

OCONTO UNIFIED SCHOOL DISTRICT

HIGH SCHOOL

ATHLETIC/ACTIVITIES HANDBOOK

2023-2024 School Year



Home of the Blue Devils

“LEADERS & LEARNERS – TODAY & TOMORROW”

Revised June 2023

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INTRODUCTION STATEMENT

This handbook is meant to serve as a guide to all students. It is sincerely hoped that participation in co-curricular activities will be a very positive part of our high school program. The Oconto Unified School District does not discriminate against persons in any curricular, extracurricular, pupil services, recreational, or other programs or activities based on sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability.

PHILOSOPHY AND GOALS OF CO-CURRICULAR ACTIVITIES

Students involved in co-curricular activities should exert a positive leadership force on all students in school. They should understand that participation in co-curricular activities is a privilege; they are expected to set positive examples of conduct and attitude for others to follow.

The Board of Education and the high school are concerned with the social and physical growth of students and have set the following goals:

GOALS AND OBJECTIVES OF CO-CURRICULAR ACTIVITIES

- To build self-confidence
- To seek excellence in performance
- To increase active participation and offer the opportunity to participate with others
- To develop self-reliance and self-discipline
- To teach new skills, knowledge, and attitudes and develop those skills the student already has
- To increase appreciation and enjoyment of the activity
- To teach responsibility and accountability
- To instill the value of co-curricular activities for leisure-time activities
- To promote friendship, both with Oconto peers and opponents
- To provide opportunities to exemplify and observe good sportsmanship
- To develop leadership and acceptance of leadership by others
- To give the student experience in commitment, dedication, and team loyalty

CATEGORIES OF PARTICIPATION

I. Category I:

This area includes competitive athletic activities requiring/having involvement outside the regular school day. The focus of the competition is interscholastic, and all participants are understood to be students, including managers, statisticians, and student trainers. Activities included in this category are:

Baseball, Basketball, Cheerleading, Competition Cheerleading, Cross-Country, Football, Golf, Softball, Track, Trap Team, Volleyball, and Wrestling

II. Category II:

This category includes those activities whose members are determined and governed by national bylaws. At present, the one activity at Oconto High School in the category is:
National Honor Society.

III. Category III:

This includes those activities whose members are elected or appointed to leadership positions and public recognition from the respective student or faculty constituencies. Students in this category are expected to be representatives of the values, expectations, and ideals promoted by the school. The activities included in this category are:

Badger Boys & Girls State, Class Officers, Homecoming Court, Prom Court, and Student Council

IV. Category IV:

This category includes those non-athletic activities in which students voluntarily participate. Activities in this category are:

Drama, Forensics, Hi-Q Team, Jazz Band, Math Team, OKATO, Spanish Club, Science Club, Life Smarts, Skills USA, Swing Choir, and Trap Team.

Students involved in any of the categories of participation are expected to adhere to the academic and behavioral standards mentioned in the handbook.

ACADEMICS

ACADEMIC ELIGIBILITY

- I.** A student must meet school and DPI requirements defining a full-time student and have received no more than one failing grade (including incompletes) in the most recent reporting period. A senior who has acquired all necessary credits for graduation is not exempt from this rule.
 - A. A student may erase an ineligibility status described in these rules by passing a summer school class in the academic area creating the ineligibility.
 - B. An EEN student making satisfactory progress as defined by the IEP may be exempt from standard academic requirements.
 - C. A student regains eligibility immediately if incompletes are made up within five scheduled school days after a grading period. A signature from each teacher giving an incomplete and now indicating a passing grade is required and must be given to the Athletic/Activities Director for approval.
- II.** A student who becomes academically ineligible will be expected to practice. A student has fifteen school days to improve his/her grades. On the sixteenth school day (or any day that follows during the marking period), if the student-athlete is receiving no more than one failing grade, he/she will immediately regain eligibility. Signatures from scheduled teachers (initiated by the student) indicating passing grades are required and must be given to the Athletic/Activities Director for approval.
- III.** A student must gain academic eligibility prior to serving a penalty for an athletic handbook violation.

HEALTH AND BEHAVIOR

PHYSICAL EXAMS

A student may not practice or participate in Category I activities until the school has written evidence on file in the office attesting to the following:

- I. Parental permission each school year, and
- II. Current physical fitness to participate in sports, as determined by a licensed physician, no less than every other school year, with April 1 as the earliest date of examination. Note: It is recommended that a student also have a dental fitness exam by a licensed dentist.
- III. A physical examination taken April 1 and thereafter is valid for the following two school years; a physical examination taken before April 1 is valid only for the remainder of that school year and the following school year.

INFECTIOUS DISEASE [MRSA]

When an MRSA infection is suspected, students or athletes should be referred to their primary care provider for evaluation and treatment. Following the medical evaluation, the student or parent should be asked to provide verification of the healthcare provider's treatment plan. (Those infected with MRSA should follow their healthcare provider's treatment plan, including completing antibiotic therapy if an antibiotic was prescribed.) If MRSA is diagnosed, the student will be interviewed (with parent/guardian present for young children) to investigate the possibility of other cases among actors will be their friends, teammates, and/or family members. Other risk factors will be evaluated as appropriate.

INFECTION CONTROL

When a student with a suspect or confirmed MRSA skin infection is in the classroom, the following infection control measures as guidelines (based on Centers for Disease Control and Prevention [CDC]) should include, but may not be limited to:

- I. **Keeping the wound covered.**
All skin infections, particularly those that produce pus, must be covered with a clean, dry bandage to contain the drainage. Because bandages can shift or dislodge with activity or when wet, students that participate in contact sports or other contact activities should ensure that the wound dressing stays intact during the anticipated activity. If a wound cannot be adequately covered or the drainage cannot be adequately contained by the bandage, the coach and or teacher should consider excluding the player from practice or competition until the lesion is healed. When providing wound care or dressing changes in the school setting, the infirmary staff must follow contact precautions. Contaminated dressings and other materials associated with the infected lesion should be placed in a plastic bag before discarding, as appropriate.
- II. **Practicing good basic hygiene.**
The infected student, school staff, sports team staff, and anyone expected to have contact with the infected student must be diligent with hand hygiene. To this end, they should ensure the availability of adequate soap and hot water. They also should advise the MRSA-infected student and all those who might have contact with the infected wound or wound dressing to thoroughly wash their hands using soap and warm water or, if this is not practical, to use an alcohol-based waterless hand sanitizer and emphasize the importance of good hygiene overall, including

showering and washing with soap after all practices and competitions, before and after using the gymnasium, weight room, wrestling mats or any equipment.

III. Encouraging students to avoid sharing personal items.

Staff should instruct students and athletes to avoid sharing personal hygiene supplies and other items such as athletic clothing, towels, uniforms, skin balms, skin lubricants, razors, and certain sports equipment at all times. It is particularly important to avoid sharing personal items that may have been in contact with the infected wound or bandage. Also, students shall not share soap in the shower or at the sink for handwashing, using soap dispensers instead. Alcohol-based hand sanitizers may be used when soap and water are not available.

CONCUSSIONS

Oconto coaches should follow these guidelines when an athlete is suspected of having a concussion:

- I. When in Doubt, Sit Them Out.** This is the slogan of the WIAA as it relates to concussions.
- II.** No athlete should return to play or practice on the same day as a concussion.
- III.** Any athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day.
- IV.** Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition.
- V.** After medical clearance, return to play should follow a stepwise protocol with provisions for delayed return to play based upon the return of any signs or symptoms.
- VI.** Coaches are encouraged to complete the Concussion in Sports course, which is offered by the WIAA for no fee. The WIAA has further information on concussions on its website: www.wiaawi.org. It's encouraged that Oconto coaches utilize this resource to learn additional information on concussions.
- VII.** It is now required that athletes, parents/guardians, and coaches receive information on concussion symptoms and appropriate treatment. These groups must sign a form verifying receiving this information.

CODE OF CONDUCT

I. Rules

- A.** All students involved in co-curricular activities are prohibited from the use and/or possession of any tobacco product, electronic cigarettes, alcohol, and controlled drugs during the entire calendar year (including summer months). **Warning, if a student does make a decision to hold or possess for another, it does provide justification for the penalty.**
- B.** All students involved in co-curricular activities are prohibited from attending any function or facility where alcohol or drugs are openly being used, with the exception of:
 - 1.** Being accompanied by one or both parents or legal guardians.

2. Being at a wedding or parent-chaperoned graduation party to which the student is invited.
 3. Being at any facility which derives a major share of its income from the sale of food or service in addition to the sale of alcohol, as long as the student does not loiter in the bar area.
 4. Serving or selling alcoholic beverages and/or tobacco products at his/her place of employment, provided it is to a person of legal age, in the presence of adult supervision at all times, and for an adult who possesses a license for such purposes.
- C. All students involved in co-curricular activities are prohibited from transporting alcoholic beverages or drugs or being in a vehicle in which they are aware that alcoholic beverages or drugs are being transported unless the students are accompanied by a parent or legal guardian.
- D. All students are prohibited from the usage of WIAA listed banned Performance Enhancing Substances and dietary supplement products.

II. Reporting Violations & Follow-up Procedures

- A. An accusation of any violation of the code of conduct as set forth above must be submitted in writing to the Athletic/Activities Director and must be signed by the accuser.
- B. The Athletic/Activities Director will make a thorough investigation. If the director determines a violation has occurred, the accused will be notified, and at least one parent or guardian, as well as the building administrator, within 24 hours of such finding as to the nature of the accusation, the minimum penalty, and of his/her right to a hearing. If the accused is turned in at the same time for separate violations resulting from different incidents, each accusation will be treated separately.
- C. The accused will, within 24 hours of notification, either accept the guilt of the accusation or request the Athletic/Activities Director to conduct a hearing.
- D. If the accused accepts the guilt and/or does not request a hearing, the Athletic/Activities Director will, in writing, impose the minimum penalty effective the 24th hour following notification of the accused.
- E. If a hearing is requested by the accused or his/her parents or guardians, the Athletic/Activities Director will, within 48 hours of said request, organize an Activities Council consisting of one coach (not the coach of the activity violated by the accused), the building principal, a non-coaching faculty member, Student Council Advisor or other building principal, and one other parent of an athlete. The Athletic/Activities Director will act as chairperson of the council. The council will hear the evidence and render an immediate decision as to guilt or innocence and the terms of the penalty. The Athletic/Activities Director will, in writing, impose the designated penalty effective the 48th hour following the request for a hearing. The student will not be allowed to

participate in any competition until a final decision is made.

F. The decision of the Activities Council may be appealed to the Board of Education by either the accused or his/her parents or guardians within 48 hours of said decision. The Board of Education, at their next regularly scheduled meeting or at an earlier special meeting, will hear the appeal and either sustain or set aside the decisions of the Activities Council.

G. Time deadlines set forth above are intended to mean normal business days.

III. Penalties (Category I)

A. FIRST OFFENSE - 20% of the season. Loss of all school athletic awards and conference awards for the season(s). Round to the nearest number; (.5 or more will be rounded up.)

B. SECOND OFFENSE – 30% of the season. Loss of all school athletic awards and conference awards for the season(s). Round to the nearest number; (.5 or more will be rounded up.)

C. THIRD OFFENSE – Forfeit eligibility for all activities for one full calendar year. Loss of all school and conference awards for the season(s).

D. FOURTH OFFENSE – An athletic participant shall be prohibited from participating in Oconto Unified School's activity programs for the remainder of their years within the school system. Loss of all school and conference awards for the season(s).

E. If fewer games remain in the season than the penalty invokes, the suspension is to be continued into the beginning of the next season, in which the suspended participates and completes until the full penalty is served.

F. During the suspension, the suspended participant must continue to attend practices and attend games unless excused for other reasons.

G. Failure to comply with any penalty or partial penalty above will be treated as a failure to complete the entire penalty, and the suspension will be continued until fully completed.

H. By unanimous vote, a properly convened Activities Council may impose a penalty greater than the minimum penalties set forth above.

I. The season is defined as the total number of games meets, or matches on the team's schedule. Wrestling and volleyball tournaments, if conducted in a team format, will count as multiple matches.

IV. Penalties [for other category activities]:

A. If a student is participating in more than one category activity, the number of events will be combined together, and the proper percentage of contests will be applied. If the student is participating in Category I, II, III, or IV, the student will be assessed penalties

consistent with each activity.

V. Penalty Reassessments:

- A.** Any student who has been penalized under categories A, B, C, or D, -- AND has gone two years without any violation of the athletic code rules has the option of requesting an Activities Council meeting to request their penalty assessment(s) be reduced by one level.

Two possible scenarios:

1. A student guilty of two offenses who goes two years without an offense could petition to have his/her level reduced to a one-violation status.
2. A student who was guilty of a fourth violation and went two years without an offense could petition to have his/her penalty reduced to a third violation status and thus participate once again in high school activities.

VI. LEGAL RESPONSIBILITIES AND PENALTIES for Students:

A. Legal Responsibilities

A student, while representing the Oconto Unified School District, will uphold all civil laws and local ordinances during his/her season of competition.

B. Penalty

The penalty for breaking civil law or local ordinance will be assessed by a board consisting of:

1. the Athletic/Activities Director
2. the Principal
3. the Coach

VII. RESPONSIBILITIES to the School and Ensuing PENALTIES

A. Responsibilities

A student, while representing the Oconto Unified School District, will uphold all school rules during his/her season of competition.

B. Penalty

All penalties for breaking school rules and regulations will be assessed by the school administration. The activity coach and student will abide by these decisions.

ATTENDANCE

SCHOOL, PRACTICE, CONTEST, AND PERFORMANCE

I. Responsibilities:

- A.** Students must be present at all practices, events, and performances to reach the goals of achieving sound fundamentals and good teamwork. The only reasons for a student to miss these are illness and unavoidable personal business, which has been cleared in advance with the coach, Athletic/Activities Director, or Principal. Any other absence(s) will be considered unexcused.

- B. Students must be in attendance at school for all periods of the school day to be eligible to participate in after-school practice, contests, or performances on that day. The only exception is when a student has made arrangements in advance to miss part or all of a school day. These arrangements must be cleared with the Athletic/Activities Director or Administrator.
- C. Students receiving any form of in-school or out-of-school suspension during a season in which they are participating will not be allowed to practice the day they received the suspension nor compete in the next scheduled contest (in that season).
- D. Any student who has not successfully served an assigned suspension, or series of suspensions, in or out-of-season, will be ineligible to participate in all practices and consecutively scheduled contests until all suspensions have been successfully fulfilled. Each practice missed due to this reason will be declared unexcused.
- E. Coaches may have rules specific to the sport they coach. They will hand out and explain all rules they expect team members to follow. Coaches will also require each participant to return a form signed by a parent/guardian that indicates they have read and understood each coach's specific rules. [All such rules will have the prior approval of the Athletic/Activities Director or Administrator].
- F. The student must present a signed appointment card to the office to be excused.

II. Penalties for Violations of Team Rules

- A. The number of unexcused absences allowable will be set by each coach. Any unexcused absence beyond that number may result in dismissal from the team. The coach will notify the Athletic/Activities Director if any dismissal(s) occur.
- B. The coach will also make known how each specific team rule will be enforced and the possible consequences for the violation of any team rule. [Such rules and consequences will have the prior approval of the Athletic/Activities Director or Administrator].

LOSS OF SCHOOL TIME FOR CO-CURRICULAR ACTIVITIES

- I. At certain times during the school year, students in co-curricular activities will be excused for part of the school day to travel to the site of competition though the Athletic/Activities Director and coaches are encouraged by means of scheduling to keep the loss of school time to a minimum.
- II. Coaches will give notice to the office when they want students to be excused from classes.
- III. At least 24 hours prior to the time of competition, coaches should inform teachers by means of an announcement, written notice, or e-mailed message as to the students competing and the class sessions to be missed.

- IV. Students will be excused from classes for the treatment of injuries only when requested by a medical doctor or a certified athletic trainer.
- V. Students may be excused from classes for practice purposes when competing in the state championships.

TEAM/GROUP TRAVEL

- I. A traveling squad (coaches and students) represents Oconto Unified School District away from home. In such cases, the responsibility of the school toward its students and school personnel does not change, nor do the obligations of the traveling squad change as far as the school is concerned.
- II. The Coach in charge will make all arrangements for transportation. The Athletic/Activities Director will assume this responsibility if requested by the coach.
- III. Transportation by bus [paid for by the district] is required when more than two passenger cars would be necessary to make the trip. The use of the school van is strongly encouraged.
- IV. When cars are used to transport students, the driver must be a Teacher, Coach, or responsible adult approved by the Athletic/Activities Director or Administrator.
- V. All passenger cars used to transport students must have adequate insurance coverage; owners are required to have such certification on file at the District Office before driving their vehicles.
- VI. Coaches are encouraged to have group members dress in such a manner as to be a credit to the school and community.
- VII. Coaches are responsible for the behavior of the traveling squad members.
- VIII. All students are required to make the round trip via planned transportation. Exception: A student may return home with parent/guardian providing the parent/guardian is physically present to sign a release.

An athlete must ride the school bus to athletic contests. All athletes must return on the bus unless a written note from the parent/guardian is given to the coach/advisor prior to bus departure, allowing the participant to ride with his/her parents/guardian. Any other transportation arrangements MUST be pre-approved by the building principal and submitted in writing or by email to the coach/advisor.

TEAM/GROUP PRACTICES

Practice times and places are left to the discretion of the Athletic/Activities Director.

- I. Practice times will follow a posted schedule.
- II. Only in very special cases should a coach consider a Saturday/Sunday Practice, and then such practices will have the approval of the Administrator or Athletic/Activities Director.

- III.** Practice during school vacation periods should be kept to a minimum. Whenever such practices are scheduled, the penalty for a team member who is absent should be previously defined by the coach and should be consistent for all team members.
- IV.** Wednesday practice will end by 6:30 P.M. When practices are held at an unusual time, clearance must be made through the Athletic/Activities Director or Administrator.

ATTENDANCE AT STATE COMPETITION

Oconto High School will sponsor students and coaches to state competitions only when students are competing in the said competition.

SCHOOL AWARDS

ATHLETIC/CHEERLEADING/COMPETITION CHEERLEADING AWARDS

Awards for varsity athletes, competition cheerleaders, and cheerleaders will be given at the discretion of the coaches in charge of the various programs as long as they concur with the following regulations:

- I.** An athlete will receive a non-varsity certificate for the successful completion of any approved sport/season.
- II.** An athlete will receive a set of numerals for the successful completion of his/her first year of competition on a non-varsity team. Only one set of numerals will be awarded per athlete.
- III.** An athlete will receive a Blue Devil patch and non-varsity certificate for the successful completion of his/her second year in a sport/season or second sport/season in the same year of competition at the non-varsity level. Only one patch will be awarded per athlete.
- IV.** An athlete will receive a school letter, medal insignia, and varsity certificate for his/her first varsity award in any sport/season.
- V.** When an athlete earns a letter his/her first year and has not received the numerals, the numerals will be awarded at the next sport/season.
- VI.** When an athlete earns a letter for the successful completion of his/her second year in a sport/season in the same year and has not received their Blue Devil patch, the patch will be awarded at the end of that sport/season.
- VII.** Each succeeding year that an athlete earns a varsity award in a sport/season, he/she will receive a chevron and varsity certificate for that sport/season.
- VIII.** A medal "star" insignia or captain pin will be awarded to team captains.
- IX.** NO letter awards will be given except for VARSITY COMPETITION.
- X.** Non-varsity certificates will be given to statisticians for one (1) year of statistics taking. After two (2) years of successful statistics taking, at the discretion of the coach, the statistician may

earn a VARSITY LETTER.

- XI.** All senior athletes who have earned letters in any sport/season will receive a senior athlete award plaque if they meet the following minimum requirements:
 - A.** They must have participated all four years in the same sport/season.
 - B.** Transfer students must participate in a sport/season all the years they are enrolled in Oconto High School.
- XII.** Any athlete who has successfully completed four (4) years in a sport/season and has not earned the letter award will receive the major letter award.
- XIII.** An athlete who serves an athletic training suspension will not be nominated for all-conference selection during the season of that suspension.

TEAM MINIMUM SIZE

I. Football:

The freshman football team must have a minimum of sixteen (16) students that are physically able and academically eligible to participate in each game. If there are less than sixteen (16) students, the game or games will be forfeited. This regulation will lower the possibility of serious player injury due to over-fatigue or playing while already injured.

II. All Other Sports:

A contest, numerous contests, or the season will be forfeited if a minimum number of participants to field a team is not obtained (at the discretion of the Athletic/Activities Director and Coach of the sport).

SPECTATOR BUS

ATHLETIC EVENTS

- I.** The district will maintain its authority over all spectator buses that it sponsors.
- II.** Buses will be sent only if enough students sign up to make the trip economically feasible. Students signed up must ride to and from the event on the bus unless a parent/guardian notifies the chaperone prior to the trip.
- III.** If a bus trip is subsidized by an outside person or organization, the bus may be sent with less than the usual number of spectators, provided prior approval is granted by the school administration. In this event, it will be made clear, in writing, to the parents that the school is absolved of any responsibility for the trip.
- IV.** At least two responsible adult chaperones approved by the Principal must accompany each spectator bus.

CHEERLEADING

CHEERLEADERS/COMPETITION CHEERLEADERS

- I.** Cheerleaders will be selected annually for the varsity and junior varsity squads.
- II.** Cheerleader travel will be as outlined under team/group travel with the following additions:
 - A.** Cheerleaders will ride the spectator bus when there is one going to an away contest.
 - B.** Varsity cheerleaders must be present at all assigned contests. (Exception: letter C listed under “CHEERLEADERS/COMPETITION CHEERLEADERS”)
- III.** If cheerleaders are participating in a varsity sport and, due to conflict, are scheduled to cheer when the sport they are participating in has a contest, they will go with the participating sport.

GENERAL

I. SPORTS REHABILITATION

Oconto High School has contracted the services of Bellin Sports Medicine Clinic of Green Bay. In order to effectively supervise rehabilitation and to reduce the risk of additional injury, the Athletic Trainers, Physical Therapists, or Physicians from the Bellin Clinic may communicate appropriate information with coaches and/or other school personnel about the student’s injury, rehabilitation program, and participation status. This allows the Bellin Sports Medicine Clinic staff and the school staff to work together for a safer school environment.

The services provided at the school are offered at no charge to the student-athlete. Any referrals to or treatment by a Doctor of athletes are the responsibility of the parent/guardian, not the Oconto schools. If you have any questions about the program, call the Athletic/Activities Director at the Oconto High School.

The Oconto Unified School District does not promote the use of any performance-enhancing drugs or substances.

II. CROWD CONTROL AND/OR BEHAVIOR AT SCHOOL EVENTS

The Athletic/Activities Director will manage and host all home contests and is responsible for crowd control and/or behavior at school events. The Athletic/Activities Director may designate a person to supervise the contest in his/her absence.

III. ALL-SCHOOL

- A.** Alcohol/tobacco use. Smoking is not permitted anywhere in the buildings or on the grounds of the school.
- B.** All types of noisemakers, as well as all sorts of projectiles, are prohibited. Antics involving paper airplanes, laser pointers, coin throwing, and the like will subject a violator to ejection from the contest and to other penalties as determined by the Administrator, Athletic/Activities Director, or event supervisor.

- C. If banners are used, they must be in good taste. The WIAA, however, prohibits banners entirely within the confines of the school at all of its sponsored tournaments.
- D. Only organized and authorized cheerleaders will be permitted to lead cheers.
- E. All those in attendance are asked to exhibit good sportsmanship by showing respect for all opponents and for the officials.

IV. **PARENT CONCERN PROCEDURES:**

There are situations that may require a conference between the coach and the parent(s). It is important that both parties involved have a clear understanding of the other person's position. As parents, when your child becomes involved in OUSD programs, you have the right to understand the expectations that coaches and advisors have for your children. Coaches and advisors also have the right to work in a safe and professional environment. This begins with clear communication from the coach or advisor of your child's program. When conferences are necessary, the following procedure should be followed to promote a resolution to the issue of concern.

- A. Your child should have a discussion with the coach or advisor.** Talk to your son or daughter and encourage them to discuss participation issues directly with their coach.

Do not confront the coach or advisor before or after a contest or practice. These can be emotional times for the parents, participants, coaches, and advisors. Meetings at this time do not promote constructive dialogue or resolutions. Wait 24 hours to address the issue unless the issue revolves around student safety, in which administration should be contacted immediately.

- B. Call or email the coach to set up an appointment.** The complaint should not be a part of the original email. The coach will inform the Athletic/Activities Director of the request for the meeting.
- C.** If the coach or advisor can not be reached, please call the Athletic/Activities Director. (Athletic/Activities Director response could be "If the meeting did not provide a satisfactory resolution, you may...")

Contact the Athletic/Activities Director to discuss the situation. Any additional meetings, if appropriate, will be determined after the Athletic/Activities Director has spoken to all parties involved.

If the parent believes the situation has not been resolved, the building principal will be the next point of contact.

Appropriate items to discuss with coaches and advisors:

1. Ways to provide support to your extra-curricular participant.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

These are issues not appropriate to discuss with coaches and advisors:

1. Playing time or participation levels.
2. Team strategies and game planning.
3. Play calling and decision-making.
4. Issues related to other students or athletes, unless it is due to their health/welfare.

Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other party involved and, in turn, benefit the participant. Research shows involvement in extracurricular activities leads to greater success in adulthood. Character traits such as leadership, communication, respect, integrity, and teamwork promote a successful post-school life.

Note: Anonymous letters to administrators or school board members will not be considered because they can not be investigated.

SPECIAL EVENTS

I. Homecoming Court

Homecoming Court will consist of seven girls and seven boys. All court members will ride as couples in the parade.

Senior Band members may participate in their club or sports parade entry. All other band members/seniors must perform with the band.

Any student who has received any form of in-school or out-of-school suspension within the current school year prior to the selection of Court will be prohibited from being a member of the Homecoming Court.

As a member of the Homecoming Court, participants are expected to follow these established guidelines:

- A.** to be involved in a fall extracurricular activity or be an active club member for at least two years to be eligible for homecoming court.
- B.** to work cooperatively with all Homecoming chairpersons, the Student Council Advisor, Athletic/Activities Director, and the administration in all matters affecting their participation.
- C.** to exhibit and maintain a positive attitude toward court representation and Homecoming as a Student Council activity.
- D.** to respect and adhere to all decisions rendered by the OHS Student Council with regard to Homecoming.
- E.** to participate in planning activities, decorating for the dance, and cleaning up.

II. Prom Court

Prom Court will consist of seven girls and seven boys.

Any student who has received any form of in-school or out-of-school suspension within the

current school year prior to the selection of Court will be prohibited from being a member of Prom Court.

Prom Court members will participate in planning activities, decorating for the dance, and cleaning up.

The Prom King and Queen will be Honorary Homecoming Court members and will not appear on the ballot as they are not eligible to become Homecoming King/Queen.

OCONTO HIGH SCHOOL ATHLETIC/ACTIVITIES DIRECTOR

This person will:

- I. Be present at all home varsity cross-country, baseball, basketball, football, softball, track, volleyball, and wrestling contests. In the event that conditions prevent this, the head supervisor's job will be delegated.
- II. Furnish schedules of athletic events to the Police Department and community.
- III. Instruct students on proper conduct expected at co-curricular events during school pep assemblies.
- IV. Furnish a private dressing room equipped with an inner bolt-type lock for the referees at varsity home games.
- V. Incorporate within the Oconto High School Handbook statements detailing acceptable and/or unacceptable conduct. These are to be reviewed with all students at the beginning of the school year and at other times when deemed necessary.
- VI. Give specific instructions on proper conduct for other athletic events when deemed necessary.
- VII. Hire one supervisor and arrange duty for all junior varsity and freshman football games, along with freshman basketball games.
- VIII. Arrange supervision for other sports events when deemed necessary.

DEER HUNTING

- I. No school event under the control of any school employee will be scheduled on the Friday night prior to deer hunting season.
- II. If an event is scheduled by an outside organization, the Athletic/Activities Director will attempt to reschedule the event. If this cannot be achieved, Oconto may participate.
- III. These rules apply to both home and away events.

GENERAL

- I. The official colors of the Oconto Unified School District will be royal blue and gold.

- II. The official nickname of our school teams will be the “Blue Devils.”
- III. The Athletic/Activities Director and Administrator must approve the purchase of all school uniforms; uniforms must have the official school colors present.

MEETINGS FOR ALL PARENTS

A parent meeting will be organized by the Athletic/Activities Director and take place prior to the beginning of the new school year with each respective head coach or a designated assistant coach in attendance. Opportunities will be given for questions and answers regarding this handbook or any items not covered here.

CO-CURRICULAR ELIGIBILITY POLICY

Student participation in interscholastic activities is an opportunity afforded to all boys and girls enrolled in Oconto High School. Interested students should carefully read this handbook which sets forth the rules and regulations required for participation. Parents are also encouraged to read the handbook.

To be certain that participating students and their parents (guardians) are familiar with the co-curricular eligibility policy and are in agreement with the policy, and will be governed by policy, it is necessary that both the student and the parent (guardian) sign the form that follows and return it to school at the beginning of the school year.

NUTRITION TIPS FOR STUDENT-ATHLETES

When students practice or have competitions after school, it is strongly suggested that they eat a simple, healthy snack prior to that time so their bodies have the necessary carbs & protein for their upcoming physical activity. The following are some possibilities: peanut butter & jelly sandwich, granola bar, apple & peanut butter, banana, grapes, trail mix that contains dried fruit, nuts, & chocolate. Students should also drink up to 24 ounces of water in the hour before practice or competition to stay hydrated and have a personal water bottle available during all physical activity. Without this hydration and snack intake, student-athletes may experience headaches, cramps, and fatigue.

It is also important in the first hour after practice ends that students help rebuild muscle by eating or drinking a simple protein such as chocolate or strawberry milk, yogurt smoothies, cheese, raw nuts or sunflower seeds, etc.

ATHLETIC/ACTIVITIES AGREEMENT

STUDENT'S AGREEMENT

I agree to assume full responsibility for all equipment issued to me and to confine the use of that equipment to practice, games, or meets.

I will further agree to pay for any and all equipment that I may lose, misplace, or damage.

I agree to abide by all rules and regulations set forth in the activities handbook.

Student will sign this agreement on the Permission to Treat Form. When signed, this agreement pertains to the current year in which said student is eligible to participate in co-curricular activities here in the Oconto Unified School District.

PARENT'S AGREEMENT

I, as a parent/guardian of the above student, have read the policies and rules set forth for co-curricular participation in Oconto High School and give my permission to my child to participate under those conditions. **I am aware that my child could be injured while participating in co-curricular activities.** I give my permission to the attending physician at the co-curricular event to give first aid emergency care to my child should such assistance be required. I also agree to assume responsibility for loss, misplacement, or damage to school equipment issued to or used by my child.

Parent/Guardian will sign this agreement on the Permission to Treat Form. When signed, this agreement pertains to the current year in which said student is eligible to participate in co-curricular activities here in the Oconto Unified School District.