take a 6th candidate for both the boys and girls.)

- Participation in a minimum of two NSAA sponsored activities their Jr. year.
- No activity suspension for their high school career
- No ISS or OSS during their Jr. year
- Not under the supervision of the court system (probation, etc)

From these 10 candidates a popular vote of the student body will occur to determine the King and Queen winners to be crowned after the football game on the football field.

(The administration reserves the right to make special exceptions to these guidelines as they see fit.)

TRANSPORTATION TO AND FROM EVENTS:

Head Coaches are required to ride the bus to and from events to supervise athletes. Assistant Coaches may be relieved of these duties on rare occasions if approved by the head coach. In rare circumstances the AD can suspend this rule for a Head Coach if the situation warrants.

Activity participants travel to and from out of town events as a unit. Exceptions to this rule will be made rarely and must be approved in writing and verbally by parents to a school official. A student will only be permitted to travel apart from the team or organization when that student's parent/guardian specifies all alternate travel arrangements (time, vehicle, driver, etc. info) to the satisfaction of the coach or sponsor.

RESIDENCY POLICY:

While we understand all employees have different situations. We believe that our entire community benefits when our teachers, coaches and sponsors choose to live in our district. Therefore, we will continue to provide incentives for teachers who move here. We will also make it a priority to hire all coaches/sponsors but especially Head Coaches who are willing to move into the district.

UNIFORMS:

Team issued warm-ups will not be worn as a travel suit or worn during normal school days. Uniforms/Warm Ups will be purchased on a rotation basis and available from your AD. If you have more athletes than uniforms, please see the AD office.

BOOSTER CLUB:

For a number of years we have had an active booster club that raises money to help provide our athletic programs with items that go above and beyond district expenses. The booster club will work through our AD office to solicit items requested by coaches. These requests must be approved by the AD and should be items that are luxury as opposed to necessity for a sport. Clothing items such as travel suits, towels and warm ups are items that will not be approved.

COACHES CLINICS:

\$100 per coach is allowed for clinics, school transportation will be provided and must be registered with AD with prior approval. If a head coach and assistant coach wish to attend a clinic, it should be included in their requisition. Expenses beyond the annual \$100 will need to be taken out of the club account.

CONCESSIONS:

Organizations may sign up to do concessions for home events. The procedure for payment is, "you make it, you take it, less 10%". The 10% kept by SCHS will be used for equipment improvements for our concession stands as well as the consumables such as popcorn, bags, oil, etc.. Suggestions for these improvements should be made to the AD office. In the event that you are running a club event or some other outside event, where you are bringing in a lot of other items to sell, you may elect to pay for the cost of items sold plus \$200 a day for concession stand use.

TELEPHONES AND SOCIAL MEDIA:

In today's day and age we have become very dependent on our cell phone. At times phones and other electronic devices can be a large distraction from the task at hand. Coaches have the right to apply specific electronic device rules within reason during their activities.

Social Media can be a great tool to promote positive activities within our school. However, coaches, athletes and parents need to avoid negative posts or replying to other negative posts. These posts should be brought to the Head Coaches and AD's attention so they can be handled appropriately. Coaches should also spend time with their athletes teaching them to use social media appropriately and may have specific policies that relate to social media.

STATE CONTESTS:

Coaches that attend state contests when Schuyler teams are not involved will get permission from the Athletic Director. Only the HEAD COACH will be excused to attend the tournament or meet for one day out of school. Coaches may attend the tournament or meet additional days that are not scheduled at the same time classes are in session or take a PTO day for this activity.

STUDENT FEES

Extracurricular and other programs	General Description of Fee or Material	\$ Amount of Fee (Anticipated or Maximum) or Specific Material Required	
Athletic Programs			
1. Admission	Spectator fees for admission to events	\$5.00 per event maximum. Students may purchase an Activity Ticket for \$30.00 per year. For District and Conference events hosted by the School, cost to be set by NSAA.	
2. Athletic Physicals	NSAA required athletic physicals	Cost varies; payable directly to student's physician or clinic.	
3. Equipment and attire	Students are responsible for required equipment and attire appropriate to the sport or activity which are not provided by the school, and are responsible for any optional clothing, equipment, or other items associated with the sport or activity.	Required items include athletic undergarments (supporter, bra, socks and undershirts), practice attire, including shorts, shirts, socks, and shoes suitable for the activity, and dress attire suitable for team travel. Optional items for which students are responsible include: personal athletic bags, hair ties, sweat bands, non-required gloves, towels, forearm pads and personal medical devices (braces, orthopedic inserts, etc.). Additional required items for particular sports or activities include:	
		Activity	
		Basketball	No additional
		Cross County	No additional
		Football	Mouthpiece
		Golf	Golf bag & clubs
		Soccer	Soccer shin guards
		Softball	Softball glove
		Speech/Etc.	Dress attire; copies of research
		Track	No additional
Volleyball	Volleyball knee pads		
Wrestling	Wrestling shoes		
Cheerleading and Dance Team Squads	Shoes, approved uniforms (top & skirt; jacket, etc), pom-poms and other accessories		

Travel meals	Meals	Students are responsible for their own meals while traveling.
Camps and clinics	Registration and other costs of camps or clinics	Students are responsible for the cost of all clinics, camps, and conditioning programs. Any personal items purchased at camps or clinics, such as t-shirts, shall be at the student's expense.
Marching Band and Musical Groups	Equipment and attire.	Students will be responsible for the same costs as are set out for the athletic program. Students will be responsible for supplying their own musical instruments and accessories for their own uniforms. The school will supply uniforms for the marching band and choir robes; students required to have uniforms and robes cleaned.
Clubs/Organizations		
Future Farmers (FFA)	State & national dues, meals and activities	Annual dues not to exceed \$14.00 per club.
Future Career/Community Leaders (FCCLA)	State & national dues, meals and activities	Annual dues not to exceed \$15.00 per club.
National Honor Society	State & national dues, meals and activities	No annual
Science and Math Club	State & national dues, meals and activities	Annual dues not to exceed \$2.00 per club.
Student Council	State & national dues, meals and activities	Annual dues not to exceed \$5.00 per club and partial registration fees.
Social & Recognition Activities		
School plays, musicals, and social activities	Admission to events	To be announced
School dances	Admission to prom, homecoming, etc.	To be announced
Class dues		Each of the four secondary classes may assess its members an amount annually for rental, fee for band or DJ, yearbook, and decoration of dance facilities. Students who do not pay may be denied admission to extracurricular activities supported by the class dues.
Trips	Transportation, lodging, meals, admission to events, etc.	Students are responsible for costs of school-sponsored trips where the trip is an extracurricular activity.
If the trip is not school sponsored, the costs of the trip are not subject to this policy and no fee waivers will apply. A trip is not school sponsored if it is not supervised or administered		

by the school, attendance on the trip does not count towards graduation credit or grade advancement, and participation on the trip is voluntary for students.