

WEST LYON HIGH SCHOOL

ATHLETIC HANDBOOK



Doug Jiskoot - Principal
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Information:

- **Athletic Department – 712-753-4917 Ext 133**
- **Website -**

Welcome!

Participation on an athletic team can be a rewarding and meaningful educational experience that enhances a child's secondary education. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this kind of commitment. The following information defines the interscholastic policies and procedures for all students participating in our High School and Junior High athletic programs. The Athletic Department hopes this document provides parents and students with a better understanding of our philosophy, goals and policies. Please refer to the following information when a question about your child's athletic experience arises.

Philosophy of Athletics at West Lyon High School:

At West Lyon Community School, we consider athletics an integral part of the educational experience. Athletics provides opportunities that will help students develop physically, mentally, and emotionally. We view the competition of athletics as a healthy educational and physiological activity because it challenges each student to excel, to discover his or her physical limits, and to work cooperatively with team members. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of contests.

Governing Bodies:

West Lyon Community is a member of the Iowa High School Athletic Association (IAHSAA) and the Iowa Girls High School Athletic Union (IGHSAU) whose purpose is to organize, regulate and promote interscholastic athletics for secondary schools in Iowa. As an IAHSAA and IGHSAU member, WLCS abides by the minimum standards set forth by this organization. Please note that these are minimal standards and member schools may enforce stricter standards, which WLCS does in some instances. Locally, WLCS belongs to the Siouxland Conference, which is comprised of ten area schools. Those schools are Boyden-Hull, Rock Valley, MOC-FV, Sioux Center, Sibley-Ocheyedan, Okoboji, George-Little Rock, Sheldon, Central Lyon, and West Lyon. We also compete against teams from other conferences, and these are referred to as "non-conference" opponents.

WLCS Athletic Team Information

Standards for Participation:

In order to participate in organized athletics, all student-athletes must have a current physical on file with the school, and satisfy all academic requirements for eligibility.

- An up to date physical examination must be on file with the school prior to the start of participation. If the physical examination expires in season, the student-athlete will need to provide an updated physical to the Athletic Director in order to resume participation. All physicals are valid for 13 months from the date of the physical. All physicals must be signed by a licensed health care provider.
- Drug and Alcohol Policy is clearly defined in the student handbook and it is expected that all student-athletes and parents review this policy.
- Satisfaction of all eligibility requirements of the IAHSAA and IGHSAA

Program Goals:

Though the unique nature of each sport dictates its specific objectives, all teams will attempt to

- Emphasize the development of basic skills, appropriate attitudes, values and team concepts.
- Allow as many students as possible to participate and share the experience and benefits derived from team membership.
- Compete competitively with Siouland Conference and non-conference opponents.

Participation at the Varsity level is generally limited to the most highly skilled players and those with the ability to interact constructively with other players for team success. The coaching staff will determine the level of play for each student-athlete (Varsity, Junior Varsity and Freshman) based on what would be most beneficial to the development and progress of each player and team. It should be understood that playing time could be limited.

Athletic Offerings:

Fall Sports

The fall season begins sometime around August 6th and ends in late October. Varsity teams that qualify for the postseason tournament may participate into the month of November. Football concludes its regular season the weekend before Thanksgiving. Informational material will be mailed in June. The following sports compete in the Fall:

- Football (Varsity, JV, 9th, 8th, 7th)
- Girls/Boys Cross Country (Varsity, JV, JH)
- Girls Volleyball (Varsity, JV, 9th, 8th, 7th)
- Football Cheerleading

Job Responsibilities:

Head Football :	Jay Rozeboom
Assistant Football:	Jeremy Childress, Koury Kramer, Jared Vander Sanden, Kully Kramer, Steve Hawf
Junior High Football:	Matt McKenney, Mark Rentschler,
Head Cross Country:	Todd McCallum
Head Volleyball:	Darla Grotewold
Assistant Volleyball:	Renaë Weber, Kylie Vander Feen
Junior High Volleyball:	Heidi Meyer, Amber Bjorkland
Football Cheerleading:	Angie Evans

Winter Sports

The winter season begins the second week in November and ends in late February. Varsity teams that qualify for the post-season tournament may be participating into March. Informational meetings will be held in October.

- Girls Basketball (Varsity, JV, 9th, 8th, 7th)
- Boys Basketball (Varsity, JV, 9th, 8th, 7th)
- Wrestling (Varsity, JV, JH)
- Basketball Cheerleading
- Wrestling Cheerleading

Job Responsibilities:

Head Boys' Basketball:	Dan DeJong
Assistant Boys' Basketball:	Brent Ripperda, Chase Vander Feen
Junior High Boys' Basketball:	Clint Berentschot, Drew Balta
Head Girls' Basketball:	Ryan Brasser
Assistant Girls' Basketball:	Jeff Hoogeveen, Steve Hawf

Junior High Girls' Basketball:	Sarah Taggert, Kylie Vander Feen
Head Wrestling Coach:	Ben Caven
Assistant Wrestling:	Kyle Cielenski
Junior High Wrestling:	Jay Rozeboom, Brain Twedt
Basketball Cheerleading:	Lori Rens
Wrestling Cheerleading:	Katie Caven

Spring Sports

The spring season begins the second Monday of March and ends in late May. Varsity teams that qualify for the post-season tournament may be participating into June. Informational meetings will be held in February.

- Girls Outdoor Track (Varsity, JV, JH)
- Boys Outdoor Track (Varsity, JV, JH)
- Girls Golf (Varsity, JV)
- Boys Golf (Varsity, JV)

Job Responsibilities:

Head Boys' Track:	Mark Rentschler
Assistant Boys' Track:	Gerry Stai
Head Girls' Track	Jay Rozeboom
Assistant Girls' Track	Carol Rozeboom
Junior High Track	Todd McCallum, Katie Vander Sanden, Andrew Ter Wee
Head Boys' Golf	Matt McKenney
Head Girls' Golf	Jeff Hoogeveen
Assistant Golf	Brent Ripperda

Summer Sports

The summer season begins around the first of May and ends toward the end of July. The spring and summer seasons may overlap by as much as two weeks. The coaches of both sports work with the athletes to allow participation in both seasons. Informational meeting will be held in March.

- Boys Baseball (Varsity, JV, 9th, 8th, 7th)
- Girls Softball (Varsity, JV, 9th, 8th, 7th)

Job Responsibilities

Head Baseball:	Koury Kramer
Assistant Baseball	Brent Ripperda, Ryan Brassier
Junior High Baseball	Chase Vander Feen, Drew Balta
Head Softball	Tony Kerkvliet

Levels of Play:

JUNIOR HIGH

At the junior high level of athletics, athletes and their parents should expect the following concepts to be emphasized:

- Introduce fundamental skills
- Providing equal practice and playing opportunities for all participants
- Learning the Rules of the game
- Demonstrating sportsmanship and fair play
- Developing the ambition to achieve at the next level of competition
- Prioritizing skill and character development over winning

FRESHMAN:

At the entry level for high school athletics, athletes and their parents should expect the following concepts to be emphasized:

- Developing fundamental skills
- Providing equal practice opportunities for all participants
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine game time, working toward equitable playing time for all participants
- Learning the rules of the game
- Developing an orientation toward and appreciation for team effort in each athlete
- Demonstrating sportsmanship and fair play
- Developing the ambition to achieve at the next level of competition
- Prioritizing skill and character development over winning

JUNIOR VARSITY:

This is a transitional level for high school athletics, and athletes and parents should expect the following concepts to be emphasized:

- Reinforcing and refining fundamental skills.
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine game time
- Demonstrating sportsmanship and fair play
- Developing more sophisticated athletic strategies
- Specifically defining an individual athlete's role within the team concept
- Refining and reinforcing the concepts of commitment and team play.
- Focusing on physical conditioning and development
- Developing the ambition to achieve at the next level of competition
- Prioritizing skill and character development over winning

VARSIITY

At the highest level of athletic competition in high school athletics, athletes and parents should expect the following concepts to be emphasized

- Developing a high level of proficiency in the physical skills of the sport
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine playing time
- Developing sophisticated strategy, situation analysis, and other mental aspects of the sport
- Specifically defining an individual athlete's role within the team concept
- Fostering maximum commitment to the athletic team
- Understanding and valuing the physical conditioning components of one's sport
- Understanding the importance of individual sacrifice for the good of the team
- Winning within the rules of sportsmanship and fair play.

There are many decisions made on a regular basis by members of our coaching staff that may include which athletes should start a contest, which athlete should play at what position, and the amount of playing time an athlete will be given. Only members of our coaching staff make these very difficult coaching decisions after weighing a considerable number of factors. Generally, the most competitive, skilled team members will play the major portion of contests; however, teams cannot be successful without committed substitutes. These athletes must work as hard as they can to help make their respective teams as competitive as possible and be ready at all times to step forward to compete. They must also demonstrate the perseverance and commitment to strive to advance to a starting role.

Commitment:

Each member of an athletic team **MUST**:

- Commit to being present at all team activities, including practices, meetings and contest with other schools.
- Dedicate himself/herself to becoming an excellent team member and school citizen.
- Strive to continually improve as an athlete.
- Demonstrate pride in team performance and in himself/herself as members of a team.

Game/Practice Sessions:

Practices are held daily for approximately 2 to 2 ½ hours, or as appropriate to the activity. Some practices and games may be held on weekends. Most practice sessions do not begin before 3:35 PM. Any team member who must be late or miss practice, games, or meetings must confer with his/her coach. Practice and game schedules, particularly in the case of winter and summer sports, include school vacation weeks. Students and families should take this into consideration when deciding to try-out for our teams.

Absence Policy:

Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coaches' discretion.

Excused absences from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

Team Captains:

Captains are elected by team members and/or appointed by coaches. Prior to the selection, coaches will inform the team members of the selection criteria and obligations of the position. The position of team captain or officer is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school. Any student who is involved in a violation of WLCS rules and regulations resulting in a suspension from school, or any student who is found to be involved with drugs, alcohol, weapons, or crimes outside of school could lose the ability to serve as captain.

Cheerleading Policy:

Football

Will attend all regular season games along with all state playoff games at the districts expense.

Basketball

Will attend all home games during the regular season and all district/state games at the districts expense.

Wrestling

Will attend the regular season wrestling meets held in the conference and include events at Hull Western Christian, Unity, and West Sioux. Cheerleaders will not be in attendance at those meets/tourneys requiring an overnight stay with the exception of the State tournament. They will also attend all regional and district state tournament meets.

For State Tournament in Des Moines:

- 1-2 wrestlers qualify for State, no cheerleaders
- 3-4 wrestlers qualify for State, district will send 3 cheerleaders ONLY, based on seniority. Only those three cheerleaders will dress and cheer at State. Who gets to go will be based on yrs of experience as a wrestling cheerleader, with the three cheerleaders having the most years of exp. as a wrestling cheerleader getting to go. It is possible that a junior will have more seniority as a wrestling cheerleader than a senior so the junior will go to State wrestling. In the event of a tie, the tie breaker will be the points earned at the cheerleading tryouts. If there is still a tie, we will draw straws.

- 5+ wrestlers qualify for State, we will send the entire wrestling cheerleading squad.
- If our team qualifies for team State, all wrestling cheerleaders will go.

West Lyon High School Criteria for Athletic Honors and Awards:

To be considered for a team award presented by the coach, a student must:

- Display upright conduct and a spirit of fair play at all times.
- Exhibit respect for school personnel, coaches, game officials, and opponents.
- Return all equipment at the completion of the season
- Meet criteria established by the coach.
- Finish the season as a member in good standing on his/her team

Honors such as ALL-STATE selection are awarded to WLCS students from time to time by the other organizations outside of the school. It must be understood that while coaches may nominate students for some of these awards, they have no control over the final selection.

VARSITY LETTER: Receiving a varsity letter for programs that are composed of a Varsity and a JV teams or programs that have a Varsity, JV, and Freshman teams is an honor reserved for those student athletes who have demonstrated excellence in performance and the commitment and sacrifice appropriate for membership on a varsity team. **To letter at the varsity level, an athlete shall participate in at least 50% of the varsity contests during the regular season.**

PARTICIPATION CERTIFICATE: Athletes who do not receive a varsity letter, but have excellent attendance and work ethic will be awarded a Participation Certificate to acknowledge their contribution.

MANAGER LETTER: As an integral, non-playing member of a team, managers may also be recognized for the valuable role they play. In order to be considered, managers must:

- Adhere to all general rules and regulations of athletes.
- Fulfill all the duties as outlined by the coach.
- Adhere to all rules and regulations that bind student athletes.

Conflict Resolution:

Athletic involvement can be highly emotional and issues about playing time, team selection, honors and awards can arise. It is very important that these issues be addressed as soon as possible, and as directly as possible, so that they can be resolved promptly. The following model will be used when a problem arises.

STEP ONE: Personal Contact between Student-Athlete and Coach

As a general rule, the issue should be presented as soon as possible to the coach by the ***individual*** student-athlete. If personal contact is not practical, a student-athlete may ask his/her team captain to talk with the coach. If these recommended routes are not ***successful***, the coach should be contacted by the student-athlete's parent(s) at an appropriate time. Times to be avoided are:

- Either prior to or immediately after a competition
- During a practice session
- During a time when other students maybe present or when it may be readily apparent to others that a discussion is taking place
- At a time when it is apparent that there would not be sufficient time to provide for a complete discussion

Usually the best solution is to ask the coach either over the phone, via email or in person if an appointment could be made to discuss the issue. The email should not be used as the main source of discussion over the issue itself. All emails discussing previously mentioned issues will be ignored. A parent or student-athlete could also contact the coach via the Athletic Office. ***It is strongly recommended that the student-athlete join their parent(s) at this meeting to ensure that all sides of the issue can be thoroughly discussed.***

STEP TWO: Personal Contact Between Coach, Student-Athlete and Athletic Director

If a satisfactory resolution is not reached through direct contact with the coach, the student-athlete and/or parent(s) should contact the Athletic Director. As a courtesy, the coach should be informed that this contact is being made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerning parties in an attempt to reach a satisfactory resolution. It is very important for all student-athletes and their parent(s) to know that any comments, concerns, or ***issues raised to the athletic director will be addressed with the coach.*** Issues concerning coaching personnel may or may not be communicated to others.

STEP THREE: Student-Athlete – Administration Contact

If there is not a satisfactory resolution, the student-athlete and/or parent(s) should contact the High School Principal. As a courtesy, the Athletic Director should be informed that this contact is being made. While there is no guarantee, that all parties will agree with all resolutions or findings, a thorough, respectful airing, or different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

West Lyon High School Vacation Policy Governing Athletes:

Winter Vacation

No games will be scheduled from December 24 to January 2. No practices will be scheduled on December 24-28. Exceptions may be presented to Athletic Director and may be approved. It is expected that Athletes will be available during the December/January winter vacation, other than the dates mentioned, for practices and/or games. A schedule for practices during winter vacation will be provided to athletes no later than December 10.

March/April Vacation

Practices may be scheduled on the Friday and the Monday during the March/April vacation. Student-athletes are to make every effort to attend. If they are unable to attend, advance communication with coach is necessary.

Summer Vacations during Summer Activities(Baseball/Softball)

Athletes are expected to be at practice. If an athlete is not at practice, he or she may jeopardize his or her chances of playing on the team.

When athletes miss practice because of vacation, coaches will determine the consequences on:

- Principles of fairness to players who attended all scheduled practices
- The importance of conditioning
- Professional discretion

If a player misses more than five days of practice, he or she will need to meet with the Athletic Director who will determine that player's eligibility.

Sportsmanship Policy:

WLCS expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials and visiting spectators with respect at all times. WLCS reserves the right to warn, censure, place on probation or suspend (for up to one calendar year) any player, team, coach, or school official determined to be acting in a manner contrary to the standards of good sportsmanship. Spectators who do not adhere to standards of good sportsmanship may be asked to leave the contest and/or be prohibited from future contests. If you are not sure what details good sportsmanship, please follow this simple rule: Cheer for your own team, but do not belittle opposing teams and officials.

Three important IAHSAA and IGHSAA Rules pertaining to student-athletes should be noted:

1. A player "thrown out" of a game shall, at a minimum, miss the next game.
2. A player "thrown out" of two games during the same season is disqualified for one full calendar yr.
3. Striking or assaulting an official result in disqualification for one full year.

School Athletic Equipment Policy:

Students are responsible for and expected to maintain proper care of all equipment issued to them. Students are responsible for payment of any lost, stolen or damaged items. Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned at the completion of the season. Fines will be issued for those who do not return or pay for lost/damaged equipment. Additionally those student athletes will not be allowed to participate in another sport. Student-athletes are not to wear uniforms, either practice or game, at any time other than those allowed by specified team regulations.

Athletic Training Room Policies:

WLCS is fortunate to have a highly qualified and skillful part-time trainer as a contracted member of our staff. Our trainer comes to our school on Monday morning to see athletes. Appointments can be made by seeing the Athletic Director or Secretary.

The training program exists to help athletes receive the best possible care. At certain times, however, the trainer and training room facilities are extremely busy. Consequently, access to the training room and its services is limited to athletes who require care only. Training services are granted on a first come, first served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met.

In the event of an athletic injury, the trainer is in immediate control. At away contests, if the trainer is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to “take charge” of the situation and, if warranted, call for emergency care. All sport related injuries must be reported to the athletic trainer and a student may not return to competition without clearance by the trainer, which may also include written permission from a physician.

Student-athletes who have been treated for an injury must be cleared by the Athletic Trainer prior to resuming participation.

Transportation Policy:

When WLCS provides transportation to and from athletic events, student-athletes are required to ride that transportation. The members of the athletic staff feel it is in the best interest of team unity that everyone travel together and share the game experience. As the “guardian” during these trips, the athletic staff must be able to account for the whereabouts of all student-athletes and insure their safety. It is expected that our student-athletes will conduct themselves appropriately while on bus transportation. Any misconduct will result in a penalty including and up to dismissal if warranted. Student-athletes will be responsible for any damages to bus property and subsequent costs to repair or replace.

In the event that there are extenuating personal circumstances or games are scheduled back to back and a parent wishes to take responsibility for the transportation of his/her son or daughter, it is required, that the parent/guardian sign a document, provided by the coach, accepting responsibility. A parent/guardian must also present himself/herself to a member of the coaching staff informing the coach that his/her child is leaving with him/her. Student-athletes may then

ride with their parent/guardian. Student-athletes may not ride with other student-athletes or anyone else other than their parent/guardian.

Driver/Supervisor Responsibilities:

Supervisor

1. Responsible for knowing the basic behavioral regulations for students riding a bus.
 - no hands, arms, etc. out the windows
 - no standing in the bus while moving
 - aisle must be clear at all times
2. Responsible for the seating and behavior of the students.
3. Decides how to handle concerns of the driver (see Bus Driver item 3). Issues need to be taken seriously. Distractions to the driver have a negative impact on safety.
4. Ensures at the end of the trip that there isn't any needless littering on the bus.
5. Take attendance on the bus before departure & before leaving the activity/event.

Bus Driver

1. Has the bus clean, filled with gas & ready for boarding 15 minutes before departure.
2. Decides on all matters related to safety & weather. Examples:
 - returning early due to poor weather
 - turning around and going back to school due to poor road conditions.
3. If there are happenings on the bus that the driver finds distracting, makes the concern known to the supervisor. Driver should not deal with students directly

Policy on Practice During High Heat Conditions:

If school is dismissed early due to high heat conditions, the following guidelines are to be used for afternoon athletic practices and/or events.

Practice can be held immediately following school dismissal OR postponed until the evening (not earlier than 6:30 PM).

If practice is immediately after school . . .

- 1) Practice will be for JV and Varsity sports only. NO freshmen or jr high practice.
- 2) Practice will be for one (1) hour ONLY.
- 3) NO conditioning, - practice should be non-strenuous activity.

- 4) Extra water breaks should be provided.
- 5) Activity bus will pickup 90 minutes after school is dismissed.

If the coach elects to have practice in the evening . . .

- 1) Practice cannot start until 6:30 PM and should end by 8:30 PM.
- 2) Practice is optional. Some athletes may have work or family commitments. We must honor those commitments. NO penalties should be given to an athlete who cannot make an evening practice time (ie. athlete is allowed to fully participate in an upcoming game).
- 3) Practice can involve conditioning but use caution. If heat conditions are still high, practice should be less strenuous.
- 4) Due to transportation concerns, Freshmen and Jr. High practice is not permitted in the evening.

The administration may overrule all or any of this policy, depending on circumstances of the day.

Policy on Practice on Wednesday Night:

All practices shall be complete and students gone from the building by 6:30 PM on Wednesday night so that they may have the opportunity to take part in other regularly scheduled activities that occur on Wednesday night. There is an exception during the 2 weeks in which spring activities overlap with summer activities. During this time, players and coaches must work together to appropriately align practices with other activities.

Uniform Policy

All uniforms/warm ups will have blue, white, or grey as their dominant color. Black may be used as an accent color only. Pants or shorts may be blue, white, grey or black. All uniform (from school or team account) purchases must have written approval from the Athletic Director before order is placed. To receive approval, the Athletic Director must be provided with price quote and final proof of uniform.

IAHSAA/IGHSAU Rules:

I) Eligibility Rules:

36.15(2)

(1) Each contestant shall be passing all coursework for which credit is given and shall be making adequate progress toward graduation requirements at the end of each grading period. Grading period, graduation requirements, and any interim periods of ineligibility are determined by local policy. For purposes of this subrule, "grading period" shall mean the period of time at the end of

which a student in grades 9 through 12 receives a final grade and course credit is awarded for passing grades.

(2) If at the end of any grading period a contestant is given a failing grade in any course for which credit is awarded, the contestant is ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions in which the contestant is a contestant for 30 consecutive calendar days.

d. A student with a disability who has an individualized education program shall not be denied eligibility on the basis of scholarship if the student is making adequate progress, as determined by school officials, towards the goals and objectives on the student's individualized education program.

e. A student who meets all other qualifications may be eligible to participate in interscholastic athletics for a maximum of eight consecutive semesters upon entering the ninth grade for the first time. However, a student who engages in athletics during the summer following eighth grade is also eligible to compete during the summer following twelfth grade. Extenuating circumstances, such as health, may be the basis for an appeal to the executive board which may extend the eligibility of a student when the executive board finds that the interests of the student and interscholastic athletics will be benefited.

f. All member schools shall provide appropriate interventions and necessary academic supports for students who fail or who are at risk to fail, and shall report to the department regarding those interventions on the comprehensive school improvement plan.

g. A student is academically eligible upon entering the ninth grade.

h. A student is not eligible to participate in an interscholastic sport if the student has, in that same sport, participated in a contest with or against, or trained with, a National Collegiate Athletic Association (NCAA), National Junior College Athletic Association (NJCAA), National Association of Intercollegiate Athletics (NAIA), or other collegiate governing organization's sanctioned team. A student may not participate with or against high school graduates if the graduates represent a collegiate institution or if the event is sanctioned or sponsored by a collegiate institution.

Nothing in this subrule shall preclude a student from participating in a one-time tryout with or against members of a college team with permission from the member school's administration and the respective collegiate institution's athletic administration.

i. No student shall be eligible to participate in any given interscholastic athletic sport if the student has engaged in that sport professionally.

j. The local superintendent of schools, with the approval of the local board of education, may give permission to a dropout student to participate in athletics upon return to school if the student is otherwise eligible under these rules.

k. Remediation of a failing grade by way of summer school or other means shall not affect the student's ineligibility. All failing grades shall be reported to any school to which the student transfers.

WLCS Good Conduct Policy:

Rationale

As representatives of the school, students involved in extracurricular and co-curricular activities have a responsibility to demonstrate good conduct both in and out of school at all times throughout the calendar year, whether school is in session or not. Activity participants not only represent themselves as individuals, but also represent the school and community. Participation in extracurricular and co-curricular activities is considered a privilege. Students who wish to retain the privilege of participating in extracurricular and co-curricular activities must conduct themselves in accordance with this policy.

Definitions

Offense or Violation

- possession, use, or purchase of tobacco products or look-a-like tobacco products such as, but not limited to, e-cigarettes, 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");
- being in attendance at a function, party, or vehicle where the student knows or has reason to know that alcohol or other drugs are present or being consumed illegally by minors and failing to leave despite having a reasonable opportunity to do so;
- possession, use, purchase, or attempted sale/purchase of illegal drugs, or the unauthorized possession, use, purchase, or attempted sale/purchase of otherwise lawful drugs;
- any conviction of a felony or serious misdemeanor (as defined by Iowa law) or placement on probation

Mere Presence

If a student finds him- or herself in a situation where alcohol or other drugs are present or being consumed illegally by minors, the student's options are:

1. Leave immediately. An *intention* to leave is not a defense. Nor is being the "designated driver."
2. Apply "reverse" peer pressure to convince the persons responsible for bringing the contraband substances to leave the party and take the drugs/alcohol with them.
3. Otherwise get rid of the offending substances. (Flush or pour, but do not consume!)
4. Stay and risk loss of eligibility for extracurricular and co-curricular activities.

Activity

The sport, extracurricular, or co-curricular the student is participating in. Examples of activities include but are not limited to: volleyball, cross country, FFA, musical, choir, basketball, cheerleading, speech, softball, etc.

Event

1. any public performance or interscholastic competition on the school calendar, with the exception of meetings, pre-season inner squad scrimmages, pre-season band parent night.
2. any performance in which an admission fee is charged
3. any scheduled events where a school team, group, or club travels outside the school district

Self-Report

1. a report (in person or by phone/ email) made to the principal or athletic director by the student in violation within 72 hours of the occurrence of the violation or alleged violation
2. If student fails to self-report within 72 hours, the ineligibility will be doubled (ex. 9 weeks become 18 weeks, 3 events become 6 events)

Penalty

Any student who commits an offense as defined above will be considered to be in violation of the West Lyon Good Conduct policy. Students who violate this policy will not be allowed to participate in events as follows:

1st offense: Ineligible for events outlined in chart A (see below) that occur during a 9 week (63 calendar days) period. The 9 week period begins with the first event the student would normally be involved in.

2nd offense: Ineligible for events outlined in chart A (see below) that occur during an 18 week (126 calendar days) period. The 18 week period begins with the first event the student would normally be competing or performing in.

3rd offense: Ineligible for all events as defined above for 365 calendar days. Ex. All scheduled football games and football playoff games, All musical performances, All 20 basketball games and postseason, etc.

Examples (for illustrative purposes only):

1. Student A is involved in volleyball, school musical, and marching band. Student A reports a first-offense violation that happened in July. Student A is ineligible for a 9 week period beginning with the first volleyball event, and is ineligible for 3 volleyball matches, 2 marching band performances, and one musical performance that happen during the 9 week period.
2. Student B is involved in basketball, student council, and speech. Student B reports a first-offense violation during basketball season. The 9 week ineligible period begins with the next basketball event and Student B is ineligible for 4 basketball events/games and 1 speech event that is scheduled during the 9 week period. The student is also removed from student council for the remainder of the school year.
3. Student C is involved in FFA, speech, and the spring play. Student C reports a first-offense violation on February 2. The first ineligible event is speech district contest. The 9 week period begins on that date. The student also is ineligible for 1 performance of the school play, and 4 FFA events (one of which is state leadership conference) that is scheduled during the 9 week ineligible period that began with the speech contest.

Student Good Conduct - Related Rules

Students who have violated the Good Conduct policy in grades 7 & 8 shall have their record expunged at the start of high school, grade 9. A Good Conduct violation in 9th grade shall be recorded as a 1st offense regardless of the student's record in junior high (grades 7 & 8).

- B. If student denies commission of the offense and is later convicted in court, the denial counts as a first offense and the conviction counts as a second offense (or 2nd and 3rd offense if applicable). The 2nd offense (or 3rd offense if applicable) will be enforced.
- C. Students involved in multiple levels (9th, JV, varsity) in a sport during the same season, the student is ineligible for the listed number of events (see Chart A below) for each level of the sport. Example: Student A plays JV and varsity football. The student is ineligible for 2 JV games and 2 varsity games.
- D. If a student is not involved in activities at the time of the Good Conduct violation, the penalty carries over for 1 calendar year and applies to the first activity the student is involved in within that calendar year.

Examples (for illustrative purposes only):

1. A student in wrestling has a Good Conduct violation at the state wrestling meet as a spectator. He is not involved in any other activities. The 9 week, 8 match ineligibility begins at the start of the next wrestling season the following school year.
 2. Student A is in 10th grade, not involved in any activities, and has a Good Conduct violation. In 12th grade, Student A gets a part in the school musical. Because this is beyond the 1 year (365 days) limit for Good Conduct ineligibility, Student A has full participation in the school musical.
- E. Students that are injured and are not able to participate in an event due to the injury cannot use the injury time to serve ineligibility. Likewise, students that are ineligible for academic reasons (30 days for failing a class) cannot use that time towards Good Conduct ineligibility. The ineligibility period is placed on hold until the student can resume normal activity.

Examples (for illustrative purposes only):

1. Student B has a Good Conduct violation and is ineligible for four softball games. Student B misses one game but then injures her ankle in practice before the second game. The injury is severe enough that she cannot play for 2 weeks as determined by the athletic trainer. Games scheduled during that two week injury period do not count towards the ineligibility penalty of 4 games. Student B will miss the remaining 3 games once the athletic trainer or doctor declares Student B well enough to resume play.
 2. Student C failed a 1st semester class. She is ineligible by state law to participate in activities for the first 30 calendar days of 2nd semester. She also attended a high school party at New Years where alcohol was consumed by minors, a Good Conduct violation. She is ineligible to participate in events as defined above for a 9 week period beginning with the first event Student C participates in after the 30 day academic suspension ends.
- F. West Lyon will not allow students to participate in an activity for the sole purpose of fulfilling a Good Conduct violation. With the exception of the 9th grade year, a student must have been in the activity for the entire season the previous year for the student's period of ineligibility to apply. A student may not begin an activity mid-season/year for the sole purpose of avoiding consequences in his or her favored area(s) of participation.

- G. Students are expected to complete the entire activity season in order to fulfill the Good Conduct violation requirement. If they quit the activity before the season is completed, they will be required to serve the entire consequence over.
- H. The start of a season is defined as beginning on the date of the first event of that activity. The student must finish a season in good standing with the coach/sponsor for the ineligibility to qualify.
- I. Students lose work release or late start/early release privileges, beginning on the date of the 1st event of ineligibility, for:
- 1st offense - 2 weeks
 - 2nd offense - 4 weeks
 - 3rd offense - remainder of school year
- J. Students who transfer in from another school district and the student is currently serving a period of ineligibility for a violation of the previous school district's Good Conduct policy, the student shall be ineligible at West Lyon for the remainder of the ineligibility period as defined by the previous school.
- K. Further penalties may be imposed by the coach/advisor of the activity.
- L. All students are governed by these regulations from the last day of school of their 8th grade year through their senior year (if a senior graduate participates in school related activities the following summer, these regulations apply for the duration of the activity). All offenses will accumulate from one offense to the next throughout the student's 9-12 school years. If, for example, a 9th grade student was guilty of using tobacco (first offense) and then in 11th grade is guilty of using alcohol, this would constitute a second offense. The Good Conduct policy remains in effect throughout the calendar year (365 days).
- M. FFA Clarifications
The events that count towards ineligibility for FFA must meet the definition as listed previously in this policy or meet the Iowa Degree qualifications for an "above the local level activity." The events under FFA to serve as ineligibility events include, but not limited to State Leadership Conference, WLC, Greenhand Fire-up, the FFA Banquet, any national level events/competitions, any fairs where the student is competing under West Lyon FFA, etc. Multiple day events such as State Leadership Conference still count as one event. FFA meetings and activities held at meetings, or classroom activities do not count towards ineligibility.

Also, as stated in the West Lyon FFA officer application, the student realizes that if he/she is found to be in violation of the school's good conduct code (as outlined in the school handbook) he/she will be removed from office for the remainder of his/her term, as well as participation from any FFA activities which falls under the school's decision.

CHART A -

Ineligible for the following events during a 9 week period (1st offense) or 18 weeks (2nd offense)

Activity	1st Offense	2nd Offense	3rd Offense
Football (and Cheerleading)	2 games	4 games	365 days
Cross Country	2 meets	4 meets	365 days
Volleyball	3 matches	6 matches	365 days
Basketball	4 games	8 games	365 days
Basketball Cheerleading	2 games	4 games	365 days
Wrestling	8 matches	16 matches	365 days
Wrestling Cheerleading	2 events	4 events	365 days
Track	2 meets	4 meets	365 days
Golf	2 meets	4 meets	365 days
Baseball	4 games	8 games	365 days
Softball	4 games	8 games	365 days
Marching Band	2 performances	4 performances	365 days
Concert/ Pep Band	2 performances	4 performances	365 days
Jazz Band	1 performance	2 performances	365 days
Mixed/ Women's Choir	1 performances	2 performances	365 days
Jazz/ Show Choir	1 performance	2 performances	365 days
Honor Choir/Band and/or All-State Choir/Band and/or Solo/Ensemble Contest and/or State Large Group Contest	Ineligible	Ineligible	365 days

FFA	4 events - State & National conference considered 1 event each - officers are removed for remainder of term.	8 events missed - officers are removed from office for remainder of term.	365 days - officers are removed from office for remainder of term.
Speech (including Large Group and Individual Events)	1 event	2 events	365 days
FCCLA	1 event - State & National conf. considered 1 event each. Officers removed for remainder of term.	2 events - officers are removed from office for remainder of term.	365 days - officers are removed from office for remainder of term.
Fall Musical/ Spring Play	1 night of performance missed	2 nights of performance missed	365 days
Elected positions (StuCo, Homecoming/ Prom royalty, Prom servers/ punch pourers, etc.)	Removed from any current office/position for remainder of school year.	Removed from any current office/position for remainder of school year.	Removed from any current office/position for remainder of school year.

WLCS Hazing Policy:

Hazing is an intentional or reckless act(s) involving forced activity which endangers the physical health or safety of a student for the purpose of initiation or admission into, or acceptance by a class, or affiliation with any group or organization connected to the school. Prohibited acts include, but are not limited to, activity meant to embarrass or humiliate a student, any brutality of a physical nature such as whipping, forced confinement, or any activity which endangers the health/safety of the student.

"Forced activity" means any activity which is a condition of initiation, affiliation, or admission into any group or school organization or acceptance by a class, regardless of a student's willingness to participate.

This prohibition applies to hazing activities on school grounds, school transportation, and at all school events (home or away). The school may enforce this policy to hazing acts done away

from school if there is a direct and immediate connection to and effect on the students or the school environment.

Student(s) who engage in hazing will be suspended from school for up to ten days as well as suspended from any school activity in which connection to the hazing occurred, where applicable. Students who engage in severe acts of hazing may be brought before the school board for an expulsion hearing. Length of the suspension will be determined by the principal and will be based on the severity of the act(s). The activity suspension may be for the entire season of that activity, but no less than two weeks. During the suspension, the student is not allowed to practice or be affiliated with the activity in anyway (no games, no travel with team, etc).

Athletic Code of Conduct:

Daily Attendance:

Any student-athlete absent from school the day of scheduled game or practice session will not be allowed to participate in that game or practice. A student must be in school from 5th-8th hours in order to participate.

Students in “Good Standing”:

All athletes must be a student in “good standing” in order to participate in athletics. “Good standing” is defined but not limited to:

- Adherence to school rules that regulate behavior and attendance
- Respectful behavior towards all members of the school community

A student is considered not to be in good standing during the season of play/activity if he/she has a suspension, detention or class cuts. A student found not to be in good standing may be denied the privilege of participating in an interscholastic sport or extracurricular activity.

Academic Duty:

Students will plan their time so that they will devote sufficient energy to their studies to ensure grades representing their true abilities.

Taunting:

Taunting, either as an active team member or as a spectator, at a sporting event is forbidden and may lead to suspension or elimination from the team.

Honesty and Integrity:

Honesty is expected at all times. Stealing and lying will not be tolerated and, subject to due process, will result in immediate dismissal from the team. Any individual who is found in possession of another individuals personal property could forfeit their privilege to participate on

any WLCS Athletic team. Participation on a WLCS athletic team after will be contingent upon the outcome of a hearing comprised of WLCS Administration and the Athletic Director.

Representation:

Student Athletes are considered representatives of the school at all practices and contests and events. Students will conduct themselves properly when traveling as they represent the community, school and team. Profanity will be discouraged.

Respecting the Spirit of the Game:

Students will realize that officials do not lose a game, but are there for the purpose of insuring the game they are playing is a fair and safe contest for all participants. The officials will be shown courteous respect at all times. Student-athletes will also not employ illegal tactics to gain an advantage.

Respect for the Coaching Staff:

Students will understand that their coaches have their best interests in mind as they plan and guide the athletic team. They will obey the specific rules of the coach.

Respect for school buildings and grounds:

Students will understand that damage to the school building, grounds, or school equipment could result in immediate suspension from the team. The length of such suspension will depend on the severity of the damage as determined by the Athletic Director and Coach. Please note, cleats are not to be worn in the building or on the track at any time.

FINAL MESSAGE TO ALL STUDENT-ATHLETES, SPECTATORS AND PARENTS:

We urge you to support WLCS Athletics by:

- Attending sporting events.
- Lending positive support to our teams and coaches.
- Encouraging all players without regard to their role on the team.
- Helping other spectators and parents to maintain an appropriate sportsmanlike attitude.
- Showing respect for the authority of the game officials.
- Enjoying the West Lyon High School athletic experience

GO CATS!