



Durant Athletic Department

Student Handbook

Adopted April 16, 2007
Implemented August 1, 2007
Amended and Implemented June, 2016

Physicals, Insurance, Consent, and Acknowledgment Sheet

Any student wanting to participate in athletics must have a completed acknowledgement sheet **BEFORE** joining one of the athletic teams. Completed forms must be returned to your head coach or the Activities Director.

A. Physical Examination

The IAHSAA and the IGHSAA rules require that **ALL** athletes have a physical examination **BEFORE** starting athletic practices each year.

Every year, each student shall present to the Activities Director a certificate signed by a licensed physician and surgeon, osteopathic physician and surgeon, osteopath, or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in athletic competition.

The certificate of physical examination is valid for the purpose of this rule for one (1) calendar year. A grace period not to exceed thirty (30) days is allowed for an expired physical.

B. Consent

Parents consent to having their son or daughter participate in a sport(s) knowing that on some occasions serious, perhaps crippling, injuries may occur in sport participation.

C. Athletic Handbook and Acknowledgement

Students and parents are to read the Athletic Handbook and are expected to follow the policies set forth by the District. Any questions about the handbook

Durant Athletics Handbook

should be directed first to the athlete's head coach and then to the Activities Director for clarification.

Scholarship Rule: AKA "No Pass, No Play"

Student-Athletes in the State of Iowa must meet the following requirements to participate in Interscholastic Athletics. This law became effective 7/1/08 and is required by all Iowa schools.

1. A student must receive credit in at least 4 subjects at all times.
2. A student must pass all and make adequate progress toward graduation to remain eligible.
3. If a student is not passing all at end of a final grading period, student is ineligible for first period of 30 consecutive calendar days in the interscholastic athletic event in which the student is a contestant. There is no requirement that the student competed in the sport previously. Students in baseball or softball have the same penalty as all other students.
If a student is not passing all at any check point (**If** school checks at any time other than the end of a grading period), period of ineligibility and conditions of reinstatement are left to the school.
4. Schools must check grades at the end of each grading period; otherwise, a school determines if and how often it checks grades.
5. A student with a disability and an IEP is judged based on progress made toward IEP goals.
6. The ability to use summer school or other means to make up failing grades for eligibility purposes not available. The rule now also requires that all original failing grades (even those remediated for purposes other than athletic eligibility) be reported to any school to which the student transfers.

Durant Athletics Handbook

Clarifications

1. What is a bona fide contestant?

This is a student that is in good standing in a sport of their choice at any time in their athletic career.

2. What is the Look Back Rule?

When a student is deemed ineligible for 30 calendar days this ineligibility will be present for 1 calendar year if an athlete does not participate in an athletic event before then. (Ex. If an athlete goes out for football in the fall, fails a fall class and does not go out for sports again until football the next fall that student has a 30 day ineligibility to serve)

Durant CSD Grading Policy (per Student Handbook)

The Board of Education maintains the position that the educational progress of each student is the responsibility of the school, the student, and the parent.

4 1/2 Week Progress Reports: Notices are sent to parents at the end of the third, sixth, twelfth, and fifteenth week of each semester for all students receiving a D or F in any class. These reports will be mailed and are merely an update on progress; they are not a final report signifying the end of a grading period. Online classes (not PSEO's) will also have progress reports sent home for these 3-week grade monitoring periods.

Mid-Term Progress Reports: Students will be given a Mid-Term progress report at the end of the nine week grading period. This will look similar to a report card and will have the progress and grades of all classes the students in currently enrolled in at Durant. Online courses and PSEO's will not have grades listed.

Report Cards: Semester report cards will be sent home via mail.

Durant Athletics Handbook

***Parents are encouraged to check their child's grades electronically at any time via our JMC grading system.

Note: DURANT MIDDLE SCHOOL STUDENTS will use administration and coach discretion in determining academic eligibility in accordance with state guidelines.

DURANT HIGH SCHOOL STUDENTS will be ineligible to participate in athletics for 1 week whenever a failing grade is reported at any 6 week or Mid Term Progress Check. The student-athlete will remain ineligible for another week the student-athlete continues to have a failing grade. Any student who fails a course at the semester will be ineligible for 30 days in accordance with state guidelines.

Other eligibility requirements set forth by IHSAA & IGHS AU

1. Student must be under 20 years of age.
2. Student has attended high school for no more than eight (8) semesters.
3. Student has transferred into the district without establishing residency with his parents or court appointed guardians.
 - a. This is a period of 90 days applicable to only varsity level competitors.
 - b. Sub-varsity level students are immediately eligible to compete.
4. If you have ever accepted an award for your high school participation from an outside group other than an inexpensive, unframed, unmounted paper certificate of recognition, or if you have ever received money for expenses or otherwise, for your participation in an athletic contest.
5. If you have ever trained with a college squad or participated in a college event.
6. If your habits and conduct both in and out of school are to make you unworthy to represent the ideals, principles, and standards of your school.

General Rules and Regulations

A. Changing Sports

Athletes will NOT be allowed to transfer from one sport to another during a given season without both head coaches and AD approval.

B. Attendance in School

Durant Athletics Handbook

1. Students must be at school by the start of 2nd block each day in order to participate in practice or competitions on that day. Exceptions may be made through the Principal's office in advance due to funerals, doctor's appointment, etc. Late start situations will be handled on a case by case basis.
2. Avoidable/Truant single period absences (skipping) during a given day will cause an athlete to be withheld from practice or contest on that day. And may require additional action based on the individual situation.
3. When an athlete is suspended the following shall apply...
 - a. In- School Suspension (ISS): The student will be allowed to practice/participate as usual however may be subject to other penalties as outlined by the coach of their sport.
 - b. Out of School Suspension (OSS): The student will lose ALL extra-curricular activities on that day(s), and may be subject to other penalties as outlined by the coach of their sport.

C. Conduct on Trips

1. Athletes will be considered as "good will ambassadors" for the Durant CSD. (See Player's Roll on p. 8)
2. Athletes will conduct themselves as ladies and gentlemen at all times, both on and off the playing surfaces.
3. Failure to comply with the above articles will result in disciplinary action appropriate to the misconduct as determined by the Activities Director and head coach in accordance to our Code of Conduct.

D. Dress and Appearance

1. Coaches will have authority to set reasonable guidelines for athletes dictating dress and appearance. This will be spelled out in the athlete/parent paperwork.

E. Bus Behavior

1. Athletes will be expected to behave as ladies and gentlemen at all times on buses.
2. Bringing food on buses is permissible only with the permission of the driver.

Durant Athletics Handbook

3. If food is permitted by the driver, athletes will be responsible for the following:
 - a. Putting all waste and refuse in designated trash receptacles.
 - b. Checking the bus for “loose” trash and refuse, cleaning when appropriate.

4. Any damage to buses, caused by athletes, will be paid for by the athlete(s). Said athlete(s), will also be subject to further disciplinary action appropriate to the misconduct as determined by the Activities Director/head coach in accordance to our Code of Conduct. The student handbook will also be consulted.

F. Returning from out-of-town contests

Athletes will return from all out-of-town contests with their squads and by school transportation. Exceptions:

- a. Parents may take their athletes home with them **ONLY** after personally speaking and signing a release form with the coach or have provided prior written notice.
- b. Athletes may only go home with their parents. Any special circumstances must be cleared with the Activities Director.

Please do not make requests to ride home with parents just to ride home with parents. The team concept should always be paramount.

G. Athletes Driving to Practices or Contests in local area

Whenever possible and practical, it is our practice to furnish school transportation to practices and contests. However, occasionally it is necessary for us to have athletes report to the site rather than furnish school transportation (example: golf practice). In cases where athletes are asked to drive, we expect and encourage them to observe the following:

- a. Observe all traffic regulations
- b. Practice safety
- c. Do not overload your seating capacity

Durant Athletics Handbook

- d. Take the shortest, safest, route to and from the site

H. Practice not held on school grounds

Sometimes practicing off of school grounds is appropriate due to lack of appropriate facilities, terrain (cross country), or research (golf). This is allowable with the approval of the Activities Director.

Procedure When Leaving a Squad

When dropping or being dropped from a squad, athletes will:

1. Notify the head coach when dropping.
2. Turn in or pay for all school gear the same day you drop. Failure to do so may result in the following:
 - a. Inability to participate in future sports endeavors.
 - b. Billing for the items at replacement cost.
 - c. Legal action could be pursued.
 - d. Possible days of ISS may be assigned.
3. Athlete will not be eligible to participate in any other sports until all requirements have been met.

Returning to a Team Following Injury

When returning to a team after missing time from injury because of a physician/trainer an official release from a **licensed medical professional** is necessary to resume practice and competition. If given to the Head Coach, he/she must give the note to the A.D. prior to eligibility being restored. There will be NO exceptions to this policy. Hard copy documentation is required.

Equipment Room/ Gymnasium Procedures

Durant Athletics Handbook

A. Athletic Equipment

1. In most sports, practice and/or game equipment will be issued to athletes. Athletes will be responsible for said equipment. Equipment however, remains the property of the school.
2. All equipment will be returned when the athlete finishes the sport either at the end of the season or upon quitting/being asked to drop the sport. This is to be done immediately.
3. Any equipment will be paid for by the athlete if it is lost (this includes theft), or destroyed through negligence. Cost of equipment will be determined by the Activities Director and will be based on current replacement cost of equipment. New equipment will be issued only upon receipt of payment for lost article(s).
4. School owned equipment is to be worn only at scheduled practice, games/meets, or scheduled times.

B. Gymnasium Procedure

1. At no time is it permissible for an individual or group to work out in the gymnasium without authorized supervision.
2. At no time will an individual or group be working out, jogging, or “messaging around” while teams or squads are having an official practice session.
3. Athletes in the gymnasium for one sport will refrain from using equipment not specifically for their sport.
4. Students are not to be in the weight room without authorized adult supervision.

Carryover Sports Guidelines

The following guidelines are to be followed when dealing with athletes who are completing one sport when another is beginning.

1. Concluding sport has priority. Athletes are not to be discouraged from attending practice of beginning sport after completion of a concluding sport practice. Conversely, athletes are not to be penalized for completing their commitment to the concluding sport.

Durant Athletics Handbook

2. Appropriate restrictions in the beginning activity may be requested by the concluding sport coach for the dual sport athletes.

These guidelines are **NOT** intended to put the athlete in the middle of any controversy. All athletes who may be involved in the two sports should be identified prior to the start of the beginning season and parameters set at that time to ensure that athletes and parents are clear on the expectations and commitment expected of student athletes.

Sportsmanship

Players Role

Players are admired and respected by students of all levels as well as adult spectators. They have significant influence over the actions and behavior of spectators of all ages.

Required Responsibilities

Players will perform the following responsibilities:

1. Accept and understand the seriousness of their responsibility and the privilege of representing the school and community.
2. Learn the rules thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist everyone in the achievement of a better understanding and appreciation of the game.
3. Cooperate with the coaches and always exercise good sportsmanship by living the rules and role as stated.
4. Only the captain may communicate with the officials on the clarification of rules. It is his/her responsibility to communicate what was said back to his/her teammates and/or coach at the coach's discretion.
5. Respect the official's judgment and interpretation of the rules. Never argue or make non-verbal gestures, which indicate disagreement. This type of

Durant Athletics Handbook

immature activity may incite undesirable behavior in the stands and by teammates.

6. Congratulate opponents in a sincere manner following either victory or defeat. This is a true measure of character.
7. Exercise self control at all times, accepting all decisions, unusual occurrences, and abiding by them.
- 8. Treat opponents with respect!**

Preventive Measures

A. Before

- i. Shake hands with opponents and express good luck
- ii. Learn the rules
- iii. Practice your coach's rules in character development

B. During

- i. Help players who are down get to their feet.
- ii. Shake hands after an aggressive exchange.
- iii. Never gesture to officials, players, coaches, or fans in a negative manner.
- iv. Never disagree openly with an official or coach's decision.
Carry on ethically and maturely regardless of your true feelings.
- v. Shake the opponent's hand if he/she fouls out or extend congratulations when he or she is leaving the contest.

C. After

- i. Make every effort to extend a congratulatory handshake to your opponent immediately at the game's conclusion.
- ii. Never debate something that occurred during the game with anyone, as it is in the past.
- iii. Be objective when communicating to the media about the contest. Don't be controlled by your emotions.
- iv. Show concern for injured opponents and teammates.
- v. Promote sportsmanship and your athletic experience positively whenever and wherever the opportunity is available.

Open Gym Policy

Durant Athletics Handbook

Off season sports will be limited to one (1), hour and a half session, for their respective sport during the week throughout the school year. This does not include pitchers and catchers workouts. The open gyms are not to conflict with other home events so that they draw students away from attending said event. Open gyms are to be open to all currently enrolled students at Durant.

Open gyms must be supervised by an adult. Coaches should follow all IGHS AU/ IAHSSA regulations pertaining to their involvement in the open gym setting.

Durant Community School District Code of Good Conduct

Philosophy

Students of the Durant Community School District are encouraged to participate in extra-curricular activities to gain from the positive educational benefits of participation in these activities. Among the benefits of participation is the development of constructive attitudes for further citizenship, including principles of fair play, sportsmanship, respect for others, rules, authority, betterment of one's health and well being. These benefits would also include development of leadership, group pride, teamwork, self-discipline, self sacrifice, and the values of a fair-shared commitment by those involved.

Students who participate in extra-curricular activities represent our school to the community, and their conduct is one major factor by which our school is judged. At Durant Community Schools we encourage a high standard of conduct on the part of students. To ensure the reputation, integrity, and high standards of our school system, students participating in extra-curricular activities must conduct themselves in accordance with the Board of Education's Student Good Conduct Policy. Participating in athletics is a privilege not a right!

Purpose

The purpose of the Good Conduct Policy is to establish and provide for the consistent enforcement of standards of conduct for students participating in extra-curricular activities in the Durant Community School District.

Durant Athletics Handbook

Through this document students will become aware of the expectation of behavior, and the student will have a motivational tool to deter him or her from inappropriate actions or behavior.

****NOTE DCSD CODE OF GOOD CONDUCT IS IN EFFECT 24 HOURS A DAY 7 DAYS A WEEK AND RUNS THE ENTIRE CALENDAR YEAR (JULY 1ST TO JUNE 30TH)**

ALL CONDUCT VIOLATIONS FOLLOW THE OFFENDING STUDENT FOR THEIR ENTIRE CAREER AT DURANT CSD. CONDUCT VIOLATIONS DO NOT START OVER EACH YEAR.

PENALTIES FOR IGHS AU OR IAHSAA ACTIVITIES

MAJOR VIOLATIONS

A. First Violation: (Major)

1. Loss of participation for 1/3 of the season and must continue to participate in order for suspension to be served. If suspension is not complete at the end of the season the remainder will follow the individual to the next activity they participate in based on the percentage left.

B. Second Violation: (Major)

1. Loss of one season of contest participation. The participant must continue to participate in order for the suspension to be served. If greater than 1/2 of a season is left to be served that will count as one season. If less than 1/2 of the season is left then the penalty will be prorated into the following activity participated in.

C. Third Violation: (Major)

1. The loss of one calendar year of activities. The participant may practice with teams if they so choose with the approval of the AD and Head Coach. This suspension will be in effect from the date the decision is handed down.

Durant Athletics Handbook

2. The participant may petition the Activities Director for reinstatement after three of the sports seasons in that calendar year have passed. The following criterion must be met in order to obtain reinstatement.
 - a. Receive no other suspensions from school during that time.
 - b. Maintain a minimum of 2.0 GPA during the entire suspension with no failures.
 - c. Have no more than two (2) unexcused absences during that time period.
 - d. Complete appropriate counseling class (drug abuse, anger management, etc.) approved by the Activities Director and provide proof of completion. Any fees in conjunction with this class will be the individual's responsibility.

D. Fourth Offense: (Major)

1. Lifetime participation ban from all activities.

****ALL PENALTIES AND FRACTIONS OF CONTESTS WILL BE ROUNDED UP TO COUNT AS COMPLETE CONTESTS.**

MAJOR OFFENSES will include but are not limited to the following items...

1. Drugs: The possession, sale, purchase or use of controlled substances, street drugs, misuse of over the counter drugs, and performance enhancing substances is prohibited.
2. Alcohol: The use, consumption, possession, and/or purchase of alcoholic beverages are prohibited.
3. Theft: Theft, in or out of school, will not be tolerated.
4. Tobacco: The use, smoking, chewing, or possession of any tobacco product is prohibited.
5. Assault: The physical or verbal (i.e., use of profane or abusive language) assault of any adult or student will not be tolerated.

Durant Athletics Handbook

6. Vandalism: Permanent or destructive damages to school, personal, or public property including but not limited to graffiti, property damage, and all other intentional destructive acts.
7. Any Class I or Class II Violations per the DCS 5-12 Handbook.

MINOR VIOLATIONS

Minor violations will consist of a minimum of one (1) game suspension from athletic competition with a possibility of further sanctions at the discretion of the Activities Director and Head Coach.

The distinction between major and minor violations will be made by the Principal and Activities Director after review of pertinent information.

Conduct Violations

1. Conduct unbecoming a participant may include one or more of the following.
 - a. Misbehavior in class and/or at an activity. Including but not limited to:
 - (1) Being removed from class and/or an activity for disciplinary reasons or insubordination
 - (2) Academic dishonesty
2. Disorderly conduct, as defined by state law, in or out of school.
3. Blatent disrespect of a staff member or school personnel.
4. Truancy/Ditching one or more class periods.

Administration of Conduct Policy

Durant Athletics Handbook

- A. The standard of proof required to enforce this policy will be the establishment of truth of the violation by use of evidence. The Activities Director must determine that the accused is guilty before any penalty is handed down.
- B. Evidence that the Activities Director may take under advisement for establishing guilt or innocence can come from the following sources...
1. Self Reporting
 2. Police reports/citations
 3. Statements from witnesses (adult or student)
 4. Other evidence determined by the investigation
- C. In the event that the Activities Director or another administrator is made aware by a reliable source that the athletic code was broken, the Activities Director will investigate the situation. The Administration may interview and take statements from persons involved in the situation. From the investigation, interviews, and possible statements, the Activities Director will make a decision on any code violations.
- D. The Activities Director will inform the participant and his/her parents/guardians of the decision and the ramifications of the decision.

What is possession?

- A. Possession is the act of having the substance on one's own person, in a vehicle belonging to or driven by the person, knowingly being in a vehicle that contains illegal substances, or knowingly keeping or storing something that is in violation of our policy.

Durant Athletics Handbook

*****STUDENTS ARE ENCOURAGED TO BE VERY SELECTIVE ON WHAT THEY POST ON ONLINE "FACE BOOK" OR "MY SPACE" TYPE PAGES AS THIS SOURCE IS OPEN TO THE PUBLIC. POSSIBLE CONDUCT VIOLATIONS MAY BE DETERMINED FROM THESE PHOTOS OR STATEMENTS BOTH IN THE ATHLETIC CODE AND THE HIGH SCHOOL HANDBOOK.***

NOTE: ALL DECISIONS PER THE ACTIVITIES DIRECTOR ARE FINAL.

Appeal Process

After a ruling of ineligibility resulting in suspension from activities has been made the participant and/or the parents/legal guardians may formally appeal the decision by taking the following steps. During the appeal process the student is ineligible until the final decision is rendered.

A Step One

1. An Athletic Review Council will be convened consisting of the following people.
 - i. Two (2) out of season Head Coaches
 - ii. Student Council President
 - iii. Two (2) out of season Assistant Coaches
 - iv. Activities Director (non-voting member)
2. The AD must receive, in writing, a request for a second hearing within five (5) school days of the outcome of the suspension being handed down by the Activities Director.
3. The AD, within five (5) school days of receipt of such a written appeal, shall contact by telephone or in person (and follow up letter), the participant and/or the parents/legal guardians to establish a date for an appeal.
4. The participant and/or parents/legal guardians will be provided an opportunity to present evidence as part of the appeal process.
5. The Council shall submit a written report.

Durant Athletics Handbook

B Step Two

1. If the participant and his/her parents/legal guardians are not satisfied with the findings, an appeal may be requested before the Principal
2. The Principal must receive, in writing, a request for a hearing within five (5) school days of the outcome of the suspension being handed down by the Principal.
3. The Principal, within five school days of receipt of such a written request, shall contact by telephone or in person (and follow up letter), the participant and/or the parents/legal guardians to establish a date for an appeal.
4. The participant and/or parents/legal guardians will be provided an opportunity to present evidence as part of the appeal.
5. The Principal shall submit a written report.

C Step Three

1. If the participant and his/her parents/legal guardians are not satisfied with the findings, a third appeal may be requested before the Superintendent.
2. The Superintendent must receive, in writing, a request for a second hearing within five (5) school days of the outcome of the suspension being handed down by the Principal.
3. The Superintendent, within five school days of receipt of such a written appeal, shall contact by telephone or in person (and follow up letter), the participant and/or the parents/legal guardians to establish a date for an appeal.
4. The participant and/or parents/legal guardians will be provided an opportunity to present evidence as part of the appeal.
5. The superintendent shall submit a written report.

Durant Athletics Handbook
DURANT COMMUNITY SCHOOL
ATHLETIC APPEAL REINSTATEMENT FORM
(This form is to be submitted to the AD/Principal/Superintendent)

Date _____

I do submit this appeal to be reinstated on _____ the team/club.

The following people will speak on my behalf to the Review Council/Principal/Superintendent:

1. _____

2. _____

3. _____

4. _____

Signed by Person(s) appealing: _____

(The AD/Principal/Superintendent will fill bottom half.)

Meeting Date: _____

Time: _____

Place: _____

Action taken: _____

Principals'/Superintendent's Signature: _____