

BELLE PLAINE ATHLETICS



Home of the Plainsmen
&
Lady Plainsmen

CHARACTER - EFFORT - INTEGRITY - LEADERSHIP - RESPECT

ATHLETIC HANDBOOK FOR ATHLETES AND PARENTS

Welcome to Belle Plaine Plainsmen Athletics...

GET INVOLVED! At the Belle Plaine Community School district, teachers and administrators encourage all students to become involved in the extra curricular activities we have to offer. We believe that a dynamic program of student activities, including athletics, is vital to the educational development of the student. We realize that through these activities personalities emerge, talents are uncovered, friendships are made and leaders are developed. Every attempt is made to make the activities at the Belle Plaine Community School District a valuable part of the educational program. The purpose of these activities is not to replace regular schoolwork, but rather to make it an extension of the classroom.

We also realize that students who get involved in activities do better overall in the classroom and attend school on a more regular basis than those students who do not participate. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are important aspects of the athletic program. Athletic participation also helps students develop healthy self-concepts as well as healthy bodies. Athletic competition fosters school spirit and provides an opportunity to demonstrate the knowledge, skills and emotional patterns learned through sports.

We hope your years in the Belle Plaine school system will be enhanced by your participation in one or more of our school's activities and that these years will be some of the most enjoyable of your life. Interscholastic activities and athletics are an integral component of Belle Plaine High School and Belle Plaine Junior High School. Contests are for the benefit of student participants and are viewed as an extension of the classroom. Interscholastic activities and athletics provide worthwhile educational and social experiences for students, resulting in positive learner outcomes that contribute to the development of good citizenship and sportsmanship. While the athletic department takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures that might neglect good sportsmanship and good citizenship. At all times, the athletic program will be conducted in ways that justify it as an educational activity. Every year over 300,000 students in the state of Iowa participate in interscholastic activities at the middle/junior and senior-high levels. The Iowa High School Athletic Association (IHSAA) and the Iowa Girls High School Athletic Union (IGHSAU) are comprised of member schools that establish eligibility criteria for students such as yourself to be able to participate.

TOP PARTICIPATION SPORTS OF IOWA HIGH SCHOOL STUDENTS

Boys' Sport (National Rank)	Iowa Athletes	Iowa Athletes	Girls' Sport (National Rank)	Iowa Athletes
1) Football	(1) 18,807(both 11 & 8)		1) Volleyball	(2) 11,722
2) Track & Field	(2) 11,923		2) Track & Field	(1) 9,631
3) Basketball	(3) 11,106		3) Softball	(5) 7,927
4) Baseball	(4) 10,445		4) Basketball	(3) 7,576
5) Wrestling	(7) 6,586		5) Soccer	(4) 5,423
6) Soccer	(5) 6,302		6) Cross Country	(6) 4,732
7) Cross Country	(6) 5,505		7) Tennis	(8) 3,419
8) Golf	(9) 4,849		8) Golf	(11) 3,092
9) Tennis	(8) 2,382		9) Swimming & Diving	(7) 1,659
10) Bowling	(NR)* 1,801		10) Bowling	(NR)* 1,315
11) Swimming	(10) 1,467		11) Wrestling	(NR)* 99

Look at these rules carefully. We want you to enjoy these years, maximize your interscholastic experiences and continue building the spirit of citizenship in our great community. This handbook provides information about the athletic program at our school. It is not intended to replace, but rather to supplement the guidelines and regulations pertaining to the athletic program Belle Plaine Schools Board of Education policy. If you have questions, please contact your head coach or Mark Tegeler, Athletic Director, at 319-444-3720. Additional school information may be found at our school website, www.belle-plaine.k12.ia.us. Also the school administration reserves the right to alter this document as situations may arise.

Opportunities at Belle Plaine Schools:

Belle Plaine High School Athletic Teams

Boys: Baseball, Basketball, Cross Country, Football, Spring Golf, Track and Wrestling.

Girls: Basketball, Cheerleading, Cross Country, Spring Golf, Softball, Track and Volleyball,

Belle Plaine Junior High School Athletic Teams

Boys: Baseball, Basketball, Football, Track and Wrestling.

Girls: Basketball, Track, Softball and Volleyball.

Athletic Mission Statement

The mission of Belle Plaine Athletics is to develop young men and women who have the following characteristics: Character, Effort, Integrity, Leadership, and Respect who take on the challenges placed in front of them and take pride in the traditions that are Belle Plaine Athletics.

Philosophy Statement

The athletic program will be in conformity with the philosophy of the Belle Plaine Community School District. The athletic administration will be in line with the general policies of the Belle Plaine Community School District, Iowa High School Athletic Association, Iowa Girls Athletic Union and the National Federation of High Schools. The athletic program will provide excellent opportunities for our students to develop from their experiences, favorable habits and attitudes of social and group interactions in a democratic world. The leadership should be of the highest quality so as to exemplify to the participants the desired type of individual to be developed from the athletic program. Measurement of the success of the leadership would be in the intangible personality development factors that are an outgrowth of the major objectives of the athletics program. The activities program will function as an integral part of the total curriculum and will constantly strive for the development of a well rounded individual for a higher quality of life, capable of taking their place in modern society.

Participation Theory

7th and 8th Grade: The junior high program teaches the skills of the activity. Interscholastic competition begins at this level and will afford all students the opportunity to participate within the schedule so that they may achieve their fullest learning and performance levels.

Junior Varsity: This program will develop and utilize those that show the greatest ability in a variety of skills. Role specialization may become more evident at this level. Those who are more able will be the primary participants.

Varsity: The varsity team is for those who have learned the basic skills well and perform them in both practice and in interscholastic competition. Role specialization is often a necessity at this level and participants may be used in specific roles for the benefit of the entire team. Depending on the activity, not all wishing to participate will be able. Participants who display leadership and/or enthusiasm, in combination with basic skill development, may enhance their opportunity to participate.

Hazing

Belle Plaine High School and Junior High School Coaches will maintain a “zero tolerance” towards any type of hazing activities. Hazing, usually a form of initiation, is defined as any practice (even “harmless fun”, “bonding”, and “practical”, etc.) whereby one part of a group is made or “asked” to do anything that the remaining part of the group is exempt from doing by virtue of seniority or other “privileged” status.

Blueprints For The Successful Player

Players are ambassadors for our school, community, team and their family. Our players must exhibit leadership, sportsmanship and character at all times.

The player as a leader

- Accept playing time and positions designated by your coaches.
- Assist where possible in developing the skills of the less experienced teammates.
- Accept and respect your coaches’ decisions.

Know the rules

- Obtain and read the basic and supplemental rules of your sport.
- Learn and apply the rules of the game to the best of your ability.
- Attend any pre-season rules or coordination meetings offered for players.

Know your organization and its policies

- Supply your coach with accurate information at all times.
- Show respect for your team’s equipment.
- Submit all fees, physical consent forms and parental consent forms, etc. to your coach in a timely manner.

Participation and performance

- Enjoy your sport. If something is troubling you, speak to your coach.
- Be prepared. Attend practices with proper equipment.
- Listen and participate fully.
- Attend and be on time for team practices and games.
- Respect your teammates.

Requirements Prior to Participation

“Eligibility to represent a school in interscholastic athletics is a privilege students may attain by meeting the essential eligibility requirements established by both the IHSAA and the IGHSAA and any additional requirements set by a member school for its own students. Eligibility is not a student’s right by law, and precedent-setting legal cases have affirmed this.”

Physical Exam

Every athlete must have a current and valid physical before they are allowed to practice and compete. It is required that you have a certificate of an issued physical exam signed and authorized by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating that you are physically able to participate in athletic practices and contests for your school. You will not be permitted to practice or compete until a complete, signed certificate is on file in the Athletic Office.

Proof of Insurance

No one may practice or participate for a school until there is verification that you have basic athletic health insurance coverage. Athletes are required to provide their own health insurance. Insurance may be purchased through the school. See your coach or activities director for information on this matter if needed.

Concussion Form

Every athlete must have a concussion form signed by their parents or legal guardians on file in the athletic office. The form is mandated by the state. The form describes what a concussion is, outlines the protocol if an athlete has suffered a concussion and details a list of symptoms that parents or legal guardians should be looking for at home if a concussion is suspected.

Yearly Health and Emergency Medical Release Form and Card

Each athlete's parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) are not available, and permission for their child to participate.

Eligibility – Academic Eligibility

To be eligible for an activity, students participating must:

- be enrolled or dual-enrolled in school
- have earned passing grades all classes the previous semester
- for students in athletics, music, or speech activities, be under 20 years of age
- for students in athletics, music, or speech activities, be enrolled in high school for eight semesters or less
- for students in athletics, have not been a member of a college squad nor trained with a college squad, nor participated in a college contest nor engaged in that sport professionally
- have met all transfer requirements, if the student is a transfer student, or eligible under state law and regulations if the student is an open enrollment student.

Special education students shall not be denied eligibility on the basis of scholarship if the student is making adequate progress, as determined by the IEP team, towards the goals and objectives on the Student's IEP. Students involved in extracurricular activities are subject to academic guidelines set forth by their respective governing organization and the rule of the state board of education.

Students in grades 7-12 must remain academically eligible in order to participate in school sponsored extracurricular activities. These activities include athletics, music, speech and other student activities. Student assigned work that is included in an academic course is not affected by this policy.

Any student in grades 7-12 that fails a class at the end of a semester will be ineligible to participate in the next occurring interscholastic contests and competitions in which the student is a contestant. Students in grades 9-12 will be ineligible for 30 consecutive calendar days. Any student in grades 7-8 that fails a class at the end of a semester will be ineligible for 14 consecutive calendar days. The ineligibility period begins the date established by the administration.

Any student failing a class at the end of their 8th grade year (who is NOT in a summer activity) will fulfill the 14 day ineligibility period beginning their 9th grade year.

Any student in grades 7-12 who fails a class at the end of the first quarter or third quarter will be declared ineligible for 14 consecutive calendar days beginning with the date established by the administration. At the end of the 14 day ineligibility period, if the student has raised the failing grade to a passing grade, the student will become eligible. If the student's grade is still failing at the end of the 14 day period, the student will continue to be ineligible until the grade is raised to a passing grade. This ineligibility period ends at the end of the semester.

An incomplete (I) will be considered a failure. Students who receive an incomplete at the end of a quarter or semester will immediately lose eligibility on the day grades are finalized by staff. At the time the incomplete (I) becomes a passing grade, eligibility will be reinstated if it is within the first seven days of the new quarter or semester. An incomplete at the semester will result in the student being ineligible for 30 calendar days, if the grade is not elevated to passing within the first seven days of the new semester. An incomplete at the quarter will result in the student being ineligible for 14 days, if the grade is not elevated to passing within the first seven days of the new grading period. If an incomplete (I) has not been elevated to passing within the first seven school days of the next quarter or semester, the student will serve the entire ineligibility period. After the 1st and/or 3rd quarters, if a student's grade is still incomplete or failing after the 14 days of ineligibility, the student will remain ineligible until the grade is passing.

Eligibility – Attendance Policy

Illness:

A student who participates in extracurricular activities must be in school by **11:15 a.m.** of the day on which the activity occurs. Students who report to school after **11:15 a.m.** due to illness will not be eligible to participate in a contest, practice, game or any school sponsored event held on the same day. This includes taking part in after school practice sessions. Students missing for medical or dental appointments will be required to provide written verification of this from the provider.

Other Reasons:

Students who miss school for reasons other than illness must have their absences excused prior to the day they will miss, either in writing, by phone, or in person to be eligible for that day's events as either a participant or a spectator. The Principal or Designee has the discretion to allow participation the day of the event, without an excused absence from the prior day, only after direct contact with the student's parents.

Truancy and unexcused absences:

These situations will eliminate a student's eligibility to participate until the student resumes attendance and truancy or unexcused absence is resolved.

Eligibility – Good Conduct Policy

To maintain eligibility for participation in Belle Plaine extra-curricular activities, students must conduct themselves as good citizens both in and out of school at all times. Students who represent the school in an activity are expected to serve as good role models to other students and to the members of the community. If a student transfers into Belle Plaine from another school or school district and the student had not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school, the student shall serve the ineligibility requirements from the previous school district before becoming eligible to participate in extracurricular activities at Belle Plaine. The Board of Directors of the Belle Plaine Community School District offers a variety of voluntary activities designed to enhance the classroom education of its students. Students who participate in extracurricular activities serve as ambassadors of the school throughout the calendar year, whether away from or at school. Students who wish to exercise the privilege of participating in extracurricular activities must conduct themselves in accordance with board policy and must refrain from activities that are illegal, immoral, unhealthy, or highly inappropriate. Participation in these activities is a privilege, conditioned upon meeting the eligibility criteria established by the board, administration, and individual activity coaches and

sponsors. The principal and activities director shall keep records of violations of the Good Conduct Rule.

The following activities are covered by the board's policy and these rules:

Athletics, athletic managers, cheerleading, dance/drill team, instrumental and vocal music performances, drama productions, speech contests, FFA, National Honor Society, all co-curricular clubs (e.g., Art Club, Science Club, Spanish Club), all honorary and elected offices (e.g., Homecoming King/Queen/court, Prom Server, class officer, student government officer or representative), state contests and performances for cheerleading and drill team, mock trial, Academic Decathlon, or any other activity where the student represents the school outside the classroom.

Determination of Violation:

Belle Plaine school administration will make the determination if a student has violated the Good Conduct Policy, and such determination will not require a legal conviction in a court of law. Any student accused of violating this Good Conduct Policy shall be provided an informal hearing by a school administrator at which time the student shall be informed of the allegation, informed of the basis of the allegation, and given an opportunity to tell the student's side. School administrators will determine by a "preponderance of the evidence" whether a student violated this good Conduct Policy by engaging in any of the following behaviors.

Good Conduct Rule:

To retain eligibility for participation in Belle Plaine Community Schools extracurricular activities, students must conduct themselves as good citizens both in and out of school at all times. Students who represent the school in an activity are expected to serve as good role models to other students and to the members of the community.

Any student who, after a hearing at which the student shall be confronted with the allegation, the basis of the allegation, and given an opportunity to tell the student's side, is found to have violated the school's Good Conduct Rule will be deemed ineligible for a period of time, as described below. A student may lose eligibility under the Good Conduct Rule for any of the following behaviors:

- possession, use, or purchase of tobacco products, e-cigarettes, vape pens, or "look-alike" substances regardless of the student's age ;
- possession, use, or purchase of alcoholic beverages, including beer and wine (having the odor of alcohol on one's breath is evidence of "use");

"possession" has been defined by the Iowa Supreme Court as being within reach of or in "close proximity to" the contraband [e.g., alcohol or other drugs]).

- possession, use, purchase, or attempted sale/purchase of illegal drugs, or the unauthorized possession, use, purchase, or attempted sale/purchase of otherwise lawful drugs;

- engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding minor offenses such as traffic or hunting/fishing, violations), regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s);
- inappropriate or offensive conduct such as but not limited to: assaulting staff or students, gross insubordination during activities or on school grounds (talking back or refusing to cooperate with staff or authorities), serious hazing or harassment of others. Offenses that occur at school, off grounds, or at any school function may apply to the Good Conduct Policy. NOTE: This could include group conduct.

Offenses that occur at school, off grounds, or at any school function may apply to the Good Conduct Policy. NOTE: This could include group conduct.

Determination of a Violation Not During School Activities or Off School Grounds

A student will be deemed to be in violation if law enforcement notifies school authorities of a violation and the student receives a citation from law enforcement or a school official observes the student, or the student admits the violation. Any witness reports by someone who is not the student, a school official or member of law enforcement of violations off school grounds and not at school activities should be reported to local law enforcement for investigation.

Determination of a Violation on School Grounds or at School Activities

A student will be deemed in violation if the student is found guilty of the offense based on witness reports or other evidence collected by school officials about the violation, the student admitting the violation, or a school official witnessing the violation. Any reports of a violation should be reported to a school official.

Prior to making the final determination that there has been a violation on or off school grounds, the principal shall be informed of the allegations and perform an investigation; and notify the student, orally or in writing, and give the student an opportunity to respond to the allegations.

The student and his/her parent(s) shall be informed in writing of the decision (the nature of the violation and the penalty) by mailing the same to the student's residence (or other address if the parents have a different address on file for mailing purposes with the school) within two working days of the determination. In addition, the parent(s) will be notified orally, if possible.

If a student transfers in from another Iowa school or school district and the student had not yet completed a period of ineligibility for a violation of a Good Conduct Rule in the previous school, the student shall be ineligible *if the administration determines that there is general knowledge in our school district of the fact of the student's misconduct or violation in the previous district.*

Penalties :

Any student who, after a hearing before the administration, is found to have violated the Good Conduct Rule, during the school year or summer, is subject to a loss of eligibility as follows:

FOR ATHLETICS

Jr./Sr. High School First Offense: A student shall be suspended for the number of contests or performances listed below, to be served consecutively, including tournaments or state sponsored activities/contests:

High School Events:

Football	3	B & G Track	3
B&G Cross Country	3	Baseball	8
Volleyball	4	Softball	9
B&G Basketball	6	B&G Golf	3
Wrestling	4		

Dance/Drill Team/Color Guard – 30% of scheduled events/performances
Cheerleading – same as sport for which you are cheering

Junior High Events:

Football	1	B&G Track	1
Volleyball	2	Baseball	2
B&G Basketball	2	Softball	2
Wrestling	2		

Cheerleading– same as sport for which you are cheering

Jr./Sr. High School Second Offense: Double the consequences of first violation

Jr./Sr. High School Third Offense: Ineligible in all activities for one year.

Jr./Sr. High School Fourth Offense: Permanent loss of eligibility

Offenses are cumulative in grades 7 and 8, but do not carry over to grade 9. Offenses are cumulative in grades 9 through 12. Grade 9 officially begins at the end of the last school day of 8th grade.

***Coaches or sponsors may impose additional penalties for school or team violations.**

FOR NON-ATHLETIC ACTIVITIES

Instrumental and vocal music performances, drama productions, speech contests, FFA, School Sponsored Trips, National Honor Society, all co-curricular clubs (e.g., Art Club, Science Club, Spanish Club), state contests and performances, mock trial, Academic Decathlon, or any other activity where the student represents the school outside the classroom.

- **First Offense within the Student's Junior or Senior High School Career of activities-** Six (6) weeks of ineligibility.
- **Second Offense within the Student's Junior or Senior High School Career of activities-** Twelve (12) weeks of ineligibility.

- **Third Offense within the Student's Junior or Senior High School Career of activities-** Twelve (12) calendar months of ineligibility.
- **Fourth Offense within Student's Junior or Senior High School Career of activities-** Permanent loss of eligibility in all activities.

Offenses are cumulative in grades 7 and 8, but do not carry over to grade 9. Offenses are cumulative in grades 9 through 12. Grade 9 officially begins at the end of the last school day of 8th grade.

1. The period of ineligibility attaches immediately upon a finding of a violation if the student is eligible for and currently engaged in an extracurricular activity and, if not, or if not completed during the current activity, is begun or carried over to the time the student seeks to go out for the next activity or contest.
2. However, if the period of time between a violation and an activity is twelve calendar months or more, the student shall not serve an ineligibility period for the violation.
3. An ineligible student shall attend all practices or rehearsals but may not "suit up" nor perform/participate.
4. If a student drops out of an activity prior to completion of the activity, the full penalty or the remainder of the penalty, at the administration's discretion, will attach when the student next seeks to go out for an activity, subject to the 12-month limitation above.
5. If a student violates the Good Conduct Rule while ineligible due to an earlier violation, the penalty for the subsequent offense will attach at the completion of the earlier penalty.

REDUCTION IN PENALTY FOR ATHLETICS AND NON-ATHLETICS

1. Admission Prior to Determination: If a student comes forward to a coach, administrator, activity sponsor, or athletic director to admit (self-report) a violation of the Good Conduct Rule within 48 hours of the incident, the student's penalty may be reduced by one third for a first violation, one-fourth for a second violation, or three (3) months for a third violation within the student's high school career.
2. Evaluation and Treatment: A student who has a second violation of the alcohol or drug provision of the Good Conduct Rule may elect to seek an evaluation and, if recommended, treatment from a recognized substance abuse facility at the student's or student's family's expense. If the student seeks the evaluation and agrees to waive confidentiality to allow the evaluating facility to report back to the superintendent or designee regarding recommendations for treatment or follow-up care, the student's penalty for the second violation may be reduced by one third. This reduction is not available for first or third violations.
3. Items 1. and 2. of this section may not be combined.
4. A student who has been found to have violated the Good Conduct Rule may seek to reduce the penalty by entering into a behavior agreement. The agreement shall be in writing and must be approved by the principal. The degree of reduction shall rest with the administrator, but in no event shall the reduction exceed one-half of the penalty.

POSITIONS OF LEADERSHIP

Upon violation of the Good Conduct Rule, a student will immediately forfeit any position that has been bestowed upon him/her by election or selection by peers, and/or school faculty or staff. These positions may include, but not be limited to, team captain assignments, class or student government offices, selected or elected positions for homecoming, graduation, and prom events, band and choir offices, FFA offices, etc.

- **First Offense within a student's junior or senior high school career** would result in the student being ineligible to hold positions of leadership for a period of six (6) months. This penalty is **subject to reduction** by no more than half if the student agrees to enter into a behavior agreement which is approved by the school administration. This agreement would be submitted in writing, outlining the student's actions to earn back consideration for leadership position(s) opportunities. Examples of items that could be included in a behavior agreement are: exemplary behavior demonstrated by the student, continued participation in extracurricular activities, volunteer efforts, participation in clubs/organizations sponsored by the school, and communication with the principal or activities director about any other pertinent actions taken by the student in an effort to earn a leadership position(s) back.
- **Second Offense within a student's junior or senior high school career** would result in ineligibility for a period of twelve (12) months. This penalty is **subject to reduction** by no more than half if the student agrees to enter into a behavior agreement as described above.
- **Third Offense within a student's junior or senior high school career** would result in a permanent loss of eligibility to hold positions of leadership for the remainder of high school. If a period of time between a violation and the holding of a leadership position is twelve (12) months or more, this section will not apply.

Offenses are cumulative in grades 7 and 8, but do not carry over to grade 9. Offenses are cumulative in grades 9 through 12. Grade 9 officially begins at the end of the last school day of 8th grade.

Violations Occurring During Ineligibility:

If a student is ineligible at the time of a violation of the Good Conduct Rule, the penalty for the violation will not begin until the student regains eligibility. Example: A student academically ineligible for a quarter is found to have been in possession of tobacco, a Good Conduct Rule violation. When the student is again academically eligible, the penalty attaches. Example: A student violates the Good Conduct Rule and is ruled ineligible for three weeks. While ineligible, the student again violates the Rule. The second penalty attaches when the first penalty is completed.

Letters and Awards:

Students who are ineligible at the conclusion of an activity may still receive a letter or award for that activity if they met the guidelines/requirements prior to the infraction.

Academic Consequences:

There will be no academic consequences for the violation (e.g., detention, suspension, expulsion from school, or grade reduction/ withholding) unless the violation of the Good Conduct Rule occurred (a) on school grounds, (b) at a school event regardless of location, or (c) the violation has a direct and immediate negative impact on the efficient operation of the school despite occurring off school grounds/time.

IV. Definitions

1. Activities: Includes all extra-curricular activities, clubs, and organizations sponsored or approved by the Belle Plaine Community School District.
2. Suspension: A suspension shall be imposed at any time during a calendar year starting with the next scheduled contest or event after a student is suspended. If a student is not participating in any activity at the time of the suspension, the suspension shall commence with the first activity in which the student participates. If a suspension is for a first offense, a student may practice with the team at the sole discretion of the coach and activity director, but cannot dress for any game. A student cannot join an activity that has already begun for the purpose of serving a suspension without the approval of the sponsor and principal.
3. Offense: Includes any violations of the rules of conduct required by this policy during grades 7 through 12. Offenses are cumulative in grades 7 through 12. Grade 9 officially begins at the end of the last school day of 8th grade.

V. Appeal:

1. Good conduct issues will be processed by the school principal. If the student is dissatisfied with the penalty assessed by the principal, the student may file a written appeal to the superintendent. Any written appeal filed by the student with the superintendent must be completed within five (5) days of the student or parent receiving written notification of the penalty.
2. If a written appeal is filed by a student, the superintendent will review the matter and will conduct a hearing regarding the appeal. This hearing will be held no later than thirty (30) days after the appeal is filed. The superintendent will inform the student of the superintendent's decision within seven (7) days after the hearing is concluded.
3. If the student chooses to appeal the decision of the superintendent, the student can request that the matter be reviewed by the Board of Directors. The student's request for this review must be made in writing within five (5) days of the date when the student or parent is informed of the superintendent's decision. This review by the Board of Directors will be scheduled in conjunction with the Board's regular monthly meeting schedule.
4. Any penalty assessed under this policy remains in effect during the appeal process unless it is set aside as a result of an appeal.

VI. Good Conduct Rule:

A copy of the Good Conduct Rule is located on pages 40 and 41 of this handbook. This rule applies to every student in grades 7 through 12. Please read the rule carefully with your student.

Parents or guardians must sign and return a form that they are aware of the good conduct rules and agree to permit their son/daughter to participate in activities under the rules of this policy.

This must be done before a student will be able to participate in any activity.

Scheduling Conflicts With Other Activities

Every effort is made to avoid scheduling more than one activity on the same day. Conflicts do occur because students are involved in more than one activity or events are rescheduled due to weather, as an example. The following guidelines apply when conflicts occur:

- Conference Championships, District and State events take precedent over the other scheduled activities.
- Events scheduled on the school calendar take precedent over rescheduled events.

Transportation Of Students To And From School Activities

Students will be required to ride to and from all school activities, in which they are participants, in school-owned or authorized vehicles with the following exception: Exceptions are granted for emergencies or exceptional circumstances, which require alternate transportation, and prior arrangements between the parent/guardian and the Coach/Sponsor(must have administrator approval).

Students may be transported from such activities by their own parents or guardians. Parents or guardians of students involved must notify the head coach and sign for responsibility of their child releasing the head coach and school of responsibility of their child.

All buses are ordered by the head coach. The head coach should inform the transportation director of the size of bus needed and of the departure time. The head coach will provide a transportation request form to the transportation director prior to their season. Times may be adjusted depending upon road and weather conditions. It is the responsibility of the coach to have the members of his/her squad ready to board the bus at the designated time. The coach must exercise control and maintain proper supervision of his/her students during the entire trip.

It is the responsibility of the head coach to make sure that all student-athletes have left the high school building and have secured transportation home after arriving back to the high school after school sponsored events.. Transportation from school to home is either themselves, if they have a driving license or school permit, have a parent(s)/legal guardians pick them up or arrange for

another licensed driver to transport them home. Student-athletes should never be left in the building unsupervised.

Care Of Equipment

In order to give the student a sense of responsibility and an appreciation of his/her equipment, each student athlete will be held accountable for the abuse or loss of it. **ALL EQUIPMENT MUST BE TURNED IN OR PAID FOR BEFORE THE ATHLETE PARTICIPATES IN ANOTHER SPORT.**

The following guidelines, if adhered to, will reduce the chances for lost or stolen equipment:

- Do not exchange or loan any of the equipment checked out to you to another teammate. If exchange is warranted, go to the coach and have him/her make the adjustment.
- Any loss of equipment should be reported immediately to the head coach, rather than waiting until the end of the season.
- Any protective equipment that does not fit properly or that has any defective parts should be reported to a coach immediately. Do not wear the equipment until the necessary adjustments have been made. This is for your protection.
- It is against the school regulations to sell or rent any equipment to individuals. The Belle Plaine Athletic Department strictly adheres to these regulations. Please report any such violation(s) to a coach or the athletic administrator.

Athletic Lettering

All of the Belle Plaine Athletic Programs offer an athletic letter. Each sport offers criteria and qualifications for lettering set forth by the individual sport coaching staff. Generally speaking, criteria include participation, attitude, playing time and work habits. Your coach will be able to answer specific questions regarding his/her lettering policy. Students that quit or are dismissed before the conclusion of the season are ineligible to letter.

Dropping Or Transferring Sports

A student who makes the squad in one sport and who does not finish the season in that sport, will not be eligible to start participating for another sport before the end of the competition in the sport he/she dropped, unless he/she has the consent of the coaches in both sports. If it is necessary for an athlete to be absent from a practice session, the athlete must get permission from his/her coach.

Strength And Conditioning

All athletic programs will be required to have their in-season athletes lift a minimum twice a week during their season. The weight lifting will be in accordance with the strength programs that have been established. The Belle Plaine Community School District has a strength and conditioning coordinator. It is the responsibility of the strength and conditioning coordinator to develop and deliver the sport specific weight lifting programs for each sport. The Belle Plaine Community School District has an agreement with Performance Health and Fitness based out of Coralville and run by David Williams, PhD, MPT, ATC, CSCS. The athletes will be required to complete the core lifts identified for the male and female strength and conditioning programs, plus auxiliary lifts that fit the individualized sport program. The dates and times of the lifting sessions are as follows: M, W, F @ 6 a.m. with strength and conditioning coach, or during a 1st, 2nd or 3rd hour Strength and Speed session.

Belle Plaine Athletic Department Dual Sport Procedure

1. If a student-athletes have interest in participating in two sports during the same season they must contact the coaches of the two sports and the athletic director of their intentions at least two weeks prior to the start of the season of the sport that begins first.
2. The athletic director will schedule a meeting with the athletes to go through the procedure outlined below and complete the request form to dual sport.
3. The athletic director will create a list of the names of the dual sport athletes, their priority sport, and their secondary sport. He provides this list to the coaches of the sports involved.
4. If there are two regular season contests on the same day the athletes will participate in the priority sport, unless the two coaches agree the athletes can participate in the secondary sport.
5. If there is a conference or state event and regular season game on the same day then the athletes will participate in the conference/state event, unless the two coaches agree the athletes can participate in the second sport.

Examples:

- a. SICL Track meet and Belle Plaine vs. HLV golf, they go to the track meet
- b. District/Regional track meet and Belle Plaine vs. HLV golf, they go to the track meet

6. Once the season has started, the athletes cannot quit and if they choose to quit, then they are ineligible to compete in the other sport until the sport they quit – season has been completed (unless coach releases them and this is approved by the AD and coaches involved).
7. The athletes agree to provide full effort and commitment to both sports. If one sport is becoming a much better situation for them personally, they cannot “jump ship” with regards to the other sport.
8. The athlete’s first priority is academics. The request to dual sport will only be considered if the applicant is in good academic standing at the time of the request. The athletes are expected to maintain their grades. If this standard is not maintained the participants will be asked to give up one sport, and there will be no appeal.
9. Coaches are to communicate with each other and let the athletes know what the practice schedule is, and the coaches are never to put the athletes in the middle of a conflict.
10. Athletes making the varsity team in one sport will be given consideration over a sub-varsity team in the other sport they are dual sporting.

The Roles in the Relationship Between Coach, Parent and Athlete

Being a part of an athletic program is not easy. The athletes must have a great amount of self discipline. When young athletes grow into adulthood, they will use what they learn here to meet the expectations and responsibilities placed on them. Living up to these high standards will better prepare our athletes for life ahead of them. Knowing the roles of the three main participants in an athletic program (coach, parent, and athlete) is vital to the success of athletes.

Coach’s Role

- Set a good example for players and fans to follow.
- Be positive, fair, and consistent with the players.
- Making playing time and strategy decisions with thought and care.
- Establish and organize practice for the team on a daily basis.
- Be a good communicator with parents, players and assistant coaches.
- Protect the safety of all athletes.
- Know and employ injury prevention procedures.
- Make sure all players know the expectations, procedures and rules for the program.
- Make sure everyone has practice and game schedules.
- Be a professional practitioner in dealing with situations in the sport and stay current with the X’s and O’s.

- Keep inventory of equipment.
- Work to help assistants improve.
- Keep track of academic progress of athletes.
- Be available to talk with players and parents.

Parent's Role

- Be a fan of everyone on the team.
- Respect the decision of the officials.
- Respect other fans, coaches, and athletes.
- Talk to their child if they have any questions and, if they still have questions, contact the coach through athletic department procedures.
- Don't put your child in the middle by talking bad about the coach, program or teammates through conversation.
- Don't talk to coaches on game day about a complaint.
- Make an appointment at a convenient time for both parties.
- Understanding the coach's responsibility is to make sure the students are safe and become better people and athletes, not to win every game.
- Be supportive of the child and of the program.

Player's Role

- Be positive and have a good attitude.
- Support your teammates.
- Always work hard!
- If they have any questions, asks the coach – “The only dumb question is the one that you do not ask.”
- Know and follow school and team rules.
- Challenge themselves as a student, person and athlete.
- Meet everyday classroom expectations.
- Notify the coach of any scheduling conflicts in advance.
- Talk to the coach about any special concerns.

Questions for the Coach

- If appropriate talk with your child about the question initially.
- Set up a meeting with the coach if you still have questions.
- Follow the Belle Plaine Athletics Eight-Step Parent Protocol.
- Playing Time- May be discussed when presented as; “How can my child earn more time?”

Things not to ask about

- Other players.

The main purpose is to open the lines of communication and to assist in understanding the expectations of the stakeholders within the program. Discussion of these roles takes place every year for every sport. The consistency of these rules in every program is vital for the overall acceptance by the parties involved in the education of our students.

Belle Plaine Athletics: Eight-Step Parent Protocol

Only begin this protocol if your son or daughter has talked to the coach first.

Step 1 – Contact the Head Coach via phone, e-mail, or in person to arrange a meeting time. Please **do not make this initial contact immediately after a game or contest**.

Step 2 – Attend a meeting on a set date and discuss the concern(s) and come to a resolution. Concerns are limited to your student-athlete only. Discussion of any other student athletes is cause for meeting termination. Playing time is an appropriate discussion topic when the discussion is about how your athlete can improve. The athlete will be present at this meeting.

Step 3 – Contact the Athletic Director, Mark Tegeler, via phone, e-mail, or in person to arrange a meeting time if a satisfactory resolution to the concern is not reached through Step 2. Head coach will be invited to this meeting.

Step 4 – Attend the meeting on set date and discuss the concern and the proposed resolution to the concern by the Head Coach. The athlete will be present at this meeting.

Step 5 – Contact the Principal, Ryan Devereux (HS), via phone, e-mail, or in person to arrange a meeting time if a satisfactory resolution(s) to the concern is not reached through Step 4. The Head Coach and Athletic Director will be invited to this meeting.

Step 6 – Attend a meeting on set date and discuss the concern and the proposed resolution to the concern by the Head Coach and Athletic Director. The athlete will be present at this meeting.

Step 7 – Contact the Superintendent, Chad Straight, via phone, e-mail, or in person to arrange a meeting time if a satisfactory resolution to the concern is not reached through Step 6. Head Coach, Athletic Director, and Secondary Principal will be invited to this meeting.

Step 8 – Attend a meeting on a set date and discuss the concern and the proposed resolution(s) to the concern by the Head Coach, Athletic Director, and Principal. The athlete will be present at this meeting.

BELLE PLAINE CONCUSSION PROTOCOL

[Document](#)